WATERFALL CITY

SEPT/OCT 2025

# INTRODUCING THE NEW POLOFIELDS

Exciting horizons for STADIO Waterfall

Presenting Hospitality @ Waterfall City

Must Do: Get ready for a fun-filled Spring

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Where Children's
Voices are Heard,
Their Confidence Grows

WATERFALL CITY

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

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# Welcome!

When it comes to modern, secure and stylish apartment living, you are spoilt for choice in Waterfall City! The Polofields – an upmarket sectional title residential development by Balwin Properties – has proven its popularity by recently launching its highly anticipated second phase, The New Polofields. Our cover story this month takes you inside these beautifully crafted, feature-rich living spaces that will see you wanting to move right in!

Over and above lock-up-and-go living, another key focus for Balwin Properties is promoting a social lifestyle among the Waterfall City community. While their residential developments include pioneering lifestyle centres, they now also offer world-class padel. That's right, Balwin PADEL's premier indoor padel facility in Waterfall City is open! The courts are situated just outside the Munyaka residential estate, and all the details are inside.

If you are not a resident of Waterfall City, you can now enjoy all the benefits of staying here, thanks to the introduction of Hospitality @ Waterfall City. This new property partner and booking platform transforms apartments into high-performing short-term rentals. Read on for more details.

Our guest column from Netcare this month is well-timed, as it also speaks to padel – focusing on what every amateur padel enthusiast should know about how to stay injury-free. Take a read and then be sure to implement the advice when you book your next padel game at the new Balwin courts.

The city is also home to higher education faculty, STADIO Waterfall, and we recently had the opportunity to interview their new Head of Campus, Etienne Stiglingh, to gain some insights into his goals and vision for this remarkable institution. Find out more about Etienne in our featured piece and all that STADIO has to offer.

Some exciting news on the commercial side of the development is that Tiger Brands, one of South Africa's most iconic and enduring companies, is expanding its footprint with headquarters in Waterfall City. The brand joins the growing list of top-tier companies moving into this world-class precinct.

Talking about expansion, Mall of Africa has also welcomed a new tenant, offering you more shopping variety with Kids Around, South Africa's premium destination for international children's fashion. Happy shopping!

Another newcomer to the area is Polar Ice Cream, a premium name in ice cream manufacturing, serving smiles by the scoop. They have opened their newest factory shop in the heart of Woodmead in Waterfall City – perfect timing for spring.

In this edition, you can also read about TOTALCARE, an organisation that provides compassionate care tailored to the ageing. While they have a Frail Care Centre located within the Waterfall Hills Mature Lifestyle Estate, which is open to all Waterfall City residents, they also offer home-based support services. Take note of their upcoming information session in October and be sure to RSVP if you'd like to attend.

The warmer weather is setting in, and with some fantastic outdoor events planned in the city over the next few weeks, there is something fun for everyone. Check out our Must Do spread for all the details.

Lastly, regular contributor PSG Wealth shares an interesting piece on how to prepare for a meeting with your financial advisor. Knowing what to expect and what information to share will lead to a more valuable discussion around supporting your plans and evolving financial goals.

Until next time,
Waterfall City Management

**PREFER A DIGITAL COPY?** If you are a Waterfall City resident currently receiving a printed copy of this magazine but would prefer to instead download it electronically from the Community Portal or Waterfall City website, please email customercare@waterfallcity.co.za with your name and full address, including your estate name and stand number or building name/block number and apartment number, so we can update the distribution list accordingly.

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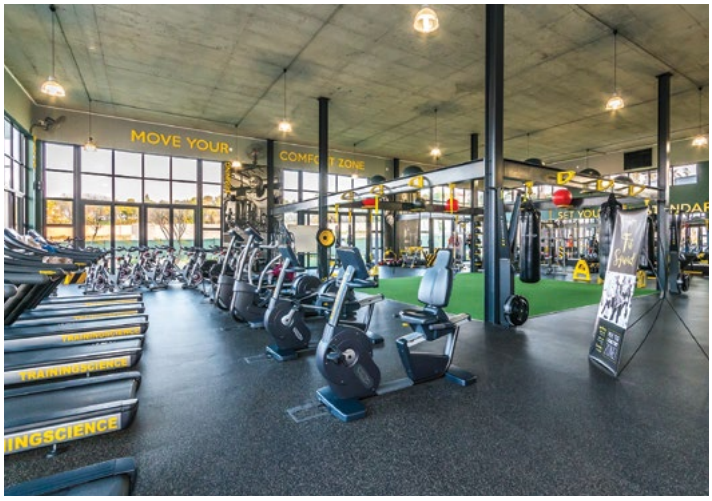
# THE NEW POLOFIELDS

## A new era of lock-up-and-go living

The demand for modern, secure, and lifestyle-rich living spaces in Gauteng is at an all-time high. At the heart of this trend is The Polofields in Waterfall City, an upmarket sectional title residential development by JSE-listed Balwin Properties, that has proven its popularity by recently launching its highly anticipated second phase: The New Polofields.

With its prime location just off Woodmead Drive, The Polofields has become a benchmark for upscale apartment living. While the 1,128 units in the 188 three-storey blocks of phase 1 are nearly sold out, ground has officially been broken on The New Polofields. Featuring an all-new look in terms of the buildings, apartment designs and finishes, this part of the development will ultimately comprise 48 four-storey apartment blocks, housing 384 three-bedroom, two-bathroom Signature Collection units, with completion targeted for 2027.

The Polofields is a far cry from the cramped flats of yesteryear. These are sleek, stylish apartments featuring Balwin's Signature Collection finishes and a host of modern amenities. Designed for a convenient, lock-up-and-go lifestyle without sacrificing outdoor space, each apartment in The New Polofields is Wi-Fi-ready and features smart utility meters, a London-style kitchen with high-end Defy appliances (including a top-of-the-range double-door fridge/freezer) and a balcony with a built-in gas braai, perfect for entertaining year-round.




The attention to detail extends beyond the individual units. Besides its award-winning Lifestyle Centre, the development offers a residents-only park, complemented by a jogging track around the feature dam. It's an environment designed to provide residents with a seamless blend of indoor comfort and outdoor enjoyment.

The true heart of this development is its Lifestyle Centre, an incredible hub of activity that serves both The Polofields and The New Polofields. Residents have access to an extensive array of facilities that redefine convenience and leisure. Dining and socialising take place at The Polo Lounge Restaurant, the fully stocked bar, or the cosy lounge with a TV and fireplace. For health and wellness, there's a Training Science gym, swimming pool, mini soccer field, squash courts, and a yoga deck. A cinema room, and children's play area, ensure entertainment and family fun, while aspects like a laundromat, concierge service, mini-mart, and an Eco-car wash take convenience to the next level. There is even an on-site LittleHill Montessori preschool, allowing parents of toddlers to leisurely walk their little ones to school in the mornings!

So join the Waterfall City community by securing your apartment in The New Polofields from only R2,8 million, with no transfer duties.

For more information visit
https://balwin.co.za/

## Balwin PADEL Waterfall City has landed!

In other exciting news, Balwin PADEL, a division of Balwin Properties, has just launched South Africa's premier indoor padel facility in Waterfall City!

The flagship venue, which is also open to the public, is located just outside the Munyaka development and aims to promote a healthier and more social lifestyle among the Waterfall City community.

The new facility features five state-of-the-art, indoor courts from world-leader MejorSet, with synthetic turf from Mondo in Italy. According to Sebastian Brokmann, Managing Director of Balwin PADEL, this is a top-tier offering: "MejorSet is the world leader in padel court manufacturing and Mondo turf is widely regarded as offering the best synthetic surface for padel courts in the world."

The facility's unique centre court features stadium seating – a first for South Africa – allowing spectators to entirely immerse themselves in the action. The venue also offers a restaurant and coffee bar, to fuel your game and an oculus above a Yellowwood tree, filling the space with natural light and airflow. The facility forms part of the larger Munyaka precinct, which will see the development of a school and community shopping centre as the residential area expands.

Be one of the first to experience the ultimate padel destination! Book your game now on the Playtomic App and bring your A-game.

# TIGER BRANDS

## Expands to Waterfall City

Attacq Limited, the strategic development partner of Waterfall City, is proud to announce that Tiger Brands, one of South Africa's most iconic and enduring companies, is expanding its footprint with a new office in Waterfall City. This strategic move marks a significant milestone for the legacy brand, which will also continue to maintain a presence in Bryanston.

Founded over 100 years ago, Tiger Brands has been a cornerstone of South Africa's food and consumer goods industry. Its decision to establish its headquarters in Waterfall City signals a bold step into the future – embracing innovation, sustainability, and connectivity while preserving its proud heritage.

"Tiger Brands is more than just a client – it's a symbol of South African resilience and excellence," said Debbie Theron, Head of Business Development at Attacq. "Their expansion into Waterfall City is a powerful endorsement of the precinct's ability to honour their legacy while fostering growth."

Waterfall City continues to attract leading businesses with its dynamic, urban environment. Purposefully designed to foster collaboration, sustainability, and long-term growth, the precinct offers Tiger Brands a future-ready environment to evolve both its operations and culture.

Werna Oberholzer, Corporate Affairs and Sustainability Director, Tiger Brands commented, "To support our federated operating model as a business, we initiated a project to optimise our office footprint a year ago and began the search for a new headquarters location that better suited the needs of our people. We are pleased to have settled on The Ingress in Waterfall City as our new home.

"Waterfall City as a precinct offers the infrastructure, energy solutions, and innovation we need to support our people and ambitions for growth, agility, and sustainability," she concluded.

The move also reflects a broader trend of established companies

*"Tiger Brands is more than just a client – it's a symbol of South African resilience and excellence"*

reimagining their workspaces to align with modern values. With its smart infrastructure, green building standards, and vibrant community, Waterfall City offers the ideal environment for Tiger Brands to continue shaping the future of food and consumer goods in Africa.

As Tiger Brands joins the growing list of top-tier tenants at Waterfall City, Attacq remains committed to building a world-class commercial ecosystem that champions legacy, leadership, and long-term value creation.

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# A NEW ERA
## of Excellence

The STADIO Waterfall campus stands as a modern beacon of higher education, with state-of-the-art facilities and a clear vision for the future. *Waterfall City Magazine* recently sat down with the new Head of Campus, Etienne Stiglingh, to discuss his inspiring goals and the innovative approach he is bringing to this remarkable institution.

### What are you most excited about?

Our Waterfall City campus truly excites me! Being surrounded by so many incredible companies in the city presents a powerful advantage. As part of STADIO Holdings, with 96 accredited qualifications and over 50,000 students in the group, we combine a focused campus experience with the strength of a national institution. At STADIO Waterfall, the excitement lies in the student-centred magic in the class, delivered by our top lecturing staff.

### What motivated you to pursue a career in education?

I believe that education is the most powerful way to change lives. My goal is to create opportunities for both students and staff, helping students prepare for life beyond their degree and helping staff find meaning in more than just a career. What drives me is combining my love for education with my passion for business to create better futures for everyone.

*Etienne Stiglingh, STADIO Head of Campus*

### Where do you come from?

I was born in the Northern Cape, raised in Mpumalanga, and have lived in Pretoria for the last 30 years. I had a very happy childhood.

### What is your educational background?

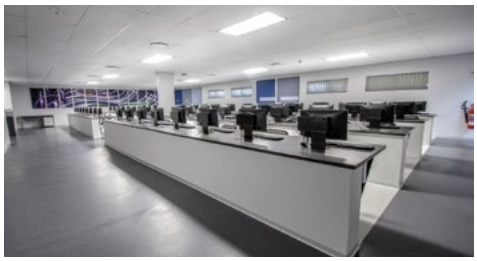
After matriculating, I studied BCom Law at the University of Pretoria, followed by a BCom honours in business management. Later, I did a Masters in education (cum laude), driven by my desire to help bridge the gap between business and education. I also completed my MBA (cum laude) at Stellenbosch. While I've studied and contributed to various industries throughout my career, I always seem to find my way back to education.

