

ISSUE 3 | 2024



World's Best Mixed-Use Architecture!

Meet the Chef at Lucky Bread Company CPR can save a life Marco Olivier exhibits at Riboville



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NEWS

39

Welcome

Two World's Best wins for Waterfall City

Waterfall City Contacts

LIFESTYLE

Meet the Chef

New in the Hood

Book Reviews

Restaurant Competition for Waterfall City Residents

ART

4()

World-renowned Art Exhibition

HEALTH

Netcare: Saving lives

FINANCE

PSG Wealth: Fix your money mindset

HOME FRONT

Introducing WorxCo

Waterfall City Home Service Providers and Classifieds

DESIGN & DÉCOR

26

It's all in a tile

TODAY'S CHILD

28

St Peter's Boys Prep School launches New Movement Initiative!

A parent's guide to surviving grade four

TRAVEL



Your very own Thailand bucket list

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T's and C's apply



Welcome!

he results are out, and once again Waterfall City has triumphed in the prestigious International Property Awards, walking away with the coveted *Best International Mixed-use Architecture 2023-2024* award, in addition to also winning the *Best International Developer Website* for www.waterfallcity.co.za. Preceded by three Best in Africa accolades, the wins kept coming when Balwin Properties also won the *Best Leisure Development in Africa* for its Munyaka Lifestyle Estate situated in Waterfall City. You can read more about these awards in this edition.

Part of creating a place where people love to be, means offering a variety of activities to enjoy. With that in mind, we have some very cool events planned in the weeks ahead. One is an art exhibition by award-winning sculptor Marco Olivier, known for his resin and bronze creations. His first solo exhibition in Gauteng will take place at the Riboville Boutique Hotel in Waterfall Equestrian Estate, and our article about Marco has all the details.

Over at Waterfall Corner, you are in for a gastronomic adventure, thanks to award-winning Chef Moses Moloi's newly opened restaurant, Gigi. Their 'small plates' are a must try! Meanwhile, at Mall of Africa some new tenants have arrived, including the clothing brand GALXBOY, while the popular Seattle Coffee Company has opened a branch in the Allandale Building in the CBD.

Our Meet the Chef column focuses on the multitalented Alicea Malan, co-owner and executive chef at Lucky Bread Company in Mall of Africa. Alicea is an expert in pastries, but her emporium also offers sandwiches, salads and café-style dishes made with love, skill and local ingredients.

While our monthly Netcare Health column is always a good read, their contribution this month could be



a lifesaver. It's the heart-warming story of Sekani, a toddler who is only alive today because his mum Thandokazi Nzima knew how to perform CPR (cardiopulmonary resuscitation). Sekani accidently fell into a swimming pool and was pulled out unconscious. His mother kept calm despite her panic and performed CPR until a Netcare team arrived. The story is a powerful reminder that something we never think we'll need can save a life. Enjoy the read, then perhaps think about upping your own emergency response skills.

Finally, our regular PSG Wealth column looks at how to improve your relationship with money, putting it to work for you, and gaining financial freedom.

Until next time, Waterfall City Management Company

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2021 – Taycan Including Maintenance Plan, 15,500 km, Volcano Grey, Black Leather, R1 995 000



2023 – Cayenne Coupé Platinum Edition Tiptronic Including Maintenance Plan, 9,500 km, White, Black Leather, R1 875 000



2022 – Macan T PDK Including Maintenance Plan, 7,000 km, Dolomite Silver, Black Leather/Sport-Tex, R1 425 000



2023 – Cayenne GTS Tiptronic Including Maintenance Plan, 1,000 km, Quarzite Grey, Black/Bordeaux Red Leather, R2 365 000

Waterfall City News

TWO WORLD'S BEST WINS FOR WATERFALL CITY!



Waterfall City CBD showcasing a few architectural marvels



Accepting the awards for Waterfall City Management Company was Willie Vos - CEO (far left) and other members of the WCMC team

he prestigious annual African and International Property Awards ceremony was held recently on 22 February at the iconic Savoy Hotel in London. We are excited to share that Waterfall Management Company (which recently rebranded to Waterfall City Management Company) walked away with the coveted *Best International Mixed-use Architecture* 2023-2024 award for Waterfall City, in addition to also winning the *Best* International Developer Website for www.waterfallcity.co.za.

These international accolades were preceded by three Best in Africa 2023-2024 awards, including: *Best Mixed-use Architecture, Best Development Marketing* and *Best Developer Website*, with the latter two accredited to both Waterfall City Management Company and Attacq, the strategic development partner of Waterfall City. Entries were judged on criteria ranging from design layout and quality, architecture, services and security to innovation, originality, marketing and commitment to sustainability.

Over and above these achievements, Balwin Properties were crowned the *Best Leisure Development in Africa* for the Munyaka Lifestyle Estate located in Waterfall City.

The International Property Awards,



"There is so much passion and innovation that goes into every detail that makes up Waterfall City."



Waterfall City Rebranding Marketing Campaign example



The stunning Waterfall Village clubhouse is another example of award-winning architecture

now in their 32nd year, celebrate the best projects and industry professionals across 45 residential and commercial categories. Awards are split into four sectors – Architecture, Development, Interior Design and Real Estate – across nine regions covering Africa, Asia Pacific, Arabia, Canada, Caribbean, Central and South America, Europe, the UK and the USA. Over the past year, a panel of over 90 independent expert judges studied and assessed more than 2,000 entries from 126 countries to finally arrive at the winners.

Willie Vos, CEO of Waterfall City Management Company, said, "Receiving international recognition across various segments of these awards, such as Architecture and Marketing, continues to reinforce the excellent work that numerous teams involved in Waterfall City are delivering. There is so much passion and innovation that goes into every





WHERE LIVING WORKS



WELCOME TO OUR WORLD-CLASS SMART CITY



The rebranded Waterfall City website

detail that makes up Waterfall City. From the state-of-the-art design of our buildings to the user-friendly interface of our website, it's about achieving excellence in all we do. And we look forward to continuing to create a place where people love to be – a smart city so admired, safe and sustainable that there is no better place to live, work, play and prosper. We are super proud of these awards and congratulate all our teams and partners involved on these achievements." Waterfall City Lifestyle

MEET THE CHEF ALICEA MALAN

Co-owner and Executive Chef at Lucky Bread Company, Mall of Africa

licea Malan is passionate about all things pastry. She is also the director and co-owner of Lucky Bread Company's 6 stores (with a 7th opening in April), catering arm and factory facility, as well as the National Food and Innovation Head for the TriBeCa Coffee Company International. Alicea is furthermore a consultant to other national food and beverage companies.

Q: What is the restaurant and cuisine?

A: Lucky Bread Company – Sandwiches, salads and café-style dishes made with local ingredients, flavour and skill.

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

A: After school, I took a gap year in London to decide what I wanted to study. It was between becoming a psychologist or a chef. After working in offices and being an in-house chef, it was clear that I needed to follow a more creative and hands-on career.



Q: Did you study?

A: Yes, amongst others, I hold a Culinary Diploma from Prue Leith College of Food and Wine.



The Cruffin is one of Alicea's favourite pastries to make on the Lucky Bread menu.

Q: Do you have any accolades?

