

W A T E R F A L L

ISSUE 4 2018

BALWIN PROPERTIES:

# Apartment Living

WATERFALL-STYLE!

THE LAST  
TOUR DE FARCE

MALL OF AFRICA:  
THE ART  
COLLECTIVE

THE INSIDER'S  
GUIDE TO  
EXECUTIVE TRAVEL

# Kim Dinham

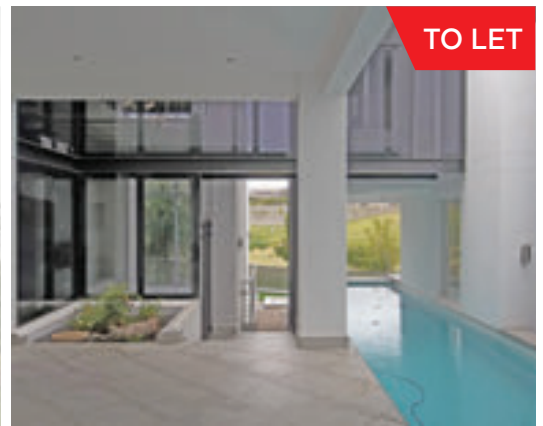
## Waterfall Sales and Rentals



### 3 Bedrooms / 3 Bathrooms

R65,000 pm

This is an exquisite residence that sets a high standard in quality and finishes, situated in the upmarket lifestyle Estate of Waterfall Country Village facing the green belt of the Estate. There is also a green belt on the one side of the house so the views from all the rooms are endless. The house is beautifully designed with 3 en-suite bedrooms, all rooms tiled, plenty of cupboard space and air conditioning through out. It is unique in its design with expansive windows which allows natural light, spacious rooms and double-volume ceilings.



### 3 Bedrooms / 3 Bathrooms / 2 Garages

R35, 000 pm

This open-plan modern u-shaped kitchen, dining, and lounge area looks onto the garden which has a computerised irrigation system and a swimming pool. From the lounge the sliders open onto a covered patio with a built-in gas braai overlooking the green belt of the Estate. The kitchen is a chef's delight with an extra large gas cooker and Caesar stone counter tops, plenty of built-in cupboards and space for a large double-door fridge. There is an enclosed wine cupboard as a feature plus a feature gas fireplace encased in textured brickwork and a separate study.



Kim 084 499 6914 • kim.dinham@pamgolding.co.za

Midrand Office 011 702 2033 • pamgolding.co.za/midrand



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# A message from **WATERFALL**

## Welcome

**S**ummer well and truly seems to be over, which means we'll all be spending more time indoors in the coming months.

If that makes your thoughts turn to interior décor or enhancing your home in some way or another, how about adding a touch of fine art from the pieces on display in an exhibition at Mall of Africa? The Julie Miller Investment Art Institute has set up a display of African art that is free to view and enjoy throughout the mall, including works by critically acclaimed sculptor Jean Doyle. You can read more about the exhibition in this edition of the magazine.

Lots of new 'faces' will be appearing on the Estate soon as more businesses move their operations to our commercial hubs. Attacq, the developer of Waterfall City, has had a busy first quarter and is welcoming a long line of prestigious tenants. In fact, PwC has now moved into the iconic 26-storey PwC Building, while the Gateway West building is already at 70% occupancy, and construction has begun on Deloitte's River Creek building. Attacq really is reimagining what a modern African city should look like and, while it's not quite Wakanda, it's definitely creating a landscape to be proud of. We would like to add our personal welcome to newly appointed Giles Pendleton, whose job as Head of



Developments for Waterfall puts him in charge of this growing empire.

We are furthermore also highlighting the two new developments within Waterfall, constructed by Balwin Properties, namely The Polofields and Kikuyu. Combining elegance with affordability, these two developments offer apartment living, Waterfall-style. Read all about it, as well as the opening of the Kikuyu Lifestyle Centre, in this issue.


Finally, our regular contribution from Netcare Waterfall City Hospital covers the very serious issue of cancer. The medics at Waterfall are

now able to develop personalised cancer care solutions, thanks to a new, world-class chemotherapy unit that's strengthening their existing oncology services.

The new unit is designed to create a tranquil atmosphere during a highly stressful time for patients and their families. We hope you and your loved ones will never need its services, but if you do, it's comforting to know that such expert care and experience are so close at hand.

Until next time, stay warm and well,

Waterfall Management



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bestseller*





*The Polofields living room and balcony*

# APARTMENT LIVING

## Say hello to two spectacular Balwin developments

Two stylish new apartment developments, combining elegance with affordability, are now welcoming residents at Waterfall. Constructed by Balwin Properties, The Polofields and Kikuyu are ideal for singles just entering the home market; for young families just starting out; or, at the other end of the scale, for empty-nesters who want to enjoy lock-up and go convenience alongside a vibrant community.

**T**he beauty of these two developments is that a community atmosphere should soon begin to form as the residents meet and get to know each other at the gym, the restaurants or just by walking through the grounds.



*The Polofields: a ground-floor patio and garden area*



*One of the kitchens at The Polofields*



*The Polofields: a top-floor unit lounge and patio*



*The Polofields en-suite bedroom*



*The Polofields bathroom*

# WATERFALL-STYLE!

In addition, these developments boast convenience as another big win. Residents can start or end their day with a quick workout - without having to brave the traffic - or dine out on the premises if they don't feel like cooking or leaving the confines of Waterfall.

Breaking away from the Balwin 'recipe' of four-storey buildings, The Polofields

on Polofields Drive features slightly more luxurious three-storey buildings, offering two- and three-bedroom apartments priced from R1 999 900. The apartments are equipped for the most discerning and trendy of residents, kitted out with state-of-the-art SMEG appliances, London-style fitted kitchens with gas hobs and geysers, upmarket finishes, 24-hour security and prepaid gas, electricity

and water meters. What's more, they are also all fibre-ready - bringing the modern technology essential of every South African to the home! And, if that's not enough, each apartment has its own spacious balcony, where some offer great views over the feature dam on the property.

Residents in this secure complex will have full use of a Lifestyle



*Entrance to The Polofields development*





*Kikuyu: 1-Bedroom unit open plan lounge and kitchen*

Centre – due to open in July – which will feature two squash courts, a laundromat, a Camelot Spa, Amici Restaurant, a Training Science gym, a yoga deck, heated swimming pool, games room, a concierge, a car wash and even a cinema room.

Once completed, The Polofields will consist of 252 blocks, comprising a total of 1 512 upmarket sectional title units. While the first owners took occupation of their properties

in 2017, this extensive estate will be complete in 2020, so there's still plenty of time to take a look and make your move – or encourage your friends to invest in this great lifestyle estate.

The Polofields is being built to environmentally-friendly standards and is now in the final rounds of Excellence in Design for Greater Efficiencies (EDGE) certification with the Green Building Council. This accreditation requires a building to

use green-approved construction materials and to achieve a 20% saving in operational energy and water usage.

The second new Balwin development is Kikuyu, at the corner of Maxwell Drive and Pretoria Main Road (Old Pretoria Road), offering a lower price entry point without compromising on quality of lifestyle. Here you can snap up a one-bedroom apartment from R809 900, while the larger three-bedroom version,



*Kikuyu: 1 Bedroom-unit open-plan kitchen*



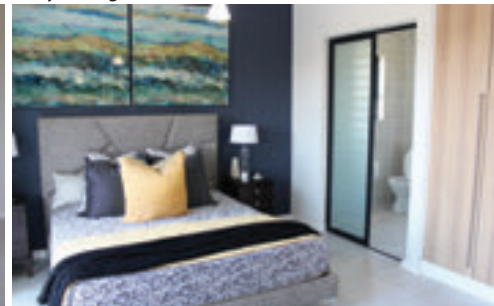
*Kikuyu living room*



*Kikuyu living room*



*Kikuyu open-plan kitchen and living room*



*Kikuyu en-suite bedroom*





*The communal entertainment area at Kikuyu*



*Kikuyu Lifestyle Centre - Training Science Gym*



*Kikuyu ground-floor patio and garden area*



*Kikuyu Lifestyle Centre - Amici Restaurant*

with two bathrooms, is pocket-friendly from R1 564 900.

The Kikuyu apartments have many of the same convenient features as The Polofields, where all units are fibre-ready and include pre-paid meters and eco-friendly appliances. They each have a Scandinavian-style kitchen, balcony and solar-supplemented electricity, while the overall estate also has 24hr-security.

The Kikuyu Lifestyle Centre that

opened in March offers many of the same high-class features, including a concierge service, squash court, cinema room, Camelot Spa, Amici Restaurant, fully equipped Training Science Gym, a laundromat, games room, lounge and bar.

