



**WATERFALL
CITY**

ISSUE 2 | 2024



Welcome to Life Day Spa Waterfall

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Wetlands Day

Meet the Courtyard
Hotel's Executive Chef

Waterfall City's
Solar-powered
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Welcome!

If your New Year's Resolution was to enjoy life a little more this year, you'll be delighted by the opening of Life Day Spa in Ellipse Waterfall.

This haven of relaxation is open to residents and guests. Our cover story examines its facilities and treatments and shares the story behind this family-run business.

The Spa's luxurious spaces include a Floatation Pool to float your cares away, and a Rasul Chamber using steam and mud for detoxification. Read on and prepare for a pampering experience like no other.

The calendar is full of dates commemorating special environmental days, and at Waterfall City, we plan to mark several of them to highlight our various green initiatives. It starts in February with World Wetlands Day, which is designed to raise awareness and action for wetland protection. Wetlands are hotbeds of biodiversity that can also purify water, store carbon, and help prevent floods. One of our articles looks at efforts to restore the wetlands near the Kikuyu development, repurposing the eradicated invasive trees as building material to curb erosion – quite a complicated but worthwhile task.

Since Valentine's Day is the most famous date in February, Mall of Africa is offering the chance to win a romantic breakaway for two to Mauritius. If that sounds tempting, you can find the details on how to enter right here in this month's issue. We are also calling all fashionistas to join us in March for Mall of Africa's Fashion Weekend Out – info inside.

Over at Waterfall Country Estate, a solar system has been installed to run the irrigation plant that waters several of our estates and common areas. It's part



of our commitment to green energy and to avoid the effects of load shedding. The plant can pump two million litres a day and will generate sufficient power to run all our irrigation equipment during sunshine hours, thanks to its 144 solar panels.

Our regular Meet the Chef series puts Keegan Maistry of the Courtyard Hotel in the spotlight. Keegan oversees both The Protea Restaurant and The Highline Tapas Lounge, and he'll have your mouth watering with his favourite dish of smoked tandoori chicken thighs with a spicy butter chicken sauce and lentil salad.

Food is also the topic of this month's column from Netcare, which usefully reminds us that while take-aways and fast food are quick and easy, they're not good for us. Instead, you can follow Netcare's tips on creating tasty, cheap, and nutritious packed lunches for the kids or the office.

Finally, our PSG Wealth column looks at the benefits of taking a patient approach to growing your money and revisiting your plans if your life circumstances change.

Until next time,
Waterfall City Management Company

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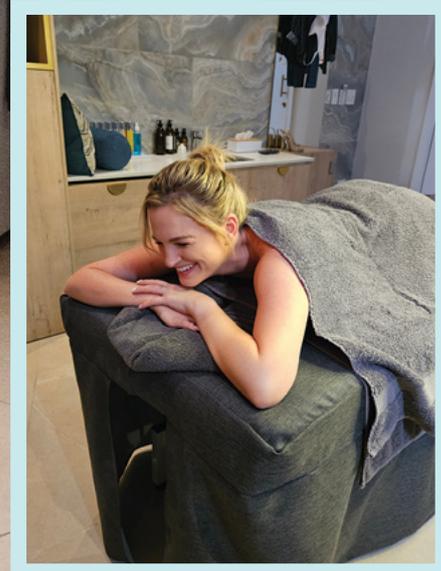
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LIFE DAY SPA WATERFALL

Discover glamour and tranquillity on your doorstep



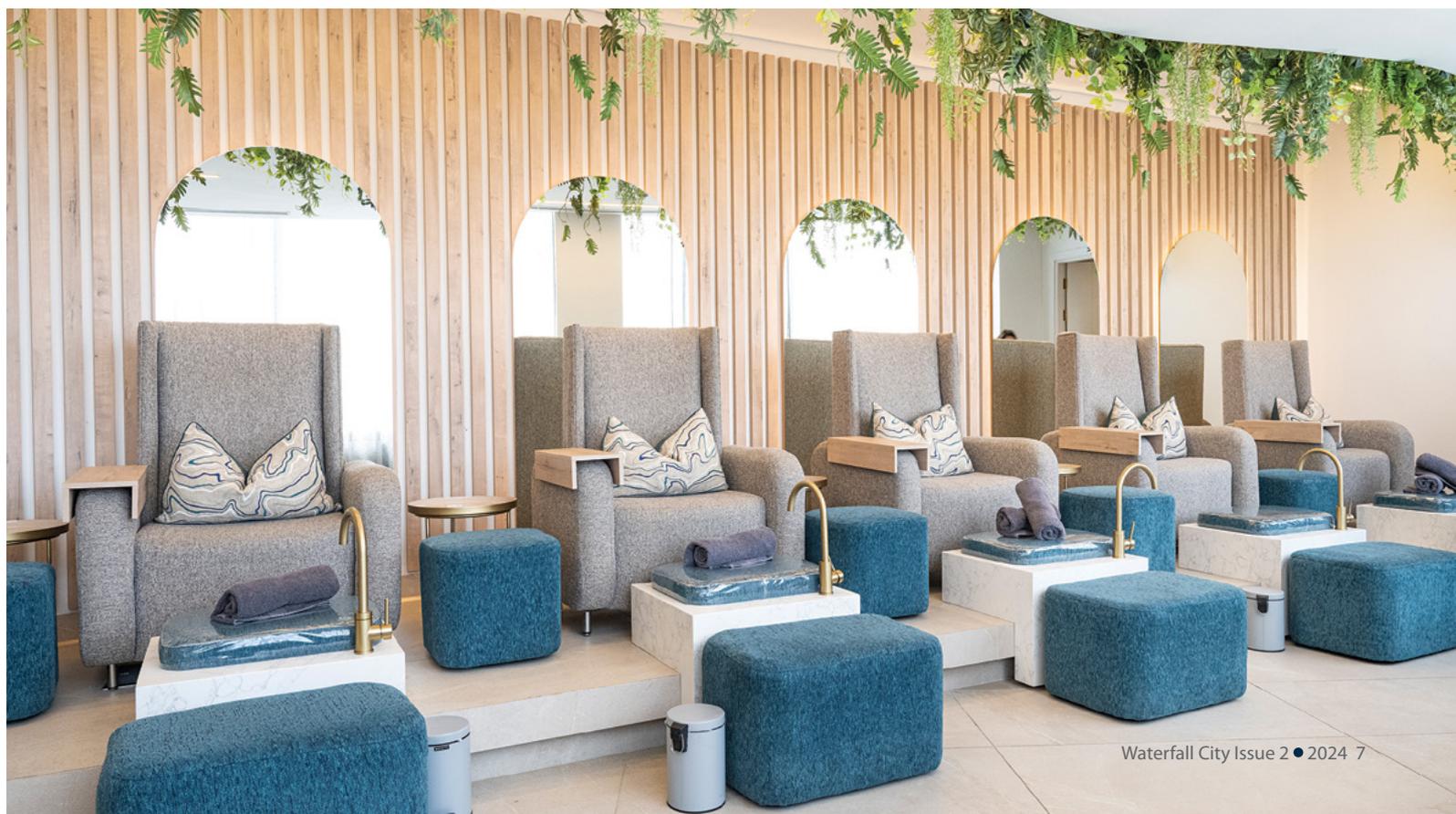


Within Waterfall City's luxury high-rise apartment development, Ellipse Waterfall, lies a haven of relaxation and rejuvenation – Life Day Spa. Open to residents and guests, this opulent retreat blends traditional Life Day elements with

a touch of gold, creating a space that transcends the ordinary and introduces visitors to a revolutionary spa wellness experience.

