



LIFE & STYLE

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LIFE & STYLE

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EDITORS NOTE

LIFE IN THE AGE OF VIRUS

As society begins to shrug off the yoke of lockdown, there is a real desire among most people to reclaim the pleasures that have been forbidden for so long under the State of Emergency regulations. Having a glass of wine with a meal now takes on an almost halcyon appeal and the notion of being able to enjoy this simple pleasure in the ambience of a good restaurant is compelling.

And it was under the spell of this compulsion that I found myself in good company at a restaurant in one of Ballito's most popular settings last week.

It was a bizarre experience complete with ritualistic hand sanitization, temperature checks and documentation on arrival. From there a coterie of masked attendees escorted us to a socially distanced table where a barcoded woodblock invited me to scan it. I felt a bit like a male version of that famous Lewis Carroll character that went down the rabbit hole and started obeying bizarre instructions to eat me and drink me.

I scanned the woodblock barcode and instantly a menu popped onto the screen of my i-phone. How very sanitized! A masked waitron materialized before us and introduced himself. His mask was clearly a highly effective barrier against infection, but it had a similar effect on what he was saying, and I found myself guessing.

Luckily, I guessed correctly, and the meal progressed wonderfully. Sue and I were out with old friends for the first time in five months and I had almost forgotten what they looked like. But we caught up quickly and soon we were back in familiar conversation and all was well with the strange new world. Off in the distant haze one could just about make out the tables with other diners, all suitably isolated and sanitized and, although I am exaggerating wildly, it was a rather surreal experience.

We left at a reasonable hour, donning our masks, and bumping elbows on the way out with our restaurateur friend to thank him for what really was a lovely meal and proceeded towards the carpark. That's where the wheels fell off the sanitized bandwagon. We had to make our way through a seething crowd of merry pub goers who were seemingly oblivious to the dangers of unprotected socializing.

I know it sounds irrational, but I could feel the presence of a million evil little virus balls floating around in that happy throng and I didn't like it. Until this thing is over, I am firmly of the opinion that the best approach to socializing is to avoid it but if you have to go out, stay safe by observing the protocols.

*** Dave Charles presents the Afternoon Show 1-5pm on 88FM
Radio Life&Style - The Voice of Ballito*



THE HUNT 5K FRIDAY IS BACK

HUNT Properties

“**On** Friday the 4th September 2020, the “HUNT Properties 5k Friday hosted by Concha” will be held for the first time since the 20th March 2020. The COVID-19 lockdown enforced hiatus was the first break that the run had since its inception in July 2017. That was 142 consecutive Friday’s that a run was held from outside Concha Café on the Ballito beachfront. Come rain or shine it was HUNT 5k Friday time, which is exactly what is going to happen again.

THE HUNT 5K FRIDAY formula is simple. We start the run at 05h30 every Friday from outside Concha Café. The route is the same each time - a 5-kilometer loop starting and finishing in front of Concha Café. The outward half of the loop heads north through Ballito whilst the inward half returns south along the Ballito beach promenade. The loop is both scenic and relatively flat.

WHY WE RUN

Community - Prior to the lockdown the run would attract anywhere between 50 to 100 runners and walkers from a cross section of the population of the north coast. It is a networking platform for locals, people who are new to the area and holiday makers. It is a fun way for people to start their weekend, meet new people and exercise in a beautiful setting.

Competition - As the route is the same each week, it is great for the runners to run against their previous best times. For the more competitive runners, a top 5 ladies and a top 5 men’s category is recognized each week, with the times being announced on 88fm Radio Life & Style after the run. However, for those who just enjoy the fun of attending, our co-sponsors such as Laura Channing and SAB sponsor prizes for attendance.

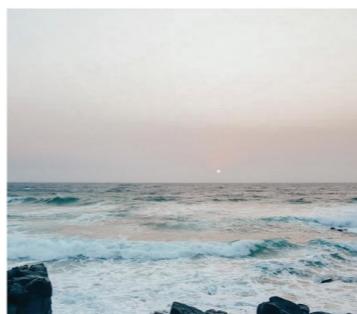
Charity - Most importantly we use the run to raise awareness and funds for our chosen charity – The Litterboom Project, which seeks to eradicate river borne plastic waste from entering our oceans. We as a company are committing R5 per runner donation to a cause we whole-heartedly believe in.

The enforced break from the run has given us time to revise how the run is operated and we, together with our partner in the run, Concha Café, look forward to bringing an even better event to our beautiful coastline.

HUNT PROPERTIES

www.huntproperties.co.za
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For property queries call us on / 032 815 0600





HUNT PROPERTIES 5KM FRIDAY 5:30 AM CONCHA 

TIMEWARP

Steve Honneysett

“A photo was recently posted on our Salt Rock Life Saving Club's social media group of me in the 90's posing in front of my Surf Rescue vehicle in full Bay Watch style.

Looking at it got me thinking about how things change in life and whether things were greater then, compared to now, and what influenced this change? As you know, I come from a rich history of lifeguarding, with my entire family having worked as full-time professional lifeguards since the 1950's.

OF COURSE, equipment has had a lot to do with the way in which we now life-guard, and the film industry has played a large part in making the world open its eyes to this profession.

When lifeguarding came to light here in South Africa just after World War 1 when beach recreation started booming, the first lifeguards were known as the swimming legions of the profession, having only the life line as their sole means of equipment. They swam out with this cork-filled belt around their waists attached to 300m of wax cotton rope which weighed a ton, and one can always notice from photographs from that era the magnificent upper body they had as a result of having to haul out such weighty equipment.

Then came the 50's and 60's, when surfboards, Paddle Ski's and Rescue Torpedo Buoys were introduced. Lifeguards from that era became known as the Tough Ones because there was no room for the weak amongst them. There was never such a thing as "no I can't" back then. They were an adventurous bunch, pioneering the modern day equipment

The 70's and 80's lifeguards were a mix of good swimmers and water men who were in the middle of a transition between the use of one's swimming ability to one's ability in handling craft.

The introduction of the Inflatable Rescue Boat came about in this era, the first coming from Australia and later being manufactured here locally. Early boats were called Floppies as they had no hard surfaces and were designed for the safety of the swimmer. If the craft came into contact with them it would bounce off. The motors were small powered 25HP.

As we progressed into the 80's boats changed here in South Africa as there were greater areas to cover, and with the surf on our coast line, a more powerful motor was needed. As a result, the semi-rigid hull boat became more commonly used.

Also, the first helicopter rescue service was introduced in the 80's, sponsored by John Rolfe Cigarettes. Lifeguards began to broaden their horizons into this field and with the onset of the helicopter, little did they know that public awareness would grow and they would become noticed wherever that helicopter patrolled.

I think the single most positive move came about in the 80's with the television series Bay Watch, which took the world by storm, going on to become one of the longest running series ever. All of a sudden, the lifeguard became a hero and image was everything.

As the series faded out into the 90's lifeguarding continued to evolve with the introduction and incorporation of the jet ski into the service. Finding its origins



Seaweed Steve Honneysett appeared in an episode of Baywatch shot in Durban back in the day. As we always say, he's a true original!

in Hawaii with a dramatic cave rescue in rough surf, this craft soon dominated lifeguarding equipment and made the inflatable less attractive. With its safety, manoeuvrability and speed, it became the bench mark of lifesaving and still is today, used by big wave surfers as their safety vessels all around the world.

Into the 2000's, progression has continued with electronic and radio-controlled equipment coming into use by rescue services, including Drones and the adaption of the jet ski concept into other craft such as the rescue surfboard, which now comes with a built-in battery-powered jet engine. Materials continue to evolve into lighter and stronger iterations, so jet skis are lighter than ever and as a result need smaller engine horse power to propel them. Most other craft are now lighter, stronger and easier to operate, too.

What has been a big turnaround for lifesaving in South Africa has been the slow decline in interest to become a lifeguard among the public. This has affected the volunteer movement, which is slowly declining in size. With the evolving computer industry, the youth have many more options than we had and one will find that more kids tend to turn towards this realm, rather than get involved in lifesaving or a physical sport like we used to do before computers.

