



**WATERFALL
CITY**

**Issue 12 | 2023
Issue 1 | 2024**



Meet Riboville's Executive Chef

2023 in review
and looking ahead

Kids Holiday Fun

Woodmead Retail
District's facelift



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Publisher: Nico Maritz, nicom@nowmedia.co.za
Editor: Nicole Hermanson, nicole@eiapublishing.co.za
Marketing Manager: Martin Fourie 072 835 8405, martin@eiapublishing.co.za
Production Co-ordination: Chris Grant, chrisg@eiapublishing.co.za
Design: Diane van Noort, d2vn@mweb.co.za



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Welcome!

As we bring you our bumper December/January edition, it's good to reflect on all the positive things that have happened in the past 12 months.

It has been an exciting year at Waterfall City. Our main article recaps some of the highlights and gives you a sneak preview of some of our plans for 2024.

We also feature an article on the much-needed upgrades to the Woodmead Retail District. Waterfall Common Services Company has revitalised the area in various ways, including widening Waterfall Crescent, doing extensive landscaping and increasing security measures.

On the food front, our popular Meet the Chef feature puts the spotlight on Liezl Catsavis of Riboville Boutique Hotel and Restaurant, located in the exclusive Waterfall Equestrian Estate. It offers a relaxed fine dining experience where Catsavis describes her cooking style as "reinventing the classics and bringing sexy back to old forgotten dishes and ingredients".

With the holidays coming up, parents may be feeling anxious about how to keep the kids entertained for weeks on end. We've got you covered with a host of activities for the whole family. Our fun summer article is packed with ideas, including the Discovery Soccer Park, a traditional funfair, BOUNCE trampoline park and indoor go-karting. You can read about some special events too, such as Disney's 100-Year Outdoor Cinema Experience and DreamWorks' Activity Days with appearances by your favourite characters.

For a longer-term activity, how about taking up squash? This fast-paced sport has a lively following



at Waterfall City. You can read more about the league and how to join it.

Meanwhile, our New in the Hood article highlights our latest retail offerings, such as the jewellery brand Qaswarah, sports shoe company Air Studio and Rookie USA for active kids' wear. On the beauty front, check out Skins Cosmetics for top-notch skin care and Conditioned Hairdressing, a new unisex hair salon.

We also examine the interesting world of El Niño, the weather pattern that disrupts the world's climate occasionally. Read the article to learn how to prepare your garden for its anticipated effects. Since the weather can take its toll on people too, our regular Netcare article offers some timely advice about holiday healthcare, including swimming and sunbathing safety.

And finally, PSG Wealth brings a year of good advice to an end with an article about investing in shares, the building block for a sound financial future.

Wishing you all a wonderful holiday season ahead. Keep safe, and we will see you in 2024.

Waterfall Management Company

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Reflecting on a fantastic year and what's in store for 2024

As each year comes to an end, it's human nature to look back and reflect on the changes in your life and to look ahead and make plans for the future. The management team at Waterfall City likes to do the same.

The year 2023 has been another great year of development, and 2024 promises to be no different. We caught up with Willie Vos, CEO of the Waterfall Management Company, to get the highlights.

"Firstly, we are still delighting in the half a dozen Best in SA awards Waterfall City recently won, including being named the *Best Mixed-use Development in South Africa 2023-2024* by the African Property Awards. We are proud that we are creating a place where everyone clearly loves to be," says Vos.

"Our ultimate aim is to be a smart city so admired, safe and sustainable that people feel there is no better place to live, work, play and prosper."

Residential news

Balwin Properties completed the Lifestyle Centre and Crystal Lagoon at its Munyaka development this year. Just over 1,000 of the 5,500 planned units have been completed, and two magnificent R75-million penthouses are now on the market for high-flyers.

The Lifestyle Centre features gym facilities, restaurants, a villa and more. In terms of sustainability, a blackwater treatment plant is used to generate clean water for the lagoon, reducing its dependence on rain or municipal water.

Residents at Munyaka will also have their own LittleHill Montessori preschool in about two years' time, joining LittleHill's existing schools at The Polofields and Kikuyu.

Construction of Kikuyu's 1,270 units has finished, with resales and rentals available. The Polofields is about two-thirds complete, with 1,000 units built and the last 500 units to be completed by mid 2025.

The road ahead

As a place becomes more popular, it generates more traffic. To resolve the challenge of traffic congestion, the Waterfall management team have continued to invest significantly in upgrading the road infrastructure in and around Waterfall City, with the focus this year having been on the Woodmead precinct. You can read more about this in a featured article on the project in this magazine.

In summary, the roads have been upgraded to double lanes, with a new traffic circle added and an existing circle upgraded. Cat's eyes have been introduced on some roads to make night driving safer, while more surveillance cameras have been added to improve security.

Adds Vos: “On that note, to improve road safety in our residential estates, we are considering offering driving lessons to nannies, au pairs and school children (16 years old and over) who use golf carts around the estates to get to school each day.”

Warehousing

One thing that can hold back business growth is a shortage of warehousing space. So, Attacq is currently building three 5,000 square-metre warehouses with offices, near the heliport on the eastern side of the N1. Attacq is also building more warehouses to the east of the Gautrain line, due for completion in early 2024.

Meanwhile, a special warehouse being built for Vantage Data Centers will enter its second phase next year, in a project worth \$1 billion.

Buzzing around

“Building a heliport proved to be a smart investment, with 45 helicopters now using Waterfall City as their base – including DHL Express, the Metro police and Netcare emergency services,” says Vos.

Company executives are also saving time by hopping to and from OR Tambo Airport in a helicopter. Next year, the facilities



Munyaka Crystal Lagoon



Vantage Data Centers





will be expanded to add more offices, a helicopter training module and hangar space for another six helicopters.

On the Attacq

Attacq had an excellent year in 2023 and it has ambitious targets for the coming year. One plan is to build another office block north of Mall of Africa, plus another development with more restaurants and potentially a hotel.

It has also started work on the last of the four towers that form Ellipse Waterfall, which should take 18 to 20 months to complete.

Get your game on

BOUNCE trampoline park opened at Mall of Africa in November, featuring never-seen-before concepts like the X-Run and High Ropes. There's also a new MiniBOUNCE Zone as well as an exclusive Toddler Zone for little ones.

"If soccer is more your thing, we hope you are enjoying the Discovery Soccer Park that recently opened on the roof of Mall of Africa," says Vos.

If you don't know what padel is, you're missing out on a fun sport that originated in Mexico as a cross between tennis and squash. The craze has now hit South Africa, so padel courts will open at Mall of Africa next year, and Balwin Properties plans to build courts at Munyaka in 2024, too.

Changing trends

"The pandemic changed many people's attitudes to life and work, and made us seek out a better balance," explains Vos. "This has reduced the demand for office space and changed the conditions that workers will accept.

"Staff want a higher quality of life in their work environment, which ties in well with the forward-thinking designs we have always strived for in Waterfall City, with our pause areas, open spaces, coffee shops, dry-cleaning services and, in the future, perhaps creche facilities, so that people can bring their children to work.

"The demand for eco-friendly buildings is also rising, again vindicating our decision to incorporate energy-

and water-efficient systems in our developments. The work-from-home trend has made us reconsider how to use some land originally earmarked for offices near Waterfall Country Village Estate. It will now be used to create 46 more residential stands, giving latecomers a final chance to buy a plot and build their own homes in this popular development."

A rainbow nation

Vos continues: "One thing we are particularly proud of is creating an environment that closely reflects the demographics of our country. Many years ago, Waterfall City was considered elitist, but we have made a huge effort to democratise comfort and security by creating living options for a wide variety of social strata.

"Some of our estates have units on sale for slightly under R900,000, with rentals from R8,000 a month. At the top end, you can pay R70,000 a month to rent at the Waterfall Equestrian Estate, so we really do have options for everyone."

Community spirit

If there was one event that highlighted the resilient nature of South Africans, it was the recent Rugby World Cup. The spirit of unity and community was perfectly captured at Waterfall City, where over 6,000 fans watched the Springboks beat the All Blacks at the Fan Park at Mall of Africa, while almost 1,200 residents watched the game at the upgraded The Falls restaurant in Waterfall Country Village Estate.

"It was wonderful to feel that sense of community, and even better that we won!" adds Vos.

Close to nature

If you walk quietly through the greenbelt areas, you should spot a wide variety of animals. The springbok, steenbok and blesbok are thriving, and the development hopes to add more duiker in 2024.