A: Distinguished Alumna at Prue Leith for Entrepreneurship and Innovation.

Q: What is your cooking style?

A: Classic and clean.

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

A: Travelling and experiences, but mostly seasonal produce.

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

A: The Cruffin. It's a truly Lucky Bread pastry as it's not too sweet and it's fun to eat.

Q: What is your favourite home-cooked meal?

A: Fish *en papillote* and Asian-style Wagyu cooked on a Hibachi grill.

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

A: Butter – because it's so versatile. It adds flavour and colour to baked goods and I love to eat it like a slice of cheese on freshly baked bread.

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

A: Butter, lemon and herbs.

Q: What are the kitchen tools or appliances you cannot function without?

A: A Victorinox serrated knife and a Robot Coupe Bowl Cutter – it mixes, grinds, chops and purees in seconds!



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

A: The entire Robot Coupe range!

Q: Who is your chef idol, and why?

A: Yotam Ottolenghi. His food is clever yet simple, and I like his modesty.

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

A: Robin Williams. I'd bake him our Over-the-Top Chocolate Birthday Cake, as he made many people smile and I'd like to return the favour.

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

A: Anything by Anthony Bourdain.

Q: What is your favourite South African dish to eat?

A: My favourite dish is oxtail, and my favourite product is Bovril.

Q: What will we always find in your fridge? A: Butter, tomatoes and capers.

Q: If you could choose your last meal, what would it be? A: Mom's oxtail!

Q: What fast food is your secret indulgence?

A: No fast food, but my equivalent would be a warm, café bakery shell roll with butter.

Q: Are you pro or anti air fryers?

A: I'm pro if it makes people eat better. I don't have one, and I don't need one yet. But with our current power issues, it makes sense, as it uses less electricity.

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

A: A psychologist. But I'm naturally an entrepreneur.

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

A: Lucky Bread Company survived lockdown closures by doing home deliveries from my home. The pastry chef moved into my spare bedroom and the other managers delivered all the orders. It was a frightening and exhilarating time for our small Lucky family. Still, we managed to do amazing things, including starting a charity that looked after a lot of people in need.



Alicea would have liked to bake her Over-the-Top Chocolate Birthday Cake for Robin Williams.

Visit Lucky Bread Company in Mall of Africa today to sample Alicea's culinary inventions. Indulge in wood-fired artisan bread, skillfully made coffee, exceptional sandwiches, pastries, and croissants – all made lovingly using only the best produce around.

www.luckybread.co.za

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Waterfall City Art



Marco Olivier accepting the Best Solo Artist Award at World Art Dubai, March 2023



Leonardo da Vinci Best Artist Award at Florence Biennale, October 2023





AILING LIGHT.

TILM directed by TOSSANO B. MANISCALCHI

WORLD-RENOWNED ARTEXHIBITION comes to Waterfall City

ocal artist Marco Olivier has had a colourful career spanning a decade, and Waterfall City residents and visitors can now view his newest collection in person when the talented, award-winning sculptor brings an exhibition to Johannesburg for the very first time.

His story

Olivier grew up in the modest town of Upington. Raised alongside three siblings by his single mother, Virginia Olivier, life presented its fair share of obstacles. He started school in Cullinan and progressed to Pretoria Boys High, where his passion for creative expression was first fuelled. His pursuit of excellence continued as he studied aircraft maintenance at Atlas Aircraft and Centurion Technical College, earning certifications in both military and civilian aviation qualifications.

Olivier began his artistic journey by crafting his first cast aluminium sculpture at a small foundry in Cape Town. This pivotal moment marked the beginning of a creative evolution. Today, Marco Olivier is a self-taught South African artist and owner of a bronze foundry. He has become known for his original art in resin and bronze, which is recognised for its unique texture and painting effects.

Art and family

In 2019, Marco's daughter Lisa joined his artistic pursuits at the foundry. In 2020, Marcos' ex-wife Mia and youngest daughter Emmah reunited with Marco in Cape Town, marking a poignant chapter where family and art intersected. Mia's prowess in sales and marketing complemented Marco's technical brilliance, laying the foundation for a dynamic family-driven enterprise in the art world.

Marco is known for installing numerous public art pieces across the country. His artworks are mainly created at his own expense to promote his business. His sculptures adorn many prominent public spaces across South Africa, narrating stories of resilience and creativity. Each installation depicts a chapter of Marco's artistic odyssey from Cape Town's Lower Long Street to the Sea Point Pavilion.

In addition to his public art installations, Marco also offers a range of limited-edition artwork. He accepts commissions for custombuilt sculptures, including portraiture sculptures of clients, and he provides structural art for architects and property developers.

New exhibition

Marco's first solo exhibition in Gauteng will be held at the Riboville Boutique Hotel in the prestigious Waterfall Equestrian Estate in Waterfall City. Residents of Waterfall City have VIP access to the opening night and will be able to meet the artist. Secure your spot and RSVP by emailing info@marco-olivier.com. For art enquiries email: sales@marco-olivier.com.

Why Joburg?

"Joburg is home to a vibrant arts and cultural scene cultivated by local talent. Our valued clients are from diverse professions within thriving communities like the prestigious Waterfall City in the heart of Gauteng," explains Olivier. "George Sinovich, owner of the Riboville Boutique Hotel and The Codfather restaurant, saw the opportunity to bring art and nature together and reached out. The Riboville Boutique Hotel is a 5-star hotel that will touch your artistic senses on multiple levels, so it was a natural choice."

The solo exhibition is called "Faces of Giving." Visitors can expect over 50 unique curated artworks in various textures and a unique kaleidoscope of colours in Olivier's signature style. "I have interacted with diverse professionals, employees, petrol station attendants and multiple street beggars. I notice that the journeys of our lives and the roads we each have travelled leave expression lines on our faces. You will notice when you look at each of my face collection artworks that they either have heavy, wave-like textures or are smoother. I reflect while creating and capturing the journeys of individuals in my faces with textural expressions."

Olivier and his team are excited to meet you and invite you to browse and even buy his collection, with 10% of sales going to The Goldfish Foundation. Enjoy drinks and canapés and get curatorial advice from the experts while in a beautiful environment.

10 April: Waterfall City Residents only Evening – Meet the artist

11 April: Riboville & artist VIPs Evening – Meet the artist

12 -14 April: Public – Open all day

Ribovile Boutique Hotel, 1 Apaloosa Dr, Gate 9, Waterfall Equestrian Estate, Waterfall Drive, Waterfall City, Johannesburg.

Waterfall City Lifestyle

NEW IN THE HOOD

Fabulous food, fun and fashion comes to Waterfall City this month. Dine on swoon-worthy dishes at Gigi, immerse yourself in a forwardthinking fashion brand and grab a coffee from the newly opened Seattle Coffee Company.



New Gigi restaurant wows! Waterfall Corner

Nestled in the heart of Waterfall City, Gigi offers contemporary South African cuisine with international inspirations and is excited to bring new and innovative dishes to the Johannesburg culinary scene.

