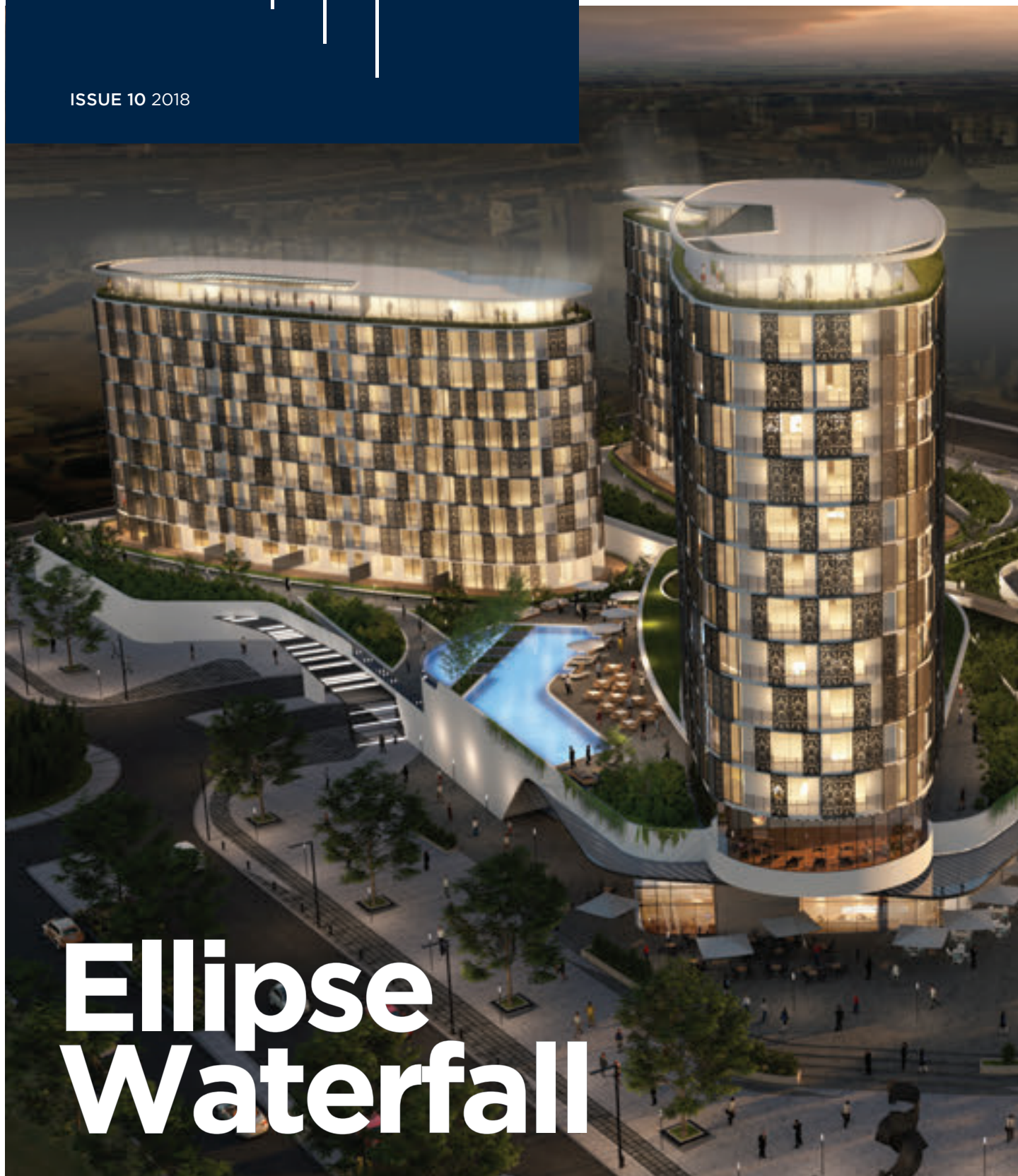


W A T E R F A L L

ISSUE 10 2018



Ellipse Waterfall

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PLANTS**

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AT WATERFALL**

**DESIGN IN THE
21ST CENTURY**

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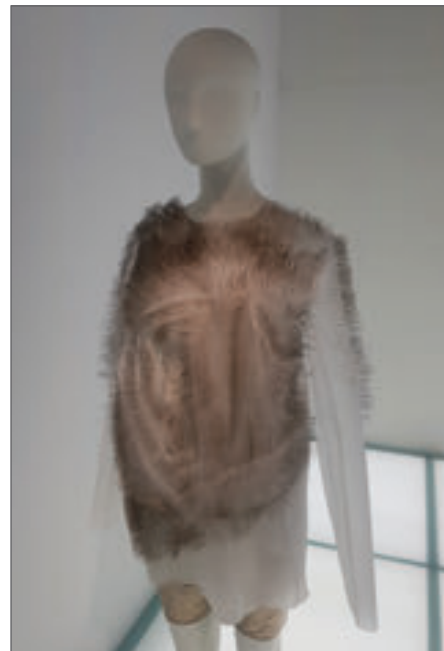
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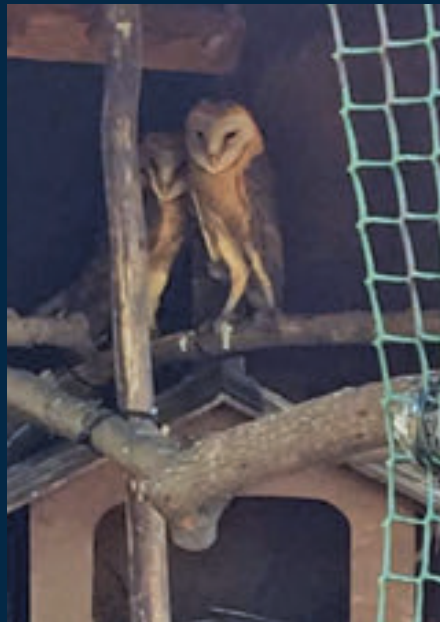
A message from **WATERFALL**

Two events in recent weeks have emphasised the wonderful environment that we have created here at Waterfall.

The first was the Waterfall Challenge Dusk Ride - an exciting fund-raiser featuring bike rides and other activities to support The Home of Hope. You can read more about the event in the magazine this month where, despite the high winds, residents, friends and pupils from our local schools all enjoyed the day enormously.

We would like to thank the Waterfall Residents' Events Committee and the Like2Bike organisation for planning this well-run family fun day, which featured 2km, 5km, 10km and 20km mountain bike rides as well as 5km and 10km trail runs. Part of the preparation even included building a temporary bridge over the Jukskei, to make sure the riders didn't get their feet wet!