Mark, co-owner of the Life Day Spa Group, explains why having an interior that makes a luxe statement

is essential. "We wanted a different look and feel for Waterfall City, more glitz and glamour. It's good to keep our visitors on their toes and give them a unique experience everywhere they go. The space was an unusual shape, so the design was challenging, but it fuelled the



Waterfall City News

creation of an environment that exudes style and tranquillity.”

As part of the Life Day Spa Group, a premium brand uniting eleven of South Africa’s most luxurious day spas, the Waterfall City location stands as a testament to the brand’s commitment to health, wellness, relaxation, and beauty. Choosing Waterfall City for expansion was a strategic decision, says Mark. “Waterfall City was an obvious choice given its status as a burgeoning area, a clean and vibrant business hub, and its proximity to Mall of Africa, making it an irresistible destination for spa enthusiasts.”

Life Day Spa is dedicated to restoring beauty and balance through personalised treatments and spa journeys meticulously crafted by highly skilled therapists. Embracing holistic principles that combine ancient wisdom with modern expertise, the spa strongly emphasises the quality of its staff. With an in-house training programme, the group ensures a high standard of uniformity and quality across its five hundred therapists, constantly evolving and innovating to stay at the forefront of the industry.

The Waterfall City branch lives up to Life Day Spa’s reputation with state-of-the-art facilities, cutting-edge treatments, and premium products. Spanning 440 sq. ft. of indulgence, the spa boasts twelve well-equipped treatment rooms, dual treatment rooms for shared experiences, and a dedicated Manicure and Pedicure Lounge.

One of the highlights is the Floatation Pool. In this sensory escape, guests float weightlessly in a soundless, dimly lit pool, filled with concentrated Epsom salt water at body temperature.

For a unique cleansing experience, the stunning Middle Eastern Rasul Chamber offers a 40-degree steam room using pure natural earth mud for detoxification. Life Day Spa also introduces guests to distinctive treatments like the innovative Lava Shell Massage with self-heating shells for heightened relaxation and the Copaiba Massage, which uses the therapeutic powers of Copaifera resin. The Turmeric Healing Massage utilises the healing powers of this spice for a radiant finish.

The experience extends beyond treatments; upstairs, Olives & Plates Restaurant offers excellent post-treatment dining, complemented by a refreshing dip in the outdoor pool.

Behind the scenes, Life Day Spa is more than a business – it’s a family affair. A big, crazy Greek family, to be exact, with mom, dad, wife, brother, and cousins all actively involved in keeping their fingers on the pulse of every aspect. “We have no franchises. All our spas are run within our family and amongst loyal friends. It’s all about the family,” explains Mark.

For those seeking an unparalleled spa experience right on their doorstep, Life Day Spa Waterfall promises serenity, luxury, and a touch of Greek hospitality.



February promotion:

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MEET THE CHEF

KEEGAN MAISTRY

Executive Chef at the Courtyard Hotel

As the Executive Chef for The Protea Restaurant and The Highline Tapas Lounge at the Courtyard Hotel in Waterfall City, Keegan strives for excellence and has a high respect for food and the kitchen.

Q. Name & Surname

A: Keegan Maistry

Q. Restaurant name & cuisine served

A: The Protea Restaurant – contemporary casual dining. The Highline – tapas lounge.

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

A: The kitchen found me in the early 2000s while watching my mother prepare delicious meals and trying to assist her.

Q. Did you study? If so, where?

A: I studied at the ICESA Hotel School in Durban and hold a National diploma NQF5.



Q. Do you have any accolades?

A: I cooked for the Prince and Princess of Monaco, attained second place in the National Burger Challenge and have catered for many celebrities in South Africa and abroad.

Q. What is your cooking style?

A: French contemporary and fusion-inspired dishes.

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

A: Seasonal produce, new trends and kitchen team brainstorming ideas.

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

A: Smoked tandoori chicken thighs with a spicy butter chicken sauce and lentil salad. I love the different depths of flavour and key elements of smoky, spicy, sweet and fresh. A chef's dream is to achieve all those taste profiles on one plate.

Q. What is your favourite home-cooked meal?

A: A spicy lamb chop chutney.

Q. In your opinion, what is the most underrated ingredient? Why?

A: The humble tomato, because of its versatility. It can be sweet or savoury, used as a thickening agent, a salad, bruschetta or garnish. It can be confit, fried, dried or hydrated. The applications are endless!

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

A: Lard, a protein and seasoning.

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

A: It's every chef's answer: my beloved chef's knife.



The Smoked tandoori chicken thighs with a spicy butter chicken sauce and lentil salad is Chef Keegan's favourite dish to prepare on The Protea Restaurant's menu.



Meet The Chef Series

Q. What are your favourite kitchen appliances, if money was no option?

A: A Thermomix.

Q. Who is your chef idol? Why?

A: Jacque Pépin. He transforms simple ingredients into French classics. Very inspiring!

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

A: Gordon Ramsay. I'd cook my version of pasta alla vodka for him.

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

A: They are entertaining, especially the competitive ones. *Iron Chef* is good – it shows you exactly how the environment is in a professional kitchen.

Q. What is your favourite South African dish/product to eat?

A: Lamb bunny chow.

Q. What will we always find in your fridge?

A: Beer and lamb.

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

A: My mom's braised sheep head curry and mealie rice.

Q. What fast food is your secret indulgence?

A: Burgers, every time.

Q. Pro or anti air fryers?

A: Pro...it's convenient after a long day.

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

A: An electrical engineer.

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

A: I was working with a huge team at the famous Oyster Box Hotel in Umhlanga, blending up a 10-litre sauce in a giant swing blender, and I realised that I had to fetch the cream from the fridge. So I left the blender and went to the fridge. Long story short, the blender tipped, swinging left to right, splashing my entire team with saucy rainfall! I was the only one left 'unscathed'...



Chef Keegan would like to make Gordon Ramsay his version of pasta alla vodka.

To sample Chef Keegan's culinary delights and book a table at either of the Courtyard Hotel eateries, contact them on:

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CELEBRATING OUR ENVIRONMENT

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*Masses of black wattle trees being eradicated. Black wattle (*Acacia mearnsii*) is problematic as it competes with indigenous plant species and reduces grazing capacity both for wild and domesticated animals.*



What was once a densely infested channel of unwanted and harmful trees is now open space to allow the return of grasslands.

Nestled in the heart of our modern urban landscape, Waterfall City strives to be a beacon of sustainable living, aligning its development focus with strong environmental stewardship. To bring the public's attention to this, Waterfall City aims to highlight some of its ground-breaking initiatives in line with several international commemorative days celebrating the environment.

