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ISSUE 9 | 2024



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Including Maintenance Plan, 1,000 km, Chromite Black Metallic, Black Leather, R1 995 000



2024 – Cayenne Tiptronic

Including Maintenance Plan, 6,000 km, Montego Blue Metallic, Black Leather, R2 145 000

Welcome!

Sport is one thing that unites all South Africans, and with spring finally underway we're surrounded by sporting opportunities.

Firstly, we are proud to introduce you to golfer Casandra Alexander, our new brand ambassador who showed off her skills at the Waterfall City Tournament of Champions in May. Casandra is our cover story this month, and you can read about her brilliant performance and feisty determination that matches the spirit we aspire to at Waterfall City. With tournaments planned in Spain, France, China and Taiwan, she's certainly a name to watch.

If you fancy taking part in some sport yourself, how about The Amazing Race Waterfall City on Saturday 12 October? This is scavenger hunting on steroids. Teams of 2 to 5 participants will use an app to navigate to various locations in the City, including previously restricted areas, to solve clues and complete challenges while racing against the clock. All the details you need are in this edition.

Our Must Do article is full of other activities too, like a fun run, a special offer from Life Day Spa, blood donation days, and two competitions.

Talking of competitions, Waterfall City's dance team is having a fantastic year, and you can read about the global successes coach Corlanie Botha is helping her students achieve. They've represented South Africa for five years running at a prestigious contest in Los Angeles, and they're continuing to make us proud.

We're also proud of our local private fire brigade, Fire Ops SA, which is now expanding its presence in Waterfall City. In the past 10 months alone, the crew has extinguished 25 structural fires, 86 veld fires and eight vehicle-related fires in the City, in addition to responding to incidents involving floods and snake relocations. Our Fire Ops article really demonstrates the diversity of their contribution here.



The Waterfall City Athletics Club has also been busy, with the fourth annual Waterfall City Half Marathon held in August attracting 6,000 runners. Our feature will bring back the glory if you competed, and perhaps inspire you to take part next year if you didn't.

We also welcome a few new tenants to Mall of Africa, including The FITZ and Valora jewellery stores, Rinso car wash and a store featuring South Africa's own sneaker brand, Bathu.

Foodwise, we meet new Asian eatery Jinsei's head chef and discover his favourites on the menu.

This month, Netcare's regular column is an unusual look back in time, as the first baby born at Waterfall City Hospital revisits his birthplace 13 years later. And finally, our PSG Wealth column looks at the other end of life, with handy advice about estate planning.

Until next time,
Waterfall City Management

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Left to right: Willie Vos, CEO of WCMC, Casandra Alexander, Mpho Sekhoto, Talent Manager at Openfield and Anneli Marais, Marketing Manager of WCMC.

Meet Waterfall City's brand ambassador

CASANDRA ALEXANDER

The Waterfall City Tournament of Champions, a new and unique event on the golfing calendar, was held in May.

This prestigious tournament brought together an elite field of 34 players, including top champions from the Sunshine Tour, Sunshine Ladies Tour, and GolfRSA amateur ranks, showcasing the best of the golfing world.

Casandra Alexander, with her magnificent bogey-free round of 61 on the second tournament day, led by two strokes at Royal Johannesburg's East Course. Tied for second place at 16 under par at the end of the competition, her performance, following the successful season of the Sunshine Ladies Tour, showcased her exceptional talent. It was also a powerful testament of the progress being made to advance women's professional golf in South Africa. It inspires hope and sets a high bar for the future.

Following the tournament, Waterfall City Management Company (WCMC)

pledged its unwavering support to Casandra, demonstrating its commitment to helping her achieve her golfing goals this year.

"Casandra embodies the spirit we aspire to here at Waterfall City. Her feisty, fearless nature, coupled with her impressive drive and determination, mirrors the characteristics we value," says Willie Vos, CEO of WCMC. "As a City committed to passion and excellence, we believe Casandra is the perfect brand ambassador for us."

Waterfall City is excited to grow alongside Casandra and support her journey as she aims for new heights in her professional career.

"Our goal is to see Waterfall City's name shine alongside hers as she makes her mark on the world stage," says Anneli Marais, Marketing Manager of WCMC.

"My recent performance at the Waterfall City Tournament of Champions event, my win at the ABSA Ladies Invitational in

April and of course participating in the US Women's Open have certainly been highlights of my career to date. As has being first reserve for the SA Olympics team this year. Achieving a win isn't easy – it takes a lot of grit alongside a solid gameplan, but more than this, it's the team and supporters backing me. I am exceptionally honoured that WCMC has seen something great in me and is keen to support my golfing aspirations," says Casandra Alexander.

Casandra has set ambitious goals for the season, including qualifying for Stage 2 of the LPGA Q-School in Florida later this year. She will also be playing tournaments in Ireland, Spain, France, China and Taiwan. To support her endeavours, WCMC is contributing towards her journey. In return, she will be a brand ambassador for Waterfall City, proudly wearing our logo on the sleeve of her upper left arm as she pursues her dreams.

"I am so excited about this partnership with WCMC and think it is going to be

a prosperous and long one. I believe our brand values align well, and I look forward to growing together. Having a company like WCMC endorsing me gives me a lot of confidence on the golf course – it makes me believe in myself more because others believe in me. I have so many goals for the future, including the next Olympics, and I am honoured to have the Waterfall City badge on my left shoulder. It's a privilege to show off my new sponsor and I hope to make them proud," adds Casandra.

Cassandra's first appearance as Waterfall City ambassador was at the 2024 ISPS Handa Women's Scottish Open at Dundonald Links in Ayrshire from 15 to 18 August, followed by the AIG British Women's Open at St Andrews the following week. Do look out for her on the women's golf tournament roster in the months to come.

"We are proud of supporting Casandra and witnessing her achievements, and we look forward to a successful partnership that benefits both her career and Waterfall City," concludes Vos.





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THE AMAZING RACE

is coming to Waterfall City



Waterfall City is about to transform into a playground of excitement with The Amazing Race, which takes scavenger hunting to the next level!

This is your chance to discover everything our City has to offer, from a vibrant shopping scene and gourmet dining to thrilling adventures.

“We want to showcase the amazing variety of lifestyle offerings available at Waterfall City – a place where people love to be,” explains Anneli Marais, Waterfall City Marketing Manager. “This is an opportunity to show off our City, including our sustainability aspect –

T H E A M A Z I N G R A C E W A T E R F A L L C I T Y

landscaping, composting areas, water irrigation and maintenance.”

Get ready for Waterfall City to become an interactive game zone! Teams of 2 to 5 participants will use a smartphone app to navigate to various Hotspot locations, solving clues and completing challenges

while racing against the clock.

This is your opportunity to access previously restricted areas and uncover hidden gems within the City. Enjoy the adventure of a lifetime and compete with family, friends, or colleagues in a corporate challenge.



How to join the fun

Buy tickets at Quicket at R1,000 per team (incl VAT).

Teams consist of 2 - 5 people.

For more information and Ts and Cs go to:
<https://waterfallcity.co.za/events/the-amazing-race-waterfall-city/>

When and Where

Saturday 12 October, Waterfall City Park

Registration takes place at Waterfall City Park, also the race's starting point. The event starts at 9:30, but the great news is that you can play the game any time between 9:30 and 15:30. Winners are judged based on their game time score and success in finding clues. "So even if your kids have morning sport, you can still join us afterwards and have a great afternoon out," says Marais.