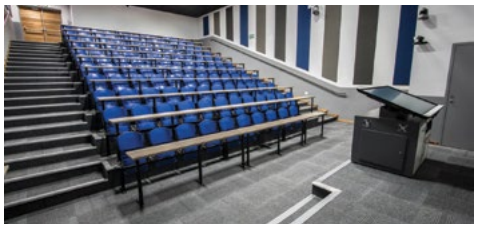
### What are your goals and vision for STADIO Waterfall?

My vision is to position STADIO Waterfall as a hub where education and business meet. Our location gives us unique opportunities for partnerships with schools, businesses, and industry bodies. The goal is to make STADIO Waterfall the place of choice for students to experience a full tertiary learning environment.

### Why is STADIO Waterfall the best place to teach and learn?

STADIO Waterfall stands out for the student experience. Students learn from top lecturing staff in an environment that inspires. Our location keeps programmes connected to the world of work. Alongside academic quality, we offer strong student support, from innovative teaching to a psychologist on campus. I believe excellence is intentional, it's not an accident. We are genuinely committed to getting our students ready for the real world of work.





## What undergraduate qualifications are on offer at STADIO Waterfall?

STADIO Waterfall offers three teaching qualifications in the School of Education, three legal qualifications in the School of Law, and, in the School of Commerce, the BCom Accounting, which will welcome its second cohort next year. In 2026 we will also launch the BCom with specialisations, expanding student choice. Our offering is steadily growing to match the business opportunities of our location with exciting qualifications in the pipeline.

## What are the defining characteristics of this learning facility?

A good learning facility needs to be fit for purpose, with a suitable layout and adequate infrastructure that meets the needs of students. I firmly believe that technology is not a privilege; it's a right. We provide this through unlimited Wi-Fi, online libraries, and computer access for all. We also employ an innovative academic model. We believe in the quality of content delivery and the classroom experience, with dedicated module coordinators creating the curriculum. Our lecturers strive to deliver a high-quality education, and we want to bring the magic back into the classroom.

## What is your leadership style?

While I follow many leadership principles, my style is highly contextual. I focus on developing a clear plan and then getting people to buy into it, not because they have to, but because they genuinely want to.

Real progress comes with buy-in, when people believe in the plan. I focus on steady improvement and making sure what we set out to do gets done.

## What challenges do you anticipate facing?

The pace of technology is a constant challenge; we must keep adapting to stay relevant. Access is another: being next to Tembisa highlights the gap between the haves and have-nots, and funding remains a major barrier. Education inflation adds to the pressure. The task is to face these head-on while keeping our qualifications relevant in the workplace.

## What are your outside interests?

I enjoy helping to mentor and develop others; I love having meaningful conversations. My wife, our two teenagers, and I love being outdoors and often go trail walking. Family is very important to me. I'm also a big reader, and educating my mind is another one of my hobbies.

## Tell us something STADIO may not know about you.

I love a good meal with good company and good wine. Good company always comes first!

## Do you have any final plans you'd like to share?

It comes down to clear plans and disciplined execution. My focus is on building partnerships with schools, businesses, and industry bodies to expand access, create funding pathways, and keep our programmes workplace relevant. STADIO Waterfall must be a place of growth and opportunity, where our campus connects students, staff, and community. In the end, it's about treating students as clients, delivering quality, and always improving – ultimately creating a better future for everyone!

www.stadio.ac.za

# TOTALCARE

## Compassionate care tailored to the ageing

Finding the right care for yourself or elderly loved ones can be a daunting journey. TOTALCARE understands that every individual's situation is unique, and they have built their reputation on providing a seamless blend of compassionate, professional care across two distinct offerings.

### Discover the right care for you

Whether you are exploring home-based support or considering a move to a full-time care facility, TOTALCARE is committed to providing quality, comfort, and peace of mind.

### Care in the comfort of your own home

For those who wish to maintain their independence but require a little extra support, TOTALCARE's home-based care service is the ideal solution. As director, Cornel Nieuwenhuizen explains, the process begins with a personal touch: "Our first port of call is visiting the resident and sitting down with them to understand what their needs are."

During this initial visit, a team led by the Head Matron conducts a comprehensive assessment of the resident and their home environment. They take the time to listen to the concerns of both the individual and their family, allowing them to propose a customised care package.

This flexible service is designed to meet a wide range of needs, from one hour of nursing care per day to full-time care. Assistance can include help with daily activities such as showering, dressing, and meal preparation, as well as overnight care from a night nurse. For many, the comfort of companionship and medication assistance in their own home is all that is needed. It's a personalised approach that ensures you or your loved one receives the exact support required while still enjoying the independence and familiarity of home.

### TOTALCARE Frail Care Centre: A haven of community

When living at home becomes too challenging, TOTALCARE offers a nurturing and secure environment at their Frail Care Centre, located within the prestigious Waterfall Hills Mature

Lifestyle Estate. This facility, open to all Waterfall City residents, offers a welcome solution for those requiring assisted living, with options for day visits, short-term stays, or becoming a permanent resident.

The centre boasts 33 beds, advanced medical equipment, and a dedicated team of full-time and part-time caregivers. With a doctor on call 24 hours a day and a nurse and matron based permanently on-site, residents and their families can rest assured that professional help is always just a phone call away.

The centre specialises in providing exceptional care for the frail and those with dementia within a beautifully maintained environment. It is an all-inclusive experience, with three delicious meals a day and a lively calendar of daily wellness activities designed to foster engagement and community spirit. Residents can enjoy sing-alongs with the Music Man, participate in building activities led by occupational therapists, and stay active with chair yoga classes hosted by a biokineticist. It's a place where residents can have peace of mind while being supported by TOTALCARE's attentive and professional staff.

The environment for elderly care is highly regulated and driven by compliance. TOTALCARE guarantees adherence to all relevant legislation, such as labour laws, the Older Persons Act, and associated regulations. This compliance is essential to maintain a safe and harmonious care environment.

## Learn more

Join TOTALCARE at the Waterfall Valley Mature Lifestyle Estate auditorium at 17:00 on 2 October for an informative talk about all the services they offer.

Please RSVP to Carine at carine@totalcare.co.za, by 25 September to secure your spot.

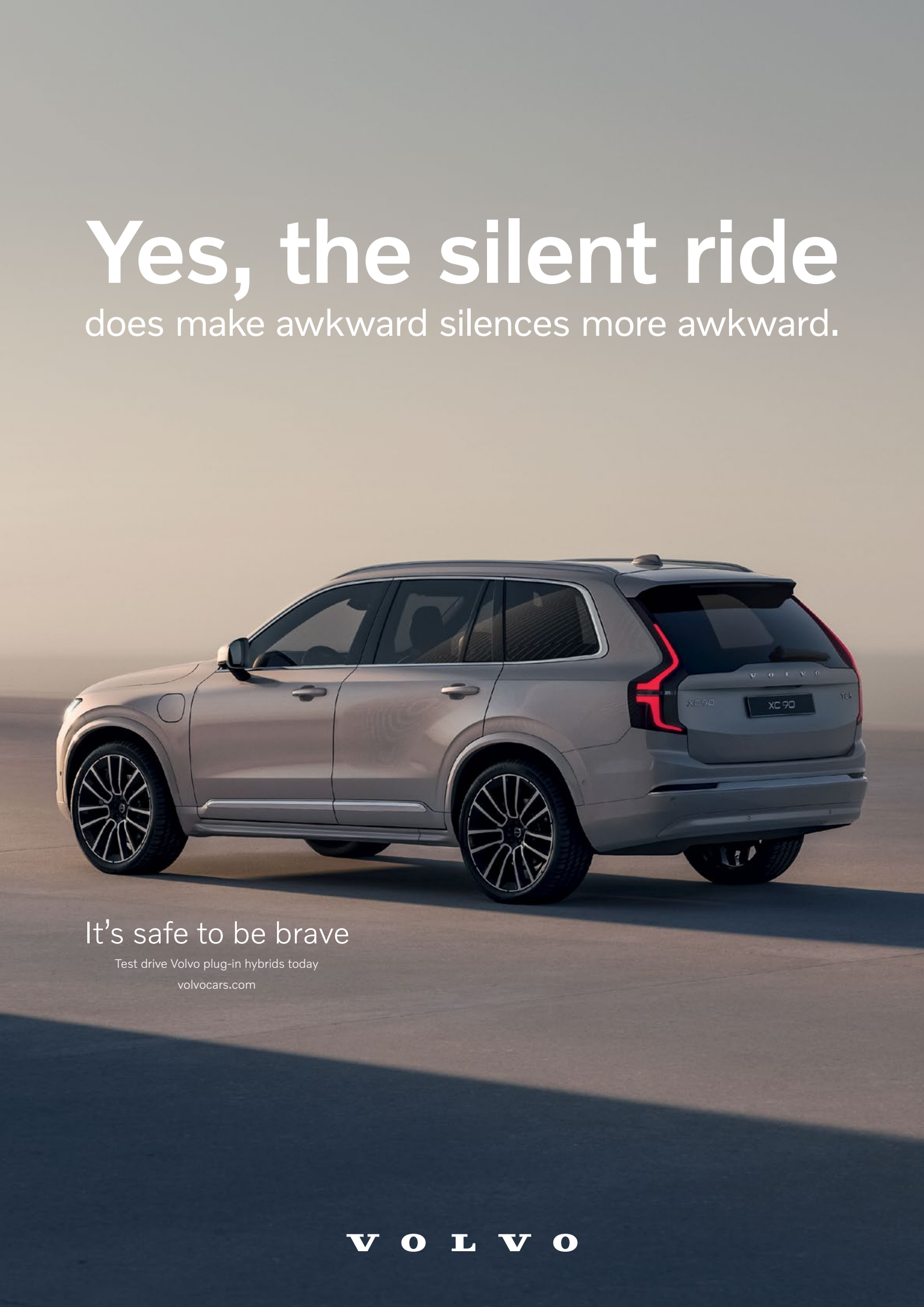
## Want an assessment?

Call TOTALCARE and they will make an appointment at your earliest convenience to come and assess your daily living needs and outline the support they can offer to help you.

Call 0861 130 456
Visit www.totalcaresa.co.za for more information.

# Yes, the silent ride

does make awkward silences more awkward.

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This is not just a booking platform – it's your property partner. With expert management, local hospitality, and smart technology, Hospitality @ Waterfall City transform homes and apartments into high-performing short-term rentals, delivering unforgettable guest experiences.

Now available at Ellipse Waterfall, this exciting offering is set to expand across more estates in Waterfall City, soon.

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## For guests: It's more than a stay – it's an experience

Travelling is exciting. Finding the right place to stay? That's where the magic really happens – especially in Waterfall City.

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## Here's why guests choose us again and again:

- **Prime location:** In the heart of Johannesburg's economic hub, Waterfall City offers security, accessibility, world-class fibre, on-site energy solutions, and lifestyle amenities on your doorstep.
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- **Flexible stays:** One night or one month – your schedule, your choice.
- **All-in comfort:** High-speed Wi-Fi, fresh linen, and thoughtful extras.
- **Local hosts:** On-hand support and real-time recommendations, anytime.
- **Tailored options:** Whether it's business, family, or solo travel, we've got the space that suits your pace.
- **Rated 10/10:** Guests love us – and it shows on Booking.com.

