

ISSUE 6



Local

community family lifestyle passion



PHOTO BY **CRAIG HOWES**

DOWNLOAD THIS APP



1

THREE SIMPLE WAYS TO DOWNLOAD THE FREE APP:

Search for **Creative Augmentation (CA App)**, in the **Apple app store** or **Google play store** and download the free app.

2

OR Scan the **QR code** to take you to the app store.



3

OR **SMS APP to 45099** and we will send you the link to download the app.

Now you're ready to enter the world of augmented reality!

1. Download and open the App.
2. Open the Creative Augmentation app and point your phone or tablet at any page with the CA icon.
3. Double-tap to go to full-screen mode. Tap the screen twice to view the video away from the page.
4. Tap on-screen buttons & links. Once in the app you can check out other features using relevant buttons on your screen.
5. Watch the page come to life. Experience the stories behind the stories with videos, interviews, movie trailers and more.

KEEP AN EYE OUT FOR PAGES THAT HAVE THE APP ICON, AND USE THE APP TO WATCH THEM COME TO LIFE!



TO BRING VIDEO TO LIFE ON YOUR MOBILE DEVICE – DIRECTLY FROM THE PAGE



FEEL THE SPA DIFFERENCE



rebalance >> re-energize >> restore >> renew >> revive

Our high-quality range of **CLEANSE BODY SCRUBS** allows you to revitalise your shower into a spa experience. With our **CLEANSE BODY SCRUB** range you can afford to take a bath or shower which can deliver the same benefits as a trip to your favourite spa retreat – without breaking the bank.

Our range of **CLEANSE BODY CREAMS** contains extra moisture leaving the skin with a light non-greasy summer sensation. We combine a generous amount of the purest essential carrier and aromatherapy oils to uplift mood and add the finest blend of botanical extracts to revitalize and rejuvenate your skin, literally cleansing your body and soul.

By purchasing this product you will be donating R1 to helpingrhinos.org
For further details visit www.dermacleanse.co.za or contact Jamie Mascal on 072 1999 323





NOTE FROM THE EDITOR



TANIA THERON, EDITOR

We are always looking for local stories, so do not hesitate to contact me directly at tania@shoutfactory.co.za.

"Pick the day. Enjoy it - to the hilt. The day as it comes. People as they come... The past, I think, has helped me appreciate the present, and I don't want to spoil any of it by fretting about the future."

- Audrey Hepburn



@PurelyLocalWC



Purely Local West Coast

The year 2014 has flown by and we are well on our way to embrace a fresh year with new beginnings and possibilities. This time of year is celebratory yet also distressing. Looking back on the year and remembering the loved ones we lost, some of us may feel lonely and miserable. We urge you to surround yourself with family and friends and to embrace the small things in life during this time. In this issue we wanted to help you see the beautiful things in life. On page seven, we have an ode for you to read and sign as a promise to yourself to remain positive and in control of your own life.

We had a very exciting year at Purely Local and branched out to Jozi West. We want to thank our loyal West Coast readers for the positive feedback, supporting our website, Facebook and Twitter page. Next year is going to be bigger and better so keep up with us on social media over the holidays. Have a blessed festive season.

EVERY STEP COUNTS

A LETTER FROM SPICE4LIFE

DEAR HUMAN FAMILY,

In this issue is an 'Ode to My Life Path', which I hope you enjoy, embrace and apply to your new year ahead. You need to find and live your Spice4Life!



my company name to represent an authentic mission that reflected my own life's path, a vision that I hoped to achieve for myself and for others. Easier said than done!

In some of my darkest moments it has been a simple story, a simple word, a simple example of an ordinary person who has sparked hope, love, positivity and purpose back into my life, reflecting that purpose, and reminding me of my own.

No matter where we go in the world, each of us has a story, with variables of happy and sad, trials and tribulations. I have my own theory of why they call it Boxing Day right at the climax of the year-end! My greatest wish would be that anyone feeling punch drunk by the blows of life; dig deep and get back up. Don't ever give up. You deserve more. You deserve to live your best life and that means you need to plot and plan and take those next steps to make it happen!

I know you can. Do it for no one else, but yourself!

Every day is a new day. Make every step count.

Be Blessed,
Michelle Korevaar, Spice4Life CEO

Some of the challenges in life knock us down so hard, with such a stunning force, that the overwhelming feeling to stay down, in defeat, almost wins. It would be so easy to crawl up in a ball and allow the pain and disillusionment to take over.

Did you know that SPICE is actually an acronym for Spreading Passion and Inspiration by Connecting through Edutainment 4 Life. I fondly refer to this as the Spice4Life philosophy. I wanted



Publisher - Jason Whitehouse

Shout Factory
media & advertising

Published by: Shout Factory
Publisher: Jason Whitehouse
Tel: 021 556 7493
Cell: 082 903 6129

Design & Layout: Shout Creative
Creative Director | Peter Batistich
peter@shoutfactory.co.za
Concept and Design
Luke Stoch
luke@shoutfactory.co.za

Video
Gerrit Visser | gerrit@shoutfactory.co.za
Lomo Maarschalk | lomo@shoutfactory.co.za

Advertising Sales: Jason Whitehouse | 082 903 6129
jason@shoutfactory.co.za
Chantelle Balsdon
chantelle@shoutfactory.co.za
Bronwyn McCafferty
bronwyn@shoutfactory.co.za
Gerswin Sendin
gerswin@shoutfactory.co.za

Website Assistant: Cecil Bouwer
cecil@shoutfactory.co.za
Printing: Creda Communications
Editor: Tania Theron
tania@shoutfactory.co.za

Disclaimer: Every effort has been made to ensure the accuracy of the information in Purely Local Magazine. Neither Shout Factory, nor Purely Local assume any responsibility for errors or omissions. The editor reserves the right to amend and alter copy and visual material as deemed necessary.

All rights reserved: No part of this publication shall be reproduced, copied, transmitted, adapted or modified in any form or by any means. This publication shall not be stored in whole or in part in any form in any retrieval system.

Competition Terms & Conditions: All competitions or promotions entered into are done so at the individuals own prerogative where Purely Local or Shout Factory cannot be held responsible should there be any personal reactions, side effects or injury resulting from any of the prizes or specials. All competitions and giveaways are valid until 30 January 2015.

MEET THE TEAM



LUKE STOCH,
DESIGN AND
CONCEPT



ROMI STOCH,
EDITORIAL



SHANNON ASH,
EDITORIAL



LELETHU MQUGO,
EDITORIAL



JULIE ELS,
EDITORIAL



GERRIT VISSER,
VIDEOGRAPHER



LOMO MAARSCHALK,
VIDEOGRAPHER



OLIVIA WAGG,
EDITORIAL



LOUNETTE LOUBSER,
EDITORIAL



JESSE-LEE ROWE,
SPICE4LIFE
EDITORIAL



INDEX

ENTERTAINMENT

- Best-Selling Posters of All Time 3
- The Brothers Strep 4
- Taxi Violence 5
- Aking 5
- Book reviews
- Movie reviews
- Carla Powell, Ceramic Artist 6
- Nedine Blom 6

INSPIRE

- Success Habits 7
- Life Happens They Say: Ode 8
- He For She 8
- Primi Piatti Supports Palliative Care 9

EXPLORE

- Sail Away 10
- BON Hotel Shelley Point 11

COMMUNITY & FAMILY LIFE

- SALT: Finishing Strong 12
- L2 Learn-Lead Event
- MyCity: What do you think of it? 13
- PASCO 13
- Parklands Neighbourhood Watch

EDUCATION

- Montessori Schools 14
- Classic Board Games for Kids
- Local School Activities

PETS

- Peanut Animal Welfare Society 15
- Keep Your Pet Cool this Summer
- Local Pets

SPORT

- Cameron Tripney 16
- Rhythmic Gymnastics 17
- Milnerton Squash Club
- Stiaan van Zyl and Beauran Hendricks
- South African Deaf Rugby Union 18
- Longboarding
- Bubble Soccer
- Sandboarding 19
- Happy Feet 20
- Sports Massage Review
- Stretch-n-Grow

FITNESS

- Beach Body Tips 21
- Top Hiking Trails in Cape Town

FASHION & BEAUTY

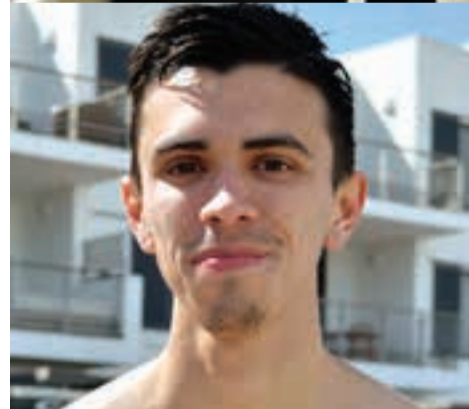
- What's Hot or Not 22
- Keep Make-Up Fresh this Summer 23
- Suncare Tips
- Tropical Fashion Inspiration

WINE & DINE

- Great Scott: Scottish Whisky 24
- Morgan's 25
- Wine Lover Apps
- Eden Cafe
- Banting Banter 26
- Carlucci's: Service with a Smile
- Masterclass Panforte Recipe 27
- Wine Ice Lolly and Cocktail Recipe
- Business & Finance
- Sequestration: Cure or Curse? 28
- Insure Yourself before Investing

TECHNOLOGY

- Hot Tech Gadgets 29
- Photo Editing Apps
- Twits 101



HUMANS OF THE WEST COAST

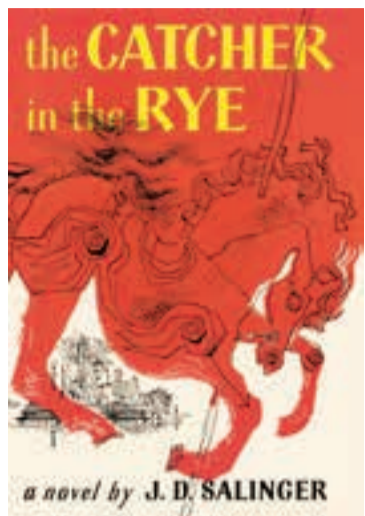
Follow our #humansofthewestcoast campaign on Facebook and Twitter

"Life is full of endless possibilities. Explore your world." – Lailah Gity Akita.



PURELY LOCAL TOOK A LOOK AT SOME OF THE BEST-SELLING POSTERS OF ALL TIME.

PIN IT UP



The Catcher in the Rye



The Bridge of Sighs



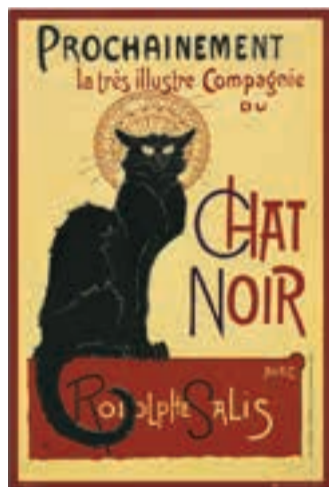
The Godfather



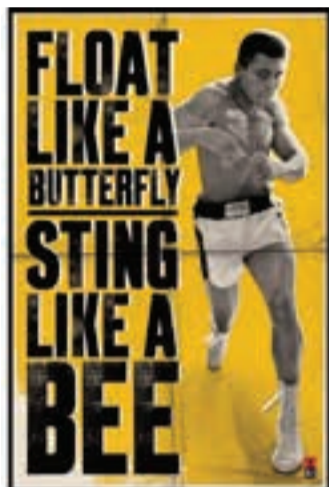
New York Taxi Number 1



Tongue Logo, Rollingstone



Tournée du Chat Noir



Float like a Butterfly



Audrey Hepburn as Holly Golightly



Coke Vintage



Monkey with Headphones



Red Double Decker Bus



Star Wars Movie Score poster



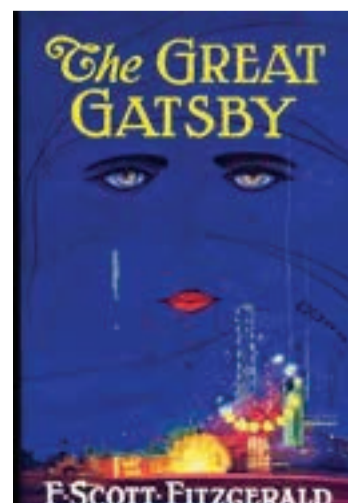
We Can Do It! WWII Propaganda



Aux Buttes Chaumont Jouets



The Beatles



The Great Gatsby poster



Men on Grinder Having Lunch



Eiffel Tower



THE BROTHERS STREEP

Purely Local spoke to the members of the local acoustic comedy act band The Brothers Streep. They perform as a duo and as a full band and have performed at festivals such as Rocking the Daisies, Synergy, the 1st Annual Comics Choice Awards and Grahamstown Festival. They have also achieved some international attention when they played to Anna Paquin on the Graham Norton show. They debuted their own full-length show at the Gilded Balloon as part of the Edinburgh Fringe Festival. They are also well-known for their performance on SA Idols IV and for some of the funny songs they have written for adverts. Formed in 2005 by Dylan Hichens (guitar and vocals) and Simon van Wyk (guitar and vocals), their other band members are Tim Smith (keyboard), Richard Graham (bass) and Tim Price (drums).

Purely Local: When did you form the band and who were the original members?

Simon: Dylan and I started the band back in 2005, but it wasn't intentional. Much like penicillin, it happened by accident. We were just testing out new recording equipment together and we somehow managed to start a comedy band.

PL: Your career as a band jumpstarted with the Steri Stumpie Song. Who came up with it and how did it become such a hit?

Tim P: We've always been big fans of the Stumpie. The moment of inspiration to write the song came when Steri Stumpie ran a competition where you could win the title of being an official 'Steri Stumpie Ambassador', which came with a lifetime supply of the Stumpies and a marching band to announce your arrival. After writing and posting the song online, they kindly rewarded us with the coveted title. No, I was not paid to write this!

PL: You performed the Idols Song on Idols as a joke. Tell us about the experience and why you decided to do it.

Tim S: We spend a lot of time on the funnier or lighter side of life, making fun of ourselves and things around us, so when a wildly popular South African TV show actually asked us to make fun of them, we didn't have to think too long about that decision. What began as a simple prank on the judges during the audition turned into one of the highlights of our comedy achievements so far when we actually performed it for the nation during the broadcast of the season finale – on toy instruments and miming, because dignity is everything.

PL: Tell us about some of your favourite gigs so far.

Dylan: We've played some really fun shows over the years, but the ones that stand out is when we opened for Prime Circle at the Wacky Wine Festival and appearing dramatically on a rotating stage in front of the South African Institute of Chartered Accountants (SAICA).

Richard: A show that stands out is when we played for a group of primary school children. We were contacted by their teacher who was a fan and who had played some of our tunes in her classes. We played a show which involved many excited kids jumping around the school hall and us doing our best to compete by jumping around on stage. The performance culminated in Simon climbing a wall during our last song. We were even given school ties at the end of the evening.

PL: Why did you decide to add comedy to your music?

Simon: We love music and comedy, so it was natural for us to put the two together.

Dylan: It also seems to set us apart quite nicely from other bands that tend to sing about heartache and pain.

PL: Tell us about the albums you have released.

Simon: Our first album was called *It Couldn't Have Been Miss Scarlett, She Was With Us at the Time* and, yes, it was as silly as the name suggests.

Dylan: *Miss Scarlett* was released before the addition of the full band members. We later released *Suitable for the Whole Family* in 2010 and have just released our third album, *Stand-Up Musicians*. It goes hand-in-hand with our Cape Town Fringe show.

Tim S: Our most recent album was something of a milestone for me, because it was the first major project created in the little recording studio I built early this year. Watch the album video diaries on our YouTube channel for more about that.

PL: How can people stay in touch with you?

Simon: You can find us on Facebook, Twitter or our website, www.brothersstreep.com. If you're particularly keen, you can probably find us on Google Street View, but then we might have to get some sort of restraining order.

TAXI VIOLENCE TEN FOLD



TEN YEARS OF TAXI VIOLENCE

HAVING RELEASED THEIR LATEST ALBUM, TENFOLD, ON 6 SEPTEMBER, TAXI VIOLENCE LOOKS BACK AT TEN SUCCESSFUL YEARS OF ROCKING SOUTH AFRICA. PURELY LOCAL SPOKE TO LOUIS NEL, THE DRUMMER.

Purely Local: What is the story behind the name?

