



**WATERFALL
CITY**

Issue 10 | 2023



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City's food scene

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with our pull-out map

Mall of Africa's
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Contents

NEWS

- 4** Welcome
- 6** Ellipse pioneers residential food waste recycling
- 8** Meet the Chef
- 13** Eat your heart out
- 17** Must-do events
- 22** Get to Know Your City
- 24** Know Your City centrefold pull-out map
- 28** Mall of Africa wins again
- 33** Netcare: Geron Hydrotherapy
- 37** PSG Wealth: Creating successful intergenerational wealth
- 47** Waterfall City Contacts

HOME FRONT

- 40** The new WORX pruning shear and lopper
- 46** Waterfall City Home Service Providers and Classifieds

TRAVEL

- 42** Travel Info: Top travel deals
- 44** Bernie van der Vyver: Crafting the African wilderness in bronze

LIFESTYLE

- 48** Restaurant Competition for Waterfall City Residents

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Welcome!

With climate change causing increasingly obvious havoc around the world, it feels more important than ever to do everything we can at Waterfall City to reduce our carbon footprint.

Last month saw the launch of our Clean-Up Green-Up campaign, where we managed to collect 640kg of e-waste for recycling or refurbishment. This month we look at waste management of a different kind, namely our innovative system for turning food waste into nutrient-rich fertiliser for our landscaping needs. Our cover story focuses on the residents and restaurant at Ellipse Waterfall having joined our food waste initiative. There are some mind-boggling figures to prove how effective it has become, and we applaud Ellipse Waterfall for being the first residential development to fully support our waste management efforts.

Talking of food, our Meet the Chef article features executive chef Justine Joseph of Mábu at Waterfall Wilds. Mábu offers relaxed Asian-influenced fine dining, with many of the exotic ingredients cooked on an open fire. Justine comes from a long line of cooks and describes cooking as her love language.

Another foodie article gives you a handy overview of all the different dining experiences to enjoy at Waterfall City's 75 restaurants, from café culture and cool hangouts to family-friendly eateries and steakhouses. Read more about the nifty tool on our website that can help you choose your favourite spot.

The sheer variety of offerings at Waterfall City, has seen us launch the Know Your City campaign as a

guide to the area. We've produced a City Guide Map to help anyone explore and find their way around this vibrant City and discover everything we have to offer.

Our Know Your City article tells you more about our four hotels, 10 residential developments, business centres, schools, shops and outdoor activities, and you can pull out your very own map from the centrefold of this magazine – how handy is that?!

Another article looks at some must-do events this month, including SA Fashion Week, the annual True Love party, and something for the kids. In addition, Mall of Africa shares a piece that celebrates a number of recent awards it has won, including being voted South Africa's Coolest Mall for the sixth consecutive year at the *Sunday Times* Generation Next awards. These accolades certainly cement the mall's positioning as the premier destination for a world-class international and local shopping and lifestyle experience.

Our regular column from PSG Wealth takes a look at generational wealth. There's some useful guidance, so if you're building up a nest egg for your kids, make sure they're financially savvy too.

Finally, our monthly Netcare column explores Geron Hydrotherapy, whereby the healing properties of water are used to treat arthritic conditions so as to increase joint flexibility and functionality. If age or arthritis is beginning to take its toll, this article could be the first step towards relief.

Until next time,
Waterfall Management Company

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ELLIPSE PIONEERS RESIDENTIAL FOOD WASTE RECYCLING

Ellipse Waterfall is the first residential development to fully support Waterfall City's sustainable waste management initiative.

At Waterfall City, we care for people and the planet. Caring is not just one of our cornerstones, it's part of our DNA, embodied through everything that is being designed and built here.

Of course, the practical side of this speaks for itself. Our landscape design incorporates indigenous, water-wise plants, while alternative energy powers many of our businesses and homes. In the CBD, there are 31 green-rated buildings, and counting. Rainwater harvesting and backup power deliver the business continuity that is essential when dealing with load shedding and unforeseen outages.

And, even though many people are aware of these initiatives, which include Mall of Africa's solar PV/diesel hybrid solution that saves more than 8,000 tonnes of carbon dioxide (CO₂) annually, it is in waste management that the City has made significant strides in recent years.

Waterfall City implemented enhanced waste management practices in November 2021 with the introduction of the innovative Heron IVC (in-vessel composter) machine. This recycling system can process up to 80 tonnes of food waste per month, helping to create nutrient-rich fertiliser used for extensive landscaping in Waterfall City.

Fresh momentum

While many estates within Waterfall City are involved in general recycling initiatives, the forward-thinking Residents' Association of Ellipse Waterfall – the iconic high-rise apartment development in the heart of Waterfall City's CBD and the recent winner of the *Best Residential Property Development for 2023* at the SAPOA awards – is the first to join Waterfall City's food waste recycling programme.

"Ellipse Waterfall is the first residential association to join Waterfall City's food waste management initiative. Not only does this make good financial sense, but it also



highlights the association's ongoing commitment towards environmentally responsible business practices. This is largely thanks to Ellipse Waterfall Estate Manager Branden Lizemore and CEO Elizah Knipe from team Elgaru at Waterfall," says Ruan Spies, the Environmental Manager at Waterfall Management Company.

How it works

Residents empty their rubbish into the bins provided in the dedicated waste and recycling area at Ellipse Waterfall. From there, the bins go into a sorting area, where the recycling team from Vibing Gardens split the contents into seven categories: food, aluminium, plastic bottles, glass, high-density plastics such as milk containers, white paper, and cardboard. The food waste goes into white bins, while the other waste goes to a separate sorting section where it is made up into parcels of plastic, glass, aluminium, etc. for easy collection.

However, it is not only the Ellipse residents who are supporting this initiative. Olives & Plates, the relaxed fine dining restaurant in the Cassini Tower of the Ellipse Waterfall development, has also been a keen contributor.

"Since the restaurant started supporting the food waste programme, the initiative has seen a significant amount of food waste turned into a valuable resource. We hope that



Olives & Plates Restaurant in the Cassini Tower of Ellipse Waterfall



Composting process

Once Vibing Gardens is done, the Life Green Group – under the auspices of Alfred Ayers, the division head of Life and Earth and Wilro van Zyl, Waterfall City’s local compost guru, step in to collect and transfer the food waste to the Heron IVC, now situated on our local compost site.

From there, the food waste is weighed and added to the Heron IVC. It is shredded while an auger mixes the batch and then ‘cooked’ to 60 degrees by the biological processes taking place on a micro-level. The auger continues mixing the compost, ensuring aeration throughout the container vessel. After a few weeks of mixing, the waste is transformed into pre-compost, where it can be mixed with garden waste to obtain the right balance of nutrients and maturity.

“We are looking at other residential associations to join the movement as they are significant role players within Waterfall City,” adds Spies. “Of course, this does not mean that commercial activities have ground to a halt. For instance, Food Lovers Market at Waterfall Ridge, under the helm of Etienne de Kock, a passionate and forward-thinking business owner, has retained our food waste management services after the pilot project, which we are thankful for.

Another local contributor to the programme is Kyalami Estate. Even though these two suppliers fall outside the Waterfall City precinct, we love our neighbours and hope to assist as far as possible.”

For Ellipse Waterfall’s Estate Manager, Branden Lizemore, initiatives such as these are essential to building a better future for everybody. “Creating organic compost from food waste is a good initiative as you create much-needed jobs. All of us are looking for a cleaner environment and we want to continue raising awareness of this important programme. Rather than simply discarding food, our aim is to demonstrate how organic waste can be recycled to rejuvenate the environment.”

The success of any project of this magnitude is reliant on the collaboration of several entities. These range from private companies to municipal services working together towards the common goal of centralised waste management, driven by a circular economy.

Ultimately, Waterfall City is testament to what can be achieved when communities prioritise sustainable and environmentally conscious initiatives. Its revolutionary approach to waste management underscores the potential of integrating technology with traditional waste practices and the power of collective community efforts.

this is the start of great things to come with more entities keen to join,” says Spies.

The statistics emphasise the impact. Before launching the food waste management campaign, Waterfall City’s recycling performance was at 31%, where general items such as bottles, cans, plastic and so on were the only recycled materials. While this scenario can be considered par for the course for most businesses (industry dependent) and residential entities in South Africa, the more than 2,000kg of waste going to landfill per month was not ideal. However, since Ellipse Waterfall joined this initiative in August 2022, there has been a complete turnaround with a 52% increase in recycling performance.

Furthermore, since the onboarding of Olives & Plates to the programme, food waste generation increased to 2,407kg in June 2023 compared to the monthly average of 885kg generated from August 2022 to May 2023, which has significantly benefited the increase in compost and Ellipse Waterfall’s sustainability efforts.

“Reinette Schreiber and her team from Vibing Gardens have been instrumental in ensuring the quality control of the waste-sorting process. They make sure that the waste streams are sorted accordingly, where separating wet and dry waste is critical to maximise recovery,” says Spies.

MEET THE CHEF

JUSTINE JOSEPH

Executive Chef at Mábu, Waterfall Wilds

This month, we introduce you to Justine Joseph, Executive Chef at Mábu, Waterfall Wilds, as part of our Meet the Chef series. Mábu offers a relaxed fine dining experience where you can sample exotic ingredients like crocodile, octopus and lobster emboldened by fire, smoke, acidity and freshness.

Q: What is the restaurant and cuisine?

A: Mábu, Waterfall Wilds. Asian-influenced cuisine cooked on an open fire.

Q: When did you decide to become a chef, and why?

A: I've always known that I wanted to cook. I come from a long line of incredible cooks and I grew up eating dishes made with love. I've always wanted to share that. It's a definite love language for me.

Q: Did you study?

A: Yes, I studied at Capsicum Culinary Studio. I have a diploma in Cooking and Food Preparation.

Q: Do you have any accolades?

A: I've done a few magazine and television interviews.

Q: What is your cooking style?

A: My style is versatile. I can make almost anything, but I have a soft spot for Asian cuisine.

Q: What is your inspiration for new recipes/dishes?

A: Global and local food trends. I like to stay current and push the envelope on innovation.



Q: What is your favourite dish to prepare on your current menu and why?

A: The Black Rice Paella, for sure! I love balancing all the flavours and textures and making it look beautiful. Because we cook everything over an open fire, the flavour depth is insane!

Q: What is your favourite home-cooked meal?

A: Butter chicken with garlic naan.