Says Vos: "One 2023 achievement that we are very proud of is the publication of our *Waterfall City Field Guide*, which documents practically every living creature here. The idea began thanks to residents at the retirement villages who were sharing their flora and fauna sightings.



"Waterfall Management Company collated their work into a Field Guide, although naturally, it's already out of date because soon after it was published, a bunch of new wildflower species popped up! Then some Lesser Flamingos appeared at the dam, and Sparrow-weavers were spotted, adding to the 245 species of birds that visit our estates."

Electronic updates to the Field Guide will be made available every year. Residents who would like a printed copy can send a request with their name and address to customercare@waterfallcity.co.za



Country Village Clubhouse



The Falls Restaurant



A river runs through it

A lot of work has gone into rehabilitating the Jukskei River to repair and prevent erosion, including reshaping the banks and planting indigenous grasses to hold the soil together.

A big problem with the Jukskei River is illegal dumping and littering from further upstream, and so much effort goes into cleaning the litter trap between Buccleuch and Munyaka and Kikuyu, which is often silted up because of the dumping. The litter trap works well, except during heavy rainstorms when the sheer force of the water runs over it.

Powering the future

“South Africa’s energy crisis and looming water shortages are two issues that we are doing our best to mitigate,” explains Vos. “The country is blessed with plenty of sunshine, and we are harnessing that by asking our property partners to make alternative energy a core part of their developments. There’s only so much roof capacity on each building, of course, but we’ll optimise that as much as possible.”

The roof at the Gate 6 entry point has been covered with solar panels to power a water treatment plant that irrigates certain areas of the development. The clubhouse roofs at

both retirement estates are also being fitted with solar panels to run their facilities.

Since power cuts cause chaos on the roads as well, the management team is in the process of installing inverters and power storage systems, and in some cases generator power, to provide uninterrupted power to Waterfall City’s 34 sets of traffic lights up to level 8 load shedding. It’s already making a huge difference to traffic flow.

And to reduce reliance on municipal water, Vos notes that the team are delighted to have been granted a new 40-year licence to draw more water





from the Jukskei River to help with water management.

Technology

As a forward-thinking development, Waterfall City is always keen to use technology to enhance our services. "As an example, we are introducing face recognition technology for access control at all our residential estates," says Vos. "So far, it's operational at Waterfall Country Estate, Waterfall Country Village Estate and Munyaka, and it's going live at The Polofields soon.

"We have also increased our surveillance cameras by 15% in an effort to curb crime, with some criminals being caught through our

surveillance processes."

The Go Waterfall app is also continually improving, and residents will soon be asked to update their details as it evolves. This will give people more information about events and activities and make it easier to interact with the management team.

Information from the on-site weather station will be integrated into the app next year.

Rewarding loyalty

One of the exciting plans for 2024 is to introduce a loyalty programme to incentivise residents, employees and visitors to use the facilities around

Waterfall City and reward them both for shopping here and for helping to manage the development more effectively.

In practice, that could mean residents earning points that can be turned into discounts for paying levies on time, or for using one gate instead of another to control traffic flow at certain times. The scheme is still being honed, but the team hope to roll it out in the second half of next year.

"As we close off another year and look forward to the opportunities that the new year will bring, we wish our Waterfall City community a wonderful holiday season ahead," concludes Vos.



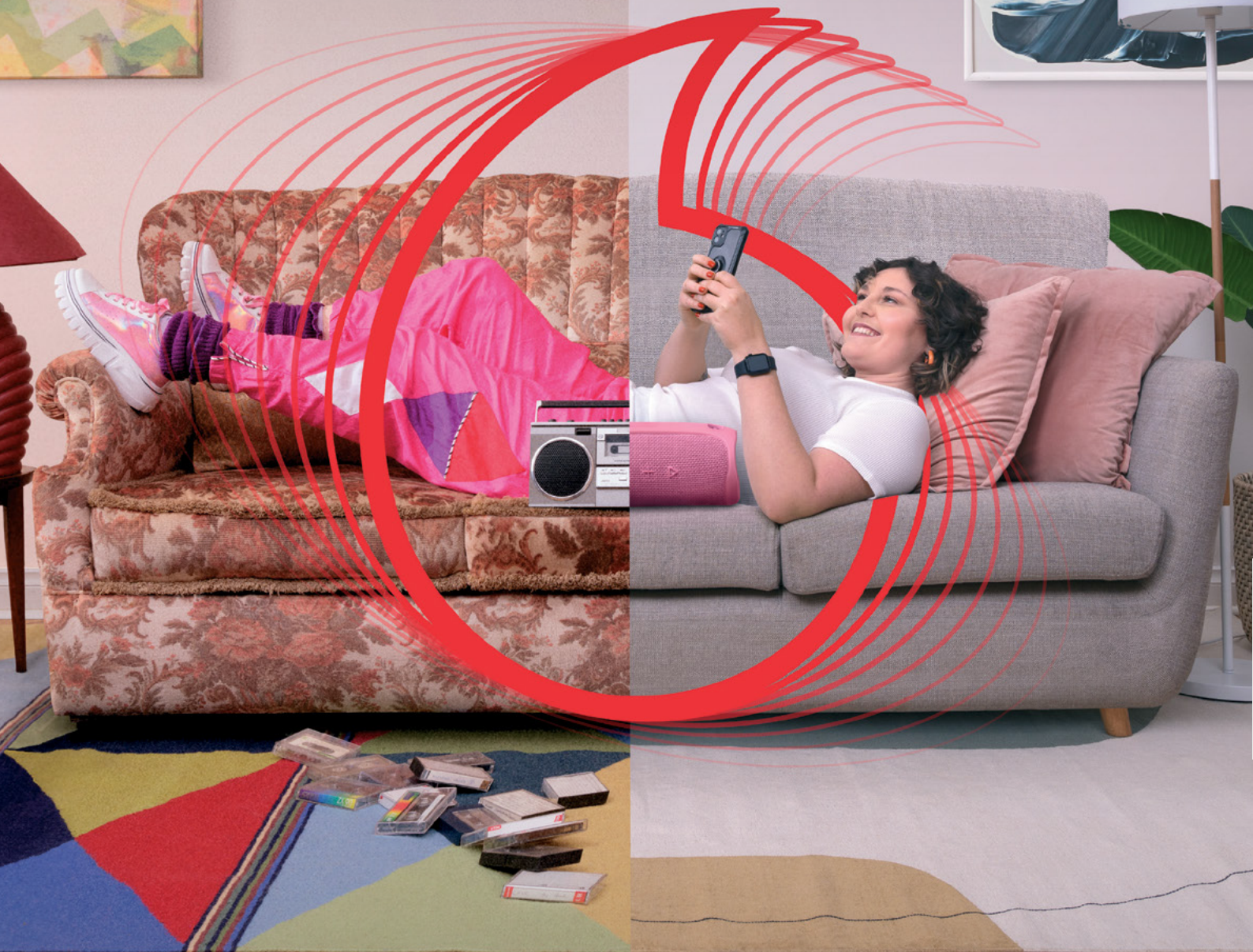


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MEET THE CHEF

LIEZL CATSAVIS

Executive Chef at Riboville
Boutique Hotel and Restaurant

Located within the exclusive Waterfall Equestrian Estate, the Riboville Boutique Hotel and Restaurant offers visitors an opulent countryside experience. This edition of Meet the Chef introduces you to the venue's award-winning Executive Chef, Liezl Catsavis.

Q. What type of cuisine does the restaurant specialise in?

A: Riboville Boutique Hotel and Restaurant offers relaxed fine dining featuring reinvented classic dishes.

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

A: I started working in a local pizza shop at the age of 15. I loved the rush of a Friday night service. I have always loved food, so the next step was easy: a chef I would be.

Q. Where did you study?

A: I studied Professional Cookery through the HTA School of Culinary Art.



Q. Do you have any accolades?

A: Yes, I was a winner in the main course category of the National Avocado competition; a winner in the senior category of the Lucky Star Innovations competition; and received kudos for my live demonstrations for the South African Chefs Association.

Q. What is your cooking style?

A: I am trained in classical Italian food preparation, but I would say my cooking style is rustic fusion.

Q. What is your inspiration for new recipes or dishes?

A: I take my inspiration from friends and family, new food trends, and bringing sexy back to old forgotten dishes and ingredients.