South Africa faces unique challenges when it comes to our lifesaving programmes and means. Red tape and bureaucracy, lack of governmental fund support, as well as world monetary influences and business place our lifesaving under pressure as we will not be able to move forward with all the latest equipment and inventions, most of which will be out of reach of our budgets.

Quad bikes that have wheels that fold away, turning the bike into a jet ski, are already being used in Australia. Larger drones used to transport rescue flotation devices out to drowning victims are being used by the Royal Life Boat Institute in the UK. This is the future. The world is seeing more rescue services branching out into other sectors of rescue that in the past were only done by certain services and associations, which is making our world a safer place.

SEAWEED STEVE

Presents the Daily Surf & Weather Report on 88FM Ballito.



FIVE WAYS TO USE BEACH HOUSE STYLE SHUTTERS

Trellidor

“**Fresh** neat and modern, beach house shutters are finding their way into every type of home, from minimalist penthouses to Natal veranda-style homes. They provide relief from the heat of summer, strong UV rays, sea breezes and roaming monkeys trying to get to your fruit supply. They also create whatever level of privacy you require from neighbours and, if you get them from Trellidor, they'll provide you with excellent security, too. Here are five ways to use attractive aluminium shutters in your home that you may not have thought of.



ROOM DIVIDERS

Louvre shutter doors make sophisticated room dividers. They allow you to open up your interior space when you have a crowd of people 'round, encouraging a sociable flow of visitors through your entertainment area. Once guests have left, the shutters close up unused rooms, keeping them neat and tidy. Being able to close up rooms is a great option in winter as you only have to keep your most frequently used rooms warm.

SECURITY GATES

When beach-style shutters are professionally designed with internal strengthening features and a strong locking system, they can be used as security gates for any doors that lead outside. Exit doors are vulnerable to anything from petty thieves casually passing by to serious home invaders. Trellidor Security Shutters may look pretty, but they are also designed to be a proper security barrier. They provide a high level of protection, even when the louvres are tilted to allow sunlight and fresh air into your home.

STATEMENT WINDOWS

Ask your Trellidor supplier to powder coat your louvre shutters in a strong colour and use them to make a décor statement. A sophisticated, all-white kitchen can be

taken up several notches in terms of style with louvre shutters that reflect the fitted appliances. Work with your interior designer and Trellidor consultant to find a colour that makes sense in terms of your home's palette, and your windows will become an integral part of your décor scheme, instead of purely functional.

STYLISH BEDROOMS

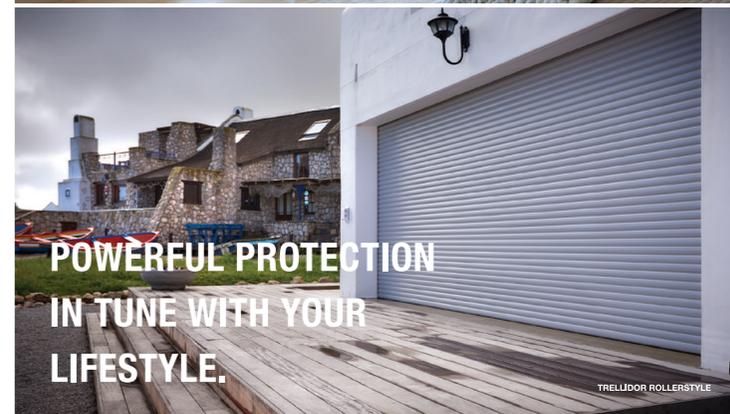
All the practical advantages of louvre shutters come into play in a bedroom when they're used as a window treatment. They can be kept closed and locked for safety purposes, and the louvres can be tilted to allow in just the right amount of light and sun. They are easy to keep clean, so they always look fresh and welcoming. They also blend in with just about any type of decorating preference.

ENTERTAINMENT EXTENSION

Patios are popular entertainment areas because we're so blessed with a great climate. The last thing you want to do when enjoying a meal outside is to have to move it all inside when the weather deteriorates. With louvre shutters surrounding your patio, you won't have to move. Just close and lock all the shutters and you have an extended entertainment area protected from the weather.

TRELLIDOR

www.trellidor.co.za/get-a-quote



Trellidor Security Shutter has been designed as a genuine security barrier with internal strengthening features and all the advantages of a good looking aluminium louvre shutter. Use them to replace curtains, blinds and burglar proofing in one lovely product that is right at home on the coast. Trellidor RollerStyle aluminium roller shutters are another strong and reliable alternative. Use them to create a safe zone within your home or to close up your patio during bad weather or when you leave your home. They open up completely to reveal your view or create a 'lock down' when closed. Get in touch with our experts for a free security risk assessment and quote, today!

TRELLIDOR
THE ULTIMATE CRIME BARRIER

CONTACT US
BALLITO & NORTH DURBAN 031 569 5000

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WORLD CLASS TOPS LIQUOR STORE IN THE MAKING

Lifestyle Centre

“The extension and revamp of the Lifestyle TOPS has been underway behind the scenes during lockdown. When liquor stores were closed by the government for the second time this year, the TOPS team took the decision to make good use of the lockdown period, bringing the project start date forward and accelerating the construction program, clearing out the store and powering ahead with some of the more disruptive work while the store was closed to customers.

THE PRESIDENT’S ANNOUNCEMENT, on 15 August 2020, of the lifting of the liquor ban came slightly earlier than expected, however, and Lifestyle TOPS will unfortunately not be in a position to open its doors on Tuesday, 18 August, with the move to Level 2. The construction schedule will be reworked again to allow the store to open on Monday, 31 August, with minimum disruption for customers. Work will still continue on this very exciting project to create a unique, spacious and beautifully designed liquor store that will be over two and a half times the size of the existing TOPS store at Lifestyle Centre.

According to Lifestyle Centre and Lifestyle TOPS Co-owner, Bruce Rencken, “One of the many things that lockdown has highlighted is just how big a part of our life liquor is. South Africans are social and gregarious by nature and enjoying a drink together often forms the basis of gathering with family or friends, usually accompanied by an excellent meal. But the new Lifestyle TOPS is about more than just the liquor. Not only



New TOPS Facade



New TOPS Whiskey

“Our vision is to be an ‘experiential’ liquor store, rather than a ‘traditional’ or ‘conventional’ liquor store,”



New TOPS Wine

will we extensively expand our range and offering in wine and other growing liquor categories, but we will be introducing new categories such as biltong, cigars, gifting, snacks and chocolates.”

The existing 336m2 trading area will grow to 884m2, incorporating an expansive wine department, walk-in beer fridge and intimate, interesting spaces for gin, whiskey, rum and tequila, and international speciality beer brands and craft beers.

“Our vision is to be an ‘experiential’ liquor store, rather than a ‘traditional’ or ‘conventional’ liquor store,” said Rencken. “Key factors in the floor layout and design of the store are convenience, flow, simplicity of shopping experience, extensive range and visual merchandising. The store will be on trend, with beautiful design and aesthetics, and will offer a number of different concepts. Our aim is to transform Ballito’s liquor shopping into a world class, fun, exciting, educational and experiential occasion”.

The new store, which looks set to be an industry disruptor and leader, is due to launch at the end of October 2020. *A video which showcases a realistic flythrough of what to expect at the new Lifestyle TOPS can be viewed here:*

www.youtube.com/watch?v=St1K_W7rmbU

LIFESTYLE CENTRE BALLITO

[@ballitolifestylecentre](https://www.instagram.com/ballitolifestylecentre)
m.me/ballitolifestylecentre
www.ballitolifestylecentre.co.za



New TOPS Rum & Tequila



New TOPS Gin



New TOPS Craft Beer



New TOPS Biltong

SUPERFOODS

What You Need Right Now by Kim Wilson

“**Superfoods** are so-called because they contain, in general, more concentrated doses of nutrients than other foods. This makes them perfect to include in your diet when faced with a worldwide pandemic. Whilst there are a whole host of amazing superfoods available, here are five groups of superfoods that you need to introduce right now:

YOUR ALL-IN-ONE: MORINGA & SPIRULINA

We're a HUGE fan of all of the green foods at Lifestyle Health, and Moringa and Spirulina most of all. Both of these foods are nutrient powerhouses to support your overall health.