Another noteworthy event was the first collaboration between Reddam House Waterfall School and Lory Park Zoo in Midrand, to release wildlife onto the Estate. While they started working together this year on projects where the children learn about conservation by helping the zoo care for its residents, this time saw two young hand-reared barn owls released into the wild. You can read all about the project in the magazine,



then see if you can spot the young owls flitting about as they settle into their new home within Waterfall.

Reddam House pupils are now planning to improve their wildlife recovery and rehabilitation facilities so they can house more small animals from the zoo, like birds, genets and bush babies, and prepare them for release onto the Estate.

Other articles in this edition will keep you up to date with the constant developments on the commercial side of Waterfall by Attacq, as well as what's happening at Mall of Africa.

Finally, our regular article from Netcare this month covers the all too common, and always frightening, topic of cancer and its treatment through chemotherapy. Do please read the article by medical oncologist Dr Jason

Naicker, to find out exactly what's involved, and when and why it may be necessary. It also looks at the potential side effects and highlights members of the team that help patients through the treatment.

If you or any of your loved ones ever need to undergo chemotherapy, it's very reassuring to know that experts such as Dr Naicker are close at hand right here on Waterfall.

But, before we close off, we wanted to celebrate our very own Waterfall sports club trainer – Daniel Matloga – who not only won the International Federation of Bodybuilding South African Championships in September 2018 but has, as a result, been selected to represent South Africa at the IFBB World Men's Championship in Benidorm, Spain from 9-12 November 2018.

As a runner-up in the South African championships last year, he made it his mission to win it this year and so, he did! Yet, given that the international event is very expensive to attend, Daniel is in urgent need of funding to help get him to the championships. If there is anybody that would like to sponsor him, please contact him directly at matlogak@gmail.com. Good luck Daniel – we wish you every success in raising enough funds and making South Africa proud!

Until next time,
Waterfall Management

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WATERFALL CHALLENGE DUSK RIDE

The winds of change brought rays of sunshine for The Home of Hope

It was a blustery day on Saturday, 15 September 2018, and the wind caused havoc, turning gazebos upside down and inside out - but that didn't stop the residents, friends and scholars of Reddam House Waterfall and Curro from participating in the Like2Bike Waterfall event.

The Waterfall Residents Events Committee worked with Like2Bike, an organisation that hosts active outdoor events for kids, to bring a day of family fun to Waterfall by hosting the Waterfall Challenge Dusk ride. The cyclists and runners gusted into registration with big smiles and little concern for the crazy winds blowing outside, as they knew they were there for an incredible cause - raising funds for The Home of Hope.

The Like2Bike team, made up of Kirsty Searle and Smish Thompson, spent two days mapping and planning the routes for the distances that were on offer. With options of either paths or single track, there were escape routes for all of the distances. The event team loaded their golf cart with all the markers and by the Friday before the event, the routes were marked and ready to ride. The Reddam House Mountain Bike Club, run by Like2Bike, gave the children a short brief of the



route markings and they successfully tested two of the distances.

The Like2Bike team even built a temporary bridge to cross the Jukskei River over the weir so that the

participants would not get their feet wet and start to glow in the dark after a 'close water-encounter of the Jukskei kind'. At 1,8m wide and just short of 24m long, the bridge construction took about one-and-a-half days to complete.



The last gap jump, around 1,5m, was what they called the 'leap of hope'.

Thanks to STM for their assistance with securing the bridge with sandbags. The bridge served as a really effective litter trap too. Four large bags of rubbish were cleared between the first half of the build-up on the Friday morning, to the dismantling of the bridge on the Sunday morning. It's always a bonus to be able to help clean up the environment in the process.

The bridge was a great addition to the fun distances on offer: the 2km, 5km, 10km and 20km mountain bike rides as well as the 5km and 10km trail runs. There was something for everyone, young and old.

On the day, vendors arrived with their food trucks and craft beer, craft gin, soft drinks and coffees and kept the spectators and participants well fed and hydrated. The beverages on offer were particularly well received. The tune of the ice cream van lingered in the air along with the smells of

delicious food. And for the little ones, there were face painters, balloon artists, jumping castles and more.

The first race to go off was the 20km mountain bike ride. A good strong field gathered at the start line with nervous anticipation. The countdown began and the field took off faster than imagined. It was competitive from the beginning, as the riders left a puff of dust behind them, and there was a sprint for the finish between Richard Damant and Andre Rakow, as they completed the course in 45 minutes. The first lady home was 12-year-old Keira Reynolds, who completed the course in 60 minutes. Outstanding riding!

The 10km riders were a hive of activity, with the front line of children waiting to make their mark. A lovely sized field of riders from all ages thundered down the trails and headed towards the weir crossing. It was another super quick field - the first rider home was Kayden Searle, 10 years old, in a time of 30 minutes. We are definitely starting to see a new generation of athletes.

The 5km riders were all smiles and, luckily, by this time, the wind had subsided. It took the nervous energy off as the boys, girls and parents headed out between the Sanlam flags to follow the white route markings. The 5km riders enjoyed an easier start, with moms and dads in tow - some supporting little ones as they peddled their hearts out, others tackling the distance themselves, some on very small bicycles!

While the effort and determination displayed by participants is always a heart-warming sight, the one group that really tugged at our heart strings were the enthusiastic 2km riders, some as young as 2 years old! Already giving their all in vocal participation at the race briefing before they even tackled the course with their little legs, these pushbike riders let everyone know that they were a force to be reckoned with! The group raced down the grassy start and disappeared up the road to enjoy their very own special part of the course. And it wasn't long before

Waterfall News

the first little riders were heading back to the finish, beaming, laughing and energetically receiving their Agrani Construction medals and Sanlam chocolate discs. A big swig of deliciously cooled water and yummy biltong from the Taste-sponsored water table was welcomed by all.

We had a smaller, more dedicated 10km trail run field - 7 participants in total. While a few umm'd and ahhhh'd, all went out and enjoyed their run. Barry Crossan flattened the course in 38 minutes. Absolutely incredible!

The 5km runners and walkers had a beautiful late afternoon experience as the sun started setting upon their return. Families lingered and lazed on the grass watching the sky turn from blue, to yellows to reds. The music was great, the vibe was awesome, the evening: perfect. And as the sun set on an eventful day, and the wind disappeared, families and friends went home with a great sense of achievement. Well done to ALL!

A big thanks to the integral and very generous sponsors that supported the Waterfall challenge for The Home of Hope and helped make this fundraising event a day to remember:

- Agrani Construction: medals and number boards
- Kids in Business and Teens in Business: Maxwell Drive water point
- Taste Restaurant: water table at the finish
- Sublime Slime: slime kits and slime prizes
- ABSA: 300 drawstring bags
- PnP BP Garage: 148 packets of crisps
- Nostimo: 300 juices
- Trafalgar: 108 lip glosses, 100 pens and 300 bottles of water
- Turn n Tender: 96 crisps, 300 Bar-Ones
- Sanlam: 400 peak caps, 350 chocolate medals, prizes
- Century property: 300 packets of nuts
- BMW: adult goody bags
- Bike Market: prizes.