Kikuyu is the first phase of a grand development called Waterfall Fields, which will eventually consist of 6 500 sectional title apartments. The construction work began in early

2017 and Kikuyu itself, with 1 270 units, will be finished in 2020. They'll be arranged in four-storey buildings that have a pair of three-bedroom apartments on the ground and first floors, with two two-bedroom units on the second floor and four one-bedroom apartments on the top floor.

Balwin Properties is certainly bringing affordable luxury to Waterfall, coupled with style, convenience and the lifestyle one can expect from a world-class city.



*Kikuyu dining room*



*Kikuyu: view from one of the balconies*



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Netcare Waterfall  
City Hospital



# NEW CHEMOTHERAPY UNIT

## for Netcare Waterfall City Hospital

Communities in Midrand and surrounds now have access to a new, modern chemotherapy unit in addition to the existing oncology services offered at Netcare Waterfall City Hospital.

"The new chemotherapy unit extends the range of treatments we are able to provide to cancer patients, and we hope that this development will help to make it more convenient and accessible for them if they have to undergo chemotherapy," says Sandile Mbele, Netcare's Gauteng South West regional director.

According to Noeleen Phillipson, Netcare's executive responsible for oncology, the chemotherapy services offered at Netcare Waterfall City Hospital are backed by evidence-based protocols and a caring, dedicated multidisciplinary team of specialists, nurses and other healthcare professionals.

"With nuclear medicine and surgical treatment options already operational at Netcare Waterfall City Hospital, including the highly advanced Da Vinci Si robotic-

Netcare Waterfall City Hospital's range of personalised cancer care solutions has been bolstered by a new chemotherapy unit. The hospital's cancer care is convenient and accessible for patients in Midrand and the surrounding communities.

assisted surgery system used to treat localised prostate cancer, as well as kidney and bladder cancers, the introduction of a chemotherapy service means that we are now able to fight a bigger range of cancers in the most effective way," she says.

"Netcare recognises that each individual cancer diagnosis is unique and each treatment journey is guided by a committed multidisciplinary team," she adds.

Medical oncologist, Dr Jason Naicker, and clinical oncologist, Dr Christiaan Jordaan, are specialists in chemotherapy and form an integral part of the multidisciplinary team, which also

includes radiation oncologists Dr Yastira Ramdas and Dr Hyacinth Mboyi; nuclear medicine specialist, Dr Katarina Milos; various surgeons; pathologists; medical physicists; and radiologists. This team, which is chaired by Dr Naicker, collaborates to determine the optimal approach for treating each patient.

Dr Ramdas and Dr Mboyi have consulting facilities at Netcare Waterfall City Hospital and provide their patients with radiotherapy at the dedicated cancer care centres located at Netcare Olivedale, Netcare Unitas, Netcare Clinton and Netcare Pinehaven hospitals, as well as at the SA Gamma Knife Centre at Netcare Milpark Hospital.

*We strive to provide patients with real support while being respectful of the deeply personal journey of each individual.*

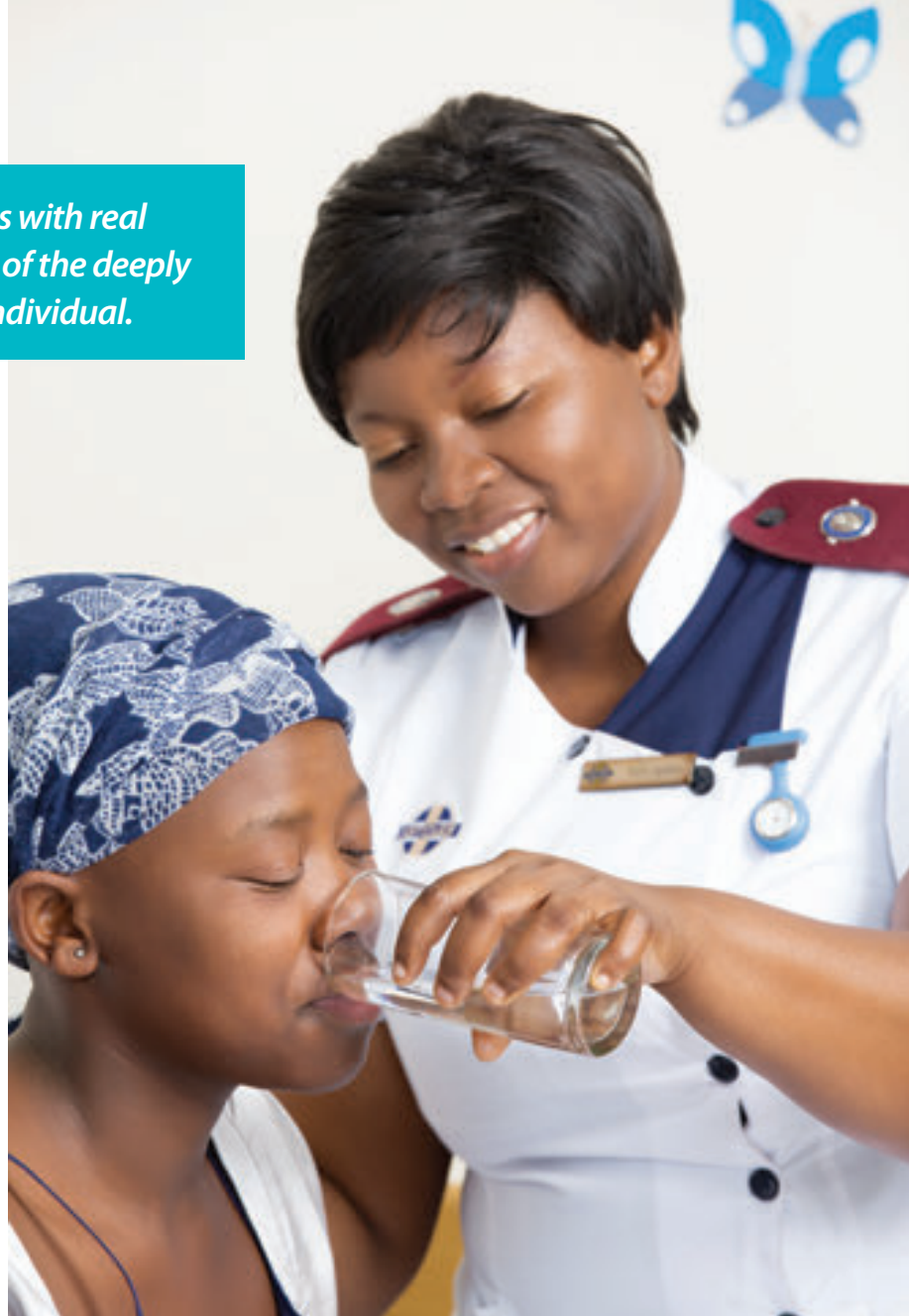
The chemotherapy unit has five comfortable treatment stations, and is situated in an area of the hospital that offers scenic views. The new unit has been designed to provide a tranquil environment for patients undergoing chemotherapy and, in common with all such facilities at Netcare hospitals, treatment is provided in accordance with the South African Oncology Consortium's protocols.

Oncology pharmacists are responsible for mixing the chemotherapy drugs in a laminar flow cabinet. Chemotherapy infusions are administered in open areas where patients can chat to each other or friends and family accompanying them. However, the unit is designed in a way that it also offers privacy during treatment to patients who prefer this. Each treatment station is equipped with a flat screen TV for patients who prefer entertainment during infusion sessions, while WiFi access is also available.

"Netcare's approach to cancer care services is based on the principles of the appropriate use of high-end treatment technology and collaboration with independent oncologists embracing best practice in oncology treatment, so that patients are assured of clinical excellence," Phillipson points out.

At the same time, individuals requiring chemotherapy are also supported through services such as counselling and guidance on coping with the illness, nutritional advice by dieticians and physiotherapy provided by physiotherapists for patients suffering with lymphoedema.

"We strive to provide patients with real support while being respectful of the deeply personal journey of each individual. We recognise that everyone will have their own way of coping, and our approach is to offer not only



world-class clinical treatments, but also caring, professional guidance that is empathetic of patients' individual needs. We ensure that no one fights cancer alone," Phillipson says.

Mbele points out that Netcare Waterfall City Hospital's cancer services are furthermore strengthened by diagnostic capabilities, such as those offered through the radiology and pathology departments.

"The spectrum of cancer care services that is available at Netcare Waterfall City Hospital means that we can answer the needs of our patients even better. The addition of the new chemotherapy unit is a significant development in the services we offer to cancer patients in Gauteng and, in fact, across South Africa," he concludes.