At the helm of the Gigi dining experience is Partner and Executive Chef Moses Moloi, recently named the 85th best chef in the world and number 1 in Africa at *The Best Chef Awards 2023*, held in Mexico. Fuelled by an insatiable passion for the culinary arts and an unquenchable thirst for knowledge, Chef Moses has honed his craft at both local and international culinary establishments. His resumé includes working at the Ritz Carlton in Florida, USA and locally at the Saxon's Grei Restaurant.

More recently he was head chef at FYN in Cape Town before relocating to Gauteng. Today, in the kitchen of his own restaurant, he creates gastronomic experiences that will keep even the most discerning guest satisfied and returning for more. Providing a variety of a la carte options, Gigi takes guests on a culinary journey as each ingredient is glorified, embracing all senses.

Designed by Giorgio Tatakis of Atelier Giorgio, Gigi's setting is unparalleled. Captivating, soft, elegant finishes are showcased with strategically placed ambient lighting. Guests can view a mixture of local art paired with international influences, which have created a space that exudes luxury and elegance while still celebrating its South African roots. Interestingly, the entire restaurant has been designed and built using only South African artisans and manufacturers.

We invite you to come and experience the magic of Gigi for yourself. Whether you're a local or just passing through, we promise to provide you with an unforgettable dining experience that will leave you wanting more.

010 443 9711



New fashion experience arrives. Mall of Africa

GALXBOY, a state-of-the-art clothing brand, is set to redefine your shopping experience. Located in Mall of Africa, this new store promises to be a beacon of style and sophistication.

Explore Endless Possibilities

Step into GALXBOY and immerse yourself in a world where fashion meets innovation. Boasting a sprawling space that seamlessly blends modern aesthetics with timeless elegance, the shop is designed to cater to your every fashion whim. Whether you're on the lookout for the latest trends, classic pieces, or something in between, GALXBOY has it all.

Cutting-Edge Collections Be captivated by GALXBOY's meticulously curated collections, featuring the latest streetwear trends and timeless classics. From casual chic to date-night glamour, prepare to be inspired as you browse through racks filled with garments that blend comfort, quality, and trendsetting designs.

Elevating Your Style, Enriching Your Experience

Discover a clothing brand that not only redefines fashion but also prioritises an unparalleled customer journey. Its commitment to exceptional service goes beyond the stitching and seams, ensuring you feel valued at every step. With a team dedicated to understanding your unique style needs, GALXBOY guarantees an unmatched shopping experience that extends well beyond the checkout counter. The brand is not just about clothing; it's about building a community.

Now open in Shop 1049, Mall of Africa





Fancy a cuppa? Allandale Building in the CBD

Seattle Coffee Company has opened in the Allandale Building in Waterfall City's CBD.

Ethically sourced, artisan roasted and lovingly prepared, Seattle Coffee Company's quality-atall-costs approach cascades down from farm to the cup in your hand. And now that they're in the neighbourhood, you can put them to the test and grab a bite while you're at it.







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SAVING LIVES Learn CPR, mom urges after saving toddler from near drowning.

toddler has made a full recovery after a near-fatal drowning thanks to his mother's knowledge of cardiopulmonary resuscitation (CPR) and professional, caring medical teamwork.

"Our children, their cousin and some friends, including our neighbour's daughter, were playing far away from our new pool, but when one of them came inside looking for a plaster, Sekani must have been trying to follow her," says his mother, Thandokazi Nzima.

"Suddenly, we heard the neighbour's child, Rethabile Lehodi, screaming for help, 'Sekani fell in the pool.' It was such a shock that my sense of time became utterly distorted. I was praying and praying as I ran to where she had pulled my boy out of the water, and, through prayer, I became calm and was able to start performing CPR.

"I am a mining engineer, and although I attended CPR training, I've never had to perform it on a person – let alone my own son. I had to adjust the pressure for such a young child, and I wasn't sure if I should interrupt CPR to turn him over. It was a frightening situation as a mother," she says.

A neighbour called Netcare 911 for emergency medical assistance, and the Emergency Operations Centre helped coach Mrs Nzima on what to do for her 18-month-old son until help could arrive on the scene at their home near Silver Lakes in Pretoria East.

"Eventually, he coughed and showed



Sekani check-up: Registered nurse Dikeledi Ramatlo, Enrolled nurse Tholakele Dhladhla and unit manager of the paediatric ICU at Netcare Waterfall City Hospital Sr Jabulile Nxumalo are pictured with drowning survivor Sekani Nzima during a recent check-up.

signs of life. It didn't take long for the ambulance to arrive, and it was as if everything came together to save Sekani," she says.

"Arriving to find that Sekani was breathing was a relief, although he was not breathing as well as we would have liked," Netcare 911 intermediate life support practitioner Wikus de Jager says.

The team checked his vital signs, and when Sekani was stable enough, he was transferred to the ambulance, where the team continued to give him oxygen while warming the little boy.

"We knew he was not out of the woods yet, and based on Sekani's

condition and the distance to the most appropriate hospital for his needs in peak hour traffic, the decision was made to airlift Sekani to Netcare Waterfall City Hospital via Netcare 911 helicopter emergency medical services (HEMS)," Netcare 911 advanced life support paramedic Jacques Andersen adds.

"The mother's CPR was the game changer for Sekani. Most definitely, it was a deciding factor in her son's survival and outcome, and I would encourage everyone to learn basic CPR as you never know when it could help to save a life," he says.

"By the grace of God, there is a culde-sac right outside our house where

Waterfall City Health

the helicopter could easily land. My heart stood still as I saw my son being loaded into the helicopter, and I called out to him, 'Sekani," and a moment later, from inside the ambulance, I heard him cry out to me – it was such a relief to hear him responding," Mrs Nzima says.

HEMS emergency care practitioners Megan Ellis and Tim Shipster looked after Sekani, keeping him warm and ventilated, on the journey to Netcare Waterfall City Hospital, where a specialist-led team was ready and waiting.

"It is extremely stressful for any parent when their child has a serious medical emergency. This was time-sensitive, and Sekani needed to be treated at a specialist facility. We assured the parents we would take the best possible care of their son," Ellis says.

"Credit is due to the Netcare 911 ground crew who recognised the seriousness of Sekani's condition and activated the airlift protocols to get him to the specialised paediatric intensive care unit at Netcare Waterfall City Hospital in the shortest possible time. Paediatric intensivist Dr Palesa Monyake is incredible; she and the team immediately placed Sekani on an oscillator machine to support his breathing," Ellis continues.

"We couldn't be sure how long Sekani's air supply had been cut off for while in the water, and so we were apprehensive about the potential for brain damage," Dr Monyake says.

Sekani was placed in a neuroprotective state, including a medically induced coma, and his temperature was kept cool to give his brain the best chance to heal from the hypoxia. The paediatric ICU team led by unit manager Sr Jabulile Nxumalo is highly experienced in the critical care of children.

"We recognised the parents' pain and strong faith during the long days and nights ahead. What I appreciated from



Paediatric intensivist Dr Palesa Monyake and Sekani Nzima, who made a full recovery thanks to his mother's knowledge of CPR and the medical teamwork from Netcare 911 and everyone involved in his care at Netcare Waterfall City Hospital.

the first time we met Mrs Nzima and her husband was that they wanted to understand what was happening and whether their son would fully recover. At that stage, doctors were uncertain if their child would have a neurological impairment," Sr Nxumalo says.

