



LIFE  STYLE

AUTUMN 2021


AFRICAN PROPERTY AWARDS
 INTERIOR DESIGN
 ★★★★★
 BEST RESIDENTIAL INTERIOR PRIVATE RESIDENCE SOUTH AFRICA
 Clifton Splendour by Olala Interiors
2018-2019

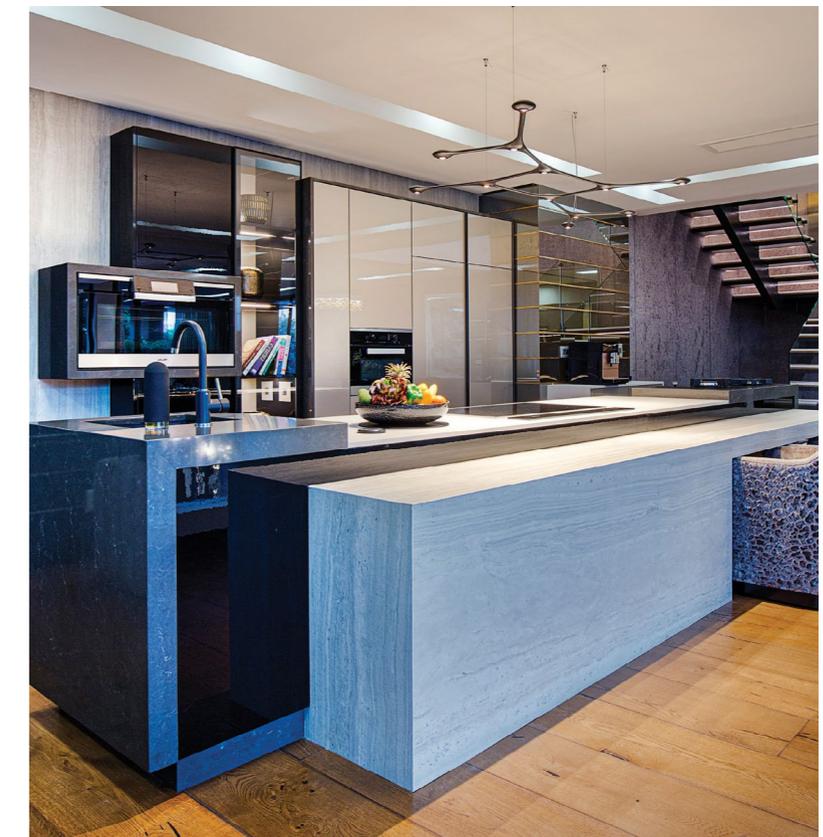

AFRICAN PROPERTY AWARDS
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 BEST KITCHEN DESIGN SOUTH AFRICA
 Project YNE by Olala Interiors
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 Project YNE by Olala Interiors
2020-2021



OLALA INTERIORS

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FOR EXQUISITE DESIGN



Throughout Africa & The Indian Ocean Islands

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LIFE & STYLE

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CONTENTS

- 04 - Such as We Are, Such Are the Times
- 13 - This Season We Love...
- 18 - Loggerenberg Guitars
- 23 - For the Love of Chocolate
- 25 - Respect the local
- 31 - What's Your Flavour?
- 33 - It's a Knockout!
- 37 - An Orchestra In An Open Field
- 43 - Eat Your Way to Better Mental Health
- 47 - IPSS Search and Rescue
- 49 - Love and Sushi

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SUCH AS WE ARE, SUCH ARE THE TIMES

Dave Charles - Editor Life & Style



“So, here we are, over a year into the Covid epoch and most people have accepted the reality that it will be a long haul before we get back to life as we used to know it.

Personally, I haven't missed the hugging and kissing. I could tolerate a handshake but anything closer was a bit too intimate for an old East Rand oke like me. The masks are a bit of a pain though. Not the wearing so much but remembering to take one with you. The other day I went for a haircut and dropped my car off at the carwash to kill two birds with one stone. As the haircut would be quicker than the carwash, I planned to pop into the little coffee shop in the center to kill some time in the nicest way I know.

It was only when I got to the door of the coffee shop and read the notice – strictly no admittance without a mask – that the awful realization dawned. I had been maskless for most of the morning so far and no one had said a word! Actually, I had one – in my shirt pocket. I had just forgotten to wear it. I put it on, entered the coffee shop, sat down at a table and took it off just like everyone else in the place. Apparently, the spiky little bastards don't attack you when you sit down at a coffee shop. They wait to ambush you when you leave. My top idea for staying safe is to check in to your favourite eatery and never leave.

Of course, this is utter nonsense, just like what passes for inspired leadership in our beloved country of late. Spending huge amounts of taxpayer's money renaming towns in the Eastern Cape at a time when so many citizens are losing their boots is just obscene, in my opinion. Qonce, Nqanqarhu and Gqeberha...are you having a laugh? You're having a laugh, aren't you...just like the rest of the world!

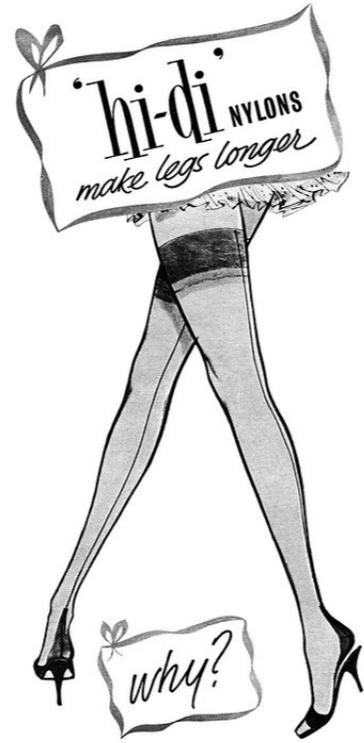
Luckily there don't seem to be any plans afoot to rename Ballito – after all, you can't get more absurd than naming a town after a pair of pantihose. Oh, you didn't know that nugget of local history? Yes, old Eddie Rubenstein who developed the township and made a few rand in the process, enjoyed the finer things in life and by all accounts, named the new town after his favourite brand of Italian pantihose. Actually, they were stockings to be more technically correct but... let's not even go there.

Ballito means Little Ball. I'm not sure how that relates to stockings but no doubt Eddie had a ball naming most of the streets in the original township after ladies he admired. One day someone is going to have fun writing the unofficial racy history of this strangely named town, fast becoming a megalopolis. The little ball is becoming a big ball and Life & Style is keeping it in the air. Listen to Radio Life & Style 88FM locally or online at www.lifeandstyle.fm for the best music on the planet plus local news views interviews. That's where you'll also find the digital copy of this magazine and so much more. Spread the love and live well. We'll show you how in the pages of this Autumn 2021 edition of Life & Style – The Magazine.

Bad times, hard times, this is what people keep saying; but let us live well, and times shall be good.

We are the times: Such as we are, such are the times. - Saint Augustine

I agree with him entirely.



A straight line is the shortest distance to longer, slimmer, lovelier legs! ... so Ballito lay gentle emphasis on seams with their exclusive 'Hi-di' nylons. 'Hi-di' tone deeper seams fine down the shape of your legs, appear to lengthen them, too ... and the slender 'Hi-di' heel splicing flattens ankles to a new slimmness. See 'Hi-di' in these exquisite Ballito nylons ... plain, lace-mesh and stretch styles ... 811 to 1211.

'HI-DI' TONE-DEEPER SEAMS AND HEELS LENGTHENS LEGS, SLIMS ANKLES

exclusive to
ballito



**Dave Charles presents the Morning Show 7-10am on 88FM Radio Life&Style - The Voice of Ballito

AWARD WINNING DESIGN

Olala Interiors

“Meet the OLALA INTERIORS Team with the philosophy of designing, curating and manufacturing approachable, elegant spaces with easy & luxuriously contented living areas. Established 28 years ago by Schanè Anderson, OLALA INTERIORS has cemented itself as an award winning, multi-disciplinary decor and design studio throughout Africa and the Indian Ocean Islands.

With a collaborative approach to clients (large and small), the team delivers a fabulous experience with the very best interior design concepts on every project. OLALA INTERIORS know the importance of authenticity & treat every project uniquely to develop its own personality & signature.

In 2018 OLALA INTERIORS entered the International Property Awards for the first time with their PROJECT CLIFTON, competing against the best property professionals across the African region and were ultimately awarded with the highest scoring 5 STAR AWARD and recognised as the BEST in the INTERIOR DESIGN - PRIVATE RESIDENCE category South Africa. OLALA INTERIORS also received an award as NOMINEE for BEST IN AFRICA.

Project Waterfall, a luxuriously designed residence situated in Midrand, was submitted for the 2019 International Property Awards and OLALA INTERIORS was once again presented with the award. Later in 2019, OLALA INTERIORS was short-listed in The International Design & Architecture Awards for 'Luxury Residence Global – Project Clifton' and 'Kitchen Design Global – Eagles Wings'. OLALA INTERIORS Designer Kyle du Preez, who co-designed the kitchen for the Eagles Wings submission had this to say: "Although not winning overall, being selected and short listed for an international award was a fantastic experience".