Q: In your opinion, what is the most underrated ingredient and why?

A: Fresh dill, because it works with absolutely everything.

Q: If you could cook with only three ingredients, what would they be?

A: Prawns, garlic and chilli.

Q: What is one kitchen tool or appliance you cannot function without?

A: All I need is a good knife, and I can take over the world.



The Black Rice Paella is Chef Justine's favourite dish to prepare on the Mábu menu.




Meet The Chef Series



Q: If money were no object, what kitchen appliances would you invest in?

A: A sous vide machine, a pasta roller and any Robot-Coupe appliance I can get my hands on.

Q: Who is your chef idol, and why?

A: Jan Hendrik van der Westhuizen. I like that his ouma and family are his inspirations. He is an exceptionally talented chef and local food hero who made his dreams come true in the most astronomical way. He gives South African chefs the hope that the world could be our oyster, too.

Q: If you could prepare a meal for one celebrity, who would it be and what would you serve?

A: Snoop Dogg. I'd make him my croissant crème brûlée.

Q: What do you think of cooking shows? Do you have a favourite?

A: I like the old-school shows that I watched growing up. I really enjoyed Nigella Lawson's show. It was intimate and her recipes were beautiful.

Q: What's your favourite South African dish to eat?

A: Tinned fish curry and pap.

Q: What will we always find in your fridge?

A: My homemade chilli paste and salted butter.

Q: If you could choose your last meal, what would it be?

A: Ramen and dim sum.

Q: What fast food is your secret indulgence?

A: Chicken Licken Hotwings.

Q: Pro or anti air fryers?

A: Pro.

Q: If you weren't a chef, what would you be?

A: An artist. I love sketching.

Q: Any interesting career anecdote you would like to share?

A: I once cooked for American rapper Nas and he enjoyed my chicken so much, he ordered two more plates and ate with his hands. That was a great personal win for me!



Chef Justine would like to make her croissant crème brûlée for Snoop Dogg.

To indulge in Chef Justine's culinary delights, book a table at Mábu, Waterfall Wilds.
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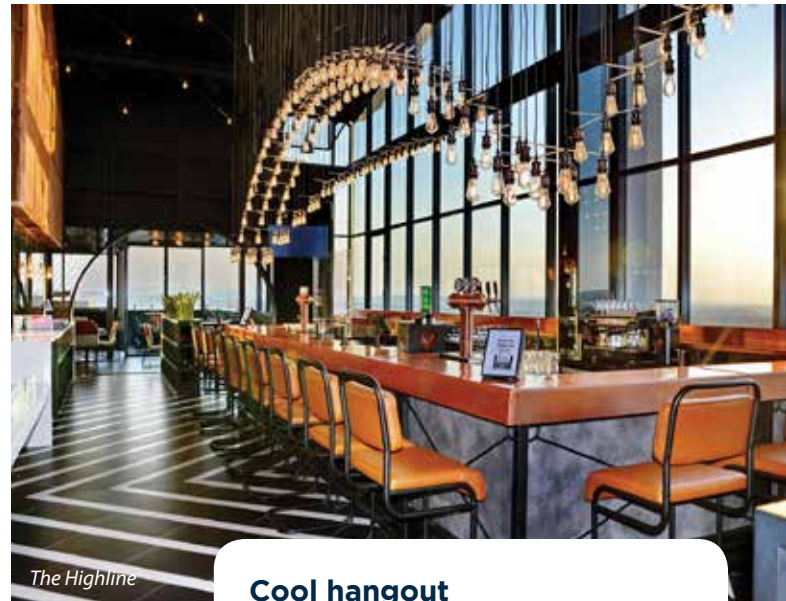
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EAT YOUR HEART OUT

Exploring Waterfall City's Restaurants

Waterfall City is a foodie haven where connoisseurs can indulge their wildest culinary aspirations and diverse tastes and preferences are catered for. Whether you're a fan of relaxed fine dining or you're looking for a family-friendly affair, complete with entertainment for the little ones, Waterfall City's 75 restaurants will not disappoint.

We recently introduced our Meet the Chef series to help you get to know your local culinary experts and their establishments. Now we tell you about the different dining experiences you can enjoy in our City.



The Highline

Café culture

Looking for a café-style eatery where you can just relax, take your time and enjoy good food and a slice of cake? Besides Life Grand Café and local legend Tashas, you can pop into PAUL French Café and Bakery in Polofields Crossing or Olives and Plates at Ellipse. Or, you can try the UK's famous café brand, EL&N London, now open in Mall of Africa.

Coffee shop

Whether you're meeting up with a friend for brunch or you just feel like grabbing a quick takeaway coffee before starting your day, there are various coffee shops across Waterfall City – the likes of Starbucks, Manaka Coffee, Vovo Telo, Lucky Bread and Mugg & Bean.



EL&N

Cool hangout

In the mood for something vibey? You're spoilt for choice: there's the vibrant Spanish influence that characterises La Parada, entertaining teppanyaki 'shows' at Daruma by Oskido, or the soul food flavours of America's Deep South at Louise and Anna. You can also enjoy gourmet appetisers and beautiful views at The Highline Sky Bar on the ninth floor of the Courtyard Hotel.

Family-friendly

With two Wimpy restaurants, a Spur and RocoMamas on site, kids are well catered for in Waterfall City, even when it comes to combining food with fun. Take in the view and some Greek fare at Waterfall Wilds as you watch your children have a ball in Nostimo's new play area. Or, dine al fresco at one of the fantastic eateries on Mall of Africa's Town Square while you keep an eye on the kids frolicking in the fountain or enjoying the Dancing Shongololo.



Vovo Telo



Dancing Shongololo

Fast food

When the craving hits or you're pressed for time, picking up or ordering a quick meal and dessert is easy with so many fast-food outlets on your doorstep. From the usual suspects like Steers, Fishaways and Debonairs to McDonald's and Burger King, KFC and Chicken Licken, you have a host of options at hand. There are also slightly healthier choices like Nando's, Anat and Kauai, flavourful Portuguese food at Adeg Express and spicy Indian fare at Akhalwayas.

Let's face it, a meal is always better when followed by pudding. Château Gâteaux, Cinnabon, Häagen-Dazs, Krispy Kreme and Paul's Homemade Ice-Cream are just some of the sweet spots you will come across.

Steakhouse

There is nothing quite like a succulent, well-cooked steak. Besides family-favourite Spur, take your pick from MooMoo, Hussar Grill, Turn 'n Tender and The Potato Shed – all of which cater for serious carnivores with their well-aged, perfectly prepared steaks and delectable house specialities.

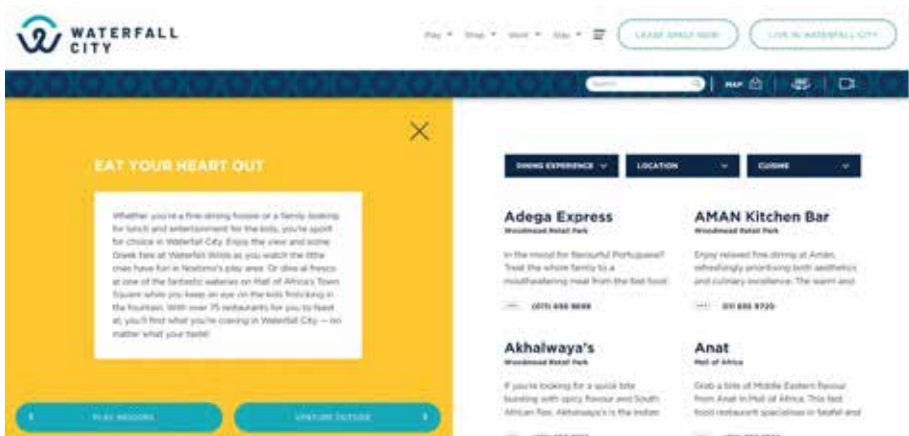


Relaxed fine dining

For those of you who enjoy a more sophisticated or theatrical dining experience, Waterfall City offers some relaxed fine dining options. Enjoy a special occasion with Mad Nomad's Turkish cuisine or a dinner date at Firerroom, book a private dining room at Kream, or discover exotic flame-grilled dishes at Mábu. If you are in the mood for succulent seafood, The Codfather's menu will satisfy your craving, while Casa Bella is the place to go for an elegant Italian feast.



Mad Nomad



In a city with so many dining choices, deciding between locations and gastronomic genres can be a conundrum. Don't worry; Waterfall City's website (www.waterfallcity.co.za) features a nifty dining tool that will help you make your choice in no time.

Simply click on the "PLAY" tab to find the "Eat Your Heart Out" tool – a culinary compass to help chart your dining destiny. Here, you will find a categorised selection of restaurants based on the above dining experiences, as well as the location and cuisine type.

So, whatever your foodie preference, Waterfall City has the dining experience you are looking for, and the "Eat Your Heart Out" tool will make deciding what's for dinner so much easier. Bon Appétit!



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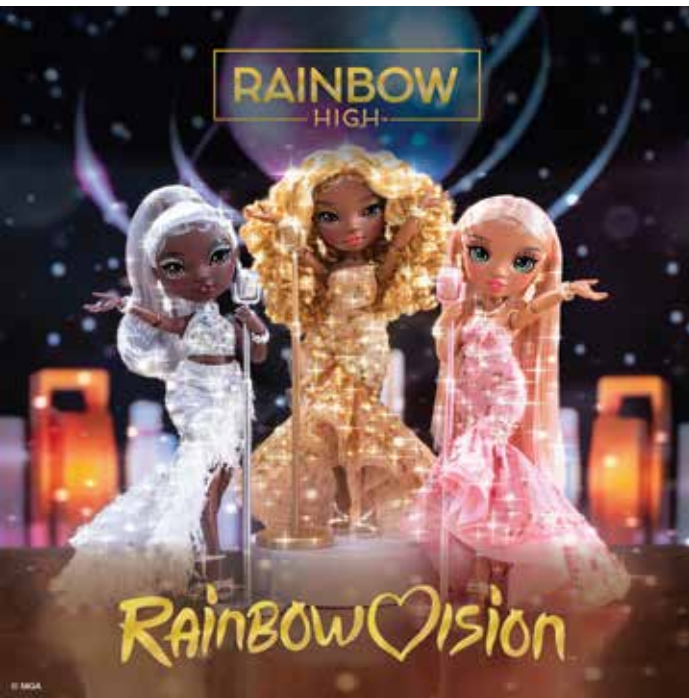


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MUST-DO EVENTS

Now that spring has sprung, events here at Waterfall City are starting to heat up. And true to form, most of the action is to be found at South Africa's coolest mall.