We kick these celebrations off in February by highlighting World Wetlands Day (2 February). As the name suggests, this day is designed to raise awareness and action for wetland protection. There is reason to argue that wetlands are ecological powerhouses. They are critical hubs of biodiversity, performing water purification functions while effectively controlling floods and carbon sequestration.

These distinct ecosystems in Waterfall City's context form part of the last lingering vestiges of wetlands of the Egoli Granite grasslands, a degraded and transformed biome within the greater Gauteng province, thus necessitating rehabilitation as part of the overall developmental activities.

As a result, Waterfall City is committed to maintaining and enhancing its natural assets. Ruan Spies, the Environmental Manager at Waterfall City Management Company, says, "A perfect opportunity presented itself that highlights this and we hope our residents will appreciate the efforts made to responsibly manage open spaces - a rare feature in today's City living."

The western part of the Kikuyu residential estate, near Old Pretoria Road, faced

Waterfall City News

several challenges brought on by significant stormwater coupled with the area's highly erodible sandy soils, which was further compounded by substantial infestations of invasive plant species that disrupted the wetland's natural ecosystem.

"To overcome this, we worked together with Balwin Properties to determine the most cost-effective rehabilitation methods. Of course, this meant we had to be quite creative in some instances for a solution that would underpin sustainability," says Spies.

We concluded that a combined approach of engineering acumen and using available natural resources on site would be the best course of action. The engineering consisted of gabions, designed to protect the main bridge crossing with rocks to act as a sediment basin where excessive silt is prevented from entering the dam. Excessive silt degrades water quality and negatively impacts aquatic life.

Care had to be taken when it came to invasive tree management. While they undeniably threaten natural resources, their roots did serve a purpose in holding some of the embankments together. Thus, we decided against uprooting the trees in favour of systematic and slower eradication methods, such as cutting and treating the various tree stumps



Repurposing the invasive trees, especially the black wattle, made for excellent natural barriers to curb erosion. You will note heavy scouring taking place at this section and critical areas were ascertained for installation.



This is a naturally made dissipation and attenuation structure. It will slow down the water coming in from the top grate and allow for the deposition of silt and plant debris thereby allowing for other plants to take hold and lessen the deep channelling taking place.





These two pictures depict the engineered solution which was required to prevent scouring under the bridge. This consisted of reinforcing the embankments with gabions including a fairly large dissipation structure just before the inlet of the dam. This will allow for any excess silt to be caught and cleaned prior to entering the dam.



to prevent regrowth. Furthermore, the logistics of removing and disposing of massive amounts of plant debris presented additional costs, and it still left erosion concerns in the upper section of the channel.

“We decided that the best course of action was to repurpose invasive trees as natural building materials. These were used to create a network of lattice fences to protect the embankments from erosion at critical junctures,” adds Spies.

In addition to stabilising the embankments, these wooden fences contribute to the general aesthetics of the wetland by having a more natural look and feel.

“I would like to commend the Balwin Properties team for their efforts. We are glad to have played a small but critical part in rehabilitating the wetlands. As we celebrate World Wetlands Day, this was a project to profile,” says Spies.

As we look forward to other significant environmental days, Waterfall City continues blazing a trail in sustainable urban living. Watch our communication channels for future activities and initiatives celebrating our environmental commitment, reinforcing that a sustainable city is vital to our health and wellbeing.





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HARNESSING SOLAR POWER FOR ECO-FRIENDLY IRRIGATION



Built according to sustainable principles and practices, Waterfall City has recently completed a new project that further underscores its commitment to environmental stewardship. The Waterfall Common Services Company (WCSC) has installed a solar system at Gate 6 of Waterfall Country Estate to be used exclusively to power the irrigation plant also located there. This heralds a significant jump towards green energy and mitigating the ongoing scourge of load shedding.

The plant provides irrigation water to several other estates in Waterfall City and the entirety of Waterfall Drive and Polofields Drive. Managed by WCSC, the irrigation plant maintains the lush, indigenous landscapes characterising the area.

Thys Redelinghuys, General Manager of WCSC, highlights the critical role of this solar system: “Thanks to the solar installation for the irrigation plant, we can now more effectively irrigate during the hot dry months following winter, while being completely unaffected by load shedding. This means we no longer need to take on additional expenses such as getting water tankers and can guarantee that our gardens stay green while also ensuring the long-term health of the irrigation plant.”

The irrigation plant, which can pump two million litres daily during peak times, is one of the cornerstones of Waterfall City’s green environment. The new solar installation boasts a 120Kw maximum capacity per hour and provides Waterfall City with an effective solution for maintaining irrigation during load shedding.



“We generate about 70Kw per hour on average while the sun shines, using 144 solar panels. The plant will generate sufficient power to run all our irrigation equipment during sunshine hours. Irrigating at night, a necessity due to the irrigation demand, and to minimise evaporation, is now more feasible and efficient. The solar system, equipped with battery packs, ensures that the irrigation can continue even during the typical 2½ hours of potential load shedding at night,” explains Redelinghuys.

This initiative aligns with Waterfall City’s sustainability focus of creating a green environment that is good for the residents and the planet. The city’s commitment to eco-friendly practices is evident in its 31 green-rated buildings, rainwater harvesting systems, and the extensive use of

solar power, notably at Mall of Africa. This new solar system at Gate 6 extends this commitment, significantly reducing reliance on coal-fired power from Eskom and saving substantial CO2 emissions.

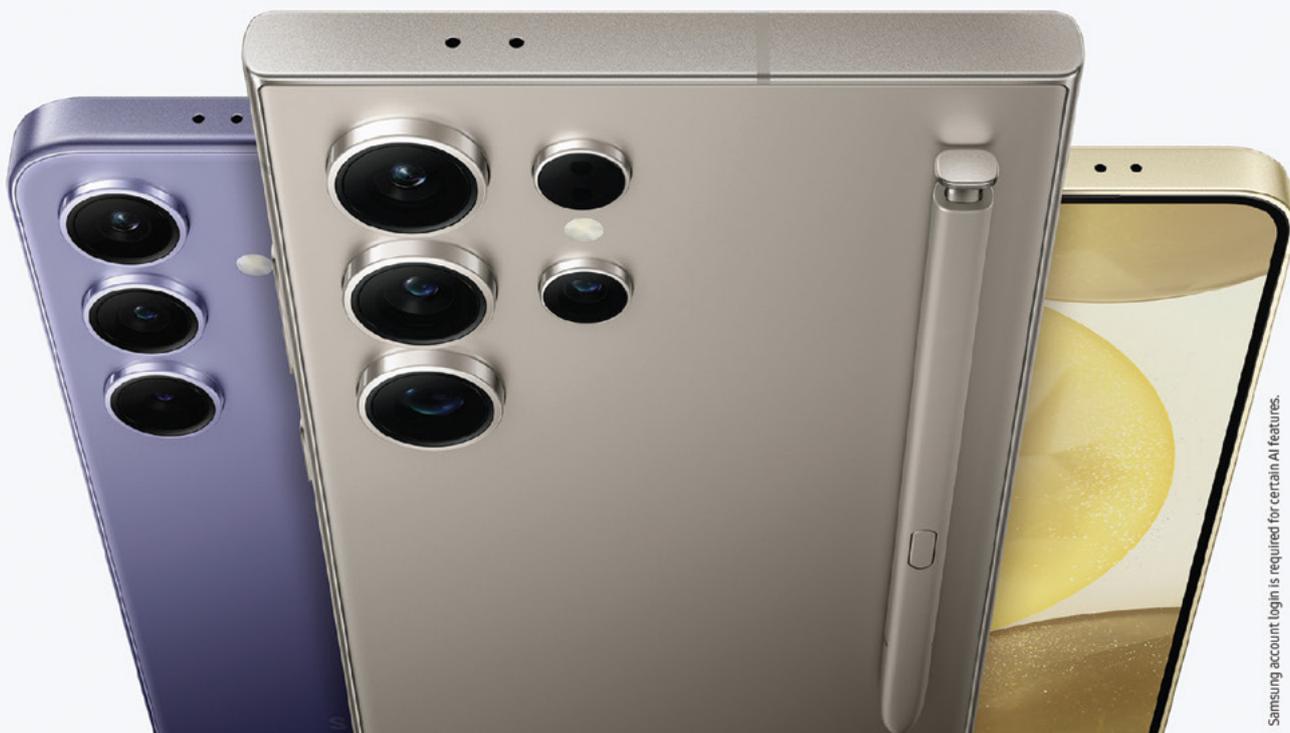
“We anticipate the solar installation will pay for itself in the next four years. This will be a cost-benefit: We will be able to control the cost of water much better with this plant, unlike when we were fully reliant on Eskom,” Redelinghuys adds.