- Moringa has been revered for its health benefits for thousands of years. Almost all of the plant is used, but the leaves and pods are the most nutrient-dense. Moringa leaves are great sources of protein, Vitamin B6, Vitamin C, Iron, Vitamin B12, Vitamin A, Magnesium and antioxidants such as quercetin. This nutrient concentration makes Moringa a great daily "multivitamin" for you and your family.

- Spirulina is one of the world's most popular supplements, especially now that we have a beautiful, bold blue spirulina on offer as well! The strong colour of spirulina is representative of its potent antioxidant content. In just a single tablespoon of spirulina powder, you'll be getting a good dose of protein (4g), Vitamin B1, Vitamin B2, Vitamin B3, Iron, Magnesium, Potassium, and even essential fatty acids (Omega 3 and Omega 6). Spirulina may be one of the most nutrient-dense foods on the planet!

VITAMIN C BOOSTERS

Acai Berry, Goji Berry & Camu Camu (Sour Berry) Berries are well known for their antioxidant content, but these three in particular are also packed with immune-boosting Vitamin C. Vitamin C plays many important roles in your health. It helps strengthen your immune system, and is needed for the production of collagen, a protein that supports your skin, bones, and muscles.

- Acai Berry powder contains 24% of your recommended daily intake of Vitamin C. Using Acai Berry powder makes for the perfect Instagram-worthy smoothie bowl due to its gorgeous pink/purple colour. You'll also be getting a fantastic dose of Vitamin A and fibre at the same time.

- Goji Berries contain 30% of your recommended daily intake of Vitamin C. These slightly tart berries are great to add to smoothies, trail mixes or your favourite granola for an additional crunch.

- With its slightly tart flavor, Camu Camu Berry powder can contain as much as 750% of your recommended daily intake of Vitamin C per teaspoon, which is a massive dose! Camu Camu is another fantastic smoothie ingredient as you'll only need a tiny amount for the Vitamin C benefit. Alongside this Vitamin C content, you'll be getting a potent dose of antioxidants.



ZINC AND OMEGA 3 BOOSTERS: HEMP SEEDS & CHIA SEEDS

Zinc is a mineral we are all familiar with reaching for when facing the common cold. Not only is it important for the immune system, but Zinc is necessary for wound healing, blood clotting, thyroid health and much more.

Omega 3 fatty acids are essential fatty acids mostly known for their anti-inflammatory benefits. Omega 3 fatty acids are also potent modulators of the immune system and play an important role in overall brain health, skin health, bone health and much more.

Hemp Seeds contain 34% of your recommended daily intake of Zinc and are considered one of the richest food sources of Zinc. Not only do they boast this Zinc content, but they are one of the richest plant sources of alpha-linolenic acids (Omega 3 fatty acids). Hemp Seeds are especially important for vegans and vegetarians due to this Omega 3 content.

Chia Seeds, in our opinion, should be a staple in every pantry. These tiny seeds are loaded with nutrients that have important benefits for you brain and, in fact, your whole body. Chia seeds are low in calories, but contain an impressive dose of antioxidants, fibre, protein, Omega 3 fatty acids, zinc and other micronutrients. With no distinctive flavor chia seeds are easy to toss over any meal, be it hot or cold, to boost the nutrient content.

IMMUNE MODULATORS: MEDICINAL MUSHROOMS

Medicinal mushrooms are having their moment in the literature with a lot of research going into further understanding their health benefits. There are three main mushrooms taking the front seat right now: Chaga, Shiitake, and Maitake.

Chaga Mushrooms have been used for centuries throughout Asia as a way to boost the immune system and improve overall health. Chaga Mushrooms are low in calories, high in fibre and packed with antioxidants. Preliminary studies have found that Chaga Mushrooms may improve immune health, decrease inflammation, prevent and fight cancer, lower blood sugar levels, and reduce cholesterol.

Shiitake contain the highest Vitamin D content of all the Mushrooms, making them important for overall health. Shiitake Mushrooms are also low in calories

and rich in many vitamins, minerals, and most importantly antioxidants. These antioxidants are important for improving heart health, as well as boosting the immune system.

Maitake, which means "dancing mushroom" in Japanese, is another antioxidant-rich mushroom to include in your diet. Maitake Mushrooms are rich in antioxidants, Vitamin B, Vitamin C, minerals, fiber and amino acids. Most of the research into Maitake has centred on their antiviral and anti-aging properties, where they have had impressive results. Maitake Mushrooms may help treat and prevent cancer, lower cholesterol levels, improve blood sugar balance, and improve the overall functioning of the immune system.

FINAL THOUGHTS

The high vitamin, mineral and antioxidant content of superfoods can help your body to ward off disease and stay healthier for longer. Superfoods can be a fantastic alternative to taking a supplement, and the nutrients are often far better absorbed because they are in their natural bio-available form rather than processed into a tablet or capsule. There are a wide variety of superfoods available today to help you improve your immune system, but the ones mentioned above are a great place to start.



LIFESTYLE HEALTH

Lifestyle Centre, Ballito,
032 946 0441
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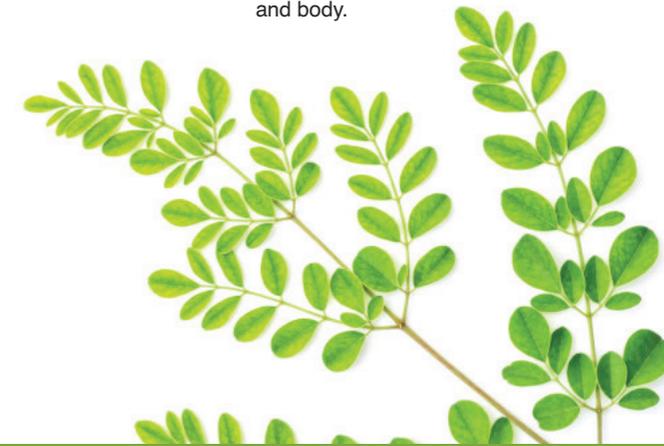


Lifestyle health



Green Gold Moringa Powder and Tea Bags

Moringa Oleifera is a nutrient dense superfood which naturally contains a potent fusion of over 90 verifiable anti-inflammatory compounds, anti-oxidants, vitamins, minerals and proteins. Moringa leaf tea is an invigorating drink that will revitalise mind and body.



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TWINKLES IN THE DARKNESS

Chris Marais & Julienne du Toit

“There have been some dark and moonless nights on the road, we all have them from time to time, when the land beyond the headlight beams is shrouded in uncertainty.

YOU DRIVE ON DEEP INTO the countryside, that’s your only real option, and instead of falling into the bleakness of a nightly news bulletin, you listen to an old song on the radio. Then, in the distance, you see a twinkle. As you drive closer, it grows into a cluster of lights. You head for that.

What awaits you is a farmstead, full of welcome, warmth, refreshment and, most important, stories. The stories are sad, funny, inspiring, ironic and often whimsical. All of them add to the patchwork of Karoo life. Suddenly, the world is a better place, the inky night has been banished to beyond the windowpane, and all good things are possible. We sit by the fire, fill our glasses and listen.

That’s us, working in the Karoo, looking for the twinkles in the deep dark pitch of night, in the form of these stories that we have gathered over many years of wandering the dusty roads of South Africa’s heartland.