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# Attacq's Quarterly Round-up of DEVELOPMENTS IN WATERFALL

It has been a busy first quarter for the Attacq team developing and managing Waterfall City.

**A**ttacq's ambition to create a truly integrated, world-class city in the heart of South Africa's economic hub has really caught the attention of like-minded companies. We are proud to announce that during the first quarter of this year, we've welcomed a number of prestigious firms as tenants into our buildings and have grown our talented Waterfall development team.

Here are just a few highlights from the year thus far:

Our iconic **Gateway West building** is well on track to being fully let and is currently at 70% occupancy. This follows the steady flow of leading global corporate brands that have taken up residence. The 13 611m<sup>2</sup> building's ultra-modern architecture, coupled with its emphasis on green design, stands testament to Waterfall's commitment to delivering the very best in sustainability and urban design. Gateway West has been designed and built to meet the requirements of a Gold LEED (Leadership in Energy and Environmental Design) rated building. This includes its façade design which reduces conductive heat, allowing the buildings' radiant temperature to remain low throughout the year. New tenants in the building include: **Sage, IWG Plc and ACI Worldwide.**

In a market where cost efficiency and productivity have become



*PwC Tower in Waterfall City*

mandatory, Attacq's decision to focus on supporting corporate consolidation strategies, which bring together multiple offices or divisions under one

roof, makes sound business sense. Market-leading businesses choose our modern offices because they are designed around a company's



*Cummins South Africa's regional offices currently under construction in Waterfall Logistics Hub*

working culture, brand identity and financial constraints. This enables them to join their operational services into a truly centralised model, delivering efficiencies by streamlining departments and making it easier to monitor and improve processes and systems in real time. We build with the needs of a business' employees in mind, allowing them to function and flourish by enhancing accessibility, promoting the integration of group strategy and innovation, and removing the silos of physical distance that often hamper communications and processes.

Delivering corporate consolidation solutions for consulting and financial services companies is fast becoming an Attacq speciality. The newest addition to our stable is the headquarters for accounting giant, Deloitte, located in the heart of Waterfall City. Construction

has commenced on **Deloitte's River Creek building** and is expected to be completed in early 2020.

The reality is that in today's challenging economic environment, corporates require a holistic approach to office planning. Our focus at Waterfall is on sustainability and urban design; and our effective use of green space and central location makes the precinct an ideal location to attract and retain employees from all over the province. Its proximity to the super-regional Mall of Africa is another significant draw card.

In the same vein, we are proud to also announce that PwC have officially moved into their new premises, the iconic 26-storey **PwC building**. This R1,67 billion building houses 3 500 PwC employees and serves as the company's central headquarters

in Gauteng. Located in Waterfall City, it's the tallest structure on the corridor between the Sandton and Pretoria/Tshwane CBDs.

In other exciting news, once completed, our state-of-the-art **Corporate Campus**, situated on the corner of the newly named Waterfall Drive and Jukskei View Drive, will consist of six individual office buildings, one gatehouse and one communal facility, which will house a restaurant and two 24-seater boardrooms. These will be available to tenants for corporate functions and conferences. Current tenants already signed up include **Isuzu, Decision Inc** and **AMFC** which have fully let Building 1.

In February 2018, we commenced construction on Building 5, which will serve as **Accenture's new Southern African headquarters**. The 3 875m<sup>2</sup>





Gateway West in Waterfall City



Attacq and Accenture leadership team breaking ground on Accenture's new building in Corporate Campus

avant-garde facility is expected to be completed by the end of 2018. As the commercial developers of Waterfall, we have partnered with accomplished property developers, Zenprop, to bring what will surely be a ground-breaking development to our precinct. For Accenture, a leading global professional services company, the choice to relocate their offices from Woodmead to Waterfall is part of its global expansion strategy. We are certainly thrilled to see that our precinct is increasingly becoming the hub of consulting and professional firms in Gauteng.

Attacq really is reimagining what a modern African urban city should look and feel like, one which heralds the future of urban landscapes. We pioneered the development, ensuring that Waterfall City has easy access to major transport routes, close

proximity to major business nodes and infrastructure that makes it the ideal location for businesses of all types.

Our development pipeline is not limited solely to offices, though. One should also keep in mind Waterfall's Logistics Hub which provides all the latest logistics infrastructure and services. The precinct has already attracted some impressive international brands to its current tenant list such as **Builders, BMW, Medtronic, Servest** and **Dimension Data**, to name a few. Currently, construction is well under way on the new **Cummins South Africa's regional offices**. This will be the third building occupied by Cummins in Waterfall and the estimated completion date is November 2018.

To ensure that we continue to deliver on the Waterfall vision, we

Our state-of-the-art Corporate Campus, situated on the corner of the newly named Waterfall Drive and Jukskei View Drive, will consist of six individual office buildings, one gatehouse and one communal facility, which will house a restaurant and two 24-seater boardrooms.

also prioritise recruiting the very best talent in the property sector to oversee the delivery of our ambitions. Therefore, we are proud to announce the appointment of Giles Pendleton to the role of Head of Developments for Waterfall, effective from the 13th of March 2018. He brings with him a wealth of experience in general management, commercial property development, operational administration and engineering, from roles in public as well as private sector property development in both developed and emerging market economies across the globe.

Our goal is for Waterfall to significantly stimulate local economic growth in several sectors, attracting more people to live and work in the area, while delivering an unparalleled growth node in Gauteng.

"Our vision is to be the country's premier property company, delivering exceptional and sustainable growth through real estate investments and developments that benefit from a focused approach, quality assets and the Waterfall development pipeline," says Melt Hamman, acting CEO of Attacq.

# Mall of Africa presents **THE ART COLLECTIVE**

**Seasons, in partnership with  
Julie Miller Investment Art Institute**

**A**frica finds itself in a cultural resurgence, with contemporary art at its epicentre - the world's eye has been captured by the vibrant beauty of the continent and all it has to offer. What better way to celebrate this than through a thoughtfully-curated collection by Julie Miller herself - comprised of visually-stunning pieces from our very own artists?

The Art Collective boasts the title of being the largest series of public art works in South Africa, with over 300 pieces on display under one truly African roof – Mall of Africa. It is also the first of its kind in South Africa, bringing art to life in a publicly accessible retail space, allowing for an entirely new audience to be exposed to African art.

Beside the breath-taking larger-than-life-sized sculptures, raw material, paintings, drawings and sketches - incredibly crafted from our own earth - will be on display for the duration of The Art Collective.

Included in this Collective will be the critically acclaimed sculptor, Jean Doyle, whose work explores the hidden nature of women: their strength, resilience and humour.

Jean has been a sculptor for over 30 years and her intuitive knowledge of the mediums she uses, allows her to draw out captivating figures that tell their stories in incredible detail.

Another renowned South African Artist, Azeal Langa, will be showcasing his work in a series of extraordinary pieces created with paint, pencils and, most astoundingly, smoke. The artist has described his use of smoke as “an extension and expression of his soul” and his work speaks of exactly that. His work is both delicate and bold and is an absolute treat for the eyes and mind.

These artists will be joined by a host of others in this encapsulating Collective that has to be seen in person to be appreciated to its full extent.



*Jean Doyle - DO these Pants make my bum look big*



*Robyn Field - Leopold7*





Azael Langa - Shadows Of Developing Economy - 50cm x 67cm

We invite you to take a journey through the African Landscape with us, as The Art Collective debuted on Friday, 6 April and will run until Sunday, 29 April throughout Mall of Africa. Entrance to view is free and each piece will be available for purchase through the Julie Miller Investment Art Institute.

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## APRIL DIARY



### The Art Collective

6 April - 29 April All day  
Mall of Africa

The Art Collective boasts the title of being the largest series of public art works in South Africa, with over 300 pieces on display under one truly African roof, Mall of Africa. It is also first of its kind in South Africa, bringing art to life in a publically accessible retail space, allowing for an entirely new audience to be exposed to African art. Entrance to view is free and each piece will be available for purchase through the Julie Miller Investment Art Institute.



### Course Management

26 April 17h30  
World of Golf

Learn to master your way around a golf course. R50 for members, R100 for members' guests. Something new and fun.



### Ladies' Day

28 April 08h30  
World of Golf

The social event of the month, an exclusive day just for the ladies. R100 for members, R250 for members' guests. Champagne breakfast, fun and loads of laughs.



### Live Music

Sundays Lunchtime  
World of Golf

Great vibes, incredible food, wonderful atmosphere and plenty to do. Free for non-golfing adults.