This initiative benefits the immediate area by ensuring the health and sustainability of its landscapes and highlights the effectiveness of using renewable energy in building sustainable communities.

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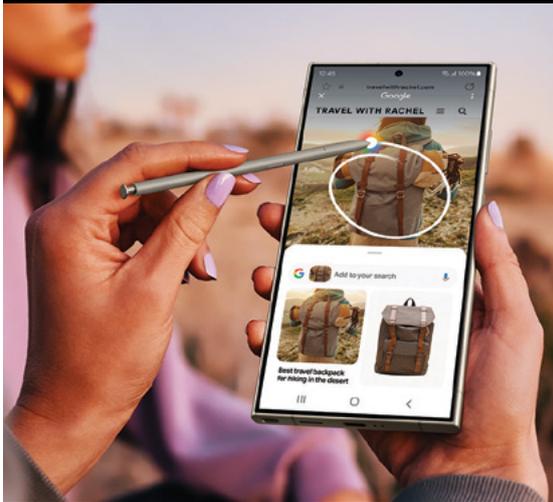
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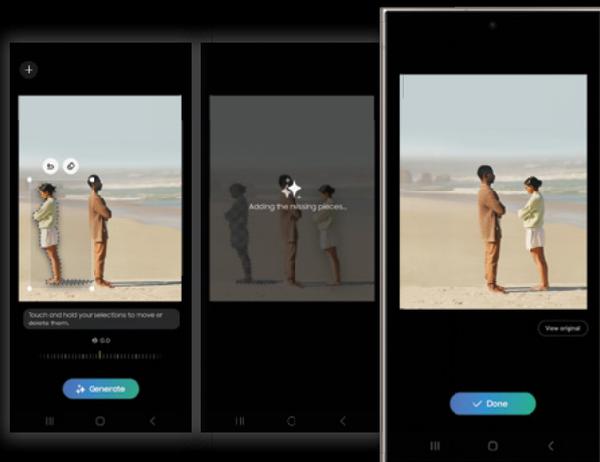
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HEALTHY LUNCHES FOR THE WHOLE FAMILY

By Sarina Nel and Christelle Smith,
Netcare Waterfall Nutrition Dietitians





Are you constantly reaching for your phone to order fast food for lunch because you ran out of time in the morning? Maybe you are avoiding packing a healthy lunch because you have no idea where to start or what 'healthy' even means. Or perhaps you are an extremely busy mom, sending the kiddies to school with money to buy something at the school's tuck shop. There is nothing wrong with having the odd takeaway or tuck shop meal now and then, but generally, it is healthier and much more cost-effective to pack your own lunch.

Here are some simple tips and tricks on how to pack a healthy lunch for the whole family:

Choose a starch:

Try to choose a starch that is high in fibre and has a low glycaemic index. Fibre will keep you fuller for longer and can help prevent constipation. Think along the lines of whole wheat bread, wraps, pasta, or couscous. Quinoa is another great option.

Choose a protein:

Protein will help keep you feeling satisfied and is important to build muscle in the body. Choose fish like tuna, sardines or salmon. Eggs, low-fat cottage cheese, or nut butter are all healthy proteins. Don't forget about pulses like chickpeas, beans or lentils. They are a source of fibre and low in fat. You can even use the leftover meat from the night before.

Choose a low-carb vegetable:

Adding low-carb vegetables will ensure you get extra vitamins, minerals, and antioxidants to help support your immune system. Try leafy greens, carrot sticks, cherry tomatoes or chunky vegetable soup in the winter.

Choose a healthy fat:

Choose fats like reduced-fat salad dressing, or sauces. Avocado and olives are another heart-healthy option to add to your lunch.

Add a healthy snack:

Have at least three meals a day and two healthy snacks. This will help regulate your blood sugar levels throughout the day and may even prevent cravings. A handful of nuts, fruit, low-fat yoghurt, homemade popcorn, and whole-grain crackers with nut butter or cheese can be a great addition to your lunch box. Think outside the box by adding hummus with vegetable sticks.

Hydration:

It is essential to drink enough water throughout the day to stay hydrated. Add lemon, mint, or cucumber slices to flavour. Juices or sugary drinks can add unnecessary calories, making maintaining a healthy body weight difficult. In summer, freeze your drink to keep everything else cool.

Some lunchbox ideas to get you started:

- **For the kiddies going to school:** Whole-wheat chicken-mayo wrap filled with lettuce and cucumber.
- **For the busy mom:** Chickpea and quinoa salad with finely chopped red peppers and cucumber. Add a reduced-fat salad dressing of your choice.
- **For those working from home:** Whole-wheat toast with salmon and avocado with vegetable sticks on the side.

It is important to plan your meals for the week ahead and to ensure you have all the ingredients in your pantry and fridge to make those delicious lunch meals. It also helps to pack the lunch boxes the previous night to prevent the mad morning rush. If you need more help, book a consultation with a registered dietitian.



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“To give yourself the best chance of achieving your desired financial outcomes, you need to ensure your investment strategy is based on patience.”

EMBRACE THE UNPREDICTABLE

By Nirdev Desai, Head of Sales, PSG Wealth

With the end of the tax year just around the corner in February 2024, it is fitting to look at some practical tips to help ensure your financial goals come to fruition.

While it is always wise to take advantage of the tax benefits of a retirement annuity or a tax-free savings account before the end of the tax year, I'd like to focus on what else investors should be thinking of to ensure they derive the maximum benefits from investing in these products to ensure they are well placed to achieve their financial outcomes.