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# NEW IN THE HOOD

Mall of Africa's retail offering continues to expand, with Kids Around being its latest addition. It's no wonder the mall is known for being one of Mzanzi's trendiest shopping meccas!

## Kids Around

Kids Around, South Africa's premium destination for international children's fashion, is now open at Mall of Africa.

"We bring together the world's most iconic designer brands under one roof, offering stylish and high-quality clothing for newborns to teens," says team Kids Around.

From timeless essentials by BOSS and playful silhouettes by KARL LAGERFELD KIDS, to standout pieces from HUGO, Michael Kors, and Billieblush – every garment in this store is chosen with both style and practicality in mind.

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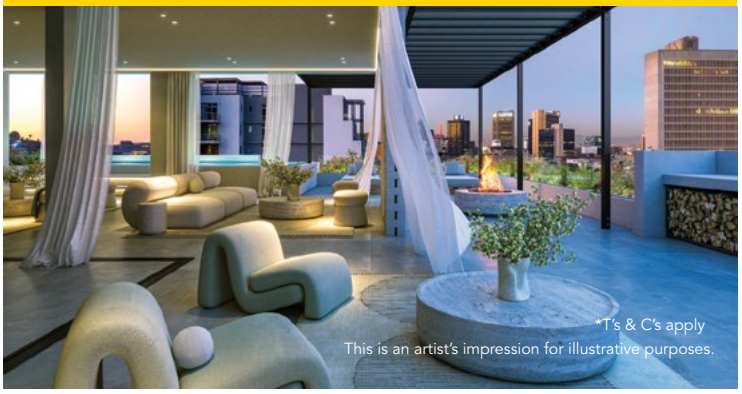

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# MUST DO

Spring has arrived, and with it, a whole lot of fun and excitement in Waterfall City. Enjoy our Spring Book Fair, The Waterfall City Half Marathon and a great movie ticket competition. Plus, we share the details for some not-to-be-missed activities planned in October, including The Amazing Race Waterfall City, powered by Balwin Properties and the Fat Cats 10K Run. Let us entertain you!

## Spring Book Fair

Book lovers, get ready for the much-awaited Spring Book Fair in support of Greendale House Palliative and Hospice Care. This year, the fair will have a treasure-hunt feel, with charming book carts scattered throughout Polofields Crossing and, for the first time, Waterfall Wilds.

Expect books galore – from romance and thrillers to biographies and cookbooks. There will be kids' entertainment with face painting, balloon artists, a juggler, and the ever-popular Blind Date with a Book. And if you need to make space on your bookshelf for new reads, you can donate your old books for a good cause beforehand at SuperSpar Polofields Crossing or at the fair on the day.

**13 & 14 September**
**09:00 – 16:00**
**Polofields Crossing and Waterfall Wilds**

## The Waterfall City Half Marathon

Get your heart racing on 21 September on one of Joburg's most exciting race routes – it's fast, fresh, and full of city spirit. Online entries close on 13 September, with no late sign-ups on the day, so lock in your bib now. To enter visit: https://www.entryninja.com/events/82101-waterfall-city-half-marathon

**21 September**
**Race start times: 06:00: 10km & 21km and 06:15: 5km fun run**
**Start line: Waterfall City Park, Mall of Africa**

## Ready for some fun?

Time is running out to register for The Amazing Race Waterfall City, powered by Balwin Properties on 18 October! Last year saw 56 teams of 2 to 5 participants using a smartphone app to navigate to various Hotspot locations, solving clues and completing challenges while racing against the clock. All for amazing prizes! This year, we are taking it up a notch, with a new route, more challenging activities and amplified fun.

Entries close on 19 September and spots are filling up fast! So sign up today on:
https://waterfallcity.co.za/events/the-amazing-race-waterfall-city/

**18 October**
**Start line: Waterfall Wilds**

# WATERFALL CITY CARES

## Clean-Up Green-Up

September is spring cleaning month, and we're here to help you recycle all your old and broken electronics responsibly. E-waste contains harmful substances that can pollute the environment if it ends up in landfills. The top-loader type e-waste recycling bin permanently stationed at Waterfall Corner features easy-to-access compartments for various sizes of e-waste – from TVs, washing machines and printers to air fryers, irons and routers. It's the perfect way to declutter with a clear conscience.

**Drop off your e-waste at any time**
**Waterfall Corner**

## Give Blood, Save Lives

Be a hero in just 30 minutes!
Roll up your sleeve, give blood, and give hope at the blood donation station. Your single donation can help save up to three lives!

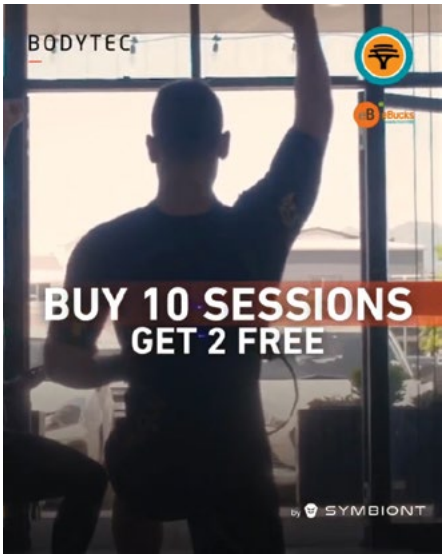
**20 September**
**10:00 – 16:00**
**Polofields Crossing**
**Marquee next to West Pack Lifestyle**

# DON'T MISS

## Train smarter and faster for less

FNB eBucks customers, it's time to train extraordinarily with BODYTEC Waterfall! Get 20% off a prepaid 10x EMS session voucher plus 2 extra sessions free – that's 12 EMS sessions for only R3,500, saving you R900! BODYTEC's 20-minute EMS training helps you build strength, boost performance, and save time. Call or email using promo code WATBDAY to claim your exclusive offer.

**Valid throughout September**
**BODYTEC Waterfall Wilds**
**074 616 3220/011 100 5566**
**waterfall@bodytec.co.za**



## The Fat Cats 10K Run

The iconic Mall of Africa will come alive with energy, colour, and community spirit as it plays host to the much-anticipated Fat Cats 10K Run on 12 October – a race that promises something for everyone, from competitive runners to casual walkers and wide-eyed little ones.

This isn't just for elite runners chasing personal bests. The Fat Cats 10K Run is about inclusivity and family fun, with something to get everyone moving:

- A timed 10K for seasoned runners looking for a challenge.
- A timed 5K for beginners or those who prefer a lighter distance.
- A kiddies corner packed with entertainment, games, and joyful distractions for young supporters.

Whether you're chasing a medal, walking for wellness, or bringing the kids for a day out, the Fat Cats 10K Run at Mall of Africa is your chance to join a movement built on positivity, purpose, and playful energy. Online entries close on 11 October or when 2,500 entries across all events have been reached. So don't miss out and secure your spot today!

**12 October**
**Mall of Africa**
**Ts & Cs apply**
**Info: https://fatcats.africa/**

WATERFALL CITY

# WATERFALL CITY COMPETITIONS

## Win Movie Tickets

Tell us the name of Chickenhare's sarcastic turtle sidekick and you could win tickets to *Chickenhare and the Secret of the Groundhog*, starting 19 September at Ster-Kinekor Mall of Africa. Email your answer to competitions@waterfallcity.co.za along with your name and contact number.

**Competition closes 21 September**
**Winner announced 23 September**
**Ts & Cs apply**

## What's on at the movies?

Here are this month's exciting new movie releases from Ster-Kinekor:

5 September: *Stolen Girl*
*The Conjuring: The Last Rites*
12 September: *Code 3*
*Downton Abbey: The Grand Finale*
*The Long Walk*
19 September: *Chickenhare and the Secret of the Groundhog*
*London Calling*
*The Sound of Music 60th Anniversary*
26 September: *Gabby's Dollhouse: The Movie*
*One Battle After Another*

**Book today: www.sterkinekor.com**

Netcare Waterfall City Hospital

Expert tips to prevent

# PADEL INJURIES

## What every amateur padel enthusiast should know to stay injury-free.

The fast-paced rallies and doubles play of padel, have attracted a major following across South Africa. However, as more people take to the courts, injuries are becoming increasingly common. Experts say that with the right approach, these injuries do not have to deter enthusiasts.

"The sport is an excellent form of cardio exercise, however as more amateur players take to the padel courts, we are seeing an increase in injuries associated with it, especially to the knees, shoulders, elbows, and ankles," says Dr Ashley Naidoo, an orthopaedic surgeon with subspecialist expertise in upper limb and sports-related conditions, who practises at Netcare Waterfall City Hospital's Sports Orthopaedic Surgery (SOS) Centre.

Recent research from Europe shows that around 36% of recreational padel players sustain injuries each year, at a rate of approximately 2.8 injuries per 1,000 hours of play.

"Many of the common padel injuries affect the lower limbs, with ankle sprains, overused knees, calf and thigh strains, and Achilles tendon problems fairly common – particularly in players over 30 and in those who are new to the game," he says.

"Padel players should also be aware of the risk of upper limb injuries, as pain or strains affecting the elbow, shoulder, and wrist are also prevalent, especially among players using heavy rackets and less experienced players who are still working on improving their technique."

Dr Naidoo points out that many padel injuries can be avoided. "Prevention of injuries is always better than treating them, and given the growing popularity of padel, I would advise anyone who is enjoying this sport to make prevention part of their preparation."

Physiotherapist Ulaysha Narandas, part of the multidisciplinary team at Netcare Waterfall City SOS, highlights the importance of warming up properly.

"Research from European and Latin American sources has consistently highlighted one common theme: the absence of a structured warm-up

dramatically increases injury risk," she says.

"Most padel-related injuries – especially to the knees and calves – happen early in matches when cold muscles are pushed too hard, too fast. Her advice: start every session with 10 minutes of active movement, including light jogging, mobility drills, and dynamic stretching. After the game, static stretching of the legs, forearms, and lower back helps prevent tightness and speed up recovery."

The structured smart training programme, provided at Netcare Waterfall City Hospital, combines education with hands-on training, ideal for padel players looking to elevate their game and avoid injury.

The individualised training programme, integrated with pneumatic resistance equipment, offers safe, measurable strength training for all ages, including arm and shoulder control exercises, lower limb stability and single-leg balance drills, eccentric tendon loading such as controlled heel drops, and trunk rotation work to support the agility required for padel. It is also especially effective for improving strength without overstraining joints.

Dr Naidoo points out that appropriate padel footwear is another critical piece of the injury prevention puzzle.

"Padel is played on synthetic turf, often with sand infill, and requires lateral grip and ankle support. Running shoes and general trainers are unsuitable, increasing the risk of slipping or ankle rolls. Footwear designed specifically for padel, or clay tennis surfaces offers the best protection. Recent Spanish data suggests that hybrid or omni-soles may reduce impact forces compared to full herringbone designs," he says.

"By combining smart training, proper preparation, suitable footwear, and evidence-based rehabilitation, players of all ages can enjoy padel while minimising injury risk. Whether you're playing socially or competitively, whether you're 25 or 65, playing smart today can help you stay on court and pain free for years to come."

# MAKE EVERY MEETING COUNT

## Prepare before seeing your financial adviser

By Robyn Laubscher, Advice and Product Specialist, PSG Wealth

Every meeting with your financial adviser is an opportunity to take control of your financial future. Whether you're engaging for the first time or sitting down for an annual review, preparation is key. By knowing what to expect and what information to share, you'll get far more value from the time you spend together, ensuring your plan remains aligned with your evolving goals.

