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ISSUE 5 | 2024

SOOK MALL OF AFRICA SUCCESS STORIES

Waterfall City welcomes DP World Meet the Chef at The Codfather Bargains galore at Woodmead Value Mart



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Welcome!

ne of the things that keeps Waterfall City ahead of the game is our continuous efforts to innovate. We're never afraid to try something new, and our experiment with SOOK Mall of Africa is a great example.

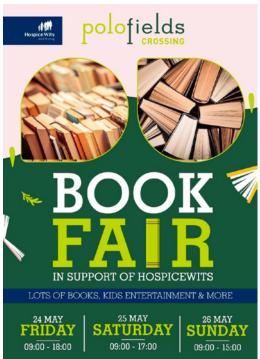
SOOK Mall of Africa is a flexible, pop-up retail space that gives retail brands a short-term physical presence, including retailers that usually only operate online. Its guests since launching last year have included Sompire Kids and Thabooty's, among others. The brands that have utilised the space have seen remarkable success, and you can read more about these in this edition.

Retailers that have taken up permanent residency in the Mall include Hydraulics Femme and Third Base Urban.

On the shopping front, it's worth mentioning the advertorial on Woodmead Value Mart, a value for money centre in Waterfall City, best known for its factory outlets including popular sports brands, high-end fashion labels and home décor.

However, leisure time at Waterfall City is about more than just retail therapy, and this month we have several entertaining events lined up, including the always popular three-day Book Fair at Polofields Crossing. There will be thousands of pre-loved books to browse, with the proceeds going to HospiceWits. Please bring along your old books, too, to get them back into circulation and raise money for the charity. Other fun events include a chance to meet Garfield on May 24th to tie in with the launch of *The Garfield Movie*.

Over in the kitchen, our regular Meet the Chef column introduces Albert Saidi, Head Chef at The Codfather in Polofields Crossing. Saidi has been in the business since he was 18, and loves to create new dishes by blending African herbs with old recipes. Watch out for



his Mozambique-style Peri-Peri Prawns and honeysoya glazed Karoo lamb chops. Yum!

On the business front, read up about DP World, one of the leading providers of end-to-end supply chain solutions, who have recently joined Waterfall City's commercial hub.

This month's advice from PSG Wealth looks at when to sell your stocks and highlights various external factors that will help you pick the best moment to generate the maximum returns.

Finally, our Netcare column shines a light on colon surgery, where the very latest robotic surgery methods are combined with the ancient healing powers of the sun.

Until next time Waterfall City Management Company

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Waterfall City Lifestyle

MEET THE CHEF ALBERT SAIDI

Head Chef and Kitchen Manager at The Codfather, Polofields Crossing

est known for its succulent seafood, The Codfather's menu will happily satisfy carnivores and vegetarians, too. In this edition of our Meet the Chef series, we introduce you to Albert Saidi, the talented chef at The Codfather in the Polofields Crossing shopping centre. Albert serves world-class, feel-good cuisine you don't want to miss.

Q: What is the restaurant and cuisine?

A: The Codfather, Polofields Crossing, serves seafood and some African and European cuisine.

Q: When did you decide to become a chef?

A: My parents' passing played a role. When I was 18, I suddenly found myself working at Spur for survival. And as they say, the rest is history.



Q: Did you study? If so, where?

A: Yes, I studied food and beverage management at Intec College.



The Mozambique-style Peri-Peri Prawns with the unique, signature sauce is Chef Albert's favourite dish to prepare on The Codfather's menu.

Q: Do you have any accolades?

A: Yes.

- Best employee at Social on Main.
- Interview on 5fm with Kyle Casim.
- Interview on Radio 702 with Azania.

Q: What is your cooking style?

A: I am quite versatile in many cuisines, but my love for fish has grown dramatically over the last few years.

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

A: Lots of experimenting and creating new dishes by blending African herbs into old recipes.

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

A: Our Mozambique-style Peri-Peri Prawns stand out thanks to our unique signature sauce.

Q: What is your favourite home-cooked meal?

A: Oxtail. I love trying different recipes with it. Also, chicken feet cooked well with pap. Oh, what a tremendous African dish!

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

A: Garlic can completely change any dish's flavour and aroma.

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

A: Garlic, rosemary and chicken.

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

A: A great sharpened knife, flame gas grill and oven.



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

A: A two-in-one pressure cooker and air fryer combo.

Q: Who is your chef idol, and why?

A: George Lewis (not your usual TV personality). He is the reason I chose this career. He made cooking look easy, and everything he touched in the kitchen turned to magic.

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

A: Tbo Touch. I would serve him our grilled honey and soya-glazed Karoo lamb chops accompanied by our egg noodles stir-fried with bell peppers, mushrooms, and baby bok choi.

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

A: They are good in that they remind us of fundamental culinary values and creativity. I like *The Ultimate Braai Master* and have a soft spot for *Salt Bae*.

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

A: Pap and Hardbody chicken, slow-cooked with water and fried with oil and salt. It's a game-changer.

Q: What will we always find in your fridge?

A: Lemons, garlic and salted butter. Also, chicken feet (if not Hardbody chicken).

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

A: Strangely enough, it would be a traditional Greek salad.

Q: What fast food is your secret indulgence?

A: Japanese egg noodles.

Q: Are you pro or anti air fryers? A: Pro.

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

A: A private investigator or a detective, inspired by *The X-Files*.

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

A: I have mingled with and cooked for artists such as the late AKA and The Groove Cartel.



Chef Albert would like to make grilled honey and soyaglazed Karoo lamb chops, accompanied by egg noodles for Tbo Touch.

Book at The Codfather, Polofields Crossing, today to experience Chef Albert Saidi's culinary talents.

https://thecodfather.co.za/polofields/ Tel: 010 745 0680



SOOK MALL OF AFRICA SUCCESS STORIES

ave you been to SOOK Mall of Africa? It is an exciting, digitally connected retail space available for short-term letting. This means the brands that are showcased in this concept store change all the time. This is your chance to meet the teams and celebs behind your favourite labels, some of which are only online, and get a real feel of their products. The first of its kind in Africa, SOOK Mall of Africa aims to transform the retail experience. It is tailored to a brand's needs and offers a fully flexible space with a powerful digital platform and a prime location that ensures all eyes are on the brands utilising the concept space.

SOOK Mall of Africa has become a vibrant hub of innovation. We chatted with several SA brands that have utilised the space since its launch and discovered many success stories.



Sompire Kids

Last year, South African media personality and television presenter, Somizi Mhlongo, launched an exciting children's clothing range. He recently showcased his creations at SOOK Mall of Africa.

"Sompire Kids is a children's clothing brand that goes beyond fabrics and materials. It is a bold statement that encourages kids to be themselves," says Mhlongo, who came up with the idea a few years ago. "I always wanted to be involved in retail and fashion, and knew I needed to do something different that would stand out from the rest, especially locally."

Sompire Kids is an online store, but when SOOK Mall of Africa approached them, the team was given the opportunity to experience what it would be like to have a physical store. "SOOK Mall of Africa allowed us to test what having an actual store would look and feel like and give customers the chance to touch and see the clothes before they buy."

It is an amazing concept, says Mhlongo. "When we were offered the opportunity to showcase our products, and get a great audience, I thought 100%, we are in. SOOK Mall of Africa gives up-and-coming businesses in the retail industry an opportunity to envision a physical store setup and engage directly with customers."

Sompire Kids had such a successful sales week at SOOK Mall of Africa, that the brand will soon be opening its first bricks and mortar store at Mall of Africa. "We had the highest sales since we launched during our time at SOOK Mall of Africa, where in one week, we made what we usually make



in a month. It is definitely because of the foot traffic and the excitement of people wanting to try the brand."

