

W A T E R F A L L

ISSUE 9 2018



AFRICA'S ART COLLECTIVE

SPRING EDITION

THINGS TO DO
ON HERITAGE DAY

FREE CODING
APPS FOR KIDS

BUILDING A
SUSTAINABLE CITY



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Waterfall Magazine is published by EIA Publishing (Pty) Ltd on behalf of Waterfall and in association with the Waterfall Homeowners Association. The opinions expressed are not necessarily those of the Waterfall Homeowners Association, the Estate, the publisher, nor of the companies themselves

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Cover image: Art Work painted by Loyiso Mkize



A message from **WATERFALL**

Welcome

One of the great pleasures of living within a close-knit community like Waterfall is the ability we have of getting to know our neighbours and discovering their different interests and fields of expertise.

You may all want to have a chat with one of our residents, Renzo Blasa, who features in this month's magazine seeing as he is an expert in solar power – which Waterfall encourages of course – not to mention how solar just makes sense, given how the cost of electricity continues to increase.

Renzo owns SolarPV Projects and his home here on the Estate runs mostly off the electricity grid, thanks to his use of solar power. While Renzo notes that going completely off the grid is a costly exercise and in fact not something he recommends, he offers some great advice around how the use of solar power can save you some good money. Do read all about his views here and reach out to Renzo if you want to find out more.

Overall, Waterfall is focused on being a sustainable city, with property developer Attacq committed to using environmentally-conscious and energy efficient materials in all its structures. Another article this month will update you on the latest developments in Attacq's pipeline. These include Waterfall



Point, which is the only commercial development available for sale on a sectional title basis, in an area where all other offices are for rental only. Other notable developments taking shape are the Ingress, a head-turning building adjacent to Mall of Africa and Corporate Campus, which will house seven individual office buildings, one gatehouse and a communal facility.


If you take an interest in art, an event to look out for is the Africa's Art Collective, being staged at Mall of Africa in partnership with the Julie Miller Investment Art Institute. You can read all about it in this edition and be sure to pay it a visit between 21 September and 14 October 2018. There'll be something to suit all tastes with more than 500 works on display

from young, upcoming artists as well as established names.

Our regular article from Netcare this month looks at Anaemia, or a lack of red cells in the blood. According to medical research, Anaemia is the most common condition in the world, affecting 1,6 billion people. So, if you often feel tired, short of breath, dizzy or suffer from palpitations, have a read and see if this could possibly be your problem.

Finally, after a few last cold snaps, Spring seems to definitely be in the air. We trust that the warmer weather will see you enjoy the wonderful outdoor life at Waterfall.

Until next time,
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BUILDING A SUSTAINABLE CITY



Sustainability is a key part of the Waterfall development. Simple solar power can offer residents far greater cost savings than even going completely off the grid.

Attacq, the property company developing Waterfall City and Waterfall Logistics Hub, recognised from the outset the importance of incorporating sustainable building practices into Waterfall's development. The company has ensured that all buildings within Waterfall's commercial node are built using environmentally-conscious building materials and incorporate energy efficiency, water conservation and indoor environmental quality measures. Attacq has, in fact, won numerous green awards for its efforts in this regard.

Of course, Waterfall is not only about offices and retail buildings. It also has a large residential component and these developers encourage home owners to play their part and endeavour to meet the sustainability agenda. This means making their own efforts with regards to water conservation, the use of environmentally-friendly materials and, most of all, energy efficiency.

According to Renzo Blasa, a Waterfall resident himself and owner of SolarPV Projects, his own house has a system that operates mostly off-grid, with an Eskom connection used merely as a back-up. "As the owner of a solar



installation business, I have done this not only because I want to, but also because my house can then serve as a live demonstration of the various systems available to clients. This way, they are able to see the systems in operation and also understand that I believe in my products enough to install them in my own home," he says.

So, what would his advice be to other Waterfall residents who want to go completely off-grid? "Don't do it," he says. "Firstly, in an urban environment like Gauteng, it simply does not make financial sense to go off-grid, because the electricity supplier is generally

reliable, so the grid is fairly stable. The fact of the matter is that going completely off the grid is dramatic and it will cost you a lot of money."

Blasa explains that an off-grid implementation requires both photovoltaic (PV) cells as well as batteries to store the solar energy for use at night, not to mention the electronics required to produce the power. Moreover, since the batteries need to be replaced every ten years or so, ultimately, you will find that not only will you not save any money by leaving the electricity grid but, in all likelihood, it will end up costing you more.

"On the other hand, I highly recommend solar power on its own, as this is where the real savings are, and it fits in nicely with the aims of the Waterfall developers. Remember that once you have installed PV panels, these will produce power for a minimum of 30 years – that's just the period they are guaranteed for – with no further costs. This means the cost of your solar electricity is fixed for that period and is significantly lower than municipality tariffs from the outset – not to mention the reality of increasing tariffs year-on-year."

"It is worth noting though that adopting solar – without the added cost of the batteries to store the energy for evening use – means changing your approach to how you use power. For example, you will want the solar to power your geysers during the day, as well as your appliances. As such, don't use the dishwasher at night; instead, save the load for the morning, when the solar power kicks in."

Blasa says that his advice to Waterfall residents and others who are of a 'green' mentality is to seriously consider solar, as it will no doubt present cost savings for the long term.

"In fact, with a return on investment of between six and seven years, a solar implementation will effectively guarantee you free electricity for more than 20 years - my Eskom bill is a mere R50 a month. Moreover, installing solar panels also makes your house more appealing to a potential buyer, thanks to the growing demand for renewable energy sources. Thus, not only will you save plenty of money on your electricity bill, but you will add value to your property, since a buyer is far more likely to gravitate to a house that has PV power, than one that is still completely reliant on traditional electricity sources," he concludes.

For further information on solar power, contact Renzo on renzo@solarpvprojects.co.za

ATTACQ'S PROJECT PIPELINE



The Ingress

The pace of growth at Waterfall City is not slowing down anytime soon, with a big focus to cement its status as the new corporate headquarter node of South Africa.

With several projects underway and continuous construction roll-out, along with other exciting prospects on the horizon, the stage is set for a prosperous future.

TAKING SHAPE **The Ingress**

The contemporary aesthetic of this premium-grade commercial development turns heads for all the right reasons. It is perfectly located on the corner of Lone Creek and Magwa Crescent, with great frontage onto Allandale Road adjacent to Mall of Africa - who wouldn't want to work from here?

Giles Pendleton, Head of Developments at Attacq says: "The Ingress offers future tenants the opportunity to operate in Gauteng's preferred corporate destination from a well-connected work hub. A total of five office buildings offer a stylish work address for single occupiers with their own identity or the space can be separated into multi-tenant offices."

Phase 1 consists of Building 1 (fully let) and Building 2 - both will be ready for occupation in October 2019. The balance of the three buildings will be tenant-driven.

The Atria

Benchmark architecture is a key attraction at Waterfall City and The Atria doesn't disappoint. The complex is designed to emphasise natural

light and urban greenery and is the perfect expression of another flagship commercial development in the heart of this popular node.

Positioned primarily within walking distance of Mall of Africa just off Magwa Crescent, each building features a multi-volume atrium and the spaces are framed by beautiful landscaped terraces.

Pendleton comments: "The two office buildings of The Atria each have their own individual identity and form the core of an exciting multi-purpose precinct that includes a hotel component."

The precinct is being developed in a phased approach with Phase 1 including the two office buildings as well as an 8 500m² hotel.



The Atria

Corporate Campus

Accessibility has much to do with Waterfall's success as a preferred corporate destination. Corporate Campus has a prime location at Waterfall City on the corner of Waterfall Drive and Jukskei View Drive, opposite the Netcare Hospital, in close proximity to Mall of Africa. The development has easy access to highways, transport nodes, and the Gautrain buses, along with all the amenities of 'the coolest shopping mall in SA' being just a short walk away.

Pendleton confirms that, on completion, Corporate Campus will house seven individual office

buildings, one gatehouse and a communal facility. This communal facility includes a small restaurant and two Wi-Fi enabled 24-seater boardrooms available to tenants for conferences and events.

COMPLETED BUILDING WITH SPACE STILL AVAILABLE Gateway West

This completed office precinct has been designed to deliver on every level with space still on offer for rental. Situated on one of the most prominent sites in Waterfall City, at the main entrance from Allandale Road and the northern entrance of

Mall of Africa, its striking architecture creates a progressive sense of arrival.

New occupiers here will love the multi-volume internal atrium ensuring ample natural light and an impressive sense of space. A defining feature is certainly the central piazza, created as a corporate square and green open space, which showcases the urban environment as the ideal breakaway for informal discussions or lunch breaks.

OWN OFFICE SPACE IN WATERFALL Waterfall Point

A unique opportunity exists to own office space at Waterfall. Waterfall Point is the



Corporate Campus



Gateway West

only commercial development available for sale on a sectional title basis in an area where all other offices are for rental only. Rental opportunities are also available.

These are premium-grade offices which are modern and secure. Waterfall Point has great visibility located on the corner of Waterfall and Woodmead

Drive (opposite Waterfall Lifestyle and Waterfall Corner). The Office park is a 5 minute walk to the Gautrain bus stop and various restaurants and amenities.

Pendleton says; "Waterfall Point is the perfect real estate investment for a company on a growth trajectory with the need to invest in their own premises. It's a

premium-grade office park development, with four buildings suitable for single tenants or can be divided into multi-tenant suites". Waterfall Point will be available for occupation in January 2019.

Waterfall Where living works



Waterfall Point

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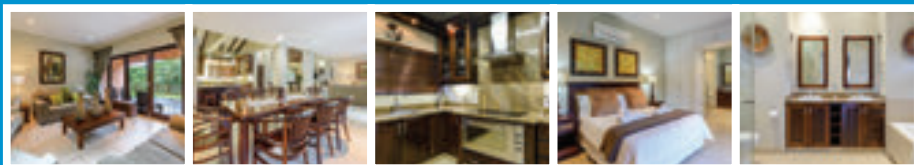
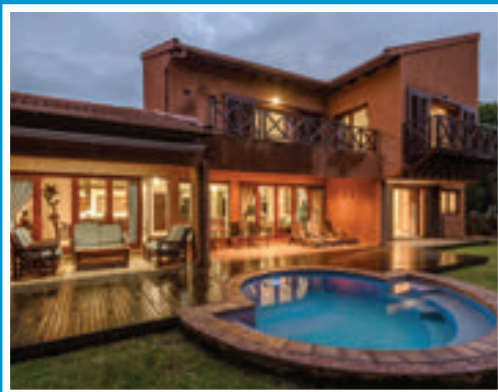
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ARE YOU MANAGING TECHNOLOGY OR DOES TECH MANAGE YOU?

