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ISSUE 6 2018

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EXPO 2018

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A message from

WATERFALL

Welcome

If you need reminding about how quickly time flies, would you believe it's already been two years since Mall of Africa opened?

We're sure that most of you are happily familiar with the Mall's great selection of shops and leisure facilities. And in this month's magazine, you can read up on the success of the Mall since opening. In the last year, a number of new stores moved into Mall of Africa, including the prestigious Tommy Hilfiger and Levinson's brands, as well as speciality stores like Bargain Books and Maverick & Jane. So, there really is something to appeal to all tastes, ages and ends of the fashion spectrum.

The Mall plays a big role in building the community atmosphere at Waterfall, and its impact will increase with some special events taking place this winter. Look out for the Soccer Fan park from 22 June to 15 July. Celebrating the 2018 Soccer World Cup, it will feature digital screens broadcasting the live action from Russia as well as live entertainment, a food market and a kids' play zone. In addition, a winter art exhibition will be staged by the Julie Miller Investment Art Institute from 21 June until 8 July, and some of the unusual displays and exhibits sound well worth checking out.



The temporary litter trap installed in the Jukskei River by the Waterfall Common Services Company.

Have you downloaded the GO Waterfall app yet? If not, get on it since you are missing out! If you have, you will be happy to hear that two new features have been added to the app. Since going live in March, the app development team has been working non-stop on adding more user-friendly, convenient functions. Please read about the emergency button and event notifications features to familiarise yourself with these.

You may already know that Waterfall was named the Best Mixed-use Development in the International Property Awards 2017/18, and an article in this issue sheds some light on one of the companies that contributed to us winning this award. The Waterfall Common Services Company is responsible for achieving

and maintaining an environment where people want to live and work. Its services include irrigation, landscaping, river cleaning, street light maintenance, security surveillance and signage, so its employees really are the hidden heroes who help our Estate to function so well.

Finally, our regular article from Netcare looks inside our mouths, at the field of prosthodontics. In it, Dr Nadhir Biseswar explains more about the high demands we place on our teeth, and how to keep them healthy.

Until next month, keep warm and well.

Waterfall Management



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TEST DRIVE

your next car, from your doorstep

Commuting forms part of daily life, and although Waterfall offers those living and working here alternative travelling options, it is likely that many residents still own a car and travel via road. However, whether it is your family's safety, the look and feel of a car, or smoothness of the drive, there is much to consider before making a vehicle purchase – even if you are simply a motoring fanatic.

In fact, with so many different makes and models on offer, choosing a vehicle can be a tough decision and one that relies on good advice from those in the know. Waterfall residents looking for a vehicle that fits into the luxury, sports or high-performance categories are in luck as there is a reputable dealer within the Estate who can help you – right from your doorstep.

Car dealership, Woodmead Auto, offers Waterfall residents a personalised service, making the process of buying or selling cars wonderfully



convenient. Whether it is bringing a car to your home for you to review and test drive, or making a home visit to assess a car you may want to sell – Woodmead Auto aims to meet every resident's specific car requirements.

Woodmead Auto was established in November 2004, combining the foresight and skills of the Mia Group and Saber Cars to redefine service excellence within luxury, sports and

high-performance vehicles. Backed by an energetic and dedicated sales force, and focused on impeccable customer service, the business has only grown from strength to strength over the past 14 years.

Situated within the Waterfall development, the company has the ability to service the Waterfall community's unique motoring needs, in the comfort of their home. Dealer



With so many different makes and models on offer, choosing a vehicle can be a tough decision and one that relies on good advice from those in the know



Principal, Imran Saber, says that the dealership is focused on offering those who live and work within Waterfall their service excellence and sought-after advice on vehicle purchasing decisions. Having been in the motoring industry for many years, Imran is highly respected by his customers and only hopes to grow his customer base within Waterfall.

So, when it comes time to sell your current car and you need expert advice

for your next motoring investment – or if you have had your eye on a specific high-end vehicle and would love to get a feel for how it drives, why not consider Woodmead Auto?

Woodmead Auto is located at 12 Waterval Crescent in Woodmead. For any car buying or selling needs, contact them on 011 603 2160 / 076 179 4273 or email ridhwaan@woodmeadauto.co.za.



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Attacq celebrates

MALL OF AFRICA'S 2ND BIRTHDAY

Attacq, the listed property company developing and managing Waterfall City, is excited to celebrate Mall of Africa's birthday and 2 years of operating!

Mall of Africa is Attacq's largest investment in Waterfall and has already achieved great success, including a turnover growth of 11% year on year for the month of December 2017 versus December 2016, solidifying the mall as the chosen location for friends and family to spend quality leisure time together and the true home of Africa's luxury.

Collaboration is key to business success and, in its last six months of operation, Mall of Africa has accommodated a wide-range of international and local retailers, restaurant groups and speciality stores. A total of sixteen new stores have called Mall of Africa home during the last 12 months,



Jackie van Niekerk, COO of Attacq, and Michael Clampett, Head of Asset Management - Retail at Attacq, introducing Pepper



John Fuller, Group Operations Franchisee for the Spur Group in Mall of Africa

which includes prestigious brands such as Tommy Hilfiger and Levinson's; trendy fashion and footwear stores Refinery, The Fix, Superdry, Hurley and Ramsey; and speciality stores like Bargain Books, Toys R Us, Babies R Us and Maverick & Jane.

Attacq strongly believes that restaurants are an integral part of the entertainment experience offered by the mall and as such has gone to great lengths to deliver a restaurant mix that caters to the needs of all visitors. The Spur Group, for instance, which is represented in the mall through its Spur, RoccoMammas and Casa Bella Brands, has achieved great success in the mall. In fact, its restaurants in the Mall of Africa remain among the group's top performing establishments across South Africa. As a group, the Mall of Africa outlets record higher daily turnovers, compared to its other outlets country-wide and have been able to trade up year-on-year since Mall of Africa's opening.

Another notable tenant is the Surtee Group, a high-fashion retailer with a well curated selection of luxury brands. The Surtee Group chose to place high end brands, including Emporio Armani, Michael Kors, Versace, Lacoste, Paul Smith, FRAAS and Armani Exchange, in and around

Waterfall News

Mall of Africa's prestigious Crystal Court. An interesting point is that the majority of the group's clientele at the mall are local, which speaks to the densification of the city, as further residential as well as commercial offerings are developed and completed in the Waterfall precinct.

Partnering with African Fashion International, in 2017 Mall of Africa became the official host of the Mercedes Benz Fashion Week Johannesburg, which is widely considered to be one of the most important events on the South African Luxury Fashion Calendar. Mall of Africa was also home to the Julie Miller Investment Art Institute's Africa Art Collective, which is the largest of its kind in the country and included over 400 art pieces on display in the centre as part of the Autumn Exhibition. The Winter Exhibition will launch on Thursday 21 June 2018 and will run until Sunday 8 July 2018. Furthermore, Mall of Africa's association with the National Antiques and Decorative Arts Faire (NAADA) has heralded a resurgence in the antiques market. The 'Faire' is staged to showcase the best of South Africa's classic art and décor and provides attendees with a memorable art experience.

The notable opening of the iconic 26-storey PwC tower, which houses 3 500 employees and serves as the company's central headquarters in Gauteng, has also resulted in an impressive upsurge in visitors, with foot count up by 4% in January, 8% in February and 11% in March 2018, further demonstrating the mall's ability to attract and retain consumers across multiple demographics.

Mall of Africa is dedicated to providing a holistic retail experience that supports tenant ambitions, increases turnover and delivers the shopping experience consumers require. The goal is to continue setting and exceeding global retail best practice whilst taking into consideration local context. Mall of Africa is more than a shopping venue, it is the home of African luxury, entertainment and lifestyle experiences.