At registration, you will receive a goodie bag containing a Waterfall City T-shirt and lifestyle vouchers – full of amazing discounts just for you. Download the app and let the adventure begin! The app will lead you to clues and Hotspot locations. You will be directed to do a physical, mental or fun challenge at each Hotspot. How good are your singing skills?

You will be scored on all activities, which will count towards the winning teams' points. For those who go slightly off-piste, the Game Master will be online for assistance during the race. Enjoy the prize giving at 16:00, when all the contestants' fun activity videos and selfies will be shown on a big screen.

What can you win?

The top three teams will walk away with AMAZING prizes including Mall of Africa shopping vouchers.

Plus, there will be loads of spot prizes throughout the day! Do you have the most team spirit?

Worthy causes we are supporting:

- Midrand SPCA
- Abraham Kriel Bambanani Children's Home
- Breast Cancer Awareness with Estée Lauder

"The Amazing Race Waterfall City is a fun outing and the perfect opportunity to explore our beautiful City. Plus, it's also a great team-building event," adds Marais. "All you need is a full tank of petrol, R200 cash, data, a good attitude and loads of energy!"

Expertly managed by



Good Luck.
Travel Safe.
Go!

MEET THE CHEF

WASHINGTON DLAMINI

Head Chef at Jinsei, Waterfall Wilds

Following the feature on Jinsei in last month's magazine, here we introduce you to their talented chef, Washington Dlamini. Find out more about his cooking style, what he believes is the most underrated ingredient and his top tips for aspiring chefs.

Q: What is the restaurant and cuisine?

A: Jinsei, serving Japanese, Korean and Vietnamese cuisine.

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

A: I have always had a passion for food, so in 2009 I decided to make it my career.



Q: Did you study?

A: Yes, I studied at the Fine Dining Chef Academy in Zimbabwe.

Q: Do you have any accolades?

A: Not yet.

Q: What is your cooking style?

A: Traditional Asian with a twist.

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

A: Cookbooks, cooking shows and Pinterest.

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

A: Definitely the Chicken and Prawn Pad Thai Wok Bowl, because it has just about all the flavours, from salty and sour, to sweet and even a bit fermented.

Q: What is your favourite home-cooked meal?

A: It's a toss-up between beef and pasta or pap and cow heels (cow trotter stew).

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

A: Ginger. Not one of the restaurants where I have previously worked used ginger, as they thought it made the food bitter and overpowered the dish. When used correctly, it is the most amazing ingredient.

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

A: Black pepper, brandy, and cream to make a pepper brandy sauce.



Jinsei's Swordfish Makimono finished with goldleaf would be Chef Washington's last meal of choice.



Meet The Chef Series

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

A: A good set of knives.

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

A: A steamer, blender and food processor.

Q: Who is your chef idol? Why?

A: Gordon Ramsay, because he is incredibly inspiring and fantastic.

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

A: I would make a Salmon Poke Bowl for Sadio Mané, the famous Senegalese footballer.

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

A: Cooking shows expose chefs to a variety of dishes and techniques, helping us gain more experience. My favourite is *Hell's Kitchen* with Gordon Ramsay.

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

A: Mogodu (tripe) and pap.

Q: What will we always find in your fridge?

A: Gyoza (Japanese dumplings).

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

A: Jinsei's Swordfish Makimono finished with goldleaf. The combination of the miso swordfish, poached prawn and hoisin mushroom medley with the bang bang mayo, miso dressing and pineapple salsa is just so decadent.

Q: What fast food is your secret indulgence?

A: Roast potato chips.

Q: Pro or anti air fryers?

A: Pro.

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

A: A carpenter.

Q: Any advice you would like to share with budding chefs?

A: A career as a chef allows you to use your imagination. You can create your own recipes or modify the ones you already know.



Chef Washington would like to make a Salmon Poke Bowl for Sadio Mané.

Come and indulge in exquisite Asian fusion cuisine at Jinsei, Waterfall Wilds.

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Waterfall City Athletics Club successfully hosts

FOURTH WATERFALL CITY HALF MARATHON



On Sunday 18 August 2024, the Waterfall City Athletics Club, with the support of Attacq and Waterfall City Management Company, hosted its fourth Annual Half Marathon, an event that has now firmly established itself as Gauteng's premier half marathon. This year, the event was yet again a resounding success with a record 6,000 entries selling out well ahead of race day, signalling the growing

popularity and importance of this race on the local running calendar.

As the participants took to the roads of Waterfall City, they were met with ideal running conditions, enthusiastic supporters, and a well-organised event that showcased the unique landscape of this burgeoning urban area. From the start line to the finish, the energy was palpable, and the community spirit shone brightly, reinforcing Waterfall

City's commitment to promoting a healthy and active lifestyle.

A huge congratulations goes out to all the participants who ran, not just in pursuit of personal bests, but as part of a shared experience that highlights the vibrant and active culture of Waterfall City. Each runner's effort contributed to making this event a spectacular performance of endurance, determination, and camaraderie.



WATERFALL CITY HALF MARATHON

5km 10km 21km
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Male 21km champs: 1st Nicholas Seoposengwe, 2nd Sibusiso Nzima, 3rd Ian Nathan



Female 21km winners: 1st Glenrose Xaba, 2nd Faith Kiptoo, 3rd Lebo Phalula



We extend our deepest gratitude to our sponsors; Busamed Private Hospital, BMW, Standard Bank, Switch, SuperSpar Polofields, Panamor Gel and Joint Eze, for their unwavering support. Their contributions were instrumental in ensuring the success of this event and adding an element of prestige to the marathon.

To all the supporters who lined the

streets, cheering on the runners, and to everyone behind the scenes who worked tirelessly to make this event happen – thank you. Your enthusiasm and hard work were key to making this half marathon a memorable and successful event.

Finally, a special congratulations to our male and female 21km winners, Nicholas Seoposengwe and Glenrose Xaba, who not only triumphed over

the course but also set an inspiring example for all. Your achievements are a testament to the dedication and hard work that define Gauteng's running community.

We look forward to seeing everyone again next year for the fifth edition of the Waterfall City Half Marathon, where we will continue to build on this legacy and make it even bigger and better!



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WATERFALL CITY DANCE TEAM

Named Junior Grand Champion of the World



Following a successful 2023, the Waterfall City dance team, trained at the Pulse Dance Studio in Waterfall Country Village and led by dance coach Corlanie Botha, has had nothing short of a fantastic 2024 so far, attaining more medals and achieving great accolades on an international level.

Outstanding achievements

After competing in the hip hop/street dance category at the South African Championships of the Performing Arts in October 2023, where they won Gold and the Grand Champion Award at the provincial event, the dancers from the Waterfall City dance team were once again chosen for Team South Africa to represent the country in Los Angeles at the World Championship of Performing Arts, held from 26 June to 8 July 2024.

This is the fifth time the Waterfall City dance team has competed at this international competition, and they can certainly be proud of their achievements. Seven dancers participated, performing three routines. They won two gold medals and a silver medal in the junior hip hop, open and musical categories. Over and above these, the team attained the Best Dance Group Award, the Division Champion Award, and one of the event's most prestigious awards, the Junior Grand Champion of the World, meaning that the team was the best performers across the junior competition segment.