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REDDAM HOUSE WATERFALL AND LORY PARK ZOO TEAM UP

Pupils from Reddam House Waterfall manage the husbandry of owls for release into the wild

Two young barn owls were recently released onto Waterfall, after being looked after by students at the Reddam House Waterfall School. The owls are the first creatures to be cared for in a partnership that has been established between the school and Lory Park Zoo in Midrand. But more are to follow, so the pupils will soon build a fully-fledged rehabilitation centre at Reddam House Waterfall, which can accommodate animals such as tortoises, genets, bush babies and even birds, before they are released onto the Waterfall development and into a natural habitat.

“Every year, the grade six pupils, aged about 12 years old, form an environmental committee and this year, we partnered with Lory Park Zoo,” explains Reddam House teacher, Karin Labuschagne. “This was the first project of its kind and we look forward to many more in the future. Reddam House has a flight of its own – an area where birds or small animals can be housed – and so the idea of building a rehabilitation centre at our school was born.”

Since Lory Park is known as an owl sanctuary, the barn owls mentioned above were given to the zoo on arrangement by someone who had raised them, after finding them abandoned. The zoo has a permit to release certain species back into the wild within a 50km radius, meaning



that Waterfall is ideal, not only because of its location but its natural conditions are a safe haven for wildlife. As such, the baby birds were moved to the flight at Reddam where they were cared for prior to release. Before release, the learners would feed and give fresh water to the owls every day, clean the flight, and make notes about their progress in a log book.

"The owls are fully flighted and independent, and we believe that they will find a new home here in this beautiful area," says Robynn Ingle-Moller from Lory Park Zoo. "While we reared them at the zoo, we wanted to get them acclimatised to the sounds of Waterfall so that, upon release, they will feel they can stay within the Estate. We undertook a soft release that allows them to slowly acclimatise. We continued to feed them for a week after we opened the flight, and allowed them to come and go as they pleased."

There are already several owl boxes around Waterfall where the owls may choose to nest, and there are plenty of frogs, mice and voles for them to hunt.

The relationship between Reddam House Waterfall and Lory Park Zoo saw the pupils go to the zoo this year to learn about conservation. "The concept is that the children get involved in conservation in a hands-on way and work with the animals,"

says Ingle-Moller. "We want to create ambassadors in the community from Reddam's environmental committee, so we teach them things like how to handle snakes and work with cockatoos. It's a two-way street as it helps us while also opening them up to career opportunities as veterinarians or in animal husbandry."

This is the first time the zoo has allowed some creatures to be cared for at the school ready for release back into the wild, but it certainly won't be the last. "Zoos are no longer just places to display animals. It's absolutely paramount that we contribute to conservation and it's good to know that we have a place now where animals can be released," Ingle-Moller says. "Should we have other species which are appropriate to release here, we are able to put these into the flight at the school."

Members of Reddam House Waterfall School's environmental committee will be designing a new flight, raise the needed funds for it and then build it themselves next year, to give animals that arrive in the future a nicer home before they are released. They will also build more owl boxes in readiness for future owl releases.

The school and this scheme are fully supported by the Environmental Committee of Waterfall Country Estate.



GQ Best Dressed Men of the Year Awards 2018

A CELEBRATION OF GENTLEMEN WITH STYLE

The most stylish event on South Africa's social calendar, GQ's Best Dressed Men of the Year, will be held at Mall of Africa, Waterfall City, on 27 October 2018.

Running for 13 years and counting, the awards ceremony, which is a closed event, recognises the finest in men's fashion. GQ will host 300 of South Africa's most influential and stylish individuals, as they unveil the Top 10 Best Dressed Men of 2018.

Before announcing the top 10 winners, 50 dapper nominees who have made their mark in the realms of business, fashion, media, sports and the arts, will be shortlisted. Winners will be selected by a panel of judges consisting of GQ's editors and past winners, and notable figures across a variety of industries.



Siya Kolisi

Cassper Nyovest



GQ Editor-in-Chief, Nkosiya Khumalo, explained what it takes to be part of the prestigious group of winners: "We look for men who not only dress with style, but live with style. Each of the winners does so with fearlessness and authenticity, placing more emphasis on empowerment than ego – and it's this that's evident not only in what they wear, but in who they are."

Gentlemen who made it into the top 10 in previous years, sport sophisticated attire to match their equally sophisticated lifestyles. One of them is rugby player Siya Kolisi, who was a winner in 2017. In the November 2017 issue of GQ, he shared his thoughts on fashion by saying: "What you wear must resemble the person you are. You must treat the people around you the way you dress. With respect and integrity."

A winner in 2016, who has made a powerful impact on the music industry, is recording artist Cassper Nyovest. He explained to GQ that he believes he was chosen because he has always considered himself as 'stylish and unique'. Another gentleman esteemed for his music was a winner in 2015, and he is none other than J'Something, the lead singer of local band Mi Casa.

Like Cassper, he spoke to GQ about why he thinks he was selected as one of GQ's best-dressed men. He

said: "The things I wear speak a lot about me. But primarily I think I have been chosen because I have a sense of style and have built a reputable brand around myself."

These gentlemen have set the bar rather high for future winners, including those of 2018. The 2018 awards ceremony will be sponsored by HAIG CLUB, Lexus and Mall of Africa. The event precedes the launch of the November 2018 issue of GQ Magazine, on shelves from 29 October 2018, and features full interviews with the top 10 winners, along with a comprehensive list of the 50 nominees.



J'Something



6 reasons why Waterfall is becoming **Gauteng's business destination of choice**



LOCALITY

Ease of access and excellent visibility



INFRASTRUCTURE

Custom build to specific requirements



AMENITIES

Work and life intersect here



SAFETY

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SUSTAINABILITY

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W A T | E R | F A L L

ELLIPSE WATERFALL

Waterfall City's first high rise luxury apartments

The Waterfall skyline is set to be forever transformed with the addition of Ellipse, the City's first high-rise, luxury residential development designed specifically with the needs and requirements of Waterfall's premier residents in mind.

Situated in one of South Africa's most elite mixed-used precincts, this exclusive address and central location will offer discerning residents unlimited access to the very best that the City has to offer. Ellipse Waterfall's world-class leisure and lifestyle features range from access to premium retail therapy, cosmopolitan art and cultural events, to gourmet dining, pristine walkways and expansive parklands in which to live, work and play. This Waterfall-first is set to redefine luxury living in the heart of South Africa's most connected and coveted urban precinct.

Showcasing innovative urban design principles, inspired by tree-lined streets and parks, the architectural features embrace the modern beauty of Waterfall, while echoing the magnificent landscape from which it has evolved. Comprised of four iconic towers, Newton, Kepler, Da Vinci and Galileo, these striking apartments feature ultra-indulgent modern finishes, high ceilings and windows that provide unparalleled panoramic views of the Gauteng skyline.