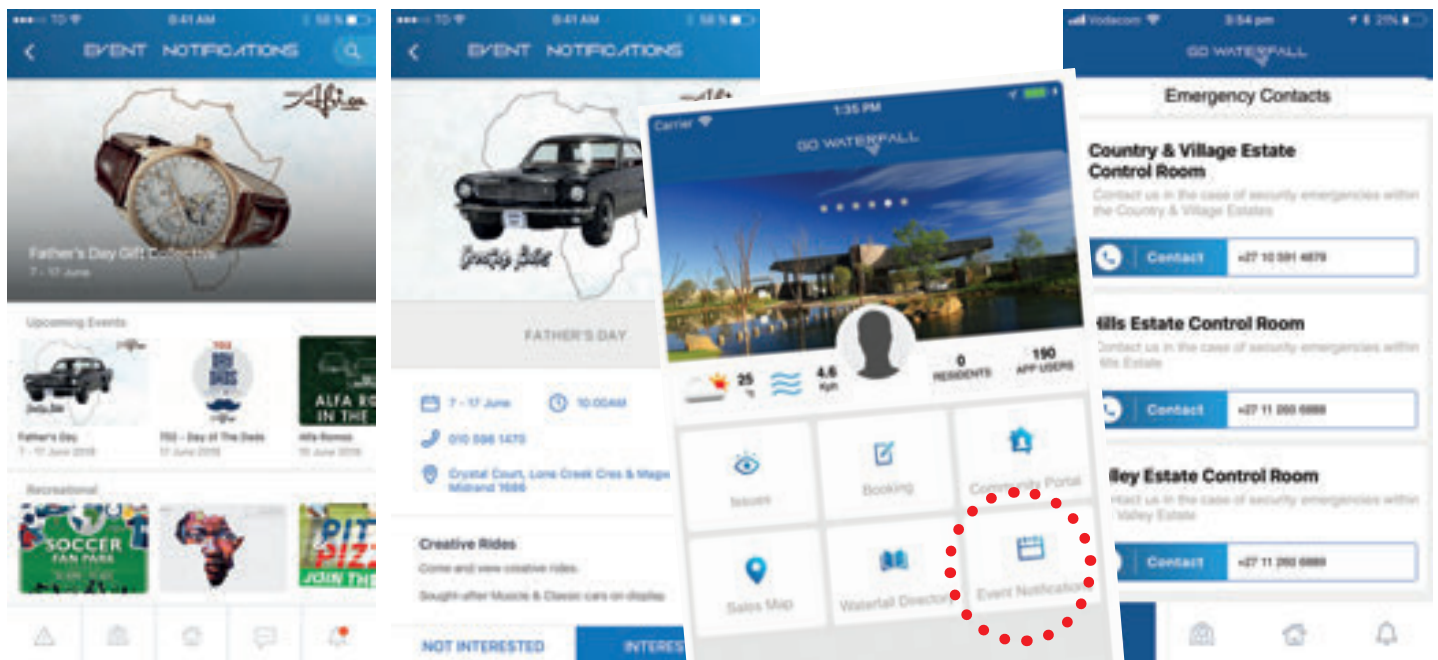
The Hamleys Train taking visitors around in celebration of Mall of Africa's 2nd Birthday





Even more features added to

THE GO WATERFALL APP



The GO Waterfall app, that was released to residents in March this year, has already begun to see success and only promises to get better with time. The team behind the app has been working tirelessly to generate new updates, adding even more features, and they show no sign of slowing down.

"The app works great! I recently logged an issue and it was seen to incredibly quickly," one resident was reported saying. In fact, the initial release of GO Waterfall has received praise from many residents. The Waterfall Directory has also been commended for its user-friendliness for both residents and vendors. From a resident's point of view, it's never been easier to find services in Waterfall and, if you have a service to offer, you can add yourself onto the directory by simply visiting gowaterfall.co.za and signing up.

Trudy Deuchar, MD of the GO Waterfall app development company, had the following to say: "The version of the

app that was initially released was only the start and, as time goes on, we are going to see even more user-friendly, convenient functions added to it – aiming to really deliver on what we believe the app can achieve. We know that there is a lot that residents want to see added and we are striving to deliver in line with these expectations."

Following the integration of the Community Portal into the GO Waterfall app last month, the latest update resulted in two new features: an emergency button and event notifications.

The emergency button gives residents access to a contact list of the control rooms on four of the Waterfall residential estates, so far. In case of an emergency, all the user will need to do is open the emergency contact tab, find the control room relevant to them and report the emergency.

The event notifications feature allows residents to stay in the know and will become the go-to for those who

want to know which events are happening in and around Waterfall. A notification will pop up in the app, indicating upcoming events and the corresponding, relevant details, to ensure all residents can participate in any event relevant to them and their families.

These new functions are just the start of more to come, as GO Waterfall's development team continues to create updates and build better versions. If you are a resident in the Waterfall area or plan to be, this is definitely a space to watch.

In case you haven't already downloaded the app, you can do so by visiting the Google Play store or Apple App store and type GO Waterfall into the search bar.

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IMPLANTS VERSUS RESCUING TEETH

– and the increasing relevance of the field of prosthodontics

By Dr Nadhir Biseswar, MChD – Prosthodontics, University of Pretoria



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One's teeth are continuously subjected to acid, a plethora of bacteria, and immense force when chewing. When enduring such arduous conditions, it is no wonder our teeth require constant care. Though it may seem a daunting task, advances in the field of dentistry are aiding in helping people keep their natural teeth for longer (Save a Tooth, 2018).

SAVING A TOOTH VERSUS IMPLANTS

When one's natural teeth are compromised due to tooth decay, trauma, or loss of supporting bone structure as a result of gum disease or other conditions, one must consider all possible treatment and intervention options. Although immense leaps have been made in the field of implantology, the majority of oral health practitioners will recommend first attempting to save the natural tooth, and if that fails, then only will implants be recommended.

ROOT CANAL THERAPY AND CROWNS

One such method of saving a natural tooth is root canal. When given the choice between tooth extraction and root canal treatment, it is recommended that one opt for a root canal as no denture, bridge or implant will look, feel and function as well as a natural tooth. Natural teeth also perform functions that an implant cannot. For instance, natural teeth have an attachment to gingival tissues, which does not occur in the case of an implant. If this is maintained well, gingival health can be optimum.

Root canal therapy is one of the most effective procedures for retaining teeth that have been

compromised by severe decay or structural problems affecting the pulp tissues. It has been in routine use for decades.

"The root canal begins by gaining access to the tooth's interior via a small opening made in its surface. Next, diseased or dead pulp tissue is removed from deep inside the tooth, the canals themselves are cleaned and disinfected, and the tooth's interior is sealed against re-infection. Prosthetic posts are sometimes needed, and are placed in the root canal to help retain a restoration — a crown or cap — that is generally placed to protect and restore the tooth to normal appearance and function." (Save a Tooth, 2018).

Prosthodontists and the field of prosthodontics in general, are equipped to deal with saving a natural tooth, as well as implants. When there is no choice but to extract a tooth past the point of saving, it is this field to which we must look.

PROSTHODONTICS

Prosthodontics is the branch of dentistry concerned with the design, manufacture, and fitting of artificial replacements for teeth and other parts of the mouth. This specialty has in recent years gained prominence, largely due to popular media perpetuating the ideal of a 'perfect smile'.



physiologically but psychologically as well (Vieira et al., 2015).

One's mental well-being is not often considered when one thinks of teeth, however, it is proven that those with 'bad teeth' are often discriminated against in schools, workplaces and the world in general. In a survey done by the American Academy of Cosmetic Dentistry, it was discovered that "92% of respondents think that a pretty smile is a vital societal asset. 85% believe having a crooked smile isn't attractive to the opposite sex. 75% judge a person's level of success based on the attractiveness or ugliness of their smiles and half of the reviewers deem bad teeth as a consequence of poor oral hygiene." (Psychological Impact, 2018).

As tooth loss is often accompanied by slurring, mispronunciations and stuttering whilst speaking, many become self-conscious, thus reducing one's self esteem. It has even been found to cause individuals to isolate themselves due to embarrassment.

Such behaviour is not conducive to a healthy and productive life and, as prosthodontists, we strive to create smiles that will aid our clients in living happy and fulfilled lives. We understand just how important a beautiful smile is, how much it means to a person to express their emotions and to be able to smile without reservation, without shame and without fear of judgement.

THE PROSTHODONTIC PROCESS AND IMPLANTS

The prosthodontic process is a lengthy one, especially in the case of implants. A dental implant is a screw or framework made of titanium and other alloys that supports a replacement tooth. Implantation is typically performed in several steps. The prosthodontist will first anchor the implant into the jawbone where the new tooth will be placed. Once a period of up to six months has passed and successful fusion (osseogenesis)

The road to creating such a specialty in dental medicine has been a long one, and it has gained much from the technological boom of the 21st century, leading to wide scale innovation in materials used in these prosthetics, equipment and machinery used, as well as innovation in the actual surgical process – all aimed at increasing the viability, reliability and durability of the various types of prosthodontic interventions available.

