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May 17

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A hot date!

Make way for a memorable May!

6 Guess what's coming back? **The Linden Market** ... yay! The festivities will kick-start with a wonderful session of yoga (so give gym a miss!) and after working up a sweat, you'll be treated to a delectable breakfast with a hot cup of coffee ... mmm! We're also super-excited about live performances by amazing local talent, artisans and designers, delicious food, craft beer, wine and a bubbly bar. And if you happen to be a bit of a fashionista, expect to shop for the best vintage upcycled fashion in town (just in time for winter!). So call your squad for a great day out. May 6. Emmarentia Botanical Gardens. Entry is R20. Details: www.thelindenmarket.com

13 Attention all bookworms, we've got a literary treat for you! We can't wait for the highly anticipated **Kingsmead Book Fair**. With more than 10 venues hosting over 60 sessions of authors and facilitators who will engage in debate, dialogue and discussion, it's a great event in which all can participate. And that's not all, there'll also be delicious coffee, South African wine and mouth-watering food on offer all day ... sounds like fun for the whole family! May 13. Kingsmead College, Oxford Road, Rosebank. Tickets R60. Details: www.kingsmead.co.za/bookfair

15 **RENT in Concert** is back, gracing us on stage for one night only. This fund-raising concert (all proceeds go to HospiceWits) will feature iconic and popular songs like *Seasons of Love*, *Out Tonight* and *Without You*. Based loosely on Puccini's *La Boheme*, the production follows a year in the life of a group of impoverished friends struggling to make it in New York's East City Village. This concert version is all about the music and the stunning vocals behind it. The audience is bound to be mesmerised by this adaptation. May 15. Teatro at Montecasino. Tickets from R150. Details: www.tsogosun.com

26 Tantalise your taste buds at the **Fire & Feast Butcher's Festival**. This yummy event is guaranteed to keep your tummies happily satisfied! The programme for the night boasts exhibitors showcasing an array of food, beverages, and let's not forget the exceptional entertainment ... what more could you want? You'll also be able to learn about new food trends and rub shoulders with industry experts ... how exciting is that? So make sure you sink your teeth into this tasty event. May 26 – 28. Ticketpro Dome. Tickets for adults are R100. Details: fireandfeast.co.za



13 An international sculpture exhibition in one of Gauteng's most beautiful landscapes, complete with exquisite food and wine from the Franschhoek Valley ... take our money right now! **The Winter Sculpture Fair** allows visitors to wander around the park and discover artworks while enjoying food from top restaurants. Wine bars will be set up alongside artisanal cheese, charcuterie and chocolate stands. And the best part? You'll be able to buy goods from more than 40 exhibitors! May 13 and 14. Nirox Foundation Sculpture Park near the Cradle of Humankind. Tickets R165. Details: www.tixsa.co.za

Review



READ TWO ENTHRALLING BOOKS

Hattie Hoffman knows the power of acting – that becoming whatever your audience wants you to be will make them love you and give you power. In Mindy Mejia's **The Last Act of Hattie Hoffman** Hattie is stabbed and killed on the opening night of her high school play. As Sheriff Del Goodman investigates he discovers the full extent of Hattie's acting talents – the shifting identities that held their small town in thrall. As mask after mask is ripped away, Del realises the girl he thought he knew was a lie and what he finds out about the true Hattie is something no one in town will ever forget. *Quercus*, R302 • A forbidden wartime romance is the central theme of Barbara Mutch's **The Girl From Simon's Bay**. In 1937 Simon's Town is a vibrant, diverse community which revolves around the Royal Navy shipyard. Louise Ahrendts, the daughter of a shipbuilder, dreams of becoming a nurse. She succeeds, despite living in a world of unwritten, unspoken rules about colour. Following the outbreak of World War II, Louise crosses paths with a man she is determined to be with, despite the obstacles of life and conflict. But when a new troubled moment of history dawns, can they find their way back to each other? We loved this truly touching, extremely well researched story. *Allison & Busby*, R297.

MUNCH ON THIS

There's a new box office hit in town and it's not a movie ... we are talking about the latest addition to the Cadbury Dairy Milk Marvellous Creations range – **Popcorn Jelly Cola**. Think a glorious combination of cola jellies, crunchy popcorn and popping candy all wrapped in one (mmm)arvellous chocolate. The result is an unexpected flavour that makes a night in feel like a night out at the movies. All we can say is, we're in chocolate heaven! Look out for interactive, movie-related competitions

on facebook @ CadburyDairyMilkSA and on Twitter @ Cadbury_SA. And the best part? You could stand a chance to win a Marvellous Creations movie hamper including the delectable new Popcorn Jelly Cola slab and Ster-Kinekor movie tickets. Available in stores nationwide.



WATCH WHEN JEALOUSY TAKES OVER

If you're a big fan of movies that keep you on the edge of your seat, then we've got a riveting treat for you. **Unforgettable** stars Katherine Heigl who plays Tessa Connover, a jealous ex-wife who's barely coping with the end of her marriage. To make matters worse, her ex-husband, David (Geoff Stults), gets engaged to his gorgeous girlfriend Julia (Rosario Dawson). Spiralling out-of-control, Tessa's jealousy takes a pathological turn and she'll stop at nothing to turn Julia's dream into a living nightmare. (In cinemas May 26.)

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Wish List

It's going to be a marvellous May!



On a lazy day or chilly night you'll find us snuggled up with our new find – these incredibly soft, 100 per cent merino wool luxury blankets called **Mooo**. The chunky knits come in various sizes ranging from Mini Mooo baby blankets to the 8kg King Mooo. We love it that they come in a bag (for safe storage when it's warmer) that doubles as a pouffe. Free shipping in SA. From R1000 – R8900. Details:

order.mooo@gmail.com



Editor's pick!

We love this Julia Viper necklace (R2350) from **Kirsten Goss** for its intricate beading. Mothers' Day gift sorted! Details: www.kirstengoss.com



A new interpretation of the Extraordinary fragrance by the house of fashion designer Oscar de la Renta has been released.

Extraordinary Pétale (from R1185) is soft and romantic, and brings a floral twist to the original ... too lovely for words! Available from Dis-Chem, Benmore Gardens. Details: 0860-347-243

Sofa surfing

With a simple click of your mouse, you can shop for everything from a sheer silk Givenchy blouse to pumps from coveted shoe king Manolo Blahnik. The local, luxury multi-brand emporium, **LUMINANCE online** is all about making your shopping experience as painless as possible while stocking some of the most luxurious brands ... think Marc Jacobs, Michael Kors, Alexander Wang and Balenciaga. The online store has a click-and-collect feature which allows customers the option to purchase an item online, then collect in-store. There's also a dedicated online chat function which allows you to have all your shopping questions answered and you get personal style advice without having to leave the site! Details: www.luminanceonline.com

Another scoop please!

With more than 100 flavours to choose from, it's no wonder we keep going back to **Fabb Café & Gelato** which recently opened in Parkhurst. Started by the same couple who brought us The Fat Zebra, 4th Avenue Coffee Roasters and Ferguson's 5th Floor, we were expecting big things ... and Fabb doesn't disappoint. As for the flavours think grapefruit sorbet, vegan dark chocolate, candyfloss, bubblegum, pistachio and our best, New York cheesecake. The brand prides itself on creating a creamy treat with fresh ingredients – so no preservatives or artificial colouring. It's also made with full cream milk and, bonus, it has less than 5 per cent fat. We don't usually encourage having dessert for breakfast, lunch and supper but we've got 100 flavours to get through and as it's so low in fat, we figured, why not? 4th Avenue, Parkhurst. Details: 082-551-5938 or www.fabb.co.za

Sip, swirl and swallow!

The **Juliet Cullinan Standard Bank Wine Festival** is all about quality ... think a meet and greet with cellar masters where you can discuss wines noted for their elegance, complexity and distinction. Plus, all the wines you taste during the evening will be available for purchase ... what a great way to stock up. May 16 and 17. Summer Place, 69 Melville Road, Joburg. Tickets are R200. Details: www.webtickets.co.za • Recreating the wonderful flavours of Italy is the **Groves and Vineyards Festival** at Casalinga Ristorante Italiano. Look forward to tasting (and buying) some of the finest wines from 25 wine estates. May 27 and 28. Casalinga Ristorante Italiano. Tickets from R195 for adults (children under 10 are R100). Details: www.casalinga.co.za



We're popping this pretty make-up bag from **Ted Baker** (R749.95) in our handbag for a quick fix on-the-go.

Details: 011-450-1156

Poetry's new AW17 collection takes inspiration from the woman who sees the world as her stage ... like us! Think deep shades paired with neutral milk, oatmeal and camel. We especially love details like pleats, bows and embroidery for a girly look. Details: www.poetrystores.co.za





Christelle Basson



Kym Argo, Karen Geurtse, Dejana Poil



Bruce and Mathilda Sturgeon

Clocks and cogs

Large, cumbersome goggles, bow ties, top hats and tweed vests ... nope, we're not describing outfits from our fantasies, but the amazing Steampunk-themed **Caxton Excellence Awards** at Silverstar Casino. Not only did we get to reminisce about times that never were and be dazzled by the world of airships and steam, but we also got to celebrate as we scooped the award for Best Get It magazine. Go team!



Nita Lloyd, Corni Fourie, Maricelle Botha, Lani Fouché



Sandile Maluleke, Nicolene Olckers, Mellissa Bushby, Ciska Kay



Ellen Raubenheimer,
Renee Koen



Jordyn and Karen Watts



Chris Halstead, Julie Smithers, Norman Dawe



Danielle Ashwin, Samantha Richardson, Kate Argo

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Hannelie Diedericks, Donnalee Roberts, Martie Pansegrouw



Michelle Nortje, Adele Jung



Bernette Bergenthuin

Happy birthday

Pop the champagne and let the celebrations begin! We're talking about **rooi rose's 75th birthday**. Taking place at The Venue in Green Park, the stylish set-up with a 360 degree view of Sandton was a stunning choice for the glamorous event. The best part of the night was when guests raised their glasses to toast a superb publication. Congratulations rooi rose for reaching a marvellous milestone!



Rolanda Marais, Nadia Valvekens, Elma Postma, Christelle van den Bergh



Charlene Brouwer, Niel van Deventer



Ingrid Engelbrecht, Ernst Swart, Suzaan Keyter



Timothy and Kim Nast



Garth and Gwen Hobson

Reunited

Say it isn't so ... has it been 20 years already? The **Roedean School 20-year reunion** was an evening of fond memories and proud teachers. Held at the prestigious Rand Club in Joburg, the Roedean committee put together a fine evening of glitz and glam like something out of The Great Gatsby. Imagine girls dressed to the nines, gentlemen looking as handsome as ever and a live jazz band that had everyone gloriously swaying. We sure hope the next reunion won't be as long as 20 years away!