With prices ranging from R1,49 million to R12 million,





the Ellipse Waterfall residential development is designed to meet the needs of Africa's emerging business leaders. Executive one-bedroom apartments start from 45m², while the flagship three-bedroom duplex penthouses offer up to 327m² of

living space and include a private rooftop garden and heated pool.

Beyond the benefits of Waterfall City's live, work and play environment, Ellipse presents The Luna Club, an unbeatable residential and lifestyle destination for

all ages with exclusive, premium health and wellness comforts at their front door. The wellness centre includes an indoor gym, steam shower, sauna, a lap pool, a temperature-controlled leisure pool and a boutique spa for those who wish to unwind and be pampered in the comfort of their own 'home'.

The Luna Club also offers premier experiences catering to the diverse needs of its discerning clientele. These include a business centre with boardrooms and conference rooms, a private dining room, a library and even a cigar and whiskey lounge in which Waterfall's movers and shakers can relax and engage.

For busy parents who require a home away from home while meeting and greeting, they can rest assured that their children are also well catered for. The full-featured games room and organised activities ensure that little ones are kept entertained while mom and dad have time to work, connect or just unwind. And, when it's family-time, simply grab a bottle of your favourite vintage from the wine room and join the whole family at the boma for a relaxed evening around the fire pit.

A joint venture between Attacq and Tricolt, Ellipse Waterfall is the next coveted landmark address in Gauteng. Whether shopping up a storm at Mall of Africa, gazing out over the gorgeous piazza as the sun dips below the Gauteng horizon, or simply enjoying an espresso and decadent pastry at their favourite café, residents at Ellipse Waterfall will be connected to infrastructure, technology, efficiency and convenience. This unparalleled quality of life comes with a full range of integrated facilities in the province's most exclusive living experience – Waterfall City, the heartbeat of the new golden circle.

Take the first step.

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or visit: www.ellipsewaterfall.co.za



Netcare Waterfall
City Hospital



WHAT TO EXPECT FROM CHEMOTHERAPY



By Dr Jason Naicker,
medical oncologist at
Netcare Waterfall City
Hospital

Chemotherapy is a widely used treatment for cancer. The term chemotherapy refers to the drugs that prevent cancer cells from dividing and multiplying, by killing the dividing cells.

If you have to undergo chemotherapy, a team of highly trained medical professionals will work together to give you the best possible care. Your team may include the following people:

Medical oncologist: This is a doctor who specialises in treating cancer with medication. Your oncologist works with other team members to develop your treatment plan. He or she is also in charge of your chemotherapy treatments.

Oncology nurse: An oncology nurse cares for patients with cancer and administers chemotherapy. Your nurse will answer questions or concerns you may have, help to support you and your family, and assist in keeping track of your health during treatment, including managing any side effects that you may experience. Your nurse will also check your blood pressure, pulse, breathing, and temperature after treatment sessions.

Other healthcare professionals: Other team members who may be involved in your care during chemotherapy include oncology

pharmacists, social workers, nutritionists, physical therapists and dentists.

YOUR FIRST TREATMENT

When you have your first treatment, make sure to ask for your oncologist's consulting room and answering service phone numbers so that you can call him or her with any questions or concerns.

Ways in which chemotherapy is administered

Depending on the type of cancer, patients may take chemotherapy orally, intravenously, or injected into a vein or elsewhere.

Orally: Chemotherapy drugs for oral intake can be in tablet, capsule or liquid form. If the patient's health allows, oral medication can sometimes be taken at home. However, the patient will have to make regular hospital



visits for their health and response to treatment to be monitored. Oral doses must be taken exactly when specified. If the patient forgets to take even one at a specific time, they should immediately alert their oncology team.

Intravenously: Chemotherapy drugs may be injected directly into a vein with a needle or delivered through an intravenous infusion. If you receive intravenous treatment, your nurse or another team member will remove your intravenous line after each treatment session.

Chemotherapy drugs can also be administered:

- as an injection into a muscle in the arm, thigh, or other part of the body;
- intrathecally, injected into the space between layers of tissue that covers the brain and spinal cord;
- as an intraperitoneal (IP) injection, delivered directly into the part of the body where the intestines, stomach, and liver are located;
- topically, as a cream or ointment for rubbing into the skin; or
- intra-arterially (IA), injected into the artery that leads to the site of the cancer.
- The drug may also be given through a drip or pushed through a pump, to ensure a constant rate of delivery.

If a patient needs continuous infusion, protracted venous infusion, or ambulant infusion, they may have to wear the pump for several weeks or months. They can carry on with their daily activities while receiving the medication. Devices used to deliver the solution include a catheter, a central line, and a portacath ('port').

A portacath is an implantable port, a thin, soft, flexible plastic tube that is inserted into a vein. It has a port, or opening, just under the skin of the chest or arm. The port has a thin rubber disc through which special needles can pass medicines, or take blood from the tube. If you have a port, it will remain inserted until all of

your treatments have been completed.

TREATMENT CYCLES

Most chemotherapy treatments are given in repeating cycles. The length of a cycle depends on the specific treatment. Most cycles range from two to six weeks. The number of treatment doses scheduled within each cycle also varies depending on the drugs being administered.

SUPPORTIVE CARE

An important part of cancer care is relieving side effects through palliative care, or supportive care. It is important to discuss the specific side effects that you experience with your healthcare team, to establish the best ways to manage and treat them.

Depending on the most common side effects of your chemotherapy, your oncologist may recommend planning for managing nausea and vomiting, hair loss, reproductive issues, and other side effects. Your oncologist

or nurse will prescribe medication and give you handy advice on how to best manage the side effects.

Also take note of the following:

- Avoid being around people with colds or other infections. Chemotherapy weakens your body's immune system, which helps fight infections.
- Drink lots of fluids for 48 hours after chemotherapy. This helps move the drugs through your body.
- Make sure to get rid of all your body fluids and waste properly after chemotherapy. Body fluids and waste include urine, bowel movements, vomit, semen and vaginal fluid. For example, flush the toilet twice after using it. This is important because the medication stays in your body for about 48 hours after treatment and could cause harm to healthy people in your home.
- Certain activities should be avoided on the days you receive treatment. Your medical team will advise you on what activities to do or avoid at these times.



EVENT DIARY



Corporate Run4Good

Thursday,
25 October
18h00

Waterfall City

We are proud to announce that, for the first time, Waterfall City will play host to the third edition of The Barron Corporate Run4Good.

This 5km run is the perfect team building event with live entertainment as well as food and drinks on offer after the run. Get your colleagues involved for an evening of fun! Bring family and friends along for support and to enjoy the after-race festivities. Visit www.corporaterun4good.co.za to register.