*Robyn Laubscher, Advice and Product Specialist, PSG Wealth*

### What to expect in your initial meeting:

Your first meeting with a financial adviser is commonly referred to as a discovery meeting, and its aim is to help your adviser understand your full financial picture. To develop an appropriate and tailored financial plan, your adviser will typically ask questions covering the areas outlined below.

### Personal and financial background

To help your adviser understand your situation comprehensively, you'll need to share information about your personal circumstances, including your marital status and, if applicable, your marital regime. They will also ask about your employment status, income level and any dependents you may have.

Your adviser will need to understand your current financial situation as well, including details of your major assets and liabilities, whether you have life, disability, or critical illness insurance policies in place, and whether your estate planning is up to date (for example, wills and trusts). Additional aspects that your adviser will typically enquire about, will include any emergency fund that you may have in place, your monthly expenses, and whether you are anticipating any major changes in your income or expenses.

### Financial goals

Clarify your objectives over different time horizons with your adviser and explain your short-, medium- and long-term financial goals. Make sure that you explain any specific milestones or timeframes you're working towards.

### Investment experience and preferences

Think about the types of investments you have previously held and how comfortable you felt about each of them. Sharing these insights will help your adviser understand your investment experience and preferences.

### Risk tolerance and investment purpose

Consider the level of risk you are comfortable with and explain whether you are investing primarily for capital growth, income generation or capital preservation. This will help guide your investment strategy.

### Time horizon

Your adviser will need to understand when you intend to start withdrawing funds and how long you can leave the investment untouched, as this will shape your investment approach.

### Legal and tax considerations

To create a tax-efficient financial plan, your adviser will need to know about the countries in which you are a tax resident and understand whether you plan to relocate or change this status. Other important aspects in this category are your marginal tax rate, as well as details of any business entities, trusts or legal structures involved in your financial affairs.

## What to expect in your annual review:

Once your financial plan is in place, you will typically meet with your adviser on an annual basis for a review. This annual review is a vital opportunity to check that everything still aligns with your financial goals, which may have evolved or shifted over the past year. This is the time to:

- Review the progress you are making towards your goals
- Update your adviser on any changes in your life, income, or family circumstances
- Make any necessary adjustments to your plan in response to changing conditions or priorities.

These annual reviews help to ensure that your financial strategy remains relevant and responsive, particularly during periods of life transition, economic change, or personal upheaval.

## Make every meeting count

Each and every meeting with your financial adviser – from the initial discovery chat and onboarding session to your ongoing annual reviews – plays a role in helping you build and preserve wealth. By being open, honest and prepared, you can ensure your financial strategy remains on track.

# SERVING SMILES

## by the scoop!

Polar Ice Cream, a distinguished name in premium ice cream manufacturing, is proud to announce the opening of its newest factory shop, in the heart of Woodmead in Waterfall City.

Known for delivering exceptional quality at an accessible price point – often half of what discerning consumers might expect – Polar Ice Cream continues to redefine indulgence without compromise.

This exciting new retail space has been thoughtfully designed to delight ice cream aficionados of all ages. It's more than just a store; it's a destination that celebrates Polar Ice Cream's longstanding heritage of craftsmanship, innovation, and passion for excellence.

Upon entering, visitors are welcomed into a vibrant, contemporary environment that reflects the brand's commitment to quality and creativity. A kaleidoscope of flavours and colours awaits, inviting customers to explore a sensory experience that goes far beyond the traditional scoop.

In keeping with evolving dietary needs and wellness trends, the shop also features an expanded range of its popular Guilt-Free sugar-free ice creams. These thoughtfully formulated treats ensure that everyone – regardless of dietary preferences – can enjoy the indulgence of Polar Ice Cream without hesitation.

Whether you're a long-time fan or a first-time visitor, Waterfall City's new Polar Ice Cream factory shop promises a memorable experience that blends nostalgic charm with modern delight.

Visit their Woodmead branch and discover why Polar Ice Cream remains a beloved brand for generations of South African families.

**Explore their ice cream online at www.polaricecream.co.za**
**Follow them on social media:**
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# WEYLANDTS: LIMITED LAUNCH OFFER

## The Bobo and Pinch Modular Sofas

## A Story of craft, connection, and considered comfort

Crafted through collaboration, the Bobo and Pinch Modular Sofas are the latest expression of Weylandts' enduring philosophy – where form meets feeling, and design is shaped by experience. Conceived in partnership with our trusted suppliers, these modular collections represent a global journey of creation. A process defined not just by aesthetics, but by deep relationships and the intimacy of knowing a material's every nuance.

Anna and Chris Weylandt have always believed that great design begins with connection – between people, materials, and the spaces we inhabit. The Bobo and Pinch Modular Sofas were designed with this spirit in mind. Developed during a design journey through China, each detail was refined with care, drawing on years of trust and mutual understanding with a long-time maker. It's this kind of connection that transforms furniture into something personal.

### The Bobo Modular Sofa

Sculptural in form and grounded in simplicity, the Bobo Modular Sofa is defined by its plush curves and relaxed geometry. With four components that can be shaped to suit your space, it embodies a new kind of flexibility. Upholstered in your choice of Cotton or Slate textiles, Bobo's tactile comfort is an experience in itself. Its deep seats and rounded edges offer a sense of ease that's felt the moment you sit down. Available for a limited time only, the launch offer on the Bobo Modular Sofa is R29,995.

### The Pinch Modular Sofa

Crafted with comfort at its core, the Pinch Modular Sofa offers a refined approach to everyday living. Available in Pewter and Smoke textiles, this sofa is rooted in modern design. With a five-piece configuration, it adapts with elegance, bringing presence and poise to any room. Enter the World of Weylandts and experience the comfort of the Pinch modular Sofa for R34,995.

In both collections, modularity is not just about flexibility; it's about crafting spaces that invite you to experience design without compromise. At the heart of both collections is a curated selection of high-texture upholstery, woven using varying threads to create dynamic surfaces that shift with the light and the contours of each piece.

This depth of tone and tactile richness doesn't just add visual interest; it enhances the sculptural shapes of the sofas, highlighting every curve and edge. Chosen for their plush feel and resilient comfort, these textiles offer a sensory experience that invites relaxation and rewards touch.

At Weylandts, every sofa begins with a journey. From the vast landscapes we travel to, to the close relationships we've nurtured with skilled artisans, every design is born from a shared language of quality and care. The Bobo and Pinch Modular Sofas are more than furniture; they're the result of meaningful collaboration.

Offer valid until end September 2025. Ts & Cs apply.

**Visit our Fourways store or contact Nadine du Toit for more information.**
**Weylandts Fourways Showroom,**
**Cnr Fourways Blvd and Short Steet,**
**Witkoppen, Johannesburg, 2055**
**nadine.dutoit@weylandtshome.co.za**
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# Nurturing Children Who Know Their Worth

**Imagine a world where every child grows up knowing, without a doubt, that they matter. That they are seen, heard, and cherished—not for what they achieve, but simply for who they are. As parents, isn't this our deepest hope? That our children grow with a strong sense of self, a heart full of kindness, and the confidence to embrace life with joy? At Dibber, this is the heart of what we do. We call it Heart Culture—a way of nurturing children that cultivates self-worth, deepens relationships, and builds a true sense of belonging.**

From the moment a child takes their first steps into our learning spaces, they are encouraged to explore their "I"—their own unique identity. Who am I? What makes me feel happy, safe, and proud? What do I bring to the world? Every smile, every discovery, every shared moment adds to their growing understanding that they are important. Through play, storytelling, and meaningful conversations, they begin to understand their emotions, their strengths, and their heart treasures—their deepest values. They learn that their voice matters and that being true to themselves is something to celebrate. This self-acceptance becomes the foundation for resilience, emotional intelligence, and the courage to face life's challenges.

But self-discovery is just the beginning. As children grow, they step into the "You"—the people around them. They learn that just as they have dreams, fears, and feelings, so do their friends, family, and teachers. Through playful interactions, shared laughter, and small acts of kindness, they begin to see that relationships are built on trust, understanding, and care. They listen, they learn, they grow. They begin to appreciate both the things that make us similar and the beautiful differences that make each of us unique. They ask questions, they engage, and they start to see the world beyond themselves. These experiences shape children into thoughtful, compassionate individuals who not only understand others but care deeply for them.

Then, their world expands even further into the "We"—the understanding that they are part of something much greater than themselves. The community, the country, the world—they all become places where a child knows they belong. They learn that their actions matter, that kindness ripples outward, and that even small hands can make a big difference. Through inclusive experiences, they explore different traditions, customs, and ways of living, realising that diversity is not something to fear but something to embrace. They don't just learn about the world; they become active participants in making it better. A child who has been nurtured in Heart Culture doesn't just grow up with knowledge; they grow up with a heart for the world.

At Dibber, we don't just teach children—we nurture them. We create spaces where they feel safe, seen, and celebrated. We guide them as they develop the social, emotional, and cognitive skills that will serve them for a lifetime. We empower them to be their truest selves while teaching them the joy of connection and community. Our learning environments act as a third teacher, inspiring curiosity, exploration, and discovery.

As parents, we want our children to be happy, kind, and confident. We want them to wake up each morning knowing they are loved and go to bed each night knowing they have made a difference. Heart Culture is the bridge between those hopes and reality. When children experience their own intrinsic value and recognise the worth of others, they step into life with empathy, confidence, and a desire to make the world better—not just for themselves, but for everyone around them.

This is what it means to raise children who are the heart of the world. And it starts with knowing, deep down, that they are already enough. Because a child who knows their worth today will change the world tomorrow.

# RANGE ROVER SV BLACK

## Pioneering sensory audio and striking new design details for luxury leader

Range Rover is expanding its lineup with the introduction of the visually striking Range Rover SV Black, which embodies a distinctive interpretation of modern luxury, featuring the finest finishes and meticulous attention to detail.

The Range Rover SV Black celebrates the timeless luxury appeal of an all-black specification, resulting in the darkest, stealthiest Range Rover ever created. An alluring and sophisticated model, which takes elegant design to a new level, every detail meticulously appears as if dipped in black mirror gloss.

The exterior of the Range Rover SV Black is finished in striking Narvik gloss black, reinforcing its form and presence.

The detailing of the Range Rover SV Black reflects the very best of Range Rover SV craftsmanship. At the front, the grille features a polished gloss black mesh, complemented by matching gloss black bonnet lettering and a subtle dark gloss grille oval.

In profile, the SV Black stands out with 23-inch alloy wheels in a striking gloss black finish. The Range Rover wheel script is refined with a subtle touch, while the gloss black brake callipers feature darker branding for the very first time.

At the rear, the Range Rover SV Black features a black ceramic SV roundel – a subtle yet significant sign of uncompromising craftsmanship.

Contrasting elegantly with the glossy exterior, the interior exudes luxury with beautifully soft satin black finishes. The Near-Aniline Ebony leather is silky to the touch, with distinctive graduated rectangle perforations and a unique stitching pattern on the seat uppers. For the first time, single-panel seat covers feature a luxurious new finish with fewer stitch lines and seams, creating a cleaner, more refined look. Smooth, tactile black birch veneers complete the design, perfectly complementing the sumptuously soft seating.

Adding a cool touch, the gear shifter is finished in satin black ceramic. Moonlight chrome detailing extends to more elements than ever before, bringing a dark, moody, jewel-like finish to the entire cabin.

### Body-And-Soul-Seat and Sensory Floor technology

With the launch of the SV Black, Range Rover is also extending its pioneering approach to luxury audio and sensory technology, with the introduction of Rear Body-And-Soul-Seat and Sensory Floor technology, as standard on flagship SV models.