2020 brought further wins where OLALA INTERIORS once again scooped not one but two, much coveted 5*Star Best in South Africa and subsequently being awarded BEST IN AFRICA awards of the 2020/21 International Property Awards. OLALA INTERIORS was recognised as the BEST in both the 'INTERIOR DESIGN - PRIVATE RESIDENCE' and the 'KITCHEN DESIGN' categories. The project submitted for both categories was a home situated in the beautiful Zimbali Coastal Estate in KwaZulu Natal - Project YNE. The Interiors designed by Schanè delivered a luxurious escape for the entire residence, while Designer Britta McMeekin ensured that the kitchen captured the innate generosity of a socially engaging family winning her the BEST KITCHEN DESIGN AFRICA Award. OLALA INTERIORS' award winning kitchens and cabinetry are manufactured and installed by their own factory under the steady leadership of Riaan Grobbelaar and his dedicated team of Master Craftsmen.

"These awards are a testament to our fabulous clients and our talented team. We are really grateful for all the opportunities we have to travel and bring home the very best of international design concepts."

OLALA INTERIORS

www.olalainteriors.com
 info@olalainteriors.com
 +27 (0)82 551 3361

PROJECT CLIFTON

DESIGNER - Schanè Anderson
 LOCATION - Clifton Cape Town

Blend a magnificent Cape Town property, a simple, open brief of 'Surprise me', and a trusting client with an eye for designer pieces, and the end result is award winning.



THE INTERNATIONAL
**DESIGN &
 ARCHITECTURE
 AWARDS**
 2019
SHORTLISTED



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PROJECT YNE

KITCHEN DESIGN - by Britta McMeekin
LOCATION - North Coast KwaZulu Natal

An integral part of the home, the exclusively contemporary design of the kitchen complements the open living areas of the home.

PROJECT EAGLES WINGS

DESIGNER - Kyle du Preez
LOCATION - North Coast KwaZulu Natal

Understated elegance with all the comfort and homeliness, this project guaranteed easy, luxuriously living.



Food for the soul

EAT STREET

Lifestyle
THE BALLITO WAY

ALCHEMY KITCHEN

Beira Alta

ATTIKOS (MEDITERRANEAN GRILL)

THE POTTER EST. 2014

LUPA OSTERIA

45 EAT STREET

Zaras CAFE

PERON PERON ARGENTINIAN GRILL

CACHTUS

Outdoor retail therapy



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Lifestyle
THE BALLITO WAY

ZULULAMI ESTATE

The next North Coast success story

“One of the most successful entrepreneurs in history, Sam Walton, the founder of Walmart, once quipped about being an ‘overnight’ success: “And like most other overnight successes, it was about twenty years in the making”. Most success stories are built on years of grinding, hard knocks and hard work. Through a combination of factors, a success story is thrust into the spotlight and the public is unaware or forget about the formative years that preceded the ‘overnight’ success.

One of the most successful entrepreneurs in history, Sam Walton, the founder of Walmart, once quipped about being an ‘overnight’ success: “And like most other overnight successes, it was about twenty years in the making”. Most success stories are built on years of grinding, hard knocks and hard work. Through a combination of factors, a success story is thrust into the spotlight and the public is unaware or forget about the formative years that preceded the ‘overnight’ success.

Development success stories often experience similar journeys. The North Coast’s two most famous and prosperous developments are great examples of this. Zimbali Coastal Estate was launched multiple times and took years to gain traction in the early 2000’s. Whilst Zimbali was starting to flourish, Simbithi Eco Estate, launched in 2003, stood mostly undeveloped for the better part of a decade until WBHO purchased the development and invested an enormous amount into infrastructure. The WBHO investment, coupled together with large developers with ‘know-how’ building large sectional title developments, smaller builders developing high quality individual homes, and estate agencies pushing sales, led to the Simbithi success stories of the early 2010’s.

As we begin a new decade, another large North Coast development is poised to launch into one of the areas undoubted success stories – Zululami Luxury Coastal Estate. As with Zimbali and Simbithi, the estate is in a prime location with beautiful views of the Indian Ocean and beach access available (over the road) onto Christmas Bay and through its neighbour, Seaton Estate. The estate’s developers, The Collins Group, are putting the finishing touches on their state-of-the-art Wetland Clubhouse. The proposed Sheffield diamond N2 interchange, which will improve traffic flow in the Sheffield suburb and make Zululami more accessible, has been detailed in the Strategic Transportation study published by the KwaDukuza Municipality. The first sectional title development, Aura, is sold out and nearing completion. Well-established developers in the area such as Nichol Projects and Cen Prop developments have started developing in the estate. Several builders and smaller developers who contributed to the growth in Simbithi have moved their operations to Zululami.

Forming part of this catalytic activity is an eight-unit boutique development, Savili. The development is designed and will be built by the internationally award-winning team of Casa Design and Construction, and HUNT Properties has been mandated to sell this exciting new development. To find out more about Savili and Zululami, visit our new on-site sales office.

HUNT PROPERTIES

032 815 0600
sales@huntproperties.co.za.



Savili EFFORTLESS LUXURY
6 x 4 Bed Freestanding Homes | 2 x 3 Bed Semi-Detached Homes

ESTATE FEATURES

- Beach pavilion
- Forest pavilion
- Wetland clubhouse
- Sports and fitness park
- Lap swimming pool
- Rehabilitated wetlands
- Catch & release dam
- Kids' outdoor adventure park
- Amphitheatre
- Beach access to Christmas Bay and Sheffield Beach

AREA SCHEMES

AREA	NO. OF UNITS	STATUS
TYPE A - Unit No. 1 - 6	6	Available
TYPE B - Unit No. 7 - 12	6	Available
TYPE C - Unit No. 13 - 18	6	Available
TYPE D - Unit No. 19 - 24	6	Available
TYPE E - Unit No. 25 - 30	6	Available
TYPE F - Unit No. 31 - 36	6	Available
TOTAL	36	Available

HUNT PROPERTIES **ZULULAMI** **B&AT** **CASA**



THIS SEASON WE LOVE...

Yoli's Artisan Bakery - This is their story.

It all starts with the flour... We use flour from a mill in Phoenix Durban called Millstone. The flour we use is stoneground, milled between two stones the old fashioned way. But the goodness of the flour starts with the grain itself. Millstone only use GMO-free grains from crops that are not sprayed with pesticides, making the wheat grain itself organic.

In commercial flour production, they will remove the husk and the endosperm of the grain to improve the shelf life of the flour (these bits of the grain are where all of the nutrients are). Then they grind it down at high speed, further degrading the nutrient quality of the flour. Finally, they bleach it to make it white and to kill any lurking pathogens that would make the flour go off. So, that flour is completely devoid of nutrients.

With stoneground flour the process is different. The whole grain with all of its nutrients is ground down, including the nutrient-dense wheat germ. They grind it down slowly, so there is no friction to destroy the nutrients. The flour is not bleached. Nothing is added or taken away. It is the purest form of flour, the way it has been milled for ages. The flavour of the flour is sweet and nutty.

The ingredients we use are sourced locally where possible, and no preservatives, enhancers or harmful additives are used so you can be sure when you indulge in Yoli's baked goods you are getting a wholesome product.

Our methods are simple and are a complete reflection of our ethos: everything from scratch - fresh, quality, ethically sourced ingredients. Everything hand made. We are loyal to freshness and artisan traditions, and loyal to the integrity of our products and our customers. That's you!

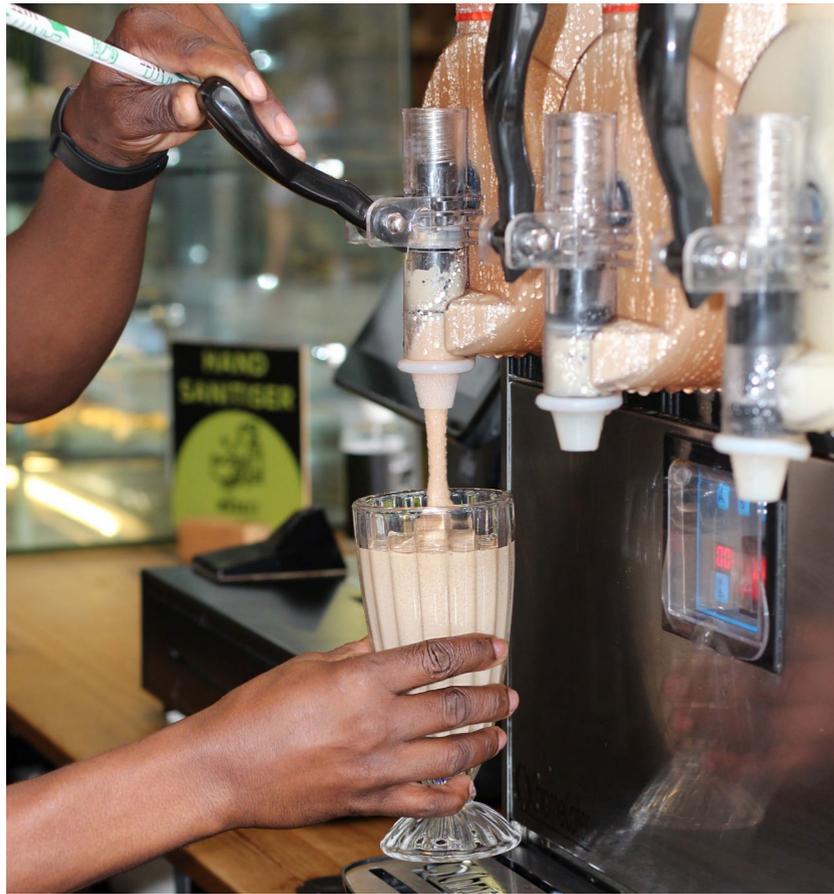
** Yoli's is located at The Market at the Lifestyle Centre in Ballito. Their bakes and light meals are legendary, and their coffee is the fuel that powers the team at 88FM. We love Yoli's ... and you will too!