Current market conditions make even a seasoned investor nervous

In times when markets are volatile, it is natural to feel nervous, but with the right support and knowledge,

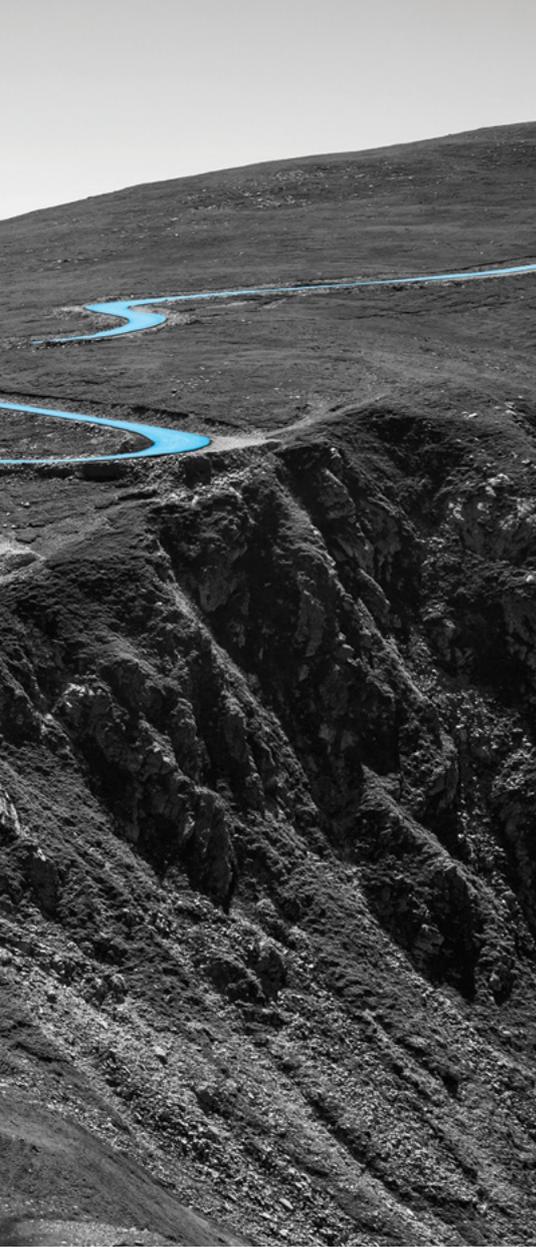


Nirdev Desai, Head of Sales

you can navigate these investment environments successfully. Indeed, the adage that says that there is opportunity in adversity is abundantly true for investing, and the best way to ensure that you benefit from the markets is by investing for the appropriate amount

of time, which invariably means you need to be prepared to encounter some market uncertainty on your investment journey. Investing for shorter periods is guaranteed to result in investors not realising the consistent, reliable returns they require. Even Warren Buffett, arguably the most respected investor alive today, acknowledges this.

Warren Buffett bought his first stocks at the age of 11, which he sold soon after they turned a profit. To this day, he regrets that decision, as they became a much more profitable investment later on. The experience did, however, teach him the critical lesson of patience. To give yourself the best chance of achieving your desired financial outcomes, you need to ensure your investment strategy is based on patience. Take the time to understand the minimum time



of taking on the required patience to learn from Warren Buffett's first investing mistake described here.

Revisit your retirement plan as needs and goals change

Life does not happen in a linear fashion, and circumstances change, which affects even the best-laid plans. Making sure your financial plan is robust and resilient enough to achieve your goals while incorporating enough flexibility to cater for unplanned events, like emergency expenses, is key. For instance, most couples don't plan on divorcing, yet many marriages do, unfortunately, end in divorce. Similarly, most people don't expect to get retrenched, but in markets

with threats of recession this is a real possibility for many. Engaging with your financial planner regularly is critical to ensure that you are still focused on your plan and addressing the appropriate goals for the situation you find yourself in.

Speak to an adviser

A professional financial adviser will guide you in identifying gaps in your investment plans and formulating strategies on how to address them. They are also there to coach and guide you through the journey of achieving the benefits of a well-developed and executed financial plan. The best time to have started was yesterday, and the second-best time is today. Carpe diem!

frames required for various asset classes, make sure that your financial plans take appropriate advantage of each asset class's characteristics, and have a strategy in place to manage your emotions as markets do what they frequently do in the short term – behave irrationally.

Start with the end in mind

The best way to apply sufficient patience is to start with your end objectives in mind. Establish your goals and the time frames over which you intend for these goals to play out. A good financial plan will include addressing a series of cash flows required at critical points, either as lump sums or regular withdrawals for each of these goals. Each of these terminal cash requirements becomes the time frame that allows investors to plan the appropriate exposure to growth assets and have the luxury





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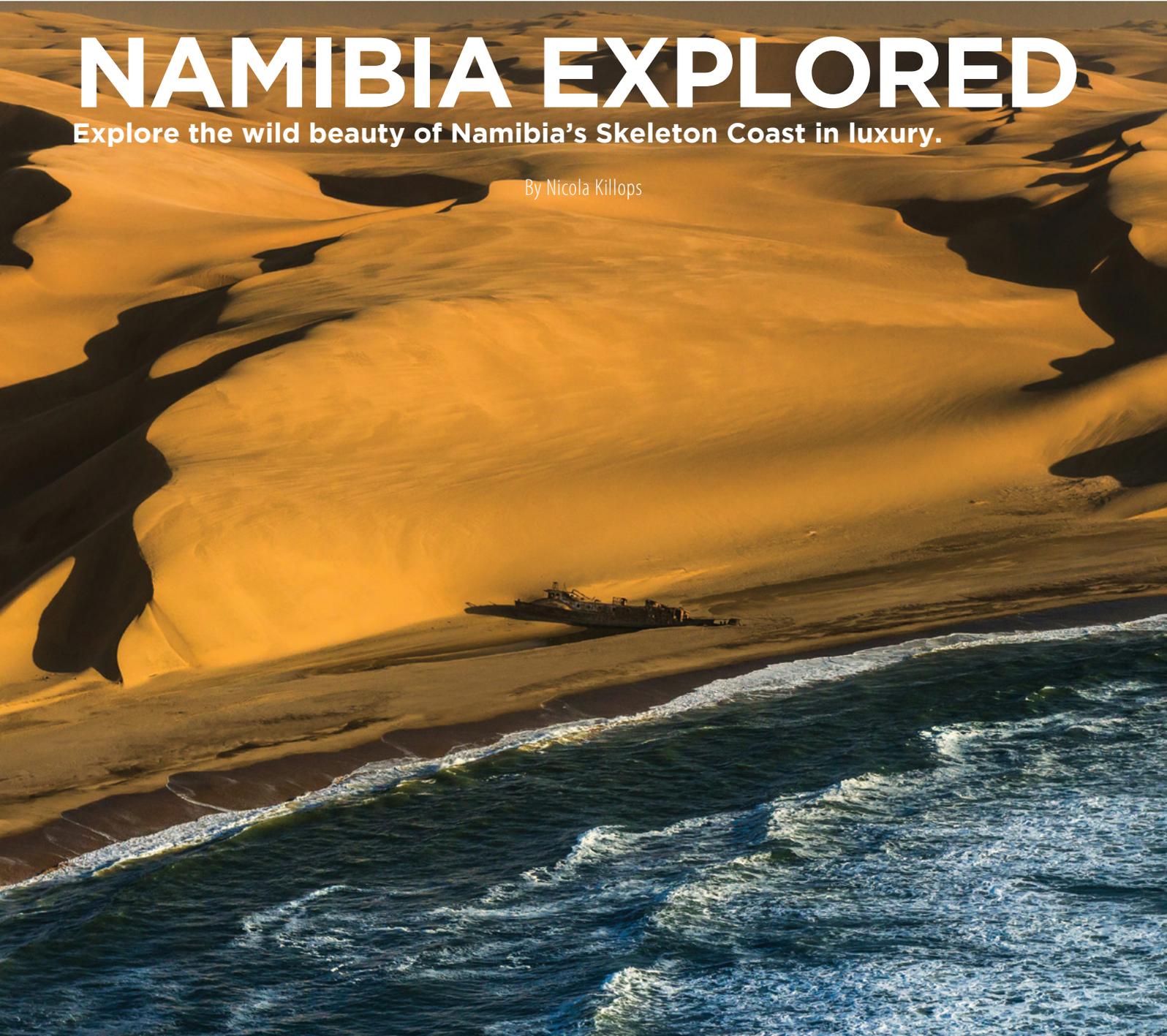