Waterfall City – parkrun

Every Saturday
08h00

Mall of Africa

It's all happening at 8am every Saturday at Mall of Africa - Remember, people of all shapes, sizes and speeds can do the parkrun. Some bring friends, others bring their kids, some sprint the track while others prefer a brisk walk. Anyone can do it... Meet at the start point at Waterfall Park adjacent to Mall of Africa in good time before the 8am sharp start. It's a marked 5km route with volunteers cheering you along the way. PS: To get free parking, you must register as a parkrunner at <http://www.parkrun.co.za/register/> and print and bring along your barcode. You can then park for free and get your time recorded and emailed to you. C'MON PEOPLE. LET'S GET UP, GET GOING, GET RUNNING (OR WALKING) See you at the start.



Waterfall Corner Wholefood Market

Every Saturday
09h00 - 15h00

Waterfall Corner

Waterfall Corner hosts a Wholefood Market every Saturday outside Woolworths from 09h00 till 15h00. Items on offer consist of home-made and home-grown food goodies!



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Waterfall Corner

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Efekto Eco Rat™ is unlike any other rodenticide on the market, in fact, it's completely revolutionary! The unique formulation reduces the risk of secondary poisoning to owls and is also less toxic to dogs and cats making it the responsible choice.

Why choose Efekto Eco Rat™?

- ✓ **Less toxic**
 - Much lower risk of secondary poisoning to owls
 - Reduced risk to pets
 - The only green colour band rodenticide on the market
- ✓ **Highly Effective**
 - Controls infestations faster than conventional rodenticides
 - Highly effective against resistant rats and mice



How it works?

The active ingredient, cholecalciferol is a natural compound (Vitamin D3) which plays a vital part in the body but at excessive doses, it has a toxic effect. This characteristic is used in Efekto Eco Rat™ to control rodents as their tolerance for cholecalciferol is much less than that of dogs, cats and human beings.

Cholecalciferol is technically non-toxic to birds and is also not as toxic to dogs and cats as anti-coagulants and is thus a better option in situations where domestic pets may be at risk of primary poisoning.

Not only less toxic but highly effective too!

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GARDEN & HOME PEST CONTROL

LAKE PANIC – JEWEL OF KRUGER PARK

By James Clarke, Photographs by Mary Broadley

It is South Africa's most famous bird hide and, in my estimation, the most rewarding hide in Kruger National Park - Lake Panic. It would rate highly among the world's best.

Malachite Kingfisher



Cautious bushbuck checking for crocodiles

Tens of thousands of pictures of wetland birds published across the world in magazines and books have been taken at Kruger Park's Lake Panic. We were there, again, in August. It was noon and still winter - the worst possible time of day for birding and the worst time of year, too, because 18% of our bird species were still wintering in the north.

We first faced east in the L-shaped hide's interior, looking along the long arm of the lake. In one casual sweep we saw a green heron, a malachite kingfisher (almost within touching distance), a brown-hooded kingfisher successfully fishing, (neither of us had seen this bird fishing before, believing they were insectivores), a jacana, a darter, an unidentified martin, a grey heron, and cattle egret. For the first time that I recall, there were no thickknees on the nearby bank.



The southerly arm of Lake Panic



Trio of thirsty Impala



Lazy afternoon on Lake Panic's beach

We then moved to face south and saw coot, jacanas, moorhens, the inevitable black crane, pied kingfisher, masked weaver, white-throated swallow and fish eagle flying towards us at 'zero feet'.

A truly massive crocodile lay on the beach - was it the man-killer that killed somebody upstream four years ago at Skukuza Golf Club?

Near the bend, a pod of maybe 25

tightly clustered hippo, with not a centimetre between them, looked like an outcrop of huge boulders.

A variety of mammals come to the dam. There's usually bushbuck.



Hippos, like riverside boulders - but noisier.



Elephant outing to Lake Panic.



Squacco Heron



Grey Heron

Friends recently saw a leopard.
We saw hyena and impala.

About five years ago, I watched a herd of about 20 elephants materialise out of the dense vegetation 70 metres away and then saw how deep Lake Panic was. The adults waded in almost up to the roots of their tails. Then came a baby of a few days old, still hairy and wobbly on its feet, and I wondered how it would manage to cross. No problem. It scrambled up the mountainous rump of its mother to cling with its front feet, while an aunt supported the baby's rear with her trunk.

Lake Panic is a photographer's dream . . . even without a telephoto lens. Waders walk around 2m away. Goliath herons come close, as do night herons.

In 1997 I flew down to Nelspruit with an old friend, Kenneth Newman, whom I'd known from his days as a commercial artist. Sappi, who sponsored the hide, had asked us to do an assessment of it.

Ken was, by then, Africa's best-selling author of bird books including *Birds of the Kruger National Park*, first

published in 1987. Noticing the book was 10 years old, I asked Ken, during the flight, if, in those 10 years, any new species had been added to Kruger Park's list. He said: "Surprisingly, no."

We drove through Kruger Gate straight to the hide just 7km short of Skukuza.

It was empty.

Ken was facing east where a dead tree protruded from the water a few metres away when he suddenly exclaimed: "Good Lord! Good Lord!"

I asked what he'd seen. He said: "An hour ago you asked if any bird had been seen that was not in my book. Take a look at that!"

A pair of grey waxbills. They'd been suspected in the park but never confirmed for they are often seen further east in Mozambique and in KwaZulu Natal.

Why the name: Lake Panic? There are several stories but the true one dates back to 1975 when the earthen dam wall was completed



Picture courtesy: Glenn Havemann



Jacana

across Mafunyana Creek, a kilometre or so from the club. The creek's name commemorates Louis Steyn, warden of Kruger Park from 1953 to 1961, whose Shangaan nickname was Mafunyana – Shangaan for “one who eats with gusto”. The wall had just been completed and the dam was filling nicely when the mother of all tropical thunder storms dumped several million tons of water into the catchment and the river rose within minutes to a height that alarmed everybody – especially those behind the project who were certain the dam would burst. The panic could have been measured on the Richter Scale.

But the dam held.



FOOTNOTE: Talking of birding hotspots, Mary and I spent the annual Birding Big Day (BBD) 2017 at Return Africa's Pafuri Camp in the far Northeast of Kruger Park.

Teams of up to four people, each operating within a 50km radius, can take part.

We were three, including a superb guide, Tristan Phipps, and we chalked up 138 species in just 12 hours, giving in at sunset. The winning team, I seem to recall, saw about 180.

BBD 2018 is on the 24th of November, beginning at midnight on the 23rd. Return Africa has again offered an almost 50 percent reduction to members of BirdLife (contact bbd@birdlife.org.za). The rate is R2 500 a day, pp sharing.



Return Africa's Pafuri Camp where 2018 BBD begins.