"We are also looking forward to launching our winter range soon and a limited edition line for mothers and fathers, as well as kids. This is all based on the feedback and demand we had at SOOK Mall of Africa."

https://sompirekids.com FB @Sompire kids IG @sompire_kids



GALXBOY

GALXBOY, a South African streetwear brand, is deeply intertwined with the vibrant and rebellious youth street culture that thrives in the urban centres of Mzansi. Conceived by Thatiso Dube, who also serves as the head designer, GALXBOY was born in 2008 out of a recognition of the need for a brand that truly speaks to the youth, particularly Millennials and Generation Z. This connection to the youth is the driving force behind GALXBOY's specialisation in the design, manufacturing, and retail of streetwear fashion apparel and accessories.

Choosing SOOK Mall of Africa was easy. "It is an innovative and unique retail concept that offers brands and customers a very 21st century pop-up shopping experience, and GALXBOY wanted to be a part of that experience," says Travis Carelse, the Marketing Manager at GALXBOY. "The opportunity to be one of the first brands to occupy space at this worldclass shopping destination was simply too good to pass up."

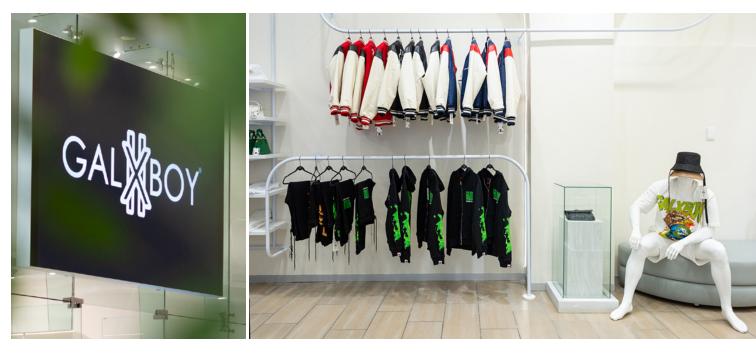
SOOK Mall of Africa offers a fully customisable digital shopping experience that allows brands to engage with customers in person. The plug-and-play digital screens and signage are always a hit with



retailers and visitors, allowing brands to personalise the space.

"As a retailer, all you have to bring is your stock, your point of sale, and digital content for the screens, and you are ready to trade. It truly is a one-of-a-kind experience. Our staff and customers thoroughly enjoyed and appreciated the entire process. From a traffic and sales perspective, we had an incredible week and sold over 1,400 unique GALXBOY products while generating over R1 million in sales during our 7-day stay. The fantastic reception inspired us to approach Mall of Africa to open a fulltime GALXBOY store, where we began trading in February 2024."

www.galxboy.co.za FB @GalXBoy IG @galxboy_sa X @GALXBOY TikTok @galxboy_sa YouTube @galxboysouthafrica7838 LinkedIn galxboy



Waterfall City News



MAFASTELA

Mafastela is not just another online eyewear provider; it's a missiondriven venture that crafts stylish, high-quality glasses tailored to every personality and lifestyle. Leandra B. Manjate, Director of Mafastela, shares her personal connection to eyewear and the brand's mission to redefine the industry. "We offer affordable, beautiful glasses that not only enhance vision but also evoke excitement and confidence in our customers."

The team behind Mafastela recognised SOOK Mall of Africa's immense potential as a space to promote their eyewear and educate clients on each product's unique features and benefits. With its expansive layout and stateof-the-art facilities, the space offers a perfect environment to engage with customers and provide them with personalised assistance and guidance.

"We understand that brands must create immersive experiences that resonate with customers on a deeper level. SOOK Mall of Africa stood out for its exceptional ability to bring brands to life, providing a platform to display our products engagingly and interactively. Beyond the retail aspect, SOOK Mall of Africa presented an unparalleled opportunity for us to connect with both our existing clientele and new potential clients. We envisioned the Mall as more than just a shopping destination. In this space, we could cultivate lasting relationships with our customers and nurture a community of loyal supporters."

Mafastela heard about SOOK Mall of Africa on social media, and its vibrant atmosphere made it an obvious choice for the eyewear brand.

"From the outset, I was captivated by the expansive space and impressive screens. These features perfectly aligned with my vision for Mafastela. Walking through the Mall, I felt an immediate connection to the energy and dynamism that permeated every corner. I instinctively knew this was where the Mafastela pop-up store should be. We saw it as an opportunity



to display our stylish and high-quality eyewear and engage with customers in a setting that exudes sophistication and modernity."

The pop-up store yielded remarkable results in multiple aspects of their business, including a boost in sales and online traffic, exposure to new audiences, insight into consumer preferences, building brand awareness and networking opportunities with influential figures.

"The success of our pop-up store extended beyond sales and brand awareness - it facilitated valuable networking opportunities with influential individuals such as former Miss South Africa, Shudufhadzo Musida, as well as TV presenter Maps Maponyane. Their presence at the store enhanced our credibility. It opened doors to potential collaborations and partnerships that could further propel our brand's growth. Based on this success, I am more than excited to say that we plan to host three more pop-up events in the near future. Furthermore, following demand after the pop-up, we have since opened a showroom in Dainfern Square."

www.mafastela.com +27 (0)84 830 0001



AWBRAND&CO

AWBRAND&CO is a pop-up concept store designed to feel like home. Launched by the AGENDA WOMEN brand – an online platform for modern working women looking for content and community that will help them navigate the evolving dynamics of working smart and living well – AWBRAND&CO is a vehicle for the community to discover female founders and explore their product offerings. The concept was developed to provide access, visibility, and community for female entrepreneurs looking to showcase their products and services to a broader audience, plus give them access to resources and opportunities, and connect them with other businesses and consumers.

Nomndeni Mdakhi, CEO and founder of AWBRAND&CO had a clear vision. She wanted to showcase her business in a space that allows access to a good mix of audiences ranging from higher LSM to lower LSM. "This was important to consider as the concept was still experimental. We wanted to see who would be drawn to the store. My best friend had worked with the Mall of Africa team and loved them, so she connected me, and so it was part preparation and part opportunity." AWBRAND&CO collaborated with 10 female-founded brands in the SOOK Mall of Africa space, including an author, a wine brand, a fashion label, a stationery brand and even a sunglasses brand.

"The design of the space and location worked for our vision, and the popup space was a huge success. Our



brand is niche, it speaks to a particular segment of customers and not so much the mass market. We needed a space that speaks to the attributes of a brand positioned for accessible luxury whilst being inclusive. Mall of Africa caters to all demographics, but the store's positioning in the Mall echoes luxury. We were pleasantly surprised by the traffic and sales. We truly believe we could have hit higher numbers if we could supply the demand. This was a key learning for us. We loved the plasma screens; they were a hit with everyone who came into the store."

The great news is that AWBRAND&CO loved collaborating with SOOK Mall of Africa so much that they will be back in August and December, so watch this space. "We are so excited to be working with the team again. Due to the experiment's success, we are also expanding the offering, launching a store online on the 1st of August and popping up worldwide."

www.agendawomen.com info@agendawomen.com



THABOOTY'S

Thabooty's is a South African brand founded by media personality, actor and businesswoman Thando Thabethe.

They offer a diverse range of shapewear, lingerie, swimwear, underwear and sleepwear designed to celebrate and empower women of all shapes and sizes. "Our products are known for their quality, comfort, and stylish designs. Our brand emphasises inclusivity and body positivity to make every woman feel confident and beautiful," explains Thabethe.