New eyes to the Karoo might just register trackless wastes in passing on the N1, in fact some travellers have even expressed fear when making the Joburg to Cape Town run, and by the time they pass Leeu-Gamka (so lionine they named it twice) they’re well over the speed limit in their haste for greener city spaces with more people in them than this vast emptiness offers. But if you care to look deeper into what really goes on

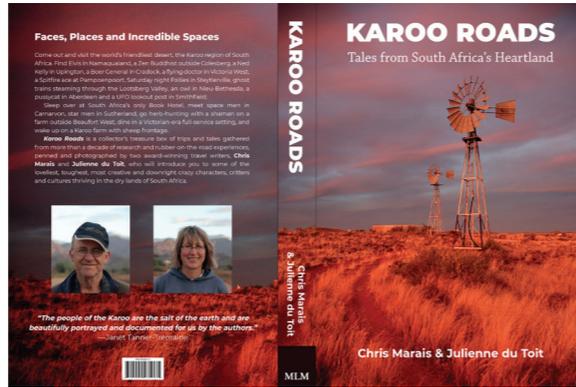
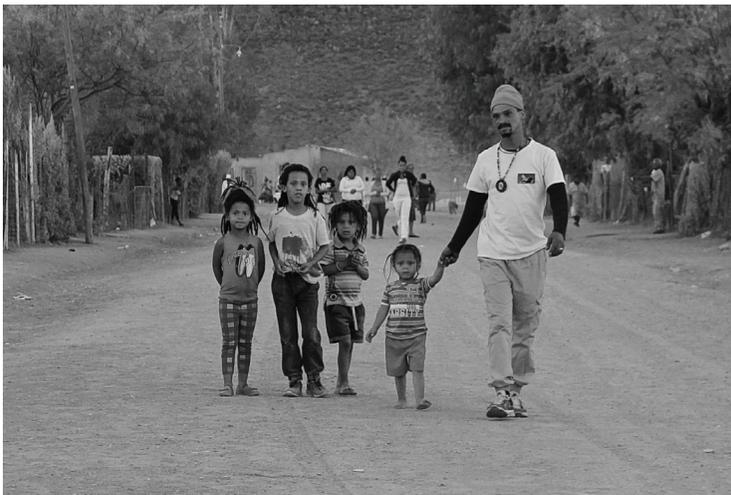
in the world’s friendliest dry space, you will find Elvis in Namaqualand, a Zen Buddhist outside Colesberg, a Ned Kelly in Uppington, a Boer General in Cradock, a flying doctor in Victoria West, a Spitfire ace at Pampoenpoort, Saturday night Follies in Steytlerville, memories of a snow-covered ghost train steaming through the Lootsberg Valley, an owl in Nieu-Bethesda, a pussycat in Aberdeen and a former UFO lookout post in Smithfield.

Come again and you might stay at South Africa’s only Book Hotel, bump elbows with a spaceman in a Carnarvon bar, have chats with a starman in Sutherland, gather healing veld herbs with a shaman on a farm outside Beaufort West, tour the incredible innards of South Africa’s biggest dam complex, dine in a Victorian-era full-service setting, fall asleep and wake up on a Karoo farm with sheep frontage, meet a hard-pressed Gift of the Givers chap as he distributes water and food parcels to the desperate people who also live here.

Indeed, Karoo angels come in many forms. You’ll meet them at a deserted railway siding called Vondeling, when a passing farmer tows your bakkie out of a snowdrift and when a box packed with fresh vegetables is dropped as a gift at your door. And every day, people greet you in passing with an index finger lifted briefly from the steering wheel.

We have spent time with country chefs, Rasta radio jocks, water doctors, windpump wizards, the grandsons of ostrich barons, exporting artists, hard-bitten diamond divers, flyfishermen, troubadours, donkey rescuers, sculptors, calligraphers, writers, wire car mechanics, cowgirls, tequila farmers, traders, octogenarian pilots, koeksuster queens, the tiger man of Philippolis, the Hip-Hop Granny of Garies, world-class cheesemakers, blacksmiths and boys at heart who love to play cricket on a Karoo pitch.





We've nosed around the history books, the explorers' accounts, the dusty museums in the small towns, we've laced up haunting stories from all over the place, followed the Boer commandos into the Camdeboo mountains as they taunted the British patrols, we've tracked down the last station-master of Putsonderwater and we know the dodgy story of the old Alexander Bay Carrier Pigeon Club. We've chased floods down the Orange River, researched the back-stories of by-woners, corbelled houses, mountain zebras, Karoostyle architecture, the Nama Riel, Karoo cuisine and the migration paths of Lesser Kestrels who come here from Kazakhstan in the summertime. Plonk us in the middle of a Karoo graveyard and you can leave us there for a week. The dead have many tales to tell. So, these are our twinkles, our Karoo stories. Have a handful, see if you like them. There's more where they came from...

KAROO ROADS

Tales from South Africa's Heartland by Chris Marais & Julienne du Toit will be available as a First Edition Author-signed Print Book from November 2020 at R350 including taxes and counter-to-counter Postnet service. To order, contact Julie at julie@karoospace.co.za and she will put you on this exclusive list of Karoo Lovers – and Karoo Space supporters.

KAROO SPACE



SEASON OF THE WITCH

Janelka Lubbinge

“**Kara** and I became friends a million years ago because of an on-line purchase and the fact that the world is smaller than crop tops were in the early 2000s. What started out as a shared appreciation for beautiful clothing- and I mean any beautiful clothing, whether vintage, second-hand, local, designer or just so damn bad that it circles right back round to good again- turned into a friendship that's since stretched over both years and continents. Although our friendship and its dynamics have changed over time, the love, support, creativity, care and collaboration that come with it have not. It's this type of friendship (the kind which words are just too limited to do justice to) that not only inspired the direction in which we took the shoot but is also something I've realized has become synonymous for me with the brand Hunter Gatherer itself.

Photographer:

Janelka Lubbinge
[@_melkweg_](#)

Art Direction / Styling:

Mieke Loubser
[Mieke @theghostofyourcat](#)

Model:

Lily Van Rensburg
[@lylielyllie](#)
Georgia Satchwell
[@georgiatulle](#)

Hair & Makeup:

Michelle Moolman
[@mich.mua](#)

All clothing:

Kara Pepler at Hunter Gatherer
[@hunter.gatherer](#)

A special thank you to Nanette Ranger for allowing us to play in your garden and home.
[@nanetteranger](#)