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2. Vic Falls offer from Air Holidays.

Rates from R9 190 per person sharing. Offer includes return flights departing from Johannesburg, return transfers, three nights' accommodation with breakfast and dinner daily, guided tour of the Falls and more. Offer excludes taxes of approximately R4 905 per person sharing. For more information visit www.airholidays.co.za; email: reservations@airholidays.co.za or contact them on 011 803 8223/4.

3. Couples getaway at Protea Hotel by Marriott Cape Town Tyger Valley.

Rates from R1 350 per night. Offer includes one night's accommodation with breakfast and sparkling wine upon arrival. Valid until 7 December 2018. Offer excludes flights and taxes. For more information visit www.marriott.com or contact them on 021 913 2000.



4. Arusha Day Trip, Arusha National Park offer from Ventures into Africa. (Tanzania)

Rates from R3 796 per person. Explore Arusha National Park: there are several alkaline lakes and the spectacular Ngurdoto Crater, as well as a variety of animals to see. Hiking is allowed if accompanied by an armed guard and often gives the best views of Mount Kilimanjaro. Offer excludes flights and taxes. Valid until 30 November 2018. For more information visit www.venturesintoafrica.co.za; email: info@venturesintoafrica.co.za or contact them on 011 789 1681.



5. Luxury offer from African Pride Melrose Arch, Autograph Collection.

Rates from R1 050 per night including one night's accommodation and champagne breakfast. Valid until 22 February 2019. For more information visit www.marriott.com or contact them on 011 214 6666.



6. Last minute Asia offer with Discover the World.

Rates from R26 999 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, twelve nights' accommodation, all meals and entertainment. Visit Bangkok, Kota Kinabalu, Nha Trang, Ho Chi Minh City and Koh Samui. Set departure date 8 December 2018. For more information visit www.discovertheworld.com; email: jnb@discovertheworld.co.za or contact them on 011 463 5251.

7. South Coast Reunion December beach stay offer from Travel 2 Reunion.

Rates from R17 650 per person sharing. Offer includes return flights, approximate taxes, return transfers, five days' car hire and seven nights' accommodation at the three-star Floralys with breakfast daily. Set travel date 9 – 16 December 2018. For more information visit travel2reunion.co.za; email: info@travel2reunion.co.za or contact them on 072 352 6830.



8. Britain & Ireland winter delight offer from Costsaver Holidays.

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9. Best of Vietnam offer from Perfect Destinations.

Rates from R19 790 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, two nights at the four-star Silk Luxury Hotel Hoi An, Tour of Tra Que Village, four nights at the four-star Eldora Hotel Hue, Hue Savours tour and twilight foodie tour. Valid between 12 February – 27 April 2019. For more information visit www.perfectdestinations.co.za; email: info@perfectdestinations.co.za or contact them on 021 250 0752.



10. Finnish Wilderness Week tour from Earth Wanderer.

Rates from R25 660 per person sharing. Offer includes seven nights' accommodation, breakfast daily, five lunches, seven dinners, local transport, tour leader throughout and specialist equipment. Offer excludes flights and taxes. Valid until December 2019. For more information visit www.earthwanderer.co.za; email: info@earthwanderer.co.za or contact them on 074 340 4587.

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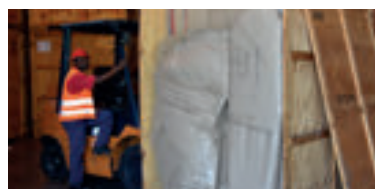
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BRING THE OUTSIDE INSIDE WITH THESE AIR-PURIFYING PLANTS

by Jordan Laio

Most people spend the majority of their time indoors in increasingly well-sealed buildings surrounded by paints and other synthetic materials which emit noxious chemicals. These conditions are related to increasing incidences of asthma, allergies, and cancer. Indeed, it's said that indoor air quality can be much more polluted than outdoor air, up to tenfold.



When 'sick building syndrome' was first recognised as a growing problem, NASA conducted a study of various house plants and their effectiveness at filtering out hazardous chemicals from the air. Their findings? A number of the plants were highly effective at removing hazardous chemicals from the air. Not only that, but they can regulate humidity as well.

They are also much less expensive than air purifying machines or humidifiers.

The following are the top eight indoor plants, as rated for ease of maintenance and effectiveness at purifying the air, summarised from Mother Nature Network.



1. Areca Palm (*Chrysalidocarpus lutescens*)

It is one of the most effective at removing airborne toxins, the Areca Palm also releases moisture into the air to regulate humidity, and is attractive to look at. It's also effective at removing salt from soil. It is easy to take care of and very resistant to pests. Enjoys semi-sun conditions.

2. Lady Palm (*Rhapsis excelsa*)

The lady palm is easy to care for as it is very resistant to pests and grows slowly. Enjoys semi-sun conditions.



3. Bamboo Palm (*Chamaedorea seifrizii*)

The bamboo palm can grow to 1,8m and is more resistant to pests than the areca palm. It is even more effective than both the areca and the lady palm at removing airborne toxins. It's also an excellent humidifier. Enjoys semi-sun conditions.



5. Dwarf Date Palm (*Phoenix roebelenii*)

The dwarf date palm grows slowly and can reach a maximum height of about 1,8m. It thrives

without much light and can survive for decades. It is very effective at removing xylene from the air – this chemical can come from caulking, adhesives, floor coverings, wall coverings, paints, and particle board.



6. English Ivy (*Hedera helix*)

English Ivy grows well in hanging baskets. It can benefit from some time spent outdoors in the spring or summer. It is especially good at removing formaldehyde from the air. Enjoys semi-sun to semi-shade conditions.

4. Rubber Plant (*Ficus robusta*)

The rubber plant, named for the appearance of its leaves, is known for being a plant which requires little light and can tolerate lower temperatures than the previously mentioned plants. It is especially effective at removing the ubiquitous chemical, formaldehyde, from the air. It can grow to 2,4m. Enjoys semi-sun to semi-shade conditions.

7. Boston Fern (*Nephrolepis exaltata* "Bostoniensis")

The Boston fern grows lush foliage but does not flower. It is best grown in

a hanging basket or on a pedestal. It is highly effective at removing chemicals and humidifying, but requires a bit more attention than the previous plants. It should be misted regularly.



8. Peace Lily (*Spathiphyllum* sp.)

I know, cute name, right? It boasts white

shell-like flowers reminiscent of the more common calla lily and is one of a handful of plants that successfully bloom indoors. Aesthetically pleasing, easy to take care of, and excellent at removing chemicals... what more could you ask for?