"In the paediatric ICU, we walk this journey with parents because the uncertainty can be tough to cope with. I understand the medical environment as a nurse, but if I go into a bank, I don't understand the terminology used there. So, as a team, we try to guide and support the parents and help them interpret and navigate the care their child needs. Seeing a child go home to their parents fully recovered is the most rewarding thing for us."

"A few days later, Sekani developed severe aspiration pneumonia from the pool water in his lungs," adds paediatric pulmonologist Dr Denise Parris, a key member of the paediatric ICU team who kept careful watch day and night as the parents prayed for their son's recovery.

"Eventually, he turned the corner and was well enough to leave intensive care for high care and was discharged home," Dr Parris says.

"We are grateful to our ancestors and



Mrs Thandokazi Nzima pictured with her son Sekani while he was recovering in Netcare Waterfall City Hospital.

God for guiding the hands that saved Sekani. From our nine-year-old heroine neighbour Retabile, who found him in the water, and the teamwork from the Netcare 911 operations centre, ambulance and helicopter medics, and Dr Monyake and the team who cared for him during his stay in hospital," Mrs Nzima says.

"Sr Jabulile and her team kept us grounded, calm and reassured, no matter how panicked we were, they kept their cool and remained professional. It's not an easy thing to do, but the team was consistent. Our little boy was loved and cared for dearly, and my heart is full to have gone on this journey with the Netcare Waterfall City Hospital's paediatric ICU team."

Sekani's sister, Asante, says she was very worried about her little brother. "I felt sad when Sekani was in hospital, and I am so happy he is back home now and can play again like before."

"Now Sekani is fully recovered and as mischievous as ever. Anyone who sees him now would never imagine what he has been through in the last few months. We would strongly encourage everyone to learn at least the basics of CPR. Things could have turned out very differently for us if we didn't have this skill," Mrs Nzima says.



Child drowning prevention toolbox

"Drownings can happen at any time of year, and in South Africa, we see a marked increase during the summer months," says Netcare 911 spokeswoman Sarah Kekana.

Prevent drowning tragedies with these practical tips:

- Learn life-saving skills, including the basics of swimming and cardiopulmonary resuscitation (CPR).
- Know who to call in an emergency. Be prepared for any medical emergency with Netcare 911 on 082 911 (or the dedicated Waterfall City number: 010 209 8365).
 Download the Netcare App, which includes Netcare 911 emergency call and geolocation functions and a

60-second call-back option.

- Fence ponds, pools and water storage. Install a four-sided isolation fence at least 1.2m high with a selfclosing and self-latching gate to control access to bodies of water.
- Be on the lookout. Drownings happen quickly and quietly. Never leave children to supervise each other; a responsible adult must always watch out for children near a pool, jacuzzi, or natural body of water.
- Stay within arm's length of children under four around water.
- Don't drink or be distracted by work, phone calls, technology, or anything else that may absorb your attention when watching children.
- Fit a pool net immediately after swimming.

- **Don't rely** on armbands, floating toys, inner tubes, or devices to keep children safe.
- Teach children to swim, but never leave them unsupervised around water.
- Consider installing alarms. Various water alarms, such as a floating pool alarm or external security beams, can be installed to add to the precautions of fencing and supervision.
- Beware of drains. Children must be kept away from pools or jacuzzi drains as hair or limbs could become trapped in the suction.
- Toilets, bathtubs, water features, fish tanks, pet water bowls and buckets. Children can drown wherever there is access to water, and a baby can drown in just 2.5cm of water.

FIX YOUR MONEY MINDSET How to improve your relationship with your finances.

By Nirdev Desai, Head of Sales, PSG Wealth



inancial freedom' is often touted as a universal goal worth aspiring to. The reality, however, is that what financial freedom really means is fairly relative. To some, it means being debt-free, and to others, it means having enough disposable income to cover unexpected events and life circumstances. Defining what financial freedom means to you is arguably the most important step towards developing a healthy relationship with money.



Nirdev Desai, Head of Sales

Author and philosopher, Ayn Rand put it this way: "Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver." As we know, becoming a responsible driver who can make informed decisions and sound judgments takes practice and guidance.

In this regard, financial planners can provide invaluable advice that can ultimately help co-craft your financial plan to suit your specific needs.

There is no clear connection between having money and being happy. Examples of this abound, including the stories of people who report to have won the lottery, only to be met with tragic consequences and emotional damage. It's important, therefore, not to see money as an end in itself but as a means to an end – and to realise that you are the determinant of how those 'ends' will be defined.

More often than not, those who have not reached a place of financial stability, experience fear around making enough money. On the other hand, those with money seem to fear losing what they have. Ironically, both these scenarios tend to drive behaviour that leans towards 'stashing money under a mattress,' rather than putting money to work for you.



"Some of the fundamental principles needed to put this plan into action include diligently tracking your spending and not allowing impulsive decisions or the need for instant gratification to detract from your focus on the longterm goals that have been set."



Fear is one of the most common pitfalls in personal financial management and is something that can be counteracted by implementing a solid and well-informed financial plan. Once that plan has been created, sticking to it takes a generous amount of discipline and consistency.

Some of the fundamental principles needed to put this plan into action include **diligently tracking your spending** and not allowing impulsive decisions or the need for instant gratification to detract from your focus on the long-term goals that have been set.

In addition, **consistently paying bills on time is essential** to maintaining a clear overview of your responsibilities and its alignment with your broader financial plan. Doing so will also ensure that you maintain a healthy credit score, which will have positive implications in the future with getting access to credit and other financial products. In a business, one of the greatest challenges is managing cash flow. For individuals, doing the same is just as important. Therefore, apart from tracking spending and being able to meet financial obligations, it's also important to **prioritise saving**. This objective can be met by saving diligently towards establishing an emergency fund that can cover unforeseen expenses, as well as choosing the right investment product to maximise your savings in line with your retirement goals.

Effective money management is never a one-size-fits-all arrangement. Rather, every individual's financial plan and the course of action that they embark upon to achieve their goals will differ and need to be tailored to their individual needs. The journey of gaining control over your money, rather than allowing it to control you, begins with one simple step – reaching out to an adviser, asking for help, and being open to making the small changes that will ultimately make a big difference.



INTRODUCING WORXCO

Your trusted partner in home and building maintenance.



eliable, cost-effective, and efficient home and building maintenance is at the heart of sustaining any well-kept residential or commercial development. There is no getting around it – this is a reality that every homeowner and corporate tenant faces. However, finding a trustworthy company that understands the nuances of maintenance and also delivers service excellence, is a different matter altogether. This is where WorxCo has become synonymous with top-tier maintenance services within Waterfall City and beyond.

"As a preferred supplier to Waterfall City, we have been doing significant work in

the area for several years. We specialise in painting and maintenance, which encompasses everything required to keep a building's standard at a good level, as well as plumbing and lighting. Our main focus has been painting and all the elements that it entails. This involves specifying the work correctly, identifying the best types of paint, calculating the amount of paint needed, and the like," says the WorxCo team.

Such has been the standard of work conducted by WorxCo that it stands out within the Waterfall City community. With a seasoned team of professionals with expertise across a range of areas, the company provides residents and tenants a 'one-stop-shop' solution for virtually any maintenance task. Even electrical work forms part of its offering to address every possible maintenance requirement.