Thabooty's was invited by SOOK Mall of Africa to collaborate on its launch in South Africa, and for the brand, it was an easy yes. "We chose SOOK Mall of Africa because of its unique, innovative concept and diversity of brands – particularly local brands. There was a spirit of community and collaboration, and it was exciting to be part of a collective retail space that fosters networking opportunities and collaboration with other brands and entrepreneurs."

SOOK Mall of Africa offers a prominent location for its retailers, attracting a large and diverse consumer base. With high-traffic areas, brand visibility is heightened. It is known for its well-equipped retail space and professional infrastructure. The digital screens showcase the brand's presence and products, enhancing customers' overall shopping experience.

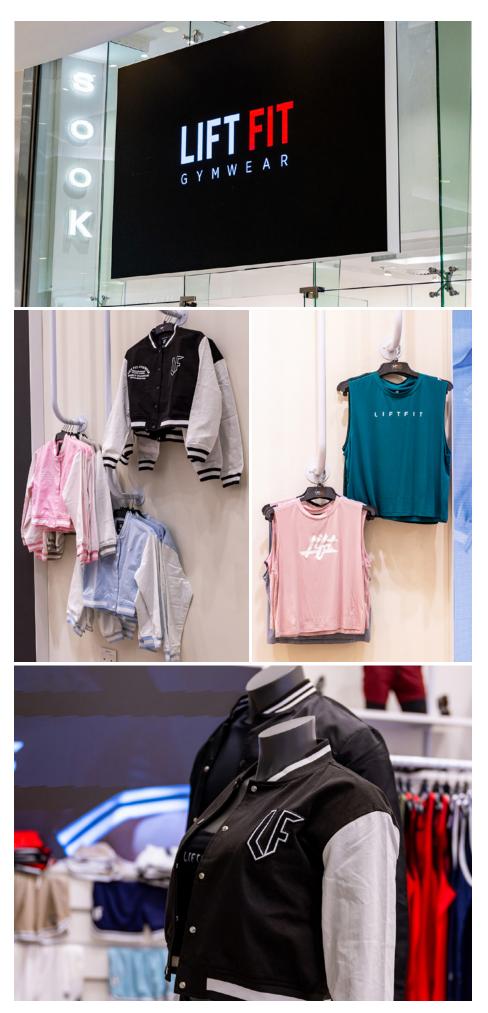
"Working with SOOK Mall of Africa was a remarkable experience for our brand. The creativity, location, innovative infrastructure, and collaboration with the SOOK Mall of Africa team helped us connect with our target audience in a significant manner," says Thabethe. "We received positive feedback from our customers and valuable knowledge. Overall, it was a great opportunity, and we look forward to partnering with SOOK Mall of Africa again in the future."

www.thabootys.com info@thabootys.com Twitter @thabootys FB @thabootys WhatsApp: 068 549 6070











LIFT FIT

LIFT FIT are passionate about their customers and brand, and always put their customers first by providing the best quality apparel and topnotch customer experiences. LIFT FIT is a South African-based Premium Sportswear brand focusing on those serious about improving their fitness by showing up every day and working on themselves!

CEO and co-founder Jared McCormick is a health and fitness enthusiast, and always wanted to design a brand that is hard-wearing, durable, and sexy, and worn by athletes from all sporting disciplines across the globe. LIFT FIT was launched in 2020 and is based on pure grit, determination, and a single objective: To be the world's number one and most loved gym wear brand!

The decision for LIFT FIT to host a pop-up at SOOK Mall of Africa was so the brand could connect to their customers in a more personal capacity, bringing their products to life.

"SOOK Mall of Africa offered a place where we could connect with our customers and really show the brand has range," says Marketing Manager Sune van Tubbergh. "We could create an experience for our customers where they could interact with our staff, touch and feel the quality of the product and really experience LIFT FIT. We definitely plan to use SOOK Mall of Africa again."

https://lftfit.com/ 010 446 7682

Waterfall City Lifestyle

MUST DO EVENTS

his month Waterfall City is abuzz with events for the whole family. Shop books for a good cause, meet everyone's favourite lasagnaeating cat, and enjoy a night of storytelling.

THE BOOK FAIR IS BACK!

Polofields Crossing

24 - 26 May

Calling all bookworms! Join us for three days of fun, food and fiction. Come and browse thousands of pre-loved books at bargain prices in support of HospiceWits while the kiddos enjoy some fun-filled activities. Bring along your own secondhand books for donation to make space in your bookcase for new riveting reads! Drop them off on the day or at SuperSpar Polofields Crossing during May.

24 May 09:00 - 18:00 25 May 09:00 - 17:00 26 May 09:00 - 15:00



MEET GARFIELD

IN SUPPORT OF HOSPICEWITS

LOTS OF BOOKS, KIDS ENTERTAINMENT & MORE

SATURDAY

09:00 - 17:00

24 MAY FRIDAY

ng-nn - 18-nn

polofields

And Win tickets to The Garfield Movie Ster Kinekor Court, Mall of Africa 24 May 18:00

Come and meet Garfield, the world-famous, Monday-hating indoor cat, on 24 May at Mall of Africa, when The Garfield Movie hits the big screen! Tell us what Garfield's favourite food is and you could win 4 movie tickets to the show! Email your answer to competitions@waterfallcity.co.za

SUNDAY

09-00 - 15-00

Competition closes 20 May Winner will be announced 22 May

OUR SCHOOLS ARE COOL

Reddam House Storytelling Evening Gate 6, Waterfall Country Estate 24 May 17:00 – 20:00

Join Reddam House Waterfall Early Learning School's Africanarra event – a magical evening of creativity and storytelling. Expect fairy tales and folktales, new stories and old favourites, stories for all ages, shadow stories and puppet shows. Africanarra will coincide with Reggionarra, the original annual storytelling event which takes place in Reggio Emilia, Italy, the birthplace of the Reggio Emilia Approach. Bring your little ones and your imagination!

Reddam House Waterfall Early Learning School RSVP: nomsa.dube@reddam.house www.waterfall.reddamhouse.com/visit-us/africanarra



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2023 – 718 Spyder PDK Including Maintenance Plan, 1,000 km, Black, Black Leather & Race-Tex, R2 095 000



2022 – Cayenne Platinum Edition Tiptronic Including Maintenance Plan, 14,100 km, White, Black Leather, R1 675 000



2023 – Panamera 4 PDK Including Maintenance Plan, 1,000 km, Volcano Grey Metallic, Black Leather, R1 995 000



2023 – Cayenne Coupé Platinum Edition Tiptronic Including Maintenance Plan, 1,000 km, Chromite Black Metallic, Black & Mojave Beige Leather, R1 895 000



2023 – Taycan GTS Including Maintenance Plan, 3,000 km, Neptune Blue, Black & Crayon Two-Tone Leather, R3 545 000



2024 – Cayenne Tiptronic Including Maintenance Plan, 4,000 km, Montego Blue Metallic, Black Leather, R2 145 000

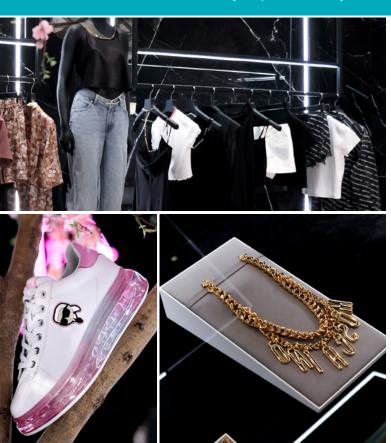
NEW IN THE HOOD





WATERFALL CITY

The ultimate shopping hotspot, Mall of Africa, has recently added more fantastic brands to its already broad mix of tenants. Enjoy shopping all things fashion at the recently opened Hydraulics Femme and Third Base Urban stores.