Sensory Floor represents an evolution of Range Rover's pioneering Body-And-Soul-Seat (BASS) technology. For the first time ever, Range Rover incorporates haptic feedback through the floor mats in addition to the seats. Available exclusively on Range Rover SV models, Sensory Floor creates an expansive and immersive listening experience, allowing occupants to physically feel the music.

### Pricing and availability

The Range Rover SV Black will be available to order from late 2025, offered in a five-seat standard wheelbase or a choice of four- or five-seat long wheelbase configurations. All models will feature the powerful 452kW V8 powertrain, delivering effortless performance with exceptional refinement.

Pricing starts at R5,269,200 for the standard wheelbase and R5,718,700 for the long wheelbase.

Contact your nearest JLR retailer for more details and availability.

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# 55 YEARS OF
# RANGE ROVER

PHOTOGRAPHY BY NIC BALLETA FOR SA HOMEOWNER MAGAZINE ©

# LIVE BEAUTIFULLY OUTDOORS THIS SUMMER

## Premium estate living begins where the indoors end

Summer is the season of light. It pours through large stacker doors and dances across sun-warmed decks. It's the scent of jasmine, the sound of children in the pool, the gentle clink of glasses on a late afternoon patio. In South Africa's best estates, whether in the heart of Gauteng or across Pretoria's leafy eastern ridges, summer is more than just a time of year. It's a way of life.

### Designed to thrive where you live, life flows outdoors

With Best Deck's premium composite wood decking, cladding and pergola installations, outdoor spaces become more than a boundary line. They become extensions of the home itself. A deck that feels like it was always meant to be there. A pergola that brings shade, structure and beauty in equal measure. Cladding that enhances both the visual appeal and long-term value of a home.

Best Deck's premium composite wood materials are engineered precisely for this kind of lifestyle. Maintenance-free and fade-resistant, their wood-look finishes are made to endure, no sanding, no sealing, no worries. "We understand that homeowners in premium estates value design, longevity and peace of mind," says Stuart Martin, CEO of Best Deck. "Our solutions deliver all three."

### The estate lifestyle, upgraded

In estate living, attention to detail is everything. From the way a deck wraps around a swimming pool to how shadows stretch beneath a pergola as the sun moves across the sky, every element adds a rich ambience to daily life. With Best Deck, the outdoors becomes a deliberate design choice, not an afterthought. Homeowners are using Best Deck products to create elegant poolside decks for summer entertaining, install striking façade cladding that catches the eye from the moment you arrive and build stylish pergolas that cast architectural patterns of shade and light throughout the day. All with the confidence of a 25-year product guarantee.

### Architectural harmony, naturally

Whether your home is modern with clean horizontal lines or inspired by classic charm, the natural grain and rich tonal variety of Best Deck's finishes integrate seamlessly into the surrounding environment. "We work closely with architects, estate developers and homeowners to ensure our designs align with the overall aesthetic," says Martin. The result? Outdoor elements that don't compete for attention – they complete the picture.

### Trusted across South Africa's finest estates

From the coastal elegance of Zimbali and Ballito to the manicured landscapes of Dainfern, Silver Lakes and Waterfall City, Best Deck installations have become hallmarks of premium estate living across the country. Trusted by developers, designers and homeowners alike, the brand is known not just for its product excellence but for the way it helps create moments, those long summer lunches, relaxed Sunday mornings or early evening chats that stretch well into the night.

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# DESIGNING BEYOND COMFORT:

## The Lynne Blumberg Philosophy

For me, interior design is about pushing the boundaries of people's comfort. Too often, individuals allow themselves to be trapped by the idea of what they like instead of opening their minds to the possibilities of what a space can become. A kitchen is only mortar and tile until you breathe personality into it; then it becomes the heart of a home, beating and ebbing with the life of the family. You see it in the placement of the middle island, designed for evening conversations, wine and giggles.

A great designer knows how to draw that idiosyncrasy not only out of a space, but out of their clients as well. Throughout my tenure as a designer, which spans 30 years, I have met countless people, all with different ideas about what they want their home to be. I have challenged and adapted them, as they have with me. Being mutable is what makes each home its haven. You need to bend the rules, you need to snap the ideals – this is how one-of-a-kind interiors are created.

The Lynne Blumberg stamp is not some easily recognisable piece that screams 'Lynne Blumberg was here'; rather, it is the quiet understanding that this home is unlike any other, because each client is unlike any other. I believe my stamp is in the carefully curated aesthetic that reflects the client, the flow and rhythm of the homeowners dancing through the rooms and adorned across the walls.

There is a quote by British interior designer David Hicks that reads: "The best rooms have something to say about the people who live in them." This is the mantra that I design by. My work is not only a reflection of myself, but also a reflection of how well I know my clients.

Interior design is a personal business; it is intimate and raw. People give you access to their home and their deepest desires for that space, and that is not something I take lightly. I want the client to feel engulfed in that feeling of comfort when they look at their newly designed lounge. I want the excitement of dinner parties to come to wash over them as they sit around their bespoke dining tables, on chairs made specially for them.

I chase this outcome. That is why my favourite part of the process is the reveal – I put a lot of energy into making my reveals a moment for the clients, an event. It's about seeing the relieved easing in their shoulders, the face-splitting smile across their faces, and the excited shrieks as we walk from room to room. That is why I do what I do, all for that moment of total satisfaction, the moment the client realises how truly understood they are.

I push boundaries, I bend the rules and I create homes worth living in. I create homes that inspire life, that make people want to fill their home with people and laughter. Lynne Blumberg Interior Design is founded on the idea that design is a positive force and that homes deserve our undivided passion.

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# SOFAS AND CHAIRS

## Curves, comfort and stylish variations are the latest trends

When it comes to seating options for your home, expect to see a resurgence of curved silhouettes, rich textures like velvet and bouclé, and a move towards bold colours such as jewel tones (emerald green, sapphire blue and deep burgundy). Earth tones, especially browns, are also making a comeback, offering a warm and grounded feel. Modular and multi-functional pieces are popular, as well as low-profile designs for a sleek, minimalist look.

At the centrepiece of a living room is the furniture that sees the most day-to-day use, so finding the best sofa for your home is important. It's a big-ticket item and there are lots of factors to consider.

In recent years, sleeper sofas have evolved greatly. Nowadays, they balance stylish designs that fit beautifully in living rooms with smart engineering that makes them genuinely comfortable to sit or sleep on.

The era of petite sofas seems to be fading, even in small living rooms. Instead, people are opting for larger, more generous designs that allow for true comfort and relaxed lounging.

Filling most of your living room space with a cosy corner sofa in a cinema room design is a common sight these days. In fact, corner sofas are one of the best sofa ideas for small living rooms as they take advantage of often underutilised corners.

Curved furniture has been a living room trend for over a year now. Beautifully sculptural, curvy sofas are at the top of their game, with angular styles having gradually fallen out of favour.

Sofas with sculptural silhouettes are also growing in popularity. We're talking fluted styles and 'croissant sofas' all adding instant interest and character to a living room.

Instead of harsh lines in the home, curved furniture helps to soften a room's features and create a relaxed atmosphere. Choose a curved sofa in a modern, contemporary design. A sofa's clean lines and sleek design are perfect for achieving a stylish and contemporary aesthetic and pair well with a monochromatic colour scheme for a modern, visually appealing space.

Recliner sofas are the unexpected sofa trend. They have been gaining popularity over the past year, with many sofa brands launching their own stylish versions of the once bulky and unsightly recliners.

Sofas with built-in wireless charging and surround sound connectivity are becoming increasingly popular as more people look to recreate a cinema experience at home. These tech sofas are designed to be discreet and work well in any type of home.

Sofa materials are increasingly all about texture, with everything from chenille and teddy bear to bouclé rising in popularity. A plush teddy bear fabric is already in demand for the cosy, inviting and luxurious feel it brings to a living space. Bouclé continues to capture attention for the instant depth it adds without being overpowering. The subtly textured nature of chenille is also a favourite, particularly for statement-making sofas, as it holds colour beautifully and creates instant personality.

## Chair options

Chair trends are leaning towards comfort, natural elements and a touch of luxury. Expect to see a rise in curved backs, soft edges and inviting designs that prioritise both aesthetics and functionality. Materials like velvet and leather, and high-quality textiles are popular for upholstered chairs, adding a touch of elegance.

Bold colours like deep blues and emerald greens are making a statement, while natural materials and finishes are also gaining in popularity.

Additionally, there is a growing focus on sustainability, with an emphasis on eco-friendly materials and designs. Nature-inspired colours and matte finishes are prominent, creating a sense of calm and balance in living spaces.

Outdoor chair lines are softer, the material is more tactile and the palettes are more refined. Many of these chairs look like they could just as easily work in your living room, and that's exactly the point: homeowners want their patio furniture ideas to be just as stylish and comfortable as the rest of their home, and now the furniture finally supports that vision.

It's safe to say that Scandinavian design is here to stay, especially in combination with other influential aesthetics. Japandi, for instance, is still a relevant trend from years past, even for 2025. This style focuses on minimalism, natural materials and a neutral palette, enhanced with cosy elements like soft textiles and warm lighting. The result is a serene, inviting environment that promotes wellbeing.

Sources:
idealhome.co.uk
decorilla.com

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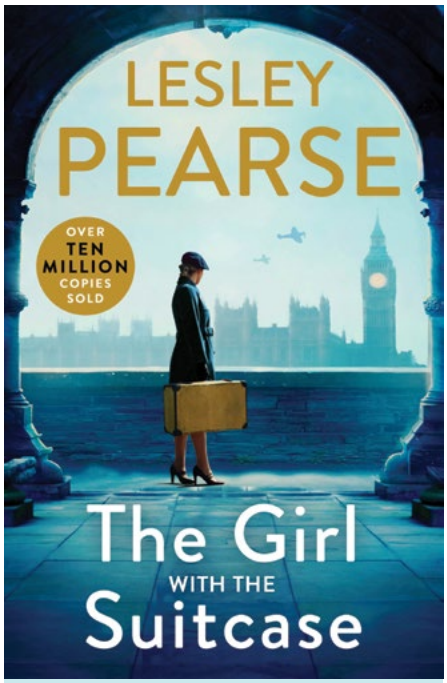


## The Girl with the Suitcase
***By Lesley Pearse***

When Mary meets a glamorous stranger named Elizabeth, she realises their lives couldn't be more different. Elizabeth is beautiful and charming, about to set off on a dazzling adventure to Ireland, where she's inherited a grand house. Mary, shy and meek, has nothing to look forward to but the dreary life of a maid in Hampstead.

But when an air raid forces them to take shelter underground, Mary's life is suddenly changed forever. After waking up in the hospital, injured but alive, the nurse mistakes her for Elizabeth and hands over her suitcase with Elizabeth's money and tickets to Ireland inside.

This is Mary's chance to escape the hardship of her life and start afresh.