"Taking the Waterfall City dance team to the World Championship of Performing Arts competition again was a great privilege. It is always met with excitement and nerves. I am so





proud of the team's performance and achievements on this international stage, holding South Africa's name high. This is the first time the Waterfall City dance team has achieved Junior Grand Champion of the World status. It was certainly a moment to remember, being the highest accolade that my studio has ever accomplished," says Corlanie.

Disney, here they come

The team's next international trip will be in December this year when 51 dancers will travel to Disney World with Pulse Dance Studio's sister company, Dance Connection. They will perform in the parades at Disney World and at one of the prestigious theatres. They will also participate in a

workshop with a Disney cast member. After that, the team will travel to Los Angeles, where they will take classes at the Millennium Dance Complex and attend workshops with celebrity choreographers.

For the remainder of the year, the team will compete in the SA Dance School Championship 2024 in October and Dance Stars in November, where they could qualify to go to Croatia in 2025.

Pulse Dance Studio has been operating in Waterfall City for 10 years, and some dancers have been with Pulse since its beginning. Offering hip hop, modern, jazz, and contemporary dancing, the studio encourages children from ages five to 18 to join.

"Not only is dancing fun exercise, but it's a great opportunity to meet other aspiring dancers in the community. Our commitment to the performers at Pulse Dance is to support their dance aspirations and dreams by offering opportunities to perform both locally and internationally," adds Corlanie.

Pulse Dance Studio is situated in the gym of the Waterfall Country Village Estate clubhouse. Anyone interested can contact Corlanie Botha for more information: 072 368 1254 corlaniebotha@gmail.com admin@danceconnection.co.za Instagram: @dance_connection_sa

FIRE OPS SA

Waterfall City's 24/7 firefighting service expands its offering



Fire Ops SA is a private fire brigade service with a station in Waterfall City. It is primarily a firefighting service, with full-time firefighters and a fleet of emergency vehicles. It also offers fire consultations, training and equipment maintenance services.

Fire Ops' presence within Waterfall City has developed extensively since its inception and its establishment of fire services two years ago, and the team will soon be adding an additional key site of operations to further their presence in the City.

Peace of mind

Between September 2023 and July 2024, the Fire Ops SA team stationed in Waterfall City extinguished 25 structural fires, 86 veld fires, and 8 vehicle-related fires within the City. They also supported with 33 Special Service callouts during this period, including snake and water monitor relocations as well as flooding problems.

Over and above this, our local Fire Ops SA team recently attended to two residential fires in Waterfall Country Estate. On the morning of 4 August,

a fire broke out at a home due to faulty electrics in a patio jacuzzi. Patrolling Waterfall City security guards spotted the fire and reported it to the control room. While the control room contacted Fire Ops, the astute security personnel used multiple dry chemical powder fire extinguishers to mitigate the extent of the blaze.

Fire Ops crews arrived on the scene within 9 minutes, to find the pool patio and pump engulfed in flames. Within 20 minutes the rapid intervention team had extinguished the blaze using





their ultra-high pressure (UHP) system, ensuring minimal water damage, while hand tools were used to lift the deck flooring to ensure that no fire extension had occurred.

On 10 July, a fire had started in the chimney of a wood-burning fireplace at another home in Waterfall Country Estate. It was luckily suppressed just before Fire Ops arrived on the scene. However, the crew inspected the roof to make sure the fire had not extended into the roof void and spread to the rest of the home.

Training remains a focus

The Fire Ops team has also spent considerable time learning where the community's needs lie, and training has always been a top priority.

"Our commitment to continuous learning ensures that we are always prepared to meet the evolving challenges of fire safety. We believe that training from within is the first port of call to delivering a safer City. Residents want to know that their

homes are protected at all times. They need to understand what causes a fire, how to identify hazards in the home, how to look out for potential fire threats, and how to use basic handheld fire equipment," explains Monique Goosen, Head of Marketing.

"With this in mind, we have developed Domestic Fire Training modules that we are now rolling out across various estates at R380 per person. This two-hour session is all it takes to feel protected."

In addition to Domestic Fire Training, Fire Ops also offers Fire Marshall, First Aid and Basic Fire Training for the commercial and industrial sectors. All are SETA Accredited and certified. For more information, contact management@fireopssa.co.za.

What's new?

As part of Fire Ops SA's current awareness drive across Waterfall City, teams on the ground have been hard at work to ensure businesses and estates are fully briefed on the response process in the event of

an emergency. By delivering emergency signage and Unique Positioning Number (UPN) boards to security guard houses and at reception areas at commercial properties across the City, Fire Ops is safeguarding residents and businesses even further by giving them added reporting platforms for direct communications with their respective control rooms. This awareness drive will continue across Waterfall City for the foreseeable future.

Fire Ops SA is also currently running an awareness campaign across the different malls within Waterfall City, where key staff are available to answer all your questions.

Contacting Fire Ops on their emergency number 083 622 6026, as listed on the Go Waterfall app, will give you direct access to their operators who are on standby 24-hours a day to take your call, with officers and crew ready to dispatch at a moment's notice.

NEW IN THE HOOD

Mall of Africa is abuzz with a bevy of fresh tenants. A new car wash has opened, promising exceptional service and a convenient location, making it well

worth a visit. Mall of Africa also welcomes two new jewellery stores and a sneaker brand to its mix, offering shoppers and fashionistas more accessory variety and choices.

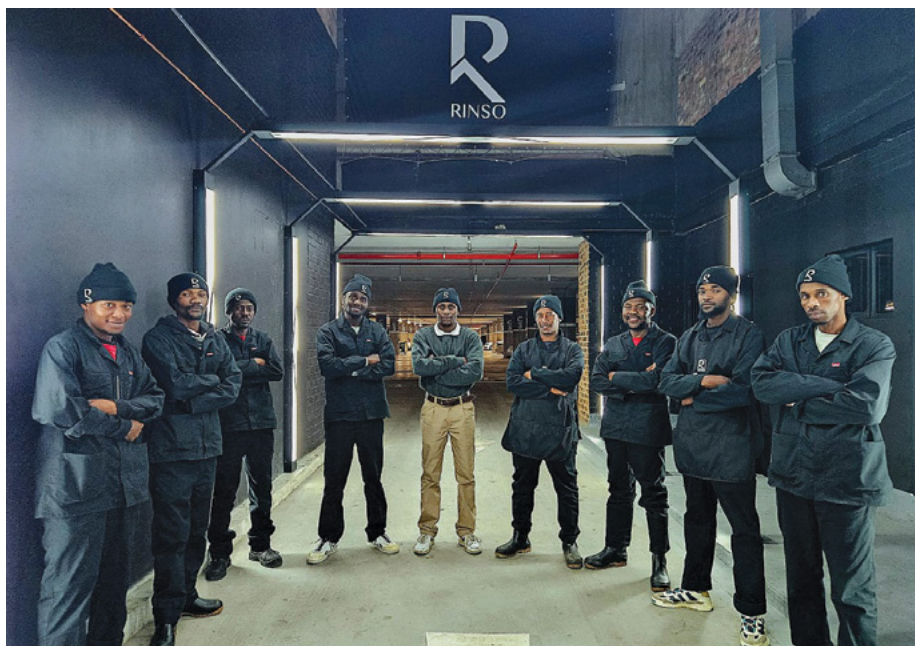
Rinso

Next time you visit Mall of Africa, why not give your ride the royal treatment while you shop? The friendly folks at Rinso (your soon-to-be-favourite car wash) are committed to delivering exceptional auto detailing services.

“At Rinso, we’re passionate about providing top-notch service and ensuring your vehicle looks as good as new,” says the team.