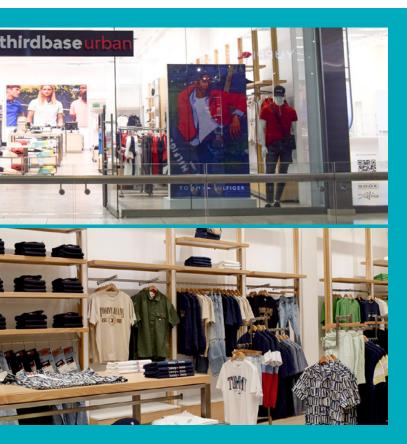
Hydraulics Femme

The Hydraulics concept store originated in 1993. Today it boasts eight multi-branded stores in South Africa's most prominent shopping centres and an online shop. FEMME, an exclusive women-only concept, revolutionises the luxury fashion environment by infusing it with the elegance of Hydraulics – a luxury clothing and footwear store boasting brands such as Moschino, Alexander Wang, Karl Lagerfeld, Veja and more.

Immerse yourself in a shopping haven meticulously designed for women. The ambience exudes femininity with a palette featuring subtle shades of pink. Cherry blossom trees contribute to the overall aesthetic, complemented by the allure of neon-flex light signs, synonymous with the unmistakable touch of Hydraulics.

Inside, luxury is elevated through the black marble and solid oak floors, ensuring that every step enhances the opulent experience.

Shop No: 2220 072 526 8997



Third Base Urban

Third Base Urban has launched its latest store in Mall of Africa and is showcasing the iconic lifestyle brand Tommy Hilfiger as a new player.

The brand was re-launched to the South African market a few months ago and the exciting range is infused with the American spirit defined by its classical roots in true Tommy nature, filled with jeans, golfers, accessories, stylish apparel and footwear.

From the iconic red, white, and blue logo to the timeless silhouettes of its clothing, the brand exudes an air of sophistication that speaks to the discerning tastes of the South African market. What sets Tommy Hilfiger apart in South Africa is its ability to embrace the unique cultural tapestry of the nation. With a diverse range of influences and its vibrant colours – it's a fashion icon for all.

Shop No: 2115 010 054 6013

Waterfall City welcomes

ubai-headquartered DP World, one of the leading providers of end-to-end supply chain solutions across 73 countries, is the latest high-profile global brand to join Waterfall City's commercial hub.

Attacq Limited ("Attacq"), the JSElisted REIT and strategic development partner in Waterfall City proudly announces DP World, a global leader in smart logistics solutions facilitating trade flows worldwide, has taken sole occupancy of its Nexus Building 2 ("Nexus 2"), situated in Nexus Waterfall in Johannesburg. This cements the growth of Nexus Waterfall as a premier destination that not only connects infrastructure, technology, efficiency, convenience and quality of life, but has a strong commitment to sustainability with world-class features.

As the sole occupant of this distinctive commercial office building, DP World embraces the premium office space, meticulously designed to be energysaving and environmentally conscious. This aligns with DP World's 'Our World, Our Future' strategy and commitment to achieve net zero emissions by 2050.

Incorporating best-in-class sustainability practices, Nexus 2 also exemplifies Attacq's dedication to environmental stewardship. The building's design prioritises reducing overall energy consumption within the building, thereby mitigating greenhouse gas emissions and lowering associated costs for tenants. The environmental strategy aims to enhance occupants' well-being, consequently improving work performance. Additionally, a focus on water efficiency is evident, with measures in place to minimise potable water usage through innovative system design.

Lourens Du Toit, Attacq's Head of Sustainability, Infrastructure & Land said, "Having achieved another Green Building Council of South Africa



5-Star Design rating for Nexus 2, demonstrates our commitment to developing more efficient, resilient and environmentally friendly buildings. We are delighted to welcome DP World into our community, sharing our dedication to sustainable practices."

Key actions taken to achieve sustainability goals include submetering major energy-consuming systems, minimising greenhouse gas emissions, implementing occupancy sensor-controlled lighting, and optimising office lighting design for energy efficiency. Notable features include ventilation meeting SANS standards with a VRF HVAC system, and a Building Management System for monitoring and controlling AC systems. These actions, coupled with adherence to fresh air standards, ensure further energy savings and improved indoor air quality.

Furthermore, Nexus 2 was built with emphasis on waste reduction and environmental impact mitigation throughout the construction and operation phases. Water filtering units are installed in every kitchen area to avoid single-use plastic waste, and waste recycling bins have been placed to encourage separating waste for improved recycling rates. A 190 kW solar photovoltaic system will be implemented in due course.

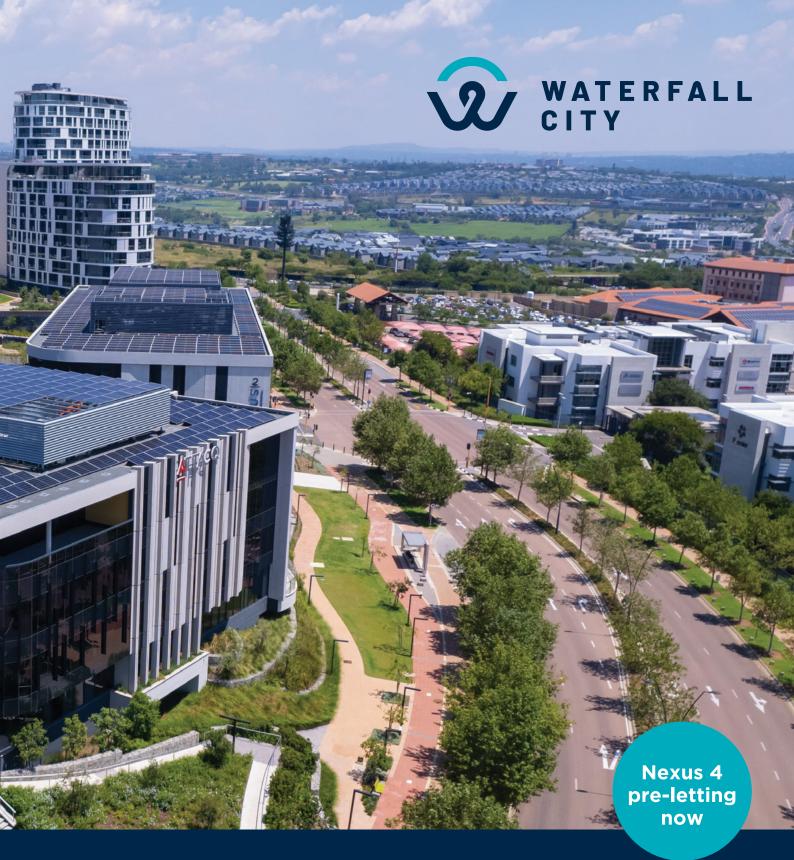
"DP World's investment demonstrates our desire to be part of a community with progressive commitments to sustainable practices, and speaks to our Principle of 'Build for a Better Future," said Jacques van Jaarsveld, Senior Vice President: Strategic Projects & Procurement for DP World in sub-Saharan Africa.

DP World's move into Nexus 2 not only underscores Waterfall City's stature as a sustainable trade hub but also signifies a collaborative effort towards a greener future in commercial real estate.