By Graeme Butchart,
Developer of Great People,
Business Coach and author of
The Genius Programme



We were out last Friday evening at a wildlife fund-raising supper; a high-end restaurant with lots and lots of packed tables, the organisers hoping for packed wallets.

I looked across at the two tables closest to me and witnessed something that no longer surprises anyone, all four guests at both tables had their faces buried in their mobiles. Not a single conversation was taking place between any of them.

I looked out across the whole room and it was a pandemic.

Only when the waiter arrived to offer beverages were they able to tear themselves away – back into the consciousness of the moment – and each other.

It flashed through my mind that they were really just swapping one addiction for another. There is neuroscience to support that.



When we socialise on media platforms, drifting from one new status to the next, we receive ever so small 'highs' as we do so. These are the result of a release of Endorphins, neurotransmitters passing chemical signals from one neuron to another. They are specifically designed to

support our 'feel-good' sensation.

It's exactly the same process that takes place when we exercise, eat carbs, or take heroin. Or, for that matter any number of other activities where there is gratification for the actions taken.

If you cannot control your impulse to 'see' what's going on, on your device, if you 'feel' compelled to know what's been said and simply cannot wait, without some form of self management – you may, just may, have a problem.

Conversations around the over-use of social media are not new, but they are becoming more frequent and it's no surprise as to why they are more common. In a very short period of time, what was once a hand held portable telephone device has evolved and been adapted to meet our actual needs (least of all a telephone). With that rapid advancement has come literally hundreds of thousands of applications, each designed in a certain fashion to make our lives happier, easier, more meaningful, smarter – the outcomes are endless.

This meteoric rise in an endless variety of tools, to help us navigate life, has dwarfed any subsequent historic equivalent. Never before has the human being had so many choices at their disposal, most of which are free, or require relatively inexpensive subscriptions.

In this moment, I can check the weather, send a copy of a written business proposal, transfer funds, order a taxi, book a movie ticket, set up a meeting, check my blood pressure, check my stars, check other stars, check how many people think I'm a star, set an alarm reminder, see what my mates are doing, order a pizza, reply to a rant from the US president, crush some candy, listen to my favourite music, or meditate. And I haven't even left my chair.

It literally is astonishing what we have accomplished in the last ten years. However, as with any other spectacular advancement of humanity, there are potential side effects - unforeseen consequences



that were impossible to predict when the initial design took place.

The inventors of the motor car had no idea that we would end up killing each other using their products. We have had to adapt and learn as we learnt to use them. The tragic irony in that is that today, most accidents occur whilst drivers are using their mobile devices.

Most of the first organ transplant patients died, not because the idea of transplanting was wrong, but because of secondary infections, unforeseen and undetected at the time.

Making electricity available to everyone across the world has cost us hugely, with the dramatic increase in carbon monoxide as a by-product, and ocean temperatures have risen, resulting in all number of unpredictable negative outcomes.

I believe we arrived at the point of the unforeseen consequence of Information Technology (IT) a few years ago already. Recovery clinics, based on any other addictions, began springing up in the East as many younger IT users, incapable of mastering self-regulation, began to demonstrate the same collapse of relationships and indulgent selfishness that reflects broader addiction behaviour.

Digital detox programmes, centres of every shape and size have swept through the western world – hugely popular, super trendy and with proven efficacy. This speaks to a conscious need to seek help in managing one's behaviour. Just as we use a fitness instructor, a dietician, a psychologist, or a business coach, we are now reaching out for tools to help us manage IT in our ever-complex lives.

In her TED talk, Dr Michele Bora

speaks of a dramatic dip of 40% in empathy and a 58% rise in narcissism among under 35-year olds. She points out that a huge number of this generation have been seriously impacted and, as a consequence, badly hurt by the preoccupation that the mobile camera brought about (particularly the switching lens option) that gave birth to the 'selfie'. If you want to know more, read her book 'Unselfie'.

Further evidence of the popularity of this topic has presented itself, both on the small screen, and in the cinema. *Black Mirror* on Netflix presents a very dark view of the power and influence of IT in our lives. Some of the episodes are so disturbing in their reality because of the absolutely terrifying accuracy of the behaviours portrayed.

In *The Circle* with Tom Hanks and Emma Watson, we are presented with a not too future world, where a trendy and sought-after big corporate sets out to help the world through its ability to 'connect' everyone and everything. At first, the benefits of this are so obviously positive you can't argue with the intent. Some of these scenarios are genuinely within our reach and should be sought. But then a very fine line is crossed, as the capabilities of technologies are fully demonstrated.

And it is that wonderful consciousness, that recognition as to how far we dare to go, that brings this subject back into focus.

There is no doubt we have all richly benefitted from our pioneering into technological applications. I am of the belief that the good far outweighs the bad. Knowing where the traffic is problematic through Waze is genius. Applications that guide and inform us on critical localised information to help us navigate our choices

and decisions are brilliant.

I am, though, a generally positive person; I favour the 'full glass' theory. And I have deliberately worked to develop that strategy as a consequence of seeing that the alternative negative position fails to serve anything.

As part of that self-discovery journey I have also discovered some very fundamental simple truths:

- Self-regulation is essential to overall well-being.
- No amount of telling people what they should or shouldn't do has any meaning, or carries any weight. Only through our own management of self-behaviour, will we ever truly become reasonable human beings – and key to that are moderation, tolerance and balance.

You either have a consciousness of these traits or you don't. A simple and quick guide to understanding your relationship with tech, its impact on your life, and those around you, is to ask this question...

"Are you managing IT, or is IT managing you?"

Give it some thought.

With that rapid advancement has come literally hundreds of thousands of applications, each designed in a certain fashion to make our lives happier, easier, more meaningful, smarter – the outcomes are endless.

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MALL OF AFRICA

to host Africa's Art Collective Seasons, Spring Edition

Mall of Africa, in Partnership with the Julie Miller Investment Art Institute, will be hosting the Spring edition of the Africa's Art Collective Seasons from 21 September to 14 October 2018.



Siaka Soppo Traore

After the success of the Autumn Collective and recent Winter Collective, the Mall has become the new home of these artistic exhibitions. The Art Collective has hosted over 130 different artists and 500 different artworks. It is the largest series of public art exhibitions in South Africa and will be displaying over 500 pieces at the Mall.

"At Mall of Africa, we always strive to offer unique experiences and multi-cultural events for our patrons. With the Art Collective being the only one of its kind on the continent, we saw an opportunity to provide a platform to showcase African art, as the Mall is perfectly situated to create a new super-hub for the African creative industry," says Johann Fourie, General Manager at Mall of Africa.

Globally, there is a growing interest in African art, however there are limited platforms for it to be promoted, particularly in the Gauteng region. One of the main goals of the Art Collective Seasons events, is to provide an opportunity to showcase a world class art collection in a retail space that engages the public and thereby fosters support for the arts, while also giving young, upcoming artists the opportunity to exhibit alongside established artists.

"Our initiative, as patrons of the arts, is to help spread public appreciation and form a community within Mall of Africa, whilst establishing an African public art hub. We believe in forming a platform where the public can engage with the arts as well as participate in workshops and talks that tackle enlightening



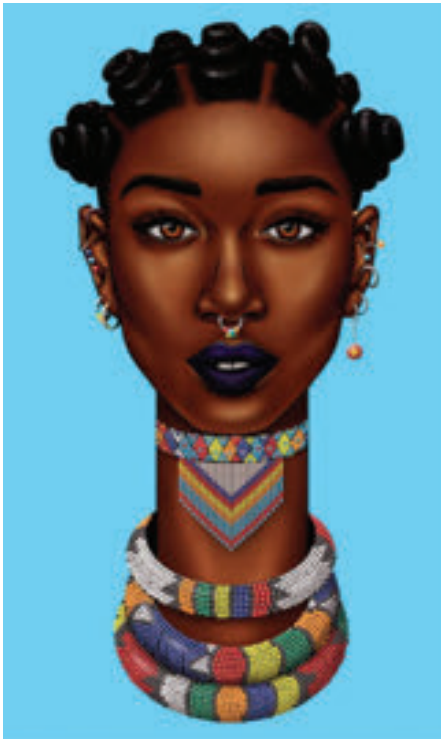
Joana Choumali – Untitled



Noba El-Gunde



Phulani Liebenberg



Thabiso Lindani

issues," says Julie Miller, founder of the Julie Miller Investment Art Institute.

As part of the Spring Collection they will also be hosting the rebirth of Conte Magazine, a 4-year old



Nicola Brandt



Fuzieh Jallow
– The Ceremony

publication which has been dedicated to showcasing African artists. The publication is being revamped, with a new name which will be revealed at the exhibition, and a new look. It will dedicate each issue to an African country and the debut issue of this bi-monthly publication will start by narrating the stories of Accra through its art, history and rich culture, inspired by the Chale Wote Street Art Festival.

"Africa itself is art and for years it has served as a source of inspiration and creativity for others. We believe it is time to take control of the narrative of what defines African

authenticity and richness through storytelling and art," says Amanda Sibiya, founder of Conte Magazine.

Mall of Africa invites you to come and experience the best art that Africa has to offer, with the Spring Edition beginning on Friday, 21 September 2018, running until Sunday, 14 October 2018. The Julie Miller Investment Art Institute will also be hosting workshops to educate artists on the intricate details of the South African Art Market, gallery standards and principles, and how to present work as an upcoming artist. The Art Collective will exhibit on the entire upper level of the Mall.