This month at Mall of Africa, everyone's favourite dolls take South Africa by storm, cool cars hit the LEGO® store, and Fashion Week lifts the style stakes. And, at Waterfall City Park, be sure you don't miss out on the annual True Love party in November.



Mall of Africa

ALL DOLLED UP!
An interactive event featuring your favourite dolls, toys and collectables
Until 15 October

Be blown away with a fun and exciting event with L.O.L. Surprise, Rainbow High and MGA's MiniVerse! Head to Mall of Africa's Centre Court now until 15 October to discover stylish dolls and adorable collectables from your favourite brands. They have taken over the Centre Court, transforming the space into an unbelievable world of fun and adventure with so much to explore.

There are tons of awesome activities to enjoy, plus all the latest L.O.L. Surprise and Rainbow High dolls and accessories and unique do-it-yourself collectables from the all-new MGA's MiniVerse. You'll also be able to purchase toys to get your



#FindYourFierce Passport, earn stickers, get your passport stamped, and so much more. Collect all 12 stickers, and you'll get an incredible 25% off your next purchase of participating L.O.L. Surprise, Rainbow High or MGA's MiniVerse products!

But that's not all – once you've completed your passport, you'll gain automatic entry into a lucky draw competition for hampers worth R10,000 each!



There is so much to see, including the L.O.L. Surprise & Rainbow High Play Station, a MiniVerse Play Station, an interactive L.O.L. Surprise Bubble, a L.O.L. Surprise Neon Room which glows in the dark, the L.O.L. Surprise & Rainbow High Nail & Makeup Bar, a Mirror Selfie Station and more.

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LEGO® Make Dream Cars Real 11-22 October

Attention all Gauteng gearheads! Join us from 11 to 22 October for motor-racing thrills and discover how to build your dream car with LEGO® South Africa!

Let your kids chase the open road with a range of real-life vehicles, from Formula Racing pedigree to unforgettable blockbuster heavyweights; with LEGO® cars, they can find their inner gearhead and build the car of their dreams brick by brick.

Let's take a sneak peek into the LEGO® garage and the fun that awaits!

Open the hood of the iconic LEGO® Technic™ 2022 Ford GT and uncover authentic details like a working V6 engine with moving pistons! Other highlights include opening doors, steering, suspension and adjustable spoiler.

Or, let racing enthusiasts become NASCAR® champions with the LEGO® Technic NASCAR Next Gen Chevrolet Camaro ZL1, and take their love for motorsport to the next level as they build all the fierce features, like steering and a V8 engine with working pistons.

Celebrate the proud legacy of Porsche with the LEGO® Speed Champions Porsche 963 or get buckled in for some fast-paced action with the legendary LEGO® Speed Champions 2 Fast 2 Furious Nissan Skyline GT-R (R34), complete with livery on the side, a nitro fuel



canister and even a Brian O'Conner minifigure to place in the driver's seat.

With tons of activities for the whole family, including live races, giveaways and an exciting range of LEGO® vehicles to explore, you don't want to miss this one.

Race to Ster-Kinekor Court at Mall of Africa between 11 and 22 October, and #MakeDreamCarsReal.



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SOUTH AFRICAN FASHION WEEK: SA Design going slow, fast! **19-21 October**

South African fashion design is rapidly moving from disposable seasonality into slow fashion as local designers adopt an earth-friendly approach to the style business.

SA Fashion Week (SAFW) Autumn/Winter 24 Collections will be held at Mall of Africa from 19 to 21 October, followed by the Trade Show and Showroom on 22 and 23 October 2023. The event will be sponsored by Mr Price, Mall of Africa, CRUZ Vodka, Isuzu and Carlton Hair.

You can expect various highlights, including the Mr Price Scouting Menswear Competition. Think higher-quality, low-carbon fabrication and techniques to recycle or upcycle, source locally, and avoid waste or dead stock by working on limited-edition ranges or commissioned pieces.

There is also an emphasis on gender fluid and body-sensitive design, which is filtering through to the broader South African consumer, as more than 50 local retailers stock SAFW designers.

The power of collaboration continues and will include the finalists of the Student Competition, SAFW's

collaboration with 32 design institutions around the country, and its ongoing relationship with Carlton Hair as the official hairstyling partner.

SAFW is also collaborating with the Department of Sport, Arts and Culture to establish market channels. To this end, a two-day brand-building and export development workshop with various local and international experts will precede this year's Tradeshow/Showroom, where the event's business deals are conducted. A highlight of this workshop will be a hands-on inside track on compiling the all-important lookbooks for international buyers by top photographer Benjamin Frochtzajg.

The CRUZ Collective opens the Autumn/Winter 24 Collections featuring Michael Hittinger of Ludwig Studio. According to sponsor Maisha Mamabolo of CRUZ, the show exemplifies why fashion is about more than clothing. "Fashion is about attitude. It creates cultures. CRUZ was born from the spirit of New York, so we rally behind the pursuit of success as we explore the new age of luxury with the CRUZ Collective."

There will be a triple bill comprising collections from Jacques Bam's eponymous Bam Collective, from Cape Town designer Oyama Gonintebe (a finalist in the 2023 Mr Price New Talent Search) and from the winner of the 2022

Mr Price New Talent Search, Thando Ntuli's Munkus Collection.

This will be followed by emerging new signatures, including Thula-Tu by Cape Town-based Andi Vena, VNTU, and Durban's Elwen Designs. Also, you'll discover the ISUZU Collections, the AW24 VIVIERS Collection, and Mr Price will launch its Modern Romance Collection celebrating local design.

This is just the tip of the iceberg, and much excitement has been generated ahead of the event.

The last word goes to Leemisa Tsolo, head of Asset and Property Management – Retail at Attacq Limited, which owns Mall of Africa: "We expected great things from our association with South African Fashion Week since its inception in 2020. Aligning ourselves with exceptional local design was a natural fit.

"For six consecutive years, we have received the nod as the country's Coolest Mall from 12,000 young South Africans in the *Sunday Times* Generation Next Awards. They resonate with our vision of throwing a glamorous and high-profile spotlight on African excellence and with our determination to be the continent's premier destination for top local fashion."

INFO

Limited tickets are available at Quicket.



Waterfall City Park

TRUE LOVE, All A Woman Needs Festival (AAWN) 11 November

We are thrilled to announce the return of the All A Woman Needs Festival – and we can't wait to see you there. Join us on Saturday, 11 November, at Waterfall City Park at Mall of Africa for a summer extravaganza that promises to make lasting memories for you and your girl squad.

This year, we're taking the festival to new heights in collaboration with Woolworths, Ford, Glade, Sta-Sof-Fro, Color Rebels, Robertson Winery, OPI, L'Oréal, Comfort and Oh so Heavenly! Our theme? Dress to impress in denim.

The All A Woman Needs Festival is your ticket to a day filled with music, beauty, engaging panel talks and a treasure trove of free goodies. Groove to the finest local tunes, from the latest hits to timeless classics. It's going to be fab, darling!

The highlights you can't miss include incredible live music that will have you dancing all day long, the latest trends and beauty secrets, insightful discussions led by industry professionals, amazing freebies and fab food stalls and drinks.

INFO

There are limited tickets available: R490 per person on Quicket.
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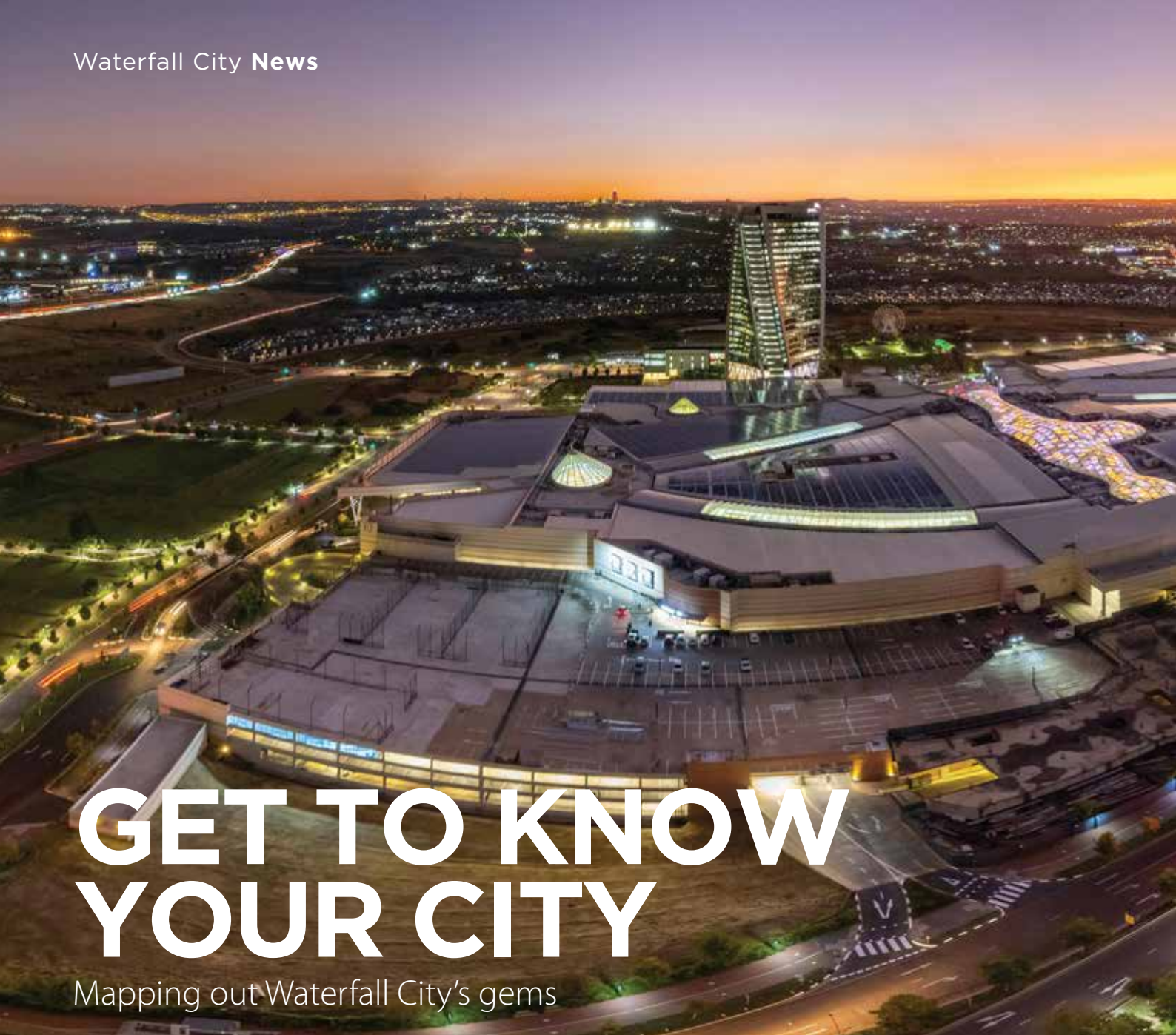
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GET TO KNOW YOUR CITY

Mapping out Waterfall City's gems

The sprawling 2,200-hectare Waterfall City development, located in the heart of Gauteng, has rapidly evolved into a dynamic mixed-use urban precinct that features everything you would expect from a vibrant city: from a unique blend of residential offerings, collaboration hubs and serene parks, to world-class schools, bustling retail spaces and essential services.