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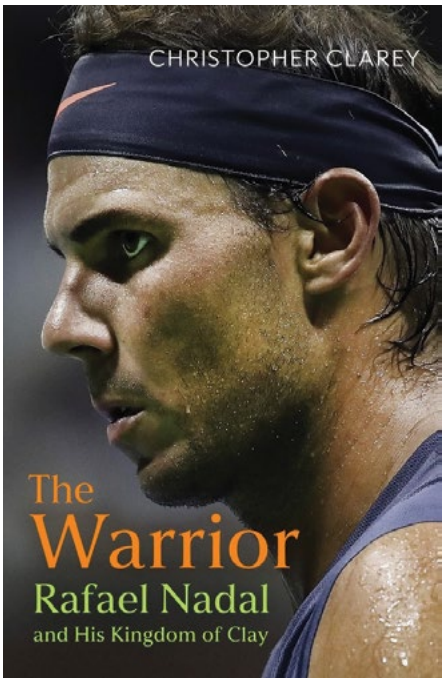



## The Warrior
***By Christopher Clarey***

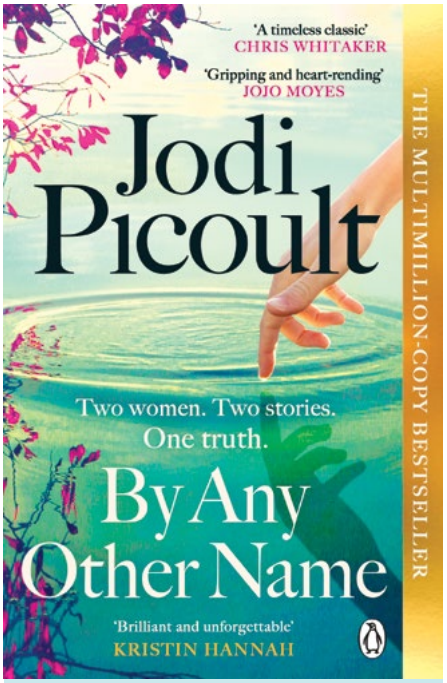
An intimate, original biography of tennis legend Rafael Nadal, and the first to cover his entire career.

After his award-winning look at Roger Federer, Christopher Clarey, one of the world's pre-eminent tennis writers, focuses his lens on Nadal, the Spanish force of nature. When he arrived on the scene in 2005, the record for men's singles titles at the French Open stood at six. Nadal more than doubled that total to a mind-blowing 14 titles: one of the greatest sporting achievements in history.

Nadal won big and won often on all of tennis's surfaces: securing two Wimbledon titles on grass and six on the US Open and Australian Open hard courts. But clay, the grittiest of the game's playgrounds, is where it all came together best for his whipping forehand and warrior mindset.

Clarey, who has covered Nadal since he was 17, draws on interviews over 20 years with Nadal, his team and rivals like Roger Federer and Novak Djokovic. Brimming with behind-the-scenes insight, *The Warrior* tells the story of a global sporting icon, interlacing man and place in a unique, must-read account of the evolution of excellence.

***Price: R485.00***




## By Any Other Name
***By Jodi Picoult***

Emilia Bassano is allowed no voice of her own but finds a way to secretly bring her work to the stage. Yet by paying a man for the use of his name, she will write her own out of history. His name? William Shakespeare.

Present-day Manhattan. Young playwright Melina Green is determined to see one of her shows make the stage, but it appears a woman's voice is still worth less than a man's. So inspired by the life of her ancestor Emilia Bassano, she takes a lesson from history and submits a play under a male pseudonym . . .

Women have long been written out of history, but have they held the pen all along?

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| Capacity | Name | Contact Number | Email |
|---|---|---|---|
| CEO - Waterfall Country Estate and Waterfall Village | Kenneth Gaynor | 010 591 4671 | kenneth@waterfallcountry.co.za |
| CEO - Waterfall Equestrian Estate | Gerhard du Toit | 060 988 1059 | gerhard@waterfallequestrian.co.za |
| General Manager - Waterfall Hills Mature Lifestyle Estate | Shae Braithwaite | 081 810 0770 | shae@whra.co.za |
| Estate Manager - Waterfall Valley Mature Lifestyle Estate | Christo van Jaarsveld | 079 352 8327 | estatemanager@waterfallvalley.co.za |
| Estate Manager - The Polofields, Waterfall | Nadia Zelubowski | 060 759 1580 | estatemanager@polofieldswaterfall.co.za |
| Estate Manager - Kikuyu, Waterfall | Laurine Kleynhans | 068 199 8553 | estatemanager1@kikuyuwaterfall.co.za |
| Estate Manager - Munyaka, Waterfall | Karmen Richards | 066 595 1525 | munyakaem@munyakawaterfall.co.za |
| Estate Manager - Ellipse, Waterfall | Eugene van der Merwe | 081 482 7831 | estatemanager@waterfallellipse.co.za |
| Property Manager - Waterfall View | Anita Granger | 071 595 8167 | anita@elgaru.co.za |
| Security Manager | Shawn Benningfield | 076 144 8197 | shawn@waterfall.co.za |
| Sustainability Manager | Ruan Spies | 060 966 4211 | ruan@waterfall.co.za |
| Attacq Leasing | Justin Smith<br>Lunga Sikutshwa | 082 362 0800<br>083 200 2576 | justin@attacq.co.za<br>lunga@attacq.co.za |

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## WATERFALL COUNTRY AND COUNTRY VILLAGE ESTATES

### ALLEGIANCE PROPERTIES
**Amy Pepler**
amyp@allegianceproperties.org
082 374 9129
**Debbie Hough**
debbieh@allegianceproperties.org
073 166 5435
**Julian Cornofsky**
julianc@allegianceproperties.org
083 444 5141

### BLACK HOUSE REALTY
**Bakang Makgopela**
bakang@blackhouserealty.co.za
072 255 1229

### BOTHMA AND CO REAL ESTATE
**Vicky-Lee Coffen**
vickylee@bothmandco.com
061 615 3248
**Winnie Bothma**
winnie@bothmandco.com
082 259 9492

### BYRON THOMAS PROPERTIES
**Megan O'Donovan**
megan@btproperties.co.za
072 969 2428

### CHAS EVERITT MIDRAND
**Nana Myeza**
nana.myeza@everitt.co.za
063 719 6308
**Phiwe Myeza**
phiwe@everitt.co.za
082 710 3463

### CHAS EVERITT SANDTON
**Angelique van der Merwe**
angelique.vdm@everitt.co.za
072 528 8130
**Robert Jones**
robert.j@everitt.co.za
071 906 0930

### DORMEHL PHALANE PROPERTY GROUP
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

### EAGLE DWELL PROPERTIES
**Niran Adenigba**
niran@eagledwell.co.za
078 443 1931

### EXP REALTY
**Connie Peter**
connie.peter@expsouthafrica.co.za
082 496 5827
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Kym Clephane**
kym.clephane@expsouthafrica.co.za
076 024 3862
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

### F.G. LATTO
**Fraser Gourlay**
fraser@fglatto.co.za
072 767 7489
**Noksie Gourlay**
noksie@fglatto.co.za
078 332 6111
**Susan Kruger**
susan@fglatto.co.za
072 956 8311

### FINE AND COUNTRY MIDRAND
**Ikram Gabr**
ikram@gsapp.co.za
082 228 7993
**Tanya Mohr**
tanya@gsapp.co.za
083 276 3004

### GLOBAL EXCLUSIVE PROPERTIES
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fungai@globalexclusive.co.za
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### HARCOURTS LIFESTYLE MIDRAND
**Danielle Wilde-Butt**
danielle.wilde@harcourts.co.za
082 901 3119
**Hjalmar Venter**
hjalmar.v@harcourts.co.za
072 468 4228
**Karen Kruger**
karen.kruger@harcourts.co.za
072 603 2320

### HARPROP REAL ESTATE
**Irmi Reif**
irmi@harprop.co.za
082 905 1213

### JAWITZ PROPERTIES (TURNKEY)
**Belinda Hickson**
belindah@jawitz.co.za
082 835 0099
**Cathie Bester**
cathieb@jawitz.co.za
083 616 0348
**Sue de Klerk**
sued@jawitz.co.za
083 676 6012

### KAMONANDE MARKETING
**Erik Crause**
erik@waterfall.co.za
082 745 6324

### KBMO PROPERTIES
**Lebogang Modipane**
kamo@kbmo.co.za
062 733 6836
**Sibongile Mkhatjhwa**
sibongile@kbmo.co.za
069 582 9175

### KENT GUSH PROPERTIES
**Nicky Makhathini**
nicky@kentgush.co.za
073 832 0219

### LELO N CO REAL ESTATE CONSULTING
**Josua Jansen**
josua.j@leloncorealestate.co.za
071 371 0885
**Lelo Ndlovu**
lelo.n@leloncorealestate.co.za
081 520 9477

### LP REALTY
**Sibiya Sibiya**
sibiya@lprealty.co.za
063 895 2041
**Taylor Davidson**
taylor@lprealty.co.za
083 334 0078

### LUXLIV PROPERTY GROUP
**Joelle McMaster**
joelle@luxlivproperty.com
084 020 1111
**Laura Carr**
laura@luxlivproperty.com
082 868 0135
**Marussia van der Merwe**
marussia@luxlivproperty.com
083 384 0618

### LWP PROPERTIES
**Alma Brown**
alma@lwp.co.za
083 947 2726
**Brian Anthony Hickson**
brianh@lwp.co.za
083 405 0000

### MANDATED PROPERTY GROUP
**Pam Bingo**
pam@mandated.co.za
079 216 7800

### NEXTGEN REAL ESTATE
**Gena Peres**
gena@nextgenrealestate.co.za
074 866 5874

### NTSIKIE MGAYIYA REAL ESTATE
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

### PIVOTAL PROPERTIES
**Elias Ngoma**
elias@pivotalproperties.co.za
083 200 7100

### PLATINUM RESIDENTIAL
**Andrew Pearse**
andrew@platinum.co.za
083 652 8888
**Annalize Morris**
annalize@platinum.co.za
082 347 7305
**Graeme Bunyard (Vacant Land)**
graeme@platinum.co.za
082 882 5861
**Melanie Pearse**
melanie@platinum.co.za
083 390 0000
**Steven McLaren**
steven@platinum.co.za
083 233 8888

### REALNET RAINMAKER
**Jan Thorp**
jant@realnet.co.za
083 300 1971
**Tracy Manion**
tracy.manion@realnet.co.za
082 801 5184

### REMAX ADVANTAGE
**Jelena Frasco**
frasco@remax-advantage.co.za
083 327 0623
**Loline Merifield**
loline@remax-advantage.co.za
076 579 5543
**Nonjabulo Masakhane**
nonjabulo@remax-advantage.co.za
067 985 2062

### REMAX ONE
**Cooper van Heerden**
cooper@remaxone.co.za
078 931 0744
**Ian Ross**
ianross@remaxone.co.za
083 676 5766
**Refilwe Tilo**
refilwe@remaxone.co.za
061 496 9155

### REMAX ONE HUNDRED
**Nteseng Chuene**
ntesengc@remax-onehundred.co.za
068 652 7030

### SEEFF SANDTON
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

### SPECTRUM REALTY
**Nandipha Ngcobo**
nandiphan@spectrumrealty.co.za
071 482 1683

### SUFEMI PROPERTIES
**Chantelle Mhlanga**
chantelle@sufemiproperties.co.za
079 109 0318

### THIS IS ME PROPERTIES
**Jessica Hofmeyr**
jessica@thisismeproperties.co.za
082 937 4760

### TYSON PROPERTIES
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020

### VELICIAE LUXURY REAL ESTATE
**Kimlynne Kemp**
kimlynne@veliciae.com
082 250 8667

## KIKUYU

### AMALGA REAL ESTATE
**Maureen Babane**
maureen@amalgarealestates.co.za
079 842 5104

### CHAS EVERITT MIDRAND
**Darren Jugdhaw**
darren@everitt.co.za
067 252 9652
**Phiwe Myeza**
phiwe@everitt.co.za
082 710 3463

### CHAS EVERITT SANDTON
**Angelique van der Merwe**
angelique.vdm@everitt.co.za
072 528 8130
**Babalwa Yakopi**
babalwa@everitt.co.za
079 177 8513
**Lulama Konza**
lulama.konza@everitt.co.za
064 515 6126