THE HISTORY OF PROSTHODONTICS AND DENTAL IMPLANTOLOGY

Though only having gained prominence over the past two decades, the field of prosthodontics or dental implantology is by no means a new one. Earliest instances of dental implants can be traced back to ancient Egypt and to ancient Mayan civilizations (Pal, 2015). This fact alone speaks for man's innate need, and desire for, good teeth, be it for purely functional or aesthetic purposes.

Not much progress was made in the field until the late 1930s, and the discovery of an alloy material named Vitallium (Pal, 2015), the biocompatibility of which led to an increased frequency and a better quality of dental prosthetics. However, it was eventually discovered that the alloy Vitallium was prone to leaching, thus compromising its structural integrity

with regard to a long term prosthetic.

This need for a long term prosthetic spurred multiple fields of study into searching for a substance which could satisfy the needs of an implant clinician. "For successful implant therapy to occur, it is vital that said material be acceptable by the body. It should not cause any deleterious effects on the body, nor should the body elicit any kind of immunological resistance against it" (Pal, 2015, p. 57). This search eventually led to titanium and its various alloys, as its propensity for adhering to bone made it an ideal material for dental implants and other forms of prosthetics (Pal, 2015).

'MODERN' PROSTHODONTICS

Enough progress has been made in the past 50 years that prosthetics can be fitted with great success. This is based on clinical studies that are documented in various parts of the world. These rates are very high, with on-going research reporting 95% survival for individual implants and higher rates for implant-supported bridges (Vieira et al., 2015). At Smile Creation Dental Clinic, we strive to stay current with regard to new technologies and knowledge in the field, all in the name of giving clients a smile they can be proud of. We know just how important teeth are, socially, and how issues with one's teeth can be detrimental, not only

has taken place, a replacement tooth will be affixed to a small metal post protruding from the implant.

Some treatments can last for more than a year. The prosthodontist co-ordinates the entire treatment, working closely with other registered dental specialist groups (maxillo-facial surgeons, periodontists, and others) to ensure that the patient's main problems are treated to the highest professional standard.

The starting point for implant treatment would be the prosthodontist. Generally, most people who are missing teeth are favourable candidates to receive dental implants, but treatment plans and risk factors will vary from patient to patient.

A detailed consultation will reveal the type of treatment including the number of implants, cost and risk factors involved. In most cases, the prosthodontist will advocate for saving the tooth as opposed to removal of the tooth/teeth and subsequent implant/s.

PROS AND CONS OF IMPLANTS

There are pros and cons one must consider when deciding to get implants. Multiple factors, including one's health, must be taken into consideration before a decision is made. Implants are advantageous in that they do not rely on other teeth for support (such as bridges),

thus protecting other teeth from possible damage. Unlike in the case with dentures, bone loss is typically avoided as dental implants replace the tooth and its root. Implants look and function like real teeth, sans the oft lamented noises or speaking and chewing difficulties common with dentures.

Dental implants are generally considered safe, but as with any surgery, complications may occur, including bleeding, infection and nerve, sinus or nasal cavity injuries. Infection on the site of implant may occur. The gum around the implant can be infected by bacteria, triggering periimplantitis, a periodontal disease that can result in bone loss.

Additional dental work may be needed dependent on one's physiology as well as age and any conditions one might suffer from. For example, if your jawbone is weakened by osteoporosis, a bone graft may be needed.

Clients in good health have the best chance for successful implants. Many factors considered, as success rates of dental implants are lower in smokers, and chronic conditions such as diabetes can delay healing. This, however, does not mean that having health issues automatically precludes clients from getting dental

implants. Despite these drawbacks, implants are a safe and reliable option for older adults. Surgery has a success rate of more than 90%, and implants can significantly improve one's self-esteem, outlook on life and one's quality of life.

DENTAL CASE STUDIES IN PROSTHODONTICS – DENTAL IMPLANTS

Case A: From no teeth to implants with teeth.



Before



After

CONCLUSION

In conclusion, it is my belief, as well as the belief of many other oral health practitioners, that the client should attempt saving the natural tooth before considering a prosthetic such as implants.

This is encouraged for the simple reason that no implant, no matter how qualified the prosthodontist, would feel the same as a natural tooth. There are many functions a natural tooth may carry out, that an implant cannot.

There are a myriad of reasons both as to why one should, or should not get implants. This is a personal decision and I suggest that the patient consider all options before making a final decision.

It is imperative that multiple aspects of one's health, both medical and dental, be considered when exploring the feasibility of implants. Implants can be wonderful, and they have increased the quality of life for many people, but only get them if your natural tooth is beyond all methods of saving.

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Temporary Litter Trap in action

The Waterfall development proudly bears the title of Best Mixed-use Development in the World, according to the International Property Awards 2017/18. Achieving this requires more than just beautiful buildings, great shopping areas and pretty open spaces. In order to attain an environment where people genuinely want to live and work, something extra is required, and this is where the Waterfall Common Services Company (WCSC) comes into play.

WCSC is the organisation that handles all those critical issues that are necessary to create the right ambience and environment for Waterfall outside the CBD, but which are not front and centre in the minds of those living and working here. Some of

the services it provides include the provision of irrigation water, common area landscaping, river cleaning and rehabilitation, street light maintenance, surveillance of access roads as well as signage and way finding.

According to Thys Redelinghuys, General Manager of the Waterfall Common Services Company, the purpose of the organisation is to facilitate an atmosphere where everyone can benefit. "Our role is to oversee all those services that are required, but do not necessarily have someone to manage them. The company is a non-profit entity established to maintain the standard of the environment and ensure that the services available are commensurate with Waterfall's world-class reputation.

After all, Waterfall is not just another development, so we are determined to ensure that the environment we create and the services we provide set an uncommonly high standard," he says.

Redelinghuys explains that a key focus is the common area landscaping, which requires treated water from the Jukskei River for irrigation purposes. Most plants in these areas are indigenous, but to further the cause of water-wise landscaping, the company is investigating endemic plant species, not only to take advantage of their hardy and drought-resistant nature, but also to promote local biodiversity.

"Further to this, we remain focused on the roads around Waterfall, where our work involves regular sweeping and



Irrigation dam and pump house

cleaning as well as the removal of both litter and weeds. We have worked with Attacq to install a pedestrian walkway west of Waterfall Drive, and are in the process of implementing new signage to meet council standards.”

The Jukskei River is another major focus area for the company. “The river flows through the Estate and is rightfully seen as a major asset. However, to maintain this asset, which amounts to around 82 hectares of green space and 10km of river frontage, we need a huge team to manage the river banks and deal with the litter that flows downriver. In fact, we currently have 18 permanent personnel involved in managing both litter removal and invasive species control along the river banks. Our next goal is the installation of a litter trap upstream of the Estate, at the border with Buccleuch. This will however still take some years to be constructed. We have, as an interim measure, installed a temporary litter trap at the ingress of Country Estate. This floating trap, with a net to catch litter, went into operation on 28 May 2018. The trap is not robust enough to withstand a major flood but it should be easy and inexpensive to repair, if damaged. We estimate that we will be able to collect 85+% of the litter currently flowing down the river - much of which ends up on the river banks.”

As for the future, Redelinghuys suggests that there is always something new on the horizon for



Littered Jukskei River



Water-wise landscaping on Waterfall Drive at Curro School

the company, with a project now in the pipeline to install bollards along some of the main roads, where drivers are currently mounting the pavements. The idea, he says, is for the bollards to prevent this, thereby reducing the danger to both pedestrians and other drivers.

“Another project that we are busy with is the installation of surveillance cameras on Waterfall Drive and other access roads, designed to assist with the early detection of suspicious vehicles to enable a more proactive crime response. Our own surveillance information, coupled with real-time information from the SAPS system and the sharing of surveillance



Temporary Litter Trap



Water-wise landscaping at The Polofields

information with the Waterfall CBD system, as well as with surrounding suburbs such as Sunninghill, allows us to establish a larger secure environment, where it becomes very difficult to get away with committing a crime. The focus is on deterring the criminals rather than catching them.”