Netcare Waterfall
City Hospital



ANAEMIA



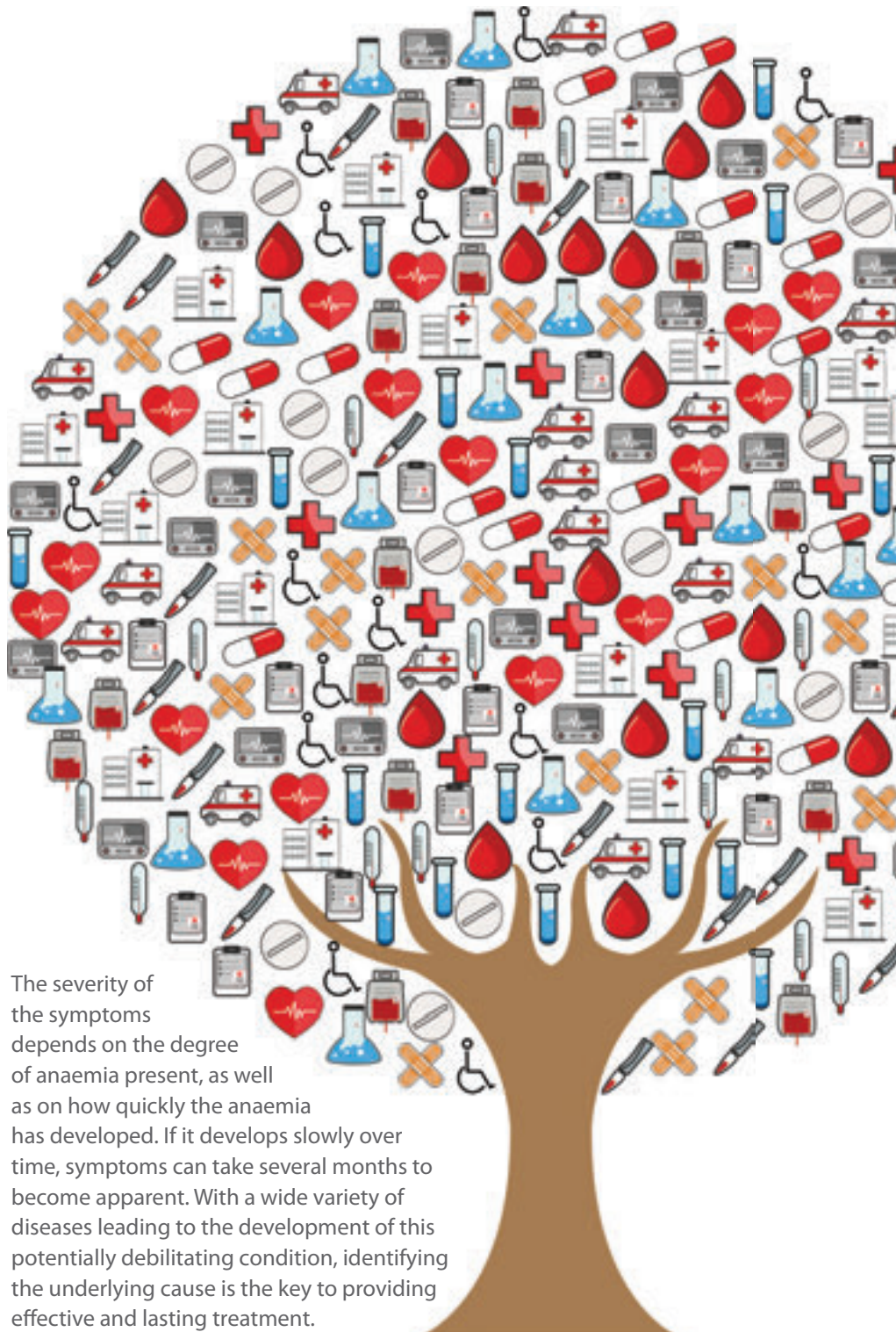
By Dr Philippa
Ashmore, Physician
and Clinical
Haematologist at
Netcare Waterfall City
Hospital

The importance of blood is underlined by the South African National Blood Service's on-going efforts to encourage the public to donate blood: "Your Blood Saves Lives". But for many people, donation is not possible because they themselves are low on this life-saving commodity – a condition known as anaemia.

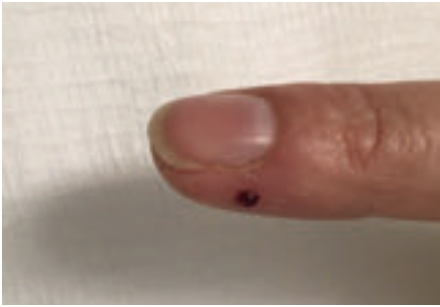
Anaemia is a reduction in the number, or function, of red cells in the blood. It is the most common condition in the world, affecting 1,6 billion people worldwide, according to a World Health Organization estimate.

Anaemia is also extremely common in South Africa, both in the outpatient and inpatient settings. Symptoms are often non-specific and may include tiredness, increasing difficulty in carrying out daily tasks, shortness of breath (especially on exertion), dizziness and palpitations.

If untreated, anaemia may progress to place a life-threatening strain on the heart and other organ systems.



The severity of the symptoms depends on the degree of anaemia present, as well as on how quickly the anaemia has developed. If it develops slowly over time, symptoms can take several months to become apparent. With a wide variety of diseases leading to the development of this potentially debilitating condition, identifying the underlying cause is the key to providing effective and lasting treatment.



CAUSES OF ANAEMIA

Once made in the bone marrow, normal red cells last about three months in the body's circulatory system. Red cell production is a process that requires:

- Normal blue prints (genetics);
- Normal absorption and trafficking of raw materials (vitamin B12, folate and iron, among others) from the gastrointestinal tract to the bone marrow, which can change depending on the demands of normal life and diseases that may bring about change;
- Normal assembly and production in the bone marrow, tailored to demand;
- Control of red cell losses - red cells are naturally broken down in the liver and spleen, producing bile pigment, but can also be lost earlier through bleeding or early destruction/haemolysis.

As the above list shows, there can be many and vastly different reasons for red cell production and maintenance to go wrong, which can lead to anaemia. Sometimes there can be several problems all contributing at once, so all possible factors must be considered systematically and logically, even if a clear problem in one area is identified.

The most common cause of anaemia is iron deficiency, which in itself may have a multitude of causes, but is most often related to long-

term and ongoing blood loss. This is followed by anaemia as a result of chronic disorders, where long-term inflammation causes the release of chemicals in the body which block iron absorption, trap iron in its body stores, and reduce red cell production in the bone marrow itself. Other less common causes include failure of bone marrow production (e.g. aplastic anaemia or leukaemia), ineffective bone marrow production (e.g. myelodysplastic syndromes), and genetic disorders such as thalassaemia, sickle cell anaemia, spherocytosis and G-6-PD deficiency.

APPROACH TO DIAGNOSIS AND MANAGEMENT

The road to diagnosis begins with the doctor taking a careful history and examining the patient thoroughly. This helps to direct investigations so that they are more specific to the individual – one size definitely does not fit all in the diagnosis of anaemia.

Having said that, all patients require a full blood count (FBC) to confirm the presence of anaemia, which is then followed by more directed tests based on this result and the clinical assessment. Some patients may be sent for more specific blood tests, which might include the following:

- Nutritional tests (iron, vitamin B12 and folate profiles);
- Indicators of increased blood breakdown and/or loss (lactate dehydrogenase, haptoglobin);
- Indicators of blood production (reticulocyte production index), which can be increased or decreased;
- Tests for genetic problems

(involving the red cell membrane, red cell enzymes, or red cell haemoglobin types).

In certain cases, patients may also require more invasive testing, such as a scope of the stomach and colon, or even a bone marrow investigation if a problem with red cell production is suspected.

Treatment choices for discussion between the doctor and patient are based firstly on the urgency to correct the anaemia. In life-threatening anaemia cases, for example, a blood transfusion may be needed to stabilise a patient before the underlying cause is addressed.

Alternative treatments, such as growth factor injections to boost blood production, may be used for patients who are unable to receive transfusions for medical or religious reasons, although these do not work as quickly as transfusions. Synthetic blood products are not commercially available as yet, but there is a lot of active research in this field.

Once a patient is stable, treating the underlying cause or causes of the condition will form the basis of the longer-term management plan.

CONCLUSION

Anaemia is a very common and sometimes complicated disorder. However, a holistic and tailored approach to the diagnosis and treatment can provide solutions to the vast majority of patients with anaemia and/or diseases that have led to their anaemia, which is extremely satisfying for us as haematologists.

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EVENT DIARY



Africa's Art Collective

21 Sept – 14 October Mall of Africa, Upper Level

Mon – Sat

09h00 – 20h00

Join Mall of Africa for the launch of the Spring edition of the Africa's Art Collective Seasons.

Sun & Public Holidays

10h00 – 20h00

Mall of Africa has adopted the responsibility to provide a platform for artists from across the African continent to showcase their work to the world. This takes the form of four public exhibitions per year, one for each season, in which over 100 artists are featured at each Collective; making it the biggest series of public exhibitions on the continent.



Cycle4Good

Sunday,

30 September

08h00 – 18h00

Waterfall City

This month, Waterfall City welcomes Cycle4Good for the second year running. This edition will be far bigger and more innovative than before. In partnership with Cycle Lab and SuperSport, the Cycle Lab Cycle4Good will now be South Africa's largest criterium event featuring races that appeal to all levels of cyclists. Beginners, amateurs, corporate teams, professionals and even kids will all get their turn to strut their stuff on this 8.7km street circuit. Visit www.cycle4good.co.za.



Corporate Run4Good

Thursday,

25 October

18h00

Waterfall City

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

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



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.



Waterfall Corner Wholefood Market

Every Saturday

09h00 – 15h00

Waterfall Corner

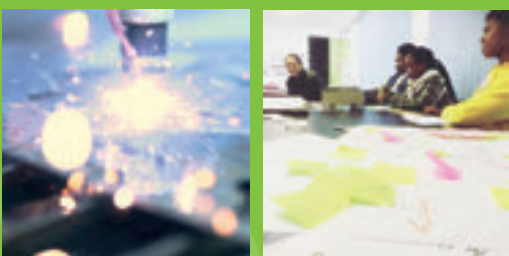
Waterfall Corner hosts a Wholefood Market every Saturday outside Woolworths from 09h00 till 15h00. Items on offer consist of home-made and home-grown food goodies!