Marcia and Keke Ramakatane, Tawanda and Modise Madondo



Kelly Dorfer, Ginny Osborne,
Caroline Edey van Wyk, Kate Goetz, Natalie Price

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Ashley Penny, Elbi Benzel



Jill and Lance Zeemen



Harry and Estie Pretorius

A worthy cause

When it comes to the inhumane treatment of our furry friends, we'll stop at nothing to fight for their cause. Taking place at Cnr Cafe in Craighall Park, the **Fund-raiser for the Karoo Donkey Sanctuary** not only raised awareness of a global crisis involving donkey skin trade, but helped to raise more than R200000 for the cause. Well done everyone for supporting a worthy campaign!



Leigh Ord, Julie Joubert, Sharon Banner



Alex Bouche, Dodi Hockley



Leni Bruinders, Penny Ramsay



Belinda and Derek Watts

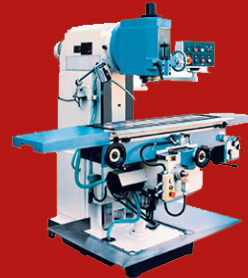
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When *inspiration* strikes



With access to so much inspiration, how did Tanya go about planning her own wedding? Head to joburgnorth.getitonline.co.za to find out.

Morningside's Tanya Solomor decided to put her Instagram obsession to good use and launch her own lifestyle blog, Living Inspired. The past two months have seen Tanya's curated world of beauty, décor, fashion, food and travel really gain momentum as she shares her inspiration with everyone. As for world domination? Well, arm her with inspiration from Bacchus and she's good to go!



Tell us a little bit about yourself and what you did before blogging...

I have been with my husband, Richard for 17 years, but we've been married for 10. Richard is a very private, highly-rated senior council/ advocate / acting judge with chambers in Sandton. Motherhood has taken up most of my time over the past few years (Dalyn is 16, Treston is 11, Teyann is eight and my beautiful stepdaughter, Deandra, is 28). But I've also been keeping myself busy and out of trouble buying small apartments, renovating them and reselling them ... which turned out not to be quite as simple or easy as it might seem.

How do you decide which parts of your life to share on your blog and Instagram, and which to keep private?

I hope to share everything this beautiful life has to offer. If I were to share everything on my personal account, my family and friends would probably get irritated and unfollow me in a heartbeat ... they might think I'm trying to be a 'know-it-all'. Strangers are probably more interested. #BeingHonest.

What do you envision for your blog over the next five years? Honestly, with three kids on two different school terms, I don't even know when I'm going on my next holiday. On a serious note, I'd love for my blog to be an access point for people when they want to know what's trending in fashion and decor, as well as inspiring ideas to keep fit and healthy.

Travel is one of the biggest focuses on your blog. Which have been your favourite places to visit? Most definitely Italy! It resonates closest to my heart because it's one of the first places I travelled to and because I have very close family friends living in Rome, whom I visit every year. I simply love everything about it ... the culture, food, architecture, fashion and art. Rome is one of the places where I learnt that beer goes down well with pizza when it's 40 degrees outside!

How would you describe the décor style of your home? It needs a little attention right now. I've had to put time aside in my diary to attend to what I'd like it to look like, especially with seeing all the amazing, decor and design ideas out there.

What five beauty products could you not live without? Sunblock ...

who needs pigmentation in their life? Good foundation to cover the existing pigmentation after having children; a good red lipstick for that sexy, sultry side; every woman needs a great perfume because people remember how well you smelled long after they've forgotten what you look like (my signature scent is Tom Ford Noir de Noir) and a good body scrub because every girl needs silky, soft skin.

What fashion trend should we all get into this winter? The Chanel 'Tweed'

is big for winter as well as chunky knits and knee high boots! As for my personal style, I'm a bit of a chameleon because I can do beach bum as easily as ultrachic.

Who's your favourite local fashion designer?

Warrick Gaultier, Gavin Rajah of Cape Town and Ryan Keys of Joburg. I love all three of them because they make the most magnificent haute couture dresses, which I absolutely love!

Describe the perfect date night...

We both enjoy great cuisine and love to go to a fabulous, fine-dining restaurant. Although we equally enjoy each other's company and have had great giggles and a catch-up over a pizza and a jug of sangria! Restaurants in vogue are Marble in Rosebank for its flame-grilled everything, phenomenal wine selection and unbelievable ambience. Tashas in Morningside for breakfast, brunch or lunch ... it's got the best selection to fit any craving. Bellinis in Illovo for a good old-style cafe prego roll and chips. Big Mouth in Sandton for the best sushi, Tortellini D'Oro in Oaklands or Mastrantonio in Illovo for good Italian, Mezepoli in Melrose Arch for Greek, and Jamie's Italian at Melrose Arch for the best pizza.

What three things on your bucket list do you hope to tick off in the next five years?

I hope to visit the Maldives! I'd also love to attend fashion week in Paris as a special guest and do something really exhilarating and totally out of my comfort zone ... like river rafting, sky-diving or even wind surfing!
Details: @__livinginspired, www.livinginspiredbytanya.com or email enquiries@livinginspiredbytanya.com

Meet Mr @southafrica

You may already follow @southafrica on Instagram, and regularly admire the beautiful landscape images, but have you ever thought about the man behind the account? The guy sharing our beautiful country with more than 175K followers? It turns out North Riding's Craig Rodney is a dad, a podcast enthusiast, an avid roamer of Joburg's suburbs and that he's just as passionate about the digital age as he is about our country. #MatchMadeInHeaven?

With thousands of shots already shared, it's a tough act to pick your favourites on the @southafrica Instagram account – head to joburgnorth.getitonline.co.za to see ours.

So often, we're warned of the dangers of social media but what are some of the pros and how can we use them to our advantage?

When it comes to sharing our work, we've never had it better. The Internet offers everyone amazing tools to create and share work, profile ourselves, become known, and connect to a number of people whose work can inspire us. From software development, to the arts, the world can now discover you more easily than ever before. Just by sharing it, and showing your personality amazing things can happen.

Do you have a favourite social media platform? Instagram is definitely my favourite. I'm a visual guy and I love being inspired by the people I follow. The community focus of Instagram has also allowed me to meet so many incredible people around the world. I also like it that you can follow and unfollow people with the 'political' issues. If someone isn't inspiring you any more, just follow someone else. It's also a more positive social network where people contribute and share with the aim of building you up instead of tearing you down. That's a big factor when you're putting yourself out there creatively. Instagram inspires me every day. It makes me want to travel, see new places, meet new people, get better at creating images and stories. Not a day goes by when I don't say, 'damn that's amazing'. It's very positive creative fuel.

How did you land the gig of running South Africa's Instagram account?

About four years ago I saw that the account wasn't being used, so I chatted to the person who owned the @southafrica username and she gave it to me to let me profile South Africa, and I've been posting photos every day since. It's something I take seriously and I do what I can to show off how amazing our country is, because there's a lot to show off. When the account started to explode, I realised how much responsibility came with it. South Africa has a complicated story and I don't always feel qualified to share it so I play it fairly safe. There are enough media outlets wanting to bash SA, so I'm happy to play my part in providing the

positive balance. I only have one rule on deciding what to post – if I like the pic I post it. Simple as that.

How much travelling within South Africa do you do? I have two young kids (Cooper is three and Owen is one) so travelling isn't always the easiest, but I've definitely explored South Africa a lot more since running the account. I'm not immune to the inspiration from the photos I post. We have so much diversity and so much to see that you have to have a pretty good reason to not want to explore. Two years back, the @southafrica account organised a massive Instagram meet-up in Graaff-Reinet, in partnership with SA Tourism. More than 250 people arrived and we explored the whole town. It turned out to be an incredible experience and proved just how much our small towns have to offer.

What do you love most about Joburg?

There's an energy in Joburg that's unrivalled in SA. It's a big, diverse city that has influences from all over the world. If you're in Joburg you're in the mix, surrounded by people hustling to build, create, learn, and grow. It's fast-paced and there's so much opportunity if you know how to unlock it.

How did it feel to be voted one of the 40 most influential South Africans under 40? It was great to be recognised in such an elite group of people.

Almost all recognition is positive and helps build your profile. I've never really worked for the recognition but it definitely fuels the ego. It also helps put your work into perspective. I'd been running my communications agency, Emerging Media, since I was 26 and you don't often look at the entirety of what you've achieved. It was nice to receive that pat on the back.

Can you tell us about your involvement with Cerebra Communications?

About six years ago I merged my agency, Emerging Media with Cerebra Communications, a rapidly growing social media agency run by Mike Stopforth. Mike and I ran Cerebra together until late last year when I resigned to spend time with my kids

and explore my passion – projects like @southafrica. Cerebra is still the leading social agency in South Africa, and since we became part of the Wunderman group, it's only grown stronger.

What was the inspiration behind Split Infinitive? Split Infinitive was a podcasting company I shared with two friends, but sadly, it doesn't exist any more. We built the ZA Tech Show podcast but it was impossible to keep the business running with all of us focusing on our primary jobs. Podcasts are so effective – very few forms of content are as engaging as audio. With all the disruption in the media, radio still held strong. With podcasts, you get inside people's heads and block out other distractions. It's not background noise ... your audience has chosen to let you in. There's also an almost unlimited variety of themes you can choose from – there are podcasts for everything and if you're an avid learner, you'll love the ability to pipe knowledge straight into your brain. The Freakonomics podcast has been my favourite for years now, and if you're into economics and behavioural economics then it's a must. For humour you can't miss Hamish & Andy, an Australian radio duo who won't let you down with daily giggles. And if you're into building businesses or products, How I Built This podcast will expose you to some of the smartest people alive.

What's the trick to a successful social media account? Be interesting. As my friend Richard Mulholland says, 'if you're in the market for boring, you'll be spoiled for choice.' Find out what you have to offer the world and try to be the best at that. No matter how niche, you have a global audience available to you.

What is next for you? I'm taking time to build the @southafrica Instagram account into a commercial offering available to tourism brands in South Africa. Beyond that I'm trying hard to not overcommit. I want to chill this year and not have the pressure of running a business. Next year I'll go public with my next big project, but I can't tell you about that yet.



BEYOND THE BIG SCREEN

A family man, a published author, a beloved English teacher at Kingsmead College, a 17-time Dusi race entrant and now a movie hero (kind of), Parkview's Piers Cruickshanks has a lot of things on the go. *Beyond the River* — a tale of two South African men (Piers and his canoe partner, Siseko Ntondini) overcoming their different backgrounds, merging cultures and achieving the unthinkable, winning a gold medal in The Dusi Canoe Marathon — is the latest local flick to capture our rainbow-coloured hearts. Piers' next mission? Inspiring fellow South Africans to achieve their goals with his remarkable story.

As an English teacher and an author, we couldn't wait to hear Piers' all-time favourite reads – go to joburgnorth.getitonline.co.za to see the list.

How long have you been canoeing?