Yoli's

The Market. Shop M7
CNR 398 & 498 Main Road
Ballito, KZN, 4004

www.yolis.co.za
032 648 0031





The MARKET

Stronger together



A collection of logos for various food and beverage brands, arranged in a grid. The logos include:

- Robsons Real Beer
- SCIENCE of COFFEE
- Yoli's Artisan Breads & Pastries
- tree FISH
- yes chef Artisanal Condiments
- Olive-A-Twist The Olive Bar
- WOZZA MEAT CO.
- HOME GROWN FRESH WHOLE FOODS
- we are FOOD MARVELLOUS FOOD FOR YOUR FREEZER
- scoop HAND MADE ICE CREAM
- ORCHIDS & EXOTICS
- Cumin & Coriander
- the DELI LOCAL & IMPORTED
- DELAGOA BAY BUTTERPODS™
- BIRD & CO. CHICKEN + PIZZA
- Chocolate & Fudge Est. 2020



L&S Music

LOGGERENBERG GUITARS

Hand Crafted Future Classics

“I recently acquired a Loggerenberg. I have played many high-end guitars and have generally loved them all, but this one is special. Constructed with meticulous craftsmanship from largely African tonewoods, this instrument is a work of art that plays like a dream and sounds quite remarkable. I believe that this young South African Luthier is already one of the finest builders of stringed instruments in the country and will, in time, become one of the best in the world. *Dave Charles - Editor*”

Hentie van Loggerenberg – Self-taught Luthier Since 2007.

This is His Story

I was the third born in a family of two brothers and a younger sister. Ever since I can remember, I have made things with my hands. At the age of 15, I picked up a guitar for the first time, one that my oldest brother inherited from our Grandmother. Everything about that guitar made it almost impossible to convince anybody that playing guitar would be a satisfying experience, but little did I know, it would start more interest in the guitar than I expected. I knew so little about guitars, but that guitar taught me everything about what a guitar should not be.

I grew up in a good Christian home, where some form of country gospel music was almost constantly playing, and I was always drawn to the sound of the guitar. I knew then what a guitar should sound like and just couldn't get that sound from the old guitar that my grandmother had left us. I believed then (incorrectly) that the sound I was looking for depended entirely on the player's ability, so I focused on improving my playing skills.

Discovering More:

I also started to do some work on the old guitar to improve its playability and it was then that I began to understand that there must be something more to conjuring the sound I was after. Even though I had no access to information on guitar setup, I discovered some things on my own and I believe that this set the direction for the future.

Like most low budget players, I went from one brand of guitar to the next, always looking for the next upgrade. I soon came to realise that if a guitar is meant to make music, it must firstly, "feel good" and be easy to play. Secondly, the sound must captivate the player.

I could somewhat grasp the idea of the "feel good" by improving neck relief and string height, but my understanding was very limited on what made one instrument sound "better" than the other. Was it just a "brand thing", I wondered?

History I discovered:

In the late 1930's and early 1940's a family of Luthiers in the USA, the Martins, started building guitars that are today still considered among the best guitars in the world, commanding very high prices. Some of these Martin guitars are first choice for musicians and Luthiers around the world.





These are what are referred to as ‘high-end’ guitars, those that stand out above the rest. They come with unexpected volume, clarity and balance of notes that is immediately apparent to both player and listener. What makes the difference, lies hidden in the carefully selected all solid wood construction, where every part is made “musically sensitive” by the skills of a passionate Luthier.

Not to get too technical, but in the history of acoustic guitars, only certain types of wood were considered "suitable" or "acceptable". In today's terms we refer to these woods as "traditional woods".

We also refer to these woods as "tonewoods", which refers to specific wood varieties that possess tonal properties that make them good choices for use in woodwind or acoustic stringed instruments. In recent years many Luthiers have discovered alternative woods as a source of "tonewoods".

Next Level Inspiration:

After another 15 years of being a guitar enthusiast, will I never forget the first time I picked up and played a custom, hand-crafted acoustic guitar built by a local Master Luthier Hans van den Berg of Berg Guitars.

I was completely overwhelmed by the unexpected volume, clarity and register of tones that I had never heard until that moment. That guitar felt completely alive and you could feel it "breath" with every note. What was further outstanding was how clean and skilfully it was put together.

It was as if a few chapters of my life flashed right in front of me. I couldn't stop saying to myself: "where have you been!" That experience changed my guitar enthusiasm forever. It was then that I discovered a whole new world and my ongoing research on Lutherie began.

Selecting Tonewoods and Material:

Experience enhances the understanding. Each part of the guitar requires various densities of wood. Different wood types have different densities and properties that produces each unique instrument.

You become "tonewoods sensitive" when you handle, tap and listen to each piece of wood. With every instrument completed comes a constant progressive understanding of the properties of the various woods and how to improve their use.

Living on the African continent, we have an almost unlimited number of species of timber to choose from. This boosted my curiosity and confidence to explore the unique "tonewoods" I can get a hold of locally.

I found the following woods very appealing and easily available to use: Kiaat, Tamboti, Sapele, African black wood, Rhodesian teak, African mahogany, Camphor, Wenge and Ebony when available. I also found a surprising source of wood known as "reclaimed wood" from old furniture. Because of this, I have also become a wood enthusiast and collector. It just gets better.

I prefer to cut all my woods from as far from the log stage into planks and then to parts. It tells me so much about the behavior and properties of the wood. It's a kind of a "bonding" experience with the wood. The wood almost "tells" you what kind of an instrument it wants to be.

I use cow bone for nuts and saddles on all my instruments, as well as mother of pearl for inlays when required and available.

Tooling:

People often ask me about the kind of "special tools" that are involved in Lutherie. I always reply by saying: "Building a guitar is woodcraft. You use the same type of tools you would for any other woodwork, just differently." If you are driven by passion, it's surprising what you are able to accomplish with a very limited number of tools, as long as you understand what needs to be done.

It takes hand skills to best interpret natural materials, and the finest materials make it possible to reach the highest standards but are secondary to the structural design of the instrument. Over time, I have learned to make my own tools and jigs.

Philosophy:

I believe guitar building is an art of inspiration, a "calling", a lifelong passion that constantly enhances. A musical instrument should have its maker's personality in every component, and he has a duty to leave behind some contribution to his art, as has every maker before him.

Sound is everything with guitars. Most makers have at some point made a guitar from the worst possible pieces of timber, only to be embarrassed by how good it sounded, and also, have sometimes used the finest materials and spent weeks on exotic inlays, only to be disappointed with the end result. I absolutely love this aspect of Lutherie!

We often hear the saying: "Don't judge the book by its cover" or "Beauty comes from the heart". The same applies to guitars. Most often the focus is so strongly on the fine finish on the exterior of the guitar that we are oblivious of the fact that the interior is mostly responsible for the beautiful sound that comes from the instrument.

I study the interior of guitars of many brands when I do repair work, and often find very roughly shaped sound bars that are glued in a very messy way. This raises immediate questions about the integrity of its sound.

What I build

My inspiration stems from older traditional guitars, but with my own custom interpretation. I love to explore beyond the boundaries that are often set and discussed by other builders internationally.

I have not yet done a commissioned project, though I am open to such an exciting process. Clients who have bought my instruments are happy with my prototypes, including Ukuleles, Irish Bouzoukis, Acoustic Guitars, Resonators and Classical guitars.

Finishing products I have used include gloss nitro cellulose lacquer, matte polyurethane, Tru-oil and French polish with shellac. Of late, I have committed to the application of the French polish shellac finish, due to its ease of application and environmental friendliness. This finish is most beneficial to the sound of any instrument and beauty of the wood.