# LOVE PAWS CONCERT AT NIROX SCULPTURE PARK

Following the tremendous support shown to this benefit initiative last year, Love Paws is set to become an annual event on the live music calendar.

**O**n Saturday 2 June 2018, a collection of South Africa's favourite musicians will gather at NIROX

Sculpture Park to create awareness of the plight of some of mankind's less fortunate feline and canine friends and raise funds for the NGOs: **4Paws, Woodrock** and **PawsRUs**.

An acoustic line-up of **Prime Circle, Arno Carstens, Ard Matthews, Jesse Clegg** and **The Voice South Africa 2017** winner, **Craig Lucas** will be performing a live benefit showcase in NIROX's grassy amphitheatre in the Cradle of Humankind, a World Heritage Site.

Animal lovers will unite in support of these valuable projects, amidst the natural splendour of NIROX Sculpture Park with its rolling lawns, meandering waterways and ever-changing sculpture exhibition.

A beautiful day in the country for the whole family, guests can enjoy a wide selection of excellent cuisine from the Epicurean Emporium and the fully-stocked 'Bernie's Bar', while enjoying timeless South African music, all the while contributing to the tremendous work being done by **4Paws, Woodrock** and **PawsRUs** as they continue to provide care to abandoned and abused animals. This year's funds will also be utilised to kit out a sterilisation centre constructed at Woodrock's facility.

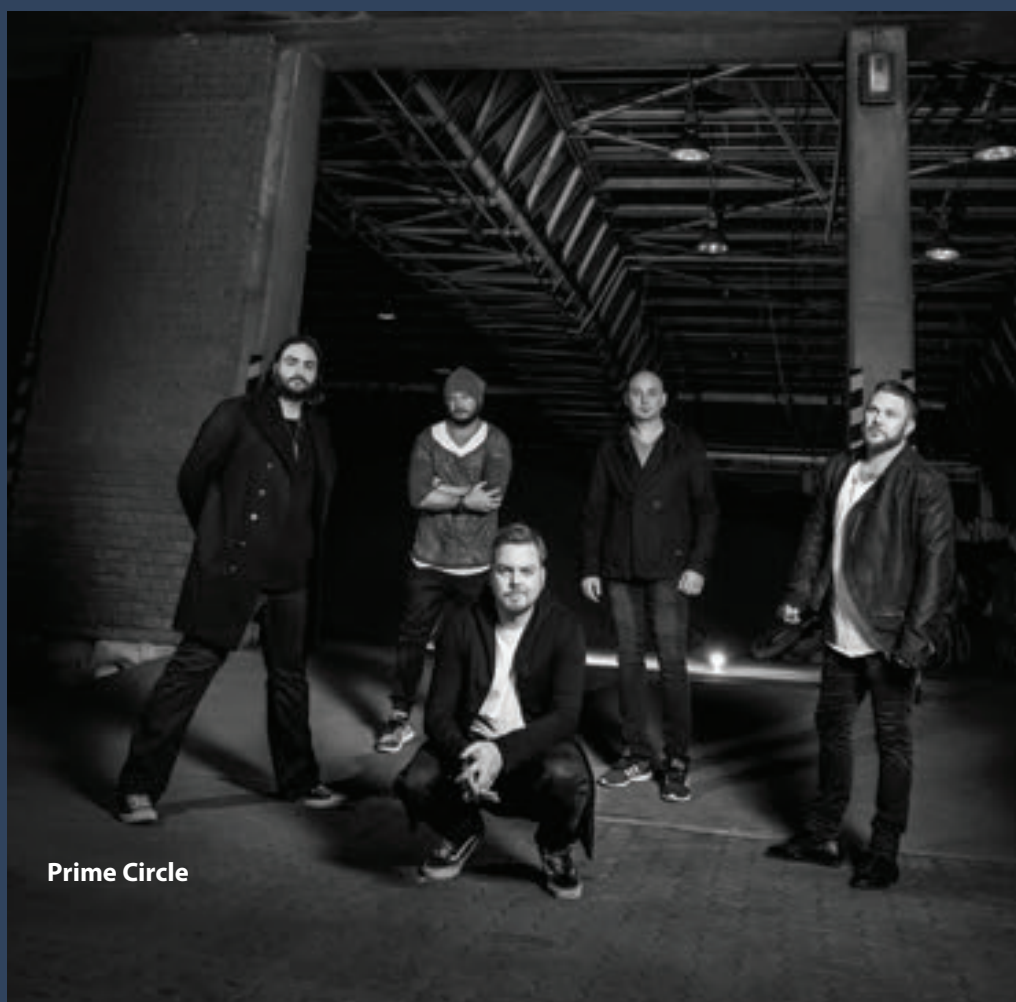
Funds raised from last year's successful event went towards the construction of new shelters, as well as veterinary and food bills.

Tickets are available online: <http://acousticsnow.nutickets.co.za/LovePaws2018>  
R340 per person online.  
R360 at the gate – subject to availability.  
Children under 12 pay half-price.  
Infants 2 and under enter free of charge.

Opening time: 09:30am  
Music starts at 10:30am  
All proceeds go to the 3 charities.

No food/drinks/pets through the gate but do bring picnic blankets. Audience numbers limited. Pre-booking strongly advised. Right of admission reserved. Entry at own risk. There is ample secure parking available at the venue.

GPS: S25°59'09.56" E27°46' 59.17"



**Prime Circle**





Arno Carstens



Jesse Clegg

Ard Matthews



Craig Lucas



# THE LAST TOUR DE FARCE

By James Clarke

Not long ago I succeeded in persuading half-a-dozen of my one-time colleagues to take part in a 500km cycle ride. It was to be the tenth, and last, of our annual cycle rides exploring darkest Europe. After all, some of us were getting on a bit. Harvey had passed 80.



*One of many long hills along the route.*

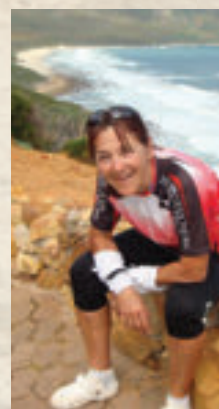
**O**ur Tours de Farce had begun by cycling down the Danube from Passau in Germany to Budapest. One year we crossed France; then Italy; we cycled the length of the Thames; we crossed Switzerland... but where to go for Tour de Farce X – our final expedition?

Then somebody said, "To hell with exploring Darkest Europe again, let's explore Lightest Africa!" and so we decided to follow the Cape coast from Knysna to Cape Town. No need for

passports; no more having to shout at foreigners to be understood.

We turned to Liz Szabo, champion long-distance cyclist and proprietor of Escape Cycle Tours, for advice. She organises cycling tours in Africa and Europe with her business partner, Chris Murray, who supplies the transport – an immaculately kept luxury bus towing a 14-bike trailer.

Harvey and I would be using electrically-assisted bikes despite being called "a couple of bloody Hell's Angels".



*Liz Szabo of Escape Cycle Tours - our organiser*





Roadside cottage



The last Tour de Farce team with guests. On the far right: Chris Murray known as the "Bike whisperer".



The group at George Airport ready to set off.

We drove in the bus to overnight at Knysna but, because two of us could only fly down the next day, we decided to start cycling only when we all met at George airport. The route from there was a switchback of climbing and freewheeling but even with an e-bike I was getting some healthy exercise.

We dipped down to the mouth of the Klein Brak River and up the other side to our B&B, Soekie's Ocean Guest House in Hartenbos on the east side of Mossel Bay. Next morning, we skirted Mossel Bay and headed west along a very quiet gravel road that cut through the heart of what is known throughout the botanical world as the "Cape Floristic Region" – at 90 000 square kilometres, it is the smallest of the world's seven floral regions but, size for size, the richest in variety. At times, it was a bit like cycling through the Chelsea Flower Show.

We were to overnight at Stilbaai, a neat but rather sterile village of 6 000 people. Tourists come there from the other side of the world to be lowered beneath the waves to watch monster sharks nudging the bars.

Our B&B that evening was in an annex of the suburban home of a former Springbok cyclist, Abie Botha who, daily, in his

younger years, used to cycle from Pretoria to Krugersdorp and back – 140km before work on a bike without gears.

The next day, we continued westwards through the uplands for Witsand and the Breede River where we were to spend the night well inland. We stopped for a coffee break at a derelict pleasure resort near the hamlet of Vermaaklikheid (it translates to "joyfulness"). It looked as joyful as a Bagdad air raid shelter. Although the site had been open to the elements for years and reclaimed by Flora Capensis, it is still treated on maps with a respectably-sized typeface.