Q. What is your favourite dish to prepare on your current menu?

A: The seafood pasta: It takes me back to my roots and features unique flavours.

Q. What is your favourite home-cooked meal?

A: A toss-up between my mom's spaghetti bolognese and my hubby's amazing braais.

Q. In your opinion, what are the most underrated ingredients?

A: Chilli and salt. They are both flavour enhancers and when used correctly, will take a dish from good to great.

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

A: Avocado, mushrooms and garlic butter.

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

A: My chef's knife – it's the only tool one really needs.



The seafood pasta is Chef Liezl's favourite dish to prepare on the Riboville menu.



Meet The Chef Series

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

A: A Bullseye stove, a pasta machine and a Robot Coupe food processor.

Q. Who is your chef idol and why?

A: The American chef Thomas Keller and the New York restaurant called Eleven Madison Park. They take restauranting to the next level and are so inspiring!

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

A: Adam Sandler. I would make a new-school prawn cocktail, mango noodle salad, honey-soy glazed Karoo lamb chops, and gooey hazelnut brownies.

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

A: I enjoy watching *The Pioneer Woman* with Ree Drummond. Her food is authentic, and she has great ideas for everyday meals.

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

A: Lamb bredie, bobotie and biltong, to name a few.

Q. What will we always find in your fridge?

A: Cheese, butter and bacon.

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

A: A heart-warming bowl of pasta.

Q. What fast food is your secret indulgence?

A: I have a few: pizza, Chinese, Nando's and Burger King.

Q. Pro or anti air fryers?

A: Pro.

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

A: A dietician.

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

A: I had an amazing opportunity to cook for some of the leading chefs in Gauteng. Many of them were my seniors whilst growing through the industry. The looks on their faces as they took their first bites of my food was such a rewarding feeling!



Chef Liezl would like to make her new-school prawn cocktail for Adam Sandler.

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REVITALISING WOODMEAD

Retail district gets an infrastructure facelift

September 2023



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March 2023



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Many people do not know that Woodmead is part of Waterfall City – because until now, it did not really look like it was. The time had come for a serious facelift. While more than R90 million has already been spent on improving access to Waterfall City via the Woodmead interchange, future-proofing the Woodmead Retail District through comprehensive investments in road infrastructure, security systems and landscaping had become critical to its continued growth. Ultimately, the focus is on creating an environment where residents, visitors and businesses love to be.

In recent years, Woodmead, with its historical significance as one of the earliest developed areas on the Waterval farm, has been showing signs of wear. The once-thriving retail district had started to lose its lustre, with increasing concerns over infrastructure decay and safety. Recognising these challenges, the Waterfall Common Services Company, led by General Manager Thys Redelinghuys, embarked on a comprehensive infrastructure improvement project.

“The Woodmead retail precinct was at risk of losing clients and tenants due to its deteriorating condition. It was therefore critical to start revitalising this area not just for economic growth, but to ensure the safety and wellbeing of the community,” he says.

Three years in the making, the Woodmead Retail District Improvement Project, which focuses on improved traffic flow, the aesthetics of the common areas and the security of the precinct, represents a significant investment in the area’s future. However, before any work could commence, the Waterfall Common Services Company had to work closely with all relevant stakeholders to get their conceptual and financial buy-in.

The project’s centrepiece has been the transformation of Waterfall Crescent, specifically the 1km stretch of road running from Livingstone’s in the north to Makro in the south. The highly congested single-lane road was littered with potholes, but it has subsequently been transformed into a double-lane road. A traffic circle has been added and the existing circle at Tiger Wheel & Tyre has been upgraded. The design of the new road was based on traffic impact studies by traffic engineers.

“We’ve invested significantly in road infrastructure for the Woodmead Retail District Improvement Project to make sure that every journey through

the retail area will be safe, efficient and pleasant,” says Redelinghuys.

But the project extends beyond the roads. Aesthetic improvements and security enhancements form the other pillars of this initiative. “Our goal is to give Woodmead a fresh, upmarket look and feel, aligning it with the high standards of Waterfall City,” explains Redelinghuys.

Public spaces are receiving a makeover, with extensive landscaping scheduled to commence in December, taking advantage of the rainy season and reduced business activity.

The safety of residents and visitors has always been paramount in Waterfall City. The integrated public security system, a hallmark of the City’s commitment to safety, is being extended to Woodmead. New surveillance cameras with advanced capabilities, including number plate and facial recognition, are set to be operational by mid-December. Security patrols are already taking place in the area, and once the intelligence from the surveillance cameras is available, these patrols will be much more effective.

“With the new surveillance infrastructure, we aim to create a safe environment in Woodmead that mirrors the rest of Waterfall City. In January 2024, we will put a security plan together with all the property management companies in Woodmead, to ensure that all security companies work together to provide for a safer Woodmead district,” says Redelinghuys.

Stakeholder collaboration has been key to the project’s success. Value Mart, managed by City Properties, has been instrumental, making a large part of its parking space available for the construction yard. “The cooperation and support from Value Mart and other stakeholders has been vital in realising our vision for Woodmead,” says Redelinghuys.

As Woodmead’s transformation nears completion, the district is poised to reclaim its status as a bustling, attractive and safe hub for business and leisure. “We are revitalising an area that was becoming tired. With these improvements, Woodmead will not only be a place people need to go to but also a destination they want to visit, for both its aesthetics and safety,” he concludes.

This project reflects Waterfall City’s ongoing dedication to connecting efficiency and convenience with quality of life.

March 2023



November 2023





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SUMMER FUN FOR KIDS

This holiday season, Waterfall City offers a host of wild and wonderful activities for the whole family, come rain or shine. So kids, grab your grown-ups and follow the fun!

Must-do for kids Outdoors

Discovery Soccer Park

Hey, soccer enthusiasts! Get ready to score some goals and have a blast at Discovery Soccer Park, perched on the roof of Mall of Africa. Step onto the field of dreams, featuring top-notch, FIFA-approved Astroturf that'll make your five-a-side soccer experience nothing short of legendary. Lace up those boots and let the fun begin!



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Town Square and Dancing Shongololo

Dine al fresco at one of the fantastic eateries on Mall of Africa's Town Square while you keep an eye on the kids happily frolicking in the fountain. Or, treat them to the Dancing Shongololo, located just off Town Square. This is not just a play area; it's a haven for wiggles, giggles, runs, climbs, hangs and endless exploration.

This vibrant play space is a paradise for young Mall visitors, offering monkey bars, balancing logs and a winding crawling tube. It's a playground extravaganza that beckons little explorers aged six to 13. Immerse your kids in a world of rhythm, flow and motion.

Waterfall City Park

Spread across 1.2 hectares, this urban oasis offers the perfect setting for all Waterfall City's exciting events lined up for the holidays. And don't go home too soon: as the sun sets, the park transforms into a mesmerising spectacle, creating a whimsical atmosphere thanks to a choreographed musical fountain adorned with 64 dazzling, coloured lights.



Nostimo by Mythos

The popular Greek restaurant, Nostimo by Mythos in Waterfall Wilds, offers foodie families something extra. Enjoy the view and some fabulous Greek fare as you watch the little ones have fun in the newly refurbished play area – a kids' haven designed just for them!

Must-do for kids Indoors

BOUNCE

Packed with excitement for all ages, BOUNCE Mall of Africa boasts the never-seen-before X-Run and High Ropes for seasoned bouncers, while miniBOUNCE and Adventure Zones, plus a dedicated Toddler Zone – decked out with sensory walls, ball pit and padded play areas – ensure a good time for the little ones.



Go Karting

Rev up your engines and zip over to Mall of Africa's Kyalami Indoor Karting, pronto! With its 170m-long indoor track designed by racing pros, it's the ultimate go-karting hotspot in Gauteng. This place is like the Formula 1 of fun – affordable, packed with adrenaline, and ready to unleash the racer in both kiddos and grown-ups.

Movies

Calling all movie enthusiasts! Ster-Kinekor Mall of Africa has you covered, whether you're a 2D traditionalist, a 3D thrill-seeker or an IMAX enthusiast. Get ready to experience the latest box office hits in style across nine state-of-the-art cinemas. Because let's face it, movies are just better on the big screen, with a bucket of real movie popcorn.



Arts & Crafts

Welcome to Create Shop Play, your ultimate one-stop arts and crafts centre at Waterfall Wilds. Dive into a world of creativity where ceramic painting, mosaicking, canvas painting and other crafty activities await enthusiasts of all ages. This artistic oasis has space for up to 40 people, making it a great spot for birthday parties!