WorxCo's mission is to provide highquality, cost-effective, and reliable services perfectly tailored to meet the unique needs of its clients. This commitment is reflected in the company's meticulous approach to every project, ensuring they exceed client expectations.

The company aims to be among the most trusted maintenance service providers in Johannesburg and beyond, by remaining committed to its core values: integrity, excellence,



quality, customer satisfaction, and the delivery of sustainable solutions. These principles guide every aspect of their operations, from the initial consultation to the final touches of a project.

Its service offerings include painting, waterproofing, damp proofing, roof painting, steel and wood restoration, tiling, laminate flooring, paving, general plumbing, electrical work, and air conditioning servicing. This broad spectrum of services ensures WorxCo is equipped to handle any maintenance challenge regardless of size.

"We are continually growing and developing the company. We have experienced and knowledgeable staff to deliver excellent services. At WorxCo,



we have the technical skills across maintenance functions to ensure Waterfall City residents and corporate tenants are never done in by any external contractors."

For those in Waterfall City seeking a maintenance company that goes above and beyond, WorxCo is the ideal choice. The company stands ready to assist with all your maintenance needs, ensuring peace of mind and satisfaction with every project completed.

To learn more about WorxCo and how they can support your maintenance objectives, reach out today. Embark on a journey of hassle-free maintenance with WorxCo and discover the difference that a professional, highquality service can make in your home or business environment.

For more information on WorxCo, email: irving@worxcoservices.co.za or jn@worxcoservices.co.za





GEBERIT AQUACLEAN SELA SQUARE THE SHOWER TOILET

Geberit has expanded its AquaClean Sela range, now offering the shower toilet not only in the classic round design but also in a square version. Additionally, the range includes design covers, providing further customization options. These covers are available in both white and high-gloss chrome, compatible with all models and colours.



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AVAILABLE FROM SEPTEMBER 2024



Waterfall City Design & Décor

IT'S ALL IN A TILE Meet the new team of ceramic artists contributing to SA's renowned design reputation.

The history

Five years ago, Sharon and Ryan Kensley embarked on a brand-new journey of creating tiles. It began when their good friends decided to immigrate to America and sell their handmade tile business, Renwick Tiles.

With Sharon and Ryan already being creators within the ceramics industry, this was the next step of their journey, and everything fell into place. "It was more of a handing down." They had already shared similar energy as the previous owners. Still, once they started to create their own designs and found their mojo, Renwick Tiles was reborn as Akashic Tiles.

"From the moment we began creating tiles, it felt like something so natural, like we were made to be doing this." From then on, they have tapped into the understanding and formula of making tiles and patterns that just flow and now have an internationally revered business.

Chatting with Sharon and Ryan about Akashic and the art of tile making.

The process

To produce a tile, you must create the original artwork out of clay. You then make a cavity mould from that piece and a silicone master. From that master, you can start building more plaster moulds to produce the tiles in numbers. Once the tile is dry, sanded and cleaned, you glaze it with a colour. Lastly, you fire it to the correct temperature, and voila, you have made your tile.

The training

No training is needed when creating a good tile design. However, when it comes to glazing, firing, moulding, clay mixes, and such, that is something that you need to be taught the basics of. After that, through trial and error and years of experimenting, you will learn to fine-tune your skills. There is always something new to learn. With ceramics, it's a lifetime of learning.

Time and care

It's hard to say how long it takes to create our tiles as we have so many designs, and some are far more complex than others. To put it into perspective, we work on an eight-week lead time. There always has to be room for unforeseen circumstances, accidents or errors.

If something goes wrong in the kiln, we might have to remake the order, so giving ourselves enough time is very important when working on a delicate process. You can't rush anything with ceramics because the universe will teach you a lesson very quickly.

Teamwork makes the dream work

All the people at Akashic Tiles have become our family. We are so close; it feels like we have past life connections. We genuinely love each other and the work we do. We have also learnt that it's not about chasing achievements; it's about being present every day and finding joy in the people around you. We believe this energy of love is felt in our products.

"The secret is to never look back at your designs. Just keep moving forward."

What sets Akashic apart from the rest?

That's a hard one, as there are so many beautiful tiles out there. Our tiles are not for everyone. They are very elaborate and over the top in some respects, but we try to push the boundaries within the tile medium. We have been so lucky that the design industry has liked our ideas and designs. I always think of that saying: "Create what sets your heart on fire, and it will illuminate the path ahead."

Design inspiration

We find it everywhere! The one thing we try to do is to follow our inspiration and instincts, which are forever changing. The secret is to never look back at your designs. Just keep moving forward.

Colour profiles

We can glaze any of our designs in any colour choice. Sometimes a client will want to match a new colour, or hue of their choice. I'm often blown away by how incredible their colour choices are. See, inspiration is everywhere.

Homebase

We are based in Knysna, which is the best place ever. Born and bred! The energy of the forest and nature definitely helps as it is so beautiful. It always makes me so happy to think that we are a studio in little Knysna but can be as big as the world. Most of our work goes out of Knysna and all-around South Africa and abroad, but we hardly ever leave Bokmakierie Street.





In the hot seat

Q. What is your signature tiling style? A. Textured tiles.

Q. Where can one buy your tiles? A. Only through us directly.

Q. What are your plans for the future?

A. Currently, we are busy exploring getting into floor tiles, as our focus is mostly on decorative wall tiles.

Q. What is your personal favourite design?

A. The shell and fish design.

For more information visit: www.akashictiles.co.za IG@Akashic_tiles



Article by Thuveshnie Govender, courtesy of Muse Magazine.





"With ceramics, it's a lifetime of learning."







Waterfall City Advertorial



St Peter's Boys Prep School LAUNCHES NEW MOVEMENT INITIATIVE!



t St Peter's, we focus on six pillars of education. We use the word SPACES to refer to our pillars: Spiritual, Physical Education, Academic, Cultural, Emotional and Social, Service and Stewardship. Under our Physical Education pillar of the curriculum, the school has partnered with FMS Schools, a specialised Sports and Physical Education programme. This collaboration aligns with the schools' commitment to providing the best educational experience for our pupils.

FMS Schools is a resource and software platform built specifically for schools

to help track, report, and develop functional movement in pupils.

By developing the correct movement habits in their formative years, the idea is to see children develop a positive association to movement, giving confidence as a teenager and ultimately setting them on a more active path for the rest of their lives.

Callan Cronin, Director of Sport at St Peter's Boys Prep had this to say: "FMS brings a wealth of expertise and innovation to our Physical Education curriculum, enhancing the overall wellbeing of our students. The tailored programmes cater to various age groups and skill levels, ensuring that every pupil can participate and excel in basic and advanced physical activities. By partnering with FMS, we aim to promote a lifelong love for sports and fitness and to foster healthier, happier pupils who are well prepared for success in both their physical and personal lives.

Together with FMS, we are dedicated to nurturing a holistic educational environment that cultivates not only strong minds but also strong bodies."