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NAMIBIA EXPLORED

Explore the wild beauty of Namibia's Skeleton Coast in luxury.

By Nicola Killops



As a passionate traveller, I have always dreamed of exploring the wild beauty of Namibia's haunting and mysterious Skeleton Coast. And it certainly didn't disappoint. If you ever need some perspective about just how small you are in relation to our beautiful planet, this is where you will get it. The Skeleton Coast boasts stunning landscapes, unique wildlife – such as the rare beach lions – and a

fascinating history that has captivated travellers from around the world.

Located in the northwestern part of Namibia, the Skeleton Coast is a seemingly endless and rugged stretch of coastline that runs for over 300 miles and is characterised by towering sand dunes, rugged rocky outcrops, and treacherous surf. The name "Skeleton Coast" is derived from the large number of whale and seal bones

that can be found scattered along the beaches. The coastline is also known for its dense fog, strong winds, and cold sea temperatures, which make it a challenging and dangerous place for ships to navigate.

Despite its inhospitable nature, the Skeleton Coast is home to a variety of wildlife, including desert-adapted elephants, lions, hyenas, and a range of antelope species. The coastline is also



littered with several shipwrecks that have become part of the area's folklore, including the famous Eduard Bohlen, which ran aground in 1909 and now lies half-buried in the sand.

The Skeleton Coast is considered one of the last great wilderness areas on Earth, and it remains largely unexplored and untouched by humans. Its eerie and desolate landscape, rich history, and wildlife make it a popular destination for adventurers, photographers, and nature enthusiasts seeking a truly unique and unforgettable experience.

The Spectacular Skeleton Coast: A Unique Safari Destination

Unlike many other safaris in Africa, the Skeleton Coast offers an 'off-the-

beaten-track' and wild environment that is perfect for adventurous travellers who want to explore some of Africa's raw beauty.

To get the absolute best experience on your luxury safari to the Skeleton Coast, book a private tour through a specialised tour operator. Private safaris offer a more personalised experience, with a dedicated guide and vehicle that can be tailored to your interests and schedule. You should also ensure that the operator you book your tour with is highly experienced and has excellent reviews.

Family-friendly options Skeleton Coast

If you're planning a luxury safari to the Skeleton Coast with your family,

many options are available. Family-friendly safaris typically include activities suitable for children, such as nature walks, animal tracking, and cultural experiences. In addition, many operators offer family-oriented accommodations, such as tents or lodges with multiple bedrooms and private bathrooms.

Romantic honeymoon experiences

A trip to the Skeleton Coast is an excellent option for couples seeking a romantic and unforgettable honeymoon experience. Many safari operators offer honeymoon packages that include private accommodation, romantic dinners under the stars, and special activities such as hot air balloon rides or sunset cruises.



Activities and experiences

There are many activities and experiences to enjoy on a Skeleton Coast trip. Some of the most popular include:

- Game drives to see desert-adapted wildlife such as elephants, lions, and hyenas.
- Nature walks to explore the stunning landscapes and learn about the local flora and fauna.
- Cultural experiences with local tribes, such as the Himba people.
- Scenic flights over the Skeleton Coast for a bird's eye view of the landscape.
- Kayaking or canoeing along the coast to see seals and other marine life up close.

Accommodation for a safari

When planning a trip to the Skeleton Coast in Namibia, you'll have a variety

of accommodation options.

Tented camps offer a traditional safari experience with comfortable amenities. They provide a unique and authentic experience where you can immerse yourself in nature while enjoying the comfort of a fully equipped camp. The tents are spacious, with en-suite bathrooms, comfortable beds, and stunning views of the surrounding wilderness.

Luxury safari lodges offer all the comforts of home in a stunning wilderness setting. These lodges provide high-end amenities, including luxurious accommodation, gourmet dining, spa treatments, and a range of activities such as game drives, nature walks, and bird watching.

Mobile camps are another popular option for safaris on the Skeleton Coast. These camps are designed to be moved from one location to another, allowing you to explore different areas of the Skeleton Coast on a single trip. The mobile camps are usually set up in the most scenic locations and come equipped with comfortable tents, hot showers, and delicious meals prepared by a private chef.

A visit to the Skeleton Coast in Namibia is a once-in-a-lifetime experience that will leave you with unforgettable memories. Whether you're interested in wildlife, photography, or simply immersing yourself in stunning landscapes, the Skeleton Coast has something to offer.



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Voice services have become indispensable in the virtual work environment, and Vox Business offers state-of-the-art solutions. With a suite of voice services tailored for businesses, Vox ensures seamless connection, communication and collaboration among remote teams. High-quality VoIP (Voice over Internet Protocol) services facilitate crystal-clear audio, eliminating the barriers posed by traditional phone systems. This enhances internal communication and improves interactions with clients and stakeholders.

One standout feature of Vox's voice services is its integration capabilities with popular communication platforms. Whether your team relies on Microsoft



Teams, Zoom, or other conferencing tools, Vox ensures compatibility and smooth integration. This compatibility extends to desktop and mobile devices, providing flexibility for employees working from various locations.

In addition to voice services, Vox Business strongly emphasises Wi-Fi connectivity – a critical component for remote work success. Recognising that a stable and high-speed internet connection is the backbone of virtual collaboration, Vox offers advanced Wi-Fi solutions designed to meet the demands of modern businesses.

Vox's Wi-Fi solutions are fast, reliable, and secure, addressing growing concerns about data privacy and cyber threats. With the rise of remote work, a secure

and robust network infrastructure has never been more critical. Vox Business employs advanced encryption protocols and multi-layered security measures to safeguard sensitive business data and ensure a safe virtual working environment.