Cool Events

Cadbury's Give a Little Thanks 12-24 December (Mall of Africa)

Cadbury Dairy Milk has launched a campaign asking South Africans to "Give a Little Thanks this Festive Season" – a

reminder that acts of kindness don't have to be grand gestures for them to be felt and remembered. The Cadbury GeneroCity Studios will visit Mall of Africa, and what better way to give a token of thanks to those around you than with the special-edition Cadbury Dairy Milk Festive Range?



It features four festive 150g slabs: the delicious Cadbury Dairy Milk Festive Gingerbread, Cadbury Dream Cinnamon Crunch, Cadbury Dairy Milk Butterscotch & Crushed Almonds, and the Cadbury Dream Coconut & Hazelnut Bliss. The range also includes Cadbury Santa- and Reindeer-shaped chocolates and the ever-popular Cadbury Dream-coated Whispers Snowballs with their malted honeycomb centres.

www.cadbury.co.za
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CELEBRATING TIMELESS STORIES THIS DECEMBER



Disney 100

OUTDOOR CINEMA EXPERIENCE

7 - 17 DECEMBER

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V&A WATERFRONT, CAPE TOWN**

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Disney 100 Birthday Outdoor Cinema 7-17 December (Waterfall City Park, Mall of Africa)

The Disney 100-year Outdoor Cinema Experience brings you the wonder of Disney films in a premium movie experience, to create memorable family moments while celebrating the magic of Disney storytelling. Titles on

show include Disney classics such as *Frozen II* and *The Lion King – Live Action*, family favourites *Finding Dory* and *The Incredibles II*, and musical favourites *Encanto* and *The Greatest Showman*.

Presented in partnership with Ster-Kinekor and FNB as part of its 100 Days of Summer campaign, the D100 Outdoor Cinema Experience offers a unique opportunity to be part of the

magical worlds these titles create, as children of all ages are encouraged to dress up as their favourite Disney character, with face painters and unique photo opportunities all included in the ticket price.

Tickets cost R100 each, with a 20% special discount offered to FNB card holders. On sale now at [TicketPro.co.za](https://www.ticketpro.co.za).

DreamWorks Find the Fun 13-23 December (Mall of Africa)

Children of all ages are invited to Find the Fun at the free-of-charge, immersive activation located in the centre court at Mall of Africa for 10 days in December. Its young visitors will be able to test their balance with *How to Train Your Dragon* cloud stepping-stones; trail and slide down a *Trolls* rainbow; test their memory skills with the *Trollhunters* memory game wall; play on mini trampolines and a DreamWorks-inspired hopscotch; have fun with a face cut-out wall and a soft play area; and win prizes through exciting daily games. It's everything dreams are made of and more! *DreamWorks Find the Fun* will also include a screening area, where kids can enjoy the DreamWorks channel offering.



Popular DreamWorks characters will make live appearances throughout each day, offering visitors exciting meet-and-greet opportunities with Poppy, Queen of the Trolls; King Julien from *Madagascar*; Po from *Kung Fu Panda*; and Puss in Boots.

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NEW IN THE HOOD

Waterfall City's retail offering keeps on growing and with more stores having

recently opened in Mall of Africa and Polofields Crossing, the City is quickly becoming a favourite for all things shopping and leisure.

Mall of Africa continues to expand its fashion empire by adding new premium brands to its tenant mix. We are excited to welcome the following:



Qaswarah

Qaswarah, a renowned jewellery brand that's been around since 1955, is synonymous with luxury and sophistication. With over six decades of experience, it is a beacon of excellence in the industry, emphasising innovation, quality and customer satisfaction.

The Qaswarah experience is marked by a collaborative design process, turning dreams into personalised works of art. The Exclusive Collection showcases high-end watches and diamond jewellery, celebrating the extraordinary.

Beyond sales, Qaswarah offers comprehensive repair and personalised services. It caters to watch enthusiasts by sourcing rare luxury timepieces, often bypassing waiting lists. Dedicated to sustainability, Qaswarah ensures that gemstones and metals are ethically sourced.

Looking to the future, the brand plans to expand its digital presence with online experiences and virtual consultations while upholding its core values of craftsmanship, timeless designs and impeccable service. Visit Qaswarah, where every jewel is a masterpiece, every watch tells a story, and every customer is part of the family.

Shop no: 2021

Tel no: 011 346 5092





Air Studio

Welcome to Air Studio, your ultimate destination for premium athletic and sportswear shoes for both men and women.

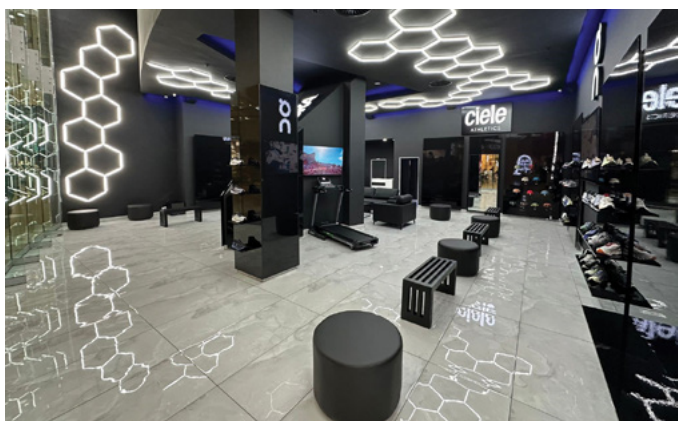
Air Studio prides itself on being a genuine retailer of ON Cloud, Hoka, Under Armor, Shokz and Ciele, offering an unparalleled selection of high-end athleisure brands. The store has curated a collection that blends lifestyle trends, style, functionality and performance to elevate your athletic pursuits. Whether you're a seasoned athlete or an active enthusiast, Air Studio's mission is to provide you with the perfect footwear to help you conquer your goals.

Step into this world and experience the winning combination of quality, authenticity and undeniable style at Air Studio.

Air Studio offers convenient access for a personalised in-store experience, or you can purchase shoes online at <https://www.airstudio.co.za>. The newly built flagship Mall of Africa store has highly trained retail assistants who, with the use of gate analysis and the treadmill, can advise on the best fit for you.

Shop no: 2159

Tel no: 064 678 6856



Rookie USA

Rookie USA is committed to bringing you clothes that are not only stylish but also suitable for your children's active lifestyles. The clothes are designed with kids in mind. Brands on offer include:

Converse Kids

Without compromising on fit, comfort or style, Converse Kids successfully provides durable basics with a twist that allows children to experience the world in all its excitement and diversity.

Nike Kids

With wardrobe pieces that provide for kids' needs of functionality and self-expression, while reflecting their vibrant attitude and spirit, Nike Kids empowers kids to achieve the extraordinary.

Jordan

The Jordan kid lives for the game and actively participates in lively sports. With an awareness of Michael Jordan's acclaimed status, the Jordan kid strives for the same success, either as a student or as a fan of the sporting legend. This highly dynamic child requires a wardrobe that reflects their fashionable taste and supports their active lifestyle.

Hurley Kids

Hurley Kids brings a range of cool board shorts, graphic tees and more to style out your young surfer and prepare them for sessions ahead.

Levi's®

Levi's® kids clothes offer the same relaxed, casual style that you expect from America's denim leader.

3brand

Russell Wilson's 3brand brings sport, music and fashion together in an on-trend sportswear brand that inspires.

Shop no: 2023

Tel no: 010 596 1470



Skins Cosmetics

Skins Cosmetics believes that experience is the most powerful connector between worlds: those around you and within you. When you step into a Skins boutique, your senses are stimulated by exceptional cosmetics, interior and personal care products and sophisticated perfumes. It's a world centred on you and your needs, where the Skins experts take you into the stories behind exceptional brands, founded by passionate creators from around the world.

Each brand is selected with specialist care and with an eye on sustainability, the finest ingredients, integrity and innovation. The Skins experts are ready to pique your curiosity and impart exceptional knowledge in assisting you with your selection. Patrons are also invited to browse at their leisure, with a glass of champagne or a cup of coffee in hand.