“There is a fierce determination from Waterfall residents and employees to preserve the unique new city that has been created here, and the Waterfall Common Services Company has exactly the same goal. As an organisation designed to be responsive to the needs of all users of Waterfall, WCSC aims to play its role in helping build a world-class city,” he concludes.



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Raw but refreshingly **REFINED**

The entire team at Century Property Developments were delighted when Weylandts Home Outfitters confirmed their participation in the Home Décor Expo 2018. Their extremely high expectations were exceeded with this sophisticated environment that Weylandts created.

"The interior elements effortlessly reflect the architectural vernacular of this development and we can confidently state that it mirrors the architect's original vision," they said. "It takes a skilled eye to pair luxury pieces with natural elements in their raw (or most honest) state and we applaud this team for doing it so effortlessly. This home is ready to be lived-in and there is no doubt that the clever use of calm, neutral tones will allow the residents to delight in its

sophistication without growing tired of it over a longer period of time."

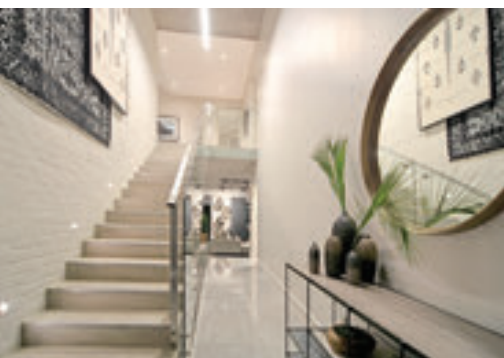
For Weylandts, The Villas was the ideal canvas to showcase their unique approach to turning houses into homes. "For the Home Décor Expo 2018, we created a look that both expresses the art of good living and ties in effortlessly with the inherent characteristics of The Villas' inspiring architectural design. We call this look RAW CONTEMPORARY," the Weylandts team explained.

As South Africa's leading furniture and homeware store, Weylandts' aesthetic is about combining clean, confident design with the raw authentic textures of Mother Nature. When Weylandts Kramerville's team first saw pictures of The Villas in Waterfall Country Estate, they couldn't wait to get their

hands on a unit. What struck them about the architectural design was the restrained and intelligent use of lines and the way texture is used to create visual interest and depth.

In collaboration with Weylandts Spaces and the Visual Merchandising team, Weylandts Kramerville's first step was to define the essential character of the house along three categories: line, tone and texture. With regards to these, three things stood out for them: the understated lines; the neutral, but confident tone; and the multi-layered textures.

Even though these characteristics, along with the spectacular use of natural light, gave the unit a unique feel, they realised that the interior needed warmth and the presence of the 'human hand' to



All in all, it's a look that is bold, yet soulful, cutting-edge yet timeless and sophisticated.



complement the functional, industrial structure. A fusion of natural textures that includes natural wood, full-grain leather and handwoven fabric and patterns gives a sense of lived-in comfort that the cold interior on its own could not provide. These elements have one thing in common, the presence of the human hand in meticulously crafting them. The fusion of these handcrafted elements was done using the layering of materials. This creates a sense of depth that echoes the layered use of surfaces of the exterior architecture.

The next challenge was to add a touch of glamour to the understated aesthetic. Marble side tables, as well as the strategic use of copper, brass and greenery combine effortlessly to create a contemporary up-to-date look without sacrificing the element of timeless taste — an attribute of Weylandts' look that has appealed to a wide range of customers for many years.

Darker accent walls were used in conjunction with informal shelving; lighting by inspirational Dutch company Moooi; and carefully-curated typographical word art and confident abstract art complete an intriguing picture.



Celebrating our AFRICAN HERITAGE

There are many things to love in this home. The Century team unanimously agree that their favourite item is “Unbroken”, the spectacular sculpture of a horse. The lines and textural detail on this piece are absolutely mesmerising.

When walking through this home, it is clear that Angela Saffy of Versatile Interiors made no attempt to hide architectural features, like the black framed window panes, with heavy drapery and curtains. In fact, her choice of mirror frames, drinks trolleys and bedside lamps echo the stark window and door frames.

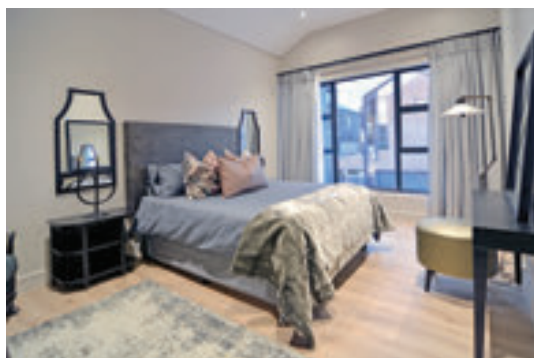
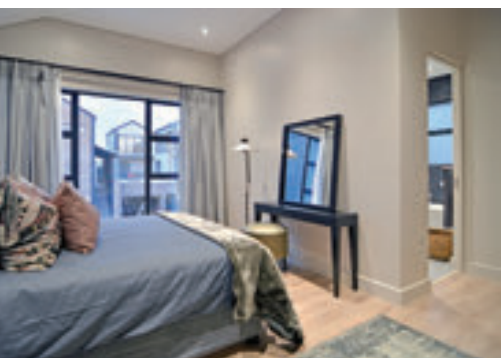
“We absolutely love the African theme which ranges from whimsical zebra wallpaper, to graphic interpretations of Proteas and Strelitzias. One cannot help but notice the fine duality between stark masculine lines and bold patterns against feminine textures and colours, such as the velvet cushions and pastel tones from the bedrooms,” say The Century team.

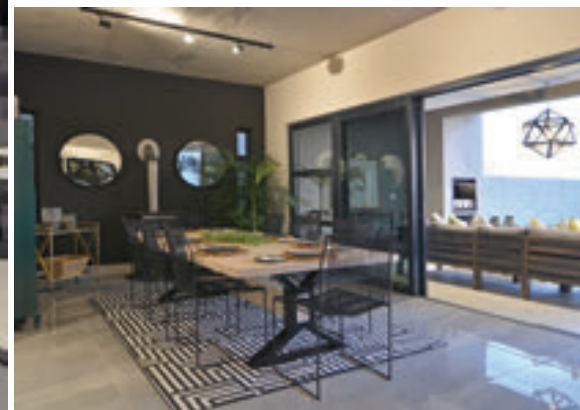
“It’s all in our name - Versatile Interiors. It’s not overtly opulent and neither is it simplistically bare. Taking inspiration from our rich African landscapes, this home reflects a richness of well-being whilst paying homage to the simpler

joys in life. The concept was to take natural African themes such as zebra skin, hand painted prints and bold African floral prints – and combine them into a sleek, stylish interior – a versatile space,” explains Angela.

It’s an eye-catching interior that is a true classic contemporary. That was the vision of Versatile Interiors, and they collaborated with Classic Bond and Kennedy & Co to achieve this look.

“From the onset, we understood the interior volumes of this building and there was a drive to fill it with furnishings that are both pleasing





to the eye, as well as comfortable to live in," Angela continues. "The final product is incredibly close to the original mood board that we submitted, where the style was themed as 'industrial luxury' with a distinct African flair."

Hertex supplied a striking zebra motive wallpaper that covers the feature wall in the entrance hall. This African theme is further enhanced by the abstract spiral wallpaper

from Black Fabrics in the loft room. To further this, Versatile Interiors created accent walls that were painted Dark Onyx to give the home warmth with a touch of drama.