I am a part-time Luthier and a project will take me from 4 to 6 months to complete, depending on the instrument.

LOGGERENBERG GUITARS

082 357 4518

****Dave Charles presents the Morning Show 7-10am on 88FM Radio Life&Style - The Voice of Ballito**

L&S Tuition

CURRO MOUNT RICHMORE

A Holistic Approach to Education

“Curro Mount Richmore is nestled in the enchanting surroundings of the Mount Richmore Estate in Salt Rock. We start our offering at the Castle from Group 1 to Grade 12 at the High School. Our Grade 8 learners are welcomed with love every year from our very own Primary school and surrounding schools. They go through an orientation process culminating in a Blazer Ceremony and a play put together with our prefects. We are fortunate to offer an interesting span of subjects with an experienced team of educators at the High School.

We are an IEB school, which means that our Grade 12 learners are assessed by the Independent Examinations Board, an independent South African assessment agency which offers examinations for various schools. The IEB aims to give learners problem solving and critical thinking skills which better prepare them for tertiary education.

At Curro Mount Richmore, we further semesterise Natural Sciences, Social Sciences and Economic and Management Sciences in Grade 8 and 9 to allow the learner to focus on the content more explicitly. This enables our learners to establish which subject choices to make. Robotics is offered from Grades R to 7 and is currently an extramural option in our High school, however, it will soon be included as part of the Technology offering.

There are 10 FET subjects in Grades 10 to 12, including Visual Arts, Engineering, Graphics and Design, and Information Technology. Our Visual Arts department has grown tremendously in the past two years and has produced exquisite shows of talent which are showcased at an Art Exhibition held at our school. Robotics is offered from Grades R to 7 and is currently an extramural option in our High school, however, it will soon be included as part of the Technology offering.

The Life Orientation curriculum equips our learners with life skills and prepares them for career choices. We are blessed to have an onsite psychologist to assist with the curriculum, too. Learners are taught how to cope with various situations in life and our strong team is on hand to guide them. Each of our departments is led by an experienced Head who is there to nurture and guide their team to achieve only the best. For the learners that need further assistance, we run an Academic Support Programme at the end of the day to help them as they work to improve their results.

Our determined team of educators excels at delivering content in the classroom. The methods used are in keeping with 21st Century technology. Flipped classroom techniques and inquiry-based methods are often used to encourage independent thinking. At Curro Mount Richmore, our aim is to produce strong learners that are well rounded in all respects, including culture, sport and academics. We will continue to set high standards and push our learners to achieve well beyond their expectations.

We have had a 100% IEB pass rate since 2018 and we are exceptionally proud of our Matric class of 2020 who overcame the many challenges the year brought with it. The well-being of our Curro family is of paramount importance to us as we strive to maintain our holistic approach to education.

CURRO MOUNT RICHMORE INDEPENDENT SCHOOL

www.curro.co.za



QUALITY EDUCATION FOR FUTURE LEADERS

Curro Castle Mount Richmore – From 3 months to 5 years
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Curro Mount Richmore – Grades R to 12



#Learners2Leaders

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Castle
Mount Richmore

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FOR THE LOVE OF CHOCOLATE

Cocoa Africa - Artisanal Chocolates



I recently read about a young South African chocolatier producing the most exquisite edible art in the form of bespoke chocolates coated in an edible glazing giving each chocolate a jewel like quality. When I discovered that she is just a short trip up the road, I had to find out more. This is her story. **Dave Charles - Editor**

My name is Jordin Shelly and I am the creator and chocolatier of Cocoa Africa. My chocolate journey started at a young age, having always loved anything and everything chocolate.

After finishing school, I attended Jackie Cameron School of Food and Wine in Hilton, where I not only received my chef diploma in both hot kitchen and pastry, but also had the best culinary school experience South Africa has to offer. I was fortunate enough to do my internship at Greenhouse kitchen in Constantia, Cape Town, under world renowned Chef Peter Tempelhof and Chef Ashley Moss. It was here that I developed a deeper love for pastry and decided to learn more about the art of chocolate. A whole new world was opened up to me and I fell totally in love with creating hand painted, artistic artisanal chocolates whilst using the best French couverture chocolate. After a few years in Cape Town, I felt a calling to move back home to Kwa-Zulu Natal to start my own artisanal chocolate business, creating bespoke bonbons and bars. It has been the most exciting and rewarding journey I have taken so far and I look forward to what is still to come.

Growing up, I was always taught the principle of 'whatever you do, do it properly' something that Jackie also emphasised to her students. This is a core value in my business, from using the best ingredients sourced internationally and locally, to beautiful, sophisticated packaging.

Before starting Cocoa Africa, I attended classes with Melissa Coppel, who has a chocolate and pastry school in Las Vegas. I then begun to create something of my own in November 2020. I absolutely love what I do and I am excited to see this dream grow beyond the borders of KZN, while I work to create a platform for art and self-expression, not just for myself but for my future team.

COCAO ARICA

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cocoafrica@mweb.co.za



RESPECT THE LOCAL

By Steve Honneysett

“wonder if, in today's world, people ever stop to think about the above, or is it just one of those old-fashioned, out of date things that no longer apply.

For years, the term local was something you had to earn by the amount of time you had lived in our town and it always enjoyed a measure of respect from new people moving in as well as day visitors to our fishing and surf spots. These days there seems to be less respect and patience from newcomers which invariably leads to conflict with the locals.

As a surfer and water man I frequently see new faces on our beaches which I can put down to development and growth here which, as we know, we cannot stop. But as our surfing and fishing spots become more crowded, there seems to be a defiant lack of respect for locals, and I have witnessed some aggression erupting from time to time.

I noticed this starting some time back when I used to make use of most surf spots along our stretch of coast. Every time I went back to my local spot at Salt Rock, there were new faces who didn't know who the locals were. That's why I now mostly surf at Salt Rock - and just about everybody who surfs there knows who Seaweed Steve is!

This is by no means only a beach thing, as I have experienced it first-hand at the shops where you see fewer of the old school locals. What once was a quiet town now has no empty pieces of land left. Most people here now barely know their immediate neighbours. In the old days you knew the whole street!

So where do we find that happy medium? Everyone these days considers themselves to be a local no matter how long they have lived here, so we must all accept the changes and be more tolerant of each other as respect works both ways.

I have become more tolerant these days and try to moderate incidents that years ago would have had my blood boiling. Whether you are an oldie or a newbie, respect should be shown by both parties and a little communication goes a long way.

If I go to Jeffries Bay or Richards Bay to surf, I always call on some of the locals to let them know that I am in town, which I feel in a way is asking permission to ride their spot. In this way I show respect and I enjoy the same in return.

Whichever category you fall into, let's not use aggression to resolve conflict as this just gives our town a bad name. Remember the old saying: What Goes Around, Comes Around.





MEET THE MAN THEY CALL SEAWEED STEVE

Ballito's Lifesaving Legend



Seaweed Steve Honeysett is a popular contributor to the morning and afternoon drive shows on 88FM with his regular surf reports. He has a wealth of knowledge having spent his entire life close to the sea. We asked him some questions to find out more about his life and work.



Where did you grow up and what were your interests as a kid?

I grew up in Umhlanga and went to Atholton Primary and George Campbell High School. My dad was the Beach Manager at Umhlanga Rocks beach so most of my life revolved around the beach and the sea. I joined the Umhlanga SLC Nipper Training program and at one time I was keen to become a Pro surfer, but that didn't pan out.

What was family life like for you growing up?

It was a wonderful childhood. Umhlanga was a big village, and we were so close to the sea that we could walk there. We surfed, fished, built boats, mom worked at the beach kiosk and we used to make pocket money by collecting deckchairs and returning them to the kiosk for the deposit. We lived on Broadwood Drive near the park where we played for hours, rode our bikes and generally had a wonderful carefree childhood.

What first attracted you to lifesaving and did girls have anything to do with it?

I loved watching the lifesaving competitions in Durban and those surf boats – I really wanted to be a part of that scene – girls weren't a big deal then but later, at high school they became more interesting.

Who taught you to surf?

My dad was very involved in the sport. He coached and mentored lots of the top surfers and he built boards in Durban before he got the job in Umhlanga. I learnt to surf on my dad's 9ft longboard and then, later, he built a shorter 6-footer for me. Top surfers used to visit our house regularly and this was a constant inspiration for me to keep improving.

How has surfing changed over the years?

Back in the 70s longboards gave way to shortboards and surfboard foam arrived making boards lighter and more maneuverable. These were all single fins. In the 80s boards got more fins and became even lighter as new materials were developed. Longboards reappeared in the 90s - Surfing became more of an art and the more time you spent in the surf, the more in tune you became with the ocean. Today that still applies but with new innovations like foiling, SUP, kites and more to add to the fun.

What have been your most dramatic moments as a lifeguard?

Rescuing anyone from drowning is intensely dramatic – and I have been involved in more rescues than I care to remember.