Here was the fundamental difference between cycling in Europe and cycling in South Africa. In Europe every six or seven kilometres there's a reason to stop – so many antiquities, interesting villages, markets, cafés... By contrast, routes in the Cape often continue strait, dipping and climbing and the only antiquities we saw were each other. But there's an unsurpassed tranquillity and, often, exhilaration. The landscape changes from golden grassland to cropland; from montane to seascapes with frequent glimpses of wildlife.

On day five my notes read "a mere 35km covered today but some heart-

breaking climbs on gravel roads. My battery only just coped with one or two of the steepest gradients". Nevertheless, Liz or Chris, depending whose turn it was to cycle with us rather than drive the bus, would cycle alongside and chat and then spurt forward to those up front. We were headed for Malgas, a hamlet on the Breede River. The Breede is quite a grown-up river in South African terms and we used a hand-hauled pont to cross it.

On the sixth day, after cycling over hummocky countryside densely cloaked in fynbos, we found ourselves on a high ridge looking down a steep winding road that plunged into a wide fynbos valley. To the south, there was a line of high coastal dunes of snow white sand. To our right, we could make out a collection of 19th century Cape colonial buildings and, about 16km beyond, a bird's eye view of de Hoop Nature Reserve, one of South Africa's most attractive game reserves where we spent the night and enjoyed, at the Fig Tree restaurant, one of the best dinners we'd experienced on all 10 tours.

Next day we cycled on smooth tar and level ground towards L'Agulhas, a small pizza-dispensing town of tasteless architecture but within a pleasant ride of Cape Agulhas itself where we paid



*The bus crossing the Breede River*

our respects to the African penguin colony on the bottom tip of Arica.

We stayed over at L'Agulhas where we reached the stage of no longer being able to separate clean clothes from ones we'd worn, not even by smell – but at least I had cleverly folded away a clean set for our last night which was to be in Stellenbosch, South Africa's most elegant city where Liz had negotiated a good tariff at a most splendid 18th century hotel, the Oude Werf.

Cycling over the rolling countryside towards the coast we were irresistibly drawn into a winery, the Black

Oyster Catcher, partly because it was there. There are many circular wine routes in the region for cyclists whether athletic or . . . like us.

By now I was shamelessly using my bike's electric motor even when I did not have to. Thus I was first to arrive at Elim – a quaint 250 year old, very faded mission station, deep inland. Here we had a plain but wholesome lunch (pickled snoek) in the church hall and waved aside their apologies for having only three wine glasses.

We then "racked" our bikes and drove back to the coast, to Gansbaai which

looked more attractive than the usual rather mundane Cape coastal towns. This was the penultimate day of the last of our 10 tours and as Harvey lived in nearby Hermanus not far from Rex who'd cycled with us the first five Tours de Farce, we hired a private room in the Burgundy restaurant. We told Rex of the vicissitudes of our Cape ride - of the hills and how we were forced to drink wine from beakers.

**"Why do we do it?" wailed Harvey in mock despair. "Adventure before dementia" suggested Rex.**

Next day, we used the bus from Hermanus to Betty's Bay for we wanted to cycle the long way round hugging the coast to reach Gordon's Bay by lunch time. The ride from Betty's Bay took us first to Pringle Bay and then along the eastern shore of False Bay, one of South Africa's most beautiful routes. Across the water we could see Table Mountain.

So ended the last Tour de Farce – an idea that began on a whim and took us many thousands of kilometres through a dozen countries and, last of all, our own. I recalled Joel Chandler Harris' Uncle Remus saying: I journeyed far, I journeyed fas'; I glad I foun' dis place at las'.



*The original Tour de Farce team. From the left: Rex Gibson, Richard Steyn, James Clarke, Peter Sullivan, Harvey Tyson. All but Rex made the last tour. Not in the picture is Alan Calenborne who took the photo.*



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# TOP 10



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with breakfast. Valid until 31 October 2018.

For more information visit [www.travel2reunion.co.za](http://www.travel2reunion.co.za);

email: [info@travel2reunion.co.za](mailto:info@travel2reunion.co.za) or

call them on 072 352 6830.



## 4. Mediterranean cruise from Thompsons Holidays.

Rates from R10 134 per person sharing. Offer includes, seven nights on board the Costa Victoria in an inside cabin, breakfast, lunch and dinner daily. Also includes daily entertainment, port taxes and gratuities. Visit Spain and Italy. Set departure

14 September 2018. For more information visit [www.thompsons.co.za](http://www.thompsons.co.za); email: [info@thompsons.co.za](mailto:info@thompsons.co.za) or call them on 011 770 7700.



## 2. Mediterranean from Whitestar Cruise & Travel.

Rates from GBP1 119 (approximately R18 341,70) per person sharing. Offer includes fourteen nights' accommodation on board in an inside stateroom, all meals, 24-hour room service, selected drinks, entertainment and use of on-board facilities, port charges and handling fees. Set departure 29 September 2018. For more information visit [www.whitestar.co.za](http://www.whitestar.co.za); email: [info@whitestar.co.za](mailto:info@whitestar.co.za) or call them on 011 463 3293.

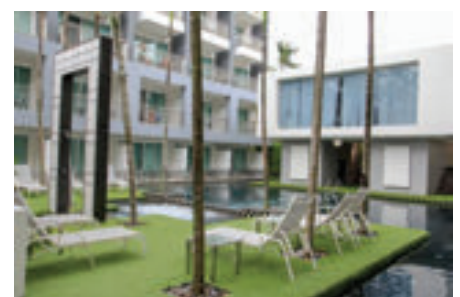
## 5. Quick Thailand break from TWB Holidays.

Rates from R10 309 per person sharing. Offer includes return flights departing from Johannesburg, return transfers, five nights' accommodation at Sugar Beach Marina Resort – Fashion – Kata Beach with breakfast daily, half day Phuket Private Island tour with English speaking guide and all taxes and service fees. Valid between 1 April – 31 October 2018. For more information visit [www.thewanderlustboys.com](http://www.thewanderlustboys.com), email: [holidays@thewanderlustboys.com](mailto:holidays@thewanderlustboys.com) or call them on 010 140 5754.



## 3. Tiger's Nest Bhutan from Discoveries Worldwide.

Rates from R14 980 per person sharing. Offer includes five nights' accommodation, all meals, transfers and sightseeing, English speaking guide, taxes, entrances and Bhutan visa fee. Offer excludes flights and taxes. Valid between 16 February – 31 December 2018. For information visit [www.discoveries.co.za](http://www.discoveries.co.za) or email: [info@discoveries.co.za](mailto:info@discoveries.co.za).







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#### 9. Madagascar from Gallivanter Holidays.

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For more information visit [www.gallivanterholidays.co.za](http://www.gallivanterholidays.co.za); email: [info@gallivanterholidays.co.za](mailto:info@gallivanterholidays.co.za) or call them on 011 431 4067.



#### 7. Vilanculos from Mozambique Tours.

Rates from R12 870 per person sharing. Offer includes return flights departing Johannesburg, approximate taxes, return transfers and four nights' accommodation at the Dona Ana Hotel with breakfast daily. Valid until 31 December 2018. For more information visit [www.mozambiquetours.co.za](http://www.mozambiquetours.co.za); email: [mit@iafrica.com](mailto:mit@iafrica.com) or contact them on 0861 112 552.



#### 10. Mauritius early bird discount from Beachcomber Tours.

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#### 8. In Pursuit of Pandas from Wendy Wu Tours.

Rates from R32 600 per person sharing. Offer includes return flights, approximate taxes, nine nights' accommodation including all meals, entrance fees, guides, daily tours and more. Set travel dates 23 December – 3 January 2018. For more information visit [www.wendywutours.co.za](http://www.wendywutours.co.za) email: [reservations@wendywutours.co.za](mailto:reservations@wendywutours.co.za) or call them on 010 001 9998.

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With effect from 26 March 2018, 1,2 Smile will be on the upper level at Kyalami Corner, in Shop 101b. A wide range of services is provided, with the focus on Family dentistry and Aesthetic dentistry.

Compiled from frequently asked questions, we would like to provide you with more information about the practice.

## 1. WANT TO SMILE

A smile and beautiful teeth might seem superficial, but it has been proven that they have a vast effect on important internal aspects like self-esteem, confidence, positive attitude and happiness.



Before

**WANT TO SMILE?** Visit us if you think we can improve your smile.

## 2. ONE DAY MAKEOVER

*Enquire about our complimentary smile assessments.*

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## 3. TEETH WHITENING

*We offer complimentary whitening consultations.*

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## 4. FAMILY DENTISTRY

*Bring the whole family for regular dental check-ups.*



After

1,2 Smile provides preventative services at very affordable costs. If the whole family comes at the same time, only one member pays for the check-up!