The newly launched Know Your City campaign by Attacq, the JSE-listed REIT and strategic development partner in Waterfall City, aims to highlight the many wonders of Waterfall City and serves as a guide for anyone wishing to explore and navigate this exciting City effectively.



City Guide maps

The focus of the Know Your City campaign is the takeaway City Guide map. Designed to be user-friendly and

informative, the map is an invaluable tool for visitors, clients, employees and residents to help them find their way around the City.

These carefully designed maps will be strategically placed at key locations throughout Waterfall City and surrounding suburbs.

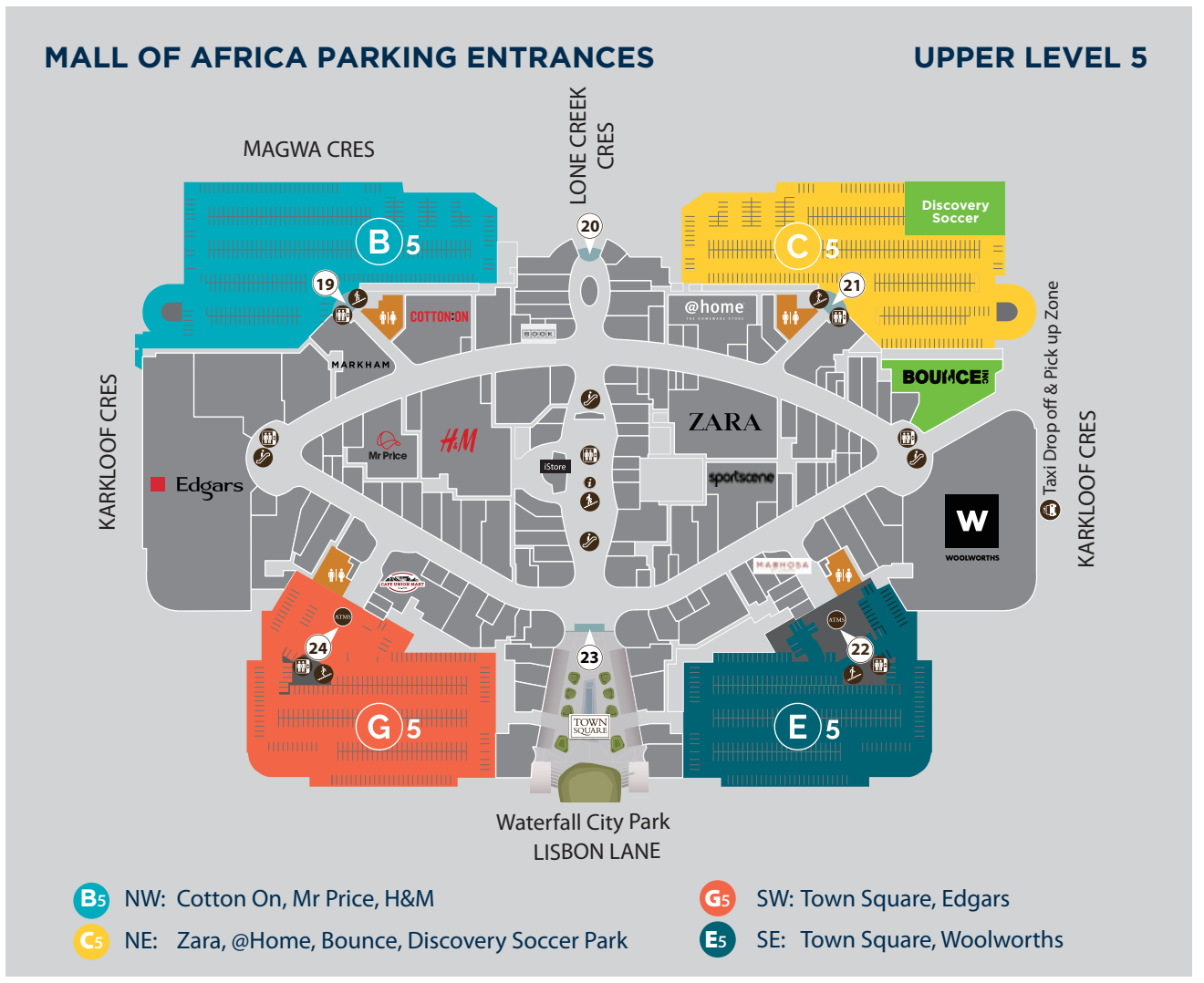
The aim of the Know Your City campaign is to empower citizens to explore Waterfall City with confidence. Whether it's finding the nearest coffee shop, locating a top-rated school, accessing healthcare or discovering entertainment, the takeaway maps are designed to make every corner of the City accessible.



LEVEL 3

Taxi Drop off & Pick up Zone

KARKLOOF CRES

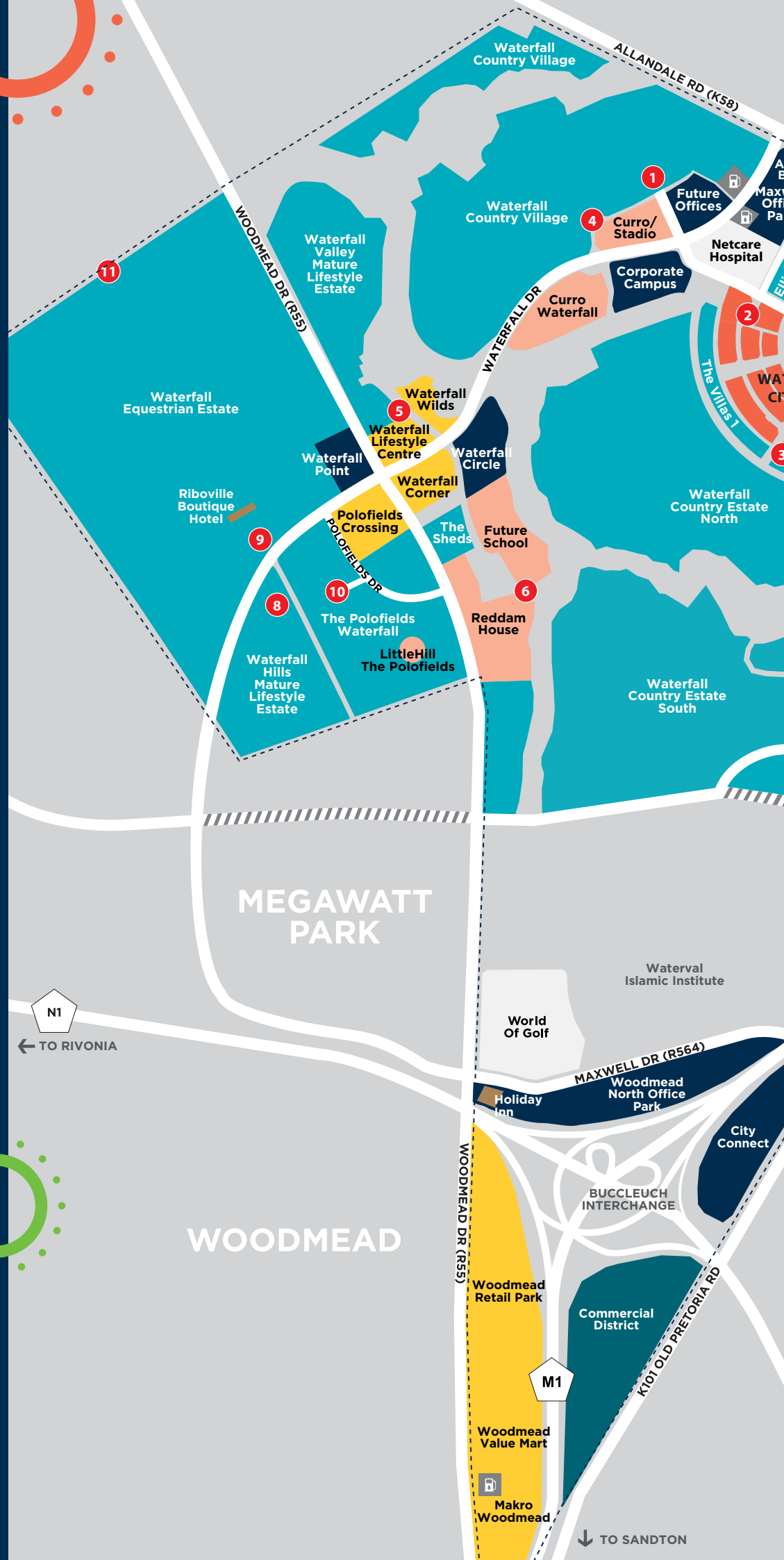


- B5** NW: Cotton On, Mr Price, H&M
- C5** NE: Zara, @Home, Bounce, Discovery Soccer Park
- G5** SW: Town Square, Edgars
- E5** SE: Town Square, Woolworths

Your city guide to



WATERFALL CITY



- Hotels
- Retail Hub
- Collaboration Hub
- Residential
- Mixed Use
- Educational
- Logistics Hub
- Filling Stations
- Waterfall City Park
- Other
- Residential Gates
- Future Roads