I once went to rescue a whale caught in the shark nets with two guys from the Sharks Board. As we attempted to launch the rubber duck in difficult conditions in front of a large crowd of people, a huge wave hit us. The Sharks Board guys lost their shorts but luckily my speedo stayed in place – just!

What has been the funniest thing you have seen on the beach?

Working as a lifeguard you see the craziest things and people out of their comfort zones are generally very funny. One of the funniest things I ever saw was a guy who arrived with a new paddle ski and had obviously never learnt the basics because he strapped himself into it with the belt that came with the skis in those days and tried to launch himself into the surf. The sea had its way with him, and he was flipped upside down, eventually crawling back up the beach with the ski still strapped to his back like a Ninja Turtle. He was fine except for a bruised ego. It was hilarious to watch!

What was your most embarrassing moment?

I once went to rescue a whale caught in the shark nets with two guys from the Sharks Board. As we attempted to launch the rubber duck in difficult conditions in front of a large crowd of people, a huge wave hit us. The Sharks Board guys lost their shorts but luckily my speedo stayed in place – just!

What is the most frustrating aspect of what you do now and what is the most rewarding?

After a visit to Huntington Beach California and seeing the wonderful equipment, vehicles and boats that the Baywatch lifeguards have access to and the huge amount of money that is available to them to keep it all together, by comparison, we have very little. We do what we can with minimal resources. The most rewarding is that despite the limited logistical support we receive, we still manage to rescue most of those who get into difficulty at our beaches.

Have you ever seen anything really unusual in the sea?

I once responded to a report of an aircraft crash in the sea off Sheffield Beach – it looked like the horizontal stabilizer section a light aircraft – the tail – was sticking up out of the sea but as I approached, it moved. It was a whale with its tail in the air – they call it lob tailing.

What is the best advice you ever got and who was it from?

My dad gave me the best advice. He always said that whatever you do, do it properly. I have tried to live my life by that, and it has served me well.

Who do you most admire in the world?

In the world of surfing, I really admire Shaun Thompson. In the lifesaving arena, my dad and those from his era were true heroes in my eyes. With almost no gear they took on the almost impossible challenges that the wild ocean presents, and they saved lives. I also really admire those who serve in the Special Forces.

If you could go back in time, knowing what you know now, what advice would you give your teenage self?

I would tell myself to try harder and take more chances. I wouldn't change much but I'd do it all better.



WHAT'S YOUR FLAVOUR?

by Prathisha Singh

“Tahini, cacao, almond, banana, berries, protein powders, dates, moringa and many more - Propa smoothies, smoothie bowls and popular popsicles have something for everyone.

Decadence with a slant towards healthy, the picturesque Propa food-bar nestled in Umhlali boasts a variety of options to accommodate any diet, from gluten-free to vegan, keto and banting to high protein.

Founder Stephanie Wills is committed to producing amazing treats without the use of colourants or preservatives. Her commitment to healthier options and adventurous treats inspired the beautifully created unicorn smoothie, which contains blue spirulina (the only blue naturally occurring colourant there is).

A devoted mom of two boys, Stephanie began her journey to health and decadence by making smoothies for her little ones. It's always a mom's challenge to cook up delicious food that looks great, while sneaking in as much of the good stuff as you can - and Propa is an apt demonstration of doing just that!

Propa began as a breakfast battle on Instagram between Stephanie and her sister - a case of sibling rivalry turning into something beautiful! Always leaning towards health, the Fine Arts major managed her mom's health shop at the Lifestyle Centre for many years prior to commencing her own inspirational venture.

To make healthy living easier in a busy world, Propa supplies attractive and delicious frozen smoothies, popsicles and frozen blocks to pop into a blender.

Stephanie says that the most popular flavours are the chocolate hazelnut, peanut butter and vanilla, and the blue spirulina smoothie bowl.

PROPA FOODBAR

2 Old Main Road, Umhlali
072 463 9512

steph@somama.co.za
@propafoodbar



PROPA UNICORN SMOOTHIE
Magical layers of Blue Chia Pudding, Vanilla White Chocolate, Açai Blueberry Cheesecake & Dragon Fruit Strawberry Bliss.



PROPA NUTELLA POPSICLE
Banana, hazelnuts, cacao, cashew, coconut, cacao butter, coconut milk, dates, pea protein and vanilla extract.



PROPA SALTED CARAMEL POPSICLE
Banana, hazelnuts, cacao, Banana, macadamia butter, dates, coconut milk, coconut, cashew, cacao butter, pea protein and Himalayan salt.



PROPA BERRY CHEESECAKE
Strawberry, pineapple, banana, cashew, coconut, vegan protein powder, beetroot juice & dates.

IT'S A KNOCKOUT!

Ringside Boxing Gym - by Dave Charles

“**After** several years of urban decay, the old sugar village of Umhlali near Ballito is coming back to life. One of the principal drivers of this renaissance is a gym with a loyal following of die hard fans. This is no ordinary gym and the Die Hard reference is entirely intentional. The Bruce Willis driven movie series was described by one critic as “Thrilling... there’s something memorable in every single scene. Every action sequence is thrilling, every one-liner is iconic, and the supporting characters are well-rounded enough to sustain the audience’s interest...”

The same might well be said about the Ringside Boxing Gym in Umhlali. There is a huge amount of action in every session and... it’s thrilling and the supporting characters definitely sustain their audience’s interest. How do I know this?

Believe it or not, I once did one of their twelve-week challenges and survived, looking noticeably trimmer and altogether fitter and healthier than I had been in years. But I am like those backsliders who give charismatic religion a bad name so don’t look at me as a product of the product. My altogether more together beloved wife, Sue, is a much better example of why Ringside is so popular.

Not only is she fitter and stronger than I think she has ever been, but she can’t wait to get those gloves on and start sparring. Secretly I am getting a little concerned for my safety, but she also absolutely loves the philosophy and ethos of this rugged yet strangely beautiful environment.

Make no mistake, this is a real boxing gym with punch bags, ring and real boxers taking their urban acolytes through their paces, but there is also a refreshment zone and a fun approach that makes it entirely acceptable to wear a little makeup when you work out (maybe not the guys so much, but the girls – definitely!). After all, it’s a social environment, but it’s nothing like the poser gyms in the movies.

Ringside is original. It’s an entirely unconventional space, yet totally focused and structured when it comes to their approach to fitness. Founders and owners of Ringside, Tyrone and Kate Koen, make it their mission to ensure that all of their clients enjoy the benefits of their creation. They have a genuine interest in making sure that you get results. It’s what they do, and they do it well.

RINGSIDE BOXING GYM

www.ringsideboxing.co.za
082 673 2144





- The Ringside Team



AN ORCHESTRA IN AN OPEN FIELD

Good Good Good Presents - By Dan Charles

“**Cape** Town fashion brand Good Good Good presents their SS21 collection in collaboration with the Cape Philharmonic Youth Orchestra (CPYO), through a short and powerfully moving film directed by Jarred Figgins.

Good Good Good's SS21 collection was inspired by founder Daniel Sher's past travels around South Africa as well as the state of the world during 2020 - with a pandemic highlighting the injustices and flaws of the systems we live in. While stuck at home and unable to manufacture during level 5 of South Africa's lockdown, Sher began designing the Hope collection. Inspired by the South African fauna and flora, he brought the South African landscapes into his two-bedroom inner-city apartment. Sher, hoping that the pandemic would not last, designed the garments to be comfortable to lounge in, durable for outdoor activities and most importantly presentable enough for social occasions.

Past travels around South Africa and Sher's growing interest in being part of building a sustainable apparel industry within South Africa, inspired him to completely localise Good Good Good's sourcing process for the Hope collection. Sher recognized that not only does this localized sourcing approach reduce carbon emissions, it directly feeds into creating a more financially sustainable Southern African economy. The fabrics are woven by Global Organic Textile Standard (GOTS) certified mill, Mungo, located in Plettenberg Bay, Western Cape. The collection is made with Mungo's deadstock/faulty kikoi fabrics. Each colourway was chosen as it reminded Daniel of different parts of his life and travels in South Africa. The Hope colour way is designed by Hope Davis. Who was 14 years old when she designed the colour way through Mungo's annual Kids of Kurland Project- where 14 students from The Craggs Primary school visit the Mungo Mill for a workshop in textile design and production. All the profits from the sales of this textile go towards Kids of Kurland - an organization that funds additional teachers in Craggs Primary school. Sher chose the Hope colour way as the cover and title colour way of the collection, as it is vibrant, unique and most importantly, this textile has been designed by the future generation for a fashion collection which aims to contribute to the preservation of the natural world. Continuing the ode to the natural world, the other colour ways within the Hope collection are named after natural resources and Southern African nature reserves.

In light of the injustices and flaws of the systems we live in that were highlighted by the pandemic, which drove Sher and director, Jarred Figgins, to align this collection and visual project with Good Good Good's Commitment to Change. By collaborating with young South African musicians from the CPYO, the collection pays homage to the brand's commitment towards becoming an agent for transformative social change within the South African clothing industry.