### DORMEHL PHALANE PROPERTY GROUP
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

### EAGLE DWELL PROPERTIES
**Niran Adenigba**
niran@eagledwell.co.za
078 443 1931

### EXP REALTY
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

### HARCOURTS LIFESTYLE MIDRAND
**Danielle Wilde-Butt**
danielle.wilde@harcourts.co.za
082 901 3119
**Karen Harris**
karen.harris@harcourts.co.za
072 775 2080
**Tumelo Malefo**
tumelo.malefo@harcourts.co.za
074 063 5819

### HARPROP REAL ESTATE
**Irmi Reif**
irmi@harprop.co.za
082 905 1213

**JAWITZ PROPERTIES (TURNKEY)**
**Belinda Hickson**
belindah@jawitz.co.za
082 835 0099
**Cathie Bester**
cathieb@jawitz.co.za
083 616 0348
**Gene Witepski**
genew@jawitz.co.za
082 455 5210

**KELLER WILLIAMS EDGE**
**Uhuru Matlhaji**
uhuru.matlhaji@kwsa.co.za
078 959 9407

**KENT GUSH PROPERTIES**
**Elisha Paul**
elisha@kentgush.co.za
076 498 0137

**LANTANA PROPERTIES**
**Masha Nekhavhambe**
masha@lantanaproperties.co.za
083 705 0031

**LJT PROPERTIES**
**Lawrence Toendepi**
lawrencet@ljtproperties.co.za
076 404 0810

**LUXLIV PROPERTY GROUP**
**Joelle McMaster**
joelle@luxlivproperty.com
084 020 1111
**Marussia van der Merwe**
marussia@luxlivproperty.com
083 384 0618
**Victoria Zwane**
victoria@luxlivproperty.com
061 690 1170

**LWP PROPERTIES**
**Alma Brown**
alma@lwp.co.za
083 947 2726
**Brian Anthony Hickson**
brianh@lwp.co.za
083 405 0000

**MANDATED PROPERTY GROUP**
**Pam Bingo**
pam@mandated.co.za
079 216 7800

**NATURAL PROPERTY**
**Nina Chetty**
nina@naturalproperty.co.za
082 560 1373
**Slade Brookes**
slade@naturalproperty.co.za
083 612 2515

**NTSIKIE MGAYIYA REAL ESTATE**
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

**O-YES PROPERTIES**
**Nalini Bageloo**
nalini@o-yes.co.za
083 287 5624

**RAWSON KYALAMI-CENTRAL**
**Nirvan Bhudai**
nirvan.bhudai@rawson.co.za
082 484 5294

**RAWSON PROPERTIES PAULSHOF**
**Hermann Djiendeu**
hermann.dj@rawson.co.za
083 445 0425
**Marriam B Khan**
marriam.khan@rawson.co.za
073 160 8822
**Ruth Kenda**
ruth.kenda@rawson.co.za
064 764 2105

**REALNET RAINMAKER**
**Maisaka Netshivhambe**
maisakan@realnet.co.za
072 429 3084

**REMAX MASTERS**
**Victoria Serfontein**
victoria@remax-masters.co.za
076 481 5171

**REMAX ONE**
**Ian Ross**
ianross@remaxone.co.za
083 676 5766
**Nonny Mtshali**
nonny@remaxone.co.za
081 727 6414
**Schalk Visser**
schalk@remaxone.co.za
083 788 1768

**SA NATIONAL REALTORS GROUP**
**Belinda Livingstone**
belinda.livingstone@sanrg.co.za
083 463 8362

**SEEFF SANDTON**
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

**SOTHEBYS FOURWAYS**
**Candice Delport**
candice.d@sothebysrealty.co.za
071 865 2274
**Yaqshaan Sukdev**
yaqshaan@sothebysrealty.co.za
068 333 3984

**TITAN PROPERTY GROUP**
**Adrian Musper**
adrian.m@titan.co.za
065 028 6691

**TYSON PROPERTIES**
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020

## MUNYAKA

**BLACK HOUSE REALTY**
**Bakang Makgopela**
bakang@blackhouserealty.co.za
072 255 1229

**CHAS EVERITT SANDTON**
**Angelique van der Merwe**
angelique.vdm@everitt.co.za
072 528 8130
**Karolina Basinka**
karolina.f@everitt.co.za
076 585 3341
**Robert Jones**
robert.j@everitt.co.za
071 906 0930

**CHRIS SHELTER PROPERTIES**
**Chrishelda Phalafala**
chrishelda@chrisshelterproperties.com
079 676 0025

**DORMEHL PHALANE PROPERTY GROUP**
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

**EAGLE DWELL PROPERTIES**
**Niran Adenigba**
niran@eagledwell.co.za
078 443 1931

**EXP REALTY**
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

**HARCOURTS LIFESTYLE MIDRAND**
**Mcedisi Mabena**
mcedisi.mabena@harcourts.co.za
071 030 8552
**Megan Craft**
megan.craft@harcourts.co.za
082 407 9622

**HARPROP REAL ESTATE**
**Irmi Reif**
irmi@harprop.co.za
082 905 1213

**HENRENE PROPERTIES**
**Irene Petronella Minnaar**
irene@henrene.co.za
082 772 5715

**JAWITZ PROPERTIES (TURNKEY)**
**Belinda Hickson**
belindah@jawitz.co.za
082 835 0099
**Cathie Bester**
cathieb@jawitz.co.za
083 616 0348
**Gene Witepski**
genew@jawitz.co.za
082 455 5210

**KENT GUSH PROPERTIES**
**Elisha Paul**
elisha@kentgush.co.za
076 498 0137

**LJT PROPERTIES**
**Lawrence Toendepi**
lawrencet@ljtproperties.co.za
076 404 0810

**LUXLIV PROPERTY GROUP**
**Joelle McMaster**
joelle@luxlivproperty.com
084 020 1111
**Marussia van der Merwe**
marussia@luxlivproperty.com
083 384 0618
**Victoria Zwane**
victoria@luxlivproperty.com
061 690 1170

**LWP PROPERTIES**
**Alma Brown**
alma@lwp.co.za
083 947 2726
**Brian Anthony Hickson**
brianh@lwp.co.za
083 405 0000

**NATURAL PROPERTY**
**Nina Chetty**
nina@naturalproperty.co.za
082 560 1373
**Slade Brookes**
slade@naturalproperty.co.za
083 612 2515

**NTSIKIE REAL ESTATE**
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

**ONLY REALTY GROUP**
**Jessica Uglietti**
jessica@orgroup.co.za
073 343 8758
**Soeraya Williams**
soeraya.w@orgroup.co.za
082 708 9749

**O-YES PROPERTIES**
**Nalini Bageloo**
nalini@o-yes.co.za
083 287 5624

**PLATINUM RESIDENTIAL**
**Graeme Bunyard**
graeme@platinum.co.za
082 882 5861

**RAWSON PROPERTIES PAULSHOF**
**Hermann Djiendeu**
hermann.dj@rawson.co.za
083 445 0425

**REALNET RAINMAKER**
**Tracy Ogboro**
tracyo@realnet.co.za
081 326 5100

**REMAX ONE**
**Ayana Ghood**
ayana@remaxone.co.za
065 904 0024
**Ian Ross**
ianross@remaxone.co.za
083 676 5766
**Jenetha Mahabeer**
jenetha@remaxone.co.za
084 952 3899

**REMAX ONE HUNDRED**
**Nteseng Chuene**
ntesengc@remax-onehundred.co.za
068 652 7030

**SEEFF SANDTON**
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

**SOTHEBYS FOURWAYS**
**Candice Delport**
candice.d@sothebysrealty.co.za
071 865 2274
**Yaqshaan Sukdev**
yaqshaan@sothebysrealty.co.za
068 333 3984

**SUFEMI PROPERTIES**
**Chantelle Mhlanga**
chantelle@sufemiproperties.co.za
079 109 0318

**TYSON PROPERTIES**
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020

## THE POLOFIELDS

**BLACK HOUSE REALTY**
**Bakang Makgopela**
bakang@blackhouserealty.co.za
072 255 1229

**BOTHMA AND CO REAL ESTATE**
**Vicky-Lee Coffen**
vickylee@bothmandco.com
061 615 3248
**Winnie Bothma**
winnie@bothmandco.com
082 259 9492

**CHAS EVERITT MIDRAND**
**Phiwe Myeza**
phiwe@everitt.co.za
082 710 3463

**CHAS EVERITT SANDTON**
**Angelique van der Merwe**
angelique.vdm@everitt.co.za
072 528 8130
**Babalwa Yakopi**
babalwa@everitt.co.za
079 177 8513
**Lulama Konza**
lulama.konza@everitt.co.za
064 515 6126

**CPS PROPERTIES**
**Maria Congia**
maria@cpsprop.co.za
082 937 0360

**DORMEHL PHALANE PROPERTY GROUP**
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

**EAGLE DWELL PROPERTIES**
**Niran Adenigba**
niran@eagledwell.co.za
078 443 1931

**EXP REALTY**
**Bryan Milambwe**
bryan.milambwe@expsouthafrica.co.za
074 042 0311
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

**GALETTI COMMERCIAL REAL ESTATE**
**David Dawson**
david.dawson@galetti.co.za
082 385 2897

**GLOBAL EXCLUSIVE PROPERTIES**
**Fungai Ngehama**
fungai@globalexclusive.co.za
072 860 4499

**HARCOURTS LIFESTYLE MIDRAND**
**Candice James**
candice.james@harcourts.co.za
074 134 6459
**Danielle Wilde-Butt**
danielle.wilde@harcourts.co.za
082 901 3119
**Karen Kruger**
karen.kruger@harcourts.co.za
072 603 2320

**HARPROP REAL ESTATE**
**Irmi Reif**
irmi@harprop.co.za
082 905 1213

**JAWITZ PROPERTIES (TURNKEY)**
**Belinda Hickson**
belindah@jawitz.co.za
082 835 0099
**Cathie Bester**
cathieb@jawitz.co.za
083 616 0348
**Sabine Warren**
sabinew@jawitz.co.za
082 344 7405

**KELLER WILLIAMS EDGE**
**Uhuru Matlhaji**
uhuru.matlhaji@kwsa.co.za
078 959 9407

**KELLER WILLIAMS EXPLORE**
**Diana Musara**
diana.musara@kwsa.co.za
082 900 2329

**KENT GUSH PROPERTIES**
**Elisha Paul**
elisha@kentgush.co.za
076 498 0137

**LAW REAL ESTATE**
**Brent Scott**
brent@lawrealestate.co.za
082 787 3784
**Darren Kroll**
darren@lawrealestate.co.za
082 772 3270
**Laura Wiegand**
laura@lawrealestate.co.za
083 365 1733

**LUXLIV PROPERTY GROUP**
**Joelle McMaster**
joelle@luxlivproperty.com
084 020 1111
**Marussia van der Merwe**
marussia@luxlivproperty.com
083 384 0618
**Victoria Zwane**
victoria@luxlivproperty.com
061 690 1170

**LWP PROPERTIES**
**Alma Brown**
alma@lwp.co.za
083 947 2726
**Brian Anthony Hickson**
brianh@lwp.co.za
083 405 0000

**MANDATED PROPERTY GROUP**
**Pam Bingo**
pam@mandated.co.za
079 216 7800

**NATURAL PROPERTY**
**Nina Chetty**
nina@naturalproperty.co.za
082 560 1373
**Slade Brookes**
slade@naturalproperty.co.za
083 612 2515