It all started 21 years ago ... I was a passionate runner but was struggling with dodgy knees at the time. I was chatting to my dentist, Chris Fuller, who was, fortuitously, both a paddler and a runner. He lent me some equipment and suggested I give it a try.

When did you and Siseko first meet?

Many of the young guys come into the sport, enjoy it for a while and then some drift off for various reasons. Siseko was one of the many who stuck with it. And he started getting fast! During the 2013 Dusi, I smashed my boat and ended up having to walk with it to the finish. I was the last to get to Durban. Siseko had finished 11th that year but was still waiting at the finish line when I eventually got there. And he asked me to paddle the following year. The film is quite similar in depicting the importance of that moment.

Beyond the River is an inspiring tale of two unlikely canoe partners, seeing beyond their backgrounds to achieve their dream of winning a gold medal in the Dusi Canoe Marathon. How does it feel to watch your story being told on the big screen?

It's a privilege to share with so many people the essence of what's been an incredible experience for me. I think it's a story and message our country desperately needs to hear right now.

What message do you hope audiences take away from the film?

There are many. I guess it's about taking the time to listen to someone else's story which is different from your own.

And not giving up on a dream or a goal ... ever!

How involved were you with the filming of Beyond the River? We heard a rumour that you were a stunt double for a few scenes in the film!

Ha, ha – yes! I paddled all the rapid sections. I found myself sitting in the bush on the side of the river with a make-up artist dying my hair dark and smearing cream on my skin to make me look more like a character based on ... well ... on me! I was so fortunate that I was due for long leave from Kingsmead so it gave me time to be on set. As an English teacher who loves teaching film, it was fascinating. This sabbatical also gave me time to write the book, Confluence – a rare and much appreciated privilege.

How did you share your story with director, Craig Freimond?

Craig is amazing. He spent hours interviewing and then sharing with us what he and Robbie Thorpe (they co-wrote it) had written. We'd give input and then he'd write some more. While they were the creative impetus, they made a point of involving us which I really appreciated.

How much of your story was dramatised for the film?

Plenty! They sat me down and explained that with a great job and a wonderful, happy family my personal life was too boring for a film. So while the essence of our journey and the paddling parts are very accurate, much of it had to be changed. For the audience to really relate to them, they needed to break

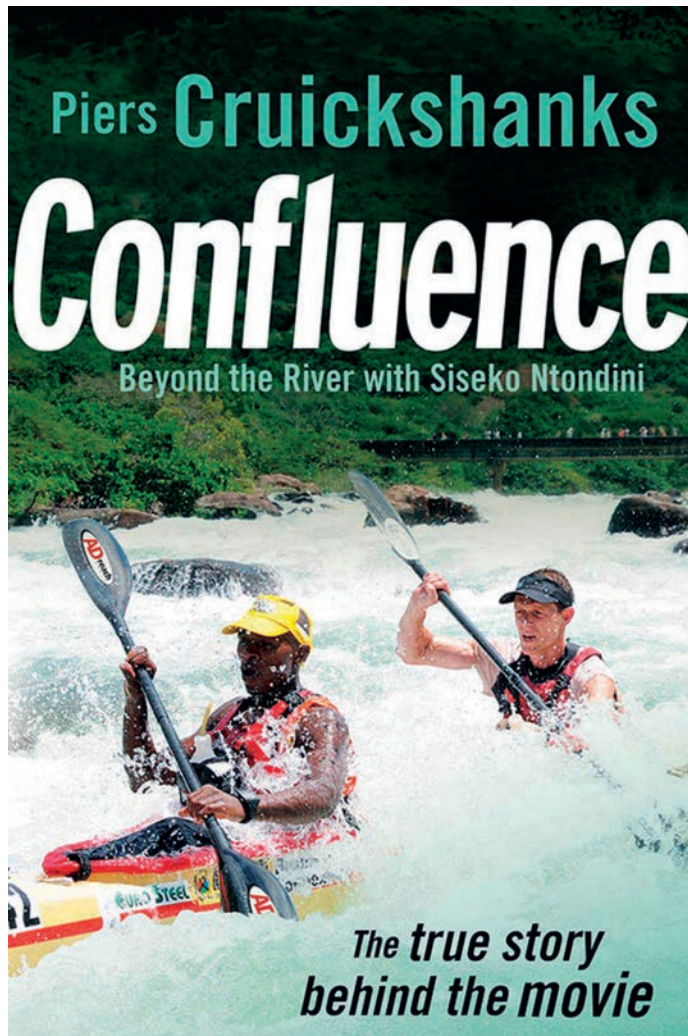
the characters down and then take each of them on a journey of self-discovery. There was also so much about Siseko's background and the two clubs, Dabulamanzi and SCARC (Soweto Canoe and Recreation Club) which had to be left out, which was one of the reasons I wrote the book.

Tell us a little bit about SCARC and your involvement?

SCARC is an incredible success story. To be honest, I was on the periphery when it started. A bunch of paddlers from Dabulamanzi saw the need to take the sport to Soweto in the mid 2000s. They were lucky to find Orlando dam with a swimming pool nearby. So kids living in the relatively well-off Power Park as well as those from the shacks in the informal settlement nearby could take part. There were two major champions who coached them – Ryno Armdorf, then Nkosi Mzolo – without them we wouldn't have made it this far. Brad Fisher, CEO of Adreach has driven the process in terms of finance and administration throughout. Lately, sponsors, First Rand have made a significant contribution. It's an amazing initiative which is no longer just about paddling. Yes, it's about teaching people life lessons through sport, but also about building relationships and mentorships which can help young people establish careers for themselves. It's not easy to create these sorts of partnerships but as a nation, it's an important part of the way forward.

What was your training schedule to prepare you for the Dusi?

Training for the Dusi is really tough



because you need to train for so many different aspects. There's the paddling and running, but there's so much more like strength work and river skills, for example. We trained really hard. At the height we were probably paddling a total of more than 10 hours a week, running four hours and also doing gym three times a week. It was a lot to squeeze in before and after work. But I've always loved it.

What were some of the biggest challenges you and Siseko faced?

We had many! The obvious ones were that we came from different contexts and lived in different 'worlds'. We spoke different languages – literally and figuratively too in many ways. In the beginning, as the more experienced paddler, I sat in the front. The front paddler usually chooses the channels in the river and makes the tactical decisions – but we couldn't generate much speed like that. So we swapped around and it went much better. But it wasn't ideal – Siseko was inexperienced and I had to keep advising him from the back seat, trying all the time not to sound condescending. It was a huge challenge. And I had to learn to trust him too. In the middle of our training, he also picked up a stress fracture. Dr Jon Patricious helped us out – that's also shown very realistically in the movie.

How important is mental fitness in a race like the Dusi? The most important factors were getting to know and trust each other in the boat. Usually you want to get to know the river too but due to Siseko's injury, we didn't do nearly enough of that. It takes a lot to really

concentrate on the river for three hours but also just to be in a race for three days. Time on the rivers and doing pre-races helps a lot.

How many times have you competed in the Dusi?

This year was my 17th. I paddled in a K2 (double) with my wife, Shelley which was really special.

What other races have you competed in and which do you count as your most successful?

I've been fortunate enough to travel to the World Championships in many countries as part of the South African marathon team. But I wasn't quite good enough to make an impact at that level. Some highlights have been winning local races – The Fish, The Breede, The Umkomaas and the Vaal. Winning the Non-Stop (one day) Dusi with Thulane Mbanjwa – from the Valley of a Thousand Hills himself – will always be a life highlight.

What are some of your other passions besides canoeing?

I love teaching! Best of all is spending time with my wife, Shelley and children, Emma – she's eight – and Dominic who's five. I love wildlife and the outdoors. We try and do an overland trip every year which I really enjoy. Joburg also offers more than many people think ... there's always something new to do. Recently the four of us took a ride on the City Sightseeing Bus ... you can get off at places like Sci-Bono which is awesome for the kids. There's tree-top zip-lining and amazing theatre – and everything else in-between.

How long have you taught at Kingsmead College?

I've been at Kingsmead for 11 years and director of academics for six. It's a wonderful school and community.

As an English teacher, you've taught film studies to your pupils. Did you ever think you'd be the subject of a film?

True – I love teaching film and no, I never dreamed of it! I'm so grateful to our NGO film production company, Heartlines, for making it possible for us to share this story.

We believe you'll be speaking at the Kingsmead College Book Fair ... what can people expect of this day?

I think it's an incredible event! It's about books and representing the literary world. But it's also about dialogue and debate. There are speakers on everything from cooking, to sport, to politics. The idea is that there's something to interest everyone. (Go to page five for more info.) Confluence is available from Exclusive Books. Pan Macmillan, from R282. Beyond the River hits cinemas on April 28.

Trailblazer

Wendy Carstens describes the Melville Koppies as 'a natural green haven, in the middle of Joburg'. After 20 years of conducting tours around the Koppies if there's anyone who'd know, it's her!

As city inhabitants we rarely praise Joburg for its beauty. Its bustle, friendly people and impressive array of restaurants, sure. But seldom for natural beauty. Enter the Melville Koppies ... 150 hectares of wild rocky terrain boasting indigenous fauna as well as flora of delicate wild flowers in the spring and our signature Highveld grasses in winter. 'There are nine different biomes (similar plant communities) on the 50ha site – an amazing biodiversity,' explains Wendy, and 'a specimen of each of the 500-plus different plant species is preserved in the Herbarium at Wits.' She almost dares anyone who doesn't believe her to check them out.

It's this natural unspoiled environment that has consistently drawn Wendy to the area, an area in which she describes herself as 'lucky' to live. 'The grasslands, flowers, forests, the cool Westdene Spruit, the abundant bird life and the panoramic views of Joburg from the rocky ridges keep her coming back. As for the archaeological remains, well she thinks of those as an additional bonus.

Fifty-four years ago, Professor Revil Mason of Wits Archaeological Research Development found the remains of a 500-year-old Iron Age furnace, and Wendy's beloved Melville Koppies was declared a National Monument (this was changed to a Johannesburg Heritage site some seven years ago). But before this, the area was proclaimed 'a Nature Reserve' in 1959, due to the input of the University of Witwatersrand and the Tree and Bird societies, whose members realised this was a precious area that should be preserved for present and future generations,' Wendy explains.

A number of passionate volunteers have been conducting tours through the Koppies since this time, and for the past 20 years, Wendy's been one of them. 'We

also do booked school groups from pre-primary through to matric. And also for special interest groups such as history enthusiasts, archaeologists, geologists and we cater for those with specific interests in trees, flowers, birds and insects,' she says. Both Wits and UJ students often make use of the Koppies for field work, projects and research.

Okay, so an avid environmental interest is clearly a must, but what about fitness levels? 'A reasonable level of fitness is required as the paths are quite steep and rocky in parts,' cautions Wendy. 'On the 3km tours, we do stop frequently to share information so these tours are more gentle than the hikes. But on the 8 – 10km hikes, we only have a halfway stop for a brief snack. The pace is easy but we don't want people to dawdle,' she teases.