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Waterfall City Health



RAPID COLON SURGERY RECOVERY WITH ROBOTICS AND SUNLIGHT Precision tech and the sun's healing power for lower colon resection.

he latest robotic technology and the earth's ancient sun both played a role in the rapid post-surgical recovery of a man being treated for rectal cancer. One of Colin Horn's greatest concerns, when he was diagnosed was that he might need a colostomy bag after the surgery to remove the 124mm section of his lower colon where the tumour was growing.

"I have a positive mindset generally, and I had been under the knife for a quadruple heart bypass years ago. When Dr Sudha Naidoo and I discussed the options and potential risks of the surgery to remove the diseased part of my colon, my single biggest fear was that I would be left reliant on a stoma and colostomy bag and how that would affect my life," says Mr Horn, 74.

"When a person has rectal cancer, the surgical field is very close to the nerves involved in sphincter function, bladder control and erectile function. The robotic-assisted approach makes a difficult surgery deep in the narrow confines of the pelvis a little easier to perform, and the capabilities of this technology, fortunately, allowed us to avoid these critical nerves and the need for a stoma in Mr Horn's case," explains robotically trained general and bariatric surgeon Dr Naidoo.

Dr Naidoo and fellow da Vinci Xi robotic accredited general surgeon, Dr Bhavesh Gordhan, performed the low anterior resection procedure at Netcare Waterfall City Hospital with Professor Amjad Pravaiz, proctor and head of minimal access and robotic colorectal surgery at the European Academy of Robotic Colorectal Surgery (EARCS).

The flagship da Vinci Xi is the latest robotic surgical system and the fourth generation of the pioneering da Vinci, produced by Intuitive and locally distributed by Medhold.

"The system allows us to be deeply immersed in the surgical field, with the visuals magnified ten times and in 3D so we can see much better than the human eye. The system enables us to work precisely and comfortably in the narrow



Colin Horn is pictured enjoying fish and chips while watching the sunset with his wife Bev on a recent holiday to Pringle Bay. Mr Horn was surprised at how quickly he was able to get back to daily life after having robotic-assisted colorectal surgery for cancer at Netcare Waterfall City Hospital in 2022.

confines of the pelvis through small punctures in the skin without placing much pressure on the abdominal walls," Dr Naidoo says.

"After Mr Horn's procedure, we placed him in the intensive care unit for observation and initial recovery, and the next day, he was already upbeat, walking around and talking – we even had to ask him to take it easy. With the traditional or laparoscopic approach to this operation, recovery tends to take longer, and patients often require more postoperative pain medication."



(Left to right) General surgeon Dr Bhavesh Gordhan, visiting head of minimal access and robotic colorectal surgery at the European Academy of Robotic Colorectal Surgery (EARCS), Professor Amjad Pravaiz, and specialist general and bariatric surgeon, Dr Sudha Naidoo, performed Mr Horn's robotic-assisted procedure at Netcare Waterfall City Hospital.

"I went into the theatre just before noon and woke up at 11pm that night, not feeling too bad, although I was not sure where I was at first. I was in ICU for three nights, with the nursing sister at my bedside, monitoring me 24 hours a day, as Dr Naidoo wanted to be cautious," Mr Horn recalls.

"I had been dreading the surgery and the recovery, but it was all good – unbelievably good. The doctors were very kind to my wife and me, and it meant a great deal to me in easing the stressful situation," he says.

After four nights in Netcare Waterfall City Hospital, Mr Horn was discharged, and a week and a half later, he returned to Dr Naidoo for a check-up and to remove his stitches.

"Although the marks left by the incisions were only approximately 25mm, Dr Naidoo said the wound might open slightly. I was most intrigued when he advised me to sit in the sun for 10 minutes for the next few days to help it bind and heal – and he was absolutely correct.

"After robotic-assisted surgery with the pinnacle of stateof-the-art technology, now using the natural power of the sun – which is billions of years old – as part of the process struck me as quite an astounding contrast," Mr Horn says.

Dr Naidoo adds that the healing properties of fresh air and sunshine are well-documented. Within weeks of the operation, Mr Horn returned to enjoying walking around his home suburb, as recommended for his heart health.



"I was surprised how quickly I was able to get back to my usual activities after the operation, and I'm very grateful that I was referred to Dr Naidoo"

Mr Horn's oncologists prescribed a course of radiation therapy and chemotherapy to attack any remaining cancer cells after the tumour and affected section of the colon was removed. Dr Naidoo advised that he avoid nitrates and processed foods in the future and have annual scopes, MRI and CT scans, and blood tests to monitor his condition carefully.

"I was surprised how quickly I was able to get back to my usual activities after the operation, and I'm very grateful that I was referred to Dr Naidoo and was a candidate for this advanced option at Netcare Waterfall City Hospital, where I was very well looked after," Mr Horn says.

Dr Naidoo emphasises that the da Vinci Xi robotic surgical system cannot independently move or perform any action. "We always have two robotically trained surgeons present as part of the team for these procedures, and Dr Gordhan and I always work together on robotic-assisted surgeries. We are in full control at all times; it is a superb tool that allows us to operate with less physical trauma," he says.

"While any surgical procedure has some risk, many potential complications associated with traditional surgery are avoided. Internationally, a lot more procedures are being done with the robotic-assisted approach. However, it is only recommended as an option where there is a clear benefit in terms of the complexity of the surgery and where it is appropriate for the individual patient's condition," Dr Naidoo notes.

In addition to the colorectal procedures, Dr Gordhan and Dr Naidoo also use da Vinci Xi's superior technology for pelvic organ prolapse and rectal organ prolapse repair procedures.

Jacques du Plessis, managing director of Netcare's hospital division, says the applications for robotic surgical technology have grown rapidly in recent years. "It is very gratifying to see the difference these sophisticated procedures are making to patients like Mr Horn and how investment in this technology is paying off in extending the capabilities of robotic surgeons practising at Netcare hospitals.



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WHEN TO SELL A STOCK

By Wendy Myers, Head of Securities at PSG Wealth



arren Buffet's favourite holding period for a stock is "forever", but even he acknowledges there are valid reasons for selling a stock. Both professional and retail investors grapple with deciding when to sell a stock.

In fact, it's accepted wisdom that buying a stock is psychologically easier than selling one.

Fundamentally, the two human emotions that influence investors when they consider selling a stock are greed and fear. However, selling stock is a necessary part of your investment journey, and there are right and wrong reasons for doing so.

To steer investors toward a more rational approach to selling stocks, there are several guidelines to consider:

#1: An investment outlook or strategy has changed

Consider, as an example, a scenario



Wendy Myers, Head of Securities

in which you have bought into a retail company, but the economic environment has changed, so inflation is increasing. In this case, you may limit your exposure to retail shares.

#2: A decrease in company growth sales

If a company's sales growth has notably slowed or its strategic direction, management, or dividend policy has changed, this indicates a key sell signal for many investors.

#3: Company acquisition

When news of a company acquisition breaks, the company's share price usually surges close to the agreed purchase price. With limited room for further gains, investors might prefer to secure their profits soon after the acquisition announcement, especially if they anticipate potential impacts on the investment's future appeal or strategic direction.

#4: Rebalancing your portfolio

The need for investors to rebalance their portfolio ensures exposure across sectors and asset classes is maintained, in accordance with your investment strategy. For example, you are selling



a stock if you want to increase your exposure to ETFs or fixed income.

Another example of rebalancing is when a single holding becomes too big when considering your overall portfolio. This could be due to the value of the share increasing materially over time, resulting in concentration risk, which could, in turn, justify taking profits.

Despite these guidelines, choosing the opportune time to sell is never easy. When selling a stock, you are effectively giving up further equity upside, so ensure that you are comfortable living with share price moves after you have sold. Also, ensure you are selling the stock in the context of your financial plan, which outlines your investment and financial goals for the short and long term.