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THERE'S MORE TO OUR HERITAGE THAN MEETS THE EYE

Heritage – the history, traditions and qualities that a country or society has experienced for many years and that are considered an important part of its character.

This year, Heritage Day falls on Monday, 24 September, giving us a fabulous long weekend to engage in some inspiring activities that we can enjoy with the family. Let's make this an extra-special weekend, one that reminds us of how lucky we are to be here at the southern end of Africa.

OUR ORIGINS

Visiting the Sterkfontein Caves and Maropeng in the Cradle of Humankind seem like the obvious choice when it comes to learning about the early emergence of mankind, but the Origins Centre in Braamfontein also has a wealth of information worth exploring. Situated at the corner of Yale and Enoch Sontonga Roads, on the Wits University campus, the Origins Centre traces an 80 000 year path that showcases a vast array of palaeoanthropological, archaeological and genetic materials charting the origins, evolution and



Rock art at the Origins Centre

development of humankind. The Museum provides visitors with a unique experience of Africa's rich, complex heritage and boasts an extensive collection of rock art from the Wits Rock Art Research Institute.

During the month of September, the centre is also running a Heritage Month Education Series, offering lectures on topics in the CAPS Curriculum. R60 per person will give you a one-hour lecture, followed by a tour of the Origins Museum.

Book online at Webtickets.

Enquiries: bongiwe.ndulula@wits.ac.za, or call 011 717 4700/13.

For more information, visit: www.wits.ac.za/origins

Opening times: Mondays to Saturdays 10:00am – 5:00pm; Public holidays 10:00am – 5:00pm; Closed on Sundays.

Maropeng – Africa-stone



OUR POLITICAL EVOLUTION

CONSTITUTION HILL is one of the museums that tells the story of South Africa's journey to democracy. The site is a former prison and military fort that bears testament to South Africa's turbulent past and, today, is home to the country's Constitutional Court, which endorses the rights of all citizens. Nelson Mandela, Mahatma Gandhi, Joe Slovo, Albertina Sisulu, Winnie Madikizela-Mandela, Fatima Meer and many other prominent and ordinary men and women of all races, creeds, ages and political agendas served time in the prisons.

Constitution Hill offers a range of guided tours, from a one-hour



The Constitutional Court building



The isolation cells at the prison on Constitution Hill

Highlights Tour to a two-hour Full Tour and numerous special tours that include a Night Tour, Time Travel Tour, Walk with Madiba Tour, Art and Justice Tour and a Tour of the Constitutional Court.

These tours can be booked on Webtickets or by contacting the museum directly on 011 381 3100/email: info@constitutionhill.org.za.

Self-guided Tour using the app - adults: R60, children: R30, pensioners over 60: R40, and students: R35. There's a 5% discount for online booking. Various other tour prices available on the website: www.constitutionhill.org.za/pages/opening-hours-and-admission
Open 9:00am to 5:00pm daily.

LILIESLEAF FARM can be found in George Avenue, Rivonia. One of South Africa's leading heritage sites, Liliesleaf opened to the public in June 2008 and has since attracted thousands of visitors eager to absorb and understand one of the most pivotal periods in South Africa's liberation struggle.

Purchased by the South African Communist Party (SACP) through a front company, Liliesleaf was, at the time, located in a secluded, peri-rural area, making it ideal as a meeting place where the underground leadership could meet. The purchase of Liliesleaf also coincided with the ANC's decision to move from non-violent resistance to armed struggle in the protest against apartheid. In late October 1961, Nelson Mandela, who had been operating below the security forces' radar, moved to Liliesleaf and, 6 weeks later, Arthur Goldreich and his



Liliesleaf Farm

family moved onto the smallholding to provide an acceptable white middle-class family façade while the thatched cottage and outbuildings concealed covert liberation activities.

The liberation underground movement operated from Liliesleaf for almost two years before the security police raid on 11 July 1963 brought the activities to an abrupt end.

Tour durations vary from 45 minutes to 1 or 2 hours.
Adults: R110; pensioners: *R40; children under 7 years: Free; 8 – 17 years: ** R50; students: ***R60.
* On presentation of a passport or ID.
**A tour guide or adult must accompany children at all times.
*** On presentation of a valid student card.

Open: Mondays to Fridays: 8:30am – 5:00pm;
Saturdays, Sundays and Public Holidays: 9:00am

– 4:00pm. If Liliesleaf has been booked for an exclusive function, the site will be closed to visitors, so it's advisable to check the home page to see if a function will affect your visit: www.liliesleaf.co.za.

THE DITSONG NATIONAL MUSEUM OF MILITARY HISTORY, located on an 80ha site next to the Johannesburg Zoo in Saxonwold, houses weapons and other artefacts from the many



The Ditsong National Museum Of Military History

Waterfall Lifestyle

conflicts that South Africa has been involved in through the centuries, including the Anglo-Boer Wars, the Anglo-Zulu War, World Wars I and II, the conflict in South West Africa (present-day Namibia) as well as items relating to the armed struggle against apartheid.

Adults: R35 per person; students: R25 per person; SA senior citizens: R15 per person. Open daily: 09:00am – 4:30pm (excluding Good Friday, Christmas Day and the first Sunday in September when the Jazz on the Lake concert is held at Zoo Lake).

HISTORICAL AND CULTURAL ATTRACTIONS

NEWTOWN

Newtown, adjacent to the Johannesburg CBD, offers visitors a theatre, art galleries, restaurants, museums, craft markets, buskers, dance venues and clubs.

You can take a guided tour (choose between the one-hour or three-hour tour) of Newtown with trained guides who are available to take you on a walking trail through the area that is described as one of Johannesburg's most fascinating heritage and cultural precincts.

The one-hour tour starts in the Market Theatre parking area and, passing through the precinct, you'll hear the story of the birth of Newtown, Kippies, Potato Sheds and Railway Sidings, as well as the Market Theatre, Museum Africa and Mary Fitzgerald Square. Next stop is the Electrical Precinct which covers the story of Johannesburg's first power stations and includes the Electric Workshop, Turbine Hall, SAB World of Beer, and the Workers' Museum. The Transport Precinct is next and covers the city's transport history, as well as the cultural organisations that are situated within this area of Newtown, including the Dance Factory, Moving into Dance, Bassline, Market Photo Workshop, Artist Proof Studio, and Market Lab.



The Ditsong National Museum Of Military History

The three hour tour covers the same buildings and venues but visitors are given the opportunity to explore the Market Theatre, Museum Africa, the Workers' Museum and Sci-Bono Discovery Centre.

To book a tour with Zodwa Nako or Anne-Katrin Bicher, call 011 336 9190 or visit: www.newtown.co.za/heritage/booking. Rates: Short tour (approx 1 hour) - R250 for groups of 1 to 3 and R80 per additional person (up to 10). Long tour (entering venues; approx 3 hours) - R450 for groups of 1 to 3 and R120 per additional person (up to 10).



Ghandi House in Kensington



Map of the Newtown Heritage Tour



The Hector Pietersen Museum in Soweto

FURTHER TOURS WORTH CONSIDERING ARE:

Walk and Talk Tours of

Sandton, Alexandra, Troyville and Kensington and more.

Tel: 011 444 1639 or 083 269 9769, email: bporter@iafrica.com or visit: www.walktours.co.za.

Soweto Guided Tours will take you to visit various landmarks in Soweto, such as Vilikazi Street, Mandela House, and the Hector Pietersen Museum. Call 011 985 6249 or 076 863 5548 (all hours), email: info@sowetoguidedtours.co.za, or visit their website: sowetoguidedtours.co.za.

Once you've had your fill of cultural and historical inspiration, remember to get your family and friends over for the traditional braai, to round off a perfect weekend. If you're mainly one for boerewors, chops and steak, we've included potjie and fish braai recipes on the following pages, to give you some variety.

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OXTAIL POTJIE



Cooking a potjie isn't only about the food is it? It's a time of bonding, chatting, sitting round the black cauldron with friends and family, literally, all afternoon – and the result is always delicious.

This easy and delicious oxtail potjie recipe serves eight guests.

INGREDIENTS:

- 30ml butter
- 30ml canola oil
- 1,5kg oxtail, small pieces
- seasoned flour
- 1 onion, sliced
- 3 cloves garlic, sliced
- 1 large carrot, diced
- 1 large stick of celery
- 2 sprigs rosemary
- 12 pickling (baby) onions, peeled
- 250g baby carrots, peeled (or 4 large carrots, cut into large chunks)
- 12 baby potatoes
- 250ml strong beef stock
- 30ml tomato paste
- 500ml good red wine
- freshly ground salt and pepper



METHOD:

Coat the oxtail pieces liberally in the seasoned flour.

Heat the butter and oil in the potjie.

Brown the meat and set aside.

Add the prepared onion, garlic, carrot, celery and rosemary and fry until softened.

Add the remaining veggies and heat through.

Add the meat, followed by the hot stock, tomato paste and wine.

Cover and simmer gently over moderate heat for 4 hours.

Add more wine if the liquid evaporates too rapidly.

Season to taste and serve with rice, mash or homemade bread!

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GOOD CATCH!

Forget about chucking the usual chops and boerewors on the braai, okes.

We reckon it's time for a legendary fish braai.

All you will need is:

- 1 kg fillet of Dorado or Yellowtail (perhaps you caught some on your latest fishing trip?)
 - 2 lemons
 - 1 tomato
 - ½ red onion
 - crushed black pepper
 - coarse salt
 - 3 Tbs butter
 - 25g chopped chives
 - 2 cloves garlic (crushed)
 - heavy duty foil
- (Serves 6)



METHOD:

Melt the butter in a saucepan and add garlic. Lay two layers of foil on a flat surface. Rub some of the garlic butter on the foil and place the fish skin down. Roll the sides of the foil upwards to prevent any of the liquids from running out.

Coat the top of the fish with the rest of the garlic butter.

Then slice the tomato and one lemon into thin slices. Arrange the slices on top of the fillet of fish.

Coat the fish with the juice of one lemon and ½ a cup of water. Sprinkle the chopped chives, salt and black pepper to taste.

Close up the foil and place the fish parcel onto a braai grid. Cook over coals of medium heat.