Louis Nel: We booked our very first show at Mercury Lounge in March 2005, and of course we needed a name for marketing purposes. It was decided that each member would bring a list of names to rehearsal and we would then pick the best one. It was the very last name that I wrote down on my four pages of band names. I saw it in a newspaper heading as I left my house to drive to band practice. The heading was something like: 'Taxi Violence rocks Western Cape' which was exactly what we set out to do initially.

PL: Out of the ten years that you've been active, which would you say was your defining year?

LN: 2007. *Untie Yourself*, our debut album, was doing very well and we were picking up steam with regards to gigging and making a name for ourselves. We were booked to play Coke Fest with 3 Doors Down, Hoobastank, Staind and Evanescence. A few weeks before the event, our PR dude at the time, Jon Monsoon, basically blackmailed 5FM into playlisting our single, *Untie Yourself*. He threatened them with something like: "If you don't playlist this track, the band will go on stage at Coke Fest and show their disgust in you – one of the event's main sponsors!" We only found out about this after the event, but still thought it was a genius move, and it worked. *Untie Yourself* later reached number four on 5FM's Top 40.

PL: You guys have won some great awards, toured overseas, had music videos on MK, etc. Your song, *Devil 'n Pistol*, was even chosen to feature in *Spud 2: The Madness Continues*. You've released five albums and an EP. You've shared the stage with Seether, Evanescence, Billy Talent, Biffy Clyro, Wolfmother – the list goes on. I know it is difficult, but what was your highlight?

LN: Personally, the big ten! I honestly can't believe that we're still together after ten years in the South African music industry. It is my biggest achievement as a member of Taxi Violence.

www.taxiviolence.com





AKING

AKING STILL AT THE THRONE



BACK FROM A NATION-WIDE TOUR WITH THEIR LATEST ALBUM, **MORNING AFTER**, AKING SITS DOWN TO BATHE IN THEIR VICTORY AND TO CHAT TO PURELY LOCAL. AKING CONSISTS OF LAUDO LIBENBERG, THE LEAD VOCALIST, JACO VENTER ON DRUMS, ANDREW DAVENPOORT ON GUITAR AND HENNIE VAN HALEN ON BASS.

Looking back at a successful launch of *Morning After* where they went all out at Assembly, aKing thinks back to the 17th of September this year, where loyal locals were screaming their hearts out. "It's always fun playing for the hometown crowd," Jaco says.

2014 also saw aKing's second appearance at Rocking for Rhinos, a headlining music festival that raises awareness around rhino poaching and protection. "It's a great cause, but it was in Hoedspruit this year," Laudo begins, at which the band all pull faces and laugh. "It was quite a mission but, yeah, if we can somehow help raise awareness for that one rhino, it makes all the difference."

To some it may seem strange that travel sounds discouraging to musicians. "Travelling is probably the worst thing about touring," Laudo notes. They point out that sitting in a van for up to 12 hours, seeing nothing but the inside of a club, really is not all that glamorous.

Knowing that our boys are Bellville born and bred, we had to ask them more about their past. "There used to be this thing that people from Cape Town and Bellville specifically are backwards. Nowadays it doesn't really bother people though," Laudo thinks for a moment, mentioning that people may see Bellville differently now that a bunch of musicians came out of Bellville. "It sort of became something else: Bellville the rock suburb," he says lifting his hands as if to show the name in lights.

We'll be sure to head over to Jeffery's Bay this holiday to catch them there on New Year's Eve. In the meantime, we'll prolong the Morning After, bathing in the brilliance that is their latest album – one of their best yet.

KEEP IN TOUCH:
Find them on Facebook.
www.akingband.co.za



Get to know aKing up close and personal with Purely Local by downloading the Creative Augmentation App for free and scanning the page with the app, triggering a video to play.



BOOK REVIEWS



THE CULINARY ADVENTURES OF A TRAVELLING COOK BY NATASHA BARNES

The Culinary Adventures of a Travelling Cook is a collection of uncomplicated recipes – both gourmet and everyday. Written by cook and artist Natasha Barnes from her numerous trips locally and abroad, this book shares many humorous accounts of her travels across the globe. It has a wide variety of recipes and culinary influences and dishes for all occasions.

R350



ONE MIDLIFE CRISIS AND A SPEEDO BY DARREL BRISTOW-BOVEY

This book is a witty, warm, sometimes wise journey into the terrors and absurdities of middle age that every man and woman of a certain age will recognise. Running a gauntlet of bucket lists, Darrel sets himself a task: to follow in the footsteps of Lord Byron and the Greek hero Hercules and swim across the Dardenelles in Turkey. A blend of humour and poignant wisdom about growing old, it is the perfect Christmas gift.

R180



WEBER BRAAI BIBLE BY JAMIE PURVIANCE

This book is an all-in-one masterclass on every aspect of outdoor cooking. This comprehensive guide contains everything an avid kettle braai enthusiast needs to know. Learn how to grill the perfect steak or ribs, butterfly a leg of lamb, cook chicken wings and legs without burning them, and smoke a turkey. This book is packed with delicious recipes for all-year-round braaiing.

R290



PERFECT PARTIES BY JANET KOHLER

Janet Kohler is a perfectionist with an attention to detail that is quite breathtaking. With the assistance of stylist extraordinaire Penelope Mitchell, she presents a dazzling array of inspirational party ideas, complemented by delicious recipes. From choosing a theme; through décor and preparation countdowns; right down to the step-by-step recipes – it's all there, lavishly illustrated with beautiful photography.

R325

MOVIE REVIEWS



GUARDIANS OF THE GALAXY

Guardians of the Galaxy is the latest installment in a stream of Marvel Universe movies. It follows Peter Quill, a lovable criminal, who teams up with three extraterrestrial misfits after having stolen a powerful orb. Watch as these captivating delinquents work together to stop the fanatical villain Ronan the Accuser from destroying the galaxy. Guardians of the Galaxy has been received with high acclaim, with critics calling it 'amazing', 'superb', and even a vehement 'AWESOME!'.



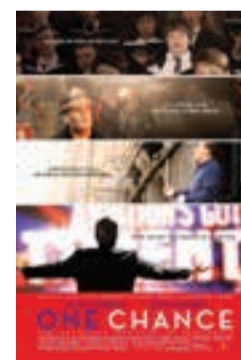
EUROPA REPORT

A group of astronauts travel to the moon of Jupiter known as Europa in their spacecraft, Europa One. They investigate any sign of life after the discovery of water on the moon, but after they experience communication breakdown some of the astronauts go outside to repair it and a series of events occur that causes them to be stranded on the planet. If you like action and suspense then this movie is the right choice for you.



DEVIL'S KNOT

Set in West Memphis, Arkansas in 1993, three young boys were brutally murdered and the local police and town acted swiftly to arrest three teenagers who they believed are 'devil-worshippers'. This movie is based on the true event of the West Memphis Three and with investigator Ron Lax trying to find the truth between the town's need for justice and the guilt of the accused. If suspense and drama is your thing then watch this movie.



ONE CHANCE

This true story is about the life of Paul Potts. Paul Potts is a shy and bullied shop assistant by day and an amateur opera singer by night. He finally gets enough courage to audition for 'Britain's Got Talent' and while everyone thinks he does not have what it takes the results of his audition is life changing. If you want to be inspired and motivated to follow your dreams then watch this movie as it will leave you in awe.



HOURS

Just before Hurricane Katrina hits New Orleans, a woman dies while giving birth to a premature baby. The baby is kept in a neonatal incubator and the father is told that she has to be there for at least 48 hours before she can breathe on her own. The power goes out and the battery life of the incubator is running low and the only way to keep it going is with a generator that needs to be cranked up every few minutes by her concerned father. This movie is great to watch with your partner on a rainy night.



12.12.12

After Hurricane Sandy hit the North-Eastern parts of the United States in October 2012, a relief concert was held on December 12, 2012 at the Madison Square Garden in New York. The concert included many famous performers including Alicia Keys, The Rolling Stones, Kanye West and so many more and was broadcasted live via television, radio, movie theatres and the internet. This movie is perfect if you like documentaries and musical acts.



EVERY POT HAS ITS LID

PURELY LOCAL SPOKE TO LOCAL CERAMIC ARTIST, CARLA POWELL, WHO RESIDES IN SUNSET BEACH.

Purely Local: Where did your love for ceramics and art in general start?
Carla Powell: As a child I loved to paint and draw and I did art throughout school. At eighteen I started pottery classes and my interest in this medium was ignited.

PL: Where and what did you study?
CP: My tertiary education started at the Johannesburg Art Foundation where I did a fine art foundation year. Thereafter I did a year of Fine Art at Wits University. Upon thoroughly enjoying pottery lessons, I decided to head for Technikon where I completed a diploma in Ceramic Design. Still eager to do Fine Arts, I decided to finish that diploma too. About two years after that, I finalised a course in the restoration of ceramics, which forms part of my income now.

PL: Is it important to study in this field if you want to make a career of it?
CP: I do believe further education is beneficial. It gave me a foundation in techniques, history and, in ceramics, the science side. Lecturers and fellow students guided me with their critique of my strengths and weaknesses. Studying with others also helped with motivation and exposed me to different concepts and techniques.

PL: What inspires your pieces?
CP: My pieces are inspired by the many amazing ceramic artists in South Africa and across the world. Seeing these creations generates ideas, which leads to lots of studio experimentation, and of course nature, in its beautiful forms, textures, colours and patterns is a constant inspirer.

PL: You use a lot of lace in your work. Where did you get this idea?
CP: I form a lot of pieces with lace, as I love the immediacy the design imposes onto the clay. In the pieces by Lisa Firer and John

Bauer, I saw this impression technique, which they beautifully incorporate into their creations.

PL: Any upcoming projects?
CP: I participated in the Potter's Market in November which was a World Design Capital event. The next market is in March. I am currently creating vases for a hotel in Chichester.

PL: Where can one buy your pieces?
CP: My pieces are available at 'Sunset Style' at 10 Ocean Square, Sunset beach. If you find yourself in Kimberley they are in 'Angel Heart'. You may also contact me and buy direct or call if you would like a custom-made piece.

Contact Carla:
0731651489 or (021)5510944
Powell.carla@gmail.com
If you have any ceramic pieces that need restoring contact her for a quote. Pottery classes will start in January.



Step inside Carla Powell's pottery studio to see her work. Download the Creative Augmentation App for free and scan the page with the app, triggering a video to play.



NEDINE BLOM

Purely Local caught up with local singer Nedine Blom who is currently residing in Melkbosstrand with her family.

Purely Local: When did you start your singing career and how?

Nedine Blom: I was born with a natural music talent and started playing piano at age four. I was often summoned by my grandparents to entertain their guests with my music 'spectaculars' in their lounge and also loved 'producing' my own shows. I took part in every single revue, show and music activity at school, took piano and singing lessons for most of my life and sang choir for ten years, which developed my vocal chords into the secret weapons they are today. Apart from my Afrikaans music shows, I also love to perform classical, jazz and Cuban music as I get exposed to a broader spectrum of audiences.

PL: Name some of your musical influences.
NB: Nina Simone, Ella Fitzgerald, Shirley Bassey, Diana Krall, Sarah Brightman and Bob Dylan.

PL: You also have a law degree. Do you still practice law at all and what was the reaction from people when you instead launched your singing career?

NB: I stopped practicing law when my music career came into full flight. I however kept it in the back of my head that I would resume my law studies later on in my life, which I did. I am currently busy with a Masters degree in international human rights law themed 'Human Trafficking: The legal remedy issue'. I am hoping to lecture international law as soon as I have completed my Masters degree and still continue with my music career on the side.

PL: You were crowned Miss United Nations SA in 2006 and you were also the

first princess in the Miss United Nations International pageant. Tell us about this experience and what it meant to you.

NB: Mrs UNSA is a charity-based competition that creates a platform for women to get involved in uplifting the community. I was approached by Liezl Krause Widd of the Willa Krause Skincare group to enter the competition. She identified me as a leader and asked me if I would be interested in entering. I was hesitant at first but when I saw the amazing work the contestants and finalists did in communities, I just knew that I wanted to be part of such an amazing initiative. I had to identify three projects and I decided to help children with special needs through my projects. It was the most fulfilling experience I have had in a long time. The international competition was completely different to the South African context. However, South Africa manages to have candidates in the top three every single year which is astonishing.

PL: Why did you decide to come and live in Melkbosstrand with your family?

NB: We have been dreaming about relocating to Melkbos for a very long time. I prayed for many years and really asked God over and over if he would allow us to have a calmer way of living. Touring every weekend, getting home and having the sound of waves breaking in my ears, I can't think of any place I'd rather be. I always say I am the best ambassador that Melkbos could ever ask for. I tour the country with my performances, using each and every opportunity to brag about the exotic little 'dorp' we live in.

PL: Can one listen to your music online? Where can they get your albums?

NB: Yes, my music is available on my online shop www.nedineblom.co.za.

Keep in Touch:
Facebook: Nedine Blom
Twitter: @Nedineblom
Bookings: nedine@nedineblom.co.za
Tel: 0823967643



"The purpose of art is washing the dust of daily life of our souls." – Pablo Picasso



R.A.S.H – THE REGULAR APPLICATION OF SUCCESS HABITS

BY GREGORY WALPOLE

ADAPT THESE SIMPLE HABITS TO REACH FOR SUCCESS

- 1. Join the 5am Club:** Successful people have grasped the full value of getting up early and getting a head start on the ordinary person. So join the 5am club and you will gain a huge advantage over others over time.
- 2. Have Positive Expectancy:** The most powerful force of life is a positive outlook. It really sets one apart from the crowd. If you expect things to grow and prosper they do and if you expect Murphy's Law to impact your day it generally does.
- 3. Plan and Prioritise – Monthly, Weekly, Daily:** Plan to be successful and it is half the job done. Fail to plan and you will fail.
- 4. Be Happy:** You only live once so practice being happy and be interested in the happy disposition of others. Encourage it, smile often, watch a comedy and laugh at yourself.
- 5. Be Present:** Your presence is your gift to your family, friends and co-workers. Do not live for the past or the future – success is created in the moment.
- 6. Inspire:** Be a breath of fresh air. People do not really remember what you did or said but they remember how you made them feel. Inspire others to be their best.
- 7. Dream and Set Goals:** Your vision of the future is in the feel for life. It's where the energy comes from. If you do not nurture the dreams, goals and aspirations for a successful future, you are expiring and not inspiring.
- 8. Exercise and Feel Good:** Exercise and do this outside of your comfort zone. Exercising within your comfort zone changes nothing. Duration and intensity are ways to ratchet up the benefits of habitual exercise. Looking and feeling good are success fundamentals.
- 9. Bring Out the Best in Others:** Actively seek and work to bring out the best in other people. They will respond positively, pro-actively assist and spur you on to reach your goals.
- 10. Don't Join In the Common Search for Financial Freedom:** There are many vendors offering tickets on the 'get rich quick' train or passive income schemes. Rather invest in your financial intelligence and become financially disciplined. 'Rich Dad Poor Dad's Cash Flow 101' is a game you should play and start to create a surplus and invest it in something that you have become an expert in.



SPICE4LIFE
WWW.SPICE4LIFE.CO.ZA

LIFE HAPPENS

THEY SAY...

Life can bring pain, loneliness, despair and sadness. No matter who you are or where you come from – there is no avoiding the challenges that life throws your way. The key to overcoming these challenges is not letting them become a part of your everyday, but rather choosing to let go of them, and accepting what you cannot change.

Here is a New Year's declaration inspired by Robin Sharma. Exit the old and reclaim your new Spice4Life so that you can connect with your very own unique inspiration you bring to this world and pay it forward in every breath you take.

ODE TO MYSELF TO RECLAIM MY UNIQUE PATH IN LIFE

Today, I declare I am strong and brave, not timid nor weak.
I know that life is about every moment, not the fame and fortune, but the legacy of every choice made.
Today I declare that my past will no longer limit my future and just because I couldn't achieve something yesterday doesn't mean I won't do it today.
I promise to recognise and honour my authentic talents, express my gifts and reveal my creativity without fear or inhibition.
I unconditionally celebrate those around me, I am in service and I am an encourager to all those I meet.
Today, I declare I'll be loyal to my values, respectful of my mission and fiercely focussed on my dreams.
I declare that I am a maker versus a consumer, a giver versus a taker and a visionary versus a victim.
I will always try to be part of the solution and never part of the problem.
I promise that when I fall, and fall again, I will get up. And when I'm in doubt, I will persist.
Today, I declare that I will cherish my health, feed my mind and nourish my soul.
I will surround myself with people who uplift me and inspire me by the way they live their lives.
My loved ones are precious and I will spend happy, quality time creating memories to cherish for eternity.
I honour my work and master my craft every day.
Today, I declare that this New Year is MY year. My time to be me, to grow, excel, laugh, love, win, believe, persevere and serve, knowing that I am truly the leader of my fate, the owner of my results and the hero of my destiny.