Just as there are guidelines on when to sell a stock, there are also guidelines on when not to sell.

#1: Don't sell a stock just because its price increased

Winning stocks increase in price for a reason, and they also tend to keep winning.

#2: Don't rush to sell a stock solely because its price has dropped

First, assess if the broader market is experiencing similar movements or if there's specific news affecting the company, potentially causing the dip. It could be a one-time event.

#3: Review the company's track record

Check if the company has faced similar situations in the past and bounced back. Evaluate the competitive landscape as well. If competitors haven't experienced a dip, investigate why and assess whether you still have confidence in the company's strategy.

Once you decide to sell a stock, there are further considerations to bear.

How do you plan to reinvest the proceeds from the sale?

Your decision should be guided by why you're selling in the first place. Is it due to specific stock reasons, or are you temporarily stepping back from the market until your predetermined entry levels are reached for reentry? If it's the former, you'll need to explore alternative investment options since keeping cash may not yield returns that outpace inflation in the long run.

Also, remember the challenge of timing your re-entry into the market. The recommended approach is to avoid trying to "time the market" and execute your buy order when the appropriate time arrives.

Considering taxation

Selling a stock triggers a Capital Gains Tax (CGT) event. Additionally, investors will face taxes on interest income at their marginal rates if they invest the sale proceeds in a cash solution. Marginal tax rates are typically higher than CGT rates, so it's crucial to keep this in mind. Furthermore, remember that you'll need cash to settle the CGT liability with SARS, so factor this into your cash deployment strategy after selling a stock.

It is also important to remember that your financial adviser can play a crucial role in this process, particularly since they consider your long-term financial goals holistically.

They will ensure that you approach the transaction objectively and do not resort to panic selling. They will also assist you in deciding whether to sell your full holding or a portion of it.

Speaking to an adviser

Finally, your adviser can clarify the repercussions of the sale, particularly regarding tax implications, and help determine your next investment based on your predefined investment goals and risk profile, ensuring that your overall portfolio remains balanced and aligned with your goals.



WOODMEAD VALUE MART The place for Waterfall City value shoppers.

oodmead Value Mart has something for everyone. Located at the corner of Waterfall Crescent and Woodlands Drive in Woodmead, its excellent position makes it an accessible pop-in destination on the way home from work or as a relaxing family outing on the weekend.

Referred to as the "value for money" centre, Woodmead Value Mart is home to 38 outlet stores and factory shops of major international outlets, including everything from tech to fashion. Think Guess, Replay, Europa Art Shoes, and Jo Borkett, to name a few. Popular sports brands include Nike, Fila, New Balance, Kappa, Salomon and Under Armour. Get your décor fix with Tile Africa and The Bed Store, while West Pack Lifestyle will ensure all house and pet essentials are on hand. And if you are an explorer and thrill seeker, Overland Outdoor Adventure has got you covered. With ample free parking and a Mugg & Bean onsite, why not make a morning of it?

Woodmead Value Mart opened on 1 April 1995 and has showcased popular brands ever since. Hi-Fi Corporation was one of its first tenants, and today, it remains a trusted store for tech and appliances. The centre's focus has always been value for money, highlighting several factory outlets. Today, however, a number of designers have been introduced and have certainly upped the fashion ante with the likes of Forever New, Steve Madden and

27/01

GUESS



G-Star Raw, assisting Woodmead Value Mart in its aim to be the home of genuine brands and great value.

So, what makes Woodmead Value Mart stand out among the competition? According to Natasha Koning from the centre's property manager City Property, "Our exciting tenant mix makes us stand out, as well as having the best and biggest Nike store in the area. We are a onestop branded outlet centre, bringing great convenience to our customers. And we offer shoppers easy access, secure and free parking!"

Woodmead Value Mart also runs promotions and activations throughout the year, and customers can keep updated by visiting the centre's Facebook page @Woodmead Value Mart.

With value around every corner, this centre is where you go if you love the thrill of a bargain buy and want to shop till you drop without it costing an arm and a leg!

For more information, contact 011 802 7526, or email propworld@cityprop.co.za

COLOUR CREATIONS Paint Specialists







- Understanding Preschooler's Social Development.

By Nicoleen Davies, Life Talk Forum



reschoolers – those between the ages of 3 - 6 years old are now ready to learn to socialise. This is the time for questions who, what, why, when. Understanding the world around them becomes increasingly important as they become more independent, converse more, and speak in longer sentences. This developmental age has a strong social and emotional development component built primarily during play and exposure to others. They will learn to take turns and share and that there are rules to follow. All of this shows them there are other people in their world that they need to get along with.

Preschoolers are egocentric!

This is the age of me, myself, and I.

It is very typical for preschoolers to be egocentric. Young children see everything happening around them as it relates to themselves. They are unable to differentiate between some aspects of themselves and others. Their perspective is the only one that matters. But they are not being selfish – they simply don't yet understand a different point of view.

They are also straight shooters and say it as it is. "I don't like you anymore and don't want to be your friend". It can be hard to play co-operatively, share and help, and often, their behaviour may be seen as socially damaging. This doesn't mean they are intentionally nasty, bullying, or anything negative – they still have to learn that other people have feelings and can be hurt by words and actions. They will still learn to apply filters, empathy, kindness and so on – all those social skills that help us get along.

What is social development?

Social development is creating, building, and sustaining meaningful relationships with others. It is a gradual, integrative process in which children acquire the capacity to express, experience, understand, and manage emotions while building relationships. Our children gradually learn to express and manage their own emotions while learning to respond appropriately to those of others.

What to expect at this age?

From an emotional perspective, the following development will include:

- Understands when someone is hurt and may want to comfort them.
- May show a stronger preference for same-sex playmates.
- May enforce gender-role norms with peers.
- Attain gender stability (sure she/he is a girl/boy).
- May have bouts of aggression with peers.
- Likes to give and receive affection from parents.
- May praise themselves and be boastful.

From an emotional perspective:

- Developing independence and social skills they use for learning and getting on with others at preschool and, later, school.
- They will enjoy playing with other

children.

- May have a particular friend.
- They will begin to share more and cooperate with peers.
- Jointly manipulates objects with one or two other peers.

What happens when a child lacks social-emotional development?

It is essential to be aware that socialemotional development delays and behavioural problems at preschool age are associated with an increased risk for adverse outcomes at school age. This can include ongoing behaviour problems, poorer academic achievement, and even psychiatric disorders.

How can you help them develop these skills?

- A great way to help preschoolers understand others is to read books where the characters experience emotion. Discuss how your child would feel in the same situation.
- Encourage them to talk about their feelings why they are sad, angry, or happy.
- Help your child make connections with others. Try to help them by explaining why a friend might not



want to play with them. Maybe that friend is shy, sad, or not feeling well.

- Be gentle, calm, and consistent in how you parent them through this phase in the context of the social and emotional learning they are experiencing.
- Encourage them to name their feelings through words or pictures.
- Remind them that all feelings are OK if they are expressed safely.
- Use books, songs, games, stories, and play to discuss many feelings.
- Focus on teaching them problemsolving skills. These can be applied to relationships, situations, and their own feelings.

There are five elements to this developmental process, namely:

- Self-awareness as mentioned above, they are aware of their gender, features, etc. They are increasingly independent, reliant on others, and less so on parents in a social setting.
- Self-management this is when they learn to control their emotions and behaviour in a range of situations, especially when things don't go the way they want them to or when they want them to.
- Social awareness understanding how they fit into the world. They start developing values and attitudes toward others and respect for others and their possessions.
- Relationship skills they start to develop the ability to self-regulate, to show empathy and to understand other's perspectives.
- **Responsible decision-making** and problem-solving skills.