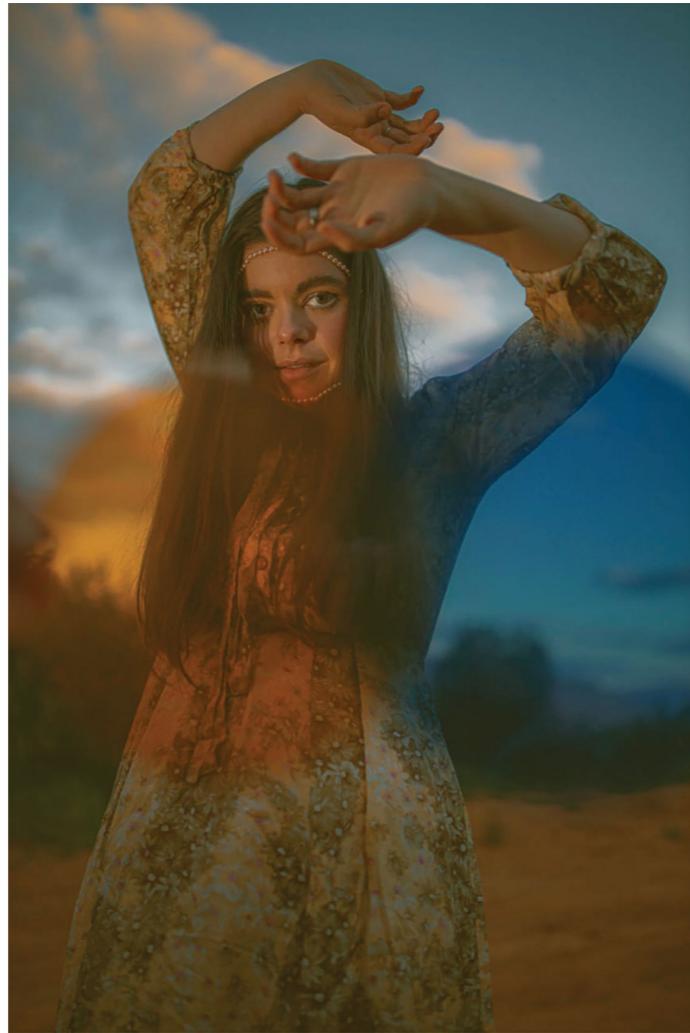
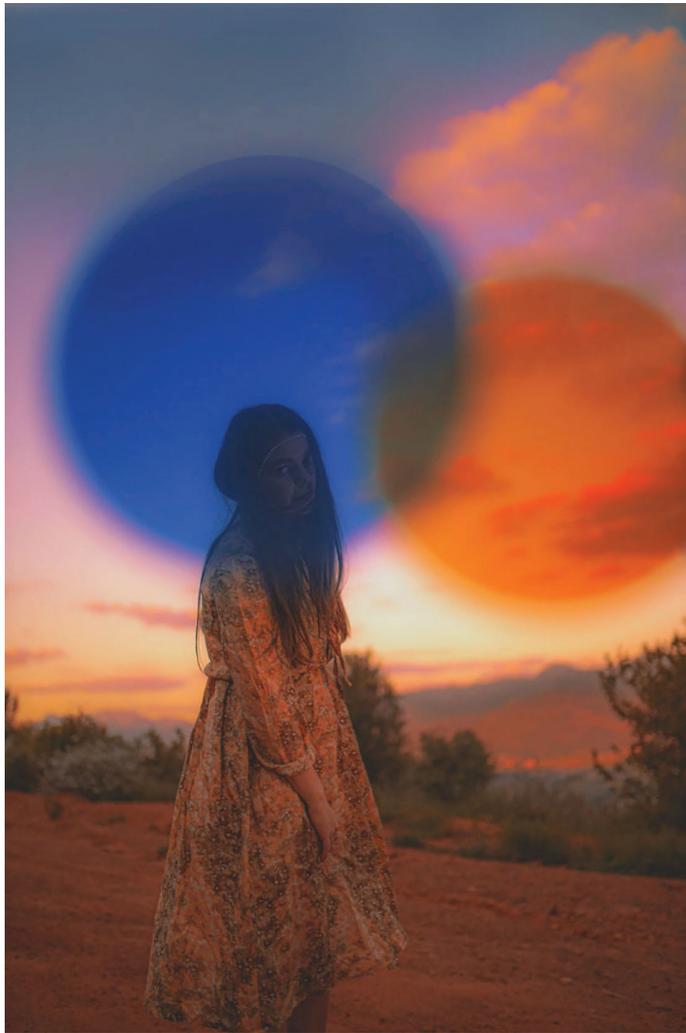
While this shoot was still in its infancy, bouncing to-and-fro between the wide worlds of instagram inspo, whatsapp chats and pinterest boards, I became stuck on Lana Del Rey's cover of a 1966 hit song by Donovan. Admittedly, I'd never heard the original Season of the Witch before, but by the time we were done I was obsessed with both versions and completely incapable of separating the shoot from the song title.

Up until the last few decades of cinema and television, the stereotypes accompanying the word 'witch' have been pretty negative- they've been written into both history and fiction as ugly old hags and immoral womxn, consorts of evil to be feared, hated and then violently prosecuted. Times have changed, and the idea of the witch has become far more multifaceted, coming to symbolize elements of feminism, femxle rebellion, independence and strength, among other things.

This shoot looked at strong, supportive femxle friendships and their role in the constant emotional ebb and flow of keeping the creative dream alive, portrayed through our own re-imagining of the witch. The witch as a womxn who loves and supports womxn, who turns madness into art, who respects nature and is aware of their impact on it and responsibility towards it, a womxn who is in touch with themselves and in touch with others, a womxn who dances naked in the full moon light or chooses not to, a womxn who chooses sustainability, who chooses health, who chooses well or forgives themselves for not doing so, a womxn who plays and who cares and who feels, a womxn who is unapologetically true to themselves.

When our creative team came together to bring this shoot to life, it felt more like a group of old friends playing dress up than it felt like work. Some of us had met never met before, some of us had been cross-continentially connected or brought together a couple of lifetimes ago (hello high school) and some of us had known each other for longer than we'd been alive but regardless of how we met, this idea was instantaneously present across the board. I write about the cliché of loving and supporting your friends unconditionally because it is something that stays important, no matter how many times you hear it. Like a well thrifted pair of denim jeans, there's a timelessness to this kind of friendship; with care it can last a lifetime. It's something universal and simultaneously unique, it's a special kind of thing that I like to believe is magic.





THE YOUNG-R

Retirement for The Young And Active

“The concept of retirement is being turned on its head. With a growing global population of over 50’s, and with people now living longer than ever, the ‘retirement’ market now encompasses a broad range of ages and lifestyles, with some retirees being as young as 50. Data shows that 8% of our population is over the age of 60, but by 2050 that number will have increased by 15%; and it looks like that number will increase almost-exponentially in the future. This is a sector of the market that is growing and becoming vocal about what they want out of life.

Today a retiree is no longer someone who has not simply just retired from their traditional working life; many retirees opt to scale back on their daily work commitments, choose to work from home or in some cases, take early retirement for a number of different reasons. With the notion of what a retiree is constantly changing , the stigma around this phase of life is slowly crumbling away and much of the change in perception is being spearheaded by forward-thinking property developers who are making big strides in offering this market what it truly needs and wants.

Nova Stella, located in the burgeoning Shaka’s Rock in KZN, is designed with the over-50’s in mind. With opportunities and facilities focused on modern active living and socialisation, Nova Stella offers residents a truly coastal lifestyle. Its geographical positioning is also key to its desirability with Shaka’s Rock beach and Thompson’s Bay minutes away and restaurants, retail offerings and hospitals nearby. Durban, which has been likened to Florida in the US, is the ideal retirement location in South Africa. The warm climate and coastal positioning of Nova Stella creates the perfect opportunity for those who love an active, outdoor lifestyle; and even more so for those

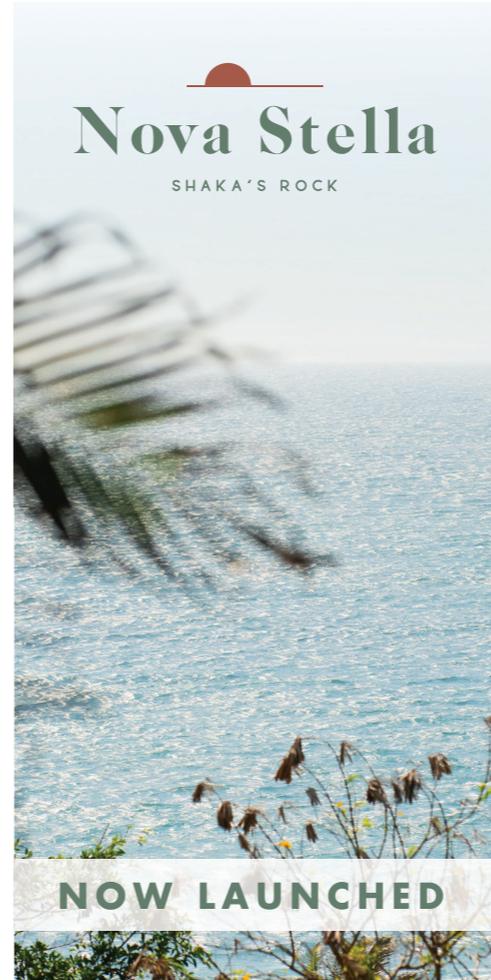
who want to invest in an estate that welcomes pets. Creating a coastal ambience and capitalising on KZN’s great weather, each of the 53 apartments have a private balcony and are designed to be airy and open-plan. The modern design is also curated to enable those who like to travel with a lock-up-and-go home, while gently sloped ramps and elevators provide ease-of-access for wheelchairs and people using mobility aids.