Shop no: 2004

Tel no: 010 596 1470

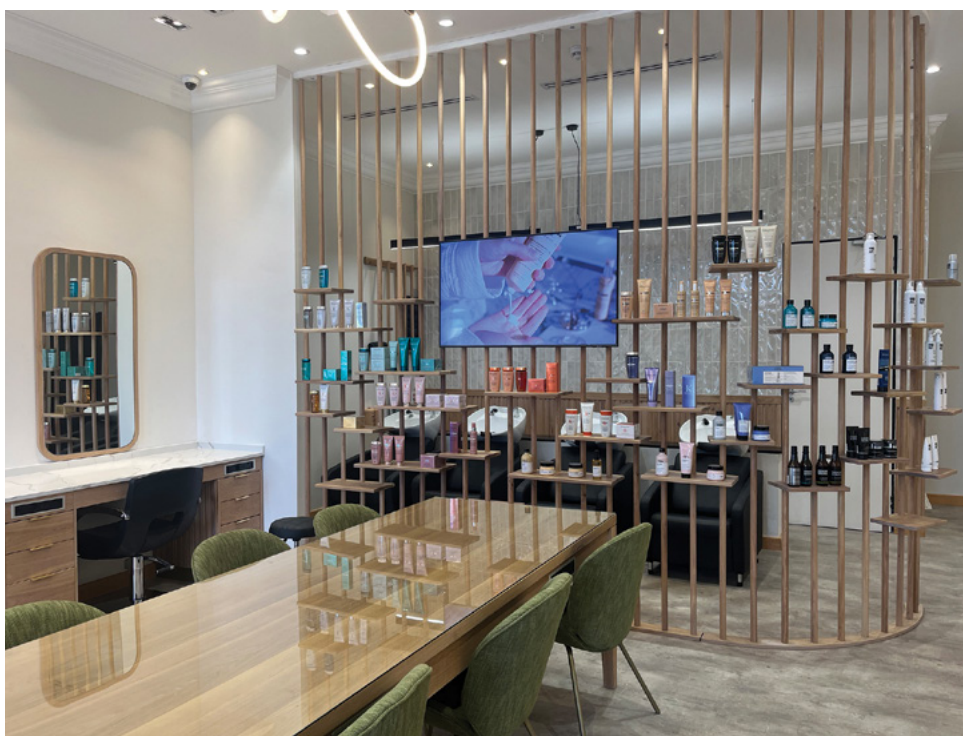
Over at Polofields Crossing, a new hair salon has just opened:

Conditioned Hairdressing

Conditioned Hairdressing is a brand-new L'Oréal professional, full-service, unisex hair salon that opened its doors in Polofields Crossing in November 2023.

Specialising in Kerastase haircare, the salon prioritises the health of its guests' hair above all else. Its primary goal is to ensure that every guest leaves with well-conditioned hair that they will fall in love with.

Offering high-quality products and a premium service, the salon is your new happy place, and its team of haircare professionals look forward to welcoming you.



SPECIAL OFFER:
The first 50 bookings using the code **#WaterfallCityMag** will receive a **R1,000 discount on any service.**

Operating hours:

Monday to Friday: 08h00 – 18h00

Saturday: 08h00 – 17h00

Sunday: 09h00 – 14h00

Tel no: 010 634 3945

Follow Conditioned Hairdressing's Instagram page for all the latest news and special offers: [conditioned_hairdressing](#)

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RACQUET RIVALS

Join the thrills and spills of Waterfall City's Squash League



2023 A section winner - Sadi Farooqui



The league's 2023 first season winners – Left to right: Gilles Fleuriot, Michaela Almeida, Douglas Eva (organiser), Kabi Kolobe, and Kabi's son Litsitso Kolobe

As part of our vision of making Waterfall City a place where people love to be, we have created an environment that encourages an active way of life, promoting vitality and health. Our various sporting amenities and leagues on offer across our residential estates reflect this.

Launched in 2015 with only a handful of residents from Waterfall Hills Mature Lifestyle Estate, Waterfall Equestrian Estate and Waterfall Country Estate, the Waterfall Squash League has grown into one of Waterfall City's longest-running associations. As the wider development and estates have flourished, so has the league, with more than 200 Waterfall City residents participating over the years.

The league currently has 35 members and caters for players of all strengths ranging from beginner to advanced.

The Waterfall Squash League is looking for more players from any of Waterfall City's residential developments to join. We recently chatted to Douglas Eva, a

fellow resident and the organiser of the league, to find out more.

"It is great to see how the league has grown over the years," says Douglas. "With more players participating, we have been able to provide well-balanced and challenging games for members of all levels. The league has grown to have four sections, each catering for a different strength of player, which makes it accessible for anyone looking to join."

Participants play one game a week and the match times are flexible. Each league runs for five months. The first starts in January and ends in June; and the second starts in July and ends in November.

Fixtures are sent out weekly via email. Players are expected to arrange their matches between themselves and their opponents on a day and time that is convenient for both players.

"We believe that this set-up allows players to fit matches into their busy schedules," explains Douglas. "It also fosters a strong social and community

aspect, with residents from all areas of Waterfall City connecting and getting to know each other better."

Squash is a high-paced physical sport, which continues to grow internationally – an example of this would be its recent inclusion in the 2028 Olympic Games.

"We are really lucky that Century Property Developments and Balwin Properties have both built such wonderful squash facilities in Waterfall City," says Douglas. "In doing so, they have had a positive impact on the sport and the residents of Waterfall City."

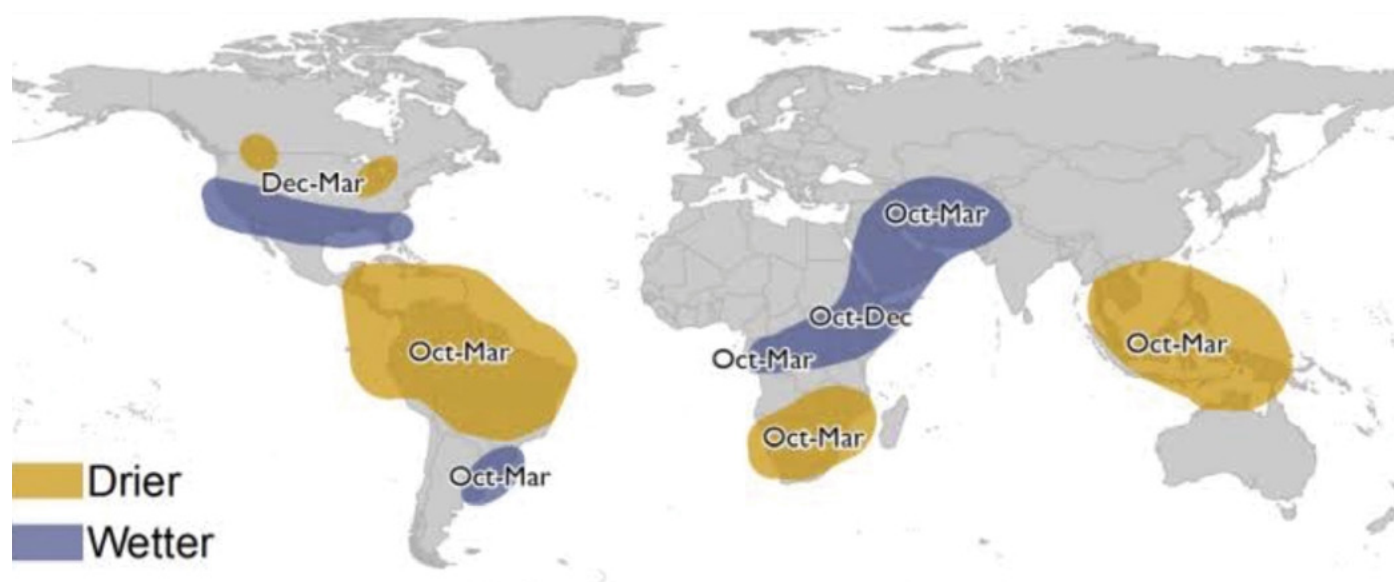
"With an existing strong core group of players and some great prizes sponsored for the league by Hyatt Hotels, the Waterfall Squash League is set to grow from strength to strength in the years to come, and we hope to add more players from across the development."

Anyone interested in entering the Waterfall Squash League can contact Douglas Eva at: waterfallsquash2@gmail.com WhatsApp: 082 806 1727

BRACE YOURSELF!

With El Niño comes the threat of a harsh summer

By Emile Bolton, STM Landscaping



El Niño is a complex, natural weather phenomenon that brings about changes to the climate in different regions around the world. El Niño events come about due to the warming of ocean temperatures in the equatorial Pacific Ocean.