Every age has unique challenges; parenting means adapting, supporting, nurturing, guiding, and being present with your children.

We always remind parents that their children mirror what they see, so show empathy towards others, be mindful of how you interact with others, talk about your emotions, and share your treats with them – they will learn from you!



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Aerial photo of water hyacinth in the Vaal River Barrage Reservoir

INVASIVE ALIEN PLANTS Rand Water's Control Strategy at the Vaal River Barrage Reservoir (VRBR).

Invasive Alien Plants (IAPs) are plants that are non-native to an ecosystem, which may cause economic and environmental harm or adversely affect human health. Particularly, they impact on biodiversity, including the decline and/or elimination of native species, through competition, predation or transmission of pathogens. This results in the disruption of local ecosystems and their functions.

nvasive alien plants introduced and/or spread outside their natural habitats have affected native biodiversity in almost every ecosystem type on earth and are one of the greatest threats to biodiversity. Such invasions are among the top drivers of biodiversity loss and species extinction around the world, with invasive species having contributed to nearly 40% of all animal extinctions, as suggested in a study done by Bellard, Casey & Blackburn (2016). The problem continues to increase greatly from an ecological, socio-economic and health point of view, worldwide. Invasive alien plants exacerbate poverty and threaten development through their impact on agriculture, forestry, fisheries and natural systems - which are an important basis of peoples' livelihoods – particularly in developing countries like South Africa. This damage is aggravated by



Development stage of water lettuce

climate change, pollution, habitat loss and human-induced disturbance.

IAPs are not static and can be introduced to a new water source from one that is impacted by birds, humans, boats, jet skis or any moveable object, via the transfer of IAP seeds, seedlings or plants. These can regrow asexually (i.e. vegetatively) and sexually (i.e.

Megamelus feeding on water hyacinth

seeds), allowing for exponential growth in the new water source. Environmental factors such as wind and poor water quality (i.e. high organic nutrients) can exacerbate the spread of IAPs such as Pistia stratiotes (water lettuce) and Pondeteria crassipes (water hyacinth) by promoting seeding and seed dispersal, as seen in the Vaal River Barrage Reservoir (VRBR).



Water hyacinth and water lettuce in the Vaal River Barrage System

How can IAPs be controlled? • Biolo

There are four methods that can be used to control and/or avert infestations of IAPs. These are mechanical, chemical, biological and an integrated control.

Mechanical

Mechanical control refers to the use of machinery to physically remove IAPs from a system. For example, in an aquatic environment, IAPs such as Pistia stratiotes and Eichhornia crassipes are controlled by raking, mowing or hauling. Disturbance stemming from the physical removal can cause the seed bank to proliferate, and it is therefore essential to have continuous follow-up action in order to improve efficiency. The disadvantages of this method, when used solely, is that the rate of growth of the invasive plants usually exceeds the control efforts, resulting in inefficiency in control. It is also labour intensive.

Chemical

Chemical control refers to the application of registered and approved herbicides directly to the IAPs, with the aim of suppressing and subsequently killing them. For the process to be most effective, the choice of herbicides, correct application method, dosage, time of application and follow-up actions are important. Improper use can result in the persistence of these herbicides in the water, leading to further ecosystem degradation.

Biological

Biological control refers to the use of host-specific natural enemies of the IAPs to reduce the population(s) to an acceptable/aesthetically pleasing level. Host-specific biocontrol agents do not interfere with the indigenous flora and fauna, as these feed predominantly on the IAPs, where the disappearance of the said IAPs would entail the disappearance of the biocontrol agent. An example of this is the weevils that have been released at the Vaal River Barrage Reservoir to counteract the exponential growth of water lettuce via herbivory. The weevils damage the plant material, inhibiting further growth and reproduction of the plant, and reducing the population therein.

Biological agent for water hyacinth

Integrated

An integrated control method, as employed by Rand Water at the VRBR, encompasses a combination of the three methods as a strategy to control and reduce the plant populations in the system. In essence, mechanical removal will be employed to remove dense mats of these weeds in the mid to lower stream of the river, whilst upstream areas, covered by dense mats will be sprayed with registered and approved herbicides (by the relevant departments), following a stringent method which aims to limit the contact of the herbicide to the plants, and not the water. Follow-



up mechanical removal will then be conducted to ensure that these do not further add to the nutrient load of the system, as they submerge in the water post-spraying. In the longerterm, biocontrol agents will also be released to aid in the control of these large mats, particularly in tributaries and slow-moving parts of the river, creating a population of weevils that will then actively control the VRBR, biologically.

Quick facts about the VRBR & IAP infestation

- 1. The area under management for IAPs is approximately 930 hectares in extent, with numerous reed beds and other smaller channels.
- 2. Poor water quality from numerous upstream pollutants and overflows from sewers have contributed to the reduced water quality, acting as a feeder for these IAPs.
- 3. Rand Water, in collaboration with industry-leading scientists from the Centre for Biological Control (CBC), uses host-specific biocontrol agents that have been approved by the Department of Forestry, Fisheries and Environment; these will not alter or disturb the natural/indigenous ecosystems at the VRBR.
- 4. Rand Water's water supply will not be impacted by the integrated control being implemented at the VRBR because:
- Rand Water does not extract water for purification and subsequent dispersion from the VRBR.
- The water that is purified and dispersed by Rand Water undergoes a stringent testing process that is ascribed to SANS 241; it cannot cause cancer as a result of the herbicides used at the VRBR.
- Scientists and studies from credible institutions reiterate that following an integrated control method is best to reduce IAP populations and limit future infestations in the long-term.

Information supplied by K. English, Rhodes University Biocontrol Unit and compiled by L. Mhlongo, Rand Water. Photos supplied by Rand Water.

Waterfall City Travel

A LOVE AFFAIR WITH SALA Sala Beach House - where romance meets the sea,

and every moment is perfection.



The suites also offer 180-degree views of the Indian Ocean, turning your room into a private dolphin and whalewatching sanctuary.

t Sala Beach House, one will experience a love affair with luxury against the backdrop of Shaka's Rock and Thompsons Bay. Tucked away in a lush oasis of greenery and palm trees on the KwaZulu-Natal North Coast, Sala Beach House stands like a sentry overlooking the ocean.

Once a private residence, Sala Beach House underwent a lavish transformation during the early days of COVID, emerging as a sevenbedroom, dreamy coastal retreat that seamlessly blends modern luxury with the traditional charm of yesteryear manor houses. The design exudes elegance and beach chic vibes, with a mesmerising white-on-white palette, exquisite linen, light woods, and an eclectic art collection.

Even the amenities are fit for royalty – delightful bath products and luxuriating rain showers; bottled jellybeans in the room, Terres D'Afrique body products, and the high-end coffee brands. The suites also offer 180-degree views of the Indian Ocean, turning your room into a private dolphin and whale-watching sanctuary. You may never need to leave your comfortable haven. Just sit on your private veranda, enjoy a cuppa from your coffee bar and chill. coastal charm, with light, airy spaces radiating simplicity, comfort and style. Large sofas beckon you, while private nooks with armchairs offer intimate retreats. Sala is crafted for couples, a haven of privacy, exclusivity, and unbridled romance. Picture yourself by the fire pit or lounging on the sun deck, cocktails in hand, serenaded by the gentle sea breeze and the rhythmic ocean lapping – pure bliss.

You will be equally impressed with Sala's menu, where sourcing sustainably and using local produce, wherever possible is a high priority. Served in the idyllic surroundings of the dining room, outdoor terrace or in the courtyard, savour the seasonal menu.