SIGNED BY on

"Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill.

Aspire

Aspire to be the best YOU can be
in every aspect of your life.
Aspire to be the best for yourself.

www.spice4life.co.za
be connected be informed be inspired



SPICE4LIFE SUPPORTS

#HeForShe

Famous voices worldwide are taking a stand in support of the United Nations' HeForShe campaign – an initiative aimed at redefining the term 'feminism' and encouraging men and women alike to rethink what it actually means to be a supporter of gender equality.

SPICE4LIFE is supporting the campaign – ensuring that South Africa is put on the map of equality for all. We hit the streets of Cape Town to get our local men represented. Now it's your chance! Please Join our mission by posting your own #HEFORSHE picture in solidarity, boys and girls alike, onto our FB (Spice4life.co.za) page. You can Scan the QR code below for official template or go to www.spice4life.co.za



JOIN OUR MISSION by scanning the QR code below, or by visiting SPICE4LIFE.co.za.





SPICE4LIFE

BY MICHELLE KOREVAAR,
CEO, SPICE4LIFE



FAMILY &
HOME

FASHION, HEALTH
& BEAUTY

WIN

LET'S TALK
BUSINESS

TRAVEL &
ENTERTAINMENT

MAKE A
DIFFERENCE

WHAT'S HOT
OR NOT

@MICHINTHECITY PRIMI PIATTI SUPPORTS PALLIATIVE CARE

"THE SPICE4LIFETEAM WAS REALLY IMPRESSED BY ONE OF OUR FAVOURITE BRANDS, PRIMI PIATTI, WITH THEIR NATIONAL SUPPORT THROUGH THE 'BUY A BUTTERFLY TATTOO IN SUPPORT OF PALLIATIVE CARE FOR R20' CAMPAIGN. THE ENTIRE NATIONAL CHAIN ENCOURAGED PATRONS AND STAFF ALIKE TO SUPPORT THE FUNDRAISING INITIATIVE, SPONSORING GREAT PRIZES AS AN INCENTIVE TO PARTICIPATE.

I ALSO WORE MY TATTOO PROUDLY – AND COULDN'T WAIT FOR PEOPLE TO ASK WHAT IT WAS ALL ABOUT SO THAT I COULD TELL THEM ALL ABOUT THE CAMPAIGN!

SYMBOLISM OF THE BUTTERFLY ICON OF HOSPICE AND PALLIATIVE CARE

- A butterfly symbolises personal transformation. Change and transformation are inevitable for us all. However, it does not always have to be traumatic.
- When a butterfly is about to die other butterflies come together, flapping their wings to cool down the butterfly.
- The butterfly effect: 'the phenomenon whereby a minute localised change in a complex system can have large effects elsewhere.'

WHAT IS PALLIATIVE CARE?

Palliative care (pronounced pal-lee-uh-tiv) is specialised medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain and the stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. It is appropriate at any age and at any stage of a serious illness and can be provided along with curative treatment. It's not about death or dying, but about quality of life at any age and stage of illness.

Soccer Star, Lucas Radebe, is a strong supporter of the initiative. "I lost my dad and wife to cancer. We experienced the support and care from Hospice during this difficult time. Hospice was there for us and I support them!" he says.

The campaign was a huge success and raised funding and awareness for palliative care. The winning store that sold the most tattoos at a whopping 342 tattoos was PRIMI Potchefstroom. Congratulations to Peace and the Potchefstroom team for your success in the PRIMI Social Butterfly campaign!

Being a marketer at heart, I always love to chat to some of the people behind the brand and get an idea of the ethos that holds it together – and I was pleasantly surprised that the teachings of one of my favourite philosophers, Khahil Gibran, were at the core of the PRIMI ethos.

"PRIMI prides itself on sharing a positive working philosophy inspired by Khahil Gibran's 'Work Is Love Made Visible' quote. Embracing individuality helps us build strong teams and embracing purpose unlocks an undeniable sense of urgency and passion for what we do. As individuals we all have certain limitations, but by working together and striving toward the same positive goal, the perfect PRIMI day, it becomes attainable. The PRIMI team has a passion to give customers a positive experience and to strive toward attaining the perfect PRIMI day. We aim for our stores to have 'Urban Energy' – the distinct experience within PRIMI stemming from an overwhelming sense of purpose and passion working towards a positive collective goal. Staff motivation is enhanced through a unique ranking system – whereby everyone has the opportunity to grow within the business and improve rank, responsibilities and benefit from a higher income stream. There are numerous stories of PRIMI staff starting out as waiters or waitresses and now owning their own stores, becoming General Managers of stores or moving up into PRIMI WORLD head offices," says Jeannie Holmes, PRIMI Spokesperson.

So – the next time that you are at a PRIMI restaurant enjoying a fantastic meal, remember to thank the PRIMI staff for the love made visible through their work!

If you would like to support the palliative care industry, contact the Hospice Palliative Care Association via www.hpca.co.za

Here's to doing good business for good!"
- Michelle Korevaar



Jeannie Holmes
- PRIMI spokesperson



Lucas Radebe



Jono Dutton
- Owner of PRIMI Tableview



"We want a world where life is preserved, and the quality of life is enriched for everybody, not only the privileged." – Isabel Allende.



SAIL AWAY

Purely Local spoke to Sascha Smith, the mother of a local family who went on a four-year long sailing excursion. The Smith family explored the Caribbean and South Pacific and shared their journey with friends and family through their blog.



Purely Local: Your family spent four years sailing the Caribbean and South Pacific. Why did you decide to do this and what inspired you to up and go with your whole family for four years?

Sascha Smith: Life is short and there are many adventures to be had, but one cannot wait for the adventures to come to you. We decided to go out, find it and live it. We didn't plan on four years, but time flies when you are having fun!

PL: What was the highlight of your four years?

SS: It is impossible to name just one. Each country, island and atoll has something unique and special about it. To mention a few: sailing across the shallow great Bahama Bank, being immersed in the historic culture of Cuba, free diving in Deans Blue Hole of Cayman Islands and the Great Blue Hole off the

coast of Belize, cruising inland up the Rio Dulce (sweet river) through the lush tropical jungle in Guatemala, sleeping at the foot of the Mayan Temples at Baktun 13 Celebration (the end of the world), making our way through the Panama Canal, navigating the vast South Pacific Ocean and exploring the numerous islands and atolls scattered across it, diving with hundreds of sharks and rays in the atolls of the Tuamotu Archipelago and kitesurfing in the turquoise island lagoons of French Polynesia. You also get to meet beautiful people along the way and you have a lot of time on your hands. Making those memories together as a family is something to treasure because the children are growing up so quickly and soon they will be off on their own adventures.

PL: What was the most challenging aspect of this excursion?

SS: Being diligent with the homeschooling.

PL: How many family members are you and are any of them still in school? How did you school them?

SS: We are a family of five. All three of our kids are of a school-going age and the homeschooling method we used is one from a private school named Calvert in the USA. They are really geared for home schooling – everything such as workbooks, text books and science kits are supplied and linked online for queries. We did on average six hours a day mostly six days a week in order to feel free to explore all new ports upon arrival without falling behind.

PL: What was it like to return to the West Coast?

SS: It is always exciting to come home. Thinking of the West Coast while away without fail produces feelings of nostalgia. We live in such a beautiful country.

PL: Would you do this again?

SS: Yes! In fact we have plans for the near future.

PL: How are people different over there compared to here? Also, how is the climate and landscape different?

SS: As we sailed from one country to another, we experienced a variety of cultures and they were all different. We socialised with the humble and unpretentious folk in rural Cuba, Mayans living a simple life in the jungles of Guatemala, single families surviving on a diet of coconuts and fish on tiny atolls in the vast Pacific Ocean, and this stood in contrast to the rich and famous on super yachts in the world's hotspots of Miami, Bahamas, Tahiti and Bora Bora. They were all sociable and we made friends for life! We endeavoured to follow the sun, so we kind of had four years of summer! The landscape was ever-changing as we sailed from anchorage to anchorage.

PL: How can people read more about your story?

SS: I kept a blog of our voyage filled with photographs of all those amazing experiences. Hopefully, a book will follow.

Follow Our Journeys

Twitter: @chrisandsascha

Facebook: smithtribesailing

@saschaogier

Sascha Ogier Smith - Google+sascha

www.smithtribesailing.blogspot.com





PurelyLocal

Explore



PURELY LOCAL SUPER SLEUTH EXPLORES

BON HOTEL SHELLEY POINT



Located on the West Coast in St. Helena Bay, BON Hotel Shelley Point is the ideal holiday getaway with friends or family as well as for golfers and conference delegates. We got to spend the day at the lovely hotel to explore all they have to offer.

WELCOME

When you arrive at BON Hotel Shelley Point, you feel like a VIP guest. The entrance is beautiful and reception greets you with a friendly smile. It's as if you have stepped off the plane and landed on a tropical island and the hotel is impeccable with an air of 'holiday' to it. It is known as the most exclusive hotel on the West Coast and this comes as no surprise but it exceeded our expectations.

ON THE MENU

Enjoy spectacular views across the azure waters and golf course over breakfast at São Gabrielle, or grab a table at São Antonio alongside the pool deck that serves Mediterranean-inspired dishes for lunch and dinner. Whether you are enjoying a meal for two, celebrating a wedding or special occasion, having a family get-together or gazing across the table at each other over a romantic meal, the restaurants offer something for everyone – even the kids.

The atmosphere at the São Antonio was fantastic with a singer playing guitar in the background. The line fish was also impeccable. Enjoy a bottle of wine as you soak in the holiday atmosphere with other guests. There is also a bar that overlooks the first tee where you can witness the striking West Coast sunsets as you enjoy your favourite tippel or cocktail.

If you get the munchies later or just don't feel like leaving your gorgeous room, you can order room service – the prices are very reasonable and the delivery is quick.

ACTIVITIES AND FACILITIES

Not only will you be tempted to spend the entire day by the pool, but you will be equally happy lounging in your room. Each room screams comfort and, depending on the type of room, you will either have a little balcony or a veranda to relax outside on, whilst gazing at the more energetic guests playing tennis, bowls or golf. If you are up to exploring the area, your choices are endless – visit the nearby towns and local attractions or spend the day at the beach. The hotel really seems to have it all. It is great for families, with an abundance of activities for your kids.

CRAZY CREW KIDZ CLUB

While you relax at the pool or spa, your kids will be well taken care of at the Crazy Crew Kidz Club. Some of the activities on the hotel premises include an indoor play centre, park, pool table, board games, plasma TV and PlayStation. You can rest assured that your children are in the best possible hands, with trained staff to keep an eye on them and to ensure that they are suitably entertained and happy. A child-minding service is also available on request.

LOCATION

A 90-minute drive from Cape Town, it is not too far yet still far enough to feel like you are on holiday.

Interested? Book now.

www.bonhotels.com/shelleypoint



PurelyLocal

BON HOTEL SHELLEY POINT

HOTEL FACILITIES

- 84 Rooms
- Standard Rooms
- Luxury Suites
- Garden Suites



Meeting Rooms: max 90 delegates



Secure Parking



Wi-Fi



Gym



Bar



Restaurant

- Sao Antonio (60 pax)
- Sao Gabrielle (110 pax)



Room Service (10h30-21h30)



Spa



Golf



ROOM FACILITIES

Tea/coffee making facilities



Electronic/laptop safe



Wi-Fi



Hairdryer



Microwave on request



Mini bar fridge stocked on request



Air conditioning



Telephone



LCD flat screen and satellite channels



NEARBY ATTRACTIONS

Da Gama Monument 0.5km



St Helena Bay Harbour 3km



Khoi San Candle Factory 32km



Fisherman's Museum – Velddrift 40km



West Coast National Park 58km



Sunset Adventure Farm 65km



Buffelsfontein Game and Nature



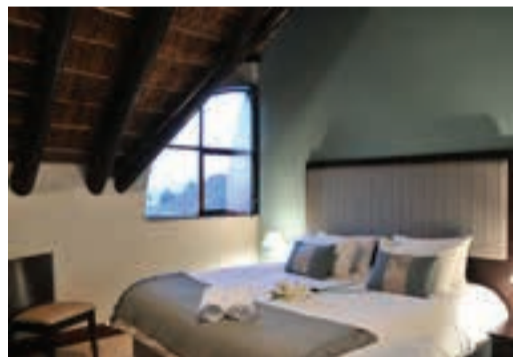
Reserve 73km



Beaches
-Shelley Beach 0.5km
-Brittania Bay 2km



Langebaan 55km





A STRONG 2014

SALT, a local NGO charity based in Table View, has been changing learners' lives with their Finishing Strong programme. This secondary school tutor programme's aim is to provide opportunities of drastic change in learners' lives. Starting with 15 students, they have now grown to 100 students. Offering financial, emotional and educational support, Finishing Strong has helped turn these two learners, Zubenathi Ntlalombi and Anele Mazinyo, lives' around.

Zubenathi Ntlalombi is one of the original 15 students and joined the programme in his third term, 2013. We chatted to him about his journey with SALT.

Purely Local: What has stood out most to you over these years?

ZN: The effort all the tutors and mentors put in, showing us that there's more to life than what we are used to.

PL: What was the most rewarding part of this programme?

ZN: It has helped me change my outlook on life. Academically, I would say that the most rewarding moment was when I received a study table from the SALT team which made my studying a lot more convenient. The tutoring also helped me a lot.

PL: What has the change in your grade and life been like?

ZN: My average mark has increased from 79% to 84% and I'm currently working towards my final year average. My English mark has also increased from 76% when I started the programme in 2013 to 82%. I now have a positive outlook on life. I would like to thank Dani, the SALT volunteers, the tutors who have helped us with our challenging subjects and SALT for the study desk. I also especially want to thank my mentor Luke. Although we didn't meet quite that often this year, the little time I had with him this year prepared me to go to interviews for the bursary.

Anele Mazinyo is a student who joined the programme in July 2013 and whose marks have increased exponentially over the course of one year.

PL: What has stood out most to you over these years?

Anele Mazinyo: SALT's school holiday camp was a highlight for me. It gave me an opportunity to make new friends and boosted my confidence.

PL: What was the most rewarding part of this programme?

AM: The programme has been helping me academically as it provided us with extra classes every second Saturday. These classes took my academic status from nothing to something I never thought I could achieve. When I joined the programme, I thought it was just to improve my academic marks, but SALT brought more than I expected. They provided me with the best person who made my concerns and problem his and who means the whole world to me. That special person is Mr Pieter Visser. I also want to thank his wonderful wife for supporting him all the way up to now.

PL: What has the change in your grade and life been like?

AM: Before I joined the programme I never thought it was possible for me to get 80% in Maths, but after I joined the programme I stopped aiming for 80% and started going for 100%.

It is clear that SALT has had a remarkable influence on these students' lives. Contact SALT for more information.

Tel: + 27 (0)21 557 3948
Email: info@saltprojects.org.za
www.saltprojects.org.za



SALT

RESCUE . LOVE . RESTORE

GLOBAL SIMULCAST L2 LEARN – LEAD

BROUGHT TO SOUTH AFRICA IN AID OF SALT

On the 30th of October, an exciting event took place at View Church, Table View. The L2 Learn – Lead event is an international simulcast (a simultaneous transmission of the same programme to various locations) that was brought to Cape Town for the first time by Dieter Jansen from Jansen SA. Not only was his aim to create and inspire leaders in the community, but he also wanted to invest in the lives of young students. With this in mind, he decided to donate a percentage of each ticket sold to SALT, a local NGO charity's, Finishing Strong Programme which gives educational and financial support to students who need it.



A global event that is broadcasted on 300 sites in 30 countries from October to December, it has made an impact on the whole world. This year's talk was by John C. Maxwell, a bestselling author, coach and speaker. He was accompanied by Linda Kaplan Thaler, a marketing 'guru' who is responsible for advertising campaigns such as the Aflac Duck, and Tim Sanders, the CEO of the tech start-up Net Minds, founder of Deeper Media Incorporated and he was the Chief Solutions Officer at Yahoo.