**NTSIKIE MGAYIYA REAL ESTATE**
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

**OBM PROPERTIES**
**Refilwe Nsibande**
refilwe@obmproperties.co.za
073 205 1802

**O-YES PROPERTIES**
**Nalini Bageloo**
nalini@o-yes.co.za
083 287 5624

**PLATINUM RESIDENTIAL**
**Graeme Bunyard**
graeme@platinum.co.za
082 882 5861

**PROPCORE REAL ESTATE**
**Lebohang Oliphant**
lebohang@propcoresa.co.za
076 590 2638

**PROPERTY.COZA UNLIMITED**
**Fahmida Omar**
fahmida.omar@propertycoza.co.za
083 454 9578

**RAWSON PROPERTIES PAULSHOF**
**Hermann Djiendeu**
hermann.dj@rawson.co.za
083 445 0425

**REMAX ONE**
**Cooper van Heerden**
cooper@remaxone.co.za
078 931 0744
**Ian Ross**
ianross@remaxone.co.za
083 676 5766
**Refilwe Tilo**
refilwe@remaxone.co.za
061 496 9155

**REMAX ONE HUNDRED**
**Jennifer Ramsay**
jennyramsay@remax-onehundred.co.za
082 880 6221
**Nteseng Chuene**
ntesengc@remax-onehundred.co.za
068 652 7030

**SA NATIONAL REALTORS GROUP**
**Belinda Livingstone**
belinda.livingstone@sanrg.co.za
083 463 8362
**Erika de Groot**
erika.degroot@sanrg.co.za
082 743 3180

**SEEFF SANDTON**
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

**SOTHEBYS FOURWAYS**
**Christopher Stewart**
chris.s@sothebysrealty.co.za
084 402 9543
**Yaqshaan Sukdev**
yaqshaan@sothebysrealty.co.za
068 333 3984

**SUFEMI PROPERTIES**
**Chantelle Mhlanga**
chantelle@sufemiproperties.co.za
079 109 0318

**TYSON PROPERTIES**
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020
**Rickus Bouwer**
rickus@tysonprop.co.za
082 520 3737

**WE TRADE PROPERTY**
**Wendy van Heerden**
wendyvh@wetradeproperty.co.za
083 443 2231

**WINNIE BERVELY REAL ESTATE**
**Winnie Sediela**
winnie@winniebervelyrealestate.co.za
060 579 5133

## ELLIPSE TOWERS

**BLACK HOUSE REALTY**
**Bakang Makgopela**
bakang@blackhouserealty.co.za
072 255 1229

**CHAS EVERITT SANDTON**
**Angelique van der Merwe**
angelique.vdm@everitt.co.za
072 528 8130
**Karolina Basinka**
karolina.f@everitt.co.za
076 585 3341
**Robert Jones**
robert.j@everitt.co.za
071 906 0930

**DORMEHL PHALANE PROPERTY GROUP**
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

**EAGLE DWELL PROPERTIES**
**Niran Adenigba**
niran@eagledwell.co.za
078 443 1931

**EXP REALTY**
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

**F.G. LATTO**
**Fraser Gourlay**
fraser@fglatto.co.za
072 767 7489
**Noksie Gourlay**
noksie@fglatto.co.za
078 332 6111
**Susan Kruger**
susan@fglatto.co.za
072 956 8311

**HARCOURTS LIFESTYLE MIDRAND**
**Danielle Wilde-Butt**
danielle.wilde@harcourts.co.za
082 901 3119
**Hjalmar Venter**
hjalmar.v@harcourts.co.za
072 468 4228
**Karen Kruger**
karen.kruger@harcourts.co.za
072 603 2320

**HARPROP REAL ESTATE**
**Irmi Reif**
irmi@harprop.co.za
082 905 1213

**JAWITZ PROPERTIES (TURNKEY)**
**Belinda Hickson**
belindah@jawitz.co.za
082 835 0099
**Cathie Bester**
cathieb@jawitz.co.za
083 616 0348

**KAMONANDE MARKETING**
**Erik Crause**
erik@waterfall.co.za
082 745 6324

**KENT GUSH PROPERTIES**
**Nicky Makhathini**
nicky@kentgush.co.za
073 832 0219

**LUXLIV PROPERTY GROUP**
**Joelle McMaster**
joelle@luxlivproperty.com
084 020 1111
**Marussia van der Merwe**
marussia@luxlivproperty.com
083 384 0618
**Victoria Zwane**
victoria@luxlivproperty.com
061 690 1170

**LWP PROPERTIES**
**Alma Brown**
alma@lwp.co.za
083 947 2726
**Brian Anthony Hickson**
brianh@lwp.co.za
083 405 0000

**NTSIKIE MGAYIYA REAL ESTATE**
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

**PLATINUM RESIDENTIAL**
**Graeme Bunyard**
graeme@platinum.co.za
082 882 5861

**REMAX ONE**
**Cooper van Heerden**
cooper@remaxone.co.za
078 931 0744
**Ian Ross**
ianross@remaxone.co.za
083 676 5766

**REMAX ONE HUNDRED**
**Malesela Manaka**
maleselam@remax-onehundred.co.za
061 508 1617
**Nteseng Chuene**
ntesengc@remax-onehundred.co.za
068 652 7030

WATERFALL CITY

**SEEFF SANDTON**
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

**TYSON PROPERTIES**
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020

**VELICIAE LUXURY REAL ESTATE**
**Kimlynne Kemp**
kimlynne@veliciae.com
082 250 8667

## WATERFALL VIEW

**BLACK HOUSE REALTY**
**Bakang Makgopela**
bakang@blackhouserealty.co.za
072 255 1229

**DORMEHL PHALANE PROPERTY GROUP**
**Dylan Coffen**
dylancoffen@dpg.co.za
079 742 6197
**Wyde Benn**
wydebenn@dpg.co.za
079 075 1192

**EXP REALTY**
**Bryan Milambwe**
bryan.milambwe@expsouthafrica.co.za
074 042 0311
**Deidre Bruintjies**
deidre.bruintjies@expsouthafrica.co.za
081 889 2458
**Martin Gunn**
martin.gunn@expsouthafrica.co.za
082 925 3339

**HARCOURTS LIFESTYLE MIDRAND**
**Danielle Wilde-Butt**
danielle.wilde@harcourts.co.za
082 901 3119
**Hjalmar Venter**
hjalmar.v@harcourts.co.za
072 468 4228
**Karen Kruger**
karen.kruger@harcourts.co.za
072 603 2320

**JUST PROPERTY HERITAGE**
**Ally Mafela Ndou**
allyn@just.property
076 048 2657

**NTSIKIE MGAYIYA REAL ESTATE**
**Ntsikie Mgayiya**
ntsikie.mgayiya@nmrealestate.co.za
079 101 0921

**PIVOTAL PROPERTIES**
**Elias Ngoma**
elias@pivotalproperties.co.za
083 200 7100

**PLUS GROUP PROPERTIES**
**Queen Mtsweni**
queenm@plusgroup.co.za
079 724 3728

**REALNET RAINMAKER**
**Maisaka Netshivhambe**
maisakan@realnet.co.za
072 429 3084

**REMAX CAPITAL**
**Amanda Katergerakis**
amanda@remaxcapital.co.za
082 376 9473

**REMAX ONE**
**Ian Ross**
ianross@remaxone.co.za
083 676 5766

**REMAX ONE HUNDRED**
**Nteseng Chuene**
ntesengc@remax-onehundred.co.za
068 652 7030

**ROOT-X AUCTIONERS**
**Alec Monyela**
alec@rootx.co.za
082 053 2519

**SEEFF SANDTON**
**Kennedy Otobor**
ken.otobor@seeff.com
076 069 1049

**SOTHEBYS FOURWAYS**
**Yaqshaan Sukdev**
yaqshaan@sothebysrealty.co.za
068 333 3984

**TYSON PROPERTIES**
**Nastasjia Peters**
tash@tysonprop.co.za
063 185 4020

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

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

# SEPT/OCT RESTAURANT COMPETITION for our Waterfall City residents

The question for this month's competition:

**Balwin Properties recently launched the second phase of which development in Waterfall City?**

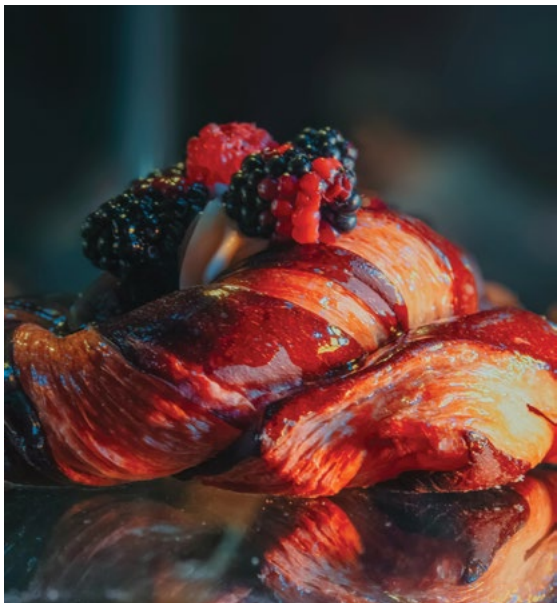


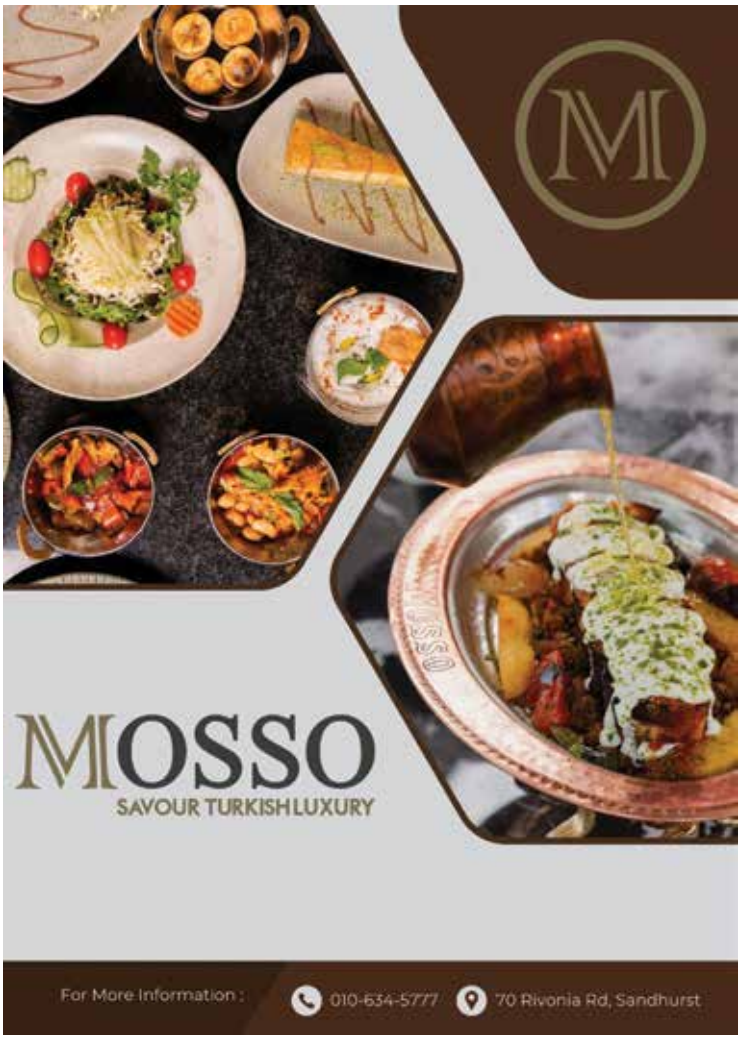
PHOTO BY KIMIA KAZEMI ON UNSPLASH

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.

**CONGRATULATIONS TO: Minette Plaatjies, Lynette Krishnasamy and Londi Mathe, our August winners of a R500 voucher each.**



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