↑ TO PRETORIA



MIDRAND GAUTRAIN STATION

MIDRAND



KNOW YOUR CITY

MIDRAND

TO OR TAMBO/
KEMPTON PARK

WOODMEAD



KNOW YOUR CITY

Play

- 1 Create Shop Play
- 2 Movie Magic
- 3 Kyalami Indoor Karting
- 4 Bounce
- 5 Discovery Soccer Park
- 6 Africa Statue Selfie
- 7 Waterfall City Park
- 8 Dancing Shongololo
- 9 Fun Fair
- 10 BMW XDrive Park
- 11 World of Golf

Shop and Eat

- Mall of Africa
- Waterfall Corner
- Waterfall Wilds
- Polofields Crossing
- Waterfall Lifestyle Centre (Hirsch's)
- Woodmead Retail Park
- Woodmead Value Mart
- Makro Woodmead

Stay

- 1 Riboville Boutique Hotel
- 2 Courtyard Hotel Waterfall City
- 3 City Lodge Hotel Waterfall City
- 4 Holiday Inn Express Sandton-Woodmead

Learn

- Curro Waterfall
- Curro Waterfall Preschool
- Stadio Waterfall
- Reddam House Waterfall
- LittleHill Montessori
- The Polofields
- LittleHill Montessori Kikuyu

Health

- 1 Virgin Active
- 2 BODYTEC
- 3 World of Golf Gym
- 4 Life Day Spa Waterfall
- 5 Netcare Waterfall City
- 6 Waterfall Hills Frail Care Centre



MALL OF AFRICA PARKING ENTRANCES

LOWER



B3 NW: Cotton On, Game

C4 NE: Kyalami Indoor Karting

G3 SW: Dis-Chem, Checkers Hyper

E3 SE: Ster Kinekor, Woolworths, Bank



Unlocking Waterfall City's wonders

One of the campaign's key objectives is to explain the multi-use makeup of Waterfall City:

- **STAY:** Discover our four hotels and 10 residential developments, ranging from affordable flats and luxurious high-rise apartments with breathtaking views to family-friendly neighbourhoods that exude warmth and community spirit.
- **WORK:** Uncover the commercial opportunities and collaboration hubs that make Waterfall City a prime location for entrepreneurs and business professionals.
- **SHOP & EAT:** Explore our eight retail centres featuring over 600 shops, and

the more than 75 restaurants that cater to every taste and cuisine preference.

- **PLAY Outdoors:** Escape the urban hustle and bustle in the tranquil surroundings of Waterfall City Park, a green oasis for relaxation and outdoor activities, or enjoy a game of footie with your mates in the Discovery Soccer Park.
- **PLAY Indoors:** Find the hottest spots in which to dine and have fun, ensuring that your leisure time in Waterfall City is well spent.
- **HEALTH:** Discover our spas, gyms, clinics and hospital, all ensuring the well-being of Waterfall City's residents and visitors.
- **LEARN:** Get to know the three outstanding private schools and our

higher education institution that contribute to the City's reputation as a hub for learning and development.

- **PARK:** The City Guide map also takes the guesswork out of parking at Mall of Africa, indicating the nearest parking entrances to various stores – making your shopping experience hassle-free.

Join the journey of discovery

The Know Your City campaign celebrates diversity, community and curiosity. Embrace the journey by carefully removing your map from the centrefold of this magazine and using it as your guide to all the wonders of Waterfall City. Let the journey of discovery begin!

MALL OF AFRICA WINS AGAIN

When you're hot, you're hot – and when you are supercool, you are Mall of Africa, who again scooped the Coolest Mall in South Africa title for the sixth consecutive year in the 2023 *Sunday Times* Generation Next Awards.

The super-regional shopping centre in Waterfall City remains the undisputed cool choice, according to more than 12,000 South Africans between the ages of eight and 24 who participated in the annual survey conducted by leading youth market specialist HDI Youth Marketeers. The organisation canvassed the opinions of young people throughout South Africa to gauge brand love and consumer behaviour across more than 70 categories.

The survey is considered to be the most authoritative yardstick of youth brand perception within local marketing circles, says Leemisa Tsolo, head of asset management at Attacq Limited.

“With an annual spending power of approximately R120 billion, this demographic represents real economic clout. Equally important is its active social media presence on platforms such as TikTok and Instagram and the commensurate impact this has on influencing leadership and shaping popular opinion. These are the early adopters and trendsetters of the consumer behaviour cycle – where they go, the rest follow.”

The Mall, therefore, recognises the importance of remaining attractive to this sought-after consumer by continuously updating and refining its retail offer and promotional mix.

Mall of Africa's positioning as the premier destination for a world-class



international and local shopping and lifestyle experience remains on track with its stellar assortment of tenants. This ranges from sought-after global brands such as EL&N, which recently landed its irresistibly pink and Instagrammable Eat, Live and Nourish restaurant, to the best of local design, such as the iconic South African designer MaXhosa.

And that's not all. To add to its shiny trophy case of silverware, Mall of Africa also scooped seven wins in categories across the board at the annual South African Council of Shopping Centres (SACSC) Footprint Marketing Awards announced in September.

The Mall garnered the coveted Spectrum award, the accolade that recognises the most outstanding achiever among the overall Footprint Award winners, in addition to winning a Gold, a Silver and four Bronze awards.

The Footprint Awards serve as the industry's annual benchmark of creativity and innovation, as well as financial success, in the South African retail property environment.

The Spectrum and Gold and Bronze awards were achieved for the

exceptional public relations results generated by its partnership as South African Fashion Week's official home.

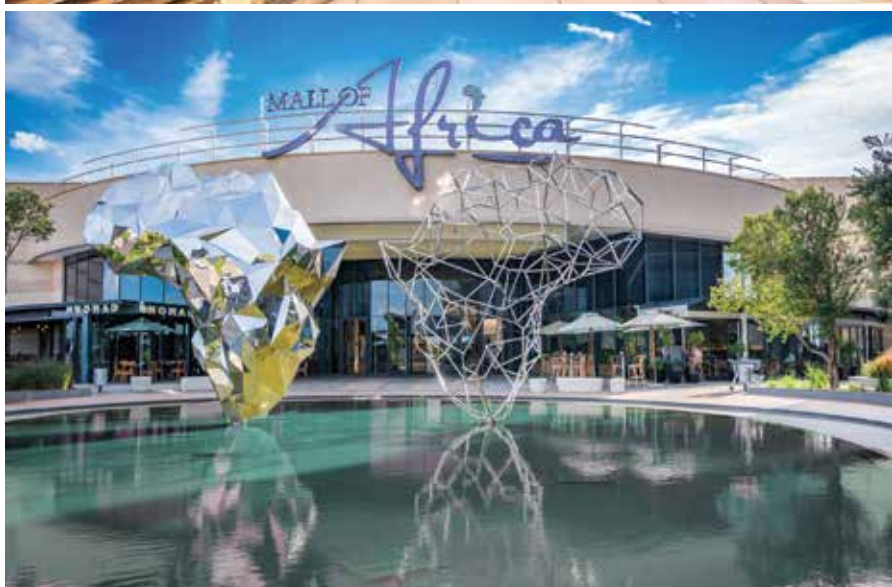
In earning a Silver and a Bronze award in the categories Retail Productivity and Category Integration in the centre's Fashion Weekends Out, the Mall was recognised for proactively delivering a tailor-made activation for some of its main drawcards: fashion, beauty, and hair. By capitalising on the inherent interest value of new seasonal trends, shoppers were offered multiple exciting events linked to these areas throughout the respective weekends.

This was underpinned by broadcasting support from Metro FM and a strong digital campaign and online presence, which ensured that the campaign delivered exceptional year-on-year turnover increases for the relevant August 2022 and March 2023 periods.

The Bronze award earned by the Shopping Weekends Out campaign came on the back of the Mall increasing its tenant participation significantly in its first-ever drive to maximise the traditional end-of-season sale periods at the end of July and January. Exceptional discounting and value-added offerings, including in-store experiences, gift-with-purchases and sampling, resulted in an increased year-on-year turnover for July 2022 and January 2023, respectively.

“It is particularly gratifying to be recognised by one's peers because they understand the challenges, and therefore also the true value of success,” says Mall of Africa's general manager, Johann Fourie.

Congratulations to the Mall of Africa team on all these fantastic accolades!



MALL OF Africa

SACSC FOOTPRINT AWARDS

SPECTRUM AWARD:
Mall of Africa hosts SA Fashion Week SS22 & AW23 Collections- Public Relations

GOLD AWARD:
Mall of Africa hosts SA Fashion Week SS22 & AW23 Collections- Public Relations

SILVER AWARD:
Mall of Africa Fashion Weekend Out: Retailer Productivity

BRONZE AWARDS:
Mall of Africa: Fashion Weekend Out: Category Integration, Centre Productivity
Mall of Africa: Shopping Weekend Out: Category Integration
Mall of Africa hosts SA Fashion Week SS22 & AW22 Collections: Category Integration



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GLOBAL UNIVERSITIES

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NATIONALITIES

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HOLD MASTERS
DEGREES

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NORTHERN HEMISPHERE
CALENDAR - AUGUST TO JUNE

174 

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GERON HYDROTHERAPY

Why bulls like water

By Maria Gerondoudis, a clinical hydrotherapist who works closely with Waterfall Sports Orthopaedic Surgery and several medical practitioners in the Greater Johannesburg region.

Here's a phenomenon that's commonly observed: after competitive combat, bulls seek water. Whether a bull comprehends the multitudinous benefits of water is questionable and of little relevance. What the bull knows is that countless bulls before him have used it and that the immersion gives him respite from the weight of his body – the swirls soothe his aches and pains, movement is looser and easier, and he can exhale safely.

Perhaps I have stated the obvious, but often, what seems simple, natural and familiar is far more complex than we first assume. The same goes for water in its simplicity, familiarity and complexity.

To explain what Geron Hydrotherapy is, I will use a physical condition as an example. I've selected arthritis, the inflammation of one or more joints. Symptoms of arthritis include pain, swelling, warmth, redness of overlying skin, and diminished range of joint motion.

I have narrowed my selection down to osteoarthritis as it is the most common form of arthritis that develops in sportspeople. It often occurs because of incorrect training methods or the overuse or abuse of analgesics and

anti-inflammatory drugs, which enable the individual to continue using an unstable or degenerate joint.

Prior injuries can predispose the joint to osteoarthritis, and the pain experienced in this condition is mainly due to arthritic changes that occur within the joint.