The Hope Collection's vibrant colours and comfortable silhouettes are meant to bring joy into both the wearer's life and those around them who witness it. Reflecting on the process of creating this visual project, Creative Director, Jarred Figgins recalls, "Sitting in an open field on a summer afternoon in Cape Town, having a bunch of young musicians play their



Photographer:
Jarred Figgins / @jarred_figgins

Clothing:
Good Good Good SS21







instruments was something pretty surreal. There seems to be a vastness or lack of definite conclusion when I watch it now. I think about all the months during lockdown planning it, the whole journey and all the grind, and all of that immediately dissipates when I watch the film. Not for any reason other than it doesn't feel like one specific thing. It doesn't feel like an advert, or a fashion film, or a deeply thought-out piece of filmmaking. It just feels wide open."

Speaking of their musical participation within the project, Shirley Guelle of the CPYO says "The Cape Town Philharmonic Youth Orchestra (CPYO) and its partner orchestra, the Cape Town Philharmonic Youth Wind Ensemble, are a collective of brilliant, young musicians on the cusp of promising careers. These young musicians are typically from low-income areas and the CPO Youth Development and Education Programme actively seeks to give these talented musicians the skills they need to change their lives. Collaborating with multidisciplinary creatives, such as Good Good Good and Jarred Figgins, opens up these young musicians to new perspectives and enhances the transformative power of culture and music."

CPYO

www.cpo.org.za/new/cape-town-philharmonic-youth-orchestra-cpyo

GOOD GOOD GOOD

www.goodgoodgood.co.za/
[@goodgoodgoodstore](https://www.instagram.com/goodgoodgoodstore)



EAT YOUR WAY TO BETTER MENTAL HEALTH

Lifestyle Health - Kim Wilson

“If you have ever witnessed a toddler tantrum after they've hit a sugar-low, you'll know that poor food choices can impact mental health. What we put into our mouths really matters and choosing a diet rich in wholefoods is key to improving mental health. We should really consider food as the basis of not just our physical wellbeing, but our mental wellbeing throughout our lives.

Those struggling with mental health issues often tend to make poor diet choices. Likewise, those with poor diet choices often end up with mental health issues. It becomes a question of “what came first”, but in either circumstance we know that good nutrition is the key to improving health outcomes.

Poor diet is now the number two risk factor for early death across the globe. Diets considered to be “poor” are those higher in junk foods such as sugar-sweetened drinks, fried foods, pastries, doughnuts, packaged snacks, and processed and refined breads and cereals. This eating pattern contributes to early death by increasing risk for diseases such as diabetes, heart disease, and more. Those living with chronic disease often experience stress and chronic pain, both of which can lead to depression and anxiety – which brings us full circle back to the mental health challenges we're faced with today.

What Happens Inside Our Bodies When We Are Depressed?

Whilst it's not really possible to pinpoint exact causes for mental health issues, researchers have identified systems within the body that are altered in those with mental health issues.

These include:

- Changes to the level and functioning of our neurotransmitters (chemical messengers) such as serotonin (the mood stabilising hormone), dopamine (the pleasure hormone), noradrenaline (the hormone that increases heart rate and blood pressure) and more.
- Changes to cortisol levels (the stress hormone)
- Increased inflammation
- Increased oxidative stress (which is associated with aging and diseases such as cancer)
- Physical changes to the shape and functioning of the cells in the brain
- Altered function of our mitochondria (the energy powerhouse of the body)

These consequences of mental health issues provide key areas where nutrition can intervene.

Overall Food Choices to Improve Your Mental Health

There are a thousand-and-one diets on the market today. It's no wonder we're all confused over seemingly “trivial” issues such as whether or not we can eat eggs for breakfast – or (heaven forbid) have a slice of toast. There's a need for personalisation when it comes to choosing the very best dietary approach for you and your health. However, there are key elements of the most successful and evidence-based dietary patterns that we can confidently recommend to everyone.



Whilst it's not really possible to pinpoint exact causes for mental health issues, researchers have identified systems within the body that are altered in those with mental health issues.

A diet that is rich in plant foods (such as vegetables), rich in fiber and antioxidants, rich in monounsaturated fats, and has a balanced intake between omega 3 fatty acids and omega 6 fatty acids, is associated with improved health outcomes across the board. As a starting point, we could all benefit from choosing whole foods that meet the above criteria more often.

Following on from this, there are a few nutrients that are specifically associated with improved mental health, namely:

FOLATE

Low folate levels are common in many depressed adults, particularly in women. The recommended daily intake for adults is 400 g. The very best sources of folate are brewer's yeast, mushrooms, spinach, broccoli, brussels sprouts, asparagus, kale and other leafy greens, legumes, liver and orange juice.

VITAMIN D

Vitamin D affects countless genes in the human body and is important for brain and skeletal health. Safe and frequent sun exposure is a great way to maintain healthy Vitamin D levels. Low Vitamin D levels have been found in those with mood disorders, and a deficiency is linked to increased risk for depression. The recommended daily intake for adults is 600IU. As sunlight is one of the best sources, it is important to recommend this first as it's free and (weather-dependent) easy to achieve. You can also obtain vitamin D from the following sources: oily fish, egg yolks, fortified foods such as cow or soy milk, and fortified cereals (although doses tend to be low). The prudent approach is to include a vitamin D blood test as part of your annual check-up and supplement if levels are low.

OMEGA 3 FATTY ACIDS

Omega 3 fatty acids are important for the maintenance of cognitive function with age. Those who consume more fish and seafood during their lifetime have better cognitive function as they grow older. The dietary recommendation to ensure adequate omega 3 fatty acid levels is to ingest fatty fish (such as salmon, trout, sardines and pilchards) at least twice per week. In those with mood disorders, however, it is recommended that a minimum of 1g of omega 3 fatty acids be consumed daily via a supplement, with an upper level of 3g per day in severe cases. Fish oil and cod liver oil supplements are fairly easy to obtain, with vegetarian algae oil supplements increasing in availability with demand.

B VITAMINS

The B family of vitamins are known for having positive effects on brain health. Three main B vitamins are often associated with improved brain health: (i) folate, (ii) vitamin B6, and

(iii) vitamin B12. Dietary sources of B vitamins include animal meats, milk, eggs, fish, some enriched cereals and breads, and dark green vegetables such as spinach and kale. In individuals with mental health conditions, it is recommended that they take a vitamin B complex.

ANTIOXIDANTS: CURCUMIN

Curcumin has been found to have the potential to improve a number of health conditions, including depression. Curcumin works to scavenge free radicals that can create inflammation. It is thought that antioxidants such as curcumin can fight chronic inflammation and relieve symptoms of depression. In 2017 a review looked into all of the research on curcumin for treating depression, and it was found to be a safe and effective natural option. Most studies have used a compound called BCM-95 at a dose of between 250mg – 500mg daily.

PRE- AND PRO-BIOTICS

The bacteria in our gut are not separate entities from our bodies. They are integrally involved in a number of aspects of our physical and mental wellbeing. Disruptions to the gut bacteria have been correlated with several psychiatric disorders. There are two main ways to address a dysregulated gut microbiome, namely probiotic supplementation, and a diet rich in prebiotics (found in fiber-rich plant foods) or prebiotic supplementation. A number of studies have shown benefit in supplementing with probiotics in order to encourage biodiversity in the gut. There is evidence that probiotic supplements increase cognitive function in those with depression, alleviate stress in adults with anxiety and depression, and lower anxiety in women with postnatal depression.

CONCLUSION

We can all relate to feeling lethargic and bloated after an overindulgent meal, and these aren't feelings we associate with wellness. Likewise, many people will experience periods of anxiety or a low mood whether they end up receiving a diagnosis or requiring medical intervention. Whilst good food may be only one aspect of a lifestyle that promotes mental wellness, it is a practical place for any person to start. Our bodies are designed to run on whole food sources that allow us to perform at our absolute best. Consistently nourishing your body with foods that are packed full of vitamins, minerals, antioxidants, and fiber is the best strategy to assure good mental health and overall wellness. For those needing additional support, consider the individual nutrients mentioned above and supplement appropriately.

LIFESTYLE CENTER

Lifestyle Center, Ballito
www.lifestylehealth.co.za
032 946 0441



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THE BALLITO WAY

Ballito's favourite health store, providing expertly curated health products and nutritional advice.

A family-owned health store, passionate about Bringing Hope, and Restoring Health. They pride themselves in a comprehensive selection of products, and the experience and knowledge to partner you on your journey to wellness.

Celebrating 11 years of serving the North Coast of KZN this year, continuously strive to know more about health and wellness, so that they can give more to their customers.



Kim Wilson and Judy Martin

IPSS SEARCH AND RESCUE

A New Initiative on the North Coast

“A medical emergency is always a stressful event. In the movies a simple phone call puts you in touch with rapid emergency response and help is generally never far away.