If you choose, you can cover the foil parcel with another piece of foil. This will allow the fish to steam. Before doing this, though, make sure that you know how long the fish must cook for before opening. (When opening, be careful, as the escaping steam could burn you).

The cooking time could vary due to the thickness of the fish. If you touch the fish and the flakes separate easily, it's cooked!



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Whether it's funky and fresh you're after, or classic and classy, Delicious Interiors will be able to set the mood and integrate your vision of your new space into a whole new look. They'll add the pizzazz you want to the comfort you need.

Delicious Interiors is run by Jacqui Aarons, a professional, experienced and passionate interior decorator. Jacqui and her team will work together with you to create an interior that you'll absolutely love and be proud to show to your friends and family.

Custom-made curtains

"We supply only the highest quality custom-made curtains," says Jacqui. "Our curtains can dramatically enhance the appearance of any room. Our curtain manufacturers use the best industrial sewing machines available in order to create a professional look and finish on all of our projects and all our curtains and blinds undergo extensive quality checks before they are released to our clients."

Why buy custom-made curtains?

Delicious Interiors understands the importance of uniqueness and style. "We help our clients understand what



sort of curtains are most appropriate for their own particular room or window," Jacqui continues. "We are committed to helping you create the best possible curtains for your budget. Not only will the final product be unique, it will also be beautiful."

Their wallpapers will transform your home

Wallpapers are the foundation of your home's style and appearance. With a wide range of colours and textures, wallpapers also have a very subtle effect on the room in which they are used. They can make a room cooler, warmer, more exciting or more refined, depending on how they are used. They can make dark rooms bright, and boring rooms sexy. They make your furniture appear more interesting and special.

Why use a wallpaper?

"Wallpaper gives your walls a background that creates contrast



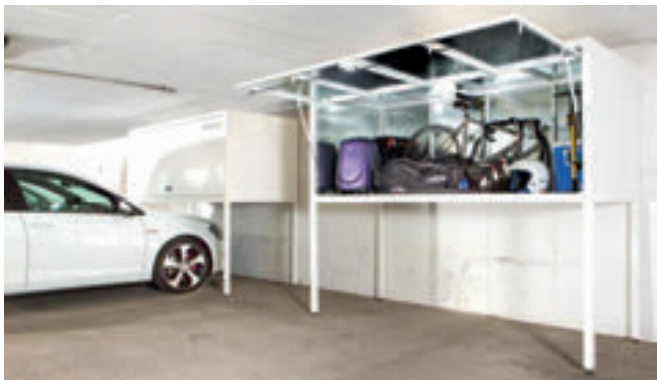
and context. It also creates the mood for a particular place, and helps to set the tone for all the furniture. You can have a lot of great furniture for your home, but none of it will complete the look or style that you're looking for unless you get the right wallpaper," Jacqui explains.

"The most rewarding thing about what I do is walking the road with my clients. Seeing their homes being built from start to finish. I get to come in once the building has been finished and install their stunning curtains and magnificent wallpaper, seeing all their furniture placed and see the whole picture come together. It's very fulfilling and I get to build the most wonderful relationships with my clients and their families," she concludes.

For more information visit www.deliciousinteriors.co.za or contact Jacqui Aarons on 079 734 0280 or email info@deliciousinteriors.co.za.

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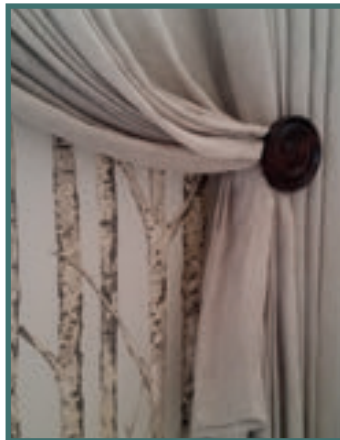
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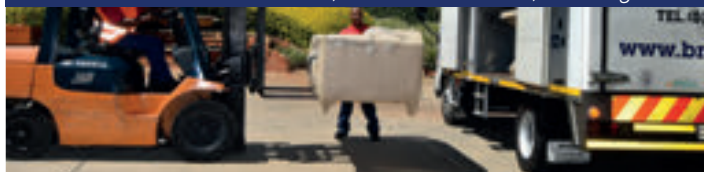
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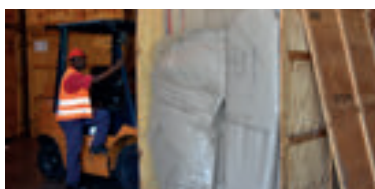
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TEST REVIEW:

SUBARU XV

By Alan Rosenmeyer

Test cars arrive on the MotorMatters driveway in a vast array of colours and the keys to the Subaru XV were handed over with the comment “Sunshine Orange is a happy colour!”. It certainly did brighten my flu-riddled brain, especially since I had been looking forward to this particular test car.

Rewind a few months to my test of the Subaru Impreza sedan and my first on-road experience of the patented Subaru active safety technology dubbed ‘Eyesight’. I was really keen to experience the array of features that this offers, this time in the shape of a crossover/medium SUV.

The XV is powered by the very familiar horizontally opposed or H4 engine that Subaru has been using for a number of years. It achieves 115kW and 196Nm from 2L without turbo assistance. In general usage, this is more than adequate and provides the car with performance that suits its usual purpose and characteristics.

The XV is only offered with a CVT automatic transmission in SA. Although many criticise CVT, the Subaru box is smooth and seamless in operation and I believe that CVT is perfectly suited to this type of vehicle.

Another feature of all Subaru models is their all-wheel drive system. This provides extra assurance on dirt roads or in the wet and simply adds to the overall safety of





As the top of the range model, the test car provides all creature comforts

the vehicle. Coupled with the raised ride height of the SUV body style, it immediately lets you know that it will transport your family through all road conditions.

As the top of the range model, the test car provides all creature comforts with full leather, touchscreen infotainment with navigation, upmarket sound system, sunroof and many more features as standard. Again, the orange stitching to match the exterior may be a matter of personal taste – certainly, this combination is not for the shy or retiring.

Moving on to the ‘Eyesight’ safety suite, Subaru has made certain that this model is exceptionally well-equipped. Starting with 7 airbags, other features include lane departure warning, blind spot warning, and reverse cross traffic detection. All of these are an absolute boon on freeways and in parking areas.

Active cruise control and braking may not be unique to Subaru, but their system works so easily and seamlessly plus these features are offered on models at a much lower price point than those of many other manufacturers that offer similar technology. You can call me old-fashioned, but I am still very conservative about trusting autonomous driving systems, but this one works for me.

According to the car’s computer system, fuel consumption averaged 7,4L/100km for the test period. This included general commuting as well as a number



of freeway and open road cruises. Most owners will be able to achieve similar figures with a bit of effort.

The XV with ‘Eyesight’ is priced at R 450 000, including a 3 year/75 000km Maintenance Plan.

Use this link to view our video of the Subaru XV: <https://www.youtube.com/watch?v=QuplYth7w9o>

LAMBORGHINI ENTERS THE 'SUV' SEGMENT

By Alan Rosenmeyer

Motor historians will know that Italian tractor manufacturer Ferruccio Lamborghini suggested possible improvements to Enzo Ferrari when ordering a car. Ferrari responded by refusing to supply the car and Ferruccio declared that he would simply build his own, better, car.


Being a huge fan of bull fighting, Lamborghini named all of his subsequent cars after famous bulls.... perhaps a lot of bull has followed but many have been worthy of posters on young boys' walls ever since.

In the world of sports cars, Porsche shook the market in 2002 by launching a 'family' model, the Cayenne. Sacrilege from a sports car manufacturer! Yet, this went on to rescue Porsche and is now their largest selling model from a now highly successful company. Another strange fact in the world of big business is that both Lamborghini and Porsche are today part of the huge Volkswagen group. Siblings, but fiercely independent rivals in the marketplace.

Now Lamborghini has entered this market segment with what they describe as the world's first SSUV (Super Sports Utility Vehicle), a bold claim until you see the Urus in the 'flesh'.

Lamborghini South Africa decided to have a double celebration and revealed the Urus at the opening ceremony of their new dealership in Cape Town. Sadly, we were deprived of the opportunity to drive the only Urus in SA at present. In fact, the car was only flown into the country days before the event. It was almost punishment being allowed to sit in the vehicle and even start that rumbling V8 without being allowed to drive it. Hopefully, that opportunity will come soon.

Simply looking at the mean, aggressive lines of the car, then hearing about the performance potential of a top speed in excess of 300km/h, I believe the SUPER SUV claim. The interior reminds one of the cockpit of a jet fighter yet it is still filled with every possible luxury item at the same time.



Lamborghini chooses to fly in the face of it all and simply continue on its own wild path

The CEO of Lamborghini, Stefan Domenicali, was present and during his address stressed the fact that, although hybrid and electric power will feature in the future, this will only be to enhance the power and performance of their existing V10 and V12 engines. In a world of being politically correct and eco-friendly, Lamborghini chooses to fly in the face of it all and simply continue on its own wild path.

Looking to the future, Lamborghini plans to double its sales over the next few years with a lot of help from the Urus. Internationally, the launch of the Urus has been so successful that there is already a waiting list in excess of 12 months for orders. Amazingly, 70% of Urus orders so far have been from buyers who are new to the brand.

SA pricing for the Urus starts at R 3,5 million.

Use this link to view a video of the Lamborghini Urus: https://www.youtube.com/watch?v=ei_ywAuFfHs



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A COMPREHENSIVE INTERIOR DESIGN SERVICE

Enjoy complete peace of mind with The Curtain Cabin

By Sav Maxwell

Planning a new look for the home can be such fun, especially if you have a fairly substantial budget and the right contacts. On the other hand, ordering things like custom-made curtains, blinds and furniture can be a total nightmare if you're on a shoestring budget and the manufacturers and installers don't know what they're doing. Trust me, I've been there, done that and worn the T-shirt!

Thankfully, my next foray into the world of interior décor was pure pleasure.

Hearing that I wanted to re-energise my living areas, a friend of mine recommended that I should try The Curtain Cabin based in Kramerville. I contacted the owner, Ahmed Vaid, and he immediately made arrangements to come and see me at my home.