Guests will dine like kings and queens. General Manager Zinhle Mthembu and the Sala team are also in the know regarding wine pairings, and the carefully curated wine list is a treasure trove of delightful labels, some of which you might never have tried before. The harmony of the ocean and vine unfolds as Sala showcases wines from vineyards near the sea or crafted by winemakers who surf – a perfect marriage of two passions.

So, what else does one do when in paradise? When you've had your fill of ocean views and poolside lounging, immerse yourself in the tranquillity of Sala Beach Spa or pop to the beach. Sala offers a private entrance onto Thompsons Bay Beach, a renowned Blue Flag beach. Nearby you will find the infamous historical site Shaka's Rock – it allegedly gets its name as the spot Zulu Chief Shaka is said to have thrown his enemies from and to have tested his men by daring them to jump to their deaths.

Less bloody, is the man-made protected tidal pool that is well worth a visit when the waves vigorously crash over it as well as the nearby secluded coves. But wait for low tide, or you may get wet!

For the ultimate wellness experience, Sala can even arrange yoga sessions overlooking the ocean. Guests can indulge with the delightful instructor Christie Holt. Imagine stretching into the sunrise, coffee in hand, dolphins frolicking in the background. This is Sala, a palm-treed coastal escape oozing 5-star service and tranquility.

Note

Sala is a kid-free zone – no offence to kids. However, next door, Sala offers a family-friendly, self-catering, threebedroom villa with all the stunning nuances of Sala.

For more information email stay@salabeach.co.za, call 032 492 0420, or visit www.salabeach.co.za

Article by Nicky McArthur, courtesy of Muse Magazine www.musemagazine.co.za



The common areas echo the same





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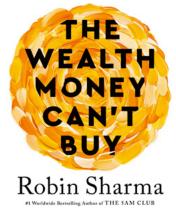
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Book Reviews

The 8 Hidden Habits to Live Your Richest Life



The Wealth Money Can't Buy By Robin Sharma

'This book is about a completely new philosophy and methodology of success and wealth that we are not schooled, trained or even encouraged to consider. But one that will bring us sustained happiness, personal freedom and lasting internal peace.' – Robin Sharma

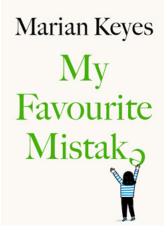
In a world fixated on the conventional notion of success – marked by relentless hustle, sacrificing wellbeing and missing out on cherished moments with loved ones in the pursuit of fame and material possessions – Robin Sharma introduces a paradigm shift. In *The Wealth Money Can't Buy*, Robin Sharma rewires our perception of wealth to include not just financial success, but seven other essential forms of wealth:

Growth, Wellness, Family, Craft, Community, Adventure, Service.

Filled with powerful life lessons and practical tools, *The Wealth Money Can't Buy* will help you to stop chasing the wrong kinds of riches and set you on a transformative path towards a truly rich and abundant life filled with joy, peace and freedom.

Price: R405.00

Warm-hearted, witty and fearless'



My Favourite Mistake By Marian Keyes

Anna has just lost her taste for the Big Apple... Anna has a life to envy. An apartment in New York. A well-meaning (too well-meaning?) partner. And a high-flying job in beauty PR. Who wouldn't want all that? Anna – it turns out.

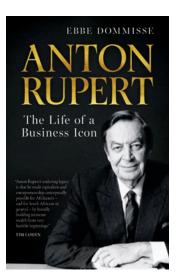
Turning a minor mid-life crisis into a major life

event she bins the lot, heads back to Ireland, and gets a PR job for a super-high-end coastal retreat. Tougher than it sounds. Newsflash: the locals hate it. So much so, there have been threats – and violence.

Anna, however, worked in the beauty industry. There's no ugliness she hasn't seen. No wrinkle she can't smooth over. Anna's got this. Until she discovers that leaving New York doesn't mean escaping her mistakes.

Once upon a time she'd had a best friend. Once upon a time she'd loved a man. Now she has neither. And now she has to face them. We all make mistakes. But when do we stop making the same one over and over again?

Price: R385.00



Anton Rupert By Ebbe Dommisse

The extraordinary life of tycoon and philanthropist Dr Anton Rupert is told in full in this updated version of the top selling biography.

This is the story of a Karoo boy who grew up during the Depression, struggled to find money to study science, and then made good as a businessman,

spectacularly so, reaching the Forbes list of the 500 wealthiest people worldwide.

Unlike Harry Oppenheimer, Rupert was no heir, neither did he make his millions from mining. His Rembrandt Group of manufacturers became known across the globe, owning brands like Cartier, Dunhill, Rothmans and Montblanc. Within a few decades, a family dynasty was built, making the Ruperts, next to the Oppenheimers, the richest family in Africa.

This compelling book, based on extensive research, does justice to a South African icon whose life contains invaluable business lessons. Anton Rupert's insights into job and wealth creation are today more relevant than ever.

Price: R405.00

Waterfall City Classifieds

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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.

COMPUTERS

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

We come to you! Pamper your pets at home in our els. BOOK NOW -

RESTAIL

Mio Co 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.

FI FCTRICIAN

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

FLOORING

Turkish Carpets Gallery	071 648 3050
	Shop 065 604 1999

For classic, modern and abstract carpets, visit us at Kyalami Corner Shopping Centre, Upper Level, Shop 107. Our other services include washing, cleaning and carpet repairs done professionally.

Top Carpets and Floors Kramerville

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

GARDEN & POOLS SERVICES

Crewcut Gardens & Pools Peter 082 450 1111 082 789 7916 Mark 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@crewcut.co.za

GAS SUPPLY SERVICES

073 818 3532 Falcon Gas 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

082 854 9898

Brad's Lock and Key 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

011 469 4300

083 250 3736

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

WATER SURVEYING

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

uipped pet pariour on wheels.	B
papysmooches.co.za	
RANTS	
l'Cacchio Waterfall	(
ll@colcacchio.co.za	

info@sc

011 315 2926

082 707 2068

fully-eq

djb160453@yahoo.com **PET GROOMING**

Soapy Smooches Mobile Pet Groomers 061 087 8247



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Estate General Manager - Waterfall Hills Mature Lifestyle Estate	Shae Braithwaite	081 810 0770	shae@whra.co.za
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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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SPEEDWAGON PROPERTIES

Hang Him To speedprop@gmail.com 082 516 1718

THIS IS ME PROPERTIES

Jessica Hofmeyr jessica@thisismeproperties.co.za 082 829 0094 Georgia Hofmeyer georgia@thisismeproperties.co.za 066 225 8521

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> An updated list is also available on the Waterfall City Community Portal. For any queries, contact: agents@waterfall.co.za

REMEMBER TO SUPPORT YOUR LOCAL RESTAURANTS WHEN YOU FEEL LIKE A NIGHT OUT! **MAY RESTAURANT COMPETITION** for our Waterfall City residents

The question for this month's competition: Where can you find a flexible, pop-up retail space that gives retail brands a short-term physical presence?

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

Terms and Conditions:

- 1. Vouchers cannot be exchanged for cash. 2. Portions of the monetary value of the voucher cannot be refunded as "change".
- 3. Bookings need to be made in advance with the restaurant detailed on the voucher.
- 4. Service charges/gratuities are not included,
- regardless of any balance left over after the meal. 5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
- 6. The competition is open to all Waterfall City residents over the age of 18.

Aadila Turkey, our April 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.



CONGRATULATIONS TO:

COL'CACCHIO WATERFALL | 010 205 9004 | 010 596 8941





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