Melville Koppies East are open for people to walk through any time of the day and are socialised dogs-friendly! On Sundays, the West Koppies are home to African Church groups whose singing and drumming are enjoyed by surrounding neighbourhoods. The Central Melville Koppies have controlled access only, which means visitors must join guided tours, with the likes of Wendy for scheduled group events. This is to protect the heritage (and its 3.2 billion-year-old rocks) and ensure the safety of its visitors. After all, as Wendy so aptly put it, 'the cultural and natural assets of Joburg are preserved here!' Join Wendy on one of her scheduled Sunday events – check out the events calendar online. There's no need to book but if you're planning on taking along a big group, let Wendy know so she can organise enough guides. *Details: 011- 482-4794 or www.mk.org.za*

Looking for somewhere to grab a coffee in Melville after your walking tour? Wendy shared her recommendations at joburgnorth.getitonline.co.za

Radiant

Everything you need for flawless radiant skin



Blueberry nail polish, R190 from Crabtree & Evelyn. Details: www.crabtree-evelyn.co.za • La Source Relaxing Body Wash, R400 from Crabtree & Evelyn • Nantucket Briar Bath and Shower Gel, R350 from Crabtree & Evelyn • Smooth Surface Daily Peel Pads, R812. Details: www.dermastore.co.za • !QMS Hand Care, R245. Details: futurethis.co.za

Flawless



Aloe Unique Aloe & Honey Gel Mask, R108 • Moroccanoil Thickening Lotion, R410 from selected hair salons nationwide. Details: moroccanoil.com • Vichy Normaderm, R225. Details: www.vichy.co.za

PROMOTION

Nomination Composable Bracelets. RSP, R654. Buy three pay for two promotion (lowest item free) on any Nomination purchase, jewellery or composable (the only item that is excluded is plain links). Promotion runs from May 5 – 14.



Nomination Bella Collection rigid bracelet with cubic zirconia oval. RSP, R999.

Nomination Bella Collection necklace available in sterling silver and rose gold plated. RSP, R1399.



Thomas Sabo sterling silver Charm Club bracelet with charms. RSP, R1580.



Daniel Wellington Classic Petite sterling silver white 32mm. RSP, 3299. Available in-store at Bella Luna HydeParkandonline nationally.



Engelsrufer Tear of Heaven rhodium plated silver pendant set. RSP, R2598.

Charms for charm

Life's too short not to wear beautiful jewellery. Luckily, it's easy to spoil yourself with Bella Luna's collection of fabled brands – and they make stunning Mothers' Day gifts too!



Thomas Sabo sterling silver Glam & Soul ear studs 'lotus flower ornamentation'. RSP, R5995.



**Nomination Bella
Collection necklace**
available in sterling
silver and rose gold
plated. RSP, R1399.



Anais chain, pendant and charm set available
in sterling silver and rose gold plated. RSP,
R2297. Buy any chain and locket and get a
MUM charm set worth R599 free of charge.
Promotions runs from May 1 – 14.



**Engelsrufer
Tree of Life
rose gold
necklace.
RSP, R1399.
Engelsrufer
Tree of Life
rose gold
earrings. RSP,
R1399.**



**Daniel Wellington Classic Petite rose gold
Melrose Black 32mm. RSP, R3499. Available
in-store at Bella Luna Hyde Park and online
nationally.**



**Thomas Sabo silver Forever
Together pendant necklace
with diamond. RSP, R3495.**



**Engelsrufer
Tear of
Heaven
rose gold
pendant set.
RSP, R3398.**

Hyde Park Corner, shop MM53.
Details: 011-325-4990 or bellaluna.co.za

bella luna

Coffee break

We've rounded up nine piping hot spots where you'll find the magical drink that turns you from grumpy to go-getter with one smooth sip.



The background is a light beige, textured surface resembling aged paper. In the top right corner, there are several dark brown coffee beans. Scattered across the page are various brown stains of different sizes and shapes, some resembling coffee spills. A small, white, rectangular object, possibly a piece of paper or a card, is partially visible on the left side, overlapping the large text.

free

1

Have you ever thought about who makes the world's strongest coffee? Well, **Black Insomnia Coffee Company** is claiming the crown. It's an online platform where you can buy natural coffee beans or the Black Hydro beverage. This drink is a combination of pure mineral water and caffeine. Talk about a refreshing kick! The 500ml bottle retails at around R300 for a pack of 12. *Details: blackinsomnia.coffee*

2

What's an Italian gelateria without a great coffee-flavoured gelato? **La Cremosa** is a quaint new spot that has mouth-watering flavours. Our fave? The caffè creme is a gorgeous intense flavour ... the smell and colour alone will bring you back to the store! There are also gorgeous fruity sorbets and sinful chocolate creme flavours ... you'll go nuts trying to pick a favourite! Available at Dainfern Square Shopping Centre. *Details: 073-257-3458 or www.gelatolacremosa.com*

3

We're slightly (OK completely) obsessed with the Espresso Martini from **Jamie's Italian** in Melrose Arch. A smooth mix of Absolut vodka, creamy Kahlua and Segafredo espresso that's every bit as good as it sounds. Another one of our faves is Jamie's Chocolate Orange – a shot of espresso with dark chocolate liqueur and a layer of cream, served with orange zest ... you had us hooked at dark chocolate! Trust us when we say that these two drinks will make you a Naked Chef fan faster than you can say 'espresso'. *Details: 010-007-4646*

4

For a rich limited edition blend, **vida e caffè** is launching its new coffee, Auriga. Making use of the globally acclaimed African beans, this new beverage delivers a bold, rich taste. So make sure you grab a cup, stat! 5 Baker Street, Rosebank. *Details: 011-721-9586 or vidaecaff e.com*

5

Xo Cold Brew by Avanti Coffee is a refreshing and delicious drink that's known for using the highest quality, locally roasted coffee beans. This brew goes through a double filtration process to create a smooth coffee concentrate. The result? A rich taste that's incredibly addictive. It's a drink you'll want to buy in bulk! From R35. Fuel Foods, Hyde Park. *Details: 011-442-2003*

6

Going by the motto 'the purer the coffee bean, the purer the coffee', **Bean There** at 44 Stanley likes to serve its coffee strong ... in other words, not for the faint-hearted! The coffee roastery offers the usuals like a cappuccino, espresso and latte, but we really go nuts over the tasting menu. With four unusual options to choose from (French Press, Hario V60, Chemex and Combo) you'll surely find a fave! Plus, the servings are quite generous ... so you won't need to ask for a top-up. 44 Stanley Avenue, Milpark. *Details: 010-500-6296 or www.beanthere.co.za*

9

Involved in the full process from growing to brewing, **Doubleshot Coffee & Tea** is our fave coffee roastery in Braamfontein. From selecting the best seasonal beans and ingredients to creating delicious brews, the coffee will blow your taste buds! The best part about this java is that you can pick your coffee beans. If you want a stronger than usual café latte then you can pair it with the Malawi beans or if you'd prefer a caramel flavour, then pair it with the Guatemalan beans. P.S. We love the Guatemalan beans ... hint, hint! Corner of Juta and Melle streets, Braamfontein. *Details: 083-380-4127 or www.doubleshot.co.za*

7

Need a morning pick-me-up? Best you take a swing past Linden. **Yield's** signature brew, the Swart Skaap, is a delicious double espresso made with a wonderfully rich pouring cream ... a stunning combination to give you a tasty kick before your 9am meeting. But the regular coffee drinkers opt for a simpler mix – the cappuccino which can only be described as a familiar, smooth treat. And the trendy decor makes us feel as if we're on holiday at the coast! Corner 3rd Avenue and 6th Street, Linden. *Details: 082-427-1001 or www.yieldcoffee.co.za*

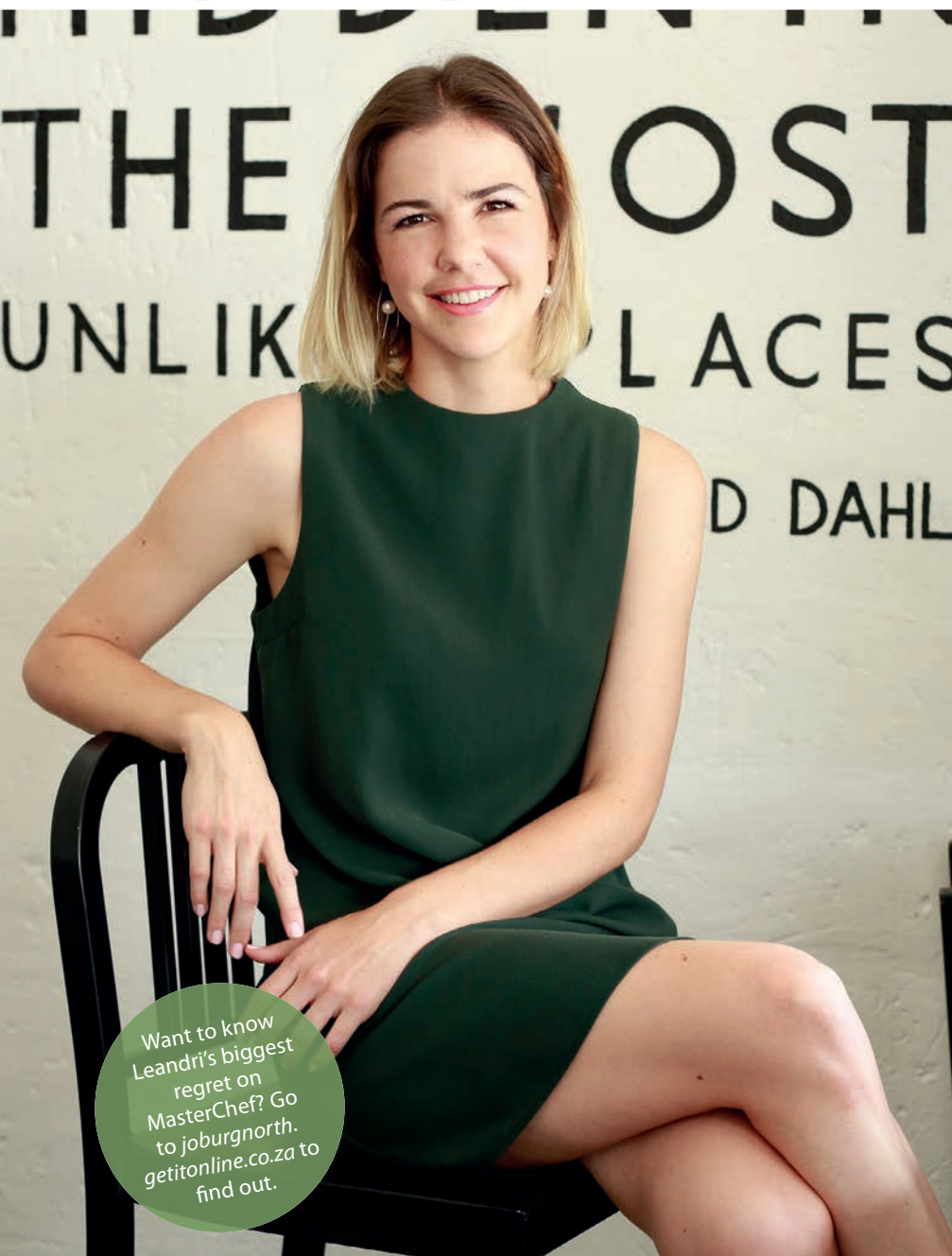
8

Father Coffee recently opened another branch in Rosebank ... and northern suburbs residents cheered! Then they quickly lined up to 'drink better coffee; make better coffee; serve better coffee'. If you've never bean (pun intended) we recommend the Cortado – think a smooth velvety texture with an aromatic rich flavour ... mmm! And if you're not the coffee type (blasphemy!), we suggest you order a double shot of the sinful Lindt Hot Chocolate ... it's a wonderfully creamy and indulgent treat made with one dark and one milk Lindor ball ... perfect for colder days. *Details: 082-513-4258 or www.fathercoffee.co.za*