The artwork in the house was supplied by Galleria Gibello, Mad Cow, with hand drawn pictures from Logan Hing. One cannot create a true African-inspired environment by using mass produced furnishings, so they chose bespoke pieces, to place emphasis on

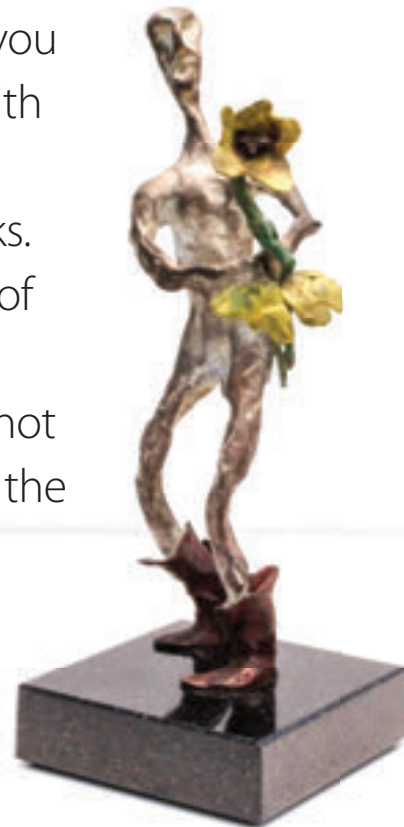
the artistic characteristics of African craft. These bespoke pieces include a dramatic bamboo chandelier in the double volume entrance hall, as well as custom-designed occasional chairs in a hand dyed fabric. The copper-stitch table which makes a dramatic statement on the patio is also in collaboration with MSQ Design. Custom-made rope dining chairs were sourced specifically for this project, due to its unique appearance and industrial appeal. All of these items have been brought together with jewel-coloured cushions in a variety of different textures, to create a stylish and sophisticated ambience.



Upcoming events to keep you busy

THIS WINTER AT MALL OF AFRICA

Cooler weather shouldn't keep you indoors this winter, especially with the activities Mall of Africa have planned over the next few weeks. So, if you are looking to get out of the house and enjoy some time with family and/or friends, why not visit the Mall and enjoy some of the events they have lined up?



MALL OF AFRICA ART COLLECTION - WINTER EXHIBITION 2018

In April, Mall of Africa - in collaboration with the Julie Miller Investment Art Institute - launched the largest series of public art exhibitions in South Africa, starting with the Autumn Exhibition, which hosted over 131 artists and over 400 beautiful artworks.

The initiative's aim is to help spread public appreciation of local artists, and form a community within Mall of Africa whilst establishing a South African public art hub.

The Winter Exhibition will launch on Thursday 21 June 2018 and will run until Sunday 8 July 2018.

SOCCER FAN PARK

Soccer fever is in the air, as June marks the start of the 2018 FIFA World Cup taking place in Russia. Reminiscing on the 2010 event hosted on home soil, avid soccer fans will be happy to know that Mall of Africa are hosting a Soccer Fan Park in celebration of the 2018 Soccer World Cup!

The Fan Park is broadcasting the action live from Russia from 22 June to 15 July. The park will be accessible to ticket holders and will feature a viewing zone with 3 massive digital screens, live entertainment, a food market and a kids' activity and play zone!

Tickets are available online via ticketpros.co.za ranging from R75 for children over 12 and R150 for adults, for a whole day's entertainment. Children under 12 can gain access to the Fan Park free of charge, accompanied by a responsible adult. Tickets can also be purchased at the gates.





To expand on the already versatile selection of artworks, the Winter Exhibition will aim to include art forms such as performance art, digital art, photography, and installation art. There will also be an initiative to include additional categories such as: art that deals with gender-based discourse; stylistic steam-punk artwork; and even an affordable art category.

We believe in art 'for the people, by the people' and would love you to join us for another exciting art collective season. For enquiries, please contact marketing@mallofafrica.co.za.



AN UPDATE ON THE MG CAR SHOW

Although it was previously communicated that the MG Car Show will be taking place on the 24th of June 2018 at Mall of Africa, please be aware that there has been a change of date to this event. The MG Car show will be coming to the Mall later this year. Please follow our social media pages for an announcement on the new date.

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Every
Saturday

09h00 - 15h00

Waterfall Corner Wholefood Market

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!



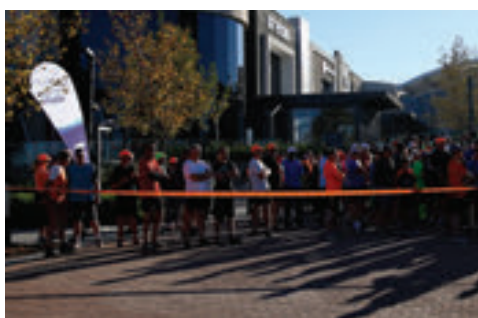
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Waterfall City – parkrun

Every
Saturday

08h00

Mall of Africa

It's all happening at 8am every Saturday at the Mall of Africa - remember, people of all shapes and 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.



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Timing is everything



Time seems to have taken on an entirely new dynamic in 2018 and certainly seems to go by faster and faster with each passing second. I see people hurrying about their businesses and lives at a frenzied pace everyday and it's not often that we stop to smell the roses. Time is indeed a very valuable resource and one we often take for granted. We put off all the small things today, promising we will get to them tomorrow and then rinse and repeat.

At this year's Annual Convention and Agent Awards, our Fine & Country team took some time out of their own hectic schedules to explore growth opportunities that will not only consolidate market share but prove to be more time efficient. We are working hard with our partners in progress to streamline systems so that once in a while we can stop and smell those roses.

Our awards evening celebrated those who have embraced Fine & Country as their partner in progress and announced our top achieving agents for 2017.

Fine & Country Licensees remain in control of running their own businesses under our umbrella, but have the backing and support of a plethora of services including a referrals department, logistics and the marketing studio. Our unique approach to marketing stems from our parent company, Fine & Country UK, situated in London's Park Lane. It is there that the concept of a bespoke marketing offering was born and adopted and has been successfully implemented in the South African market through our offices.

Our brand philosophy is one of distinctiveness and authenticity. From the moment a client enters a Fine & Country office until the conclusion of the property transaction, that client becomes part of the brand. From the very wallpaper and furnishings that are used to the car branding and outdoor signage, our brand is inherent in everything we do and in every interaction we have, be it internal or external. Should a client walk into a Fine & Country office in Cape Town or Johannesburg, the experience will be the same. We present ourselves properly and we present your homes properly.

In a cluttered world where you are bombarded with advertising and marketing material, we have cultivated our brand as one that resonates with our target market by providing a valuable service, the experience of which will be well remembered long after the sale has been concluded. It is our mission to look after your time too by providing our clients with a seamless and hassle-free real estate experience.

We thank you for your continued support.

Linda Erasmus - CEO Fine & Country Sub-Saharan Africa



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MOTORMATTERS

EDITORIAL COMMENT

By Alan Rosenmeyer



Cars and transport form an integral part of everyone's lives. Whether you view cars as simply a mode of getting you from A to B or, like me, you have oil flowing through your veins instead of blood, you simply cannot live without them.

For a true petrolhead, it's an ever changing world, moving at an exceptional pace of technological development. Most important to me, personally, are the constant advances in safety technology. Each and every little step that assists in reducing the annual carnage on our South African roads deserves to be recognised and applauded.

On these pages every month we aim to bring you a mixture of issues of interest, from the latest launch news and facts, to test reviews of cars that pass through our hands, giving us the opportunity to pass on our opinion of what it's like to live with that particular car for a period of time. We are candid in expressing both our likes and dislikes of each particular car. A video of every test car is posted on our You-Tube channel and the link will be provided with every

review. We don't believe that there are any (or many) actually bad cars on our market but maybe it's a case of some are more, or less, good than others.

For the average person faced with the prospect of buying their next car, it can be a most daunting process. My belief is that you need to analyse your specific needs and criteria, set price parameters and then arrive at a short list of possible candidates. These pages will focus on providing information and facts aimed at assisting you in doing this.

We will also provide regular features focussing on safety, whether it's road safety or the latest safety technology being offered on the market. Finally, there will be special features of classic, exotic and collectable cars.

MotorMatters is proud to have been given the opportunity to provide this content for the Waterfall Magazine readers. We would love to hear from you and receive your comments, feedback and suggestions.

Please email me at:
alanr@motormatters.net



Alan with his trademark hat.

Each and every little step that assists in reducing the annual carnage on our South African roads deserves to be recognised and applauded.

LOOKING FOR A MEDIUM FAMILY SUV?

Here are 3 options for you – Honda CRV 2.0 Elegance vs Kia Sportage 2.0 Ex Plus vs Peugeot 3008 1.6T GT-Line

The medium-sized SUV has become one of the largest selling sectors in the SA market in recent years. From Mom's taxi to simply being spacious family transport, they are reminiscent of the large sedans and station wagons that I recall from my youth. Examples like the Valiant, Ford Cortina and various Chevy's immediately spring to mind.