Rinso’s services include an exterior wash using cutting-edge equipment, premium cleaning products, and wheel and tyre care to remove brake dust, grime, and road debris. Waxing and polishing allow imperfections to be buffed away, and a protective coat is applied to finish.

Interior detailing will banish dirt, dust, and odours, leaving your car’s cabin



fresh and inviting. Rinso’s additional services also include windshield treatments and upholstery cleaning. So don’t miss out! Drive in and experience the Rinso difference.

**Mall of Africa
Level 3 Parkade
076 182 7227**

The FITZ Jewellery

The FITZ Jewellery wants to adorn all South African women with beautiful jewellery that makes them feel special and indulged without breaking the bank. Now open in the Mall, the team



at The FITZ takes immense pride in offering quality products at affordable prices ensuring that their jewellery is accessible to everyone.

“Our mission is simple: to provide exquisite pieces that enhance your style and make you feel confident and cherished. We believe every woman deserves to treat herself and feel the joy of wearing stunning jewellery,” emphasises the team.

FITZ offers a wide range of trendy and reasonably priced jewellery collections. The pieces are waterproof, which means they are sweat, shower, and swim resistant. Bonus!

**Mall of Africa
Shop 2109
Instagram: @thefitzjewellery
Facebook: @thefitzjewellery**



Valora Jewellery

Valora Jewellery has opened its flagship store at the prestigious Mall of Africa. This milestone marks a significant expansion for Valora, reflecting the brand's commitment to bringing luxury and elegance to discerning customers across South Africa.

Founded in 2023, Valora Jewellery has

quickly become synonymous with high-quality, waterproof, stainless-steel jewellery and unparalleled craftsmanship. "Our new flagship store features an exquisite collection of jewellery, ranging from timeless classics to contemporary designs, ensuring that every customer finds the perfect piece to reflect their unique style," says team Valora.

One of the highlights of the new store is its renowned high-speed engraving service. Customers can personalise their jewellery with text, symbols, monograms, and images, adding a special touch to their cherished pieces. "This service exemplifies our dedication to providing not just jewellery but meaningful and personalised experiences."

This is an exciting new chapter for Valora Jewellery. Visit the Mall to explore their stunning collections and enjoy exceptional customer service.

**Mall of Africa
Shop 1129**

**Instagram: @valora.jewellery
Facebook: @ValoraJewellery**

Bathu

Bathu, a South African sneaker brand, has opened its latest store in Mall of Africa. This marks the brand's 34th store nationwide, reinforcing its role as a trailblazer in the local sneaker market.

After a successful pop-up experience at SOOK Mall of Africa, Bathu's new store promises to offer an immersive shopping journey, featuring the brand's most cutting-edge designs and collections. Shoppers will be treated to an array of new releases, including the Khalanga, 10/43, N dofaya, and Journey 2.0.

"We are incredibly excited to open our doors at Mall of Africa," said Theo Baloyi, Founder and CEO of Bathu. "This store embodies our dedication to empowering individuals to 'Walk Their Journey' and we look forward to sharing our story with Mall of Africa's community."

Bathu is also deeply committed to giving back through its 'Bathu for Batho' care foundation. The initiative



aims to donate 1 million pairs of school shoes to children from disadvantaged backgrounds.

"Very few brands consider their future consumer. At Bathu, we think about a child in grade one who might not yet know their dreams or purpose, and we provide them with school shoes. As they progress through school, we

continue to support them. One day, when they achieve great things, like becoming a Trevor Noah, they will remember the brand that walked with them," says Theo Baloyi.

**Mall of Africa
Shop 2200 / 2201
010 634 1848
www.bathu.co.za**

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SCAN ME

MUST DO

Our Wellness Wednesdays campaign brings you a not-to-miss special offer from Life Day Spa that is just perfect to kick-start spring. Plus, we have two fantastic competitions running and our Waterfall City Cares team have organised three blood donation drives at Polofields Crossing that you can support. But wait, there's more – read on for our September/October round-up.



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Wellness Wednesdays

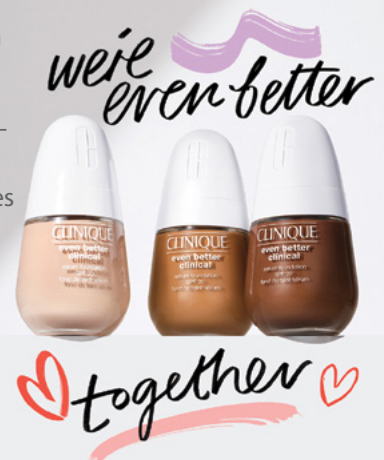
Elevate your midweek with this month's Wellness Wednesdays at Life Day Spa. Indulge in the Warm Glow Special: a 60-minute classic mani/pedi, a soothing candle massage, and your choice of any 60-minute classic facial. All for R1,740 – pure bliss awaits you on any Wednesday in September!

Life Day Spa
Ellipse Towers
Valid for one visit per person during September

Something Even Better is coming with Clinique

Whether you love a facial yoga masterclass or want to learn how to style your next outfit with your Even Better Foundation, we've got you.

Join Clinique and Edgars for our Even Better day-by-day masterclass – you don't want to miss this one! We will also treat you to some daily surprises and R150 off* the purchase of any Clinique Even Better Clinical Serum Foundation SPF 20 or Clinique Even Better Makeup SPF 15.



5-15 September
SOOK Mall of Africa
*Ts and Cs apply

Clean Up Green Up is back

It's time to spring clean, declutter and go green with Waterfall City's annual e-waste recycling drive. Bring all your unwanted electronics (anything that runs on a battery or electricity) to one of the AST Recycling e-waste stations, to recycle them responsibly. Want to get rid of large appliances?

AST will come and collect them at your home. Simply email them on info@astrecycling.co.za

13-15 September
9:00 – 16:00
Polofields Crossing and Waterfall Corner




CLEAN UP GREEN UP

Polofields Crossing and Waterfall Corner
13 - 15 Sept

Old phones. Random chargers. Computers from when the internet made that strange dial up sound.

Recycle your e-waste responsibly from 13 - 15 September.



Waterfall City Cares

waterfallcity.co.za

Waterfall City Cares

The South African National Blood Service's (SANBS's) blood stocks are running critically low. Save lives by joining our next Waterfall City Blood Drives.

14, 15 and 24 September
10:00 – 16:00
Polofields Crossing
Marquee next to WestPack



Fat Cats 10km run

A run for the whole family is coming soon. The 6th anniversary of the Fat Cats 10km run is taking place on 6 October 2024 with a fun-filled morning of running through the vibrant streets of Waterfall City. Whether you prefer the 10km challenge or just want to test your speed over the 5km route, the Fat Cats race is for you.

Here's what you need to know:

- **Distance:** Choose between 10km, and 5km and bring your little ones for the kiddies run over 1,6km or a quick Nappy Dash.
- **Goodie bags:** Online entries received before the cut-off date will receive a goodie bag. Ts and Cs apply.
- **Bulk discounts:** Save with bulk entry discounts – perfect for getting the

whole family, friends and colleagues involved.

- **Entertainment activities for your little ones:** Let us keep your little ones entertained whilst you tackle the scenic route. There will be face painting, jumping castles, book readings, and lots more.

Online entries close on 2 October 2024, so don't miss out. Secure your spot today!

Got any questions? Head over to <https://fatcats.africa/> for all the important details and rules.