But our reality here is very different and in South Africa, a medical emergency is a dangerous proposition. You might be lucky, but in many instances, it's a bit of a lottery as to whether you can get the help you need in time to prevent tragedy.

In the greater Ballito area, IPSS Medical Rescue provides an excellent service in emergency situations where lives hang in the balance and response time is critical. You often see their impressive response vehicles flying through the traffic or on the scene of those all too frequent motor vehicle accidents on our highways and byways.

Social media abounds with apocryphal tales of tragedy and disaster, mitigated somewhat by their rapid intervention. They also provide vital search and rescue assistance to the SAPS, local government and neighbouring Metro units and they even travel across borders when tragedy strikes and specialised rescue assistance is required.

This must surely generate huge revenue – after all, it's a private company offering highly specialised equipment and skills, none of which comes cheap. But you might be surprised to hear that this isn't the case.

According to Dylan Meyrick, CEO of IPSS Medical Rescue, while they generate revenue from the medical transport of patients to hospitals, their search and rescue work is generally self-funded as a social responsibility service to the community.

We are luckier here than in many regions of South Africa where many Search and Rescue units are inoperative due to a lack of resources. Some major metropolitan areas have quietly allowed their emergency services to disintegrate to a point where many no longer exist. IPSS Medical Rescue has now established a stand-alone NPO - IPSS Search and Rescue - that will be available to assist with vital recovery, search and rescue operations anywhere in the country. It's a costly operation to establish and there are plans afoot to raise funding from corporate and private entities to build the capability of this unit.

Ultimately, the success of this venture will depend on your support. Of course, the real value of a service like this is only fully realised when disaster strikes. We hope it never happens but, if it does, being prepared for the worst is the best investment you can make.

IPSS MEDICAL RESCUE

www.ipssrescue.co.za
[@ipssmedicalrescue](https://www.instagram.com/ipssmedicalrescue)
082 391 1911



LOVE AND SUSHI

Nokwanda Tema

“Frank Tema is a 30-year-old Sushi Chef working in Ballito. Born and bred in the small town of Mokokwane in the Limpopo province, how he ended up in Kwa-Zulu Natal is a real love story.

After completing his matric, Frank had dreams to pursue a career in electrical engineering, but due to financial constraints this wasn't possible. Instead, his sister got him a job washing dishes in the scullery of a restaurant in Polokwane. It didn't pay much, but this was an opportunity to prove himself and to begin to work his way up the ladder.

When the kitchen manager announced that they were looking for a trainee Sushi Chef, Frank applied for the position. With no culinary education or experience, this was the start of what would become his passion and profession. As a trainee, he was really put through his paces. Franchise managers would continuously come in for inspections and to taste his sushi, and they were impressed at his aptitude to learn the extremely complex and demanding skills required to produce the finest quality sushi.

As Frank grew in experience he attracted offers from restaurants across the country. New restaurant owners would contract him to create menus for them and to train their staff. Frank Tema had become a really good Sushi Chef.

In 2016, he married the love of his life, Nokwanda, who is from the North Coast of KZN. It was hard being in a long-distance marriage with Frank working in Limpopo and Nokwanda living in KZN, and he started looking for an opportunity to work in Durban. A potential offer came in from Avomore Spar in Durban and they called him for an interview to run their sushi section. Whether he was offered the position or not, Frank decided that he wasn't going to return to Limpopo. What he wanted most now was to be with his wife.

Luckily, he got the job and became a popular face in Durban as the Sushi King. Customers loved his charismatic style as much as the Sushi that he had become famous for. But he had long dreamed of opening his own restaurant, and in 2018 he and Nokwanda took the plunge and opened Sushi Delite, a Sushi Bar in Musgrave, Durban. For Frank, this was literally a dream come true. But the dream quickly became a nightmare.

The restaurant was beset by zoning issues that sadly forced them to permanently close the doors. It was a devastating blow, and the Temas found themselves in deep financial trouble, having literally put everything they had into the restaurant. But they didn't give up.

Nokwanda began knocking on retailers' doors asking for space to set up sushi bars in the deli sections of their stores and soon they had opened Sushi Delite pop-up stations in Riverside, Ridgeview, and Holdens Spars.

Then Covid-19 hit hard in 2020 and once again, the Temas saw their business collapse. This time it seemed that it was gone for good as one by one the pop-up stations closed down. But again, providence prevailed – this time in the form of a former supplier who had built a bond with Frank over the years. He suggested a partnership with Frank to run a Sushi operation at Pick n Pay Ballito Junction that he had managed to secure. And so, a new chapter



in the story began. It has been a hard journey with tough lessons for Frank and Nokwanda. Starting a business in tough times and raising a family has been difficult, but they are confident that the best is yet to come.

Business in Ballito is going well, and they hope to continue expanding by setting up more pop-up outlets in retail stores as well as doing private events, holding classes and doing private catering.

If you are looking for a Sushi Chef extraordinaire, Chef Frank is on standby.

SUSHI DELITE

sushidelite@gmail.com
067 297 1818



HOME IS WHERE THE HEART IS!

STUDIO TEN DECOR - by Fiona McKillop

“Studio Ten Decor a proudly local business for 22 years and BALLITO'S ONLY 'UMBRELLA' store, continues to welcome our valued clients and new faces! Ours is an established and evolving personal, multi-faceted showroom and experience

We showcase all aspects of decorating, and we specialise in curtaining, Roman blinds, upholstery, loose carpets and wallpaper, customised scatters and throws, and a selection of different soft furnishings.

Backed by a team of specialists, we include manufacturing of bespoke furniture, fabric headboards, wooden flooring, painting and uplifting of furniture. As a team, we work together to deliver an all-round decorating experience, for which we all share a passion! We believe this business is visual (see), tactile (feel) and above all else, personal (people)!

Our established workshops have a wealth of experience and expertise – we pride ourselves in co-ordinating all elements for timeous delivery, attention to detail, and overall satisfaction. We house the most extensive range of fabric sampling and have a wide variety of wallpaper books and loose carpet sampling. We keep regular contact with the fabric houses and endeavour to follow trends and build relationships with our clients and suppliers alike.

The 500sqm 'UMBRELLA' showroom invites you to a unique experience of sharing our skills with “BLINDS ALL OF THEM” who proudly deliver an extensive range of blinds as well as awnings and indoor and outdoor shutters. Visit our one-stop destination! No project or home is too small – we decorate windows, homes, hotels and lodges, and our referrals have no boundaries.

We are also offering house calls, by appointment, to do some STAGING in your home. STAGING is such an innovative way to create change, be it a single room or more. We move furniture, re-hang artwork and paintings, maybe add in a rug, a few scatters, lamps, some wallpaper and paintwork. Covid-19 brought so much close to home, and now is a time to uplift your home – to bring in the sunshine and beauty of this magnificent part of the world we are all privileged to share.

We were greatly rewarded by being showcased on Top Billing with a magnificent home on the sea in Sheffield Beach. What fun! It is an enormous pleasure to be a part of such a personal journey.

Remember, “Your home should be your sanctuary, not a shrine to others or your wealth.”

STUDIO TEN INTERIOR DECOR

www.studiotendecor.co.za
032 946 2568





Curtains | Roman Blinds | Re-Upholstery | Wallpaper | Rugs | Ottomans | Throws | Scatters

STUDIO TEN

Complete Home Decor

Curtaining & Upholstery Specialists

Steve and Fiona McKillop set up Studio Ten in a small shop in Ballito in 1999. Today they have a 500m² showroom in the Union Tiles Building in Moffatt Drive in Ballito. Theirs is a highly personalized business which they have built over the years with passion and pride, always concerned with assisting every individual in whatever way, and committed to change and service!



032 946 2568



Shop 2B | Union Tiles Building | Ballito | www.studiotendecor.co.za

IT'S ALL SYSTEMS GO FOR THE STUDIOS AT THE BALLITO LIFESTYLE CENTRE

Lifestyle Studios

“The Gallery, a pop-up Art Gallery and Exhibition space opened at The Studios at Lifestyle Centre in Ballito on 11 December 2020. It showcased two exhibitions and became a creative and social hub during its tenure, attracting everyone from coffee-lovers and workshop enthusiasts to creative artists and eager learners.

Now that The Gallery pop-up has come to an end, the original plans for The Studios, unable to be brought to fruition due to the impact of the coronavirus and lockdown last year, will go ahead. The intention is to develop the space to incorporate an eclectic mix of bespoke stores and personalised spaces to deliver an interesting and intimate shopping experience. Bruce Rencken, owner of the Lifestyle Centre says that plenty of glass, steel and natural materials will provide a stunning backdrop to showcase a variety of interesting retail offerings. This will be a space in which you indulge, treat and appreciate yourself.

As is the case with The Market and Eat Street, The Studios will provide another platform for local businesses to showcase their offerings in a handsomely constructed and interactive setting which will continue to add to the personality of Lifestyle Centre.