I've recently had a number of these vehicles to test and, bearing in mind that there are MANY more options in this category, it's interesting to compare the 3 that passed through the MotorMatters driveway. Note that I have listed them alphabetically and will continue listing all stats and figures in this way.

We start with engines. The Honda boasts a 2L/4 cylinder engine with 113kW and 189Nm with a CVT automatic gearbox. Next up is the Kia with a 2L/4 cylinder engine giving 114kW and 192Nm through a conventional 6 speed automatic transmission. Lastly, the Peugeot 3008, with a 1.6L/4 cylinder turbo engine giving 121kW and 240Nm, also with a conventional 6 speed automatic transmission.

Many purists tend to criticise CVT



The Honda CRV 2.0 Elegance

transmissions, however, in daily use, and especially on the school run or general commuting, I can find no fault. The CRV is smooth, comfortable and the transmission is seamless in operation. Medium SUV's are not designed for the racetrack, which is where a CVT may be found wanting. The CRV has the gearshift in a much higher position at the base of the instrument panel instead of lower between the seats. I find this position extremely comfortable and practical and actually wonder why more manufacturers don't use it, especially on this category of vehicle.

I am sure you have noted that the Peugeot is the only vehicle here with a slightly smaller engine, boosted with a turbo. Although the power output is only marginally higher, note the much higher torque that

it gains. It is, without doubt, the sportiest of the 3 vehicles here, giving it a performance edge at some expense that we can now look at.

Starting with load capacity, the Honda has a boot of 408L enlarging up to 1328L with all seats folded. The Kia offers 320L/1192L and the Peugeot offers 312/1024L. Also, if you park the 3 vehicles alongside each other, the Peugeot has a notable slant towards the rear giving it a sportier, rakish look. This does restrict the boot space as noted and also has a slight impact on headroom in the rear seat.

It is a bit unfair to compare absolute specification levels here because the Honda and Kia are the middle of the range models against the Peugeot being the top offering in its range. This gives it extra items such as the

The medium-sized SUV has become one of the largest selling sectors in the SA market in recent years.

space age Peugeot configurable TFT instrument panel, upgraded seats and sporty trim plus a panoramic sunroof. All have the now standard alphabet soup of safety tech built-in, including 6 airbags to protect your family.

On the economy front, depending on driving conditions, all 3 will easily give you an average figure of between 8-9 L/100km in your daily life.

Finally, we look at the list prices of R477 900 for the Honda, R469 995 for the Kia and R519 900 for the Peugeot. (Peugeot does offer the Allure Spec version with the same engine/gearbox combination for R459 900). So, on the whole, pricewise, they are all in the same ball park, although the Honda CRV and Kia Sportage include a 5-year/90 000km service plan and Peugeot offers a 4-year/60 000km service plan.

Photos supplied by Alan Rosenmeyer and QuickPic.

For the video comparing the Honda CRV and Peugeot 3008, follow this link:
<https://www.youtube.com/watch?v=rq1t-ZN7W0U>



Above and below:
The Kia Sportage 2.0 Ex Plus



Above and below:
The Peugeot 3008 1.6T GT-Line



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TOP 10



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2. Five-star Mauritius offer from IOI Holidays.

Rates from R41 549 per couple. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, seven nights' accommodation at the Constance Belle Mare Place with breakfast and dinner daily and all non-motorised water sports. Valid until 30 August 2018. For more information visit www.ioiholidays.co.za; email: info@ioiholidays.co.za or contact them on 011 616 2616.



3. Winter winelands luxury offer from Le Franschhoek Hotel & Spa.

Rates from R1 680 per room per night including breakfast. Offer excludes flights and taxes. Valid until 31 August 2018.

For more information visit www.lefranschhoek.co.za; email: reservations@lefranschhoek.co.za or contact them on 021 876 8900.

4. Hot winter holidays offer from Piekenierskloof Mountain Resort.

Rates from R1 200 per room per night midweek and from R1 760 per room per night on weekends. Offer includes one night's accommodation with breakfast. Offer excludes flights and taxes. Valid until 31 July 2018. For more information visit www.piekenierskloof.co.za; email: piekenierskloof@dreamresorts.co.za or contact them on 022 9213574.



5. Fun in the sun in Sri Lanka with Jetstar Tours.

Rates from R19 450 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, five nights in Bentota and three nights in Colombo with breakfast daily, transportation and sightseeing. Valid between 1 September – 15 October 2018. For more information visit www.jetstar.co.za; email: info@jetstar.co.za or contact them on 087 285 5391.



6. Enjoy a family getaway with The Bantry Bay Hotel.

Rates from R1 690 per night including breakfast for two, up to two kids under 12 stay free. Offer excludes flights and taxes. Valid until 31 August 2018. For more information visit www.bantrybaysuitehotel.com; email: reservations@thebantrybay.com or contact them on 021 434 8448.

8. Mediterranean Gulet cruising offer from United Europe.

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Gulet Cruise including all meals onboard, services of the captain and support crew, charter and berth taxes and more. Offer excludes flights and taxes. Available for Saturday departures between 23 June – 27 July 2018. For more information visit www.unitedeurope.co.za or contact them on 011 462 0962.



7. Bohol & Cebu Tour from Tripistery B2B Travel.

Rates from R3 640 per person sharing. Offer includes three nights in Cebu, breakfast daily, Bohol and Cebu tour, transfers and sightseeing as per itinerary. Highlights: Bohol – Blood Compact Shrine, Baclayon Church, Chocolate Hills and Butterfly Garden. Offer excludes flights and taxes. Valid until 30 November 2018. For more information visit www.tripistery.com; email: info@tripistery.com or contact them on 031 817 8123.

9. Five-star Maldives offer from Thompsons Holidays.

Rates from R51 299 per person sharing. Offer includes return flights departing from Johannesburg to Malé, approximate taxes, return transfers and seven nights' accommodation at the five-star Lux South Ari Atoll with breakfast, lunch and dinner daily. Only available for South African residents. Book by 30 June 2018. Valid until 31 October 2018. For more information visit www.thompsons.co.za; email info@thompsons.co.za or contact them on 011 770 7700.



10. Discounted Zanzibar offer from The Holiday Factory.

Rates from R10 490 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers and seven nights' accommodation at the four-star Uroa Bay Beach Resort with breakfast and dinner daily. Upgrade to all-inclusive from R1 890 per person. Valid between 1 July – 31 August 2018. For more information visit www.theholidayfactory.co.za; email: info@theholidayfactory.co.za or contact them on 11 233 2300.

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Lots&Crates was established in June 2010 at a time when South Africa was, along with global economies, smarting in the aftermath of a worldwide recession. This also coincided with the demise and subsequent closure of a number of traditional household furniture retailers, leaving a large number of consumers at a loss as to where they would be able to purchase add-on or start-out furniture for the home.

"We recognised a need to supply excellent value-for-money products into a discerning and relatively sophisticated market which was both price and style conscious," says Craig Rheeder, Lots&Crates founder. "We immediately embarked on a programme of sourcing over-runs, samples, range ends, close-

outs and the like from some of the larger local furniture manufacturers and importers, focussing on middle of the range soft furnishings and case-goods that would have broad appeal to this customer base."

The essence of the model is that you can pop into any one of the three Johannesburg-based stores, pick out what you want from a large range, pay cash and carry, or have a delivery done within 24 hours! This immediately satisfies the buyer who wants instant gratification and doesn't want to have to pay a deposit and wait for weeks for their goods to arrive.

The advantage of buying from Lots&Crates is that the products are sold straight from stock so, if you can see something that you like, you can buy it! Added to this is the knowledge that, because of the sourcing methodology, many of the items are unique, once-off samples which are brought in by the container load and often not repeated, resulting in a varying offering that allows the customer to create their

own individual style without having their home resembling the furniture showroom of a large chain store!

While Lots&Crates has a traditional website for product reference purposes, other more dynamic social media platforms such as Facebook and Instagram are used to show new and exciting arrivals on a weekly basis. Some products sell before they are photographed so a regular pop-in to your local Lots&Crates is essential if you want to get your hands on these great value products first!