Jock McKenzie, representative of the Developer of Nova Stella says, “The word ‘retirement’ does not nearly begin to adequately describe this market and this phase of life. You can retire at 50 or you can retire at 75 – those ages are almost a generation apart in years- which indicates that this market is vast, and also underserved in many ways. We have found there is a gap in the market when it comes to residential offerings that truly resonate – nobody wants to sit around in an ‘old age’ home; people want to be active, engage with others, belong in a community and know they have wellness amenities on their doorstep. We can no longer apply a one-size-fits-all mindset to this market – we have to remember people are individuals, but there are some key lifestyle aspects which link people into communities and that is what we have weaved into the fabric of what Nova Stella is.”

With an understanding that a sense of independence is invaluable, Nova Stella brings a thoughtful approach to wellness, offering onsite healthcare with a dedicated consultation room for a healthcare practitioner (appointed by the Body Corporate) and mobile nursing services; residents can access these services when they need to.

With a shortage of good-quality retirement estates, which may become contracted in years to come due to demand, Nova Stella’s introduction to the market is well-timed. A retirement home is no longer just an investment in a bricks-and-mortar home; it is an investment into a lifestyle and the market shift indicates that people are actively seeking modern retirement opportunities if they are priced right. Nova Stella is the epitome of stylish living for young retirees and boasts 2 and 3-bedroom apartments from R2,195 million.

NOVA STELLA
www.novastella.co.za
greg@novastella.co.za
087 094 9015



STYLISH RETIREMENT LIVING 2 & 3-BEDROOM APARTMENTS FROM R2,195 MILLION

Wake up to breath-taking views of the Indian Ocean. Nova Stella is a luxury retirement estate; consisting of 53 pet-friendly, bespoke apartments including 2-bedroom, 2-bathroom and 3-bedroom, 2-bathroom options starting from R2.195 million. Live an authentic and vibrant coastal lifestyle in the heart of Shaka’s Rock, in the sought-after KZN North Coast.

- STORAGE
- WHEELCHAIR FRIENDLY
- CLUBHOUSE
- ONSITE HEALTHCARE SOLUTIONS
- UNDERCOVER PARKING & GARAGES
- 24-HOUR MANNED SECURITY

REDDAM HOUSE BALLITO

Part of the Inspired Group

“Reddam House Ballito opened in January 2019. The school is part of the Inspired family, a global co-educational, premium schools group operating in 5 continents and educating over 45 000 students. Through its holistic and progressive educational philosophy, each child’s unique talents and abilities and personalities are nurtured.

AS A MEMBER OF INSPIRED, Reddam House Ballito provides access to international best practices and world-class educational experts. This enables us to shape our students into confident, empowered global citizens.

Reddam House Ballito develops students in all spheres: academic, sporting, and cultural. Join us for our upcoming events to experience the inspiring Reddam House culture and to view our facilities.

You’re invited for a Playdate@Reddam Early Learning School on Saturday, 12 September 2020. We’re also hosting ‘My BIG school adventure on Friday, 18 September 2020 to allow your child to experience a day as a Grade 1 student! Please rest assured that all social distancing and safety measures are in place.

We look forward to meeting you and sharing our vibrant learning space with you.

REDDAM HOUSE

www.ballito.reddamhouse.com



SEATON-SATIONAL!

Property Sales in Excess of R179 million in two months

“**Sales** exceeding R179 million at Seaton is testament to Murray Collins' vision of this unique ocean-side development; as a dynamic catalyst for the new normal, set to unfold on KZN's prestigious north coast. Nothing like this has been seen in the last three decades.

It's unprecedented. Property sales valued at R179 million and counting, took place for the first two precincts released at exquisite Seaton, The Bay at Sheffield Beach...and that during a global pandemic.

THIS WEEKEND ALONE, Precinct D completely sold out, realising over R80 million in transactional value, with a queue of 50 plus cars waiting for the gates to open for prospective buyers to secure a plot for their dream home. Families, singles, couples travelled north from Durban, Pretoria, Johannesburg and the Free State, all determined to select their stand for their new Sheffield Beach homes in this extraordinary ocean-side development.

At Seaton, The Bay, the prime Precinct B beachfront stands are, arguably, the very best sites the north coast has to offer. Only private sales were opened during lockdown level 3, and unsurprisingly, given the demand, sales of R100 million were concluded. More are pending now, as South Africans are freer to move around and view these exclusive sites priced between R3m and R15 million. Remarkably, it's been three decades since any north coast residential development has had direct beach access, and Seaton has that – over 1km of pristine, beach frontage. And there is no other estate within KZN with ocean views quite like Seaton.

Despite cautious optimism given the current sentiment, Collins Residential – one of Kwazulu-Natal's most respected residential developers with over 100 years' experience in property – have been blown away by the response received to date. As Murray Collins said, “It confirms what we've instinctively known – if you have an exceptional product in a perfect location at the right price point, there will always be significant demand. Seaton, The Bay is that product. Seaton is not only land in a glorious prime position, it's land with an unrivalled lifestyle.”

The lifestyle offered at Seaton has been in planning for over five years. Given the current emerging micro trends of what people are looking for post Covid, it's interesting to note that Collins Residential had already identified these needs and integrated them into the masterplan for Seaton. Combine this foresight with the lowest interest rates in 50 years, and new residents will clearly benefit from the developer's visionary, future-forward planning.



“At Seaton, we are in the process of creating a residential development and lifestyle for the future. We couldn’t have known just how soon the future would be here, but we knew what it would look like. The market has responded to this rare opportunity - the unprecedented demand we’ve experienced, is testimony to that. Seaton will be the next wave, the springboard for a new, mindful way of living extraordinarily well on the north coast of KZN.”

Seaton offers homeowners a return to things that matter – the opportunity to live an authentic, uncomplicated, family focused, closer-to-nature version of life. Residents have access to the vibrant Beach Club House, a superb multi-sports facility, 26km of running and cycling trails, a world-class equestrian facility, and intimate proximity to nature...pure, simple and restorative. The intense focus on rehabilitating the environment - including the wetlands and forest - means Seaton homeowners will live in a landscape as natural and authentic as it was 100 years ago.

Seaton residents will not only have their own wonderful beach and indigenous landscape on their doorstep but be able to share in their neighbours’ 1000ha of rehabilitated coastal property. Collins Residential’s Zululami Luxury Coastal Estate has no fences or borders between the two estates, and residents will be free to roam further afield and explore the adjacent property.

Seaton offers something extraordinary on this exclusive stretch of the KZN north coast - the wonderful possibility of a life where joy comes from nature, endless space, family and community. Seaton is envisaged as a catalyst for a fresh, discerning approach to urban planning within sensitivity to the environment a central tenet, where quality amenities such as first-class schools and mindfully conceived commercial nodes are carefully integrated into the greater landscape.

Murray Collins commented, “At Seaton, we are in the process of creating a residential development and lifestyle for the future. We couldn’t have known just how soon the future would be here, but we knew what it would look like. The market has responded to this rare opportunity - the unprecedented demand we’ve experienced, is testimony to that. Seaton will be the next wave, the springboard for a new, mindful way of living extraordinarily well on the north coast of KZN.”



The seaton ‘dream team’ pictured here celebrating an unprecedented placemaking achievement for the estate - achieved during unchartered times. [from left to right] Melanie Clarkson, david cameron, andrew smith and patrick lambie.

SEATONE STATE

www.seatonestate.co.za
082 654 5062



ST MARY'S DSG, KLOOF

High School and Boarding

“Choosing the right High School for your daughter is an important family decision and we encourage you to put your daughter's future in our hands. We believe that every girl who walks through our gates, walks towards a brighter future where we give her a place to belong and grow, in character, in confidence and in conviction.

At St Mary's we don't just instil the values that create young women of character, we inspire young minds to think, cultivating the curiosity to explore their world. We teach your daughter to develop the social, critical thinking and learning skills that she needs to thrive in life.