## 5. FACIAL AESTHETICS

The demand for facial aesthetics services has increased significantly, and the ideal result of such a procedure is to keep your friends and co-workers wondering what looks different about you! We offer Botox and Filler services.

## 6. CAD CAM

*Computer-aided design/Computer-aided manufacturing.*



We offer in-office CAD/CAM, which means you do not require the traditional impressions or a second appointment! CAD/CAM technology



Before



After



Before



After

is used to provide patients with milled ceramic crowns, veneers, inlays and bridges all in the same day.

## 7. LINGUAL BRACES

Lingual braces are virtually invisible, due to their placement on the back of the teeth and that's the main reason why eligible patients choose them. The advantage is mostly aesthetic. Discuss the option with your dentist at 1,2 Smile!

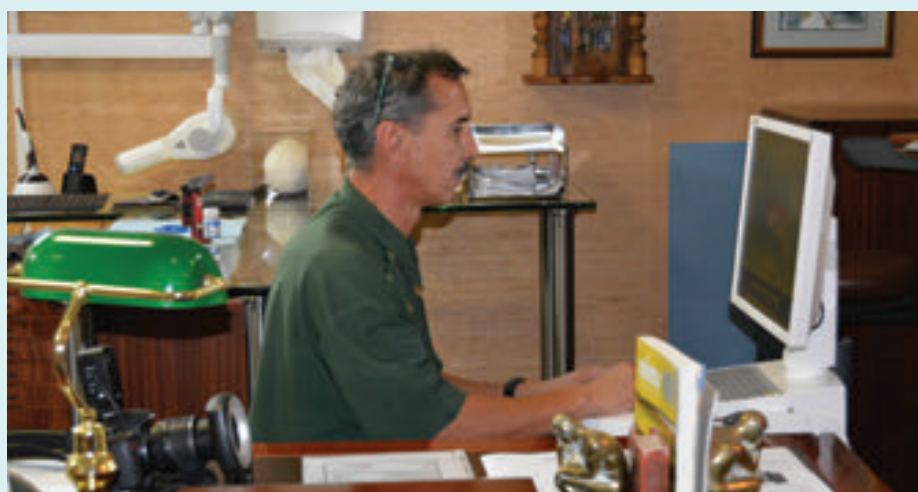
## 8. INVISIBLE BRACES

Everybody wants a great smile, but a lot of us need help getting there! Unlike traditional braces that use brackets connected by wires to encourage teeth to move, invisible braces (aligners) are a series of tight-fitting custom-made retainers that slip over the teeth.

## 9. EMS

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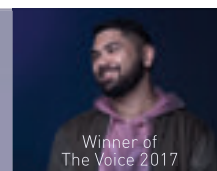
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# SWEET POTATO CHOCOLATE BROWNIES

## Ingredients:

1kg sweet potatoes peeled, steamed and mashed  
2 heaped tablespoons raw cacao  
5 tablespoons raw honey  
100g almond flour  
2t vanilla essence  
2t caramel essence  
1t oryx desert salt  
2t Bicarb of Soda  
8 eggs – (4 whole eggs and 4 egg whites)  
1 slab of Gayleens decadence chocolate - grated (I love the coffee or vanilla but any flavour can be used)

## Chocolate nut-butter icing:

300g Almond butter or macadamia nut-butter.  
5 tablespoons raw honey  
1 heaped tablespoon raw cacao  
a pinch of oryx desert salt  
1t caramel essence

## Instructions:

Pre-heat the oven to 180°C.

Use Spray & Cook or wax paper to prepare the oven tray.

Steam the peeled sweet potatoes till completely soft, mash till smooth in texture.

Add the almond flour, cacao, honey, essence, salt and bicarbonate of soda and mix till it's an even texture. Add the grated Gayleens Decadence and beat again till even and smooth in texture.

Beat the eggs separately till fluffy - this is important as it would influence the texture of the brownie.

Add the egg to the sweet potato mixture and continue beating till it becomes a chocolate mousse texture. Only then is it ready to be poured into a baking tray and placed in the oven for 20 - 25 minutes. Remove from the oven and allow to cool off slightly.

## For the Chocolate nut-butter icing:

Mix all the ingredients together till smooth in texture and spread over the warm brownies immediately for a glazed look. Finish off with roasted almonds and vanilla powder and garnish with mint.

## Garnish:

Shaved Almonds  
Vanilla powder  
Fresh mint leaves





# SUNDAY ROAST

Prep time: 15 minutes

Cooking time: 1 hour 20 minutes

Serves 6 - 8 people

## Ingredients:

1 topside roast approx 2kg  
 75g red salad onions (the whole ones with their green stems)  
 4 small onions  
 150g dried apricots soaked in cold water for 30 minutes  
 200g dried peaches soaked in water with the apricots for 30 minutes  
 10ml olive oil  
 2g oryx wine salt  
 2g paprika  
 30ml balsamic vinegar (15ml to prepare the meat, and 15ml to be added when making the sauce)  
 60ml honey  
 375ml hot water  
 3 whole heads of garlic cut open and prepared with a drizzle of olive oil and coarse oryx salt

## Instructions:

Remove the meat from the fridge 30 minutes prior to use to bring it to room temperature.

Pre-heat the oven to 200°C on Thermo Fan setting.

Make use of a large roasting tray sprayed with non-stick spray.

Pile the onions, apricots and peaches in the middle of the roasting tray and drizzle with olive oil.

Then prepare the meat with a drizzle of olive oil, oryx wine salt and paprika.

Place the beef on top of the peaches and apricots.

Add the prepared garlic heads to the roasting tray.

Roast for 20 minutes, then reduce the temperature to 170°C.

Continue roasting for 15 minutes per 500g for a medium rare roast. (In other words, for another 60 minutes for our 2kg roast).

Remove from the oven. (The meat will continue to cook once removed from the oven and will be medium when served).

Once out of the oven, put onto a clean tray and cover with a sheet of aluminium foil. Let it rest for about 20 minutes before carving. This will give you enough time to prepare the chunky peach and apricot gravy.

## For the gravy:

Remove the garlic heads and set aside.

On low heat, add 375ml of hot water, 15ml of balsamic vinegar and 60ml of honey. Deglaze the roasting tray with this mixture by stirring in all the caramelised juices, peaches and apricots from the tray. Bring to a simmer and keep stirring occasionally till it thickens.



# SOME MOTHER'S DAY GIFT IDEAS

It's almost that time of year again, when we show our mothers just how much we appreciate them. That one day where we do something out of the ordinary to treat them and make them feel loved - that one day's called Mother's Day.



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**H**owever you choose to spoil your Mom on Sunday the 13th of May, she'll appreciate it. She'll probably tell you herself that as long as she gets to spend it with you she's happy.

If you're on the lookout for a special Mother's Day gift here are a few ideas to get your creative juices flowing...

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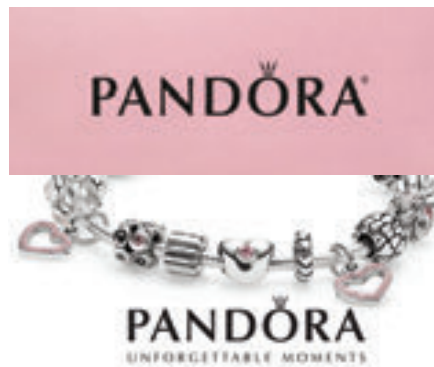


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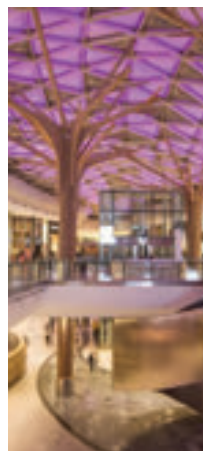
collection of personalised gowns, fragrant flower bouquets, perfumes, watches, jewellery, handbags, whiskey, wine, champagne, clothing and hampers. Show mom that you love and appreciate her this Mother's Day by spoiling her with Mother's Day gifts or flowers delivered straight to her front door from NetFlorist. Visit [www.netflorist.co.za](http://www.netflorist.co.za)

Surprise the best mom in the world with stunning hand-finished jewellery. If you're wondering how to make your Mother's Day presents special, explore the **PANDORA** collection today, filled with sparkling stones, pearls and sterling silver charms. Visit [www.pandorashop.co.za](http://www.pandorashop.co.za)

Why not visit **Mall of Africa**? Mall of Africa promises that you'll find something that perfectly captures what Mom means to you! So get spoiling at Mall of Africa, and remember to #GiveMomMOAr this Mother's Day! Visit [www.mallofafrica.co.za](http://www.mallofafrica.co.za)



# Happy Mother's Day to all those exceptional Moms!



# PET FOOD

Feasts, Fears and Fads.