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Lots&Crates Store contact details:

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RECLAIMING YOUR WHOLE INTELLIGENCE

It may be the smartest thing you, and your business, ever do.

By Graeme Butchart

The contemporary business environment is a place of constant changes, with diverse personalities and points of view each striving to establish some kind of dominance in a continuously competitive space.

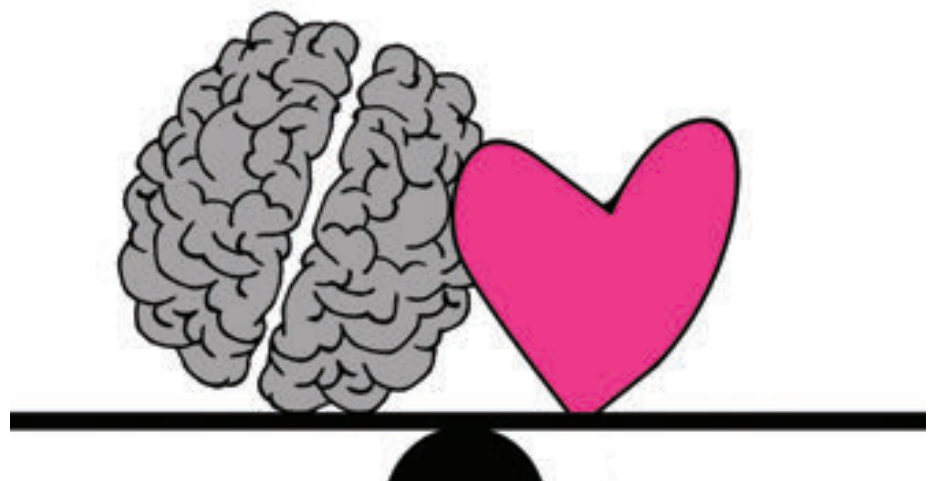
It's a pressure cooker of stress, under which the ever urgent demand to deliver best practices and services is a must-do. It's a highly complex and ambiguous setting, one in which we spend more and more of our time, with less and less distinction between career and life.

We are accelerating into a life/work future with more uncertainty than ever before. Recent technological advancements point to a future of even greater reliance on IT, and with it, an even deeper trust placed in algorithms for answers. How long will it be before every single experience we take is managed through an IT solution?

The Cloud and AI (Artificial Intelligence) are here, and every day, we each relinquish more data about ourselves and our behaviours, increasing our overall dependency on the voice and word of IT.

'Waze' is but one example, which we blindly follow without question, instructed by a powerful invisible all-knowing guide*. Nothing wrong with this, it's extremely useful, and to a great extent reduces anxieties and stress. However, we are also relinquishing another little part of ourselves each time, gradually handing our lives over to an all-knowing algorithm.

There isn't a single industry, worldwide, that won't bleed huge numbers of



employees as more and more smart applications arrive overnight, causing thousands of human beings to become irrelevant in the blink of an eye, and with that irrelevance, redundancy. There is no doubt we are heading into a smarter future, it could be a brighter one as well, but it also has the potential to be a far harsher one.

Time for some serious Darwinism – the evolution of our species has never been more urgent. Clearly, we have to raise our own intelligence if we wish to remain competitive against the super IT intelligence we ourselves have built. As Darwin confirmed, the species that learn to adapt to the harsher environments they find themselves in, are the species that survive - everything else simply passes into obscurity, museums and history books.

The good news is we can. The reason we can is we all have access to a remarkable gift – we are all born genius. That is to say, we all begin life with the full spectrum of intelligence – analytical, operational, emotional

and creative. A whole intelligence.

Yet, as our early journey through life unfolds, we begin to adjust and conform to societal structures, expectations and norms. With our education, these adjustments and conformities ultimately produce a 'shaped' and different thinking mind to the one we started with, often with disadvantages, certainly with limitations, which are not entirely clear or evident to us, because we can't see what we no longer have.

Our unbalanced partiality to analytical and operational intelligence leads to the underdevelopment of the whole. Consequently, many of us transition out of our 'environmental shaping' usually in our late adolescence, with a reduced range of intelligence, the consequences of which are less access to creative thinking and a limited ability to manage the complexity of social interdependency.

Frustratingly, the absence of these critical tools is most often not conscious, meaning, we are not even aware

they are missing, and as such we function accordingly - which explains the difficulties most of us experience as we transition into adulthood, accompanied by the countless blunders and awful mistakes that many of us make along the way.

In our wisdom, we appear to have placed creativity and emotional intelligence at a secondary level, considering it unimportant to some extent, instead placing most of our development emphasis on goals and results, a fixation that has brought us to our present reality. Let's be fair about that. A great deal of that focus and emphasis has led to great development and growth, but it too, has come at a cost.

Global warming is simply a result of greed, together with the fixed idea that there are endless resources up for plunder, and no side effects to that plundering. It's a seriously limited view, devoid of the creative vision for what we are doing, along with the absence of social collaborations and empathy for our surroundings (read emotional intelligence).

The concept that, somehow, a tiny percentage of the population can own ninety percent of everything, is also unsustainable, unbalanced and will ultimately lead to an enormous backlash of some kind. Another seriously flawed position, born from an absence of vision for alternative approaches, is the inability to consider the other person (again read emotional intelligence).

There are many other side effects to our emphasis on goals and results - spend a moment and consider them. It now transpires that the very stuff we need as we enter the next phase of the great human experiment - the survival of our species, is the fuzzy stuff that we have previously devalued.

Despite all our magnificent achievements as a species, we have unwittingly limited our whole intellectual potential. Around the world as leading businesses seek human capital, right at the top of

the skills criteria required are, creative thinking abilities, and the resilience to work with diverse colleagues, under higher and higher levels of pressure (emotional intelligence).

As businesses and individuals that wish to remain relevant come face to face with this glaring reality, they reach out to business schools and business coaches to help them acquire these soft skills that previously had little, if any value at all. Of course, because they offered such little value, very few people can speak honestly to their value and at the same time help others with how to recover and develop the skills required.

I am fortunate. For the last seventeen years I have worked in the growth and development industry, so I have seen the challenges that countless individuals and businesses face as they sought to make these shifts in thinking that will allow them to regain their whole intelligence.

There are some common key steps and stages that the successful have followed.

Firstly, they set about identifying those 'voices of judgment' that have captured their thinking, the voices that are the source of unproductive thinking and limited world views. Once they acknowledged these negative thinking habits, they set about making an inventory of all the beliefs, ideas and behaviours that they needed to let go of: the old ways of thinking that no longer served them or held them back. With detailed lists of what they wished to let go of - they 'actively despatched' these redundant ideas. It's a physical action, and a creative one.

With the redundant thinking behaviours behind them, they then introduced new and liberating thinking behaviour. As examples...

Things like using open-ended questioning in their communication engagements.

They worked at becoming active listeners. They began using carefully

considered music to affect a change in their mood, when it was required. They created more play and fun within their working environments - dismantling seriousness, because 'serious' has no role in developing new insights. They gave up the idea that seeking permission and approval was a set requirement, rather venturing into greater risk-taking and gaining the benefits from such. They reached out and fully embraced the concept of collaboration and equality of all - allowing greater participation and broader ideas from all involved.

For me, witnessing these successful transitions has confirmed that we are all born genius, and we can, despite the societal programming, rediscover and access our whole intelligence.

If any of the above resonates with you, and you find yourself overwhelmed by the frustrations and stresses of the typical way in which we work, may I suggest that you consider rebooting your hard drive, reprogramming the software, and removing the glitches that are currently affecting your operating system. You will be pleasantly surprised and super-energised if you do so. It may prove to be the smartest thing you and your business ever do.

**Waze is the world's largest community-based traffic and navigation app. Its GPS navigation software works on smartphones and tablets with GPS support.*



Graeme Butchart, Developer of Great People
082 897 1463, www.graemebutchart.com

A MAGNIFICENT PLACE FOR A FEAST

Beside the fresh and modern space, the best thing about BBQ Workshop is their 'fast-casual' food experience.

BBQ Workshop offers a wide selection of feasting options. From pitas to ribs and chicken wings to seafood, there is something to please everyone's palate. The skewers are super succulent and burgers are packed with flavour. Beautifully prepared pita breads are paired with tahini dip. There are also the open plate meals that can be ordered with gyros, homemade ribs, or even half a roasted chicken and half a kilogram of pork ribs. The prices vary, according to your meat choice and the dishes are accompanied by a medley of dips including hummus, smoked brinjal, and Tzatziki.