We believe that with our modern approach, supported by 114 years of tradition and Christian values, your daughter is destined to grow into a confident, happy person. We encourage our girls to nurture and grow their spiritual life through Chapel attendance.

Our innovative teaching builds a positive growth mindset and through excellent work ethic, committed teacher support, and an Emotional Intelligence (EQ) focussed programme, our girls have achieved a 100% pass rate for the past 41 years. We teach our girls to believe the best in themselves, and others.

The girls' final phase of their school career is so important and that's why at St Mary's, our committed teaching staff do everything they can to inspire our girls and help them become remarkable women – and the results speak for themselves.



Our Boarding facility, offered from Grade 8 to Grade 12, is a fun, safe, and secure environment which helps foster a strong sense of sisterhood, and gives girls the opportunity to learn valuable lessons in independence, resilience, and life-skills. It also allows them to be involved in many more school activities beyond the classroom. We invite you to book a tour today and see for yourself!

ST MARYS

St Mary's DSG, Kloof. Grades R - Matric.
Boarding from Grade 8
www.stmarysdsg.co.za/phases/high-school-boarding



THE BEAST BREAKS NEW GROUND

“Husqvarna South Africa, together with ex-Springbok rugby player Tendai Mtawarira and his wife Kuziva, recently rallied together to ‘green’ the spaces at Salt Rock’s Sizani School and

Kuziva, who has a background in counselling psychology and a shared passion with Tendai for empowering children, had identified Sizani’s needs early on, and her comments set the scene for what promises to be an extraordinary relationship between the Mtawarira family, project drivers Husqvarna, Sizani School, and co-sponsors The Digital Media Collective (TDMC), Starke Ayres, and Future Life Smart Nutrition.

Husqvarna – leading global brand in outdoor power products for the forestry, commercial, and domestic garden and lawn industries – promptly initiated a holistic plan to ‘green’ the school’s outdoor spaces, and build a sustainable vegetable garden. Regional marketing manager for Husqvarna Africa, Jenna Robinson, comments, “As a global business with access to information that helps educate people about our environment, along with the tools to manage green spaces and the need to support our communities, made this the perfect collaboration.”

Over the years, Sizani has grown from 150 to 900 learners, stretching resources to the limit, which is precisely why Husqvarna has committed to achieving long-term outcomes, and will offer ongoing support. “Growing vegetable gardens, knowing the importance of access to fresh food for many who receive one meal a day, means we believe the project benefits are beyond just monetary investment,” adds Robinson.

The total value of the sponsorship is almost R120 000, with Husqvarna providing equipment and training time, a generator, and other essential items. Collaborative

sponsors Future Life is providing over 9 000 meals, while Starke Ayres donated the vegetable garden starter kits, and TDMC donated face masks for the scholars.

Principal Ntombenhle July, who has dedicated her entire career to Sizani School having served there for three decades, notes that Sizani can only succeed with the support of the community.

“This will make such a difference to the students, the educators and the parents of Sizani, and I’d like to thank everyone who has contributed,” she adds.

She cites access to water as an additional hurdle, and one which this project could help solve. The school still requires many resources, and the Mtawarira family are calling on the community for help. The event also served as a springboard for the Mtawarira’s new endeavour, The Beast Foundation, which will soon be gaining momentum in its efforts to offer physical and mental upliftment to children, using the medium of sport. Along with Husqvarna, there is a fruitful future ahead to helping those in need.

SIZANI SCHOOL / THE BEAST FOUNDATION

info@thebeastfoundation.org
032 525 5190



SOMERSET LODGE

A Haven of Care

“With a reputation that spans over 10 years of service and nursing excellence, Somerset Lodge Care Centre, is the obvious choice for assisted living in the Umhlanga area.

Somerset Lodge not only offers assisted living, but also frail care, palliative care and step-down. Short term stays are also welcome, subject to availability.

ALL SHIFTS INCLUDE HIGHLY qualified Registered and Enrolled Nurses, and Carers must meet the highest standards of the industry to provide the highest professional care for our elderly guests.

Residents are encouraged to take short walks through the estate, either accompanied or on their own and those who are wheelchair bound are taken for outings by the Caregivers.

Twice weekly chair physio exercises and occupational therapy classes are conducted at no extra charge to our residents.

Other activities include Bingo, Quiz, 10-Pin Bowling and Craft
Hairdresser and Beautician services are available on site and a variety of entertainers are engaged to provide entertainment for residents on a monthly basis.

SOMERSET LODGE CARE CENTRE

www.somersetcarecentre.co.za
031-9401601



DESTINY LIFE ACADEMY

“Over the past 10 years Destiny Life Academy (DLA) has been honoured to welcome students into high school and help them lay a strong foundation for the future. We pride ourselves on being a small school with a strong Christian ethos and a warm family culture which often leads to spontaneous mentor relationships between our junior and senior students. Leadership is encouraged regardless of the grade of the student as we believe that every student adds value and offers a unique contribution to the Destiny Life Academy family.

Our academic programme is designed to allow our students to pursue future careers in Science, the Arts, Commerce and the Humanities. Whilst we are grateful for the blessing of a 100% pass rate at Grade 12 level since our first graduating class wrote the NSC in 2015, we recognize that this achievement is a collaborative effort of motivated students, their supportive parents, and passionate teachers.

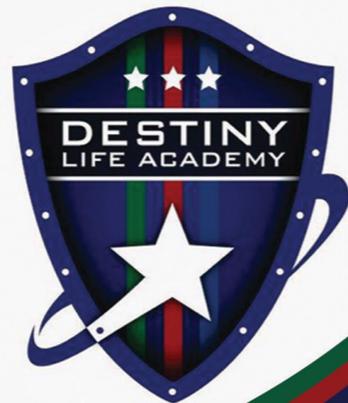
The quality of this educational investment has enabled our Grade 12 students to pursue their passions at tertiary institutions both nationally and internationally with great success. We're grateful for the opportunity to create an atmosphere wherein the next generation is nurtured and encouraged to explore their unique gifts and talents, 'catch their wind' and soar towards their God given destinies.

This year we celebrate our 10th anniversary and the rise of Generation Z in the classroom as we moved learning online due to the covid-19 pandemic. I am most impressed by the tenacity and commitment exhibited within the DLA family at large but especially by our students during a very challenging season and I do not doubt that this will have a lasting positive impact on our trajectory mapped out by our Heavenly Father.

DESTINY LIFE ACADEMY

Please feel free to give us a call to arrange a covid-19 compliant visit should you wish to explore the possibility of joining our family.

0720729765
www.destineylifeacademy.co.za



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FLAGZ FLYING IN SANDRA ROAD

FLAGZ TAKE AWAY - TAKE AWAY GOODNESS

“ **Good** news for everyone in Ballito who enjoyed the traditional “slap” chips, all beef burgers, and extra-long Russians prepared by Nishka Slabbert and her team at FLAGZ Takeaways. This popular eatery has moved to 27 Sandra Road in the Ballito village

* Those ever-popular Russians and chips, shawarmas, and homemade samosas, are still on the menu.

* New heroes like mince and cheese jaffles, fold overs, hake fish cakes and calamari strips are as welcome as spring after the grey winter of lock down.

* Concerned about lock down rolls and bumps? Ask for a salad side or a grilled option.

* Daily specials like hamburgers, vetkoek and Dagwoods made with all natural, wholesome ingredients are signature dishes.

* Instagram and FLAGZ Facebook page provide all the info on specials that hungry patrons need.

* Your favourite caffeine fix - try our Bean Green cappuccino, Americano, or espresso.

* Indulge in a milkshake or Soft Serve ice cream to celebrate the warmer weather

* Run out of cigarettes, bread or milk? FLAGZ has got you covered with those convenience items in stock, as well as braai wood and ice.

* FLAGZ welcomes you from 8h00am to 19h00pm from Monday to Saturday.