The food our pets eat has a critical effect on their health and longevity. But there's such a confusing array of pet foods available, both in veterinary stores and supermarkets, as well as a host of dietary trends punted on the internet, how can we possibly know what's best for our furkid from a nutritional perspective?

**T**hese Twisted Whiskers tips will help you to ask the right questions about your chosen brand or dietary approach and, hopefully, arm you with the information you need to make a choice that keeps your dog or cat healthy, bright-eyed and bushy-tailed throughout its life.

## 1. IS IT BACKED BY SCIENTIFIC RESEARCH?

Canine nutrition and feline nutrition are pretty exhaustive subjects (and, it's worthwhile to note here, they are species-specific: cats are not small dogs and require more key ingredients to be present in their diet than dogs do). The brand or type of diet you opt for should have the backing of peer-reviewed veterinary nutrition studies and, ideally, be supported by generations of healthy dogs and cats who have thrived on the product or formulation, rather than on someone else's unscientific opinion.

## 2. DOES IT MEET MY PET'S NUTRITIONAL REQUIREMENTS COMPLETELY?

Pets in various life-stages and with differing activity levels have specific requirements in terms of amino acids, protein and carbohydrate digestibility, as well as other nutrients. Puppies and kittens are growing, so they need more calories, as well as a vitamin and mineral profile to support their developing bodies and immune systems. DHA, an essential fatty acid, is also added to certain veterinary-recommended premium diets, as it's proven to aid in brain-development and trainability of young animals.







Toy breed dogs have tiny tummies, so their food needs to be nutrient dense and fed in divided meals to meet their energy requirements.

That said, excess weight in pets is always a health concern and those animals that are overweight (or have a tendency to be), should be fed a diet that is lower in calories, yet still supports their nutritional needs. For older animals and large dog breeds, joint support is a must.

There is no 'one size/age fits all' diet that will provide optimum nutrition for our pets and careful consideration needs to be taken when choosing the most suitable diet for each individual.

### 3. IS IT SAFE TO FEED?

Given the recent concerns regarding human food production, the safety of pet food deserves attention. Does the brand you're looking at go through rigorous testing (both of the raw ingredients and throughout production) and does it offer a customer guarantee on both quality



and palatability? Is there a customer care line or advisory service you can contact with any questions about the food or its safety? Or, if you're feeding a RMBD (Raw Meat-Based Diet), or home-cooking, can you guarantee the safety of the ingredients you're using?

### 4. WHAT ABOUT DENTAL CARE?

Dogs and cats can't brush their teeth and, although our vet is always recommending that we do it for them, the number of us who actually manage this (even on a semi-regular basis) is very low. Brushing our pets' teeth is still the best way to care for their oral health but if we aren't doing this, it's vitally important that we feed a diet that provides dental care. This may take the form of a mechanical aspect – many veterinary-recommended premium diets extrude the kibbles in such a way that when they are broken by the pet's teeth, they have a "brushing" effect on the enamel and help remove plaque. Others include a polyphosphate coating, which activates on contact with saliva and coats the teeth to prevent calcium solids attaching and forming plaque. Pretty cool technology!

A word here on feeding bones – while chewing these helps to keep teeth clean, it also helps to damage them! Veterinary specialist dentists strongly advise against feeding bones as they see the resultant damage to the teeth of their patients. And for those who believe that eating bones is 'normal' for dogs – wolves that have been brought from the wild into captivity, for example, have plenty of dental fractures as a



result of chewing bones in their natural environment. Apart from this, bones can cause damage throughout the digestive tract, from getting stuck in the mouth, to puncturing intestines and organs, to causing obstruction, or clogging up the works in the rectum. Please feed bones with care.

### 5. WHAT'S IN THE FOOD?

To correctly assess the quality of the food based on the ingredients stated on the label, requires a good knowledge of pet nutrition, but there are a couple of things lay-people can be aware of. Your chosen brand should preferably feature an animal protein as the first ingredient, or at least in the top three ingredients listed. Cats are obligate carnivores which means they HAVE to eat meat in order to fulfil their dietary requirements of micronutrients. Dogs, although omnivores like humans, do best on an animal protein diet. Look for diets that specify the protein source (eg. chicken and turkey), as opposed to using terms like 'meat and meat derivatives'. In the latter case, it shows that the product doesn't have a fixed recipe and that the manufacturer can speculate on which protein happens to be the cheapest at the point of purchase. This could result in tummy upsets due to changes in formulation and consistency from batch to batch.

Because manufactured pet foods have a shelf life, the manufacturers have to include preservatives to ensure that the food's safety, freshness and nutrient integrity are maintained. Look out for products that use natural preservatives

like Vitamin E. It goes without saying that pet food should ideally not contain artificial colours and flavourants as they add no nutritional value.

### **AS NATURE INTENDED?**

The sometimes heated debate on trends in nutrition can be confusing for pet-parents. Some people may feel a bit odd feeding manufactured kibble food to their pets, and are possibly concerned about the lack of variety, or think that a more 'natural' diet would surely be better. We strongly recommend consulting your veterinarian before considering raw feeding, home cooking or vegan/vegetarian options for your pet. Meat protein is vital for dogs and cats to thrive. The ton of research that underpins this statement aside, one look at their dentition and intestinal tract shows that they are best suited to a carnivorous diet.

However, feeding a Raw Meat Based Diet to domesticated animals, unless you're working with a veterinary nutritionist to ensure this diet is balanced, could do more damage than good. Not only does your furkid run the risk of suffering nutritional deficiencies, if the stringent hygiene protocols required for correctly managing such a diet are not adhered to, your pet is at risk of contracting a bacterial or parasite infection. Such is the reality of this concern that a number of international veterinary governing bodies advise against feeding raw meat and other products, for the safety of the pet and that of in-contact persons and animals. If young, elderly or immune-compromised people or animals live in the home, raw feeding should not even be a consideration for the pet!

Home cooking is a better option from a safety aspect, as it kills bacteria but, again, getting the nutritional balance right is important. A quality home-cooked diet does not include sharing



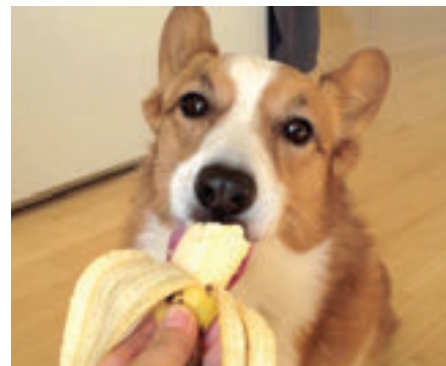
with the pet whatever the human family is eating, or boiling up chicken carcasses and adding a sprinkling of rice and the odd piece of butternut. In addition, the dental care benefit of feeding a kibble formulation is lost, so extra attention should be paid to the pet's oral health.

Vegetarianism and veganism are growing in popularity as human nutritional lifestyles. BUT! To impose such a lifestyle choice on an animal that is built to consume meat and thrives best on a meat-based diet is a questionable decision, especially for cats. Nutritional deficiencies resulting from feeding cats a non-animal protein diet can lead to blindness, heart failure and even death and will probably not meet a dog's requirements either, over time.



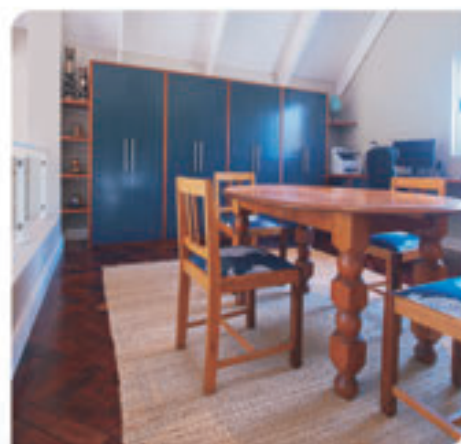
Veterinary recommended premium diets are the safest choice in nutrition for your pet – think of them like the ready-to-eat meals provided by the military for soldiers in combat. Or the nutritional shakes favoured by gym aficionados. They're extensively researched and packed with everything your pet needs to thrive. Their manufacturing process and the quality of the end product are tightly regulated and this gives pet-parents the peace of mind that they are providing their dog or cat with the safest and most complete nutrition possible.

Twisted Whiskers is vet-owned and managed and our staff are trained to assist you with a variety of pet-care-related queries. We're always available to talk pets!