As a result, air pressure changes, which causes the trade winds that blow consistently from east to west (over the tropical Pacific Ocean) to weaken and reverse. The reversal of these winds has a knock-on effect, which alters weather conditions on a global scale. The temperatures in some places warm up, others cool down and some remain unchanged. Rainfall patterns are largely affected.

In South Africa, a hot and dry summer is predicted on the Highveld this year as El Niño moves in. The expected lack of rain has the potential to cause drought, as it has done previously. Not only do we in Gauteng receive less rain, but we also experience blistering heatwaves. Given this, extreme weather conditions are to be expected over the coming months.



How to manage your garden during a hot and dry summer:

1. Watering: Water deeply and frequently to encourage deep root growth. Water early in the morning or late in the evening to reduce evaporation. Be sure to use water wisely as there may be a risk of drought. Although we know El Niño is looming, the severity of its potential effect remains uncertain. Thus, it is imperative to be conscious of your water consumption.

2. Mulch: Apply a layer of mulch around your plants to retain moisture and reduce weed growth. This helps keep the soil cooler and reduces evaporation. Mulch is organic matter, such as shredded bark, that is used to cover the soil. Not only does the mulch have functional purposes, as mentioned above, but it also makes the landscape look more attractive.

The best time to lay down your mulch is before the general temperature



Gazania rigens (Treasure flower)



Crassula ovata (Jade plant)



Lampranthus aureus (Golden vygie)



Watsonia borbonica (Bugle lily)

warms up. Your mulch will decompose over time. When this happens, nutrients are deposited back into the soil, which improves its structure and nutrient-holding capacity.

3. Drought-resistant plants: Choose drought-tolerant plants that have adapted to hot and dry conditions. Endemic plants are often a good choice. Xerophytes are plants that can survive with little water. Here is a list of plants that you may want to incorporate into your garden:

- *Gazania rigens* (Treasure flower)
- *Crassula ovata* (Jade plant)
- *Lampranthus aureus* (Golden vygie)
- *Watsonia borbonica* (Bugle lily)

4. Group plants by water needs:

Arrange your garden so that plants with similar water requirements are grouped together. This allows you to water more efficiently.

5. Shade and shelter: Provide shade for sensitive plants using shade cloth or other structures. This reduces the stress from intense sunlight. Chlorophyll is a green pigment found in the cells of plants. The function

of chlorophyll is to absorb energy from light. Direct solar radiation from the sun for prolonged periods can result in the breakdown of chlorophyll, especially when the temperatures are high. This, in turn, causes the plant to wilt, lose colour and weaken. In conjunction with dry soil, this threatens the health of the plant. Thus, shade and keeping soil saturated are key.

6. Soil improvement: Improve the quality of your soil with organic matter like compost. This helps to retain moisture. Soil saturation is important to keep plants thriving throughout the impending harsh climatic conditions. Because of the soil's ability to retain moisture, the frequency of needing to water your garden will be reduced, making it useful in terms of water conservation.

Compost also has other environmental benefits outside of your garden. Composting lowers greenhouse gas emissions such as methane. Methane is harmful to the

atmosphere, making it a contributing factor to climate change.

7. Rain barrels: Collect rainwater during wet periods to use during the dry spells. This is a sustainable source of irrigation.



8. Pruning and deadheading: Remove dead or wilted flowers and excess foliage to reduce water loss through transpiration. Deadheading and pruning also promote growth.

9. Monitor plants: Keep a close eye on your plants for signs of stress, and water if needed. Do not overwater as this can lead to root rot.

10. Water conservation: Target the root zone of your plants, reducing water wastage. Rather water deeply as opposed to frequently. This is because when water is applied quickly, a lot may be lost to run-off. Watering too quickly and frequently results in the growth of shallow root systems, which are a lot more vulnerable in hot and dry conditions. Deep watering is key to encouraging the growth of desirable, deep root systems.

Don't let the upcoming climatic conditions get the better of your garden. Use these tips to keep your plants alive and healthy.





**Netcare Waterfall
City Hospital**



BE SAFE THIS HOLIDAY SEASON

Netcare 911 shares crucial summer safety tips

Our summer holidays here in Mzansi should be a time for joy and relaxation. Netcare 911 shares some important safety tips to help ensure a happy holiday.

“Water, fire and the sun can be the elements of perfect summer days or a recipe for disaster, depending on how prepared we are for the potential risks,” says Sarah Kekana, Netcare 911 spokesperson.

“As emergency medical practitioners, we see how accidents happen in a heartbeat when you least expect it. Plan ahead for peace of mind, whether you are travelling or at home, by downloading the Netcare App and updating your details to save time in an emergency.”

Be safe around the braai fire

“Spending time around a fire and enjoying outdoor cooking are characteristically South African and especially popular at this time of year. Some basic precautions are necessary to keep everyone safe and to prevent burns,” says Kekana.

She offers these important safety tips:

- Make your fire safely away from anything flammable, including dry grass or leaves, overhanging trees, buildings or roofing.
- Keep wood, charcoal and firelighters well away from the fire – a spark can ignite materials metres away.
- Keep a bucket of water and a fire extinguisher at the ready.
- Do not use liquid fire starters.
- Remove any trip hazards from around the fireplace.
- Keep children and pets at a safe distance.
- Do not wear flammable clothing when tending to a fire.
- Be aware that hot grills can cause burns, so store them safely once removed from the fire.
- Never leave a fire unsupervised, and always extinguish it when you have finished.

Water safety

“Tragically, the risk of drowning increases with hot weather, and drowning can occur anywhere. It is important to constantly assess any potential risks around water, particularly where children are concerned,” says Kekana.

Follow these safety tips:

- Never swim alone.
- Never swim in the sea, dams or rivers at night.
- Don’t swim under the influence of alcohol or other intoxicants.
- When near water, children must always be supervised by a responsible adult who is not distracted.
- Ensure that children do not have access to pools, ponds, water features, baths, or even a bucket of water or an open toilet – young children can drown in just 4cm of water.
- Ensure that your swimming pool is covered with a pool net or is enclosed with an SABS-approved fence to prevent children from accidentally falling into the water.
- At the beach, only swim in designated areas with lifeguards and don’t swim far out.
- Remember: swimming in the sea is very different to swimming in a pool or dam, even for experienced swimmers.
- Do not dive into any body of water if you cannot see what is below the surface, and always be sure to test the depth first.

Hot weather

- Sunburn is an ever-present danger. Parents must regularly apply high protection factor sunscreen to their children.
- Outdoor activities should be avoided during the hottest part of the day.
- Drink plenty of water and avoid alcohol and caffeinated drinks.
- Senior citizens are more vulnerable to heat exhaustion and heatstroke, so take special care to ensure that they are kept cool and well hydrated.
- Antihistamines, diuretics and alcohol should be avoided if spending time in the sun.
- Never leave your child or anyone – including a pet – in a parked car, even for short periods.

Who are you going to call?

“Make a list of emergency contact numbers, including emergency medical services such as Netcare 911 that you can reach on **082 911**, and stick it on the fridge or anywhere that will be quick to find when needed,” advises Kekana. “Keep the numbers saved on all cellphones and on a visible card near landline telephones.

“The Netcare App is especially helpful in a stressful emergency situation, when it can be difficult to remember what number to call and to provide directions. The emergency call and geolocation functions on the app assist in minimising response times by connecting callers and ensuring that we have their precise location so the



emergency vehicle can find them – even in remote areas or if the caller doesn’t know the address.

“The Netcare App also includes a Netcare 911 60-second call-back option and detailed resource tracking, allowing the user to follow the ambulance or response vehicles.

“A few simple precautions can make for a less stressful summer, and Netcare 911 is here to assist you in any medical emergency,” concludes Kekana.

SHARES

The most important building block of a lasting financial legacy

By Wendy Myers, Head of Securities, PSG Wealth



The investment landscape is ever-changing and extremely dynamic, but those who are prepared to take the time to understand the basic principles and different asset classes stand to gain significantly over the long-term.

Cash, bonds, unit trusts, exchange-traded funds and shares are the common building blocks for investors to consider, and each contributes towards portfolio performance in a different way.

For investors looking to leave a legacy for the long-term, however, shares are the single building block that has historically proven to deliver. In this article, I outline six key benefits of investing in shares to create a lasting legacy.