The Geron Hydrotherapy technique is a therapeutic approach that draws on various hydrotherapeutic methods, such as aquatic remedial exercise and aquatic bodywork. It follows a defined sequence and set of protocols. It requires that the body (not the head) be immersed in thermoneutral water. It uses the mechanical and thermal effects of water, together with active and passive techniques, to address both the acute and chronic symptoms that present in the recovery and maintenance of osteoarthritis.

Treatment takes one hour. Typically, 30 minutes is spent on remedial

exercise, which involves moving a joint through its existing pain-free range. Through repetition of movement, the limits of the pain-free range are gently challenged. Movements are initially unresisted and then progress to resisted actions once the pain and range of movement improve.

Movements are initially slow and there is a large focus on maintaining alignment. Speed is increased as the strength and pain-free range increase with time.

The remaining 30 minutes is spent on the passive phase of the treatment. This involves the patient lying in a supported floating position while the therapist works on the patient's body. The patient is kept buoyant with specialised floats under the head and legs. This ensures that the muscle groups are relaxed. There is also a specially designed head pillow that provides neutral alignment. Both pillows and floats are adjustable for different sizes, buoyancies and ages.



A study that examined the effects of aquatic therapy (active modalities only) on joint flexibility and functional ability in subjects suffering from arthritic conditions concluded that aquatic therapy is an effective way of increasing joint flexibility and functional ability while reducing pain and difficulty with tasks. Since osteoarthritis of the knee often presents after repair of the anterior cruciate ligament (ACL), aquatic therapy is used to accelerate recovery times and maintain greater functional ability.



Norton *et al.* reported that patients rehabilitating after an ACL surgical repair acquired range of motion (ROM) faster with aquatic therapy than with traditional treatment.

Let's explore why we see such results. As a medium, water offers the following properties:

• Buoyancy – the cushion effect¹

The varying depths of the pool allow the therapist to tailor weightlessness/weight-bearing to be used in progression. For example, in osteoarthritis of the spine, pelvic girdle, knees or ankles, deep water exercise is typically used to unload joints, decreasing pain and muscle spasm – in this way, allowing increased ROM and function in the affected joints.

Weight-bearing can gradually be introduced to train specific muscle groups, once again tailored to the patient's individual capacity for movement, strength and stamina.

Since these limits change from one day to the next, the water meets the patient precisely where the patient needs to be met. This is one of the unique characteristics of water: it provides an efficient, low-risk environment that auto-tunes itself to the needs of the patient.

Another wonderful fact about buoyancy (together with density and viscosity, to be more accurate) is that it allows the patient to work specific muscle groups that stabilise a joint without needing to move the joint itself. This is especially useful in acute pain or severe inflammation, and it can help sportspeople to maintain their strength without exacerbating an existing condition.

An example is the application of a water Pilates deep-water swing to strengthen the core three-dimensionally when there is inflammation in the vertebral column. The entire length of the body stays rigid while swinging in various planes (please don't try this without facilitation as there is a risk of hyper-extension). Since water is 800 times denser than air and offers 12 times the resistance, doubling the speed of a movement quadruples the resistance, and we can tailor the pace to challenge the six-pack of even the strongest athlete.

Add turbulence to the water, and (besides improving circulation) we test balance even further, encouraging the engagement of muscles in several planes.

All this dispels the idea that hydrotherapy is just for old ladies in shower caps. It's for everyone, no matter your age, size or joint condition.

¹ Buoyancy is defined as the upward thrust of water. It is based on the Archimedes Principle: "When a body at rest is partially or wholly immersed in any fluid, it experiences an upward thrust equal to the weight of the fluid displaced."

• Warmth – thermal conductivity

The temperature of the water in a hydrotherapy pool is held at a constant of 34°C – this is called thermoneutral. It means that the human body can stay in this temperature indefinitely, without much fluctuation in its core temperature.

Given that water conducts heat (or cold) 25 times better than air, the temperature of the water is transferred efficiently into the body's tissues. The warmth is also uniform, reducing muscle tension and spasticity in the whole body and enhancing stretching and mobilisation.

In temperatures colder than 32°C, cardiovascular exercise is required to maintain the body's core temperature if the body is immersed for longer than 10 minutes. Since most osteoarthritic patients experience restricted movement, vigorous exercise is not always possible, and there is a risk of spasticity and less effective mobilisation.

Another interesting fact is that the sensation of warm water reduces pain sensitivity. The warmth 'distracts' that pain because sensory nerve fibres that detect warmth and touch are larger and faster and have greater conductivity than pain fibres. Now we know why our bull feels respite from his aches and pains simply from the swirls during immersion.

• Hydrostatic pressure²

Simply put, hydrostatic pressure means support. Joints experience a multidirectional force that immediately stabilises them and significantly lowers the risk of injury during movement. It also means that muscle groups are allowed to strengthen in more numerous and functional planes as opposed to being limited to fixed planes on land.



Aquatic Bodywork – intensive rest after an intensive workout

In this part of the session, the therapist tailors the patient's buoyancy using special floats so that he/she lies weightless at the surface of the water.

A variety of techniques are then applied to 'work' the body in ways impossible on land. These include stretching, massage, gentle traction, myofascial release, tremors and oscillations. These are applied together with breathing rhythms to provide three-dimensional integration and 'balance'.

For those who have not come across this work, it is highly experiential and it changes according to the needs of each patient.

For the osteoarthritis patient of every age, shape and size, it is the combination of active and passive methods, facilitated by the unique properties of water, that achieve the desired results: reduced pain, increased strength and ROM.

Visit the website
www.hydrotherapy.co.za

There are a number of other physiological responses to hydrostatic pressure that affect venous return, blood volume in the heart, kidney function and lymphatic return.

• Three-dimensionality

I've added this property as I'd like to focus on the ease with which one can use multiple positions – supine, side-lying, prone, sitting and standing, to name a few – and, of course, the movement from one position to another. The therapist applies this property extensively in the active modalities to maximise the challenges posed in a session.

I've often found myself 'inventing' a new move by necessity (given the parameters of a patient's limits) and later reflecting on how uniquely effective it was on coordination, motor skills, balance, etc.

In my 18 years' experience in the field, I find the three-dimensionality of water to be its most wondrous property. It nurtures creativity and continues to surprise me by presenting a versatile and ingenious way of addressing challenges and resolving problems. This is also the property that allows for the application of passive bodywork techniques.

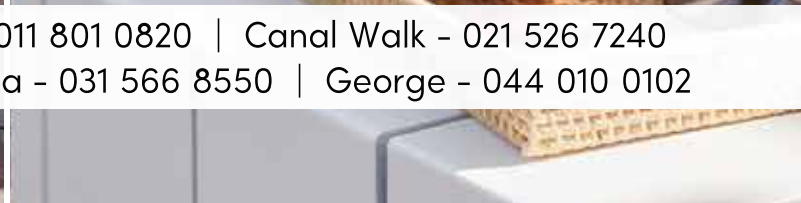
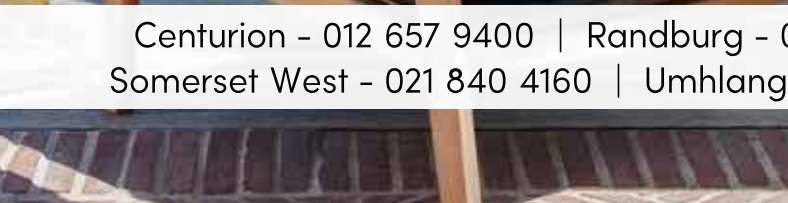
² This is the pressure or multidirectional force that is applied to all surfaces that are immersed and increases with the depth.

References: *Templeton, Booth, and O'Kelly, Norton et al.*

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CREATING SUCCESSFUL INTERGENERATIONAL WEALTH

By Nirdev Desai, Head of Sales, PSG Wealth



"...a robust and flexible plan that caters for the needs and aspirations of family units is invaluable."

For many years, the concept of self-made success was considered by many to be the 'making of the man', with each generation expected to prove their self-worth by being at least as financially successful as the generation before. However, the adage "shirtsleeves to shirtsleeves in three generations" – meaning that wealth gained in one generation will be lost by the third – continues to this day. A recent *Harvard Business Review* article by Stark and Foley found that 70% of wealthy families studied lost their wealth within the second generation, and 90% within the third.

It is clear from such research that wealthy families do not appear to be well equipped to build on the financial

success of previous generations, and that a reframing of how to ensure sustainable wealth for generations to come is needed. Notwithstanding the inability of the 90% to successfully transfer their family wealth, there are still 10% of families who are successfully creating and passing on lasting legacies, and these legacies often become the backbone of economic growth the world over.

It is this 10% that brings long-term value to global productivity. According to the latest research by the Family Business Network, family-owned assets account for 70% of global GDP.

What the 10% are getting right and how we can apply key learnings to intergenerational financial planning: >

Ensure that you are benefiting from the scale of your family's assets

Increasingly, families support one another with investment products for minors, and individuals who are starting their careers still have to build up an asset base that will attract better fees based on higher asset values.

Family-aggregated pricing is a critical component of holistic financial planning for families. It refers to costs based on the collective assets of a family rather than on the assets of a single portfolio or the assets of an individual investor. Fees charged on larger asset bases are often more competitive.

Families that share a common vision and objective for family wealth have an advantage

Having collective ownership of the meaning of wealth isn't learnt overnight. Much of it is gained through sharing experiences, earning trust, and showcasing sufficient individual responsibility to sustain future intergenerational wealth. This includes preparing future beneficiaries

for their responsibilities, mentoring, understanding individual needs, and co-crafting a common vision.

This can be a difficult task in times of increasingly complex family structures over multiple generations who may currently live off a family's collective wealth. However, a continued commitment to successfully address these issues enables easier discussions around the financial planning technicalities of timing, structures and amounts to ensure that family members are well prepared.

Ensuring that the privacy of individuals is respected

While aggregated pricing for families can be advantageous for a family, individuals within that family may want to pursue additional personalised and private financial advice separate from that of the family, including assurances that financial affairs are kept personal. Advice is personalised and nuanced, and there is a need to balance the benefits of aggregating assets at a family level with catering to the needs of the individual members of the family.

Risk profiling and aligning financial plans with your risk appetite

Just as there is a need for family financial plans to cater to the needs of a family unit as well as the individual members of that family, there is also a need to plan for nuanced differences in risk profiling and how these change over time. Bluntly applying a single risk profile to multi-decade investment horizons does not acknowledge a family's cash flow requirements in the short, medium or long-term, nor does it cater appropriately for cash flow or financial planning needs of individuals within families.