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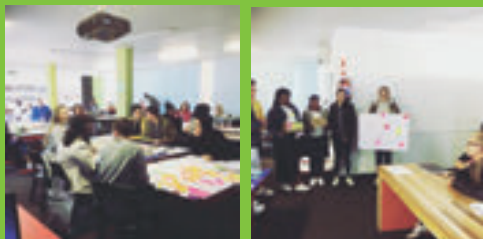
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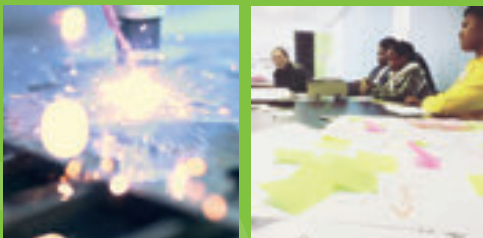


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NISSAN QASHQAI 1.5DCI TEKNA

By Alan Rosenmeyer



As the range-topping version, the test car was loaded with most of the extras that you could ask for, including infotainment screen with navigation, leather trim and a panoramic roof.



Over the past year, Nissan SA has launched new or face-lifted versions of their entire range of vehicles in South Africa. After attending the launch of the new Qashqai earlier in the year, a test car arrived in the form of the top of the range Tekna.

I have long believed that this is one of the best small diesel engines around. It is powered by the very familiar 1.5L diesel engine used by many models in the Nissan and Renault ranges.

While 81kW may seem modest by today's standards, it's the 260Nm that matters and certainly provides a smooth and comfortable drive with exceptional economy. On an open road run, we achieved the amazing consumption of only 4.6L per 100km.

The 6 speed manual gearbox is light and smooth. CVT automatic versions are available on the petrol powered versions, but the diesel only offers the manual option.

The Qashqai is the smallest crossover/SUV in the Nissan

stable but certainly is not a tiny vehicle. The boot size is 272L - or 952L with the rear seats folded, making it extremely practical and competitive within the segment.

As the range-topping version, the test car was loaded with most of the extras that you could ask for, including infotainment screen with navigation, leather trim and a panoramic roof. As is common in today's market, many smaller vehicles now provide the comfort and luxury features that was the preserve of large luxury cars only a few years ago.

Along with all the new models, Nissan has been rolling out Nissan Intelligent Mobility in their vehicles. On the Tekna version, this includes blind spot warning, cross traffic alert and forward emergency braking, with collision warning and overhead camera for parking and manoeuvring.

The Qashqai range is priced from R339 900 to R445 500 for the version tested and all versions include Nissan's 3 year/90 000km service plan plus 6 year/150 000km warranty.

A full video review is available on the MotorMatters You-tube channel.



LEXUS NX 300 F-SPORT

By Alan Rosenmeyer

Initially, Lexus vehicles were considered to be premium but rather dull and conservative in design. The NX, launched around 2 years ago, was the beginning of a move towards cutting-edge design cues. The standout was the gaping, sharp front end that has now moved onto other models in the range. The NX also features edgy lines with lots of body creases to create a very distinctive and modern dynamic look.

With the recent facelift, Lexus changed model names and designations. This is not unique to Lexus but has somehow filtered throughout the market with model designations no longer indicating the actual engine size, for example. So, the NX 300 is powered by a 2L 4 cylinder turbo. Get the confusion? I yearn for the days when a 300 badge on the boot meant 3L under the bonnet. Call me old-fashioned, I don't care.

To be fair, the engine is certainly up to the task and the numbers are impressive. Lexus claim that the outputs are similar to a 3L of old and at 175kW and 350Nm, I can't argue. The exceptionally smooth 6 speed automatic gearbox adds to the equation.

I was fortunate to be given the test vehicle during a few days spent in Cape Town so did not have altitude to consider as is normally the case up here on the Highveld. To compensate, I ensured that we tackled many steep hills and inclines and the NX simply took everything thrown at it in its stride.

The F-Sport version has no mechanical differences to the standard models but adds body skirts, a slightly lower ride and, somehow, a touch of extra aggression to the looks. The slightly harder suspension settings can be felt over speed bumps or very rough roads but, overall, it is an extremely comfortable cruiser.



Moving to the interior, it's a mixture of absolute quality with some slightly old fashioned features. Somehow the fascia feels a touch dated even though all the necessary features are provided. Perhaps it has just too many buttons where many others have incorporated more features into the touchscreen? The 'mouse' for operating the infotainment system felt rather clumsy to me, although until somebody provides a system that actually works for right-handed people, I can't criticise any particular vehicle.

The biggest mystery to me is why Lexus are not selling far more cars in SA on a monthly basis. They have the premium quality. They have a range that covers most bases, with the SUV categories well covered by the NX and the larger RX, and they certainly have an excellent reputation.

Based on my time with the NX, I can recommend any buyer looking for a premium medium SUV to include this on your short list. At a price of R797 500, including a 4 year/100 000km maintenance plan, it deserves a look.

Watch our You-Tube video review: <https://www.youtube.com/watch?v=H1WSZN7xz2A>

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bodies and minds. Meals are free from MSG, preservatives and colourants, whilst still remaining tasty and enticing. The crèche provides all daily meals and snacks as part of their programme, so parents do not need to stress about packing a lunchbox for their child. Meals offered include breakfast, morning snack, a cooked lunch, and two afternoon snacks, to ensure your little one never feels hungry or runs out of energy.

The crèche is divided into two sections – a baby group (3 – 18 months) and a toddler class (19 – 36 months). Each group has their own daily schedule to accommodate the learners' differing social, emotional and developmental needs. There are also separate play areas for each group to provide a safe space where age-appropriate equipment is available.



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Our learners, the future leaders, are at the heart of every decision. Our profession and calling is to nurture and support children to develop and assist them to become the best they can be. Collectively, we are committed to the development of inquiring, lifelong learners. The fast change of pace in the world today, coupled with the doubling of the growth rate of knowledge every few years, means that our children will experience a very different world than the one we know. As such, we offer holistic learning programmes to support the most important capacities that young people now need, in order to make their way in the increasingly demanding world of the 21st century: the powers of creative thinking and problem-solving, moral and values-based education, and a strong academic base so they can become global achievers in whatever field they choose to work.



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HUMANS AND TECHNOLOGY

Design in the 21st Century

By Ingrid Leujes



**Polythread, 2016,
Jenny Sabin,
Jenny Sabin Studio**

Sabin, an architectural designer, combines insights from biology and mathematics in this technologically knitted inhabitable form.

“Design is the medium
between people and
technology”

Carrie Chan, 2017

A current design exhibition at the Art and Design museum in Shenzhen, China, entitled *Minding the Digital*, clearly portrays the excitement and fascination that current designers and artists have with the creative possibilities of the digital medium. Not only does digitisation allow for innovative

manipulation and use of materials but it also has the potential for changing the interaction between people and objects, spaces and society at large. This in turn changes perceptions and emotional responses and therefore the significance of encounters. Most notable is how the digital can create objects and spaces that respond to people's behaviour.