An event that can only be described as life-changing, it covered topics such as why good leaders ask great questions and how it can open doors, why you need to have the GRIT (Guts, Resilience, Initiative and Tenacity) factor to be successful and why you need to invest in yourself.

The best reward of the event was that, with the proceeds of the conference tickets, three learners could be enrolled into SALT's Finishing Strong program for a year. Three lives have been changed and who knows where that will lead.

The next event will take place in October next year and tickets are already available.

**Get your ticket. Make the change.
Contact Dieter: dieter@jansensa.com**



WHAT DO YOU THINK ABOUT THE MYCITI BUS SERVICE?



"It used to be a great service! Sadly not as efficient anymore - busses are overloaded, queues are very long busses are dirty and the list goes on." - **Yolanda Potgieter**

often causing standing passengers to go flying." - **Juanne Coetzee**

"I love it, have used on a number of occasions and have only had good experiences and service from all staff I have had dealt with." - **Janine Robinson**

"One of the best things that has ever happened in Cape Town!" - **Nyameka Hlatshaneni**

"I love the MyCiti bus. I use it when I have a conference or lengthy meeting to attend in the city centre or surrounds. Saves on petrol, get there all relaxed, and the parking would cost much more than the bus." - **Maira De Roche**

"I do not use it, because I value my life. Drivers are reckless and they go through red robots, stop streets and speed excessively while the busses are way overloaded. I couldn't be bothered to be treated like cattle and be squashed in with somebody's stinky armpit in my nose, so I rather use my car." - **Serena De Jager**

"Speeding is such an issue. Drivers have no idea how to slow down gradually. It's as if they do emergency stops at every station and traffic light,

"Really love the MyCiti bus. It works well and opens up the city for locals and visitors. They could monitor the drivers a bit better for speeding and sudden stopping. In general it



has made our city a better place to live, work and play in." - **Colin Bothma**

prior notice and it's summer now." - **Tineyi Deya**

"I use it every day to get to work in town and I think it's great. Much cheaper than the usual petrol bill. Speeding and forceful braking are my biggest issues, as well as overcrowding." - **Thea Dahms**

"It's a great experience during off-peak hours and weekends but during peak hours it has become a disaster waiting to happen with very little crowd control, risking health and safety of commuters and finally late busses which throws out entire schedules. Not to mention the poor customer care and rudeness of staff." - **Darryl Benedict Piet**

"Very pathetic service and incompetent staff. The last bus to Cape Town was cut to 21:30pm without

"Without a sense of caring, there can be no sense of community." – Anthony J. D'Angelo.



PASCO

NOURISHING AND NURTURING OUR PEOPLE



Purely Local caught up with Donna-lee Potgieter, a local woman who has been inspiring growth in our community when she founded the charity PASCO. It is a voluntary, non-profit organisation established with the aim to address the basic needs of those in poor socio-economic communities. It also aims to educate individuals on how to create a healthier and more sustainable life with the aid of the fresh produce planters provided by their volunteers.

Purely Local: When and who started PASCO?

Donna-lee Potgieter: We thought up the idea to start our own organisation early in 2013. It was a discussion between myself and my close friend, Melissa Hall. I then did my research and decided on the name PASCO – Latin for nourish, nurture and feed. Very fitting for what we have planned for the people of Dunoon.

Purely Local: What inspired you to start PASCO?

DP: I wish I could say that something phenomenal inspired me to start the charity, but the truth is it was more a case of being rejected one too many times by various organisations who had no work for us to do. We had had enough of being told that there was nothing we could do – leading to our decision to take matters into our own hands.

PL: What is your main goal with PASCO and how are you going about achieving this goal?

DP: Our main goal is to get into the settlements and show people that, with a little help and education from our volunteers, they can live a more sustainable life – starting with vegetable gardens! We would like to provide vegetable planters for individuals who need the extra food – and show them how to care for the produce so that it lasts and lasts.

PL: Why do you think it is important for people to grow their own vegetables?

DP: It is vital for all individuals to be taught how to live a more sustainable life. Our aim is to show that, by caring for

the vegetable gardens, the food can go a long way and be of nutritional value and benefit to their families. We live by that wonderful old saying: "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."

PL: How many people are currently involved and how can one get involved?

DP: We currently only have a handful of helpers – people are more than welcome to join in on our planting days.



PL: What is the most challenging aspect?

DP: Negativity from folk that find fault or flaws with our ideas – yet they don't come with any solutions.

PL: What do you love most about PASCO and what you guys are doing?

DP: I love that the few people already involved really want to see others happy. We're a bunch of passionate people that want to improve lives.

PL: What are your upcoming plans for the rest of the year?

DP: We're always going to be doing clothing, nappy and food parcel drop offs. Our main plan for next year is to get the vegetable gardens going and to ensure people know how to care for them. We're also doing improvements on orphanages in the Dunoon area.

"If we have no peace, it is because we have forgotten that we belong to one another" – Mother Teresa.

Contact Donna-lee

admin@pasco.org.za
Mobile: 079 515 1834
Website: www.pasco.org.za



PROTECT OUR STREETS

With so many neighbourhood watch groups on the West Coast, Purely Local took a closer look at one that was formed this year and has been making a huge difference in the community – Parklands Neighbourhood Watch.

The Parklands Neighbourhood Watch (PNW) was formed in early 2014 by a group of residents in the Parklands and Sunningdale area. It was initiated by the concern created from the high crime statistics in the immediate community and the belief that a smaller, more focused area needed to be covered by PNW. This would allow for the micro management of crime and contributing issues in the area. The core members have a lot of experience, for example former SAPS members, former SAPS reservists, security company members and dedicated residents, some with previous neighbourhood watch experience. In a very short period of time, PNW has grown extensively with the support of its dedicated members and in partnership with SAPS, Department of Community Safety, City of Cape Town, Law Enforcement, Metro, local medical services, councilors, local security companies.

PNW have their own radio repeater system which enables members to be radio linked 24/7, with a panic button feature for members. This panic button system allows PNW to identify a specific member when activated in case of an emergency. They also have a state-of-the-art control room in the heart of Parklands. The radio system includes members such as local security companies, SAPS, a professional K9 dog unit and other community policing structures.

PNW has a Crime Alerts system based on Whatsapp via cell phone which is open to the general public. Email PNW to join and get all crime emergency updates as they happen. They also supply PNW home sign boards which are available to the general public who are residents in their operational area. These boards are supplied and installed by the watch at a minimal cost. PNW members are all volunteers who assist and support the various community policing structures in Parklands, Sunningdale and its surrounds. Rivergate is also included in their registered operational area and will come on board when complete.

PNW is fast becoming a major influence in the fight against crime with many successes having been recorded to date. To achieve their ultimate goal of a crime-free Parklands and Sunningdale, they need all residents of the community to actively get involved and join PNW.

To get involved and help make a difference, email pnwemails@gmail.com.

Step up and protect your community.

Parklands Neighbourhood Watch Contacts

Chairman: Bjorn Harrison Sagar - bjorn.sagar@gmail.com
Vice Chairman: Gary le Roux - garyleroux@outlook.com
Secretary: Nicola Payze - pnwemails@gmail.com
Parklands Neighbourhood Watch Cell Number: 079 453 7420 - monitored (24/7)
– Save this number on your cellphone.

PLEASE JOIN THE PNW PUBLIC FACEBOOK PAGE TO STAY INFORMED.



"Every successful individual knows that his or her achievement depends on a community of persons working together." – Paul Ryan.



MONTESSORI SCHOOLS

WHAT MAKES IT DIFFERENT?

By Shelley Bergman, owner of Little People Montessori Pre-School



Montessori schools follow a form of education that was developed by Italian physician and educator Maria Montessori. It places emphasis on independence, freedom within limits, and respect for a child's natural psychological, physical, and social development.

THE MONTESSORI APPROACH TO DISCIPLINE

One-way behaviour is taught by 'grace and courtesy lessons', in which behaviour is acted out and practiced. Montessorians believe in natural and logical consequences as opposed to punishment. They believe that punishment only teaches children to not do something out of fear of punishment, not out of the greater good.

Conflict resolution and respect for the environment are also important aspects of the approach, for it is one of the ultimate goals that children do the right thing, not because they will be punished if they don't, but because they don't want to adversely affect the people and world around them.

From a very young age, pre-school age children have difficulty understanding the ramifications of their behaviour, and therefore Montessori schools use

diversion. Diversion is when you divert the child's attention from the thing that is causing the problem. If diversion doesn't work, we promptly remove the child from the situation. We teach the child to think about how he/she is behaving and how that behaviour will affect others and the things around them.

Additionally, Montessorians do not believe in rewarding appropriate behaviour with stickers and stars. It is believed that outside rewards such as these create external motivation that can lead to passive adults dependent on others for everything from their self-image to the permission to follow their dreams.



Instead of rewards, children are taught to reflect on their behaviour and its influence on the world around them. By teaching children to be proud of their accomplishments, instead of the praise and approval of others, they learn to find their rewards within themselves.



Children are also taught 'Active Listening' which takes place at a 'Peace Table'. The adults in the classroom help the children to take turns listening and explaining their conflict and feelings. After all sides have not only explained their take on a conflict, but have explained how the other side/s perceives the conflict, the children are guided through solving the problem together. Besides learning to work together, children learn to look at the 'big picture' before making judgments. Through this process they discover that most conflicts are due, not to the actual 'meanness' of others, but to 'misunderstanding'.



LOCAL MONTESSORI SCHOOLS

- Little People Montessori pre-school (Seapoint)
- Alex Blaikie Montessori School (Blouberg)
- Montessori Connect Sunridge (Table View)
- Nurturing Minds Montessori (Table View)
- Little Angels Montessori (Table View)

BEST CLASSIC BOARD GAMES FOR KIDS

Purely Local took a look at some of the classic board games that your kids will enjoy. Put away the electronic devices and let them be kids this school holiday.



CANDY LAND. A racing board game that requires no reading skills and minimal counting skills, it is suitable for younger kids.



TWISTER. The wheel spins and so do you. This game is played using your body and is perfect for the whole family.



MONOPOLY. An old classic, it is referred to as 'The Fast-Dealing Property Trading Game'. This game is a bit more challenging but will keep the family busy all night.



CHESS. A 'brain game', two players have to strategise against each other to win. Ideal for siblings or father and son to play.



GAME OF LIFE. Dating back to the 1800's, this game takes you on a journey throughout life's stages. Two to six players can play, making it ideal for the whole family.



CHUTES/SNAKES AND LADDERS. Your kids should already know this old-time favourite simple race game developed in India ages ago.



CHINESE CHECKERS. A strategy board game that is simple enough for younger kids. The aim is to race across the board.



SORRY! This game's aim is for players to travel across the board faster than other players. Ideal for 2-4 players ages six and up.



CLUEDO. A murder mystery game, the aim is to deduce who the murderer is. Two to six players of ages eight and up can join in.



SCRABBLE. A word game that will challenge everyone's vocabulary, two to four players can challenge each other.

LOCAL SCHOOL ACTIVITIES

Elkanah House: Donned in creations of their own, made up of recycled materials, Elkanah House pupils showed off their fashion designs on the ramp in the Elkanah House Theatre during their "Recycling on the Runway" fashion show. Pupils of all ages, parents and staff were invited to create their own outfits and accessories from any recycled materials at their disposal, to celebrate what has become an inherent part of life at Elkanah House – Environmental Sustainability.



Sunningdale Primary School hosted their very first West Coast Knowledge Olympiad. Grade 4 learners from the West Coast area competed in the Olympiad (Sunningdale, Table View, West Riding, Elkanah House, CBC, Blouberg Ridge and Greenlands).



Van Riebeeckstrand Primary School

1. In celebration of Breast Cancer Awareness month, the teachers raised money for and bought pink fabric to wrap around the trees and pillars in front of the school.
2. Bobby Troskie, Van Riebeeckstrand's elected head boy for 2015, with his parents Istelle and Billy.
3. Kiara Kekana, elected headgirl for 2015, with her parents, Moses and Rani.





CHARITY STARTS AT HOME

Purely Local spoke to Patti Diedericks, a local woman who has been working to protect the animals in the community for 18 years.

Patti Diedericks has been helping local animals for years. For the past 15 years she has dedicated her time to visit farms and previous informal settlements around Melkbosstrand to collect cats and dogs for sterilisation and when they were injured or ill. They would then be returned to their owners. She also started with Trap Neuter & Return programmes (TNR) of feral cats in and around Melkbos. This would entail the trapping and sterilisation of these cats, and ensuring veterinary treatment when they were ill. The feral cats are to this day fed and cared for by Patti. She continues to provide food to people who can't feed their pets.

Patti is usually also one of the first people to be called when a pet gets lost or a stray cat or dog is found. She works closely with Dr Melinda Swanevelder of Duynevet and she only recently received help from a couple of volunteers. They are Diane Boorman, Candace Boorman, Sarah Stewart, Jessica Henderson, Julia Robertson Dray, Carien Meyer Viljoen, Christa Kleynhans, Elouise Fuls, Petra Van Asch, Liezel Mills Cable and Elmien Vermeulen. They then started Peanut's Animal Welfare Fund and is

in the process of registering it as an official non-profit organisation. The focus would be on all animals in and around Melkbosstrand.

The name Peanut's Animal Welfare Fund was given to the fund in memory of a male cat that fought to survive and sadly passed away, but he left a legacy in many hearts. He was severely abused and was eventually brought to Dr Melinda Swanevelder, who is a vet at Duynevet in Melkbosstrand. Peanut's owner did not look for help for him for a full four days after he was cut open, his testicles removed and his urethra severed. "This was one of the most severe cases of animal abuse that we have seen to date, yet Peanut remained a loving cat throughout it all," says Dr Melinda Swanevelder.

Locals, especially who do not have the money to take care of their pets, contact Patti if their animals are hurt or if animals are fighting in the area. "I will then go and take care of it or alert the SPCA if it is not in this area," Patti says. Their aim is not only to help the animals, however, but also to spread awareness and to educate the community. "Our goal is to teach the entire community about animal care and well-being," she says. "We have various education programmes that teach children how to take care of animals – especially in primary schools," says Patti.

"We are a small community and the animals are running free. Once they get lost, however, it can be extremely hard to track them down. That is why we encourage locals to get a microchip implanted in their pets. You can also simply scan the neck to find out who the owner is and can return him safely," she says.

"Our most important step right now is to get an NPO number formalised," says Diane Boorman. "Patti also always needs help financially – whether you want to donate food or give cash. She has been feeding, protecting and sterilising animals in the community for years and years out of her own pocket."

Patti is an amazing woman with a huge heart and has been making a major difference in the community. The least we as a community can do is to offer a helping hand. Everything she does affect us directly – whether we realise it or not.

Find Peanut Animal Welfare on Facebook.

Contact Details:
0763395485
0215532981



COOLEST PET ON THE BLOCK

This time of year we slip on shorts and sun hats and drink cold beverages to cool ourselves down, but we often forget about our fellow furry friends who are experiencing the rise in temperature far worse than we are.

Here are some tips to keep your pet cool this summer.

EARLY OR EVENING EXERCISE

No one likes to go for a run in the sweltering sun – neither does your pet. Take them for their run early in the morning or have extended playtime at night when it's cooler.

WATER FOR THE WIN

Ensure that your pet always has fresh water available whenever they may feel like a drink. Also keep an eye out for any signs of dehydration. With dogs, specifically look out for severe panting, excessive drooling and bloodshot eyes. If you lift a dehydrated pet's skin, it will take longer to fall back into place.

BOTTOMS UP

Wetting one's pets on the surface of their back is great, but they really cool down from below. Thus, wet your pet's stomach and feet with a spray bottle for optimum cooling.

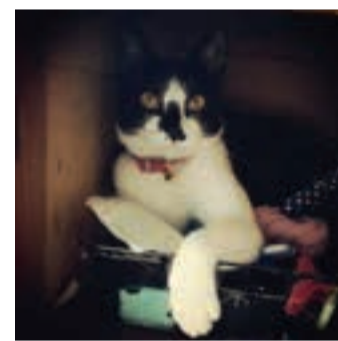
LET SLEEPING DOGS LIE

If your pet is feeling the heat, he will cease all excessive activity. Make sure that your pet has a comfortably cool place to lie down by leaving a wet towel in the shade or on the indoor tiles. Try to keep your pet off hot asphalt or bricks and if your dog is digging up your hydrangeas, he is most likely unearthing some cooler soil for him to rest on.