Wendy Myers, Head of Securities

Building a nest egg

Investing in shares allows you to build a substantial nest egg over time. By strategically selecting quality companies to invest in for the long-term, and managing your portfolio effectively, you can grow your wealth and work towards achieving your long-term financial goals.

Providing independence and flexibility

Investing in shares provides investors with financial independence and flexibility. It gives you the freedom to make decisions based on your investment preferences, to adapt your portfolio to changing market conditions, and to generate income through capital growth and dividends.

“The individual investor should act consistently as an investor and not as a speculator.”

Dividends are reinvested in the market, which provides you with the added benefit of generating compounding growth in your portfolio.

Creating a legacy

Shares offer the opportunity to create a lasting legacy. By investing in companies that align with your values and long-term vision, you can leave behind a financial legacy for future generations and support causes that are important to you.

Providing comfort through life changes

Investing in shares can provide comfort during changing circumstances in life. Your share portfolio can serve as a stable financial anchor, helping you to weather economic fluctuations, achieve stability during career transitions, and navigate personal life changes with confidence.

Providing income to support your lifestyle

A well-managed share portfolio can generate income to

support your desired lifestyle. Dividends from profitable companies can provide a regular income stream that complements other sources of income and supports your financial goals.

Looking after loved ones

Shares can also be a means of looking after your loved ones. By strategically investing and managing your portfolio, you can build wealth that can be passed on to your family, providing them with financial security and opportunities for the future.

While establishing an initial financial plan is undoubtedly important, the significance of regular meetings and communication with a qualified financial adviser cannot be understated.

Whether you already have an existing portfolio, wish to start one, or have inherited shares through an estate, a financial adviser can assist you in ensuring your direct shareholdings are robust and aligned with your desired outcomes, and can help you structure your portfolio optimally to ensure you are well positioned to achieve your long-term financial goals.



A top-down view of a large, diverse meal spread across a light-colored wooden table. The dishes include roasted lamb chops, fried potatoes, shrimp, mussels, chicken wings, falafel, hummus, tabbouleh, and various dips. There are also drinks like a green smoothie and a pink cocktail, along with fresh herbs and bread.



restaurant – tastefully decked out in shades of blue and green – and immerse yourself in Mediterranean charm. Whether it's a romantic date night or a celebratory gathering, you can choose to dine indoors or outdoors; Nostimo will cater to your preferences.

But what truly sets Nostimo by Mythos apart is their unwavering focus on families. Their refurbished kids' play area showcases their commitment to providing a holistic dining experience. While parents enjoy meze platters and

a bottle of Mythos wine or a Greek-inspired cocktail in a sophisticated setting, kids can have a blast in a space designed just for them. Additionally, the 'Create Shop Play' arts and crafts centre and pottery studio, situated adjacent to the playground, makes Nostimo the perfect venue for kids' birthday parties. There is also a separate function room.

Nostimo by Mythos attests to the pursuit of an authentic Greek experience that caters for the entire

family. The combination of delicious, authentic cuisine, an inviting ambience and a children's entertainment area creates an unforgettable dining experience for visitors of all ages.

Don't miss out; book your table today by phoning 011 517 2349.

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**SEMESTERS.
NORTHERN HEMISPHERE
CALENDAR - AUGUST TO JUNE**

174 

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INCLUDING ARTS, ATHLETICS,
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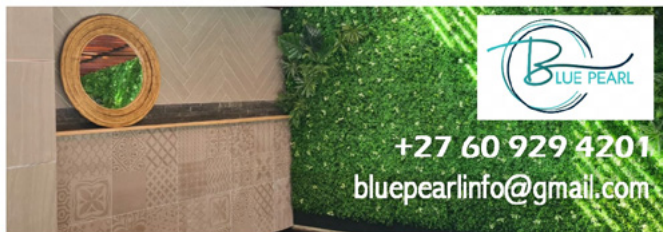
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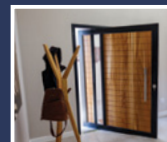
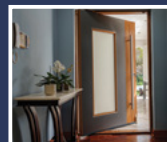
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iPHONES, iPADS AND iWORRY

By Dr Ilse Ruane



Instagram is a visually-led social media platform where the primary method of interaction is double-tapping an image to like it. Posts go viral due to the posts feeding into the dominant culture. The app allows users to post their photos or videos onto their feed. Photos or videos are often edited or enhanced before sharing to gain as many likes as possible.

By following the person, you are able to access their online gallery of photos, provided they have not hidden it from you.

Locations may also be shared, which opens up all sorts of concerns. Instagram's algorithm tailormakes feeds for the user based on their previous searches, hashtags and other users they follow. Instagram has three account settings to choose from: private, business or open.

The widest net for gaining followers and 'friends' is an open account. But this also means anyone on the internet has access to all your posts, photos and videos – and, therefore, ultimately has access to you.

For a teen, the goal of having an Instagram account is to gain the most likes. Some teens go to great lengths to gain these likes – but online life isn't real life.

According to studies, Instagram is the worst social media network for mental health and wellbeing. While Instagram got points for self-expression and self-identity, it was associated with anxiety, depression, bullying and the fear of missing out (FOMO). Instagram looks friendly and fun, but:

- users have little control over what they are seeing;
- the pseudo-positivity of Instagram encourages its users to present an attractive image to get maximum followers;
- it presents unrealistic, edited images and posts that speak directly to teens. They quickly forget that people edit their photographs. These can lead to the risk of developing an unhealthy body image. They can also set unrealistic expectations and create feelings of inadequacy and low self-esteem;
- teens start investing more time online at the expense of communicating and

- interacting in real life, in sports and in friendships;
- it's always about looking flawless. It is not real; and
- it creates an unreal popularity contest.

Compare and despair

Instagram makes it easy to compare the number of 'friends' you have against your peers. It is natural to compare. We compare ourselves with others in terms of ability, social standing and even how we feel.

Social media is making it impossible to avoid comparing. Researchers are even calling this the 'compare and despair' of Instagram. The typical Instagram user spends most of his/her time observing other people and messaging, but not too often posting. In other words, users spend most of their time gathering information about others. As a result, it is nearly impossible not to use this information to compare our lives with others.

Teenagers also believe other people have more friends than they really do, based on the number of followers a person has. The teen user may have hundreds



or thousands of followers because of the skilful posting they do; in fact, they only really know a handful of those people and are friends with even fewer.

For the teen with fewer followers, the assumption then is that they are less liked, less connected and therefore less popular. The seduction comes into play where the 'less popular' teen must create a post which will get more followers, or they must be more active on Instagram.

The idea of "Followers" versus "Following" is an irony in itself. The goal is to have more people following you than who you follow. When this goal is looked at objectively, it is ironic. Having more people following you cannot demonstrate popularity or being well-liked. It demonstrates the account-holder's ability to use people for their goal of achieving status/popularity.

More realistically, the number of people they are following back shows how many people the account holder actually engages with in real life – that is, how many people they know personally and choose to follow back is a better reflection on their social standing.

For example, if a teen has 1,500 followers but is only following 350 back, this reflects pseudo-popularity/like. Out of the 350, 250 to 300 of those may represent a truth closer to reality of the number of people the account holder engages with in real life. The process of choosing who is 'worth' following back is harrowing and is another discussion altogether.

Key points to consider:

• Hooked on scrolling

Most social media platforms are designed to keep users engaged for long periods of time. Instagram does this very effectively by allowing users to scroll indefinitely. Teens and adults quickly lose track of time while scrolling. Sleep gets disrupted and relationships become strained as families no longer communicate with one another.

• Direct messages (DMs)

DMs allow users to share posts, videos, photos, voice messages and calls with each other. Even if a teenager's account is set as private, anybody with an Instagram account is able to DM another Instagram user. Human nature being what it is, curiosity may get the better of your teen, and they may let themselves be exposed to someone or something you would prefer them not knowing about or seeing.

• Influencer culture

Influencer culture is a fascinating thing. Influencers promote products, services, apps, etc. to the target audience. These tidbits are not always easy to uncover as they are housed in benign-looking posts and may mislead teens into wanting something promoted on their feed.

• Mental health challenges

As mentioned above, edited photos and enhanced photos are the norm on Instagram. These create false and unrealistic expectations for teens to try to meet. Teens strive for more 'likes' by editing their photos. Body image, and by extension mental health and wellbeing, become eroded. Cyberbullying also takes place between friends who are fighting or former romantic partners who are now in conflict – exposing photos are posted to cause one of the parties distress and to lash out at them due to personal hurt.