Damestop, 2011, Iris van Herpen and Isaie Bloch



Escapism, 2011, Iris van Herpen and Isaie Bloch

Van Herpen and Bloch use selective laser sintering, (a 3d printing process that uses heat and pressure to solidify powders into solids), to create fashion that moves beyond traditional handcrafted garments and also beyond machine mass production.

Incertitudes, 2013, Ying Gao

Incertitudes is part of a responsive dress series. This exhibit consists of mannequins wearing dresses that change in response to the facial expressions of the viewer.



Maker Chair (Puzzle 3d), 2014, Joris Laarman

Designing for the end user's needs is a fairly new but not unknown concept. Designing a product or space that interprets users' needs from their behaviour and then responds to their needs instantaneously is, by contrast, a futuristic concept. What this exhibition illustrates is that this has already been achieved but has not



Maker Chair (Hexagon), 2014, Joris Laarman

yet hit mainstream consumption.

The complex relationship between human design and intelligent technology is illustrated. What is also illustrated by these examples is the exciting potential of the new creativity that is made possible by the interaction of technology and

The Maker Chairs result from a crosspollination of handcrafted techniques and digital technology. It poses the question of who the maker is: the designer, the computer, or the assembler?

humans co-creating. We are definitely already living in the 21st century, but are our educational institutions preparing students for this century?

Ingrid Leujes is a Director of Greenside Design Center, an internationally acclaimed, specialist design college focused on nurturing creative and innovative thinkers. For more information, visit: <http://designcenter.co.za>.

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Year-end Fatigue

HOW TO COPE

Are you battling to get up in the mornings or do you feel overwhelmed? Are you finding it more and more difficult to concentrate on any task at hand? This could very well be end-of-year fatigue.



As the year draws to an end, many people, even the most hard-working, feel that days are longer as they feel less energetic, irritable and in need of a breather and holiday!

Be careful not to confuse end-of-year fatigue with burnout or other mood disorders, which are not seasonal.

Signs of fatigue:

- Distraction
- Grumpiness
- Anxiety
- Laziness
- Short temperedness
- Confusion and tiredness.

FATIGUE IN THE WORKPLACE

Recognise the signs of fatigue and stress in your employees and customers. Handle them accordingly – be patient and understanding.

As an employer, if one of your employees or customers is experiencing fatigue, communication is the key.

Consider:

- Communicating your expectations. It is also important to try to understand the circumstances and to provide support where possible.
- Support could be offered through external parties or something such as a wellness programme.
- Words of encouragement in the workplace at this time of year can also go a long way.

A FEW TIPS TO HELP YOU WITH TIREDNESS

- Focus on the positives you experience and embrace them.
- Participate in things you enjoy. Use your weekends and evenings to do things that are important to you.
- Manage stress and your time. Track

your successes and remind yourself of what you have achieved this year.

- Lastly, a healthy lifestyle goes a long way in positively influencing the reaction to stressful times. Get enough sleep, eat a healthy diet and exercise. Avoid excessive alcohol and caffeine, and find healthy ways to relax and de-stress.

Fabulous alternatives for a healthy lifestyle, include:

- Yoga – it can be done after work.
- Power hour boxing.
- Use of treadmill desks.

Look after your body, mind and soul.

Contact info@absolutePilates.co.za to assist you in coping with that year-end fatigue and help you to get ready for summer!



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CITRUS SALAD WITH HONEY DRESSING



Add a vibrant pop of colour and refreshing flavour to your first summer braai and use the last of winter's oranges by making this quick and easy recipe – a citrus salad with honey dressing.

INGREDIENTS

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- 2 medium oranges, peeled and cut into rounds
- 3 medium blood oranges, peeled and cut into rounds
- 2 medium pink grapefruits, peeled and cut into rounds
- 1/2 small red onion, cut into thin rounds
- 2 cups lightly packed rocket
- 1/2 cup pomegranate seeds

INSTRUCTIONS

In a small bowl, whisk together the olive oil, red wine vinegar and honey. Taste and season the dressing with salt and pepper.

On a large platter, layer the sliced oranges, grapefruit, red onions and rocket.

Drizzle the vinaigrette on top then garnish with pomegranate seeds and serve immediately.





RESTAURANT COMPETITION

for OCTOBER 

THE QUESTION FOR THIS MONTH'S COMPETITION:

What is the name of the zoo that is collaborating with the Reddam House Waterfall School in the interests of wildlife rehabilitation on the Estate?

DON'T FORGET
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COMPETITION!

**COMPETITION WINNER
FOR SEPTEMBER:**

**Well done to the
winner of our
last competition!**

Congratulations to:
Rhoda Smith



Please email your answer along with your full name, your cell number and your stand number, detailing 'Waterfall Restaurant Competition' in the Subject line, to: info@eiapublishing.co.za. The winner will be notified by email.

Terms and Conditions:

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

The restaurants featured in this competition have been carefully chosen and, even if you aren't a winner, we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

The winner receives a R500 meal voucher from one of our participating restaurants.



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Capacity	Name & Surname	Mobile No.	Email Address	Responsibilities
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Building Control Manager	Johnny De Carvalho	072 621 3812	johnnyd@trafalgar.co.za	Building Control
Senior Maintenance Manager	Jaco Beukes	082 217 1903	jacob@trafalgar.co.za	Maintenance
Maintenance Manager	Arno Botha	010 591 4950	arnob@trafalgar.co.za	Maintenance
Environmental Manager	Ruan Spies	071 154 4963	ruans@trafalgar.co.za	Environmental and Landscape Management
HOA Aesthetics Control Manager	Aveer Singh	010 591 4671 010 591 4950	aveers@trafalgar.co.za	Aesthetics Control
HOA Communications & Administration	Cindy Selowe	010 591 4671 010 591 4950	cindyse@trafalgar.co.za	Communications & Admin
Receptionist	Lely Mabaso	010 591 4950	lelym@trafalgar.co.za	Receptionist

Please contact Cindy Selowe for biometric enrolment, visitor management and queries regarding communication.



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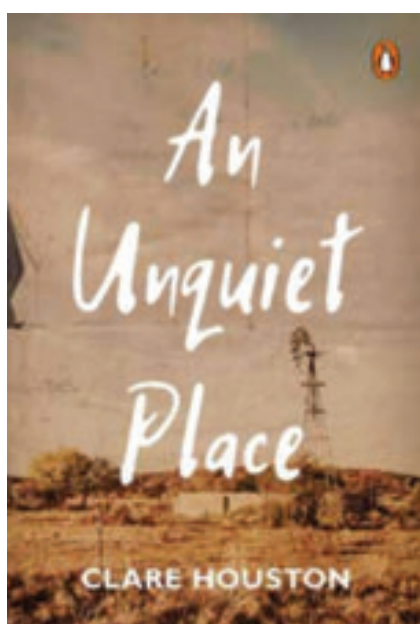
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