FMS Schools is built into four modules:

- **1. Movement play** A multi video resource to engage children in a fun and simple way.
- 2. The Bridge An athletic development programme with 58 levels of progression, focusing on movement competency skills.
- **3. Screening** In 10 minutes, a child can be assessed using 6 movement tests that challenge balance, mobility, and stability. The tests highlight where any imbalances, asymmetries and limitations are. The system then automatically builds that child a personalised programme based on their priority of remediation.
- 4. Capacity testing data A facility to record, report and manage all capacity data such as bleep tests, run times, standing broad jumps and strength work.

The data that is gathered is then displayed in reports, dashboards and analytics, with each pupil having a personalised Athletic Development passport.

An exciting and active journey lies ahead through this collaborative partnership! Healthy bodies create healthy minds! #aheadofthegamebehindeverychild #PhysicalEducation #movementpatternsforlife #createamovementlegacy #FMS #FunctionalMovement

For enquiries or more information visit: www.stpeters.co.za Tel: 011 367 6631

For admissions information please contact our Admissions Officer on 011 705 3423 or admissions@stpeters.co.za 105 Witkoppen Road, Paulshof, Johannesburg



PREP SCHOOLS OPEN DAY Friday, 8 March 09:00 – 12:00 Gr 000 – Gr 7, Boys and Girls **GRADE 0 EXPERIENCE OPEN DAY** Saturday, 9 March 09:00 – 12:00 3 – 4 Years Old, Boys and Girls

EXPERIENCE THE ST PETER'S DIFFERENCE



ST PETER'S PREP SCHOOLS



A PARENT'S GUIDE TO SURVIVING GRADE FOUR

By Nicola Killops, Education and Media Specialist (and mom)

s each school year begins, you can be sure of one thing: Your social media feed will fill up with proud parent posts, showing excited, smiling children who don their uniforms for the first time and start their grade one year.

There is also a fair share of grade eight parents sharing the start of their child's high school journey. And, of course, there are those nearing the finish line and beginning their matric year. These years are considered important milestones that mark the educational road. They bring new challenges and exciting changes and are a rite of passage. But there is a critical year in a child's school life that usually starts without as much fanfare – grade four – a rollercoaster ride if there ever was one.

I taught grade four for many years, and it has a rather strange reputation among parents (which ultimately trickles down to the kids.) For instance, one of the first things parents bring up is exams, usually written for the first time in grade four. And the little ones walking through the door on their first day are already terrified of them.

I always played them down and gave plenty of pep talks (mainly to the parents) on approaching the subject without fearmongering. I reminded them that no one is expected to run before they can walk, and as the year progressed, they would mature and be ready. But it's also not THAT big of a deal.

This may sound strange coming from a teacher, but the truth is that many parents put so much emphasis on a few tests at the end of the year that they lose focus of the rest. As a result, they could miss out on something far more critical, such as how their child is coping day to day.

Grade four is possibly the most significant adjustment your child will need to make in their school career. The Foundation Phase focuses on

Waterfall City Today's Child

Literacy, Numeracy, and Life Skills, but suddenly, kids are thrust into a more formal academic world, complete with a string of subjects, cycle tests, a wider variety of teachers, and the need to work quickly in order to keep within the school timetable. Then, there is the added peer pressure and hectic extra-mural commitments with minimal downtime.

Like most things, some will take to it like a duck to water. But some really struggle, especially those who have already found the academic world more challenging than expected. Some have already been referred for assessments by this stage due to their distractibility, inattention, poor work ethic, and poor performance. The assessments usually pursue a diagnosis of ADHD or a similar learning challenge.

However, very often, these assessments end up revealing something else. Intelligent and capable kids are stifled by a system that tries to squish them into an ill-fitting box, leaving them crippled with anxiety and low self-esteem. And when the anxiety is tackled, the children often thrive.

This often sits just under the surface during the earlier years, and when grade four starts, the wheels come off.

So, how can we help?

The most important thing we can do for our kids is to be present enough to recognise the signs, communicate with them, and make them feel safe to communicate with us. Awareness of your children's mental health is just as essential as physical health.

I am not a doctor or a psychologist. I am just a teacher and a mom who dealt with these issues on the ground and speaks from my observations and experience. The extremely high expectations and pressure on kids often stood out to me. And grade four is where it really rears its head for the first time.



Parents are well-meaning. They want their kids to do well at school to set them up for a bright future in a competitive world. We want them to participate in team sports or other sports and cultural activities to build character, create social bonds, and be 'off their screens.' But it can be overwhelming and counterproductive.

Sometimes, they just need to be kids. I can hardly count the times I've had a child in tears in my classroom because they are so disappointed in a test result. And when I tried to reassure them and comfort them, their response was along the lines of, 'My parents are going to kill me!'

I've had children experience fullblown panic attacks. When we sit and chat, I discover that they struggle to keep up with schoolwork because their afternoons are full of karate classes, horse riding, gymnastics, and swimming practice – the list goes on. While these things are great outlets when done in moderation, many kids are doing more than one of these a day, getting home at supper time and then still trying to keep up with school.

What they need are opportunities to engage in hobbies that revitalise them and have no expectations, to spend quality time with their families, and to achieve the elusive work/life balance that we adults work so hard to achieve.

Finding a balance

We also want our children to grow up resilient so they can handle life's hard knocks. Trying to avoid or eliminate the source of their anxiety can disempower them. The key is to help them manage it and to recognise it. When they feel safe enough to discuss their feelings, they will also be open to letting you know when the pressure is just too overwhelming, and you can help them choose the activities that give them an outlet and walk away from the ones that smother them.

We constantly push concepts like 'don't give up,''stay committed', and 'don't quit.' While this serves a purpose and is a good attitude in many cases, it's about balance, self-care, and knowing your limits. Keep your expectations realistic,



too. Not all children – even the brightest ones – are academic achievers. Still, they should be supported and encouraged to do their best rather than chase unattainable results. With less pressure and anxiety, you may find they do better anyway and come into their own once they are through the system.

It's also okay to admit that your choice of school may no longer be the right fit. We make these choices with the information we have at the time and always aim for the best outcome. But sometimes, life shows us otherwise, and making a positive shift could be life-changing.

Jacqueline Aitchison, Executive Head of Education Incorporated Private School, says, 'The significance of choosing the best school for your child cannot be understated. Wherever your child is on their educational journey, selecting a school for them should be a careful and considered choice... and open to change if the need arises. Many parents prioritise prestige above all else. They mistakenly think that enrolling their child in a prominent, big-name school is a ticket to smooth sailing. This isn't always the case.'

Parenting is not for sissies. It's a fine line between firm encouragement and gentle support, wanting them to conquer the world and helping them get through a day. We doubt ourselves constantly, regardless of which stance we take, but at the end of the day, we all want what is best for our kids, which is the source of our efforts. But we need to cut our children some slack so they can one day go out and conquer the world thanks to good self-esteem, valuing their own needs, and having compassion and empathy through our example.

In a nutshell

Having a good relationship with your child's teacher is crucial. Teachers rarely suggest significant changes like moving to a smaller school or repeating a year unless they genuinely believe it will benefit your child.

Here are some practical strategies:

Spend calm time together: Regular, relaxed time with your children is vital. It strengthens your bond and supports their emotional well-being.