Twisted Whiskers branches are situated in Hobart Grove Centre, Bryanston and Ferndale Village Centre, Randburg. The Kyalami area is serviced via collection and drop-off in the Twisted Whiskers Pet Limo. Visit our website for details: [www.twistedwhiskers.co.za](http://www.twistedwhiskers.co.za)

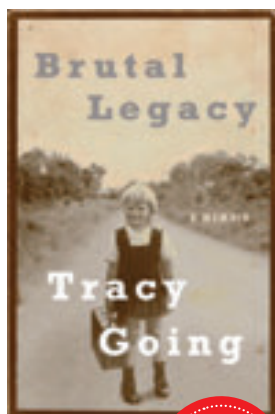




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# BOOK REVIEWS

Compiled by Nicole Hermanson



Price:  
R231

## **Brutal Legacy: A Memoir**

**By Tracy Going**

'Searing, heartbreaking, triumphant: *Brutal Legacy* is for anyone who's been punched in the face by someone they loved and then stood up again. It's for every mother who has run, every sister who has picked up the pieces and every friend who hasn't fled. It's for every brother who's cried and for the children who have watched. Every South African should read it.' – Sisonke Msimang, author of *Always Another Country*.

When South Africa's golden girl of broadcasting, Tracy Going's battered face was splashed across the media back in the late 1990s, the nation was shocked. South Africans had become accustomed to seeing Going, glamorous and groomed on television or hearing her resonant voice on Radio Metro and Kaya FM. Sensational headlines of a whirlwind love relationship turned horrendously violent threw the 'perfect' life of the household star into disarray.

What had started off as a fairy-tale romance with a man who appeared to be everything that Going was looking for – charming, handsome and successful – had quickly descended into a violent, abusive relationship. Brilliantly penned, this highly skilled debut memoir is ultimately uplifting in the realisation that healing is a lengthy and often arduous process and that self-forgiveness and acceptance are essential in order to fully embrace life.



Price:  
R290

## **The Toy Makers**

**By Robert Dinsdale**

An enchanting, spectacularly imaginative magical novel set in a mysterious toy shop.

Do you remember when you believed in magic? It is 1917, and while war wages across Europe, in the heart of London, there is a place of hope and enchantment.

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But Cathy is about to discover that the Emporium has secrets of its own....



Price:  
R250

## **Believe in Tomorrow**

**By Mmusi Maimane**

Mmusi Maimane has become a key figure in South African politics since being elected leader of the Democratic Alliance at the age of thirty-five. But who is Mmusi Maimane and what makes him tick? In this book, Maimane speaks openly about his background and his political career, his views about the current state of South Africa, and his hopes for the country's future.

He describes his youth in Dobsonville, Soweto; his education and early political activities; and his rise through the ranks of the DA. He talks frankly about his multiracial family and his religious convictions. He provides an insider's account of conflicts in Parliament, coalition negotiations after the 2016 local government elections, and his deportation from Zambia in 2017. And he gives his views on race and reconciliation, corruption and state capture, the economy, education, foreign policy and the future of South African politics.

*Believe in Tomorrow* provides a compelling glimpse into the personal life and political beliefs of one of the country's most important politicians.





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# RESTAURANT COMPETITION

for APRIL 

## THE QUESTION FOR THIS MONTH'S COMPETITION:

In our Travel article, from which airport did the last Tour de Farce team set off?

### COMPETITION WINNERS FOR FEBRUARY AND MARCH:

**Well done to  
the winners of  
our last two  
competitions!**

Congratulations to:  
**Hilde Minster** and  
**Chantel Niebuhr**



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](mailto: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.

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19 - 20 MAY 2018  
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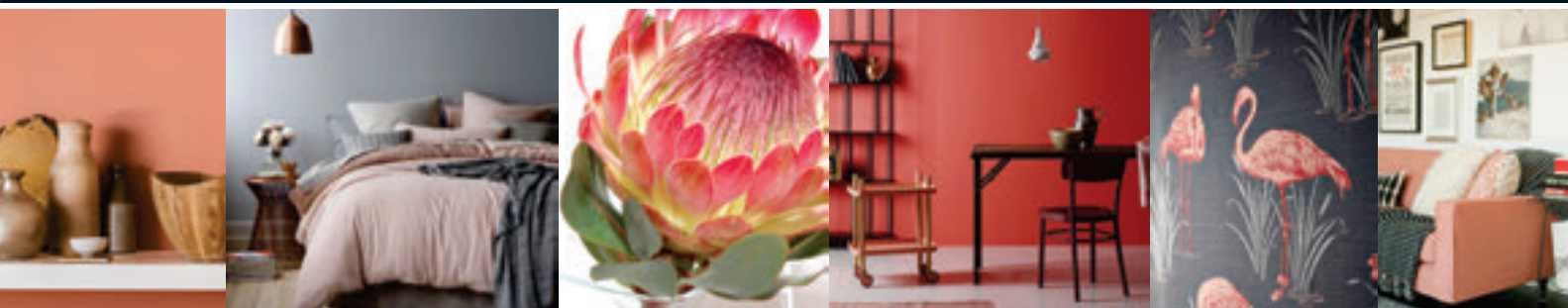


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Senior Maintenance Manager	Jaco Beukes	010 591 4950	jacoB@trafalgar.co.za	Maintenance
Environmental Manager	Ruan Spies	071 154 4963	ruans@trafalgar.co.za	Environmental and Landscape Management
HOA Aesthetics Control Manager	Aveer Singh	010 591 4671 010 591 4950	aveers@trafalgar.co.za	Aesthetics control
HOA Administrator	Cindy Mabaso	010 591 4671 010 591 4950	cindym@trafalgar.co.za	Admin
Receptionist	Lely Mabaso	010 591 4950	lelym@trafalgar.co.za	Receptionist

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By James Clarke

**The late globetrotting US lawyer, sports agent and management consultant, Mark H McCormack, was the consummate air traveller.**

I often pictured him coolly striding through some airport exit in the Far East in his white, uncreased tropical suit; his silk tie unstained by airline coffee and his silver hair neatly in place. And there, at the kerb, just as he knew it would be, was his hire car with its obsequious attendant dangling the keys, welcoming him by name and bowing ever so slightly.

In 1995, Mark H McCormack produced a book on how he does it – how he manages to get things just right when he travels. It is called *Hit the Ground Running: The Insider's Guide to Executive Travel* (Jonathan Ball).

You begin to hate him soon after chapter 2.

By chapter 4 you find him perfectly insufferable, but you plough on, fascinated that somewhere out there there's a man who can cut through an airport like a knife through butter and waltz into hotels where the staff shout out his name in ecstasy.

You'll hate him because you know perfectly well that if ever you manage to hit the ground running when your plane lands it will merely mean they forgot to put the steps up against the aircraft door.

McCormack tells you how to get the better of overbooked airlines which say: "Sorry, the flight is full." He books for the same destination on more than one airline. And he tells you how to be comfortable: Never drink something fizzy before take-off – the bubbles enlarge inside you at altitude. You could find yourself floating against the ceiling.

At home he keeps a sort of "busy executive's survival kit" ready-packed



at all times. It contains toilet stuff (no, not Harpic) such as ear plugs, sleeping mask, inflatable neck brace for sleeping and two litres of drinking water... I thought this last item was going too far until I read why he does it. Apparently, some airlines go around the world continually topping up their water tanks with unholy water from the Ganges, water from the Nile from which only the crocodiles have been filtered, and from supplies in developing countries – the water having been passed by Third World health officials, if you see what I mean. The aircraft's reservoir eventually becomes thin vegetable soup with small creatures frolicking and splashing around in it.

In fact if you drink water from an airliner's tanks you are practically guaranteed to hit the ground running.

McCormack tells you what seats to book on different makes of planes, how to ensure you'll have hotel accommodation, how to ensure the headwaiter remembers you. He

says you should tip him heavily first time. (I would argue it is best to *trip* him heavily. That way is cheaper and he'll certainly never forget you.)

"A smart traveler will plan every step of the departure, the flight, the arrival at the airport, the trip to the hotel, and the schedule after."

He recommends the best hotel, restaurant, take-away and golf course in each of several cities.

How does he do all this? When you read his dedication, you discover his secret. He dedicates the book to "my trusted personal assistants, secretaries and associates" and he then names Laurie Roggenburk, Sarah Woolridge, Fumiko Matsuki, Penny Thompson, Michelle Lane (etc), "who tirelessly work to make sure that I hit the ground running".

That's how – and that's why you hate him. All I have is Threnody Higginbottom, my secretary who files everything under M for Miscellaneous.





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