Text by: Tasmin Jacobs

Sugar, spice and all things SCIENCE



Linden's Leandri van der Wat chats to us about being a master of all trades ... and we're not only talking about her time on MasterChef or the fact that she has her masters in chemistry. We get to know the author, entrepreneur and avid traveller who stole Joburg's hearts (and tummies!).

It's hard to believe that Leandri van der Wat was on MasterChef four years ago. 'I still look back and think 'whoa ... that was me!' I sometimes sit and wonder who that young girl was who threw caution to the winds and entered on a whim.' Maybe she didn't walk away with the grand prize, but loads has happened. She completed her Masters in chemistry, wrote a cookbook, Two, with her sister Seline, started a coffee roastery and in her own words, 'fell hopelessly in love' with her boyfriend, Joshua Pretorius. Now, she's a skincare scientist at the award-winning premium skincare brand, Optiphi, and with all these accomplishments under her petit belt, can genuinely say she's very happy ... and we can see why! Leandri gives us a little taste of what it's like to be a master of all trades.

Want to know
Leandri's biggest
regret on
MasterChef? Go
to [joburgnorth.
getitonline.co.za](http://joburgnorth.getitonline.co.za) to
find out.

Two is an expression of how Seline and I think and cook. We take one dish, or one set of ingredients, and work it two ways. One is a little more challenging – Seline likes complicated techniques to get you to learn, take risks and explore – and the other (my take) is simple while still delivering knock-out flavours. I suppose describing us as the ‘sugar and spice’ is quite smart ... Seline definitely has the sweet tooth and the majority of the baking skills, while I have quirks that could probably be associated with spiciness. Seline and I both love being adventurous in the kitchen ... I like to throw in an unexpected ingredient or flavour combination in desserts as well as savoury meals – think olive, white chocolate and cherry. As for another cookbook, we’re sussing out a few ideas...

My boyfriend’s favourite recipe in Two is probably my Marmite mac ‘n cheese. As for my favourite? That’s an *impossible* question to answer. I love them all ... they’re all an extension of us in some way. We’ve done masterclasses from our cookbook ... we don’t have any planned but do get in touch if you’d like to make magic happen at your next fund-raiser, kitchen tea or family get-together.

I like to call Roast Republic ‘coffee with a conscience’. It’s the brainchild of my friend Jaco de Witt ... he approached me about four years ago to start a coffee roastery. We wanted to be extravagant with our generosity ... to challenge people to be more generous in their choices (think of brands like TOMS shoes which gives back to the community). We now have four outlets in Joburg ... Rosebank (at the Standard Bank Incubator), Jan Smuts and 7th in Parktown North, 1 Bompas, and then at Workshop Newtown in Newtown. The shops are all relaxed ... and I also like the fact that the Café at the Standard Bank Business Incubator serves some brain food options to make sure you perform your best! We also give 50 per cent of our profits in the form of education development programmes. The idea is that you can drink your coffee guilt-free, knowing you’re helping to fund education in SA.

I joke that I don’t trust people who don’t like coffee. I like to believe they haven’t had the right cup brewed in the right way. In Two, I have a coffee and cumin roasted carrots recipe that goes so well with a cup of filter coffee – it’s made with mushrooms, tomatoes, Marmite and Parmesan mousse. It’s an umami bomb (a punch of flavour – the kind that makes you want to eat more and more) of yumminess! My friends



and family know I’m grumpiest when it’s early in the morning, the coffee is finished and chirpy early birds are full of stories ... I take a while to warm up.

Not lots of people know that I’m quite awkward in social situations – I blame it on the scientist in me! I’m not always the most graceful when meeting fans or strangers ... sorry if you’ve met me and I’ve been awkward about it! I was a curious kid – always exploring the outdoors or mixing things together in the kitchen. My curiosity was fed by science ... science helped me understand the world better. After school I went to ‘varsity and got my Masters in chemistry. I’m now a skincare scientist at Optiphi – I’m in research and

development which basically means I develop new cosmeceuticals or medical devices to be brought into the market. It’s a lot of fun! I’ve definitely applied my knowledge of cooking to my work – so my formulations are much like recipes to me, and I apply the same kind of care and tenderness when stirring or emulsifying ingredients as I would at home in the kitchen. My favourite Optiphi product is the Classic Hydration Tint – it’s a broad spectrum SPF20 with light/medium coverage, with a plethora of vitamins and hydrating agents that boost the skin from the inside out. It’s my all-in-one everyday staple! And I’m slowly getting all my friends and family hooked, too.

I’m not a fan of DIY beauty at all. In my opinion it’s risky and a slap in the face to people who do it for a living. It’s like a person with an iPhone calling themselves a professional photographer ... my pet peeve! As for my beauty routine I’m not one to fuss and I like to keep it simple – I only use Optiphi (because other brands leave my skin dehydrated/oily ... yes, your skin can be oily and dry at the same time!), and with all sorts of awkward breakouts.

I needed to understand myself better so I took a solo trip through Africa. I learnt a lot, cried a lot, loved a lot and came back a better person. I saw six countries (Botswana, Swaziland, Mozambique, Malawi, Madagascar and Rwanda) and

loved them all in different ways. If I had to pick a favourite it would be Rwanda ... such an inspiration, wow! The people are so determined, so mindful and so helpful. They really are ‘doing it for themselves’. Then the place I’d love to return to is Madagascar ... there’s so much to see! I’ve also recently been to Holland, Paris and London ... what a privilege! I’d spend money on travel over fashion, cars or property *any day*! The biggest lesson I’ve learnt is to follow peace. Even if it means turning down offers of big TV shows and speaking engagements or eating at extravagant restaurants. Two is available from Exclusive Books. *Penguijn Random House*, from R308. *Details: www.roastrepublic.co.za or Instagram @roastrepublic or find Roast Re:public on Facebook.*

Spoiler

This month we're all about spoiling that special woman in your life ... your mum! Head to Blue Hills Shopping Centre for the best gifts and treats to show her how you feel.

Spice up your day with a quick trip to **The Raj Express** next time you're feeling a little peckish. With the tastiest samoosas in Joburg, and all your favourites like chicken tikka masala and lamb rogan josh, it's the perfect place to take the whole family for a meal, or even if you're simply looking for tasty takeaways. Easy Mothers' Day dinner, anyone? *Details:* 079-392-5225



Planning the ultimate Mothers' Day spread? There's nowhere better to pick up everything you need than **Woolworths**. Gear up for an epic Sunday lunch with one of the ready-to-cook roasts, or cook up something a little unusual with the Eat In specials – complete with mains, sides, and dessert! You can also pick up some flowers while you're there, guaranteed to make you the uncontested favourite child. *Details: 011-697-1650*

There's nothing quite as awful as that sinking feeling as you drop your phone to the ground. Never fear, **NR Cellular** to the rescue! The fantastic team specialises in fixing cellphone screens, but can also help you out with any other electronic issues you're having – plus you can pick up some great cellphone accessories while you're there. *Details: 011-318-0504*

If you're looking for a one-stop spot to get that monthly grocery shop done, **Pick n Pay** is equipped with a bakery, liquor store, and even a small appliance section – so you really won't need to go anywhere else! Quality fresh products and incredible specials all make shopping here such a treat that you'll never want to shop anywhere else. *Details: 011-318-0648*

The team over at **Pressed in Time** is all about doing everything they can to make your life easier, and with their excellent service and speedy work, it's easy to see how they do it. Drop off your laundry or dry cleaning and it'll be ready for collection in no time, meaning you'll have more time for more important things – like shopping for the perfect Mothers' Day gift! *Details: 079-422-6930*

Your future is bright, so let's make sure you can see it properly! The experts behind **Spec-Savers Blue Hills** are on hand to assist you with selecting a cute pair of new frames, and with an optometrist and two optical assistants on-site, you know you (and your baby blues) are in great hands. *Details: 011-318-4255*

When it comes to pampering, nobody helps you to do it right quite like **Clicks**. With luxury brands like Sorbet and The Body Shop available in-store, you're bound to find something perfect to spoil mum, and with the monthly promotions, you can do it on a budget, too. There's also an in-store pharmacy, so grab your shopping list and you can get all you need in one easy trip. *Details: 011-318-0512*

Capitec Bank is known for its no-nonsense outlook and simplified banking, making it the perfect place to get your financial admin done while you're out – it's guaranteed to be quick and easy! With a full-service branch at Blue Hills, you'll be in and out in no time. *Details: 086-010-2043*

When you think copying and printing, you think **PostNet**, but did you know that it's also able to assist you with courier services? If you're not with your mum this year, why not surprise her with a little gift in the post to let her know you're thinking of her – no matter how small, she'll love the gesture. *Details: 011-318-0458*

Nothing says celebration quite like an afternoon ice cream, and nothing tastes quite as good as a **McDonald's** McFlurry. With a drive-thru, and a dessert kiosk, you'll never be disappointed – plus it's open 24/7, so you can satisfy that Big Mac craving no matter when it strikes. *Details: 011-318-0449*

Who doesn't love a cheeky **Nando's**? Whether you're a peri-peri pal or a lemon-and-herb honey, Nando's is the obvious choice to get your real South African taste fix. With its drive-thru services at Blue Hills, you can even enjoy your chicken on the fly – bring on the flavour and fire! *Details: 011-318-0380*

Blue Hills Shopping Centre, corner Olifantsfontein Road and African View Drive, Midrand. Details: www.bluehillsshoppingcentre.co.za

(DESIGN) GANG'S

Nicole Levenberg

You may know of Nicole of Aureum Design by her meticulously hand-drawn and (locally) hand-painted textile print designs. That custom hand-printed blue and white fabric for the Anatomy Design Southern Guild chair, we all love ... it's hers! This Melrose talent will be showcasing her new fabric range in the 'Darlings' feature as one of Design Joburg's 'darlings of local design'. Expect 'a sneak preview of two new prints, which for the first time will be available in both fabric linear metre and wallpaper,' says Nicole. 'The new prints are landscape-inspired and heavily focused on the hand-drawn line and unusual colouring.' Sure, she takes inspiration from nature around her, but Nicole also looks to fashion for new ideas. 'I love the unusual juxtaposition that comes about in fashion photography, the constant play of often unexpected textures, prints and colours.' As a master of patterns and prints, you'd be surprised to learn that Nicole describes her own home as 'pared down minimalism in a classic Herbert Baker shell.' It's these clean lines, gem tones, oak herringbone floors and lack of printed fabrics that act as the ultimate anything-is-possible workspace for Nicole. 'As I work from home, it provides me with the perfect blank slate from which creativity can evolve!' Details: www.aureumdesign.com

ALL HERE

In need of some décor inspiration? Sometimes Pinterest just doesn't cut it, right? Well look no further than Design Joburg taking place this month. Think all our city's leaders in décor and design in one place, for your viewing (and drooling!) pleasure. To whet your appetite, we caught up with four really talented local designers for a sneak peek!