6 October
7:00 start
Waterfall City Park
Mall of Africa

New releases on the Ster-Kinekor Big Screen this month

6 Sept – Beetlejuice Beetlejuice
6 Sept – Ozi: Voice of the Forest
13 Sept – Speak No Evil
20 Sept – Wild Robot
27 Sept – Transformers One

Epic SK Club Deals

Grab your Beetlejuice Beetlejuice or Transformers One movie ticket, a regular size popcorn and regular size drink for only R149.90.

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WIN WITH WATERFALL CITY



Spring Shape-up

Enter the BODYTEC Waterfall competition to stand a chance of winning a month's free membership. Simply find the 'Win at Wilds' post on Waterfall Wilds' Facebook and Instagram pages to answer a simple question:

How many minutes of EMS training do you need each week?

Waterfall Wilds
Competition closes on 15 September
Ts and Cs apply

Win tickets to Ozi: Voice of the Forest

Tell us which famous actress is the voice of Ozi's mother in this inspiring animation movie that started on 6 September at Ster Kinekor Mall of Africa, and you could win 4 movie tickets.

Email your answer to competitions@waterfallcity.co.za

Mall of Africa
Competition closes on 16 September 2024
Winner will be announced on 18 September 2024
Ts and Cs apply.



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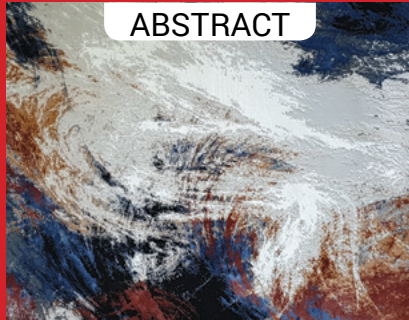


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5 x 4
5 x 3
4 x 3

ABSTRACT



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Netcare Waterfall
City Hospital



Pono-Entle's

HEARTWARMING HOMECOMING

Netcare Waterfall City Hospital's first baby revisits his birthplace

Thirteen years after his arrival as Netcare Waterfall City Hospital's first baby born on the premises, Pono-Entle Maluleke recently visited the place of his birth.

Born just before 09:00 on 7 July 2011, weighing a healthy 2.84 kilograms, Pono's birth marked a significant milestone for doctors and staff at Netcare Waterfall City Hospital, which had just opened its doors.

Pono's return to his birthplace was a memorable moment not only for him and his mother, Desiree Maluleke, but also for hospital management, staff and doctors who attended his birth – many of whom are still at the healthcare facility.

For Desiree, the visit felt like a journey back in time. She vividly recalls holding Pono-Entle, whose name



Dr Omolemo Kitchin, paediatric pulmonologist, Dr Michael Thubisi, gynaecologist and obstetrician, Pono-Entle Maluleke and Desiree Maluleke

means 'Beautiful vision from God', for the first time in the hospital's brand-new maternity ward. At the time, the hospital was one of the few buildings in the area and by far the tallest. Nowadays, the area has developed into a busy metropolis and the hospital has been expanded and enhanced, becoming a premier healthcare facility and an important part of the fast-growing community of Waterfall City.

To mark her son's 13th birthday celebration, Desiree recently contacted Netcare to obtain a copy of the media story that was written

about Pono-Entle's birth, only to be met with a delightful surprise.

"Not only did the hospital provide me with a copy of the story and some photographs, but they invited us to join them for a small celebration. The atmosphere at Netcare Waterfall City Hospital was one of pure joy when we arrived, as the staff, some of whom had been present at Pono-Entle's birth, gathered to welcome 'their firstborn' back home. A special tea party was arranged, and Pono received a gift hamper of healthy snacks, which filled him with excitement," added Desiree.



A proud Desiree Maluleke with her newborn son Pono-Entle on the day of his birth at Netcare Waterfall City Hospital

She describes the experience as heartwarming. "Pono was speechless. When we came home, he could not stop talking about our visit – in fact, he still talks about it."

Dr Omolemo Kitchin, a renowned paediatric pulmonologist with 25 years of experience, and Dr Michael Thubisi, a distinguished gynaecologist and obstetrician with 32 years in private practice, were pivotal in Pono's birth and in welcoming him back to his birthplace recently. Both specialists have been with Netcare Waterfall City Hospital since its inception and have earned the admiration of their patients for their dedication and compassion.

According to the hospital's general manager Jaco du Preez, the doctors gave Pono-Entle a tour, pointing out the advancements made over the years. "Dr Kitchin, with his expertise in paediatric pulmonology and allergies, shared insights into his daily routine, while Dr Thubisi, who finds his greatest gratification in delivering healthy babies to joyful parents, walked Pono-Entle through the maternity ward and nursery at the hospital. He even showed Desiree her file, which was the first one he ever opened.

"Pono-Entle's homecoming to his birthplace was not just a personal milestone but also a celebration of the hospital's journey and its impact on countless families. The staff at Netcare Waterfall City Hospital, both old and new, expressed their admiration for Pono-Entle, affectionately dubbing him 'Mr Netcare Waterfall'. There is a deep connection between the hospital and the community we serve that makes our work so much more fulfilling," says du Preez.

As Pono-Entle prepares to transition from Chloorkop Primary School to high school in a few months, the visit to Netcare Waterfall City Hospital serves as a reminder of where he came from. Reflecting on their life in Klipfontein View, a tight-knit



Jaco du Preez, general manager of Netcare Waterfall City Hospital, presents Pono-Entle with a hamper in the presence of Dr Kitchin and Dr Thubisi.

community where Pono-Entle has many friends and a busy social life, Desiree says Pono enjoys drumming, a talent he has honed since the age of two and now shares with his church community. Meanwhile, Desiree is actively looking for a new career opportunity, hoping to find a role that will support their aspirations and provide stability for the family.

This visit was particularly poignant for Desiree and Pono, as it coincided with Pono-Entle entering his teenage years. What began as a search for a picture of his birth story for Pono's birthday, turned into something much more significant, and she and Pono will never forget the day.

"We took many pictures, and it felt like a family reunion. The staff welcomed us with open arms and love, making Pono feel like a star. This event was more than just a celebration – it was a touching reminder of the love and care I felt on the day Pono was born.

"It was a moment of pride and joy, seeing Pono recognised and celebrated by the very place that marked his beginning," concludes Desiree.



Thirteen years later – Pono-Entle Maluleke in his school uniform



Your will, doctor and financial adviser

WHAT THEY HAVE IN COMMON

By Mariska Redelinghuys, PSG Legal Specialist

When discussing the value of the financial profession, financial advisers are often compared to medical doctors and are sometimes even called 'financial doctors'. This is because financial advisers look after clients' financial challenges in much the same way doctors look after patients' health issues. This is not a perfect analogy, but some comparisons can be drawn.

A detailed examination

For example, if you have been suffering from a persistent headache, you wouldn't just go to a medical doctor asking for a



Mariska Redelinghuys, PSG Legal Specialist

headache tablet. You'd expect the doctor to ask about your medical history and that of your family, complete a thorough examination, determine the root cause of the headache and – after delivering the diagnosis and prognosis – prescribe the relevant treatment. Similarly, a financial adviser must first understand your personal circumstances and unique financial goals to determine your financial needs and how best to meet them.