Moreover, Vox's Wi-Fi solutions are scalable, catering to the diverse needs of businesses of all sizes. Whether you are a small startup or a large enterprise, Vox adapts its offerings to suit your bandwidth requirements, ensuring consistency and reliability.

Internet connection for all users. This scalability is particularly valuable as businesses experience growth or fluctuations in their workforce.

As remote work becomes a long-term reality for many organisations, investing in a comprehensive business solution like Vox becomes increasingly prudent. The combination of top-notch voice services, business-grade fibre, and robust Wi-Fi connectivity positions Vox Business as a strategic partner in fostering a productive and connected remote work environment.

For more information, contact Vox Business at www.vox.co.za

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Educating Neurodiverse Children:

HELPING THEM BE SEEN AND HEARD

By Gershom Aitchison.

Headmaster of Education Incorporated and creator of EduThink Podcasts.

As a school principal, I'm lucky to have been part of the many transformative journeys our students and their families have gone through. Every journey is different – as is every child – but as two remarkable mothers recently highlighted during an EduThink Podcast, we are doing our children a disservice if we don't learn to understand and ultimately embrace their differences.

Jo Judnick Wilson and Nicola Killops are both parents to neurodiverse sons. Nicola's son is 19 and was diagnosed with autism at age 7. Jo's son is 13 and was diagnosed at 4.

Jo and Nicola have both faced challenges finding schools that cater to their son's needs and for me, this underscores the importance of

embracing neurodiversity in education. There is no one-size-fits-all approach. Some children learn differently, and we owe it to them to nurture that rather than exclude them because of it.

Nicola touches on her journey with James: "James is what they call 'Twice Exceptional' or '2E' – intellectually gifted, with dyslexia and high-functioning autism. Early on, I noticed he was different, struggling with sleep and speech delays.

"His journey through various schools, including a remedial school and a specialised dyslexia programme (The Davis Programme), eventually led him to Orion College. Unfortunately, he outgrew it and went through two more schools before finally settling in the right environment (nine schools in total). But despite the challenges, he's

grown into a strapping, bright young man, thriving under Gershom's care and wisdom."

Says Jo, "When our son arrived, signs of sensory issues emerged around two-and-a-half years. Meltdowns and intensified sensory challenges followed. After joining support groups and seeking professional advice, our son was diagnosed with autism around age 4.

"We faced conflicts about mainstream versus remedial education, and the journey included homeschooling during the pandemic. Eventually, we found a supportive environment at Education Incorporated, where he felt comfortable and chose to stay back a year for his wellbeing."

My conversation with Nicola and Jo highlighted how crucial it is for every



If you would like to hear the podcast, follow this link: <https://iono.fm/e/1381962>

child to be seen – to be respected – not despite who they are, but because of it. Nicola explains, “Don’t underestimate your child. If you start with a mindset that your child is incapable, that’s exactly what they will be. I have had teachers who have said James is incapable, and this was often when the child was sitting in the room listening. I always tell my son, ‘Whatever it is, it’s not your fault. It’s the teacher who doesn’t understand you.’”

“If somebody isn’t getting it, it’s not you. It’s them. Always believe in your child. If you believe in them and show them – teach them that they’re capable – you’re going to create somebody who is very resilient and motivated and will ultimately surprise you and many others.”

Jo adds, “You begin life with expectations – like you’re going to get married, have kids – and it’s all in this perfect little box. Then life really hits you, and it turns out messy. But the messy parts are the beautiful parts. Messy is where you grow and learn, and change is inevitable.

“I was recently asked in an interview who I look up to. I responded that, quite literally, I don’t look up; I look down because I’m taller than him. I look up to my son because he has taught me so much.”



PHOTO BY MARISA HOWENSTINE

As social entrepreneur Vivienne Schultz said, “We are all under construction,” but we need the right building blocks to progress with our journeys. As educators and parents, it falls to us to give our children the bricks and mortar they need to build themselves up.

Jo and Nicola acknowledge there is no single recipe for success, given each child’s uniqueness. While neurodiverse children can face challenges in life, in school and social situations, parents and educators can help them overcome barriers and thrive.

Many neurodiverse people have made a profound impact on the world. Director Tim Burton, tech pioneer

Steve Jobs and fellow Silicon Valley billionaire Bill Gates, are among the neurodivergent changemakers who have achieved success far beyond anything most ‘normal’ people ever will.

Being different should be a source of pride, never shame. As Nicola and Jo have proved, with early intervention, consistent therapy, being a tireless advocate for your child, finding other parents to connect with, and having no expectations except giving your child the tools they need to become the person they want to be, they can become functional, highly successful human beings – and it is our privilege to educate them.

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TEA DRINKERS

More likely to keep their New Year's resolutions

Millions of people around the globe will have made New Year's resolutions to improve themselves or their lives in various ways in 2024. Despite the initial enthusiasm, maintaining resolutions throughout the year can be challenging for many.

While it may sound unusual, drinking tea could help those who struggle to keep their resolutions on course.



Adele du Toit, spokesperson for the SA Rooibos Council (SARC), believes tea drinkers may have a slight advantage in keeping New Year's resolutions.

She says many resolutions revolve around health and fitness, financial goals, personal development, career aspirations, and relationships, all areas where tea drinking can contribute positively.

“Those who make resolutions related to health and wellness, such as exercising more, eating healthier, or reducing stress, can benefit from herbal infusions like Rooibos. The herbal tea is rich in antioxidants and can promote relaxation and reduce stress, thereby supporting overall wellbeing. In addition, drinking herbal teas can potentially help improve focus and concentration, boosting mental clarity.

“There’s something special about a symbolic oath taken as a resolution at the start of each new year, which we shouldn’t lose sight of.”

Here’s how incorporating Rooibos into your New Year routine can indirectly support and contribute to achieving your resolutions for 2024:

- **A healthy body houses a healthy mind:** Rooibos contains antioxidants that have been linked to various health benefits, including a reduced risk of certain chronic diseases, like cardiovascular disease, diabetes, hypertension and neurological disorders, like Alzheimer’s disease and dementia. The unique combination of antioxidants found in Rooibos helps combat oxidative stress and inflammation in the body, making you less susceptible to disease.
- **Hydration:** Staying hydrated is crucial for maintaining good health. When consumed without adding sugar, Rooibos can contribute to your daily fluid intake, aiding healthy hydration.
- **Digestive health:** Herbal teas like Rooibos, ginger and peppermint are known for their digestive benefits. A healthy digestive system can contribute to your overall wellbeing and help you feel more comfortable while working towards your resolutions.
- **Replacing unhealthy habits:** For those resolving to cut down on unhealthy habits like excessive intake of sugary beverages, substituting these with Rooibos can be a healthier alternative. Rooibos is naturally sweet, so there is no need to add sugar.
- **Mindfulness and relaxation:** Some resolutions involve practicing mindfulness, reducing stress, or improving mental health. Taking a moment to prepare and enjoying a cup of Rooibos can serve as a mindfulness practice, providing a calming ritual that helps you to relax and focus.
- **Lower risk of depression:** In recent years, the role of nutrition in mental health and preventative medicine, has prompted explorations into the



effects of tea, especially herbal tea, on mental health. Researchers found that frequent tea consumption has a strong linear relationship with reduced rates of depression. One study determined that for every three cups of tea consumed a day, the relative risk of depression decreased by 37%. Rooibos contains two rare antioxidants, namely, Aspalathin and Nothofagin, which interfere with the production of cortisol – a stress hormone secreted by the adrenal gland. Along with its stress-lowering effect, it is likely that other healthy compounds in Rooibos stimulate a positive response in the gut and brain, which also improves mood.