Nthabi Taukobong

We can't wait to check out Fourways-based Nthabi Taukobong's idea of the modern man cave at Design Joburg. 'Instead of the typical bar with leather sofas and big beer mugs, I thought the 2017 high-powered executive would appreciate a more calming and relaxing environment so I've created the SPA lounge. I see him coming home, taking off his shoes, entering this space and being transported into a place of healing.' In partnership with Collaborative Roomsets, Nthabi used earthy tones and textures to create the sense of serenity. She feels that living such fast-paced, high-tech lives we all need a little reminder to reconnect with nature and she hopes that's what everyone takes away from her feature. 'Being busy is overrated and a calming, natural environment created at home or in the office is as good as any luxury holiday,' she explains. It's no wonder Nthabi has nicknamed her own home, 'Le Paradis' – an abundance of palm trees gives her home a jungle feel, which makes returning home every day 'feel like entering a tropical resort.' When the Ditau Home interior designer isn't thinking décor textiles, she's working on her own range of home fragrances (candles, diffusers and aroma burners) as well as a range of naturally made, local beauty cosmetics! Follow her (busy) movements on Instagram, @ditauinteriors. *Details:* ditau.com

Text: Sinead Martin. Photo of Mpho: Danielle Ashwin. Photo of David Krynauw: Judith Belle

On trend

Showcasing the very best of both international and local design, we cannot wait for **Design Joburg**. Think alluring room-sets, brand new collaborative exhibits and uniquely curated installations. We're especially excited to see Rooms On View – a reinvigorated show-within-a-show that will display the latest trending décor. And lastly, we can't forget about the DARLINGS feature which includes a line-up of creatives like Haldane Martin, Heather Moore of Skinny laMinx and Studio 19. This great line-up will demonstrate South Africa's current bright design scene. It's going to be a stunning show with a number of ground-breaking design brands all under one trendy roof! May 12 – 14. Sandton Convention Centre. Tickets R110 (students R80). Details: www.designjoburg.com or www.webtickets.co.za

David Krynauw

Everyone in the biz knows that if you're looking for high quality solid wood furniture and modular wooden structures, David Krynauw's your guy. He confesses his self-named furniture design and manufacturing company 'doesn't pay attention' to the latest trends, instead inspiration strikes from pushing boundaries and living with an open mind. 'We've always focused on expanding the capabilities within our manufacturing process. The experimental and expressive work we currently produce is a direct result of this focus. It allows us to design with freedom and push our imaginations.' Home life for David right now is admittedly 'chaotic' after moving into a newly renovated part of an old house that burned down 30 years ago. Sure, it has a great view and a 5-hectare garden but what really excites David is it's 'massive potential'. When asked about our local design scene, David reveals he believes South Africa's benefit is having a hands-on approach. 'In South Africa most designers become makers in order to design. This gives us a greater understanding of our chosen medium and I see this as a big advantage over our global counterparts.' Three things he can't live without? A kale and ginger smoothie, his Moleskine notebook and unsurprisingly, his CNC (Computer Numerical Control) machine! Details: david-krynauw.myshopify.com

Hungry for more from these designers before the big show? We put together some of our favourites from their extensive creations – check them out at joburgnorth.getitonline.co.za





Mpho Vackier

If furniture juxtapositioned with abstract ethnic cultural graphics and motifs combined with mid-century silhouettes is what you're after, look no further than The Urbanative. Mpho, the founder and brainchild behind these designs is all about 'the celebration of culture and design. Our first range is inspired by cultural Ndebele lines and forms, especially the artistic works of Esther Mahlangu', she explains. She's most excited to announce smaller additions to the range, including side tables and softs like fabrics and rugs. As with her designs, story-telling in her home has been equally important for Mpho. 'Our home is a collection of different pieces of furniture, from inherited antiques and mid-century silhouettes to a few Urbanative pieces thrown in. Our style represents our story ... my husband is Belgian and I am Tswana. Despite the apparent differences there is still harmony,' she reveals. Eco paint, sustainable timbers and eco engineered woods are all in the experimental phase for The Urbanative right now. 'I'm thrilled that cork is a trending material. We're hoping to have a couple of cork designs at the show,' teases Mpho! *Details: theurbanative.com*

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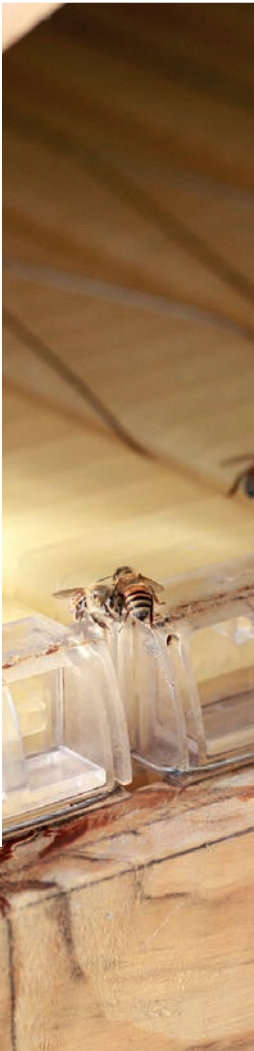


Thinking about getting your own worm farm? Go to *joburgnorth.getitonline.co.za* where we've wrapped up all the info you need to get you started.

Karen Heron wasn't always able to practice her green-fingered skills. Her husband's advertising job had them living in apartments in Shanghai, London and Hong Kong for more than a decade. Now that they're back in Joburg, Karen channels all her energy into keeping her carbon footprint as small as possible. As a partner in Earth Probiotic, Karen offers easy solutions to home composting, veggie gardens and even worm farming!

In three years all food and garden waste will be banned from landfills.

The simple solution is composting both these waste streams ... you'll end up with a high value product (which Earth Probiotic sells for R75 a bag). Many household items can be added to a compost heap – like newspaper, cardboard, egg cartons, toilet roll holders, pet fur and bokashi treated food waste. These items are a great source of nutrients, minerals and carbon which are all essential for healthy soil. Soil requires constant feeding as well as mulch to protect the surface area and home-made compost provides this without any added chemicals.



THE ORGANIC LIFE

Karen Heron lives in Morningside with her husband, three dogs, five chickens, three beehives and a large earthworm farm. She's a partner in the food-waste recycling company, Earth Probiotic and is fully committed to preserving water and saving the honeybees.

We designed and manufactured a Composting Bag for people who can't compost in open heaps.

The bag zips closed so it keeps out nosy dogs who might otherwise dig through a compost heap. The bag is also portable, very simple to use and produces wonderful compost in just a few weeks. It's made from outdoor billboard signs, which would have ended up in a landfill. It composts anything organic. We designed it with a number of eyelets to allow oxygen to flow into it, which is important to prevent the contents from becoming anaerobic. It retails for around R530.

A worm farm is the perfect organic recycler.

If you don't have space for both a compost heap and a worm farm, I'd recommend a worm farm. Having a worm farm at home allows you to make nutrient-rich soil as well as regenerate your old potting soil. All you need are worms, a container, bedding – like shredded newspaper or cardboard – and some soil. And of course food for the worms. I partially compost bokashi food waste in my compost heap then add this material, which is packed with micro-organisms the worms feed on, to my worm farm.

Naturally, home-made compost calls for a veggie garden.

Our Earth Garden (R220) acts as an instant raised bed and anything you fancy can be grown in it. Simply unfurl, hammer in the eight stakes, add the soil and compost, and plant. You can pop it on any soil and it's big enough to grow an entire salad! You don't even need to weed a patch before planting it, just place the Earth

Garden on the patch and fill it with soil and compost to smother the weeds. The fabric we use is actually waste material from a signage company and has been printed with vegetable ink while the stakes are up-cycled wood from alien trees. I've grown strawberries, spring onions, basil, lettuce, peppers and tomatoes. Now, in winter I'll grow carrots, beetroot, radishes, leeks, cabbage and lettuce until it gets too cold. I always like to add a companion plant and usually grow marigolds and nasturtiums between the veggies because I love their bright happy flowers.

Our current water crisis should not put you off starting your own veggie patch.

The water crisis in our country is bigger than water availability. It's also about water management – really, how we are managing the little water we do have available to us. A few simple solutions like fixing leaking taps or resetting irrigation systems to water during the coolest part of the day prevents evaporation and saves water. By keeping a bucket in your shower and kitchen sink, grey and excess water can be collected, which you can use to water your plants or flush the toilet. We all need to reduce our showering time and shower rather than filling a bathtub. Installing rainwater harvesting tanks and water saving showerheads can also help. Basically, it's really about acting as if you live in Cape Town even when you're in Joburg.

Honeybees are responsible for pollinating one in every three bites of food we eat ... yet they're dying off in

alarming numbers across the world.

It's our responsibility to look after our bees – an estimated 80 per cent of food in grocery stores is available because of them. In South Africa, honeybees pollinate about 50 crops such as apples, asparagus, avocados, blueberries, broccoli, celery, cherries, citrus crops, cranberries, cucumber and melons just to name a few. They're dying off due to parasites and disease, but mostly due to a dangerous group of pesticides called neonicotinoids. These pervasive killers are found in crops from corn to almonds, and in products around the average home like pet flea treatments and lawn and plant care products. They're believed to damage the immune systems of bees, rendering them unusually susceptible to disease. In order not to contribute to these deaths, we should look to using alternative pest control products that don't use neonicotinoids.

As you might have guessed, my husband and I are home bodies and much prefer to spend weekends pottering around the garden.