My first impression when I met Ahmed was "here's a man who's not only very passionate



Waterfall Advertorial

about interior design, he also has a wealth of knowledge about the products on the market!". After giving me some excellent advice, he took measurements for new blinds and curtains and gave me some valuable tips on how to cope with the rooms overheating thanks to all the skylights that I'd put in.

I was surprised to hear that The Curtain Cabin also supplies flooring, decorative frosted vinyl that looks like sandblasted glass, UV blocking film that saves the furniture and audio equipment from the ravages of being exposed to the sun, wallpapers, custom-made furniture and even custom canvas artwork. So, they're pretty much a one-stop shop for decorators.

Ahmed also invited me to visit The Curtain Cabin showroom in Kramerville and I'm so glad that I decided to go. I was able to flip through his comprehensive selection of swatches and quite by accident found the perfect fabric for a headboard that I'd been planning to commission three years ago. I also changed my mind about the blinds for the main bathroom, switching from Plascon colour coded wooden blinds to those amazing top down/bottom up ones. My guest bedroom had been a niggle at the back of my mind because it's incredibly noisy – but Ahmed came to the rescue, offering acoustic lining for the window treatments, which he says shuts out quite a lot of the noise.

I placed my orders and left everything in his capable hands. And before I knew it, he called to arrange a time and day when they could come and do the installations. It was like day and night compared to the last debacle that left me apoplectic for months!

Everything fitted beautifully. I'm so happy that I took my friend's advice.

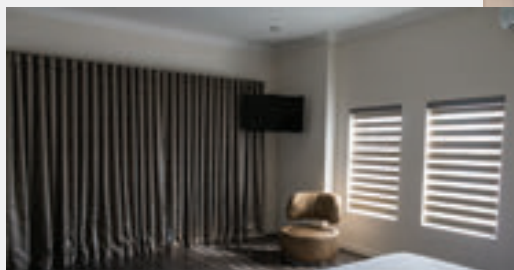


Here's a shortlist of some of the things that they do:



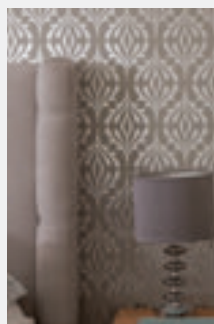
- Decorative frosted vinyl is the perfect way to enhance the beauty of glass windows and partitions, and add a touch of class and privacy to the interior and exterior spaces of your home.

- Curtains, lined and unlined, pleated, wave, eyelet, sheer, trendy and traditional.



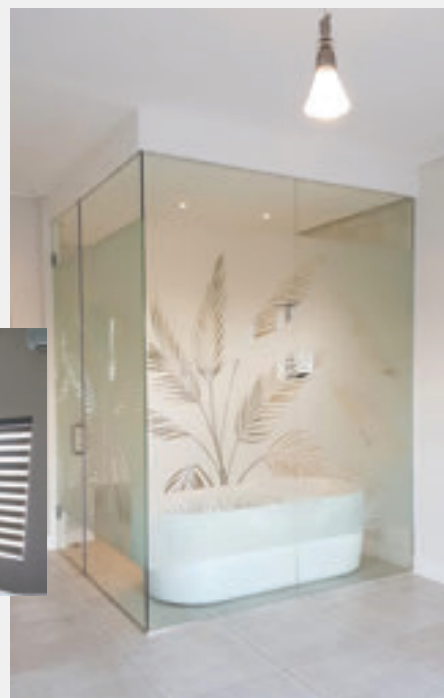
- Roman blinds, venetian blinds, Sheerweave/Sunshade roller blinds, vertical blinds, outdoor blinds and double pleated blinds.

- Wallpapers – Bring your fabric swatches, measurements and room photos with you and find the perfect wallpaper to complete your rooms.



- Flooring – Balterio and Egger ranges of quality laminate wood flooring, and trendy, easy-to-clean vinyl flooring.

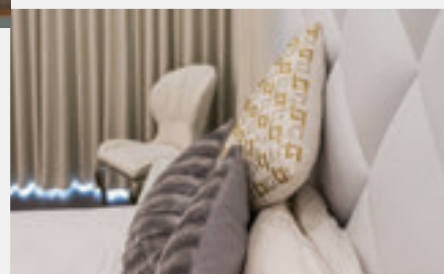
- Bespoke furniture – They specialise in various modern living room furniture pieces, including pedestals, servers, coffee tables, dining tables, sofas, occasional chairs, headboards and ottomans, to name a few. They also refurbish any old furniture and give it new life.



- Solar control and energy saving film - Their wide range of film allows in natural light but keeps out heat and harmful and damaging UV rays.

- Accessories – pelmets, rods, rails, tie-backs, motorising, and more.

- All guarantees and warranties are carried over to their clients.



For more information, contact Ahmed on 011 049 6980, 083 960 3500, or via email: info@thecurtaincabin.co.za. Or visit their website: www.thecurtaincabin.co.za



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TOP 10



1. Private Express tour from Wendy Wu Tours.

Visit Nepal from R25 456 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, seven nights' accommodation with breakfast daily, entrance fees, guides and daily tours. Valid until 31 December 2018. For more information visit www.wendywutours.co.za; email: reservations@wendywutours.co.za or contact them on 010 001 9998.



2. Experience the Adriatic Sunsets with Topdeck.

Rates from R11 600 per person. Offer includes seven nights' accommodation on a motorised boat, seven breakfasts and lunches, a local qualified captain and crew, local port taxes and Topdeck representative. Visit the Hvar Fortress, UNESCO World Heritage – listed destinations Dubrovnik and Split and a walking tour of Korčula Old Town. Offer excludes flights and taxes. Valid for selected departure dates in June and July 2019. For more information visit www.topdeck.travel.com or contact them on 0800 982 308.

3. Lima & Cusco offer from Curious Traveller.

Rates from R19 960 per person sharing. Offer includes five nights' accommodation, taxes, tourist tickets, entrance fees, English speaking guide and more. Offer excludes flights and taxes. Valid until 31 March 2019. For more information visit www.curioustraveller.co.za; email: info@curioustraveller.co.za or contact them on 021 434 6046.



4. Cuba Special offer from Ican Holidays.

Rates from R22 190 per person sharing. Offer includes three nights in Havana with breakfast daily, four nights in Varadero with breakfast, lunch and dinner daily, private transfers and two days sightseeing with an English speaking Cuban guide. Offer excludes flights and taxes. Valid for travel between 1 November – 18 December 2018. For more information visit www.icanholidays.com, email: info@icanholidays.com or contact them on 021 852 9262.



5. Fly-in package from Mozambique Tourism.

Rates from R10 450 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, four nights' accommodation at the Castelo Do Mar with breakfast, lunch and dinner daily, non-motorised water sports and more. Valid until 15 December 2018. For more information visit www.mozambiquetourism.co.za; email travel@mozambiquetourism.co.za or contact them on 011 431 4067.





6. Monaco Formula 1 Grand Prix offer from United Europe.

Monaco F1 Grand Prix offer from R15 070 per person sharing. Offer includes three nights' accommodation with breakfast daily, return transfers on Saturday and Sunday, general admission tickets and more. Offer excludes flights and taxes. Set travel dates 24 – 27 May 2019. For more information visit www.unitedeurope.co.za; email: info@unitedeurope.co.za or contact them on 011 462 0962.

7. Escape to Mogotlho, Kwhai with Flame of Africa.

Rates from R21 599 per person sharing. Offer includes return Maun transfers, three nights in Mogotlho, Kwhai with all

meals, selected drinks, two game activities per day and two three-hour walking safaris. Offer excludes flights and taxes. Valid until 30 November 2018. For more information visit www.flameofafrica.co.za; email foaweb@flameofafrica.com or contact them on 031 762 2424.



8. Value for money Bali offer from The Holiday Factory.

Rates from R13 770 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers and

seven nights' accommodation at the three-star Risata Bali Resort with breakfast daily. Valid between 1 September – 31 October 2018. For more information please visit www.holidayfactory.co.za; email: info@theholidayfactory.co.za or contact them on 011 233 2300.



9. Austria ski package from Pure Skiing.

Rates from R15 588 per person sharing. Offer includes transfers, seven nights' accommodation at the Panorama Hotel with breakfast daily, six day ski set, ten days Bryte Travel Insurance and more. Offer excludes flights and taxes. Set travel dates 9 – 16 March 2019. For more information visit www.pureskiing.co.za, email: skiing@puretours.co.za or contact them on 011 462 3673.



10. Mermaids Cove Resort offer from Gallivanter Holidays.

Rates from R9 850 per person sharing. Offer includes return flights to Zanzibar, approximate taxes, return transfers and five nights' accommodation at the Mermaid Cove Resort with breakfast, lunch and dinner daily. Valid between 9 – 18 September and 26 September – 19 October 2018. For more information visit www.gallivanterholidays.co.za; email: info@gallivanterholidays.co.za or contact them on 011 431 4067.

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REUBEN RIFFEL BRINGS HIS CULINARY GENIUS TO JOZI

Vodacom presents the DStv Delicious International Food & Music Festival, in association with Visa, Coca-Cola, Heineken, Diageo, Proudly South African, Gauteng Tourism Authority, Flight Centre, Gautrain, Jeep, Generosity Water, and Kaya FM.

Be ready for an all-star music and dance line-up, coupled with gastronomic delights. Bring the whole family.



The DStv Delicious International Food and Music Festival will once again bring international singing and dance sensations and masters of culinary excellence together at a two-day fest taking place at the Kyalami Grand Prix Circuit on 22 and 23 September 2018.

The sixth edition of the festival is expected to again attract an estimated 40 000 visitors. Festival Director, Lloyd Cornwall says that it has become THE Springtime outdoor music attraction in Johannesburg, and has also become a firm calendar favourite with foodies, where great culinary creatives share their passions at the Delicious Mile: the festival's Gourmet Street-Food Market. This year, festivalgoers can expect an even bigger and better gastronomic experience at this extensive market. Along the way, they can also visit the Coca-Cola Taste of the City, which will boast 10 pop-up restos that will serve up their flagship dishes.