Listen and encourage sharing: Make sure your kids know they can talk about their feelings and worries, especially with all the new things they're experiencing at school.

Use positive reinforcement: Encourage and reward your children, avoiding criticism about their schoolwork or test results. Show interest in their school life: Be actively interested in your child's education and support them with their homework and projects.

Avoid over-scheduling: Ensure your child has enough free time to play, read, listen to music, or relax. Children do best in a structured yet supportive environment. Here's how to create that from the start of the year:

Set a homework routine: Decide a specific time and place for homework and studying. This area should be quiet, organised, and have all the necessary supplies. **Don't leave things to the last minute:** Teach your child to start on projects early, avoiding the stress of rushing just before deadlines.

Be involved: Remember, most grade four students aren't quite ready to study independently. Spend time with them, helping with their studies and finding the best methods.

Prepare the night before: To reduce morning chaos, get your child into the habit of packing their school bag and any sports kit the night before.

Check in regularly: Go through your child's school books weekly. It's an excellent way to see how they handle the workload and cope with academic demands. Communicate early and often: Don't wait for the first parentteacher meeting to discover any issues. Stay on top of school communications and be punctual with all school-related paperwork.

Following these tips can help smooth the path through grade four, making it a positive and productive year for your child.





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Book Reviews



The Hitchhiker's Guide to Al By Arthur Goldstuck

For the past decade, Arthur Goldstuck has had a front-row seat to witness the remarkable rise of AI across all sectors of business and society. As generative AI becomes a household phrase and sparks hopes and fears of machines augmenting or replacing human beings, this guide offers an invaluable overview of AI's past, present, and future.

The Hitchhiker's Guide to AI is aimed at beginners and those who consider themselves experienced or skilled at using AI. It draws on many years of direct access to global and regional leaders in using AI, from Africa to the Middle East to North America to Europe and Asia, and it provides unique perspectives on generative AI and practical advice for using it.

It is useful for consumers, academics, professionals and anyone in business who wants to get up to speed quickly and practically. It also entertains and inspires anyone curious about AI or already engaged in its possibilities.

Do you need to understand or refine prompting? You're in the right place. Do you need to prepare for Al's coming impact on health, travel, education, and business? This is the book for you.

Price: R360.00



Worthy By Jada Pinkett Smith

A gripping, painfully honest, and ultimately inspirational memoir from global superstar and creator of the Red Table Talk series Jada Pinkett Smith. Smith recounts her story in an intimate conversation with readers in a mediadriven landscape that crafts narratives for our celebrities.

Along the way, she explores her path to accepting her power as a woman and discovering that a strong sense of self is every woman's right and saving grace. An impactful and rare memoir that engages and educates, *Worthy* is a courageous love song to self, family, life, and the world.

From an unconventional upbringing in Baltimore to an unconventional marriage to one of the most famous men in the world, adhering to the status quo has never been a familiar road for Jada Pinkett Smith.

In *Worthy*, Smith strips herself of all the labels and stories crafted by others and reclaims her narrative with radical self-love. *Worthy* teaches us who Jada is and how to embrace our most authentic, loveable souls.

Price: R390.00



The Women By Kristin Hannah

The Women is a story of devastating loss and epic love.

It would be the journey of a lifetime. 'Women can be heroes, too.' When twenty-year-old nursing student Frances "Frankie" McGrath hears these unexpected words, it is a revelation.

Raised on California's idyllic Coronado Island and sheltered by her conservative parents, she has always prided herself on doing the right thing and being a good girl.

But in 1965, the world is changing, and she suddenly imagines a different path for her life. When her brother ships out to serve in Vietnam, she impulsively joins the Army Nurses Corps and follows his path.

As green and inexperienced as the young men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war, as well as the unexpected trauma of coming home to a changed America.

Frankie will also discover the true value of female friendship and the heartbreak love can cause.

Price: R375.00



YOUR VERY OWN THAILAND BUCKET LIST A month-by-month guide for South Africans visiting Thailand in 2024

hailand is one of the world's top travel destinations – and for good reason. From islandhopping and cultural exploration to shopping and water-based activities, Thailand has much to share with the world. It's no surprise that millions of foreigners flock to Thailand yearly – in fact, 2023 saw over 27 million tourists touch down on Thai shores. Among the most frequent visitors to the Land of Smiles are South Africans, many looking for a tropical getaway or a luxurious break from the hustle and bustle.

"2024 might just be the year when you take the chance to treat yourself to some well-earned bucket-list longings. The good news is that Thailand is one destination that ticks all the boxes. From lovers of culinary experiences to travellers looking for a mind and body reset and eco-tourists, we welcome many different types of visitors and cater to every wanderlust wish.

What makes travelling to Thailand simpler and hassle-free compared to other overseas destinations is that South Africans don't need a visa to enter Thailand for up to 30 days for tourism purposes. It's as easy as booking a flight, packing a bag, and making your escape to a country that quite literally has it all," says Sadudee Sangnil, Director of the Tourism Authority of Thailand for the UK, Ireland, and South Africa. For those needing an inspirational nudge in the right direction, Sangnil has this month-to-month guide of what Thailand has to offer:

Sunlit serenades in January

The beginning of the year is peak season in Thailand. You can expect sun-filled days and mild evenings with little chance of rain. As such, it's the ideal time to visit a festival or outdoor event. Some of the month's most popular events include Bangkok's 'Concert in the Park,' a unique musical attraction attended by a flurry of international visitors yearly. The concerts, held every Sunday during January and February, showcasing a selection of music, from top-charting pop hits to Broadway medleys as well as classical music and traditional Thai favourites. The best part? Admission is free, and there are many different public transport options to travel to and from the event.

February: Love beneath the waves

February is the month of love for people worldwide, and for South Africans looking to get married in true communal Thai fashion, it's the month to be in Thailand. In what has become an internationally renowned spectacle of love, hundreds of local and foreign couples visit Thailand in February to participate in the Trang Underwater Wedding. Couples are paraded through the streets of Trang town and then travel by boat to an underwater location where they slip on scuba gear over their wedding garb and tie the knot underwater. The ceremony comes complete with a ceremonial waterproof marriage certificate – what's not to love about this unique way of starting an incredible new journey together?

Conservation and connection in March

For the animal-loving travellers, March is the month to visit Thailand. The elephant is Thailand's national animal and 13 March is National Thai Elephant Day. To celebrate the day, tourists can visit several different elephant sanctuaries, including the Elephant National Park – one of Thailand's most popular conservation projects. Elephant Haven in Kanchanaburi is also a great option, as is the Samui Elephant Sanctuary. At these sanctuaries, visitors can observe these majestic giants in their natural environments, play with them in mud pools, or do volunteer work – the perfect chance to give back.

Grab your water gun in April

Arguably, no other event is as synonymous with Thai culture as the Songkran Festival. The festival, which centres around water play, is hosted in April every year to celebrate the Thai New Year. During Songkran, people engage in world-famous water fights, but there's also a spiritual component to



the festival, which sees people visiting temples for purification rituals and blessing ceremonies. April is a great time to be in Thailand if what you're after is a chance to see all the islands and towns in one go because each region celebrates the festival in unique ways.