Sundays are usually spent with family and friends on our patio around a roast, potjie or braai. We do like to try new restaurants (we love The Red Chamber in Hyde Park for Peking duck and dumplings), taking trips to the countryside and visiting weekend markets. The Linden Market is great for browsing through stalls, The Collective Market in Kramerville is good for breakfast, Pretoria Boeremark for the cheese, local desserts and fresh produce and the Field & Study Market in Parkmore because dogs are welcome! Details: earthprobiotic.co.za



Pretty petals

On your marks, get set ... plant glorious pink flowers to celebrate Mothers' Day. Here's to having fun in the garden this month.

Garden tasks for May

- Make the most of the warm days to plant winter colours – calendula, pansies, primulas, Iceland poppies, snapdragons, stocks, violas, and winter vygies.
- Rake up fallen leaves for compost or spread them over the flower beds as mulch.
- As perennials die down remove dead flowers and leaves, divide if necessary and renew the mulch around them.
- Cut down summer flowering bulbs once they've died down.
- Water once a week to keep the soil moist but not sodden. Winter and spring flowering bulbs should receive deep watering every four days, or the equivalent of 25mm of rain a week.
- Don't let spring flowering shrubs like rhododendrons, camellias, magnolias and other shrubs from winter rainfall areas dry out or their flowering will be affected.
- Water lawns in summer rainfall areas once a week.

May in the garden

We're planting hot pink for Mothers' Day. In the garden, Penstemon 'Cha Cha' pink is a real stand-out garden flower. It's a compact, hardy perennial that's not shy to flower, producing numerous showy flower spikes. Plant it in full sun, water regularly and enjoy a long flowering season. Cut off old flower spikes to encourage new ones. Bees love it. Indoors, cyclamen instantly brightens up a room with its graceful butterfly-like blooms and heart shaped leaves. It's perfect for cool, bright rooms and flowers throughout winter. Simply cut off the dead blooms and new ones will push out. Keep the soil moist ... plants are likely to wilt if the soil dries out completely but recover quickly after watering.

GARDEN GADGETS

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We're BANANAS about yellow



One of our favourite restaurants – particularly when we're craving a taste of the Med – is **Mythos**. And we're not alone. This lively spot, which dishes up authentic Greek fare, has more than a handful of awards under its very tasty belt. This May we'll be enjoying its sunny Greek hospitality, enjoying dishes like the obvious (think pan-fried halloumi, grilled calamari and squid, yiro and souvlakia) as well as something a little different (we love the beetroot, feta and walnut salad, and the Cypriot grilled mince sausage speciality). And you simply can't visit without having a plate of prawn saganaki – with fresh tomato, wine, feta and ouzo, it's our go-to dish whenever we visit. And just a hint ... forget the baklava (lovely as it is) and go for the loukoumades ... Greek doughnuts drizzled with honey, sprinkled with pecan nuts and cinnamon and served with ice cream. You can thank us later! *Details: For your closest branch, visit www.mythos.co.za*

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Giorgio Beverly Hills opened in 1961 on Rodeo Drive, one of the most expensive avenues in Beverly Hills. With its instantly recognisable yellow and white awnings, it was beyond luxurious ... purchases were delivered by Rolls Royce and Waterford Crystal gifts given to clients. And from this store, the cult classic fragrance **Giorgio Beverly Hills** was born. All jasmine and tuberose, orange blossom and bergamot, ylang ylang (the ultimate flower of seduction), patchouli and vanilla, it's ranked as one the most long-lasting fragrances on the market, and because of its power, women wearing it were forbidden from entering certain Los Angeles restaurants. We're beyond excited that it's now available locally. You'll find it at Edgars from R395.



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Bring a little sunshine to May with these **Kirsten Goss** earrings ... love them! From R1980. Details: www.kirstengoss.co.za

Add a little tropical flavour to your month! We're loving this **Licor De Banana** liqueur ... produced in Portugal, it's a burst of scrumptious summery banana in your mouth. Yum, yum! R159.99 from Liquor City.



Get in touch with your wild side with the From Jungles to Dunes fabric collection from **Hertex**. Inspired by the many colours and patterns found in nature, the fabrics in this collection feature contemporary leopard print, cacti and this wild banana, and is suitable for upholstery and curtaining. For just a touch of the tropics, this scatter is so on-trend! R699.

Details: www.hertex.co.za



Sara's first day at school is full of surprises ... especially when she realises she doesn't understand what the other children are saying. In **How Many Ways Can You Say Hello** by Refiloe Moahloli, Sara discovers 11 different ways to say hello. It's a lovely book for all young South African children. Quirky illustrations by Anja Stoeckigt add to the fun and for anyone unsure about how to pronounce the various greetings, a CD of the text, narrated by the author, is included. *Puffin*, R140.



Let the winter sun shine in, keep the baddies out! **Taylor's ShutterGuard shutters** are not only the most elegant window covering option available, they're also the safest. Made from super-sturdy aluminium, they have a specialised two-way locking system, gear locks, top and bottom bolts and louvre lock pins, making them virtually impenetrable.

Details: www.taylorblinds.co.za

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FOR THE KIDS

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Jazzed up LUNCHBOXES

Growing tired of packing the same old lunchbox for the kids with the same old boring sandwich, banana and bottle of water? Deb Andrews of Lunchbox Lifesavers shows us how to transform bland lunchbox ingredients into something more exciting.



Carrots and cucumber

Use a small cookie cutter to cut out the centre of sliced carrot and cucumber. You can leave it like that or make 'coins' by pushing the carrot shape into the cucumber. Slice the veggies with a crinkle cutter, which adds a wave and 'wrinkles' to the carrots and cucumber. Once I made carrot 'fries' and filled McDonalds fries packs. The kids didn't find it as funny as I did. A vegetable sharpener works well to add some fun to carrots. Fill the end of a (de-seeded) small pepper with hummus or cream cheese. Some kids are more likely to eat the veggies with a dip – then they can eat the 'container' too!

Banana

Put a temporary tattoo on the skin of a banana. Just hold a wet cloth over the tattoo for a minute or so and slide off the paper backing. Done! Another idea ... banana in pyjamas. Simply fold a serviette into a triangle and wrap it around the banana. Use a pen to add a face. Almost anything on a lollipop or cocktail stick is more fun! Slice up your banana and other fruit to add some interest. Cupcake toppers also work well. Just remember to cut the pointy end off for the younger kids.



Sandwich

Use a sandwich cutter to create shapes. Just press it down on the sandwich (works best with simple fillings like Bovril, PNB, sliced cheese and cream cheese), give it a wriggle and lift. Encourage your children to eat wholewheat bread by using one slice of white bread and one slice of wholewheat. Cut into thirds lengthwise and then crossways, flip over alternate cubes and the effect is like a checkerboard or zebra sandwich. Use a cookie cutter to cut out a shape on the top slice. Use a contrasting bread to fill by cutting the same shape and popping it in.

Rolls

Use a sharp knife to cut a hole in the roll, like a lid. Then scoop out the dough. Press the sides to create some padding, and fill with leftover curry (drain the sauce first) and make a bunny chow. Pack a fork and the kids can treat it like a bowl, and eat the 'bowl' too! Use a cookie cutter for the top piece of your roll, and flip it. Wrap the roll in wax paper and tie a ribbon round it. Surprise!

Oatees

Use a silicon cupcake holder in the smallest section of the lunchbox to add some eye-appeal for the kids. String the Oatees like a bracelet or necklace on a piece of string or ribbon. Use a novelty container like the plastic test tube I found at a party shop, or an espresso cup (from my far too many trips to Seattle for my caffeine fix).

Details: www.facebook.com/LunchboxLifesavers



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Junior Colleges Pre-school Group comprising of eight pre-schools. We cater for children from 3 months to 6 years old. Each of our schools are conveniently situated within close proximity to main arterial roads.

We believe in meaningful, happy learning experiences which create a sound foundation for future education. At our schools, we aim to develop and nurture children so that they will venture from our schools as positive and secure little individuals, who are able to face the future with confidence.



Because of our ongoing commitment to meeting today's educational demands of early childhood development, we at Junior Colleges, have implemented the highly acclaimed EYFS (Early Years Foundation Stage) curriculum which promotes "work through play". It is an integrated approach based on the seven areas of learning and which caters for the developmental needs of children from babies to six years old.

We have four pre-schools in the Joburg North area located in Sandton, Tiny Town in Parkmore, Fourways and Gardens in Fourways Gardens.



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Ever feel as if your child's homework becomes your own? Let's face it, which of us hasn't? Well that's where Sandton's Meghann Bruce steps in. Her tutoring service, Nourished offers everything from homework supervision to time management skills and even anxiety management. Or perhaps your budding student just needs some help staying away from the distraction of social media during study hour? Meghann has an app for that...

What inspired you to start Nourished?

My business partner, Ivana Nebulani and I realised that learning is not just about the facts and our view of how, and when, we learn best started to evolve ... and Nourished was formed! We focus on tutoring and other educational services like anxiety management and even stimulation boxes for children up to three years old. Our goal is to awaken joy in creative expression and knowledge-building, and for pupils to find the fun and curiosity in learning,

Need to get your kids' creative juices flowing? Check out Meghann's top five tips on www.joburgnorth.getitonline.co.za

Study smart

so lacking these days. We know not everyone learns in the same way or at the same speed so ultimately, what we want to do is nurture and grow these little hearts and minds of the future ... this is a statement we really believe in.

How do you accommodate pupils who work at a slower pace? We completely understand that every pupil learns at a different pace, despite the fact that many mainstream schools teach at the same tempo. So it's important for our tutors to assist pupils to apply their time intelligently and to teach them skilful strategies that support working at a slower pace. We also offer accommodation assessments if we believe a pupil is working at a slower pace due to a learning or physical difficulty. These assessments determine if they require a reader, extra time or a scribe to assist them during tests.

Many kids suffer from examination anxiety. How would you recommend overcoming this? Examination anxiety can be caused by so many things like poor preparation, existing negative connotations with exams, as well as all the pressure to achieve. It's completely normal to feel small amounts of anxiety during exams but serious anxiety can have a damaging effect on the pupil's performance. Simple methods can assist with overcoming this anxiety, like being sufficiently prepared. We help pupils find the study methods that suit them and their learning style. Another useful skill to use during exams is time management. The key is to understand the cause of the anxiety.

What tips would you give to primary school pupils who're writing exams for the first time this year? This is such a crucial time because these first

exams may set the tone for all their exams to come. One of the most important things to do is plan, plan and plan! Also, it helps to know your own learning style and apply it while studying. This comes easier with experience but these are skills we help our pupils develop during our tutoring sessions. Overall, being prepared and knowing their work should help them.