- **Caffeine control:** If your resolution is to cut down on caffeine, opting for Rooibos, which is naturally caffeine-free, can help in reducing your caffeine intake.

“Ultimately, while tea drinking can complement a healthy lifestyle and indirectly support resolution-keeping efforts, success in maintaining goals depends on various factors, including commitment, planning, consistency, and a holistic approach to health and wellbeing. Including a daily cup of Rooibos can be a supportive element within a broader framework of healthy habits that can set you off on the right path,” says du Toit.

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RAISING LIFELONG READERS

In the bustling streets of imagination and the quiet corners of learning, books offer a unique gateway to worlds unknown and knowledge unbound. For children, the journey into reading is not just about learning to decode words; it's about sparking a flame of curiosity, imagination, and a lifelong love for literature. This guide aims to assist parents in navigating this journey, from the babbling of babies to the thoughtful musings of young adults.

The Bedrock of Early Literacy

From the very first coo, a child's experience with books is less about reading words and more about discovering stories through pictures, textures, and sounds. This early exposure

lays the foundation for language development and cognitive skills. For infants and toddlers, choose books that are interactive, colourful, and full of simple yet engaging stories. Here are five excellent starters:

- "Where's Spot?" by Eric Hill – A playful, lift-the-flap book perfect for interactive reading.
- "The Very Hungry Caterpillar" by Eric Carle – A classic, teaching counting and the days of the week with beautiful illustrations.
- "Peek-A Who?" by Nina Laden – An entertaining, guessing game book with vibrant pictures.
- "Dear Zoo" by Rod Campbell – A delightful, lift-the-flap adventure featuring different animals.

- "That's Not My Puppy" by Fiona Watt and Rachel Wells – A touch-and-feel book with various textures to explore.

Cultivating Young Minds: Books for Preschool to Elementary School Children, Ages 4-8

At this stage, children start to perceive books as gateways to vast, imaginative worlds. They begin to understand narratives and develop personal preferences. Books should be engaging, with a mix of vibrant illustrations and text that challenges yet does not overwhelm. Here are five recommended reads:

- "The Gruffalo" by Julia Donaldson – A captivating tale with rhythmic text and enchanting illustrations.
- "Matilda" by Roald Dahl – A story of a

young, brilliant girl with a love for books, inspiring for young readers.

- "Charlotte's Web" by E.B. White – A heartwarming story of friendship and life's lessons.
- "The Day the Crayons Quit" by Drew Daywalt – A humorous story with a unique perspective, encouraging creativity.
- "Green Eggs and Ham" by Dr. Seuss – An amusing, rhyming book ideal for beginner readers.

Broadening Horizons: Books for Pre-Teens and Tweens, Ages 9-12

As children grow, their reading material should grow with them, offering more complex narratives and diverse themes. Books for this age group should challenge them intellectually and emotionally, helping them to understand the world and their place in it. Recommended books include:

- "Harry Potter and the Philosopher's Stone" by J.K. Rowling – A magical adventure that captures imagination.
- "Percy Jackson & The Olympians: The Lightning Thief" by Rick Riordan – A thrilling blend of modern day and ancient mythology.
- "The Diary of a Young Girl" by Anne Frank – An important historical account that is both educational and deeply moving.
- "Wonder" by R.J. Palacio – A heart-touching story teaching empathy and kindness.
- "The Hobbit" by J.R.R. Tolkien – An epic adventure that introduces readers to fantasy worlds.

Empowering Exploration: Books for Teens and Young Adults, Ages 13 and Up

For later teens and young adults, reading is not just a pastime; it's a means of exploring complex ideas, diverse cultures, and challenging themes. Books for this age group should offer a blend of realism and escapism, providing both a mirror to reflect their own experiences and a window into the lives of others. Encourage them to read a mix of genres – from thought-provoking non-fiction to enthralling fantasy. Here are some titles that resonate well with this age group:

- "The Hate U Give" by Angie Thomas – A powerful and timely novel that tackles issues of racism and police violence.
- "1984" by George Orwell – A classic dystopian novel that explores themes of freedom, truth, and totalitarianism.
- "The Book Thief" by Markus Zusak – A profound story set in Nazi Germany, narrated by Death.
- "To Kill a Mockingbird" by Harper Lee – A significant work that deals with serious themes like racial injustice and moral growth.
- "Normal People" by Sally Rooney – A contemporary novel exploring the intricacies of love, friendship, and personal growth.

Audiobooks and Dyslexia: A Special Note

For dyslexic teens and young adults who are drawn to more complex literature but face challenges with traditional reading, audiobooks can open up a world of possibilities. They can listen to a wide range of books, from challenging classics to contemporary masterpieces, gaining the same depth of understanding and enjoyment as their peers. This

not only helps in improving their comprehension skills, but also boosts their confidence and love for literature.

In essence, the journey of fostering a love for reading in your children is a continuous and evolving process. It requires patience, encouragement, and a willingness to explore the vast world of literature together. By showing an interest in their reading preferences, discussing books, and setting a positive example, you lay the groundwork for your children to become inquisitive, knowledgeable, and compassionate adults. Remember, every book they open is not just a page turned, but a step towards a lifelong love of reading.



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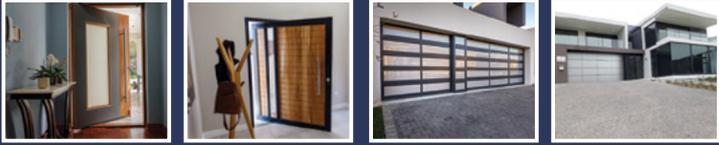


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Waterfall City Competition

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

FEBRUARY RESTAURANT COMPETITION

for our Waterfall City residents

The question for this month's competition:
What is the name of the luxury apartment development that houses Life Day Spa in Waterfall City?

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.



PHOTO BY CRYSTAL JO

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

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Lerato Maphanga, our December/January winner who wins the R500 voucher.

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Waterfall City Classifieds

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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 Marlice 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.

CATERING

Chef Neo
A bespoke catering and private chef service. Dinner parties, high teas and delectable buffets in the comfort of your own home. Visit www.platedbychefneo.com to book.

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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.

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

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RESTAURANTS

Mio Col'caccio Waterfall 010 596 8941
waterfall@colcaccio.co.za

SPEECH & LANGUAGE THERAPIST

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

TUTORING

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

TYRES

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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

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PLUMBERS

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PROPERTY MAINTENANCE

Carl Allan Property Maintenance 082 740 2356
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Aquaview Technologies 082 475 8875
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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

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