It is crucial that financial plans unpack, plan and implement suitable strategic asset allocation at both individual and product levels.

Speak to your financial adviser

Holistic financial planning for families is complex, but a robust and flexible plan that caters to the needs and aspirations of family units as well as their individual family members, in a complementary way, is invaluable.



"70% of wealthy families studied lost their wealth within the second generation, and 90% within the third."

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admissions@stpeterscollege.co.za or call **011 807 5315**



The new, technically advanced WORX cordless Nitro pruning shear and lopper comes with a long-lasting 20V brushless motor and a three-year warranty.

With no need for manual pruning and a 25mm blade opening, the Nitro pruning shear can cut a wide range of branches. It is perfect to use on trees, roses and shrubs, cutting 2,800 pieces on one charge.

“This new WORX pruning shear and lopper is the most popular garden tool in the range and one of the best sellers,” says Dean Lotter, MD of the Brandroid Group, the official distributor for WORX power and garden tools. “The new unit is light and comfortable, allowing you to cut all day without any strain on the hands or arm; the power motor does it all. If you are a homeowner or gardener or you’re running a nursery or garden cleaning service, this unit is a must.”

Features

- High-efficiency brushless motor delivers a longer run time allowing you to cut more than 2,800 pieces constantly on a single charge.
- The pruner features progressive cutting, so you can adjust the on/off switch with the trigger as required, and even reach a narrow interspace without damaging other branches.
- The titanium-coated SK5 high-strength blades are sharp, durable and rust-proof, providing more than three times longer lifespan than carbon steel SK5 blades.
- The machine has a double-switch activation system, which provides extra security.
- Slim and lightweight design for easy, one-handed operation.
- Same battery, expendable power. The WORX 20V Nitro cordless pruning shears WG330E.9 is part of WORX PowerShare battery system. One battery fits all tools, with options of different power packs.

To view the full range of WORX products and view the videos, go to <https://worxsa.co.za>



Agents BRANDROID (PTY) LTD

Contact Dean at dean@brandroid.co.za, or call him on 010 824 4420 or 060 985 6257. You can also contact Errol on errol@brandroid.co.za or email info@worxsa.co.za

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Experience the V Hotel Lavender in Singapore with Travel Vision

Rates from R36,685 per person sharing. Package includes international flights from Johannesburg, return airport transfers, five nights' accommodation in the four-star V Hotel Lavender in a superior room with breakfast daily. Valid for travel until 15 November 2023. T&C's apply. For more information contact 011 408 8000 or email: info@travelvision.co.za



Israel package with Dream Kist Tours

Rates from R35,739 per person sharing for two adults. Package includes two nights' accommodation in Tel Aviv, three nights in Jerusalem and two nights in Tiberias, breakfast daily at each hotel, two dinners in Tiberias and entrance fees to excursions. Flight bookings are subject to availability. Package excludes international flights, meals not mentioned, travel insurance, visa cost and tips. Valid for travel from 8 October 2023 to 24 February 2024. T&C's apply. For more information contact 021 761 4401 or email: reservations@dreamkisttours.co.za



All-inclusive local sailing with Encore Cruises

Cruise fares from R48,450 per person sharing for seven nights. Cruise from Durban to Cape Town on the all-suite, all-balcony ship, Seven Seas Voyager. The ship accommodates 700 passengers. The fare includes unlimited shore excursions, specialty dining, pre-paid gratuities, unlimited Wi-Fi and unlimited drinks, including fine wines and spirits. Flights are not included. Valid for travel until 20 November 2023. T&C's apply. For more information contact on 012 664 0925 or email: janinep@encorecruises.co.za

Royal Zanzibar Beach Resort with Rove Africa

Rates from R34,950 per person sharing in a superior room. Package includes seven nights' accommodation, return airfare to Zanzibar ex Johannesburg with FlySafair, pre-payable airport departure taxes and airline surcharges, breakfast, lunch and dinner. Valid for travel from 1 November to 22 December 2023. T&C's apply. For more information contact 011 453 2790 or email: info@roveafrica.co.za





Go skiing in Livigno, Italy with Pure Travel

Rates from R29,338 per person sharing. Package includes seven nights' accommodation in a three-star hotel on a bed and breakfast basis, shuttle transfer and ski pass. Package excludes international flights, meals not mentioned, travel insurance, visa cost and tips. Valid for travel until 2 March 2024. T&C's apply. For more information contact 011 676 3000 or email: ski@pure-travel.co.za

Relax in Umhlanga with Thompsons Holidays

Rates from R16,400 per person. Package includes five nights' accommodation at the five-star Oyster Box Hotel in a classic garden-facing room, breakfast daily and a spa credit of R450 per person. Also included is a curry buffet, a high tea experience, a two-course lunch or dinner, a signature dinner and a cocktail-making experience. Offer valid until 12 December 2023. T&C's apply. For more information contact 011 770 7700 or email: southafricaj@thompsons.co.za



Explore the Okavango Delta, Botswana ex Maun with Falcon Africa

Rates from R25,750 per person sharing. Valid for SADC residents only. Package includes three nights' full-board accommodation and return light-aircraft transfers between Maun and the Delta. Package excludes international flights, meals not mentioned, travel insurance, visa cost and tips. Valid for travel until 31 December 2023. T&C's apply. For more information contact 021 035 1416 or email: enquiries@falcon-africa.co.za

Hello Japan deal with Globe Travel

Rates from R38,750 per person sharing. Package includes five nights' accommodation in Tokyo with breakfast daily, speed train from Tokyo to Osaka, spending five nights in Osaka with breakfast daily, one-day Tokyo Disneyland pass with transfers, one-day Universal Studios Osaka with transfers, one-way airport transfer in Tokyo on arrival and one-way airport transfers in Osaka on departure. Package excludes international flights, meals not mentioned, travel insurance, visa cost and tips. Valid for travel until 31 December 2023. T&C's apply. For more information contact 021 224 0184 or email: bookings@globetravel.co.za



MSC Splendida summer cruise

Be among the first to board the MSC Splendida this summer and book a cruise starting from R8,411 per person. Package includes mandatory fees, five nights' accommodation, all meals, and on-board entertainment. The cruise will depart from Durban on 26 November 2023 and will sail to Pomene and the Portuguese Islands in Mozambique. Rates are per person based on two adults sharing in a two-berth cabin and are subject to availability at the time of booking. T&C's apply. For more information about our cruise season, operating from 24 November 2023 to 3 April 2024, contact 011 844 6072 or email: msconline@msccruises.co.za



T&C's: Prices are per person sharing and subject to availability, currency fluctuations, peak season supplements and/or block out periods.

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BERNIE VAN DER VYVER:

Crafting the African wilderness in bronze



His bronze sculptures, alive with the spirit of the African wilderness, narrate tales of beauty, survival and natural harmony

Bernie van der Vyver's artistic journey began in the heart of Bethal, Mpumalanga, in 1969. He grew up on an expansive farm where, from an early age, pencils, paper and clay became his trusted companions. This early immersion in the arts and in nature laid the foundation for his career as an artist whose bronze masterpieces would reflect the spirit of the wild.



"Growing up on a farm in Bethal was really special," recalls Bernie. "Animals and nature always surrounded me. I loved collecting pictures of all kinds of creatures. I studied their form and movement, and started drawing them. This was how I first got into art. I think that being around so much wildlife sparked my love for nature and art."

Bernie applied a steady hand and a creative mind to his work. Soon, his art evolved, going beyond those youthful sketches and clay models. He ventured into the intricate and complex world of bronze sculpture, honing his skills to create hyper-realistic representations of wild animals. He began exhibiting his work, his obvious talent increasingly drawing the attention of discerning art lovers and critics.

Bernie's sculptures are often custom-made. Working closely with clients, he ensures that each piece aligns with their vision and his artistic interpretation. This collaborative approach guarantees that each piece is a unique fusion of the client's desire and the artist's expression.



Bernie finds his muse in nature. He visits our national parks and wildlife reserves on a regular basis, immersing himself in the world of his subjects. These field trips serve as his study sessions: he uses wildlife photography as a reference point for what he is about to create. His love for the natural world is palpable in every crevice and curve of his bronze creations.

These masterpieces have left an imprint on the global art scene and have shaped people's perceptions of wildlife.

His sculptures are exhibited in galleries and museums across South Africa, Europe and the United States. They are celebrated for their realistic beauty and the underlying message of wildlife conservation.

Bernie has certainly come full circle since his childhood days moulding clay on a Bethal farm. Now a master bronze sculptor, his journey attests to his dedication and love for both his craft and his surroundings.

Bernie is more than an artist; he's a storyteller. His bronze sculptures, alive with the spirit of the African wilderness, narrate tales of beauty, survival and natural harmony. As a result, his works are sought-after both here and abroad.

Don't miss Part 2 in the next issue!

You can follow Bernie's extraordinary journey and explore more of his work on his Facebook page. You can also connect and get in touch with Bernie on LinkedIn.

Waterfall City Classifieds

MEDICAL SERVICES

AUDIOLOGY/HEARING

Hearcare Waterfall Hearing and Balance Clinic 011 304 7920
Free hearing screenings. Home visits in Waterfall City estates. Rooms: Waterfall City Netcare Hospital. www.hearcare.co.za

OCCUPATIONAL HEALTH PRACTITIONER

Occupational Health Medical Screening (Red tickets) and Travel Clinic 082 862 7892
Address: 181 Bekker Road, Vorna Valley, Midrand. Booking is essential: midrandkohc@krielhealthcentre.co.za

OPTOMETRIST

Specsavers for affordable eye care, contact our experienced team.
Mall of Africa 010 612 6440
Optometrists Marlize Joubert and Monica Naicker
Book online: www.Specsavers.co.za

VETERINARY SERVICE

Midrand Veterinary Hospital 011 315 1575 / 071 047 7172
Premium companion animal care. Enhancing the unique relationship between you and your pet through uncompromising care and service. www.midrandvet.co.za or info@midrandvet.co.za

GENERAL SERVICES

BABY AND CHILD CARE

Call Sarah Austin 071 135 9996
Available in the Waterfall City area. Sarah has 15 years' experience in baby and child care and she has recently moved to Waterfall City. She is available on a full-time/part-time/ad hoc basis. References/CV available.