Another daunting task comes when pupils have to pick their future subjects in Grade 9. What advice do you give parents at this time? I highly recommend that high school pupils take part in subject choice assessments in Grade 9, before choosing their subjects. Changing subjects at a later stage in your high school career increases stress during an already stressful time, and catching up is difficult and often leaves children feeling overwhelmed. I recommend taking your child to see an educational and counselling psychologist or a psychometrist because this makes the whole process much smoother – we can help our pupils find the right person for them. From our side, we know this is their first step in building their future careers – these subjects potentially determine their tertiary courses. And at the age of 15, do any of us really know what we want to do? Age 15 is also quite an impressionable one and sometimes pupils choose subjects based on what their friends are taking. However, we remind them and parents that it's important they make this choice for themselves and their own future. Ultimately, I have this advice ... take the subjects you do well in and this will open the most doors.

Do you personalise each learning session to accommodate a pupil's specific school syllabus? Our main

goal is to find the perfect tutor/pupil partnership, which we do by pairing pupils with tutors who have experience in that specific syllabus or curriculum. We also consider the reason for tutoring and communicate with their school's teachers to ensure there's an alliance between all learning outcomes and strategies.

How do you ensure students don't become too reliant on doing homework or studying with their tutor? We encourage students to work independently at times and try to get them to drive the work as much as possible. Communicating this to the parent is crucial. We know we've done our job well when a pupil no longer requires a tutor!

How do you advise students to overcome the distractions of social media and the Internet if working from school iPads or laptops? Practicing self-discipline is the best way. However, this takes a while to develop and there are some useful apps like Freedom, Concentrate or Focus Booster that can help eliminate distractions by blocking certain apps and web pages during study or homework periods. Ironically, using social media as a reward for achieving a certain academic goal (like finishing five sums), often works too.

What should the perfect 'homework station' consist of? This depends on who the pupil is and their learning style. However, we believe the following items are essential – pens, pencils, coloured pencils and lined paper, motivational quotes or pictures and a list of goals for the school year!
Details: nourishedsa.com

CrawfordSchools™

EDUCATING AND ENGAGING WITH GENERATION Z



! Technology is nothing. What's important is that you have a faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them." Steve Jobs



Generation Z are those children born after 1995 and characterised as being global, social, visual and technological. They are the most connected, educated and sophisticated generation ever. They are the tween, the teen, the youth and young adults of our society. They don't represent the future, they're creating it.

So when educating, a school should provide an environment that enhances learning for these digital integrators. These students live in an open-book environment – just a few clicks away from any information, they connect in a borderless world – across countries and cultures, and they communicate in a post-literate community where texts and tweets are brief, and where visuals and videos have the greatest impact.

CrawfordSchools™ offers a progressive education where the focus is on preparing students for the future, today. Students are required to develop critical thinking and problem solving skills so that they are able to see problems from different angles and formulate their own solutions. Regardless of the field they choose to enter for their careers, the ability to think, be creative and act quickly are indispensable tools for the future. Technology at Crawford is not shunned, but embraced. However, what is important is that technology is used to enhance pedagogy and improve learning. The focus is on the skills needed to filter and translate information and to utilize it in creative, relevant and innovative ways in any variety of contexts.



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CRAWFORD

At CrawfordSchools™ we provide the opportunity for students to participate in as many different sports as possible. This fulfils a vital educational function, as active participation adds to the all-round development of our students. Team play, leadership and sportsmanship are developed through two categories of sport. The first is traditional, competitive sports and the second is "enrichment" sports which teaches our students that there is more to life than beating the opposition. Companionship, teamwork, social interaction and self-fulfilment are experienced through our various offerings. Crawford schools therefore have many provincial and national representatives flying the Crawford flag in the sporting arenas, whether traditional or the new "trendy" sports.

#CrawfordPride #WeAreCrawford

CrawfordSchools™ Fourways (Grade 000 - 7)

CrawfordSchools™ Lonehill (Playgroup - Grade 12)

CrawfordSchools™ Sandton (Grade 000 - 12)

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CrawfordSchools™
Pre-Primary · Preparatory · College

All schools are installed with high speed internet and we see the value in social platforms. We expose our students to new technologies, such as 3D printing, laser cutting and robotics, and aim to articulate the possibilities these new technologies create. Using an enquiry-based learning approach each student is exposed to hands-on opportunities in user experience design, utilising the latest design thinking models. Generation Z has an entrepreneurial spirit as they have witnessed young tech start-ups flourish. Entrepreneurial thinking and leadership is imperative and Entrepreneurship is offered as an extra optional subject where students are exposed to business models, an understanding of market drivers and their own potential role as future entrepreneurs.

Another characteristic of Generation Z is their ability to use technology to multi-task. Students attending CrawfordSchools are encouraged to maximize technology through learning management systems like Microsoft and Google Classroom, as well as working with new technologies like Arduino boards and drones. State-of-the-art "STEAM" (Science Technology Engineering Art and Math) rooms are equipped with 'maker-spaces' so students can combine technology with tools and craft to build their own objects and real solutions to problem-solving tasks.



Generation Z has a global outlook and we are continuing to seek and establish stronger networks with international education bodies. Our teachers are also trained in the latest strategies and teaching techniques. Among our staff are teachers who are accredited Microsoft Educators, presenters at Google Summits and all teachers have embraced the introduction of a Core Skills Programme which focuses on the key skills needed by 21st Century learners so that they utilize technology to its maximum whilst preparing to contribute to their future world.

Students come to us naturally curious about their world and wanting to explore it. Their imaginations are vast and untamed, creating endless numbers of practical and impractical things. Teachers of the 21st century need to continue to nurture curiosity and imagination, as well as teach students how to apply them creatively and purposefully, using technology as a tool. Along with cutting-edge approaches to utilizing technology, CrawfordSchools™ also offer an extended curriculum, enrichment subjects and an IEB matric qualification which all enhance and support our strategy to provide the most relevant and customized education possible to every one of our students.

We may not know exactly what lies ahead for our students in the future, but CrawfordSchools™ have the advantage of knowing what skills and tools they will need once they get there: to think critically, to work as a team, but most of all to be curious and excited about learning...



YOU SEE THE WORLD IN YOUR CHILD.

WE SEE YOUR CHILD IN THE WORLD.



At CrawfordSchools™, we implement a school policy that is caring and empathetic. We recognise each child's needs, dignity and rights where the link between freedom and responsibility is emphasised. In Crawford, we have mutual respect and a student focused educational philosophy but remain constantly aware of the significant impact we have on the development of our students as we prepare them to **face the world that they will enter.**

Our system adapts to the needs of the child by finding and creating a space in which every child has acceptance and value. The simple

secret to Crawford success is in the teacher who has the ability to reach out and lift up every child. The teacher believes in their students and students trust in their teachers. In CrawfordSchools™, respect is earned through fairness, transparency and consistency. Academic excellence is reached through bringing together the most outstanding teachers with the most promising students to motivate each child to reach their dreams to the best of their ability. This student-centred approach provides encouragement and positive guidance, focuses on well-being and happiness, confidence and recognition, motivation and inspiration.

#CrawfordPride #WeAreCrawford

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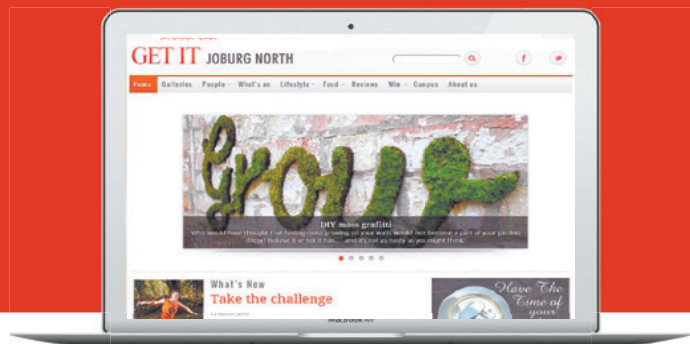


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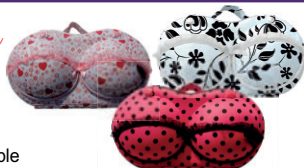
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NAZIA CARRIM ATTORNEYS
 ATTORNEYS, CONVEYANCERS & NOTARIES
 PRACTICE NUMBER MEM 23464
 VAT REGISTRATION NUMBER 4480 268 855



Introduction:

Nazia Carrim Attorneys supported by Smart Convey administration services offers estate agents, sellers and purchaser excellence in property conveyancing. We are passionate about our business and our clients and commit to always operating with absolute professionalism and integrity at all times. Nazia Carrim Attorneys is a Law firm that has been in practice for 13+ years and specializes solely in property law and also offers notarial services to clients.

We offer full support to estate agents as well as buyers and sellers throughout the property transfer process. We will ensure that your property transfers are done accurately, professionally and with the utmost urgency. Our dedicated team is experienced and well equipped to meet the needs of our clients. We will ensure your clients and property transfer matters are fully taken care of, enabling agents to focus their energy on property sales.

Nazia Carrim has a Master's Degree in Law and is a practicing Attorney, Conveyancer, Notary Public by profession. She has approximately 12 years of experience in the Conveyancing field. This means that she is fully equipped to deal with transfers of properties, registrations of mortgage bonds, cancellation of existing bonds, estate transfers, section 45 transfers and more in depth Conveyancing; like opening of sectional title transfers and Township registers.

Mandi de Sousa has 25+ years of experience in conveyancing and property industry. Mandi has a well established reputation in the Johannesburg area as a conveyancing administrator. Mandi heads up the Smart convey team in Johannesburg and is responsible for the handling of the administration and client service functions for Nazia Carrim Attorneys.

We offer a complete property transfer service which includes :

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Nazia Carrim
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Mandi de Sousa
Manager - SmartConvey Administration
mandi@carrimattorneys.co.za
 (w) 061 022 7353
 (f) 086 539 3215
 (c) 083 380 1784

May Spoil

Win a fine feast among friends...

A gourmet menu. Elegant wine by the glass. And the most gorgeous, tranquil venue. **Clico Restaurant** in Rosebank is the new, refreshing addition to the Joburg dining scene ... and just happens to be this month's delicious spoil. Preparing a stunning European-style menu mixed with a bit of a South African twist is head chef, Marnus Scholly. Think delectable lunches from the a la carte menu like Moroccan chicken served with cous cous, ras el hanout, butternut and aubergine or line fish paired with herbed baby potatoes and a summer vegetable medley topped with a lemon butter sauce. If your mouth isn't watering yet, just wait until you hear the winter dinner menu. From a melt-in-your-mouth lamb shoulder served with pommes Anna, parsley croquette, almond cream and red wine jus to a stunning dark chocolate semifreddo dessert (beetroot and rooibos cake with rosewater pearls), you'll certainly be spoiled for choice! This sounds like the dinner date we've been (not so subtly) hinting about. *Details: 011-252-3300 or www.clicohotel.com*

You can win a glorious dinner for you and three friends. Think an extraordinary six course tasting menu with an elegant wine pairing ... mmm! Simply visit joburnorth.getitonline.co.za before May 23 to enter.

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