• Live streaming

Live streaming is another concerning feature of Instagram when it comes to teenagers. It allows users to connect with followers in real-time. This has all sorts of problems with regard to exposure, let alone the grooming and abuse that can sneak into a teen's feed. Online bullying is also prevalent in "live chats", where friends discuss others in an open and real-time live conversation.

Pointing fingers

Problems with new technology get blamed on technology. If we want to find a solution to these problems, we need to take ownership of our role in the situation and take cognisance of

the technologically driven world in which we live.

There has always been a medium transmitting social pressure. Previously it was TV, newspapers and magazines. Today it includes social media and the internet. The challenge with social media is that it is accessible all day, every day, from anywhere and for as long as you like.

It is the social pressure put on teens that is part of our culture, that is then amplified by social media. Things like popularity used to be abstract. Today it is quantifiable in terms of how many followers you have on Instagram.

However, we need to guard against making social media the forbidden fruit. Teenagers are always one step ahead of their parents. For example:

- Being a 'friend' of your teen on Instagram does not mean you can see what they have posted. They are able to hide their feed from you. You cannot access where others have tagged them in posts, photos or videos or who your teen is direct messaging.
- Teens have more than one account.
- Decoy apps allow teens to hide their photos and videos, make secret calls and message people.

The lesson to be learnt is that as technology advances, teenagers will never stop moving towards these advances.

Banning social media is not realistic. Social media can be beneficial in building relationships, supporting causes and joining movements. Not only can teens use social media in their favour, but they will also be increasingly expected to do so.

What parents can do

The role of the parents becomes one of education, of **teaching teens not to use social media less but to use it purposefully**. Online education and guidance, provided through constant conversation, is needed. Here are some suggestions for how parents can navigate this:

1. Set the standard

Unlike rules, which restrict negative behaviours, set standards that encourage positive behaviours. Setting standards takes practice, and when a family agrees to live by the same standards, they keep each other accountable. Lead by example by having an Instagram account with no nasty comments, and do not follow any inappropriate people or sites.

2. Take screen time

Behaviour is learned. Teens will not behave inappropriately if they are not exposed to inappropriate content. Therefore, see what they are accessing and for how long. Even if your family does not have linked phones, there is nothing preventing you as a parent from instituting a rule that all phones get handed over at a particular time and to a particular place every night. Teens should not have their phones accessible to them throughout the night. Sleep, academics and social relationships will suffer.

3. Passwords and access

This one is tricky because I personally believe teens need limited privacy. Ideally, your teen should not have passwords you do not know or deny you access from their phones. As a parent, it would be wise to check all their social platforms periodically. The best approach, which is certainly not foolproof, is perhaps to discuss the concept of limited privacy. This means that as a parent, you may request access to your teen's phone. The degree of privacy you afford your teen should perhaps be aligned with the degree of worrisome behaviour and the level of guidance your individual teen requires. Teens are under age; therefore, you as a parent are legally responsible for what goes on on their phones. But more importantly, remember that they are not experienced in the world yet. They need assistance and guidance to grow into kind, accountable and responsible people.

4. Discuss the do's of social media, not only the don'ts

It is more useful to discuss a post that represents your character and values versus sounding the warning, "don't

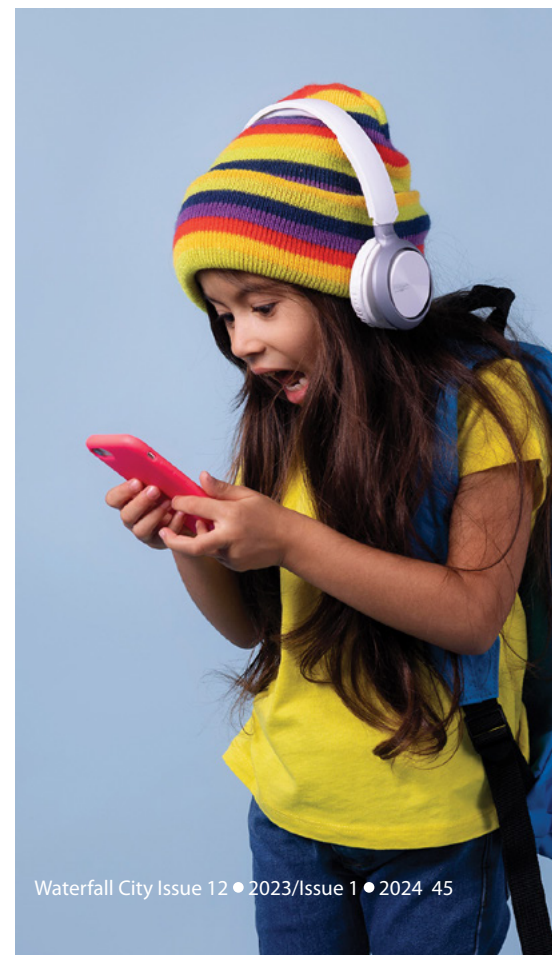
post something that will embarrass you". I say this because at the time of posting, the teen did not think their post was embarrassing or they would not have posted it in the first place. Discuss how they can positively use Instagram to their benefit.

Where to from here?

Parents and educators may take the stance that the solution is simply not to use it. But if it is not Instagram, it will be something else. Social media is not going anywhere – in fact, it is advancing daily.

The solution lies in building resilience and self-esteem. If teens are feeling good about themselves, they will not compare so strongly or take things so personally.

Social media may make us forget how good real life actually is because it perpetuates what we do not have, how we do not look, the holidays we do not take. We need to pause, get some perspective and remind our teens, and perhaps ourselves too, that living in the tangible, real world is great!



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 Marlie 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

FINANCIAL SERVICES

Discovery Financial Consultants
Marisa Cook 083 468 6466
Certified financial planner. I can assist individuals and businesses with life and risk cover, local and offshore investments, personal and commercial insurance, gap cover and opening Discovery bank accounts. Please contact me or email: marisac@discovery.co.za

HEALTH AND WELLNESS CARE

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

HOME CLEANING SERVICE

Clean My Bed
Jonathan Akal 069 797 6370
Clean My Bed is a medical grade, deep clean sanitising service that removes dust mites and pet dander to help with allergies.
Email: jonathana@cleanmybed.com or visit: www.cleanmybed.com

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.

HYPNOSIS

22 Steps
Lee-Anne 081 282 0461
Make positive changes. Gain greater control of your life. I can help you with anxiety and stress, exam stress, fears, weight loss, stop smoking, addictions, emotions/grief, relationship issues or self-confidence.

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

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

Top Carpets and Floors Kramerville
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

Blue Pearl Procurement (BPP) 060 929 4201
We are suppliers and installers of premium decorative tiles, travertine, marble tiles, natural stone cladding, mosaics, and more. Our team handles each project with care and will provide you with a price range suitable for every budget. Call us or email: bluepearlinfo@gmail.com

GARDEN & POOLS SERVICES

Crewcut Gardens & Pools
Peter 082 450 1111
Mark 082 789 7916
Weekly garden and pool maintenance. We build new pools or remanbelite 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: falcogas.sa@etgworld.com

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 Udesch for excellent prices, professional service and advice. Email: udesch@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
Property Manager - Munyaka, Waterfall	Eugene van der Merwe	068 012 6326	estatemanager@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

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

Waterfall City Competition

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

DEC/JAN RESTAURANT COMPETITION

for our Waterfall City residents

The question for this month's competition:

What outdoor experience will Waterfall City Park be hosting as part of its 100 Days of Summer campaign for the kids this holiday season?

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,
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:

Estel Debba, our November winner who wins the R500 voucher.



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Milbemax™ Chewable for Puppies and Small Dogs 1 - 5 kg, Reg. No.: G3834 (Act 36/1947), Milbemycin oxime (2.5 mg); Praziquantel (25.0 mg).
Milbemax™ Tablets for Puppies and Small Dogs 0.5 - 5 kg, Reg. No.: G3187 (Act 36/1947), Milbemycin oxime (2.5 mg); Praziquantel (25.0 mg).
Milbemax™ Tablets for Dogs more than 5 kg, Reg. No.: G3185 (Act 36/1947), Milbemycin oxime (12.5 mg); Praziquantel (125.0 mg).
Elanco Animal Health (Pty) Ltd, Co. Reg. No.: 2019/163893/07, N1 Business Park, Old Pretoria Road, Kosmosdal Ext 7, 0157. Tel: 012 657 6200.
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