NEVER LEAVE YOUR PET IN A PARKED CAR.

No exceptions.

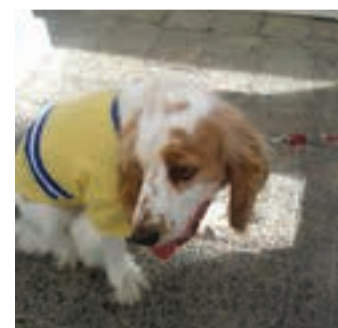
LOCAL PETS



Bella sometimes think that she is a dog, loves playing outdoors and taking long afternoon naps. She loves rusks and chips. She also likes playing with hair elastics.



Coco was saved by the SPCA from Wellington in a factory. He was very wild and sca-red of people. He was adopted when he was only 16 weeks old. He is very happy now and recently discovered his miaauw.



Vanilla lives in Blouberg and loves going to Die Damhuis in Melkbosstrand.



Have you see these local labradors Zoei and Coco standing next to the road with their signs that cheer up everyone's day? You can keep up with them on Facebook: Zoei and Coco - Cape Town.



Harry and Teddy are two local corgies from Table View. They love hiking up the Peninsula Mountains and they sometimes hike up Table Mountain and take the cable car down.





Riding THE WAVE TO Success

Stand Up Paddling (SUP) is the fastest growing water sport in the world. Purely Local caught up with Cameron Tripney, a humble yet highly competitive ten-year-old who has been doing Stand Up Paddling since he was seven years old. Born and bred on the West Coast, he and his Scottish father, Steve Tripney, have been paddling out to sea together. He has a number of sponsors already, he has been featured on SABC and Supersport on the XLTV (Extreme Life Sports Channel) and is competing against adults and beating many of them.

Purely Local: What do you love most about SUP?
Cameron Tripney: I love doing tricks such as cut-backs, smacks, airs (still trying to master this one) and tail slides. I also love the racing part of it and I get very competitive when there are people around me.

PL: What is the best weather for SUP?
CT: The best weather for wave riding is when there is no wind and for downwind riding, a 25-35 South East wind is best.

PL: Who are your sponsors at the moment?
CT: Coreban Stand Up Paddle Boards SA, Xpression on the Beach, Carlucci's, Kahuna Land paddling boards, as well as Futures and Creatures fins and surf gear.

PL: Which famous Stand Up Paddler is your favourite?
CT: Kai Lenny, a Hawaiian.

PL: What does your training schedule look like and any competitions coming up that you will be competing in?
CT: Every Tuesday and Thursday I do time trails. On Wednesdays in summer, I do downwind paddling (if my dad says the conditions are safe enough for me at sea). I will be taking part in the SUP race in Cape Town waterfront as part of the Volvo open ocean yacht race celebrations mid-October and then doing the Brandvlei National Qualifier on the 1st of November, but I am too young to qualify so I just take part for the experience.

PL: Tell us about your boards.
CT: They are custom made due to all stock boards being too big, namely my flat water race board and wave riding boards. They are made by Coreban with input from well-known local shaper and former Paddle Ski world champion Nicki Carstens.

PL: Do you want to be a professional Stand Up Paddler when you finish school?
CT: Absolutely!

PL: Carlucci's recently decided to sponsor you. Tell us about this.
CT: Brendan Payze showed an interest in sponsoring me about a few months ago. In the beginning he offered me a free breakfast at Carlucci's every Saturday morning and now he packs me these amazing food and drink hampers when I go away to race and he also wants to do some branded kit for me.

PL: What other sports do you play?
CT: I love sport! I would do a lot more but we had to make a decision on what I was going to focus on because there simply was not enough time for everything. I decided to focus mainly on SUP. I also do cross-country and play soccer. I love skateboarding and I ride a unicycle which helps with my balance - something you have to do well when you do SUP. I also love playing cricket, but because games are so long it is just too time consuming for me at the moment.

PL: Any tips for other people who want to do SUP?
CT: Start in flat water with an inflatable board. It is also easier to travel with as you can fold it up. In Cape Town at the canal you can hire boards and paddle out which is an easy way to start.

PL: What is your scariest experience so far and what is your favourite experience so far?
CT: My scariest experience while I was out at sea was when a shark was right under my board! My dad was behind me and I just froze up completely. It was an incredibly scary experience as we were about 2km offshore, but I was back in the water the next week. One of my favourite experiences was when I modelled for Bear Grylls' range of inflatable river boards. I even got his signature!

Cameron Tripney is a lively kid with big dreams and his passion and competitive side will take him far in life. Any companies who are interested in sponsoring him can contact him.

Keep in Touch
Facebook: SUP Cameron Tripney - Coreban SA and Xpression on the beach Team Rider
Instagram: supcamerontripney



XLTV chats to Cameron Tripney. Download the Creative Augmentation App for free and scan the page with the app, triggering a video to play.





Move TO THE Rhythm

PURELY LOCAL TOOK A CLOSER LOOK AT RHYTHMIC GYMNASTICS

Rhythmic Gymnastics is a competitive Olympic sport that combines the elements of ballet, gymnastics and dance. Rhythmic gymnastics embrace the grace and beauty of a dancer as well as the strength and agility of a gymnast and, because it involves the manipulation of hand apparatuses, it also requires the dexterity of a juggler, especially at the highest levels of performance. This sport is only for girls and they can compete individually or in teams where they are allowed to manipulate one or two pieces of the apparatus. Individually they are only allowed one apparatus.

The apparatuses that are used are: balls, ribbons, hoops and rope. Benefits of participating in this sport are health, fitness, skill, confidence, poise and so much more. It can be enjoyed by all participants whether they are at a novice or high level.

The Dynamic Rhythmic Gymnastics Club is one of the largest clubs in the Western Cape. They have a

few branches around Cape Town, including Table View, Sunningdale, Rosebank and Pinelands. They have been voted the best club in the province many times and over the years many gymnasts from Dynamic were part of the Western Province team, where they represented the province at the South African National Championship and brought home medals in various sections. Head coach Mariana Eddy and the coaching staff are dedicated and excited to work with the girls at the Sunningdale Sport Centre. The club offers training for individuals as well as groups and takes girls from six years and older.

INTERESTED?

Call the Dynamic Club for a trial lesson.
Contact head coach Mariana Eddy:
dynamicrgs@mweb.co.za
083 4444110



See the skills and talent of the Dynamic Rhythmic Gymnastics Club. Download the Creative Augmentation App for free and scan the page with the app, triggering a video to play.



PurelyLocal

Sport



SQUASH IT

WITH RENOVATIONS JUST AROUND THE CORNER, THE PURELY LOCAL TEAM EXPLORED THE MILNERTON SQUASH CLUB, WHICH IS NOT ONLY AN OLD FAVOURITE FOR SPORTS, BUT ALSO A GREAT PLACE TO SOCIALISE.

A HISTORY LESSON

The squash club was built at the Theo Marias sports Park, which has sport facilities such as rugby, dog houses, cricket and squash. In the 70's this sport complex's main focus was rugby, so the squash club was neglected and had only two courts. In 1976 a few people came along and decided to start playing squash, which resulted in them building the squash club and it was very well known for the socials that were held there. As years passed the squash club was getting too small and the government saw the amount of work and effort that was put into the club and how it had grown, so they gave enough funding to build the third squash court. This was so big that the Mayor performed an opening ceremony. The club room with a bar and a braai was then built later.



FACILITIES

The club has two indoor squash courts and one glass backed match court with a seating gallery. There are full men and ladies changing rooms, as well as two other clubhouse bathrooms. The clubhouse comprises of the bar, indoor braai and pool table. The club also has a squash pro shop on site.



UPLIFTING THE COMMUNITY

The squash club provides the community with a well-maintained place to exercise and keep fit. Various junior programs are run throughout the year, which helps promote their development in sport and all of the health and social benefits that come with being active and exercising in a fun environment that is accessible all year round.



CONTACT DETAILS

072 986 1186
glwheadon@hotmail.com

PROUD PROTEAS

PURELY LOCAL SPOKE TO BEARAN HENDRICKS AND STIAAN VAN ZYL, TWO ACCLAIMED SOUTH AFRICAN CRICKET PLAYERS.

STIAAN VAN ZYL

Stiaan van Zyl is a left-handed batsman who plays for the Cape Cobras and Proteas. Stiaan made his debut for Boland in the SAA Provincial Challenge against Kei, and has set the standard high ever since.

Purely Local: What has been the best advice that you have received throughout your years of training?

Stiaan van Zyl: Train hard, every day. In order to maintain that level of intensity, you need to give it your all every single day.

PL: Who is your sports idol and why?

SVZ: I have a few, including Roger Federer, Hansie Cronje and Matthew Hayden. I look up to them because they are humble and consistent, which I think are two important aspects when competing.

PL: What has been your greatest sport achievement?

SVZ: Being selected for the test squad – it has been such an honour.

PL: Any tips on how you stay motivated when the training gets tough?

SVZ: Not everyone is fortunate to play a sport professionally, so you need to continuously remind yourself how privileged you are. Appreciate every day as it comes and be patient.

PL: What makes a good team/team member?

SVZ: You need to be honest, supportive towards your team members and set the example for those around you.



Keep in Touch
Twitter: @laggies74
Instagram: @stiaanvanzyl



Keep in Touch:
Twitter and Instagram: @Beuran_H13

BEURAN HENDRICKS

Beuran Hendricks is a South African cricketer who plays for the Cape Cobras and Proteas. He is a left-arm fast bowler that is capable of generating a fearsome pace that is beyond impressive. He made his T20 international debut in the second match against Australia in Durban on 12 March 2014.

Purely Local: What has been the best advice that you have received throughout your years of training?

Beuran Hendricks: Patience. You need to be patient and not get ahead of yourself. Success happens gradually.

PL: What has been your greatest sport achievement?

BH: Being selected to play for the Proteas is my greatest sports achievement to date. Being able to walk onto the field with a group of legends was such an incredible experience.

PL: Any tips on how you stay motivated when the training gets tough?

BH: In order to stay motivated, you need to be patient. Without patience, you won't have the ability to stay motivated on a regular basis.

PL: What makes a good team/team member?

BH: You need to play as a team and support each other's decisions. By playing as a unit, it will allow you to grow as a team and as an individual.

"Persistence can change failure into extraordinary achievement." – Marv Levy.



SOUTH AFRICAN DEAF RUGBY UNION

SPORT WITH A CAUSE

The South African Deaf Rugby Union (SADRU), a rugby squad that celebrates rugby as a sport and encourages those with hearing impairments to take part in the game, was founded by Tim Stones and Vernon Vice in September 2007 in Worcester. Tim was working with the National Institute of the Deaf at the time and Vernon Vice and his parents are deeply seeded in the deaf community. Presently, SADRU is supported by an executive committee of Tim Stones (President), Reenen Stenekamp (Vice-President), Dean Martins Almeida (Public Relations Officer), Danie Engelbrecht (head coach), as well as Michael Oosthuizen and Raymond Jonker (assistant coaches).

After seven years of battling the elements of the financial restraints of sport, SADRU has landed itself in a powerful position in terms of brand, vision and performance; one which is attracting some strong names in business to invest in SADRU and the vision they have. Purely Local spoke to Dean Martins Almeida, the Public Relations Officer of the SADRU to find out more.

Purely Local: The national Deaf Rugby team, as they are called now, play at international level. Which countries also have these teams that they play against?

Dean Martins Almeida: We have planned for international tours for England and Wales (current World Deaf rugby Champions) to come to South Africa in June and August 2015 respectively. Around this we will be having squad camps to reinforce our team cohesiveness and basic understand of game strategies come game day. We have not been able to arrange games and are battling to get practices consistent because of the lack of funding, although, due to the fact that the brand has become as strong as it is, we are becoming more and more attractive to potential investors.

PL: What is the aim of SADRU?

DMA: SADRU's vision is to bring awareness to the deaf community as a whole through sport; to provide opportunities to those who have been suppressed due to a misconception of ability. The South African Deaf Rugby Union is focused on becoming World Deaf Rugby Champions in 2016. Our long term aim is to have rugby available to all deaf schools. When I was growing up, all I had was rugby, my team mates (brothers) and the coaches (fathers). If I had a bad day, they were the first people I went to. Rugby isn't just a rough game played on a patch of grass, it is a physical exertion, a mental understanding – it's the first thing I really fell in love with.

PL: What are some of the achievements that the team is most proud of?

DMA: We are especially proud of the fact we have, after seven years, achieved official affiliation with SA Rugby (SARU) as an associate member, with full International Rugby Board Test status. At our national trials we comfortably defeated three quality hearing sides, and in doing so proved that deaf rugby is a force to be reckoned with.

PL: Do you only have one team? Do you accommodate all ages, skill levels, etc.?

DMA: Presently we do have a national squad, because there is no structure for us to work with. The SADRU is the only

active team in South Africa and the hope of thousands of deaf individuals in South Africa rests on our shoulders and to build and enhance the SADRU vision is our dream. We accommodate all who would like to participate. We offer coaching and guidance in terms of competing in the deaf sport world as a whole – if you are not suited for the game of rugby, we can send you on to the Deaf Sporting Federation who will undoubtedly put you on the right track. The fact is that people who are deaf do not see themselves as disabled at all – in fact, they see deafness merely as a life experience. They see and feel things like no hearing person ever will. They are unique in a world full of the same thing.

PL: What is Shelley Buckle, a former Miss Deaf SA's, involvement in SADRU?

DMA: Shelley leads up our Women's Rugby portfolio, tasked with promoting the game among deaf women, and serving as the liaison between deaf women who would like to take up Rugby. Shelley also forms part of the executive committee in the above capacity.

It is inspirational to see the willpower and strong team spirit of the SADRU. Bound to inspire any sportsperson, they are set to make even bigger waves in the South African sports world.

Keep in Touch:

Follow us on Facebook, Twitter and visit our website www.sadru.co.za

Public Relations: dean@deanconsulting.co.za / 076 0303 710



IT'S ALL DOWNHILL FROM HERE

Longboarding is becoming a popular sport, especially in the Western Cape with all our hills and turns. Longboarding is the act of riding a longboard skateboard. The angles at which some longboards can turn, as well as their ability to coast for long distances make them better adapted for cruising on streets compared to skateboards. Purely Local spoke to Renier van Staden, a professional longboarder who has been making a name for himself in the longboarding world.

Purely Local: When did you start longboarding?

Renier van Staden: Before I knew what longboarding was, my friends and I used to 'sidewalk surf' the pavements. I really got into skating longboards about three years ago when I discovered that you can put a longboard sideways to manage speed by doing glove down slides.

PL: Do you ride for any sponsors?

RVS: I am proud and privileged to ride for Core Surf and Skate in Jeffrey's Bay, Sector9 South Africa, Vonzipper South Africa and MYi trucks.

PL: What longboard/setup are you riding at the moment?

RVS: I'm riding the Sector9 mini-daisy with MYi trucks. My wheels of choice are the Sector9 Slickshoes.

PL: How safe is it? What do you need to do to prevent injuries?

RVS: Every sport has its potential risks. Bailing on the tar has claimed a fair amount of my skin in the past. Wearing protective gear when skating down a hill can limit the severity of your injuries and if you learn the right skating techniques and ride within your ability it can be relatively safe.

PL: What equipment do you need for longboarding?

RVS: You require a board, trucks, wheels, bearings and a helmet. Knee-and elbow pads are optional but highly recommended.

PL: What is the fastest you have been on a longboard and where?

RVS: I have clocked 102km/h on my GPS on a road in the Western Cape I wish to keep a secret.

Keep in Touch

Facebook: Renier van Staden
Twitter and Instagram: @ren_S9



HAVE A BALL

Bubble Soccer has hit the World by storm and is now offered at Montague Gardens Action Cricket Club. Purely Local took a closer look at this bizarre game.

What is it?

Bubble Soccer is a game played between eight players, four in a team. You could have a maximum of six players per team for substitutes. Each player will play in a Bubble Suit – almost like the Zorb Balls, except that only your feet will be sticking out. The idea is to bump your opposition out of play, whilst playing soccer. The game is hilarious as players bounce into one another and roll around.