For a large group of people, BBQ Workshop provides a tapas style menu worth tackling. You can order a variety of starters including fried calamari, dolmades, Keftedes, and falafel in conjunction with a selection of souvlaki meat options (choose from chicken, pork, beef, and lamb), a salad, some pita breads, and a choice of dips and sauces. It's a great way to feed a large group of people, while satisfying different food preferences.

If you've got space, then you can't leave without trying BBQ Workshop's epic Dessert Menu and Ice Cream Counter. Those in the know come from far and wide just for a taste of their yummy gelato, which is served in a sugar cone or cup, ranging in flavours from Fresh Cream, Fresh Banana, Fresh Strawberries and Nutella finished off with a swirl of strawberry, blueberry, hazelnut, or caramel syrup. For a real



indulgent treat, order their legendary Vaflaki – bite-sized waffles, which are available in Plain Jane, Milk Chocolate, White Chocolate or Double Trouble. Decadent gourmet milkshakes are also on offer. Served in large glass mugs, these 500ml shakes come in a variety of flavours - Cheesecake, Ferrero Rocher and Cookies & Cream!

And if that is not enough to whet your appetite, their signature cocktails are cleverly crafted from home-made gelato. For instance, the Margherita's are impressively made with lemon and lime ice cream and are to-die-for!

Each dish has been created to satisfy your own unique taste and degree of hunger. The large paper menu supports the ease of ordering - pick it then tick it!

Whether you are dining at the restaurant or having your favourite meal delivered, if you love Greek food and all things meaty then you cannot go another day without trying BBQ Workshop.

BBQ Workshop can be found either in Kyalami or Rivonia. For more information on BBQ Workshop visit www.bbqworkshop.co.za or follow them on Facebook.

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RESTAURANT COMPETITION

for JUNE 

THE QUESTION FOR THIS MONTH'S COMPETITION:

Who is the General Manager of the
Waterfall Common Services Company?



COMPETITION
WINNER FOR MAY:

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

Congratulations to:
Dimitri Androliakos



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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BOOK REVIEWS

Compiled by Nicole Hermanson



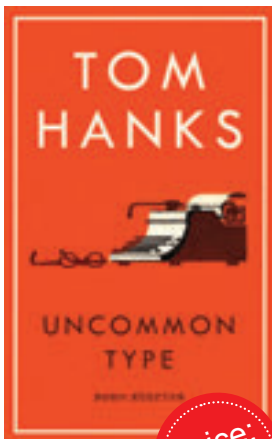
Price:
R290

Surprise Me *By Sophie Kinsella*

After being together for ten years, Sylvie and Dan have a comfortable home, fulfilling jobs, beautiful twin girls, and communicate so seamlessly, they finish each other's sentences. They have a happy marriage and believe they know everything there is to know about each other. Until it's casually mentioned to them that they could be together for another sixty-eight years... and panic sets in.

They quickly decide to create little surprises for each other, to keep their relationship fresh and fun. But in their pursuit of Project Surprise Me - anything from unexpected gifts to restaurant dates to photo shoots - mishaps arise with disastrous and comical results.

Gradually, the surprises turn to shocking discoveries. And when a scandal from the past is uncovered, they begin to wonder if they ever really knew each other after all...



Price:
R430

Uncommon Type *By Tom Hanks*

A collection of seventeen wonderful short stories showing that two-time Oscar winner Tom Hanks is as talented a writer as he is an actor.

A gentle Eastern European immigrant arrives in New York City after his family and his life have been torn apart by his country's civil war. A man who loves to bowl rolls a perfect game – and then another and then another and then many more in a row until he winds up as ESPN's newest celebrity, and he must decide if the combination of perfection and celebrity has ruined the thing he loves. An eccentric billionaire and his faithful executive assistant venture into America looking for acquisitions and discover a down and out motel, romance and a bit of real life.

These are just some of the tales Tom Hanks tells in this first collection of his short stories. They are surprising, intelligent, heart-warming, and, for the millions and millions of Tom Hanks fans, an absolute must-have.



Price:
R290

Letters to Iris *By Elizabeth Noble*

Tess has a secret - one which is going to turn her life upside-down in just nine months' time. The only person she can confide in is her beloved grandmother. But Iris is slipping further away each day.

Then chance brings a stranger into Tess's life. Gigi's heart goes out to Tess and she's determined to show her that there's a silver lining to every cloud. As their unlikely friendship blossoms, Tess feels inspired to open up.

But something still holds her back - until she discovers Iris has a secret of her own. A suitcase of letters from another time, the missing pieces of a life she never shared. Could the letters hold the answers that Tess thought lost forever?

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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

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Sunninghill Village Vet	011 803 1221
Waterfall Hospital	011 304 6600

HOW TO HIT THE GROUND SPRAWLING

Part Two – McCormack's Insider's Guide to Executive Travel

By James Clarke

Threnody! THRENODEEEEE! THRENO...
Threnody Higginbottom is my secretary
(I call her Miss Smith) who files
everything under M for Miscellaneous.

THRENODEEEEE! Ah, there you are, filing
your nails under M. Did you book that
Cape Town flight for me for Thursday?

Cape Town, Sir? You said Harare!
And you said Friday.

I have told you before, never listen to
what I SAY, listen to what I THINK. This
is why this firm is getting nowhere.

Dear reader, as I explained a while back,
(if only you'd been paying attention),
I had to fly from Johannesburg to
Cape Town and, having just read Mark
H McCormack's book *Hit the Ground
Running: The Insider's Guide to Executive
Travel*, I decided to emulate him.

From the moment I leapt from my bed
I said to myself (in a determined sort of
manner): "This day, I shall hit the ground
running!" I could not start running
immediately of course because first I
had to shower and shave and put a little
Mum (for Men) under the armpits.

In no time I got the thick end of my
tie to hang lower than the thin end
and enjoyed a light McCormack-style
breakfast. No bread, he advises. Much
the same as fizzy cold drinks, bread is
full of air and air expands at altitude
inflating you internally, thus the hostess
may have to cut you loose from your
seatbelt allowing you to float against the
ceiling until the aircraft loses altitude.

McCormack makes a big thing of
what the Busy Executive should carry
and says he always has a pre-packed



"executive survival kit" on standby. I
usually pack half an hour before I leave.
I never need much: on this occasion I
packed my conference papers, string (I
always carry string), safety pin (ditto),
banana (in case I am held up by a
robber – always have something to
give the man), air ticket, wallet and
loose cash (minimum R2) for tips.

I was at the airport by 7.45am and
found a sign reading "Try lower parking"
so I did. First mistake. Seeing I was
about to be propelled to 30 000 feet
into the air, the sensible thing would
have been to save time by parking
nearer the sky on the upper deck.

I was flying with a small airline that,
because it was a rival to the national
carrier, was relegated to the far end
of the airport next to the dustbins.

I began my ascent from the parking
basement taking the steps two at a

time to the upper parking level; then
up some steps marked "C terminal"
where I ran up against some glass doors.
They were chained and padlocked.
The airport management in those
days was run by practical jokers.

Undismayed, I skippety-skipped back
down the steps, entered "foreign
departures", descended to "foreign
arrivals" and found the "local departures"
sign pointing to the dustbin end.
I thought that if McCormack had
come to Johannesburg he would
have hit the ground sprawling.

I paced up and down the transit lounge
(McCormack says the Busy Executive
should get as much exercise as possible
while waiting for planes) until we were
shepherded onto a bus. There followed
a long bus journey on a north-easterly
bearing to what looked like a quarantine
section for infected airliners. The ride to
the aircraft was free despite the distance
and no comfort stops were made.

We flew into Cape Town on time and,
having avoided putting anything in
the aircraft hold, I was able to run
pell-mell across the tarmac (Cape
Town airport was still saving up for
buses at the time), through the doors
into the arrivals hall, and, panting ever
so slightly, right up to the driver who
was holding the conference sign.

I had hit the ground running!

He told me to relax – he was picking
up three others and they all had
luggage in the hold and there
was trouble with the carousel.

Moral: Hitting the ground running
is fine, but don't rush it.



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