The same applies to ensuring one's affairs are in order before passing away. Documenting your wishes in your will may offer some immediate relief, but



only once you have a proper estate plan in place can you have true peace of mind. Having an estate plan ensures that your executor will be able to deal with your financial obligations and assets in accordance with your wishes and in the most cost-effective way.

Prevention is better than cure

It is tempting to delay talking to a financial adviser about estate planning – especially when we are younger. We offer excuses such as not having accumulated significant assets or not starting a family yet. The principles of estate planning remain the same, regardless of your wealth or personal circumstances, and – unfortunately – so do the unintended consequences of not having an estate plan in place.

Every estate faces a potential ‘liquidity risk’. Simply put, this is the risk of not having sufficient cash available to settle the claims against the estate. If there isn’t enough liquidity, the estate executor will be compelled to sell some of the estate’s assets to settle any outstanding claims against it. If you don’t have any significant debts, this might not raise alarm bells. However, even if you don’t have any debts, certain unavoidable expenses are still associated with winding up a deceased estate. These include executor’s fees, estate duty and

capital gains tax. Fortunately, these can be estimated ahead of time, and it is possible to put a plan in place to ensure that these expenses will be covered when you pass away.

Don’t neglect regular check-ups

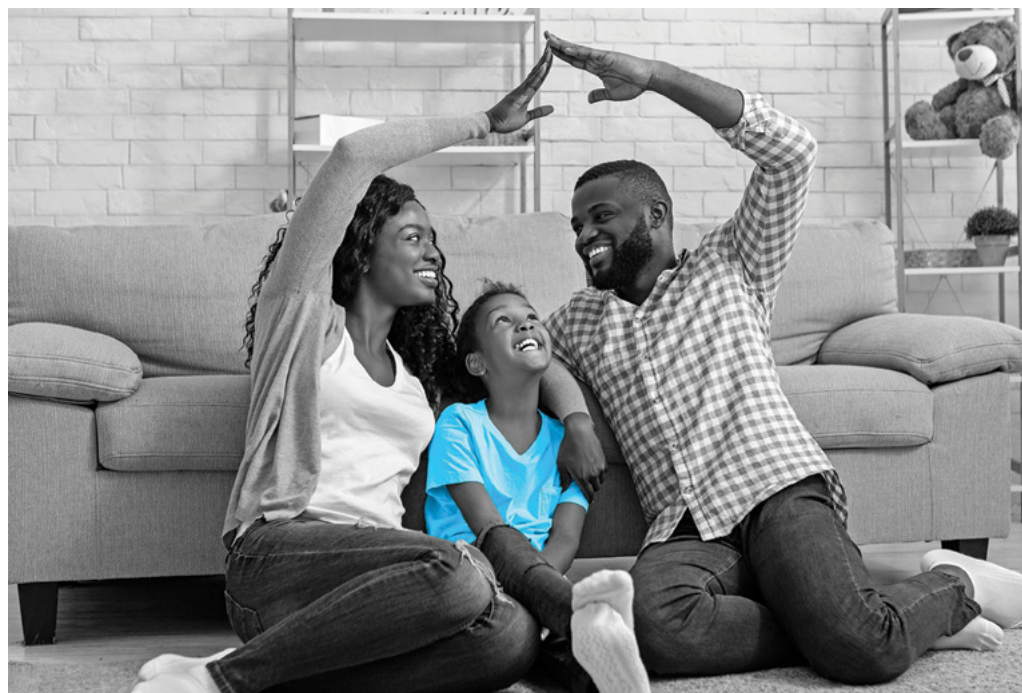
As we transition through the different stages of our lives, our financial priorities also change. Whether it is a growing investment portfolio or a growing family, your estate plan must

be updated to reflect your changing circumstances.

Few things impact our priorities as much as having children. Parents’ goals and dreams reach beyond their own lifetimes as they think about the legacy they want to leave behind. In such circumstances, an estate plan must provide wealth protection and cater for the effective transfer of wealth. In some families, this could mean setting up a family trust; in others, it could mean securing a family business for future generations. In both these scenarios, there are various strategies to consider, each with its own tax implications and each having to be addressed correctly in one’s will. Therefore, scheduling regular meetings with a financial adviser to discuss any such changes and review your estate plan in light of them is critical.

The doctor is in

As tempting as it is to self-medicate, it is always advisable to use a professional when it comes to health issues – including your financial health. It is never too soon to reach out to a financial adviser about your estate planning, and it is never too late to review your current estate plan.





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HOST THE ULTIMATE SHISA NYAMA THIS HERITAGE DAY



Heritage Day takes place on 24 September and ranks among South Africa's favourite celebrations. That's because many people get to dress up in their traditional attire and enjoy one of our most cherished traditions: braaiing.

A resort in White River, called ANEW, is renowned for the shisa nyama experience it provides guests. Wayne Blake, general manager of the resort, suggests you gather family and friends for a fabulous shisa nyama of your own. Here are Wayne's top tips for hosting the occasion with flair. He also shares his recipe for the ultimate Sheba – a spicy sauce made from onions, garlic, herbs and spices:

Perfect your pap

To prevent your pap from becoming stiff and dry while being served, incorporate sauces into your pap dish rather than just leaving it as is in the bowl. A good method is to make "pap balls" by submersing the pap in Sheba (see below for Wayne's ultimate Sheba recipe).

Bring on the flavour

Turn the traditional shisa nyama on its

head by experimenting with various flavours. Serve a snack of grilled pineapple on a skewer, sprinkled with Durban Masala. For vegetarians you can make grilled tofu skewers served with a peanut dip.

Variety is key

Offer a wide array of dishes but keep portions modest to encourage people to sample everything. Traditional choices usually include beef, chicken,





pork and lamb, but variations with game meats or seafood make for interesting alternatives. Complement your meat with vegetable and tofu skewers, roosterkoek, grilled sweet potato topped with ricotta cheese, garlic, rocket and spring onion, or brinjals topped with mushrooms, Brie and basil pesto.

Take your traditional braai broodjie to the next level

Upgrade your braai broodjie with biltong, mature cheddar and a dash of chilli flakes or dress it up with blue cheese, fig and rocket for a gourmet twist.

Keep it natural

Avoid synthetic sauces and flavourings or heavily basted meats, and rather opt for a mixture of olive oil and salt. Or, you can add vinegar and your favourite herbs to a glass bottle – similar to Argentinian Salmuera – allowing you to baste your meat while braaiing, thereby locking in and enhancing the flavour.

Age matters

Choose aged meat for tenderness and

flavour. Look for 21-day aged meat from your butcher and make sure you understand the difference between dry-aged and vacuum-aged varieties as this could impact the toughness or tenderness of your meat. Chuck steak is budget-friendly and excels on the braai, offering excellent flavour without being too tough or too soft.

The secret to juicy chicken

For great flavour and juiciness, seal chicken in a Ziplock bag and add salt, herbs and your light marinade of choice before immersing it (bag and all) in boiling water to pre-cook. This technique locks in moisture for succulent results and enhances the flavour of the chicken.

Mind the size of your desserts

Keep your varied dessert options small and bite-sized for easy enjoyment after a hearty meal. Examples include bite-sized malva pudding, koeksisters and milk tart. Add some variety by grilling peaches with cinnamon sugar or grilling pineapples and enjoying them with coconut ice cream.