- A game lasts for 30 minutes
- It will cost you R560 for the game
- Men, mixed and ladies games
- In the case of a corporate event, the players are out to 'Bump a Boss'
- Players are completely safe as they are protected by the Bubble Suit

Booking is essential: 021 552 3165/6
www.montaguearena.co.za



"Sports serve society by providing vivid examples of excellence." – George F. Will.



FEELING ADVENTUROUS?

It's that time of the year where the Northern hemisphere folk head to ski resorts up high and slide down on soft snow. We in the Southern Hemisphere may not have much snow, but then again – we're not soft.

Just a stone's throw from Cape Town lies Atlantis on the West Coast with its magnificent sand dunes, ready to be ripped by boards of all sizes. Rest assured that although the riders can be of all ages and sizes, Sidewinder Adventures has over 12 years of sandboarding experience and have taken riders over the age of 65 on an adventure they will never forget.

However, the mountains of sand don't only lend themselves to boarding. Many other activities such as quad biking also await the adventurous souls. Experience or specific skills are not required, as the Sidewinder guides will have you gliding down the dunes like a pro in no time. Your custom made

award-winning Sidewinder Sandboard will assure that your safety is paramount.

The only thing you have to worry about is keeping your sunglasses from flying off your face as you wave for the camera.

Keen?

Dave Rademeyer
072 177 8620
bookings@sidewinderadventures.co.za

31 Oviston Road
Edgemead
7441
Cape Town





HAPPY FEET

BY LOCAL BIOKINETICIST, JAN ADRIAAN VAN WYK



Our feet are the last thing on our minds, even though they are involved in almost everything we do. They are the only part of our body that is constantly in contact with the ground beneath us. They provide us with vital information about the ground below and they activate key reflexes that help us avoid injury when we sense something sharp, uneven or hot under our feet.

The foot is an intricate system of nerves, tendons, ligaments, joints and muscles and contains more than 25 percent of the total number of bones in the entire body. They are truly an engineering masterpiece and most probably the most adaptable part of our hardware. Think of how some upper limb amputees use their feet to master complex tasks like writing, painting and typing. One of the great Harry Houdini's secrets was that he could use his feet like hands, unlocking locks with the greatest of ease. He could even thread a needle with his feet! No wonder there are so many things that can go wrong with our feet, especially if anything upstairs is moving either incorrectly, inefficiently or in an imbalanced state.

From our first step, our feet teach our bodies how to move. From the time we first learn to stand and walk all of our balance and movement is dependent on the messages being sent to the brain from our feet. If this message is altered the brain won't get a clear message of how to move our body correctly. This can sit at the root of a lot of our modern day pain and injury. Good gait, stance and foot strike can

positively impact on the long-term joint health of the entire body.

In order to achieve this we need strong, elastic arches and proper function of our toes, especially the big toe or hallux. Some common injuries associated with the improper use of the big toe include bunions, Morton's neuroma in the foot, Achilles and shin problems in the lower leg, runner's knee, Iliotibial Band Syndrome (ITB) in the knee and a variety of hip- and lower back issues.

How do we ensure strong, healthy feet?

- **Go barefoot**
The rubber of most modern footwear separates us from the floor and blinds most of our feet's sensory perception. Walking barefoot activates vital nerves and re-educates movement. Barefoot walking also restores our feet's elasticity and strength. If you are not used to walking barefoot, start with only a few minutes a day and build it up slowly.
- **Wear the right footwear**
Make sure that your shoes are sized correctly. (Ladies, if you are a size seven don't squeeze your foot into a five!) Your feet need space to do their thing. You need a wide enough toe box for your toes to splay when you walk or run. Avoid shoes with heels as they shift your weight, shorten your arches and affect your posture.

- **Train your toes**
Scrunch a towel or pick up marbles with your toes. Make a 'Mexican wave' with your toes by lifting them from the outside in and vice versa. Imprint your big toes and relax the rest or pick them up from the floor. Imagine you are pushing a drawing pin into the floor.
- **Roll the sole of your foot over a hard round object, like a golf ball or a hockey ball**
You can do this at your desk or even while watching television. Don't be shy to put good pressure into it. Healthy feet will feel very little pain. If you are holding any tension in your feet, you'll definitely feel discomfort.

- **Balance by standing on one leg**
This is a great way to strengthen intrinsic foot muscles and ankles. If this becomes easy, try to do it with closed eyes.

These things might be difficult or uncomfortable at first, but you will be amazed how quickly your feet adapt.

Contact Details

Jannie's practice is at the Table View Virgin Active.
jfunwyk@yahoo.com
083 594 8500.

MOVING MUSCLES

Are your muscles sore and tired from sport or physical activities? Nadia Schonborn's sport massage is the answer to relieve your muscles.

Nadia Schonborn's sports massage treatments can either be enjoyed at Zen Studio in Blouberg which is owned by Mandi Wyngaard, at Time-Out-Zone, a sport and recreation club in Duynfontein or in the comfort of your own home. She specialises in Sports Massages, but rather than a pampering, relaxing massage she concentrates on more specific muscles. After studying Human Movement Science in Bloemfontein, she followed her interests by completing a Sports Massage course and began working as a sports masseuse in January 2013. Regular massages are very important for muscles in order to enhance function and aid in the healing process. Her friendly approach makes you feel very relaxed and she will ask about any injuries and treat you accordingly. The massages are very thorough

and any knots or tight spots are quickly worked away. She uses grapeseed-based oil with added lavender and arnica.

Prices are very reasonable. If you would like to make a booking, please call Nadia on 0738959005 or email her at nadia@movingmuscles.co.za.



10% DISCOUNT
IF YOU
MENTION
PURELY LOCAL
WHEN BOOKING



STRETCH-N-GROW YOUR KIDS TO BE HEALTHIER AND HAPPIER

In a 21st Century world, where children prefer a television to a swing, it comes as no surprise that, for the first time in 100 years, today's children have a lower life expectancy than their parents. Sedentary lifestyles used to only affect those of us working in offices, but now our children too are bound to desks and couches.

Stretch-n-Grow, the world's largest network of children's fitness professionals, have been providing a solution to 14 other countries around the world, and are now hot on the health and fitness scene in South Africa. Stretch-n-Grow offers a structured curriculum to be implemented in weekly sessions of 30-45 minutes in a nursery or preschool environment, and is designed specifically to teach children between 18 months and 6 years the importance of living a healthy lifestyle and enjoying exercise.

Based around simple aerobics and original story-driven routines, children are physically

engaged in a new, fun approach to exercise and whole-body wellness. In this way, good health and exercise habits are promoted within children from an early age, and encouraged for a lifetime.

Stretch-n-Grow exercises are also designed in such a way that children improve strength and endurance, balance and flexibility. It improves children's general co-ordination and their motor skill development, whilst assisting spatial and body awareness, all in a fun-filled group environment. Children are encouraged to have high self-esteem and a positive, proactive attitude – an invaluable benefit in a 21st Century world, where depression and apathy are two of our largest concerns among the youth.

Parents are kept involved with tips for home fitness activities, feedback sessions and newsletters, all forming part of this action-packed programme to help children Stretch-n-Grow into

healthy, happy individuals of the 21st Century.

Interested?

Contact Michelle Merryweather
083 650 3353
michelle@stretch-n-grow.co.za
www.stretch-n-grow.co.za





FLAUNT IT

BY JADWIGA MALKIEWICZ DE LANGE,
ONLINE PERSONAL TRAINER

Summer is here whether you are ready for it or not. These small lifestyle changes can ensure that you will get and keep that healthy body you desire and are not ashamed to show off on the beach.

- **Eat 4-6 Small healthy meals throughout the day**

Aim to eat meals that are high in protein and fibre. It's important not to starve yourself. Eating too little and also skipping meals will force your body into 'starvation mode', which will cause it to store added fat for energy (out of fear of not being fed) rather than burning fat. Avoid fried food and junk food like chips, chocolates, pizza, ice-cream, high calorie cold drinks, etc.

- **Be Active**

Make time to exercise daily – a minimum of three times per week. You can join the gym or exercise at home, go for walks, ride a bicycle, swim, etc. Just do anything active to help you burn calories. The best would be to do a combination of both cardio and weight training and to keep changing up your workouts to keep your body guessing.

- **Hydrate with Water**

From keeping you hydrated to improving your skin, drinking water has many health benefits. Drink ice cold H2O because it'll boost your metabolism and help burn more calories.

- **Get enough sleep**

Sleep deprivation hurts your ability to lose weight. This is because your

body produces the glucose and insulin levels of some diabetics when you don't sleep!

- **Set up a Goal and Track your Progress weekly**

Weight-loss goals can mean the difference between success and failure. Realistic, well-planned weight-loss goals keep you focussed and motivated. Keep a progress journal to help track your weight loss and how much you still want to lose over the next couple of weeks.

- **Get an accountability partner**

Do you have someone that you report back to regularly about your weight loss journey and how it is going? Or someone who, if you fail to report back regularly, will come and ask you about it? Be that a Personal Trainer monitoring your progress, a friend, family member or spouse checking in with you.

- **Cut alcohol out of your diet.**

This can be a tough one, especially if you're used to drinking that glass of red wine after you come home from work. Alcohol has lots of calories in it, especially cocktails and shooters. So, even though a glass of wine is healthy for you for other reasons, it's not the greatest way to slim down.

- **Consistency is key!**

The hardest part of losing weight is that it takes time. When clients come to me for online personal training, they tell me about how they want to lose weight or really want to be able to see muscle tone in their body. The one thing they don't mention, but I know, is that they want it yesterday.

You must exercise consistently to get the results you want! It blows my mind how many people don't even try to be consistent with their diet and exercise programmes and complain about not seeing results.

Please get in contact with me if you need help to shed of those extra few kilos for the summer.

www.justmovefitlife.co.za

Twitter: @JadwigaMD

Instagram: @jadwigamalkiewicz



75% OF PEOPLE WILL EXPERIENCE FOOT PROBLEMS IN THEIR LIFETIME

40% NAIL CONDITIONS

These are nail conditions of the foot ranging from ingrown toenails, ram's horn nails to fungal infection on the nail.

45% DERMOLOGICAL CONDITIONS

These are skin conditions that range from bacterial and fungal, corns and callus to athletes foot.

25% SPORT INJURIES

Sport injuries are often caused by biomechanical or gait imbalances in the lower limb that lead to injury.



40% DIABETES IN FEET

People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to serious complications. Podiatrists specialise in the treatment, including the education and prevention.

27% YOUNG FEET

Young feet are prone to low muscle tone, hyper mobility, severes disease, toe walking and more.

10% FOOT DEFORMITIES

Deformities of the foot can include anything from bunions, flat feet, hammertoes and more.

MAKE THE CHANGE TODAY, VISIT YOUR LOCAL PODIATRIST.



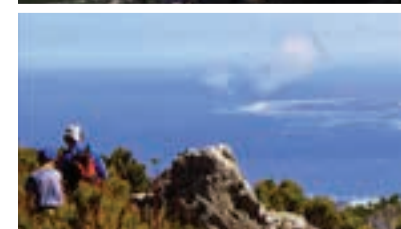
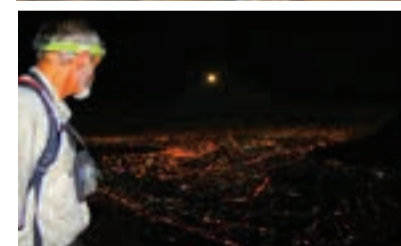
MIKE ERCHEN
N.D. POD. (SA)

021 557 4606
www.problemfeet.co.za
reception@problemfeet.co.za

TOP HIKING TRAILS IN CAPE TOWN

By Stephan and Karin Theron, avid hikers in the area

THERE ARE SO MANY BEAUTIFUL HIKING ROUTES IN CAPE TOWN. EXPLORE THESE THIS FESTIVE SEASON.



1. India Venster Path, Table Mountain

This is the most scenic hike up Table Mountain. You basically walk below the cable cars.

2. Boomslang

Boomslang is a very dark cave with secret tunnels and bats. It is best to start from the Clovelly side. You then walk and crawl through the mountain and exit on the other side. Don't forget to take a headlamp.

3. Constantia Nek to Dams

This is an easy walk up Table Mountain on a cement road. You are not allowed to swim in the dams.

4. Skeleton Gorge and Nursery Ravine

This trail starts at Kirstenbosch where you have to pay to enter so remember to take cash. If you don't want to pay entrance, you can also start from Cecelia Forest along the contour path.

5. Full Moon Lion's Head

Lion's Head is a well-known mountain to hike up when it is full moon. You should pack a picnic basket and take a bottle of wine to enjoy. You will need a good torch to come down.

6. Devil's Peak

This is the peak on the left hand side of Table Mountain, with Signal Hill and Lion's Head on the right. Start from Newlands forest and be prepared to find your way through the maze of paths up the mountain to the saddle. From the saddle it is a quick scramble up to the first of three beacons at the top.

7. Cape Point Dias beach

This is that small secret beach that you see far below when walking up to the old light house at Cape Point. It is an easy walk on good wooden walkways down to 'The Beach', like in the Leonardo Dicaprio movie. Take a picnic basket.

*Photos by Stephan Theron



BROUGHT TO YOU BY SPICE4LIFE

WHAT'S HOT NOT



WWW.SPICE4LIFE.CO.ZA

THE SPICE4LIFE TEAM HAS BEEN BITTEN BY THE JINGLE BUG! IN THE SPIRIT OF CHRISTMAS, WE HAVE DECIDED TO SPOIL OUR READERS BY GIVING YOU A CHANCE TO WIN ANY OF THE PRIZES BELOW! FOR A SHOT AT WINNING AN AMAZING PRIZE, YOU WILL NEED TO DO THE FOLLOWING:

1. Visit SPICE4LIFE.co.za and enter via the WIN section
2. On our Facebook page, tell us what you want to win and why. Think outside of the box on this one – we want to see some creative answers!



WIN: A SKNLOGIC SKINCARE HAMPER

This SKNLOGIC hamper contains everything you need for a basic, effective skin care regime. Included is a Sulphate free cleanser, Cleanse wash with pomegranate extract, Tone with Kiwi extract, Moist with pomegranate extract, Night with apple extract, Protect spf 30 with raspberry extract, Exfoliate enzymatic with Papaya extract, Eye revitalise with Mandarin extract with a Skinlogic cosmetic bag.



WIN: A FULL UNDERARM LASER HAIR REMOVAL TREATMENT PACKAGE OF 8 TREATMENTS VALUED AT R4000

Experience a customised blend of care, nature, science and expert technique in the most exquisite spa setting. Sheer Touch Laser Hair Removal & Aesthetics Centre offers advanced skincare, laser treatments and hair removal, combined premium skincare products and innovative technologies to provide results-driven skin rejuvenation, permanent hair removal and care.



WIN: A GLAD HANDI-COVERS HAMPER

GLAD Handi-Covers elasticised food covers are ideal for covering bowls, plates and platters – even those made from plastic, wood and metal that regular wrap won't cling to. Perfect for family gatherings, picnics or when transporting plates of food to a dinner party or braai. Included in this hamper are GLAD Handi-Covers, as well as a wide range of GLAD products that will help around the kitchen and home this December.



WIN: A B.O.N SKINCARE HAMPER

The B.O.N Skincare range will leave you with healthier, younger-looking skin. Natural oils, rich in vitamins, omegas and anti-oxidants are ideal to keep your skin healthy. These oils can help reverse the signs of ageing and help your skin retain moisture. Made using Grape seed oil, Rose Hip oil, and avocado oil – this regime will leave your skin glowing.



WIN: A TEMPUR PILLOW

Choosing the right pillow can improve how well your body is positioned at night and the quality of your sleep. The temperature sensitive material used in all TEMPUR pillows softens as it responds to your body heat, conforming to the natural curvature of your head and neck and offering optimal comfort and support.



WIN: A SWAK X JEWELLERY HAMPER

Sealed with a Kiss, SWAK X, a company created for the employment and holistic training of vulnerable young adults affected by HIV/AIDS, has expanded our proudly South African range again! They are renowned for their offering of over 80 delicate sterling silver charms on silk cord but have now branched out to heavier oversized charms in both sterling silver and Lucite (Perspex). In addition they have introduced their raw leather complemented with Puta and beautiful handmade cotton bracelets.



WIN: A PANTENE PROTECT & SHINE HAMPER

Spring is in the air and summer is fast-approaching. The warmer months are all about the outdoors, beach holidays and happiness all round! However, your hair doesn't always agree. The warmer months can take their toll on your radiant colour and the overall condition of your hair. But don't fear, with Pantene Protect and Shine range your hair will look as great as you feel.