CLEANERS

Crisp and Clean 083 378 3331
Door-to-door, taking the hassle out of cleaning laundry, dry cleaning, upholstery and carpet cleaning.

DELIVERY SERVICE

Mr Delivery Midrand 011 315 2926

HEALTH AND WELLNESS CARE

Divan du Toit Biokineticists 082 707 2068
Waterfall Virgin Active
Email: divandutoitbio@outlook.com
www.divandutoitbio.com

Just B Movement

082 258 9880
Traveling Pilates & Yoga Instructor - Home visits in JHB North! Take the hassle out travelling to be part of a Pilates or Yoga Class. Let me offer you Group or Private one on one sessions to for fill your fitness journey. Call Jessica Snyman on 082 258 9880, or Email: info@justbmovement.co.za
Website: www.justbmovement.co.za

HOME CLEANING SERVICE

Clean My Space ZA 076 251 2263
We are a Domestic Cleaning Service offering peace of mind to homeowners. We exist to ensure that household chores do not interrupt your already busy calendar. Book us daily, weekly or monthly on our website: www.cleanmyspaceza.co.za, or WhatsApp 076 251 2263. If you prefer to speak to a human, call us on 076 251 2263. Clean My Space ZA is based in Kyalami and services the Waterfall City and Kyalami areas.

PET CARE

Animals Matter 082 445 8422
Animal Behaviourist (COAPE qualified DipCABT). Is your dog/cat displaying a behavioural problem such as aggression, anxiety, fear, constant barking, separation distress, feline scratching, inappropriate

elimination or fighting? Then understanding why they do, is the first step in the behaviour modification programme. Please contact Jeanette Furstenburg. Email: jeanette@animalsmatter.co.za for a consultation.

PET & HOME SITTERS

Happy at Home 082 335 5096
An elderly couple with several years of experience will care for your precious pets in the security of your home. We have contactable references (Dainfern, Kyalami Estates, Fourways Gardens, Waterford Estate etc). Henry and Deidre Email: deidredevine8@gmail.com

Pet/Home Sitter

076 035 6908
Why leave your pets alone and away from home. Leave them in their own loving home. Mature Lady fills the gap. Contact Dee-Jean at djb160453@yahoo.com

PET GROOMING

Soapy Smooches Mobile Pet Groomers 061 087 8247
We come to you! Pamper your pets at home in our fully-equipped pet parlour on wheels. BOOK NOW - info@soapysmooches.co.za

RESTAURANTS

Mio Col'Cacchio Waterfall 010 596 8941
waterfall@colcacchio.co.za

SPEECH & LANGUAGE THERAPIST

Lara Ramos 082 480 6716
Specialising in both child and adult disorders. Email: l.d.ramos@hotmail.com

TUTORING

Maxi Brain Tertiary & Secondary Tutor 079 693 7190
Economics & management sciences subjects, bridging classes, private & groups.

TYRES

Supa Quick 011 466 3813
Kyalami Boulevard

HOME SERVICES, BUILDING & MAINTENANCE, APPLIANCE REPAIRS

ARCHITECT

Drawbox Design Studio 082 339 5834
The Leader in providing sustainable building solutions. Contact Carlu Swart.

BUILDING

Care Construction and Paving 011 469 4300
Ian 083 250 3736
We specialise in new houses, additions and alterations, paving, painting and all your building requirements, no matter how big or small. Over 30 years' experience. www.careconstruction.co.za
Email: ian@careconstruction.co.za

Woodcare & Dick King Decking 082 525 9898
Specialists in all joinery, including decking, pergolas, screens, balustrades, wine cellars, BICs, kitchen units and bespoke metal/timber furniture. Blocks & Boards - Factory in Midrand. Contact Derek Collard email: decks@icon.co.za
Website: blocksandboards.co.za

DRAIN MAINTENANCE

SirDrain 011 454 3534 / 083 231 5809
Call us for professional cleaning and unblocking of drains, using a drain machine or rods.

ELECTRICIAN

Taylor Electrical 0861 102 174
Domestic, commercial, industrial, compliance certificates, energy saving.

FLOORING

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Jay 082 498 9894
Nontombi 064 519 4887
Wall to wall carpets, vinyl, laminates, turf, blinds and rugs. 2nd Floor, 9 Kramer Road. Contact Jay or Nontombi or email: jay@tcfkramerville.co.za

GARDEN & POOLS SERVICES

CREWCUT GARDENS & POOLS
Peter 082 450 1111
Mark 082 789 7916
Weekly garden and pool maintenance. We build new pools or remarshal old ones. Suppliers of all pool spares, including pool pumps. Contact via email: peter@crewcut.co.za or mark@crewcut.co.za

GAS SUPPLY SERVICES

Falcon Gas 073 818 3532
Try our exceptional service for your LPG cylinder, refill/new cylinder supply. We comply to all Estate Safety & Security regulations. Free delivery to your home or business within Waterfall City. Email: falcoegas.sa@etgworld.com

GAS INSTALLATIONS AND PLUMBING SERVICES

Paddy's Gas and Plumbing Paddy 082 300 5445
New gas installations, maintenance, repairs and gas leak detection services. Gas Certificate of Conformity. New Installations and maintenance of all plumbing to both residential and commercial customers. Installation of water tanks, geyser replacements, blocked drains, drain jetting, leak detection and much more. Email: paddysgas@gmail.com, www.paddysolutions.co.za

LOCKSMITH

Brad's Lock and Key 082 854 9898
All locks opened/fitted/replaced 011 802 4114
Also doors fitted/motors repaired/security gates custom-made. All work done by myself on-site. websites: bradslock.co.za/bradsgates.co.za
email: bradslock@telkomsa.net

MAINTENANCE

Waterfall Maintenance Guy 082 569 3962
Have you been neglecting your home maintenance during lockdown? We are fully operational for garden services to painting, paving, tiling, plumbing etc. Call Udesh for excellent prices, professional service and advice. Email: udesh@waterfallmg.co.za, or visit www.waterfallmg.co.za for more info.

PAINT & BUILDING SUPPLIES

Colour Creations 011 466 0065
Paint, hardware, plumbing and building suppliers in Kyalami.

PLUMBERS

Sandton Plumbers 083 460 9870
Maintenance & Construction experts. Over 36 years' experience. PIRB Registered & Solar Certified Installer.

PROPERTY MAINTENANCE

Carl Allan Property Maintenance 082 740 2356
Based in Waterfall City. We take care of all your maintenance: steelwork, carpentry, painting and all related repair work. Contact Carl Allan. Email: capm.renovate@gmail.com

REFUSE REMOVAL

Mr Rubbish cc 011 807 5200 / 082 571 6134
Garden refuse & junk removals, complexes & private wood chipper hire.

WATER SURVEYING

Aquaview Technologies 082 475 8875
Reduce the cost of drilling a borehole by knowing EXACTLY how deep to drill. We offer a scientific approach to water detection for boreholes. We can assist you with a professional survey. Call for a quote.

Waterfall City Contacts

Capacity	Name	Contact Number	Email
CEO - Waterfall Country Estate and Waterfall Village	Kenneth Gaynor	082 801 6875	kenneth@waterfallcountry.co.za
Estate Manager - Waterfall Equestrian Estate	Alwyn de Bruin	078 800 8177	alwyn@waterfallequestrian.co.za
Estate General Manager - Waterfall Hills Mature Lifestyle Estate	Shae Braithwaite	081 810 0770	shae@whra.co.za
Estate Manager - Waterfall Valley Mature Lifestyle Estate	Mel Adams	064 958 7091	estatemanager@waterfallvalley.co.za
Property Manager - The Polofields, Waterfall	Theo Marais	060 759 1580	estatemanager@polofieldswaterfall.co.za
Property Manager - Kikuyu, Waterfall	Tahirah Johnston	067 707 9755	estatemanager@kikuyuwaterfall.co.za
Assistant Property Manager - Munyaka Waterfall	Courtney Johnson	071 350 1743	munyakaem@munyakawaterfall.co.za
Property Manager - Ellipse, Waterfall	Branden Lizemore	081 482 7831	estatemanager@waterfallellipse.co.za
Property Manager - Waterfall View	Mpho Masikhwa	072 104 3547	waterfallview@elgaruwaterfall.co.za
Security Manager	Shawn Benningfield	076 144 8197	shawn@waterfall.co.za
Sustainability Manager	Ruan Spies	060 966 4211	ruan@waterfall.co.za
Attacq Leasing	Justin Smith	082 362 0800	justin@attacq.co.za



emergency numbers

DEDICATED WATERFALL CITY SERVICES

24/7 Security Control Room, Waterfall City	087 049 5042
Fire Ops Waterfall City	083 622 6026
Netcare 911 Emergency Medical Services Waterfall City	010 209 8365

PETS & ANIMAL RESCUE

Animals in Distress	011 466 0261
Midrand Veterinary Hospital	011 315 1575
SPCA	011 265 9935
SPCA Midrand Emergency	083 441 1564
Sunninghill Village Vet	011 803 1221

OTHER SERVICES

Ambulance/Fire	10177
Ambulance/Fire/Metro Police	011 375 5911
Ambulance/Fire Midrand	011 847 4600
Carstenhof Clinic	011 655 5500
Crime Stop	086 001 0111
Midrand Trauma Support	076 979 9017
Netcare Emergency/Ambulance	082 911
Netcare Sunninghill Hospital	011 806 1500
Netcare Waterfall City Hospital	011 304 6600
Police/Flying Squad	10111
Police Midrand	011 347 1600

REMEMBER TO SUPPORT YOUR LOCAL RESTAURANTS WHEN YOU FEEL LIKE A NIGHT OUT!

OCTOBER RESTAURANT COMPETITION

for our Waterfall City residents

The question for this month's competition:

Where on the Waterfall City website will you find a categorised list of all our restaurants?

Please email your answer along with your full name, your cell number, your residential development name and your stand or apartment number, detailing 'Waterfall City Restaurant Competition' in the subject line, to: competitions@eiapublishing.co.za. The winner will receive a R500 meal voucher from one of our participating restaurants.



Terms and Conditions:

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as "change".
3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to all Waterfall City residents over the age of 18.
7. Indemnity: The publishers, Waterfall City and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.
8. The winner will be notified by email.

WINNER

CONGRATULATIONS TO:

Kalawathie Sattar, our September winner who wins the R500 voucher.

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