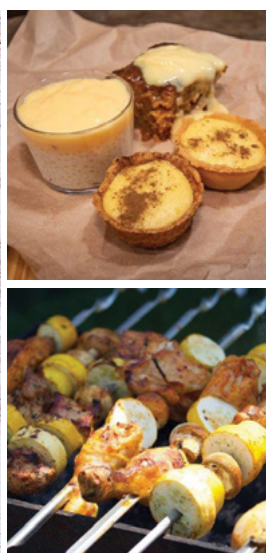
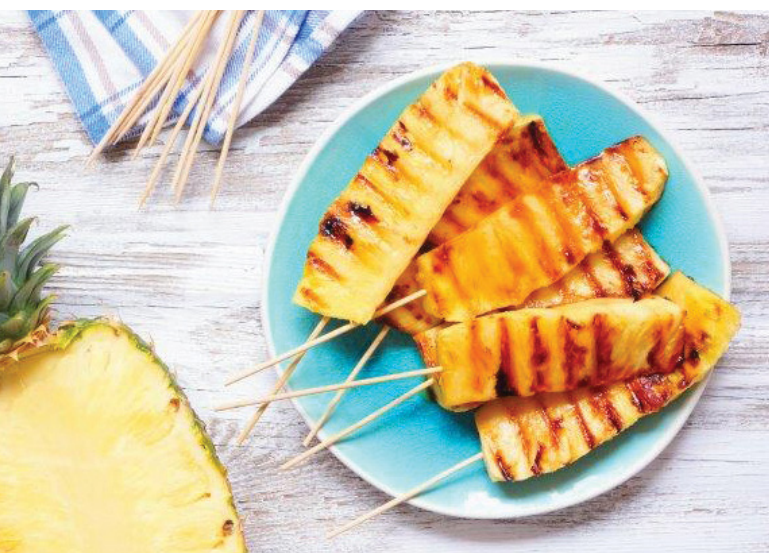
Here is the best Sheba recipe for your shisa nyama pap:

Ingredients

2-4 medium sized tomatoes, diced
Onion
Oil
Garlic
Fresh herbs, of your choice
Salt and pepper
Sugar (to balance the acidity)

Instructions

1. Heat oil in a pan and sauté the onion until translucent.
2. Add fresh herbs, garlic and pepper to the pan and continue cooking.
3. Add the tomato, salt and sugar to the pan.
4. Let the mixture simmer for 15 minutes to enhance the flavour.
5. Add to your warm pap and serve.





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INTERIOR DESIGN STYLES

Compiled by Stienie Greyling

There are many types of interior design, with the list ever-evolving. Some of them are fads, while others are classics that stand the test of time.

Each style comprises distinctive furniture, décor, lighting and accessories that give it its signature look. In getting to know some of the most popular styles, it would be best to understand what styles stand out to a family and meet their preferences.

Understanding interior design styles helps you to discover what you like and to develop spaces that express your personality. Once you know that you like a traditional design style, for instance, you can use that knowledge to help you choose everything from paint colours to furniture and throw pillows.

There are different interior design styles: modern, traditional, contemporary, mid-century, bohemian, Scandinavian, farmhouse, minimalist, eclectic, and more.

Traditional interior design takes cues from the 18th and 19th centuries, and features natural elements and materials, generous art pieces and rich historical details to create a calm space. Traditional style revolves around a dark and warm colour palette, ornate furniture with lots of tufted detailing, and carved pieces. Symmetry is also a big thing in conventional design.

Modern interior design was born in the 20th century. The contemporary style focuses on a monochromatic colour scheme, minimal furniture and decoration, geometric forms and efficient storage. If you like to focus on a highly functional space with effortless details and lots of storage, a modern design is perfect for your taste.

Contemporary and modern interior designs are probably the most interchanged and misused terms. Although these two are related



Waterfall City **Design and Décor**

by definition, they are different regarding interior design. While modern style focuses on the elements of a specific design era, contemporary style offers today's trends.

Contemporary style is also focused on minimal detailing and the use of textures. Its main goal is to keep the space open by using minimal and functional furniture on top of black, white and neutrals. Some splashes of bright colours are welcome to create a varied space.

Minimalist interior design is one of the most thoroughly modern design styles. Think simplicity, refinement and a skilled hand at sumptuous comfort and functionality. The key here is to keep rooms spare and well edited, with no printed fabrics and décor extras that must serve a dual purpose. Think of a modern art gallery or museum as a reference, with their pulled-together approach to filling a space with minimal essentials that still feature a lively sense of organic or abstract drama.

Farmhouse interior design or cottage design, uses warm, neutral colours as well as vintage and organic accessory combinations. Weathered woods, clean lines, open shelving, shiplap walls, worn paint and rustic metal finishes like bronze and copper are common elements of this style.

Select the perfect combination of rustic and modern elements with warm wood furnishings, bronze wall sconces, bright white couches and farmhouse sinks. Incorporate details like a pine bookcase, oak dining table, mason jars and gingham, floral and striped textiles throughout the home for a matched look.

Art Deco, short for the French Arts 'décoratifs', is a style of visual arts, architecture and product design that first appeared in Paris in the 1910s and flourished in the United States and Europe during the 1920s to early 1930s.

When we think about Art Deco interior design, luxury and opulence often come to mind since it is frequently used in high-end hotels, restaurants and cinemas. The bold and decorative elements of Art Deco interior design can be fully appreciated in a home with high ceilings and large windows.

Sources: Wikipedia, www.decorilla.com, <https://nativainteriors.com>



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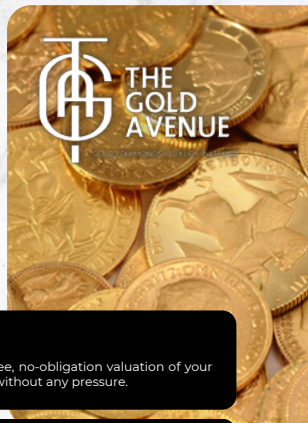
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“ The food here is absolutely delicious! Every dish I tried was bursting with flavor and cooked to perfection. Hands down, some of the best food I've had recently! I can taste the fresh ingredients. Definitely recommend Thyme Fitchef !!! ”

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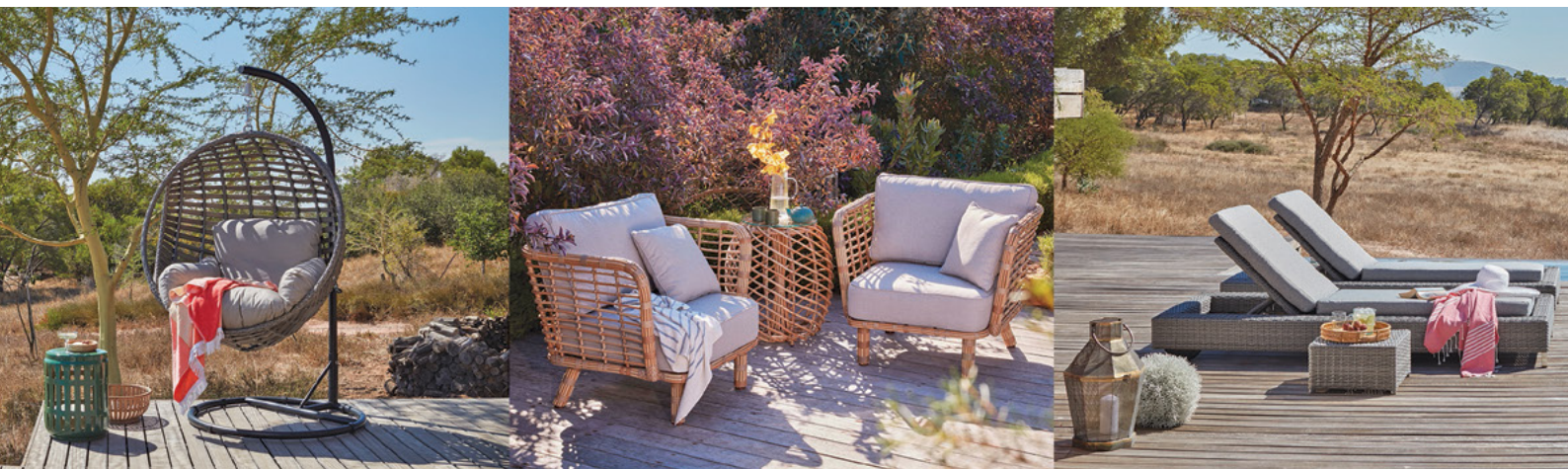
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CLIVIA, QUEEN OF SPRING

Clivias are one of South Africa's indigenous super stunners and have become quite the collector's dream.