WIN: A RIGOR HOUSEHOLD HAMPER

Bliss Brands, the creators of MAQ Washing Powder, have launched Rigor Thick Bleach - a thick liquid bleach that knocks germs dead and protects for up to 24 hours. What's more it has a long lasting fragrance that will have your home smelling fresh and clean for longer!



WIN: A CLASSIC TIME PIECE FROM DANISH DESIGN WATCH COMPANY VALUED AT R2599

Danish Design embodies functional style beautiful lines and high quality craftsmanship using only the most notable Scandinavian watch designers – ensuring that each piece is a monument to the Danish Design craft. Inspired by the effortless beauty of simplicity this Danish Design Watch is encased in stainless steel with a Mineral Crystal glass and 3ATM.



WIN: ONE OF 3 MOTOR MAKEOVERS

We love the shoes we stride around in, and boys love the cars we ride around in. The panel-beating industry has earned itself a bad reputation but these boys are here to change that; ladies, meet the AcciDent Gurus! They are offering three Cape Town beauties the chance to pamper your cars with a stylish make-over. Think of it as a full facial beginning with exfoliation and resulting in a bright, fresh, youthful complexion.



TAKE CARE

SUNCARE TIPS COURTESY OF SLNKO ZINC

KEEP IT FRESH

There are so many awesome things to love about summer: beach trips, ice creams, and late sunsets. However, sometimes the heat of summer can get to be a bit too much, especially when you end up continually sweating off your make-up. Here are some tips you can try to keep your make-up on this summer, and keep you looking fresh all day long.

CLEANSE FIRST

You want to keep your pores as clean as possible, so don't forget to cleanse your face thoroughly but gently with a cleanser that is light and contains no oil.

COOL DOWN

Wet a cloth with ice-cold water and press it against your face before applying make up, so that you're not applying it to a hot face.

PRIMER

Primer is your best friend in summer. Apply it to your face before applying your make-up to make it last longer. For even longer-lasting results, apply a face mist after your foundation to set it. Mac Fix+ is a good product to try.

EVALUATE YOUR BASE

Wear a light base as oil-heavy foundations will clog your pores.

WATERPROOF IT

The last thing you want is black streaks running down your cheeks. To avoid this, use waterproof eyeliner and mascara. You should also invest in a decent make-up remover, as waterproof products are inherently more difficult to remove than their counterparts.

1. Apply sunblock at least 30 minutes prior to going outside.
2. If you are going to swim or be active, use a waterproof sunblock like SLNKO Zinc. The zinc oxide in SLNKO Zinc contains no chemicals so it won't burn your eyes.
3. Avoid the sun between the hours of 10am and 3pm. The South African sun is notorious for its strength. If you must go in the sun between these hours, make sure you wear a hat, cover up and wear your sunblock.
4. Be thorough when applying sunblock, all skin burns in the sun so it needs to be protected. Don't forget your ears, nose, feet and toes!
5. Children and babies need greater protection. Use a children-specific sunblock for the best protection for your little loved ones.
6. Everyday use of sun block on your face and back of the hands will limit the chances of developing dry leathery skin, wrinkles, mottling and other signs of premature ageing and skin cancer.
7. Spot the spot. Check your skin carefully every month for any changes to moles or freckles. If you notice a difference in shape, colour or texture, contact your doctor or dermatologist immediately.
8. Ensure that your sunglasses have UVA and UVB protections, which should block at least 75% - 85% of the sun's rays.



WIN! STAND THE CHANCE TO WIN A SLNKO ZINC TUBE OF 100% SUNBLOCK. TO ENTER, GO TO WWW.PURELYLOCAL.CO.ZA

LET'S GET TROPICAL

BROUGHT TO YOU BY

VISIT WWW.SPICE4LIFE.CO.ZA FOR MORE FASHION INSPIRATION



Every morning, we get out of bed and peer into our wardrobes. We mix and match, and finally decide what we want to look like for the day. Even though we may not always be aware of it, that moment is ruled by inspiration – by something seen in a magazine, a trend worthy of experimenting with, or a mood. Summer is a time filled with inspiration – brought on by bold, beautiful colours, rich textures and articulate detail, and it never

fails to influence the fashion world. Expect to see garments filled with life and expression this season, with tropics being a hot topic. Brands such as Lipsy and River Island have dominated on full floral and a pleasurable paradise feel, and the men have not been left behind, with JX at Edgars having embraced the enigma of summer through bold tropical prints, shorter shorts and looser vest cuts.



1. Lipsy, R1099
2. Lucky Brand, R349,95
3. GOSH, Giant Sun Powder, R205
4. GOSH, 001 Golden Green eyeshadow, R99
5. Lucky Brand, R619,95
6. Lucky Brand, R399,95
7. GOSH, 030 Oh La La Neon Orange, R48
8. River Island, R329
9. River Island, R829
10. Korres, Cherry Lipgloss in Orange, R180



1. JX, Bond Beach Vest, R149,95,95
2. JX, Yellow Floral Short R349,95
3. JX, Flops, R99,95
4. JX, San Diego Vest, R149,95
5. JX, Chino Shorts, R299,95
6. Korres, Walnut and Coconut Clear Sunscreen SPF 20, R220
7. Korres, Basil Lemon Body Scrub, R150





We took a closer look at Scotch Whisky, its different forms and origin by speaking to whisky Master of the Quaich, Pierre Meintjes.



Purely Local chats to Pierre Meintjes about Scottish Whisky. Download the Creative Augmentation App for free and scan the page with the app, triggering a video to play.

Pierre Meintjes is one of only 159 Masters of the Quaich (pronounced Quake) in the world. This is a title bestowed on only those who have a true passion for whisky, the Scotch whisky industry and Scotland. Years ago, the major manufacturers of Scotch Whisky got together and decided that they wanted to honour people who have played a role in the development and promotion of scotch whisky, both in Scotland and around the world. These people would form an exclusive, international community recognised for their outstanding commitment to Scotch Whisky. Their mission was to promote the values and image of Scotch Whisky as the world's finest and most prestigious distilled spirit. The Society would be called The Keepers of the Quaich.

You are first nominated to become a Keeper of the Quaich and only then, if after ten years of being a Keeper, in the eyes of the Management Committee in Scotland, you have performed meritorious service to the Society, you could be nominated to become a Master of the Quaich. "A Quaich is a drinking vessel that is also referred to as a 'friendship cup', the reason being that it forces one to use both hands when drinking from it, eliminating the chance that the receiver of the cup can take out a dagger to stab you. It was originally made from wood but is now made out various exotic metals, such as silver, pewter, etc.," explains Meintjes.

There are over 2200 Keepers in 87 countries around the world. There are active Chapters in South Africa, Australia, Germany, Brazil and the Netherlands. "In South Africa we meet annually at the Castle of Good Hope where we hold our AGM and Banquet. We have an excellent relationship with the Cape Town Highlanders and their Pipe Band. The Drums and Pipes of the CTH perform for us and create a wonderful ambience and along with the Haggis which is always served at the Banquet, one could easily think you were in the Scottish Highlands!" says Meintjes. Meintjes' great passion is Scotch Whisky, although he appreciates others as well. "The

biggest mistake non-Scotch whisky companies made in the past was to try to imitate Scotch Whisky or specific brands of Scotch. Now that they have developed their own style and character, they are making some really excellent products," he explains.

"South Africa is right up there with quality whiskies. Bains, for example, recently won the award as the best grain whisky in the world and Three Ships was voted the best blended whisky under twelve years old, a few years ago. Japan, Korea along with Ireland, USA and Canada are also major producers of whisky. However, most of these countries either own distilleries in Scotland, or have associations with Scotch Brands, and that tells a story doesn't it?" asks Meintjes.

LEARN YOUR LINGO

- Scotch whisky is made in a specific way and is spelled 'whisky'. South African whiskies are also made the Scottish way and therefore spelled the same way.
- Irish and American whiskies are spelt 'whiskeys'.
- The whisky does not only depend on the country it is from but also on how it is made.
- Single Malt Scotch Whisky can only be made using three natural ingredients: barley, yeast and water.

HOW TO TASTE WHISKY

- Look at the colour. If the rich golden colour becomes slightly cloudy when you add water to it, it means that is un-chill filtered and is almost exactly the same as it was when it was drawn from the cask.
- Swirl the whisky in your glass. You will see 'legs' running down the inside of

the glass. If the legs go down slowly, it is an indication that the whisky is older and of superior quality.

- Place the glass rim just above your upper lip. Open your mouth and inhale through your nose and mouth simultaneously, to 'taste' it on the back of your throat.
- Take a swig of whisky and swirl it around your mouth like mouth wash, for at least five seconds before you swallow it.

GOOD SCOTTISH WHISKIES TO TRY

- Scottish Leader
- Black Bottle
- Bunnahabhain



LET THEM EAT CAKE

Whimsical Cupcakes can make all your sugary dreams come true

There is a buzz of excitement this time of the year as there is so much to celebrate. It is the end of the year 2014, Christmas is coming up, it is the wedding season, end-of-year functions are coming up and many people are celebrating their birthdays. What is the best way to celebrate? Sweet treats such as cupcakes, cakes and biscuits!

Whimsical Cupcakes, based in the heart of Milnerton, is a home-based, artisanal bakery that creates quirky, fanciful and magical moments that will make any function, birthday and celebration in your life a unique experience with their fresh and creative baked products and party ware.

When it comes to store-bought baked goods, you will not be ensured that it is made with the best ingredients, you cannot be sure that it is fresh and you also cannot always decide precisely how you want it to look. When you buy baked goods from Whimsical Cupcakes, you can be sure of all of the above.

Just browse through the many beautiful photographs of Whimsical Cupcakes' creations and you will not think twice about choosing them over your supermarket's cupcakes. With delicious flavour combinations and no idea too big, Whimsical Cupcakes will build your dream cake, cupcake or biscuit.



Natalie Royston
www.whimsicalcupcakes.blogspot.com
082 408 5739 (during business hours)
info@whimsicalcupcakes.com

Life is sweet. Savour it.



MMMMMM... MORGAN'S



In November this year, local Morgan Pellis opened up a new hot spot at the marine promenade, Bloubergstrand. A trend-setting coffee shop that Blouberg really needed and that has many healthy options as well as sweet treats on the menu; it is bound to become many locals' hot spot. "I have always enjoyed going to coffee shops for a great cuppa. I also always used to say that one day I will have my very own coffee shop. I also saw a coffee culture grow in Cape Town and I found that the Blouberg side of the world did not have this kind of coffee shop," says Morgan.

OPENING TIMES

Mon-Friday: 6:30 - 18:30
 Saturday: 8:00-18:00
 Sundays: 9:00 - 16:00
 Find Morgan's on Facebook: Morgansblouberg
 Instagram: #morgans2014

A place where you and your friends can go to relax and just kick back, Morgan's offers a beautiful view, good food and good service. "The Brazilian hazelnut latte and the French baguette with tomato, salami, rocket and basil pesto is doing really well at the moment. My personal favourite is the chocolate croissant with extra Nutella."

There is something for every taste in this creative hub. Pop in and have a look for yourself.



WINE LOVER?

THERE'S AN APP FOR THAT

If you are a true wine lover you know that you want to keep track of the good wines, compare them to similar ones and avoid buying a bad wine. Here are apps to help you do that. All apps are available on Android and iOS and is free.



1. V I V I N O

This app has a label recognition system that helps you scan wines to see reviews, ratings, tasting notes and more. You can also see where you can buy the wine in your vicinity.



2. D R Y N C

Snap photos of your wine labels to see where it is available, price, tasting notes, descriptions and ratings. You can add your own comments and even order the wine from the app.



3. D E L E C T A B L E

You will not only be able to pull up ratings, tasting notes and reviews from the label of the wine, but you can also journal your own notes and tag your friends and locations to document where you tasted certain wines and with whom. You can also order from the app.



MICHELLE SMITH (MANAGER) LEON REINDERS (OWNER) ZANDER VAN ZYL (MANAGER)



Located in Big Bay with one of the most beautiful views in the world, Edén Café is a lively hub on the West Coast. Opened in July 2009 by Leon Reinders and Steven Dawson, it has become a popular hot spot for locals and tourists alike due to its stunning location and relaxed seaside vibe.

from all over the world enjoying the conditions Big Bay has become famous for.

your name. Our food is simple but the quality is consistently good. Perhaps that is why we have managed to keep the doors open and grow a regular local following for which we are most grateful. Our regulars are our lifeblood," says Leon Reinders, the owner.

Gaze over one of the world's seven wonders, Table Mountain, as you sip on a coffee and savour a delicious, beautifully presented breakfast or lunch at the delightful beach bistro. The lively Edén on the Bay centre is the perfect spot to enjoy the sun sinking into your skin as you kick back to enjoy a spectacular view with kite boarders

Edén Café is a beach bistro that offers fresh, carefully prepared meals. It is also fully licensed and offers a range of wines, beers, ciders and cocktails. It is also well-known amongst regular patrons and international tourists for offering the best coffee on the West Coast.

At Edén Café, your satisfaction is paramount and you are guaranteed to walk away with a smile after soaking up the atmosphere and sinking your teeth into their popular dishes. Stop by this summer to get a taste and see for yourself.

"Besides consistent quality we have tried to offer a level of service superior to our competitors in the neighbourhood. The goal was that Edén Café would be the meeting spot where everyone knows you by

www.edencafe.co.za





BANTING BANTER

Purely Local spoke to Tamzyn Campbell, Health Intelligence magazine's Nutrition Editor and a qualified dietician, about the latest dieting trend Banting.

Purely Local: What are some of the long-term effects on the body if you follow the Banting diet?

Tamzyn Campbell: Studies show that medium term effects (after a year or so) of following a Banting diet include weight loss, reduced triglyceride fats in the blood and lower blood pressure, as well as increased good HDL cholesterol and cardiovascular-neutral large dense LDL cholesterol. However, studies aren't available for us to be sure that these effects are sustained when the diet is followed for a lifetime. Despite what some people believe, the evidence does not support the theory that Banting has negative effects on the kidneys and bones. The evidence does not indicate that Banting is unsafe, so long as people follow it properly – which means eating lots of fresh non-starchy vegetables, not overdoing the protein and sticking to real, rather than processed food, as much as possible.

PL: Why have men seen more results as opposed to women?

TC: I haven't seen any evidence that Banting is more effective in men than in women.

PL: What are some of the best Banting food options that people have taken to?

TC: Two of the most popular Banting-friendly foods are probably eggs and cauliflower. Eggs are so versatile - you can eat them on their own as a meal or snack, or use them to make things like low-carbohydrate pizza and flapjacks. Cauliflower is a great starch-alternative for making things like cauli-mash, rice or pizza bases.

PL: The Banting Kitchen recently opened in Cape Town – the first Banting restaurant. Do you think that it is sustainable for restaurants to solely have a Banting menu or Banting items on their menus?

TC: Banting is extremely popular at the moment, especially in Cape Town. Restaurants that don't at least cater for those who are Banting or offer Banting alternatives stand to lose customers. While primarily a Banting restaurant, The Banting Kitchen also offers options for those who are not Banting. I don't see any sign of Banting becoming less popular in the near future. So I think that the most sustainable option for restaurants would be to cater for both Banters and non-Banters.

PL: How does cheat days work for people on the Banting diet?

TC: For those who are following a strict Banting diet there is no such thing as a cheat day. The reason is that Banters who see the greatest effects from eating this way, consume 60g of carbohydrates per day or less. Their bodies have adapted to using fat instead of carbohydrate as their primary fuel source

– also called mild or physiological ketosis (a situation where the body makes energy-taxing and appetite-suppressing compounds called ketones to use as fuel in place of glucose). It takes two to four weeks to become fat adapted. Cheating means that your body switches back to using carbs first (in order to process the sudden deluge of carbs you've just eaten). Plus cheat foods (like chocolates and pizza) may spark off cravings in some people, which makes it difficult to go back to Banting the next day.

PL: What is your advice for people who are adamant to follow the Banting diet?

TC: If you're going to Bant, do it properly. Don't use it as an excuse to forget about vegetables and over-indulge in meat. Eat real, unprocessed food. Do not add the fat allowed while Banting to your usual high carbohydrate fare.

PL: Do you think it is just a fad or will it be around for a long time?