In addition, patrons can enjoy a delectable multi-course meal perfectly curated by celebrated South African chef, restaurant owner and TV personality, Reuben Riffel, who is returning to the festival this year. His long-table restaurant, brought to you by Coca-Cola, includes a cash



Reuben Riffel



Erykah Badu

bar where restaurant ticket holders can complement their meal with the perfect wines and beverages that will bring out the flavour profiles of the ingredients in the dishes.

The main music stage will be headlined by neo-soul icon, Erykah Badu; New Zealand's young soul singer and multi-instrumentalist, Jordan Rakei; the incredible experimental cross-genre outfit, Jazzanova; and the British acid jazz band, D-Influence. The power of women will be celebrated with the Womandla stage line-up as



Simphiwe Dana

its main stage offering. Lira will bring her unique fusion of pop, soul, and R&B sound to the main stage; while Simphiwe Dana, who is known for her combination of jazz, Afro-soul, and traditional music will bring her heart and soul to the fore alongside her musical sisters.

Grammy Award winner Louie Vega leads the star-studded Vodacom Dance Arena hosted by Oskido and Kaya FM. New York born DJ Todd Terry and South African dance demi-gods, DJ Christos, Vinny Da Vinci, DJ Oskido, DJ Fresh and Greg Maloka complete the music and dance line-up. The stage will open at 2pm on both days.

Music and food lovers can be part of the experience by buying Delicious GA Passes that start at R650 each. [The Delicious Early Bird GA Pass is R550 per person per day or R1 000 per person for a weekend pass (Saturday & Sunday)]. Tickets for the Vodacom Kids Zone, for children between the ages of 3 - 13, are R280 per child.

Tickets for the Delicious Lounge in association with Tanqueray and Johnnie Walker are R1 450 per person per day. And tickets for Reuben Riffel's Long-Table Restaurant are R750 per person per sitting, either Lunch or Dinner - please note this package can only be purchased in conjunction with a Festival Access Pass.

For more information visit www.deliciousfestival.com



Lira

CELEBRATE THE JOURNEY INTO PARENTHOOD



Clarion Events is delighted to announce that The Baby Show, which has been a hit in the UK for the last 15 years, will be launching in South Africa from the 28th – 30th September 2018 at the prestigious and centrally located Kyalami International Convention Centre.

The South African show is called The Baby Show & #MeetUp, reflecting a

local partnership with Meg Faure, founder of South Africa's premium TedEx style parenting seminar series. The show offers new and expectant parents the opportunity to shop for thousands of essential products, as well as being able to access unique, expert information and advice about parenting.

For more information, visit: www.babysshow.co.za



ENTER AND WIN!!

50 tickets are up for grabs for Sunday, 30th September. The value is R95 per ticket. For a chance to win 2 tickets for the 30th, simply answer this question: Where will The Baby Show & #MeetUp be held? Please include 'Waterfall Estate The Baby Show & #MeetUp tickets' in the Subject line and send your answer along with your full name, your cell number and your stand number to: info@eiapublishing.co.za. The winners will be notified by email.

PLUS:

Complete their survey for one entry to win the Grand Prize of a Babies R Us Gift Registry worth R35 000!

Simply log onto the below link to access the survey: <https://survey.euro.confirmit.com/wix/1/p1867279491.aspx> Completing the survey gives you one entry, and if you buy a #MeetUp ticket you get an additional entry. The competition closes at 5pm on the 30th of September, 2018. Ts&Cs apply.

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STOP BAD-MOUTHING, RUMOURS, GOSSIP AND TALKING BEHIND BACKS

By Dr Ilse Ruane

Rumour-spreading, gossiping and talking behind people's backs is destructive. It destroys people's reputations and causes a range of social problems such as exclusion.



As parents, educators and coaches, we need to teach children to live with integrity. It is common knowledge that people love to gossip, and we must teach children to stay out of it. Talking about other people and their private affairs is one of life's greatest temptations that we all succumb to. It is human nature to compare ourselves to others and often we cannot resist talking about other people. It is hard to avoid listening to gossip and we often find ourselves participating in gossiping and spreading rumours. But the truth of the matter is that, at the end of the day, it is nothing but judgemental

and disrespectful, no matter what your reasons or motives are.

WHY DO PEOPLE GOSSIP AND SPREAD RUMOURS?

Some people spread rumours and gossip as a way to intimidate others and gain status or popularity. Others spread rumours out of jealousy, fear of competition, or to exclude someone from a group. Spreading rumours as a way to turn people against someone is a form of bullying. It can have serious consequences for the person doing it, it hurts the person being talked about and it intimidates other people.

Sadly, when other people see this

kind of thing going on, they do not always stand up for what is right. They may become less friendly to the person who is being talked about or they may even exclude them.

The reasons for this may be:

- They incorrectly believe the rumour or gossip without clarifying the reality with the person being spoken about.
- They are afraid of becoming the next target.
- They enjoy being part of the gossiping and may even take the stories further to other people.
- Through joining in the gossiping, they exclude the other party, thereby guaranteeing their



position and their safety within the group - i.e. exclusion of the other creates inclusion for oneself.

- It keeps the focus off them. If one gossips about someone else, there is no time to focus on oneself and one's faults.
- Or they may not have thought about why the speaker is spreading the destructive stories in the first place. What does the speaker have to gain from such a conversation? What is their motivation? Does it make them look better or explain away their bad behaviour?

It is important to remember that we do not have to be friends with everyone, or even like everyone. But not liking another person does not give someone the right to spread rumours, gossip, or put them down.

Acting like this shows a lack of courage and maturity. It is a false way to try and gain popularity or status in the group and it almost always backfires in the end.

People generally gossip due to their own insecurities. What they don't understand is that real popularity comes from feeling comfortable with oneself and from treating people with kindness. People who are truly well liked treat everyone with respect and fairness. They do not put other people down.

They do not try to gain power by having 'followers' or popularity at the expense of another person. They are confident and sure of themselves, so they do not have to resort to this unkind behaviour.

COUNTERACTING GOSSIPING

So what can kids do if they find themselves the target of rumours and gossiping?

Firstly, they should turn to a trusted adult and talk to them about what is going on, for example a parent, teacher, school psychologist, or sports coach.

Let that person know what they are going through. Keep them up to date on what is going on, even as things start to get better.

Sometimes it is better to talk to someone outside of the situation because they have some distance from the problem and can look at it from a fresh perspective. They could find a friend or two who will stick by them

and who will not listen to rumours. They could share their feelings with those friends, without allowing themselves to be drawn into a similar pattern by speaking unkindly about the person spreading the rumours. If they do, they then become that type of person. It's better to rather spend time and energy having fun with friends and doing activities they enjoy.

They should not dwell on the situation, but speak up. They could consider speaking to the girl or boy who is spreading rumours; approach them and calmly say something like: "I know we don't get along. You don't have to like me, but you need to stop spreading rumours about me and talking behind my back." There's no need to be angry or mean - just discuss the situation calmly, assertively and maturely.

After saying what they want, they should walk away. There is no need to wait for them to say anything back. They should leave them to think about what they said.

Every situation is different, but it's important to make sure things do not lead to more nastiness or fighting. It can also help to have a friend stand with them when they talk to the girl/boy.

Encourage your kids to take care of themselves and do things that strengthen their confidence and generate positive feelings. Going through a situation like this can be difficult and hurtful but gathering inner strength, and getting support from people who care, can help them to get through this difficult situation. Encourage them to focus on positive things, and believe in themselves.

NEGATIVE ADULTS

There is a disturbing trend of adults gossiping about other people's children.

As adults, we do not do enough to stem the tide of rumour-spreading and gossiping. It is bad enough that



children are speaking poorly about other children, but it is another thing entirely when adults speak badly about children. More and more often in my therapy consultations, I am seeing parents and children struggling with the fallout resulting from adults gossiping about other people's children. Parents are upset that their children are victims, and children's lives are made very difficult. Parents talk about other children openly in the parking lot or on the sports field. Staff members are shocked at what they hear in their parent-teacher meetings. People ask me why they see more of this behaviour.

Perhaps adults do not seem to understand the harm in their actions because it is 'harmless chitchat'. Or perhaps it is more sinister – that these adults are badmouthing children for specific personal reasons, for example, to discredit other children because of jealousy, to create a diversion from the issue at hand which involves their own child, or seeing other children as a potential threat to their child in terms of status, success or popularity.

Adults have many misconceptions about their own behaviour when they are around children. They think that if they sit in the back of a room at a children's event and talk, no

one can hear them. They think that their children will take their advice when they do not live by example, saying "Do as I say and not as I do."

They think that when they talk about other children to other adults, especially in front of their own children, there is no harm being done to that child. But both children are being harmed; theirs and the other child. Their child, who is listening to the stories, is being raised to believe such talk is acceptable and harmless, and the other child, whose character they are defaming, is being harmed in many unseen ways.

It is important to remember we never know the whole picture of a child from the little pieces we get from observing isolated events in their lives, such as at sports events. Adults who participate in bad-mouthing or gossiping about other children, even as a listener, need to remember the child that is being gossiped about is being harmed by their indirect participation. The adult doing the gossiping does not necessarily have the insight into their behaviour and the effects thereof, therefore, the onus falls on the listener to try and see the bigger picture. By trying to see the bigger picture, the listener can prevent themselves from falling for the gossip story and can perhaps glean the hidden agenda.

Gossip is spread for social reasons; therefore, if someone is gossiping to you, consider what they are hoping to achieve. Also remember, if a person so easily gossips to you, do you really think they are not gossiping about you, behind your back, to someone else as well?

THREE TIPS FOR PARENTS

I offer three tips to parents regarding rumours and gossiping based on what I hear in my private practice:

- 1. Do not bad-mouth others in front of your own children,** whether it is your own adult friend you are having words with or the fact that you are jealous that another child did better in the exams, cricket match or dance competition than your own child. Children do not understand how to process such information, never mind the fact that they are observing first-hand what disrespectful and unkind conversations are like. You are the role model and their observations become the basis for their behaviour.
- 2. If you no longer want your child to play with a particular child, simply stop the playdates.** Make your rules for your own child. Do what you feel is right without spreading stories about the other child. The old saying "If you don't have anything nice to say, don't say anything at all" should apply equally, if not more so, when you speak in front of or about other children who are still learning about socialisation, behaviour and expressing emotions.
- 3. There is NEVER a valid reason to go after another child by using rumours and gossip.** If you as an adult have a problem with a particular child, maybe you need to look a little closer to home to uncover why you feel this way. By looking honestly at your



motivation behind participating in rumours and gossip, you might uncover awareness regarding where these feelings come from. Even if you, as an adult, dislike a child, there is still no valid enough reason for bad-mouthing a child to other adults or children.