By Elize Malan

Spring is well-known for the Clivia flowers that grow in abundance in shady spots.

The upcoming Clivia Flower Show that takes place on 14-15 September at Garden World Nursery, Beyers Naude Drive is an excellent example of the exquisite hybrid colours of Clivia that are available. Orange is the original dominant colour, but new hybrids come in a spectrum from red (deep orange) to all shades and combinations of peach, yellow and green, up to the palest cream.

A colour mutation is a genetic variation in a *Clivia miniata*, which can be reproduced through sexual reproduction, whereas a colour pattern is the colour distribution on a *Clivia miniata* flower.

These hybrids are the result of hand-pollinated flowers for seed production. Their large flowers make them easy to pollinate (perfect for novice plant breeders!), and the seed is large and easy to handle. The only drawback is that they are slow-growing, taking on

average three to four years to flower from seed.

You can use the pollen of the same flower to pollinate it. However, if two different plants are used, both sets of genes are mixed, resulting in a better seed set and more vigorous seedlings, which combine characteristics of each parent.

If you want to try hybridising, look for the plant/flower characteristics that appeal to you – such as colour, flower shape, number of flowers per head, leaf shape, etc. – and select your parent plants that have these. There are numerous videos available on YouTube explaining how to hand pollinate Clivia flowers.

The seeds are enclosed in a fleshy pulp and take several months to mature. Seeds can be harvested when the berries are still green. If left on the plant, the berries containing the seeds will soften and colour up red or yellow after about 10 months. They can remain on the plant for up to two years.

After picking your berries, remove the outer pulp and clean the seed by washing it in a fungicide or dishwashing liquid. Let it dry for about a week. Different growth mediums can be used – for example, two-litre plastic ice-cream containers – with the seed placed between moist paper-towelling. Keep the container in a warm spot, not in direct sunlight. The seed should germinate anywhere between five and 20 days, showing a white root but no leaves.

The germinated seeds are now ready for planting into black plastic plant bags or pots about 20cm deep. A deep bag is needed due to the excessively fast growth of the roots.

If you find the above too time-consuming, scatter the seeds on the ground in a moist, shady place in the garden and leave to germinate.

Growing Clivias from seed is slow-going, but the results can be spectacular.

Source: The Garden Group

African Artificial Intelligence

By Dr Mark Nasila

Artificial intelligence (AI) is upending life, work, and play as we know it and it's only just getting started. The rise of AI is a milestone on par with the discovery of fire, the invention of the wheel, and the creation of the internet. In short, AI is going to change everything. For some, that's an exciting prospect. For others, it's terrifying. However you feel about AI, there's no escaping it, whether you're in a global metropolis or a farmer in rural KwaZulu-Natal.

Dr Mark Nasila has been watching AI's ascent for over a decade, studying its effects on everything from agriculture and aviation to healthcare, education, entertainment, crime prevention, energy management, policy creation, finance, and anything in

between, and applying them to his role at one of South Africa's most successful financial institutions, First National Bank, a division of FirstRand Group.

African Artificial Intelligence is a comprehensive and fascinating journey,



tracing the rise of AI and its evolution into the emerging technology underpinning all others – from connected devices and smart chatbots to the metaverse. Mark combines unexpected use cases and tales of cutting-edge innovation with a unique and potent argument: harnessing AI to solve Africa's problems requires embracing it from an African perspective. African nations can't afford to simply import AI solutions from afar.

Instead, Mark contends, they need to rework, remix, and refine AI so it's able to meet uniquely African challenges in uniquely African ways, and to take advantage of the once-in-a-generation opportunities.

Price: R360.00



Tiger, Tiger

By James Patterson

How did Tiger Woods become the greatest of all time?

And how did he fall so spectacularly?

Before the age of twenty-five, Tiger Woods had risen to phenomenon status: twice named Sportsman of the Year by *Sports Illustrated*, champion of more than

30 professional tournaments and the youngest player to win all four Grand Slam tournaments.

Tiger, Tiger taps into the transformative moments of Wood's life, revealing in vivid, dramatic scenes what he saw and felt on the course and in his inner life.

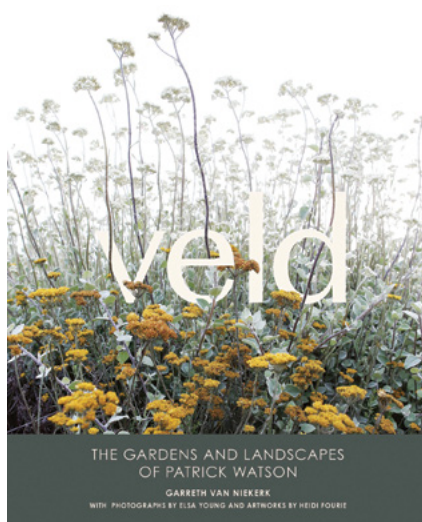
Price: R380.00

Veld, The Gardens and Landscapes of Patrick Watson

By Garreth Van Niekerk

Patrick Watson is currently South Africa's most innovative and versatile landscape architect. Known for designing extensive mega-sites, such as Sun City and an entire Indian Ocean Island, he is also the creator of exquisite small home gardens and quiet spaces for restoration such as at the Apartheid Museum in Johannesburg. A highly sought-after designer, he has created over 200 gardens in Africa and many others elsewhere.

He seldom works from carefully drawn plans, instead combining artistic intuition with extensive botanical knowledge and



a deep concern for the conservation and restoration of nature. His projects are creative, fresh with inspiration,

and often bold, and he uses mostly indigenous plants, colours, landforms and space to create visual and emotional experiences.

Covering 23 gardens and landscapes, and richly supported by exquisite photographs and specially commissioned artworks, *Veld* is a beautiful tribute to a remarkable talent and visionary whose work is deeply informed by nature. It recognises and celebrates the combination of knowledge, skill and instinct that make up the man, and the radical influence he has had on his profession, and the landscapes he has restored.

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Waterfall City Competition

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

SEPTEMBER RESTAURANT COMPETITION

for our Waterfall City residents

The question for this month's competition:
**Which exciting event is happening
in Waterfall City on 12 October?**

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

Terms and Conditions:

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



PHOTO BY PAN XIAOZHEN ON UNSPASH

CONGRATULATIONS TO: Urmilla Jangooraj, our August winner of a R500 voucher!

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THE LOCAL BAR & KITCHEN



THE LOCAL BAR & KITCHEN

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