“We are confident that this special new space will become another meeting point for Ballito and will create the connection that we have been missing in completing the flow of retail right throughout Lifestyle Centre,” said Rencken.

A video which reflects a realistic flythrough of what to expect at The Studios is viewable on:

Youtube:
www.youtube.com/watch?v=KHV2uRQD7GY

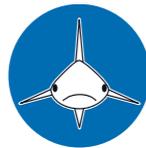




TEN POINTS

“

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Create peace in your own life.
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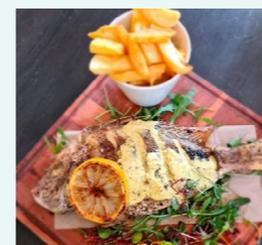
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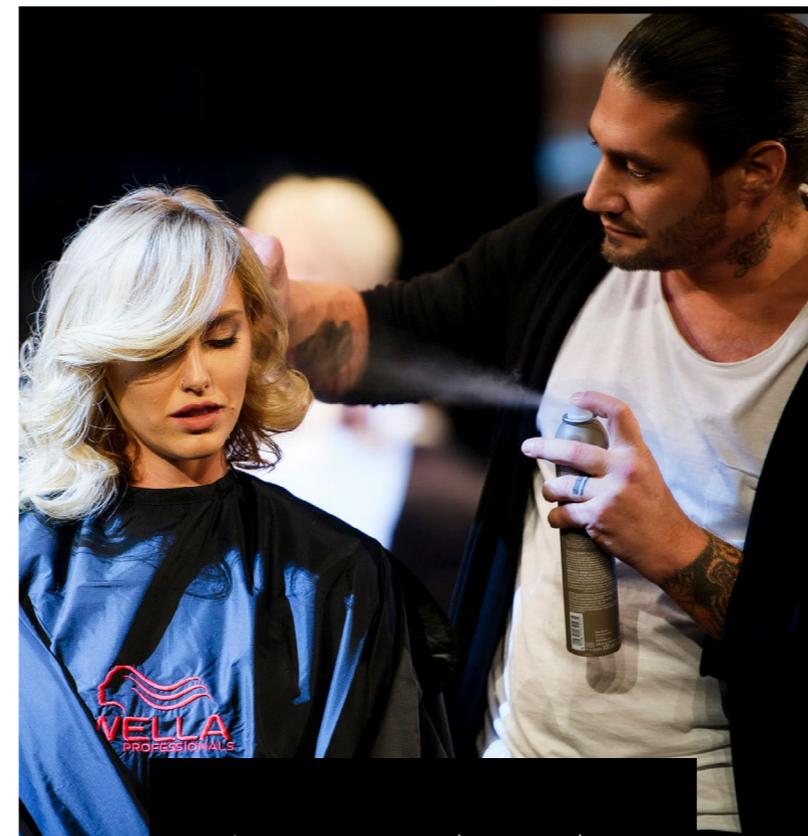
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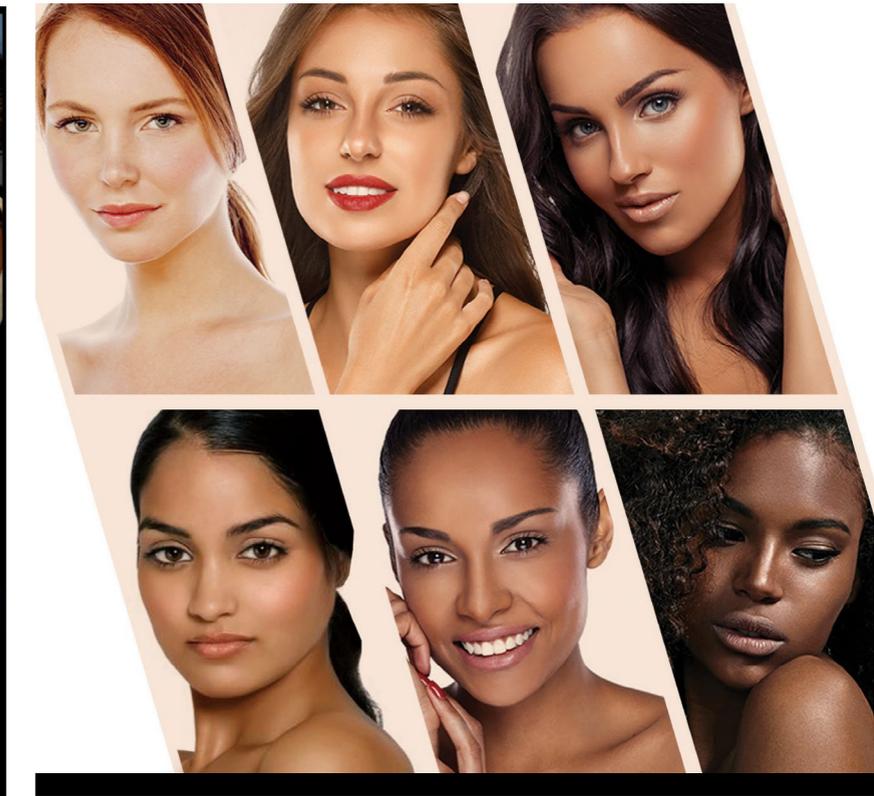


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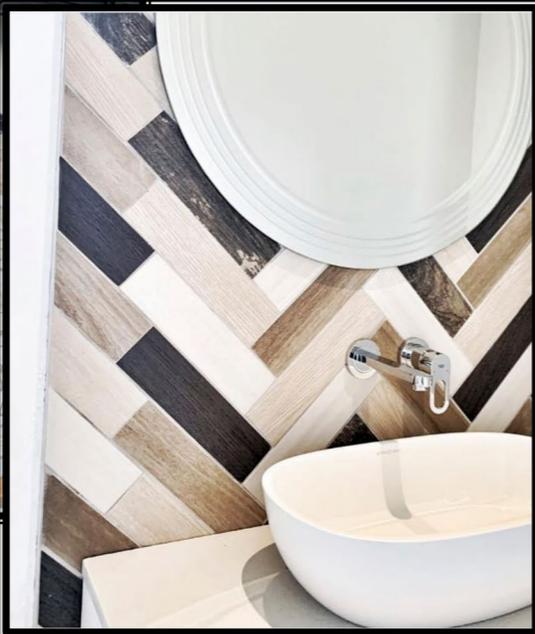


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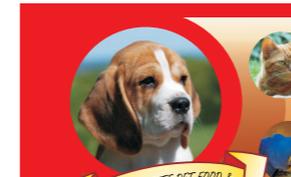
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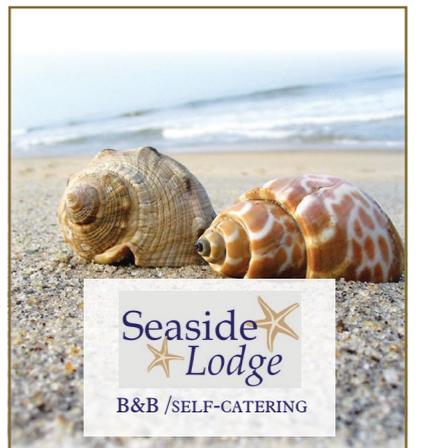


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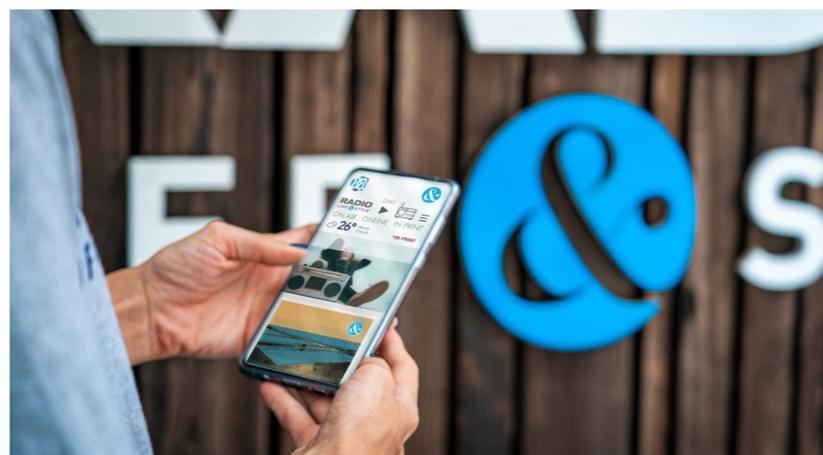
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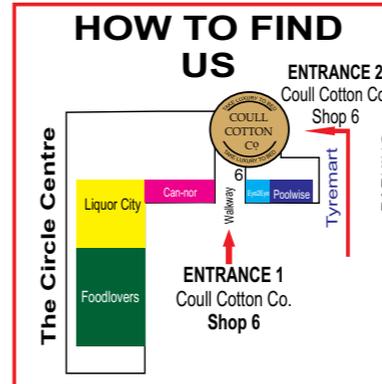
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