TC: I think that recognition of the health-value of reducing carbohydrates and cutting out sugar is here to stay. I think that people also won't quickly revert to demonising saturated fat, like we did in the past. In the future, once more research has been conducted; I think that Banting may become an accepted treatment for obesity, diabetes and other insulin resistance conditions. However, I'm not convinced that such a large portion of the relatively healthy public will continue to follow this diet as avidly as they do now.

Website: www.himag.co.za

Facebook: [Health.Intelligence](https://www.facebook.com/Health.Intelligence)

Twitter: [@healthintmag](https://twitter.com/healthintmag)



Carlucci's® est. 1997



SERVICE WITH A SMILE

The story behind the friendly smile at Carlucci's, Blouberg.

Nicoleen Williams is well-known for her friendly smile and playful personality at Carlucci's Deli, Blouberg. A waitress, she knows all the locals and their orders. She started working at Carlucci's five years ago after years of being a housekeeper.

"I had no experience as a waitress and knew that I was taking a chance to ask Brendan [Payze, owner] for a job but he gave me a chance. I was very willing to learn and still am. Brendan always says that you do not start as a waitress and end as a waitress, but you earn everything you can and leave with as much experience as possible," says Nicoleen.

"I love the West Coast community. Locals are down to earth and friendly and just make my job so much easier. I am so glad I get to come to work every day and meet interesting people and serve them great food. My favourite dish at Carlucci's at the moment is the Salmon wrap."

Nicoleen's story proves that anyone with a will can find a way. Just pop in at Carlucci's to experience her warm charm served with their delicious meals yourself.

CONTACT DETAILS

www.carluccisdeli.co.za

Find Carlucci's on Facebook.



At Carlucci's you can substitute your bread and wraps for banting alternatives.

"There is no sincerer love than the love of food." – George Bernard Shaw.



MASTERCLASS PANFORTE

Recipe by Chef Dilene Cranna

A 'panforte' is a round, flattish cake of Italian origin that is a cross between fruitcake, candy and a honey cake. It contains the merest amount of flour (just enough to hold the fruits and nuts together) and the name, which translates to 'strong bread', is due to its pungently spicy flavour. In Italy it's also called Siena cake and although it originally began life as a Christmas pastry, it's now enjoyed all year. Try this recipe this festive season and show all your guests how delicious this season can be!

INGREDIENTS:

- 375g honey
- 300g dark chocolate
- 100g butter
- 390g pine nuts
- 200g dried cranberries
- 180g cake flour
- 50g cocoa powder
- 10g mixed spice

METHOD:

1. Pre-heat the oven to 150°C.
2. Melt the honey, chocolate and butter together.
3. In a separate bowl, mix all the fruit and dry ingredients together.
4. Fold the honey mixture into the dry ingredients.
5. Pour the mixture into baking tray lined with baking paper and bake for 15 minutes.
6. Allow to cool, then cut into rectangular fingers and dust with icing sugar before serving.

**Sourced from Chef! Magazine.*



JUST CHILL

You will be amazed at how refreshing a red wine can taste if you chill it before serving and then add some ice when serving. Adult-friendly, ice cold, red wine desserts are a must-have when lazing around the pool.

COOL ICE-POP RECIPE

Ingredients per 3 ice-pops

- 12 blueberries
- 5 raspberries
- 4 strawberries
- 29ml of water
- ½ cup Café Culture Pinotage

Method

Squash all the berries in a cocktail shaker, add remaining ingredients and shake vigorously. Pour into ice-pop moulds and place in the freezer for six hours.

VERY BERRY COCKTAIL

Ingredients

- ½ glass Café Culture Pinotage (it has distinctive mocha, dark chocolate and toffee flavours with an aroma of fresh berries)
- ½ cup of frozen blueberries
- Ice cubes
- Grated/shaved chocolate

Method

Put all ingredients into a blender then pour into a tumbler glass and place grated/shaved chocolate on top for garnishing.





SEQUESTRATION: CURE OR CURSE?

BY LUCAS DYSEL CROUSE

All the Questions that You Were too Embarrassed to Ask

In the recent times, all of us has at one stage encountered the term sequestrate or had been informed that one of your debtors had been sequestrated. What does this mean? Is it the last resort of economic squanders or is it a legitimate legal remedy?

In times gone by, the amount of people that were sequestrated, were a lot less, however, the recent 2007-2008 recession and the general cooling down of the economy, had resulted in a large portion of debtors resorting to sequestration.

Basic principle

The basic principle in law is that if a debtor is unable to pay his/her debts, as and when, they become due or the debtor's liabilities exceed his/her assets, then the debtor is entitled to approach the Court for a voluntary surrender of his/her estate (i.e. being declared insolvent).

A creditor may also apply to Court to declare a debtor insolvent. This process is referred to as sequestration.

A Sequestration Order's main objective is to ensure orderly and equitable distribution of a debtor's assets to creditors. In the normal course of events, the debtor's assets are sold by a Trustee of his insolvent estate. The cash value of the assets (sold on auction or by private treaty by the Trustee) would be distributed by the Trustee to creditors. You will hear that a creditor advises that he received 25c in the Rand for his debt from the Trustee. A creditor being owed R1 000.00 (one thousand rand), would receive a settlement of his claim in the amount of R250.00 (two hundred and fifty rand).

Advantage of sequestration to creditors

Most certainly, the most advantageous aspect of sequestration for a creditor is that the creditor can rest assured that the Trustee (also referred to as the Liquidator), would ensure that all creditors would be treated strictly in accordance with the prescriptions contained in the Insolvency Act. The Trustee appointed by the Master of the High Court, will also launch an investigation to try and establish whether the insolvent had sold or disposed of assets to the detriment of his creditors (eg. a vehicle valued at R100 000.00 (one hundred thousand rand), sold to a friend or family member for R30 000.00 (thirty thousand rand) or "donated" to a 3rd party. Such transactions may be reversed by the Trustee for the benefit of all creditors. It is the duty of the Trustee to take control or possession of the assets for the benefit of the body of creditors. The Trustee may also launch an investigation into the affairs of the insolvent to uncover undisclosed assets. In essence, the Trustee must ensure fairness across the board and manage the process for the benefit of all creditors.

Advantages for Debtor (insolvent)

The sequestration makes an end to most probably the most stressful time that the debtor may have encountered. The insolvent, prior to the sequestration, would in the normal course of business, be bombarded by creditors demanding payment. Various creditors operate from the premise that if they are the most aggressive, then they would be paid and other creditors would suffer the loss. This is exactly the situation which the Trustee would wish to avoid. The insolvent would from launching of the application, enjoy the protection of the sequestration process and would in the normal course of events, refer the creditor to the attorney of record or the Trustee (if already appointed). The attorney of record or the Trustee, once appointed, would proceed to explain the process to the creditor. All legal processes, summonses, execution of Judgments, are stayed by operation of Law and the Trustee takes control of the insolvent estate.

The insolvent is declared insolvent for a period of 10 (ten) years, during this period the insolvent may not incur any further debts. The insolvent may operate a bank account with the consent of the Trustee; however he/she may not apply for credit facilities.

The insolvent may not legally enter into a contract of whatever nature, without disclosing the fact to the other contracting party, the Trustee must also expressly consent to the contract in writing for such contract to be legally binding. Insolvents, who ignore this provision, may face criminal charges for such contraventions.

The insolvent may not act as a Director, Shareholder of a private company or be Trustee of a Trust during the period of his/her insolvency.

The Insolvent may however retain certain assets, for eg:

1. Personal wearing apparel
2. May receive remuneration for work done
3. Pension would be excluded from assets that will be handed over to the Trustee; and
4. Certain insurance policies would also be excluded.

Finally, it should be noted that it is not in the best interest of the economy for insolvents to be excluded from partaking in the economy as a whole and therefore the insolvent should be allowed to continue with earning a living during the period of his/her insolvency.

If the insolvent is successful in restarting his economic activities, then the insolvent may apply to Court for a rehabilitation Order to allow him/her to resume with their lives. The insolvent's creditors would have no further claim against the insolvent (now rehabilitated insolvent's) new estate. The insolvent can as early as 4-5 years, after being declared insolvent, apply for rehabilitation with the consent of his/her Trustee.

The above is merely a very broad guideline of the consequences of sequestration. It is a process/remedy that in certain circumstances should be considered. If any reader wishes to consider being sequestrated, it should be discussed with an Insolvent Practitioner (attorney) for more specific information and details.



WHY YOU SHOULD INSURE YOURSELF BEFORE INVESTING

BY RAUL JORGE, FINANCIAL ADVISOR AT PSG

When it comes to financial planning most people tend to start by investing and skip the steps in between. The problem with this approach is the fact that you completely expose yourself from a risk perspective.

Ideally you should have sufficient assets built up so as to provide you with income or fund your expenses in the event of an accident, illness or disability. However for the majority of us it will take quite some time before we reach this point.

For this reason it is essential to consider the risks involved in your financial planning as well as the various ways to address these risks before you start allocating all your available expenditure towards investments.

What are the risks to consider?

The following should be considered before delving into the world of investments:

- Life Cover (Do I need it?)
- Disability Cover, Dread Disease Cover and Income Protection (Am I covered?)
- Medical Cover (Do I have a Medical Aid and / or Gap Cover?)

This list might already have you yawning, but all of these aspects could potentially derail your investment planning if not in place.

How can these events derail your investment planning?

If you do not have sufficient assets built up or provisions in place so as to provide you with income or fund your expenses in the event of an accident, illness or disability, then any financial plans that you have in place will most likely be rendered null and void in the event of you becoming an unfortunate statistic.

This is best illustrated by an example:

John is a 26 year old accountant currently earning R20 000 a month. His employer does not provide any employee benefits and he therefore has to make his own provisions in terms of his financial planning.

After all his monthly expenses he is left with an available expenditure of R5000 that he can allocate towards his financial planning. John decides to invest the full monthly amount into a balanced unit trust portfolio and not address any other aspects of his financial planning. John's investment portfolio yields a 15% return over the next year, leaving him with a total of R64 301.80 after 12 months of saving.

If John were then to be involved in a car accident and lose his income earning ability, all that he would have available to fund his lifestyle, medical bills and future monthly expenditure from that point onwards would be the R64 301.80 that he has managed to save.

These funds will clearly not be able to support him for very long, as he has not yet built up sufficient assets to provide him with income or fund his living expenses for the rest of his life.

How can I address these risks?

The most cost effective way to do address these risk events would be via insurance coverage, as these financial products are tailored to address these specific needs.

People are quick to insure prized possessions such as vehicles or electronics, but are hesitant to insure what matters most, namely themselves. This should be reconsidered, because if you are affected by an accident, illness or disability before retirement or come to your inevitable end, sooner rather than later, the aftermath could be severe.

Take note that the financial products used to address these needs do not follow a "one size fits all" approach and therefore have to be uniquely structured to meet your individual needs. It is therefore advisable to discuss your financial planning with a Certified Financial Planner® so as to ensure that your benefits are correctly structured.



"Making money is art and working is art and good business is the best art." – Andy Warhol.



HOT TECH GADGETS

By Lee Balsdon, Mac Tech SA

GRIPCASE THE PERFECT IPAD COVER

As a family man, with a closet-technical wife and an ever curious three-year-old, I have been searching for the right cover for the family iPad for some time now. I finally found the perfect one – the Gripcase.

Not only is it practical, elegant and funky, but the little one can pick it up, put it down hard and run with it and I don't have to worry about hearing that terrifying crack that makes parents weak in the knees and puts wallets on diets. The wife can browse until the cows come home with a functional handy grip on each side, and when it comes to bed time, reading is a dream.

Gripcase managed to actually make 'crumple-zones' on the edges of the case. The separation of the border to the actual iPad means that excessive energy, like a sudden drop, is diverted around the edges, as opposed to the actual device. The designers managed to create a propriety compound of EVA (basically fancy foam) that would meet all the needs of any day-to-day use of an iPad. It's available for iPads from the second generation onwards, including the iPad Mini. Gripcase makes other products too, including iPad stands, and charging stations.

What could be even better than that? Oh yeah, I know. It's already available in South Africa! Head on over to our good friends at DigiCape, and you can pick up a funky Gripcase for only R499.00.



STICKNFIND NEVER LOSE ANYTHING

We all lose things, especially small things like our keys and the TV remote, as well as expensive things like your iPhone/iPad and travel luggage and irreplaceable things like your pets and, even worse, loved ones.

To help you never lose anything like this again, please welcome StickNFind. With a simple BlueTooth receiver and an iOS app, you can find, and monitor anything you need to from now on. StickNFind is small enough to stick onto your TV remote, pet collars or your child's shoes or backpack. Once you have enabled the device, you will be able to track it really easily with the associated iOS app.

Not only will it direct you to the location of the item within around 33m, but you can also choose to enable a sound or emit a flashing light. To go one step further, the app can run in 'leash mode'. With this setting, you can individually set each different tag, and set the range it can be from you before it notifies you. Waiting for your luggage at the airport can be a very stressful experience, unless you get a nice little message telling you your device has just come into range about 30m away.

The StickNFinds come in packs of 2,4,6,10,20, ranging from R450 for two up until R3600 for 20. The other good news is that it can be delivered to your door in South Africa, and on top of that, no matter which option you choose, it only costs R135 for delivery.



IPADS FOR LION HEARTS

iPads for Lion Hearts is a non-profit organisation run by Stacey Vee, who is mom to a child with special needs. Because of her own experiences with her little one, she created this Non-Profit Organisation.

#iPadsforLionHearts created a platform where normal folk like you and me can donate our second hand iPads to be handed over to little Lion Hearts, children with different forms of autism. They can then utilise apps on the devices to help with their autism in many different ways. Parents can use iPads as tools, rather than toys to help their children with special needs communicate and develop skills that would be near impossible without it.

With a waiting list of 15 Lion Hearts, they are in desperate need of iPads, of all shapes, versions and sizes. Check out their website for all the information about the project and details for sponsoring.

If you are keen to donate an iPad, don't worry about where you are or where they are. #iPadsforLionHearts will collect your device anywhere in SA.

Support this amazing initiative and help change these little lion hearts' lives for the better with technology. Visit www.appledomination.co.za for more information.



PICTURE PERFECT

Purely Local took a look at some of the best photo-editing apps.



VSCO Cam®. A free photo publishing platform, you can make your mobile photos look impressive with efficient editing and defining your images with exposure, temperature, contrast, crop, rotate, fade, vignette and so much more.



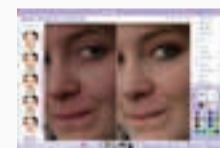
Pixlr Express. This app allows you to transform your images into a work of art by using blending modes such as double exposures, overlays and effects and to make your image even more perfect, use the text masking tool to make your photos say more.



Photo Editor. This app by Aviary is a powerful photo editor that provides you with all the tools to edit your images fast and without any fuss. Some of the features include creating memes, fun stickers, one-tap auto enhance, colour splash and so much more including teeth whitening.



Repix. Perfect for your phone and tablet. All photo editing tools are available at your fingertips and all editing occurs in real-time. Use some of the world's most beautiful designed filters and borders to create masterpieces.



Perfect365. A fun and creative photo editing app, you can change your make-up from natural, sweet or dramatic. This app has more than 20 make-up tools including hair colouring and styling. Perfect365 allows you to make a unique and realistic makeover in a matter of seconds.

TWITS101

MISSING ALL THE CHIRP?

Join us for fun and 'how to' workshops
Email twits101@spice4life.co.za for a 2015 schedule



ATLANTIC BEACH ESTATE



CHANGE YOUR POINT OF VIEW.



Experience the pleasure of 360° living at Atlantic Beach Estate, just 30km from Cape Town's cosmopolitan city centre. Every aspect of the Estate focuses on the authentic environment and lifestyle: from beautiful beach walks with breathtaking views of Table Mountain, to the seamless blending of pristine fynbos with the 18-hole links-style Atlantic Beach Golf Course.

For the full picture, go to www.atlanticbeachestate.co.za



ATLANTIC BEACH ESTATE APPROVED PROPERTY PARTNERS

Complete Coast
PROPERTIES

SALES:
Office 021 553 2235
Hayley 082 561 7116

RENTALS:
Alesia 082 988 2217

PAM GOLDING
PROPERTIES

SALES:
Office 021 557 1115
Manly 082 567 0398

RENTALS:
Arthra 083 410 8033

Seeff

SALES:
Office 021 55 777 35
Caroline 082 717 3452
Paul 076 687 1447
Janice 083 325 5991

RENTALS:
Karina 072 803 8171