Nothing exudes unhappiness and insecurity more than rumours, gossip and bad-mouthing others.

To speak to Dr Ilse Ruane, call: 083 376 1995.

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1. Vouchers cannot be exchanged for cash.
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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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the ROCK

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The Rock offers the best in contemporary dining with
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The Rock | Kyalami Corner 010 020 5537 | Design Quarter 011 465 5011

We cater for corporate and other functions

www.therockdiner.co.za



THE
HUSSAR GRILL
EST 1964

OUR SEASONAL 2-COURSE BUSINESS LUNCH
FOR R130p/p

Available Monday to Sunday 11am - 4pm.

STARTERS

Tomato soup topped with cream, served with 3 croutes on the side
or
Peri-peri chicken livers sautéed in sherry, garlic, onions, mixed herbs and
cream,
served with croutes
or
Tender fried calamari strips

MAINS

200g Rump/ Sirloin (Class A), served with traditional fries, mash or baby
potatoes
or
Parmesan chicken served with mash
or
Fried calamari served with tartar sauce

Join us at Waterfall Corner | Shop 6, C/o Maxwell & Woodmead road, Midrand | Tel: (010) 594 5556



Monforte®
FLAVOURS OF PORTUGAL

Flavours of Portugal

2 Course Business Lunch
Choose any one Starter & Main meal
Only R130p/p

Starters

- **Chicken Livers:**
Pan fried with onion, garlic in our homemade Piri-piri sauce.
Served with a fresh roll.
- **Prawn Rissole's:**
Spicy Portuguese prawn cakes deep fried until golden brown.

Mains

- **Half Portuguese chicken:**
Rubbed in our Monforte spice, flame grilled and oven baked in our homemade
Piri-piri sauce. With your choice of a side dish.
- **Portuguese Steak:**
200g Rump topped with ham and a fried egg. With your choice of side dish.
- **Grilled Fish and Chips:**
Hake fillet, grilled in our Monforte butter, served with a choice of side dish.

Available Monday to Saturday: 12pm to 4pm. Pre-Orders and Bookings are available on request. Eat-in Only

Visit us or call us:

Waterfall corner shopping centre, Shop 6, Cnr Waterfall drive & Woodmead drive, Midrand, Gauteng | Tel: 010 594 5557

TRAFALGAR PROPERTY MANAGEMENT WATERFALL COUNTRY ESTATE & VILLAGE CONTACTS

Capacity	Name & Surname	Mobile No.	Email Address	Responsibilities
Estate Manager	Grant Poole	083 399 9334	grantp@trafalgar.co.za	- General enquiries; - Conduct Rule Management; - Complaints escalation
Building Control Manager	Johnny De Carvalho	072 621 3812	johnnyd@trafalgar.co.za	Building Control
Senior Maintenance Manager	Jaco Beukes	082 217 1903	jacob@trafalgar.co.za	Maintenance
Maintenance Manager	Arno Botha	010 591 4950	arnob@trafalgar.co.za	Maintenance
Environmental Manager	Ruan Spies	071 154 4963	ruans@trafalgar.co.za	Environmental and Landscape Management
HOA Aesthetics Control Manager	Aveer Singh	010 591 4671 010 591 4950	aveers@trafalgar.co.za	Aesthetics Control
HOA Communications & Administration	Cindy Selowe	010 591 4671 010 591 4950	cindyse@trafalgar.co.za	Communications & Admin
Receptionist	Lely Mabaso	010 591 4950	lelym@trafalgar.co.za	Receptionist

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



MEDICAL SERVICES

CHIROPRACTOR

Dr Sarah Somerville 082 675 4337
Sarah is a family chiropractor based in Rivonia. Visit her website for more info: www.drsarah.co.za

HEARING

Hearcare Waterfall Hearing and Balance Clinic 011 304 7920
Free hearing screenings. Home visits in Waterfall Estates Rooms: Waterfall Netcare Hospital. www.hearcare.co.za

PHYSIOTHERAPY

Allison Dendy 011 468 1675/
In Kyalami Estate 082 491 0578

Body Logic Physiotherapy 011 027 8526
Sunninghill Village Shopping 072 624 6988
Centre Maxwell Drive cnr Edison Crescent

OPTOMETRIST

Execuspecs - Kyalami Corner 087 232 3402
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Kyalami Downs Shopping Centre

PET & HOME SITTERS

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PET PARLOUR

Furry Kidz 072 595 3782
Passionate about your dog's well-being. Offering holistic services for your pet. Doggy day care, luxury accommodation, puppy and adolescent dog training. Please contact Linsey Lester DipCABT (NOCN UK) CAPBT Practitioner. linsey@furrykidz.co.za www.furrykidz.co.za

Woof & Meow 076 615 0220
If your dog does not want to go to the parlour, bring the parlour to your dog. Contact Angie

RESTAURANTS

Mio Col'Cacchio Waterfall 010 596 8941
waterfall.colcacchio.co.za

SHUTTLE SERVICES

Rubix 082 434 9605
Rubix is a professional transport business that provides a safe, reliable and flexible service for both scholars and individual/Corporate clients. Contact Thakane Kolobe

SLIMMING

The Firm 011 468 3737
Slimming and Health Clinic

SPEECH & LANGUAGE THERAPIST

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Email: l.d.ramos@hotmail.com

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Supa Quick 011 466 3813
Kyalami Boulevard

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or 082 098 3131

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Ian 083 250 3736

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Email: ian@careconstruction.co.za

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property development and project management.

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compliance certificates, energy saving.

GATE AND GARAGE AUTOMATION

MCB Cabling 082 453 1900
Sales, installations & repairs, upgrades, electric fencing, intercom systems.

LANDSCAPING

Life Landscaping 011 959 1000
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MAINTENANCE

Waterfall Maintenance Guy 082 569 3962
Call Udesh. Reliable, trustworthy service including weekly garden service, pool service and weekly inspection report of property. No callout fees.
e-mail: udesh@waterfallmg.co.za, or visit www.waterfallmg.co.za for more info.

PAINT

Colour Creations 011 466 0065
Paint suppliers in Kyalami.

PEST CONTROL

Mostert Pest Control 0861 111 472 / 084 579 6123
Domestic, commercial, industrial, Guaranteed.

PLUMBERS

Sandton Plumbers & Solar 083 460 9870
For all plumbing requirements including: Maintenance and new installations, Solar geyser and Heat-pump installers. For personalized service contact Grant

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www.securedliving.co.za

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EMERGENCY

NUMBERS

Ambulance	10177
Ambulance/ Fire/ Metro	011 315 5911
Animals in Distress	011 466 0261
Carstenhof Clinic	011 655 5500
Crime Stop	086 001 0111
Fire	10177
Fire and Ambulance Midrand	011 847 4600
Midrand Trauma Support	076 979 9017
Midrand Veterinary Hospital	011 315 1575
Netcare Ambulance	082911
Police Flying Squad	10111
Police Midrand	011 347 1600
SPCA	011 265 9935
SPCA Midrand Emergency	083 441 1564
Sunninghill Hospital	011 806 1500
Sunninghill Village Vet	011 803 1221
Waterfall Hospital	011 304 6600

FREE CODING APPS FOR KIDS



They say that coding is the way of the future and that there will be over 250 000 coding jobs up for grabs in the next decade and less than 50 000 coders to fill them. So, if you want job security for your kids, teach them to code today with these free coding apps available online.

DASH & DOT

Although you do have to purchase the robots for this, there are several apps to go along with them that teach coding and programming. Link: <https://itunes.apple.com/za/app/blocklyfor-dash-dot-robots/id906750147?mt=8&ignmpt=uo%3D4>

THE FOOS

The creators have one app right now, but are working on creating another more advanced one. On their website they have a curriculum for the Hour of Code to go along with their game. Link: <https://itunes.apple.com/za/app/codespark-academy/id923441570?mt=8&ignmpt=uo%3D4>

MOVE THE TURTLE

This is for ages 5+ and teaches coding and programming basics using graphic commands. It gives the kiddies challenges and tasks to complete. Link: <https://itunes.apple.com/za/app/move-the-turtle-learn-to-code/id509013878?mt=8&ignmpt=uo%3D4>

HOPSCOTCH

This app lets you create your own games and share them! <https://itunes.apple.com/za/app/hopscotch-make-games/id617098629?mt=8&ignmpt=uo%3D4>

DAISY THE DINOSAUR

This has a 'drag and drop' interface to teach the basics of programming. Link: <https://itunes.apple.com/za/app/daisy-the-dinosaur/id490514278?mt=8&ignmpt=uo%3D4>

A.L.E.X.

This one is a puzzle game where you have to programme your robot. Link: <https://itunes.apple.com/za/app/a-l-e-x/id597040772?mt=8&ignmpt=uo%3D4>

ROBO LOGIC

In this game, you programme a robot's movements by dragging commands to the robot's memory. Link: <https://itunes.apple.com/za/app/robo-logic/id300025550?mt=8&ignmpt=uo%3D4>

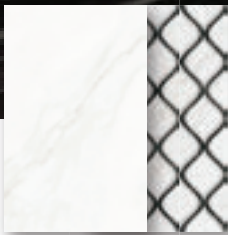
ROBOT SCHOOL

A robot has crashed in space and needs to find his way back to his planet. This game teaches coding in a 'drag and drop' format. Link: <https://itunes.apple.com/za/app/robot-school-programming-for-kids/id943154220?mt=8&ignmpt=uo%3D4>

CARGO-BOT

This game is a puzzle challenge where you have to move crates by using coding. Link: <https://itunes.apple.com/za/app/cargo-bot/id519690804?mt=8&ignmpt=uo%3D4>

Trends to *inspire*



Look out for these new tiles, and many more at our new look Woodmead store, or just pop in for some inspiration and fresh ideas on tiling and bathroom ware. Kenzani white ceramic wall tiles 250x400mm or the Kenzani feature ceramic wall tile 250x400mm.

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