Explore Michelin starred restaurants in May

South Africans love good food, and if there is one reason to visit Thailand, exploring its culinary gems should be one of the reasons. *Michelin Guide*, the internationally acclaimed culinary authority, has once again celebrated Thailand's vibrant and diverse culinary scene by showcasing a total of 447 food establishments in Thailand. The 2024 edition of the *Michelin Guide Thailand* has recognised outstanding culinary establishments nationwide, with six new shining stars and two additional Michelin star restaurants.

June: The month for a good hike

Although Thailand is best known for its pristine beaches and marine biodiversity, it also has a lot to offer in the way of natural vegetation and towering hills to be explored. June is the perfect time for a hike in the Northern Hills. Some of the most popular hikes include the one to the summit of Doi Chiang Dao, from where the views stretch all the way to Myanmar (Burma). Hikers could also consider going on guided walks through terraced rice paddies and visiting some surrounding villages.

Hit the jungles in July

In July, Thailand's north and south regions typically experience high

rainfall, but that doesn't stop nature lovers from hitting the jungles for a truly authentic experience of the tropics. Some of the most popular jungles are in Khao Yai, Umphang, and Nan. Fortunately, heavier rainfall brings heavier waterfalls, which are a breathtaking experience. The rainy season is also the best time to see the best fauna and flora, which thrive during this time of the year.

August: One for the shoppers

August is typically regarded as the beginning of the off-peak season in Thailand, which makes it the best time to cash in on cheaper flights and accommodation prices. With heavier rainfall, most tourists head indoors over this period to experience some local cuisine and the bustling shopping malls in urban areas such as Bangkok. Popular shopping destinations include Siam Square Bangkok and the expansive Chatuchak Weekend Market. You will find amazing finds here, including silk products, aromatic Thai spices, coconut oil products, jewellery, curious trinkets, high-end accessories, and artisanal handicrafts.

September: The month for culture

September is long-boat racing season in Thailand – fast-paced races are held in four country regions to celebrate the Buddhist Lent. Each year, the races draw large crowds of enthusiastic locals and tourists who cheer on the participants and enjoy the cultural activities that surround the events. This is the ideal time to participate in the action in various locations, including Ayutthaya, Phitsanulok, and Nan.

Shopping under the stars in October

Regarding the weather in Thailand over October, it's usually a bit of a mixed bag. The rainy season draws to a close over the month, but occasional showers are still to be expected. This month is the best time to see a few of Thailand's night markets. Each town has its own night market and large versions, such as the Patpong and Mahadthai Night Markets, offer an openair shopping experience that will cater to your curiosity to try local delicacies while stocking up on some real bargains.

November: Time for festival fever

The Loy Krathong festival is set to take place in November this year. As one of Thailand's most enchanting and visually stunning festivals, it celebrates lights, water, and spirituality. The festival holds deep cultural and religious significance, as it is a time for Thais to pay respects to the goddess of water, Phra Mae Khongkha. At the heart of Loy Krathong is the tradition of crafting and floating krathongs, intricately decorated floating baskets, onto rivers, lakes, and other bodies of water. The festival is celebrated nationwide, but specific locations, such as Chiang Mai, Sukhothai, and Ayutthaya, are renowned for their elaborate festivities.

Dive into December

Thailand comes alive in December. with the month being the beginning of the peak season, so it's a great time to get stuck into some of the country's most popular watersports. It's the ideal time to do some island-hopping and visit hotspots like Phang Nga Bay, with its intricate series of breathtaking mangroves, lagoons, and caves. Many tour operators around Thailand offer services such as exploring by boat, as well as snorkelling and scuba diving at various spots along the coast. For those needing speed, there are many opportunities to jet ski and wakeboard. For something slower, you could consider boarding a sailboat off the coast of Kho Phi Phi or the Similan Islands for some sightseeing and sundowners.

For more travel inspiration and ideas, visit www.fanclubthailand.co.uk

Waterfall City Classifieds

MEDICAL SERVICES

AUDIOLOGY/HEARING

www.hearcare.co.za

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

OCCUPATIONAL HEALTH PRACTITIONER

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

OPTOMETRIST

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

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.

CLEANERS

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

COMPLITERS

Matrix Warehouse 011 466 0434 We offer a wide variety of products and services including new PCs, notebooks, tablets, printers, networking products, all PC/NB related cables and accessories. We also offer repairs on all PCs and NBs, both software and hardware problems. kyalami@matrixwarehouse.co.za

DELIVERY SERVICE

Mr Delivery Midrand

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 Waterfall Virgin Active Email: divandutoitbio@outlook.com

www.divandutoitbio.com

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.

DOMESTIC AND COMMERCIAL CLEANING SERVICES

Skitterblink Kyalami Cleaning Services 072 911 1702 Skitterblink Kyalami offers domestic/commercial once-off/weekly/bi-weekly/monthly cleaning services, with/without supervision, before/after moving, before/after renovations, carpet washing, crime scene cleaning and hoarder cleaning. Visit: kyalami@skitterblink.co.za

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 & 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

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 lan

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

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

ELECTRICIAN

0861 102 174 Taylor Electrical Domestic, commercial, industrial, 083 380 9512 compliance certificates, energy saving.

FLOORING

Top Carpets and Floors Kramerville	2	
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@tcfkramervi	lle.co.za	

GARDEN & POOLS SERVICES

Crewcut Gardens & Pools		
Peter	082 450 1111	
Mark	082 789 7916	
Weekly garden and pool maintenance. We build new		
pools or remarbelite old ones. Suppliers of all pool		
spares, including pool pumps. Contact via email:		
peter@crewcut.co.za or mark@crev	vcut.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

076 035 6908

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

MAINTENANCE

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

PAINT & BUILDING SUPPLIES

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

PLUMBERS

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

PROPERTY MAINTENANCE

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

REFUSE REMOVAL

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

WATER SURVEYING

011 469 4300

083 250 3736

082 475 8875 Aquaview Technologies 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.

011 315 2926

082 707 2068



Waterfall City Contacts

Capacity	Name	Contact Number	Email
CEO - Waterfall Country Estate and Waterfall Village	Kenneth Gaynor	010 591 4671	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	Aveer Singh	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	Sifiso Msibi	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!

MARCH RESTAURANT COMPETITION for our Waterfall City residents

The question for this month's competition: What is the title of Marco Olivier's exhibition which will be held at the Riboville Boutique Hotel?

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:

- Vouchers cannot be exchanged for cash.
 Portions of the monetary value of the voucher cannot be refunded as "change".
- 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.

CONGRATULATIONS TO: Zikhona Zide, our February winner who wins the R500 voucher

- 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.



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As a Group of schools focused on the holistic development of every child, it has always been our values of **Integrity, Consistency, Accountability, Respect and Excellence** which have driven our group's commitment to both our pupils and parents. Our values determine who we really are. Access to the Kyalami Schools staff and management is seamless, which is important for constructive engagement and also for the development of all our pupils. The KSG staff go the extra mile so that each child is nurtured and feels part of the greater community.

Kyalami Schools Group (NPC) is made up of 5 Campuses invested in its learners by offering: State of the art classrooms and sporting facilities Outstanding academic results A wide range of co-curricular activities

World class infrastructre and support to ensure the holistic development of each child

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