* Too busy to collect your scrumptious order - we will deliver. (T&C's apply)

**To place an order call:
072 798 3056**

27 Sandra Road, Ballito
(in the old Green Apple premises)



OUR DAILY SPECIALS

MONDAYS

- Toasted Dagwood and chips **R85**

TUESDAYS

- Calamari strips and chips **R55 OFF**
- Breakfast Combo with coffee **R45**

WEDNESDAYS

- Calamari, Fish and large chip combo **R96**

THURSDAYS

- Vetkoek and mince **R22**

FRIDAY

- Two Burgers and two chips **R110**

SATURDAY

- 4 Russians, 4 buns, 1.5L cold drink and two large chips **R198**

To place an order call / 072 798 3056

THIS MONTH WE LOVE...

Making The World Love Liquorice

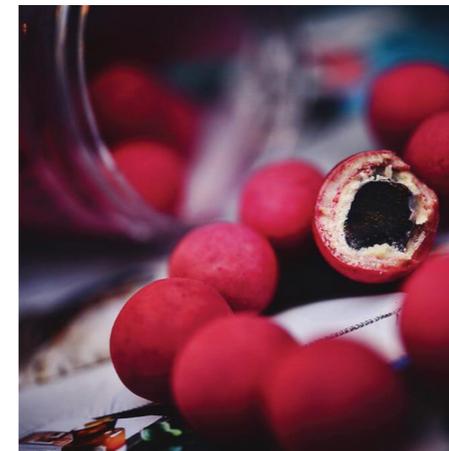
“Lakrids By Bülow is the story of the world’s smallest liquorice factory and one man’s desire to make the whole world fall in love with liquorice.

Born into a family of entrepreneurial spirits, Johan Bülow always knew, that he wanted to create something special. He threw his passion and attention into liquorice – a Scandinavian favourite that he felt was under-appreciated and deserved to be taken seriously. He put in the hours and learned the craft the hard way, and by 2007 he was ready to cook, roll and cut his very first product.

The result is handcrafted luxury liquorice and chocolate. Today LAKRIDS BY BÜLOW continue their journey of creating surprising combinations and sensorial taste experiences with liquorice at the core. The ambition has remained the same: To inspire people around the world and spread their love for this unique Nordic flavour.

NOW AVAILABLE AT:

The Gentry at the Lifestyle Centre, Ballito



THIS MONTH WE SUPPORT

The Magic Bean Foundation

“**Plastic** packets which may have been destined for the sea or stuck in a tree branch are being turned into sought-after fashionable items and putting food on the table of many Durban women.

Beach bags, hats and even pot-plant holders are being fashioned from waste plastic, in a project run by the Magic Bean Foundation. Set up by Glenashley friends Lorraine Evans and Shelley Stievenart, this aims to uplift people using sustainable principles and helping the environment at the same time.

“It started off when I wanted to teach my sons to knit so they could knit items for the homeless. Lorraine and I then got talking and we decided we could do something bigger to help others, and Magic Bean Foundation was born in 2016,” said Stievenart.

For their first project, they teamed up with uMlazi-based Vimba Indlala Siyephambili organisation to host a training workshop with women from uMlazi, where they were taught the art of “plarning”, which refers to cutting strips of plastics and using them to knit or crochet.

“We thought that this would be a good way to use up unwanted plastics, which is good for the environment, and create items that can be sold and generate an income for needy people, mostly women,” said Evans. About a dozen women in uMlazi work on creating the products, and are supporting their families on the proceeds.

“To create one sling bag, we use about 20 shopping bags and about 30 bread bags, and the beach bags use three times more.

“We need many, many packets to make these items, and it takes a lot of time to make them by hand.



“It’s not easy to knit or crochet with plastic strips compared to wool, so it is a process. However, there is a demand for these items as people become more environmentally aware,” said Stievenart. The foundation regularly displays and sells their work at the Lifestyle shopping centre in Ballito. Nozipho Mbatha, one of the women who does “plarning”, said she was very happy to be involved in the project.

“We are able to feed our families with the money we make from the sales of the bags.”

“It takes between five and six hours to make one bag, so this is full-time work for us. But the money comes directly to us and we are able to provide for our families,” she said.

FIND OUT MORE:

[@MagicBeanFoundation](https://www.facebook.com/MagicBeanFoundation)



TEE WITH A SOCIAL TWIST

Trappers

“As the good news broke on the lifting of the travel ban, we can once again plan our ‘where to next?’ adventure. Inevitably your itchy feet will lead you to the nearest Trappers store to gear up and you will not be disappointed!

To celebrate the craftsmanship of South African women, Trappers consciously partnered with Africa!Ignite, a non-profit development agency who assists in creating jobs for rural communities, particularly for women and youth across KwaZulu-Natal.

The result of this collaboration lead to creating an opportunity for 20 rural women to use their exceptional beading skills to enhance original screen print drawings on our Trappers Limited Edition Hand-Beaded Series of Tees.

“We know how much it means for these women to not only get vital income to support their children, but also to be able to know that they have helped to create something beautiful which people will wear proudly.” Explained Bongivi Mlangeni, Operations Manager at Africa!Ignite.



WATCH THEIR STORY HERE:

www.youtube.com/watch?v=TfoEnVX0Dj4

Enhancing the skills set and including the women of Africa!Ignite in the design process was appealing to Trappers, as there is a shared interest in building our local economy, communities and caring for the environment for future generations. We hope you will enjoy wearing these art pieces as much as we enjoyed creating them.

TRAPPERS:

www.trappers.co.za/collections/beaded-tees
Lifestyle Centre, Ballito



The Trappers Limited Edition Women's Hand-Beaded Tee range is available in the following striking designs, Aloe (as seen in the image above) Springbok and Sunbird.

EAST OASIS, NOW LITTLE SALTYZ

“Our journey started almost 4 years ago when we took over a Pub & Grill in the heart of Ballito, facing the sea at 16 Compensation Beach Road. Soon we realised that with growing support from our customers, we needed more space, so we took over the premises next door and expanded. This gave us room to create something special and the results have exceeded our expectations.

Our journey started almost 4 years ago when we took over a Pub & Grill in the heart of Ballito, facing the sea at 16 Compensation Beach Road. Soon we realised that with growing support from our customers, we needed more space, so we took over the premises next door and expanded. This gave us room to create something special and the results have exceeded our expectations.

Our Indian cuisine with my special family recipes and spices, became an instant hit, but we still needed to do something more to brand the business so I decided to change East Oasis to Little Saltyz to introduce my very own franchise concept store.

Our aim is to provide a safe and happy social environment for everyone. Having been in business locally for many years, we understand what our customers want and the response to Little Saltyz has been excellent.

We will shortly be open for Private Functions as well as Karaoke and Ladies Nights. V Slots will also be available on site soon. So come on down to at the bottom Ballito for wonderful food, cocktails and great vibes!

LITTLE SALTYZ

16 Compensation Rd, Ballito
063 628 4567

LITTLE SALTYZ

PUB & GRILL

063 628 4567

1/4 BEANS BUNNY
R30.00
EVERY MONDAY

1/4 CHICKEN BUNNY
R50.00
EVERY TUESDAY

BEEF // MUTTON BURGERS
R50.00
EVERY WEDNESDAY

1/4 CHICKEN & CHIPS
R30.00
EVERY THURSDAY

1/4 MUTTON BUNNY
R70.00
EVERY FRIDAY

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WE DELIVER FREE!

IN BALLITO & SURROUNDING AREAS
FOR A MINIMUM ORDER OF R100

LEVEL 2 LOCKDOWN TRADING HOURS

MONDAY - SUNDAY
09:00AM - 22:00PM

DELIVERIES BETWEEN - 09:00AM TO 18:00PM

CUSTOMER EDUCATION

SEWER BLOCKAGES

DID YOU KNOW?

- Sewer blockages and sewage spills cause damage to the environment and are a serious health hazard to all.
- Some of the sewage spills are caused directly by people disposing of materials via toilets.
- These unwanted items not only cause sewer blockages, but also cause serious damage to pumps and increase the cost of maintaining a world-class sewer network.
- Fats and oils are causing blockages which will be traced back to the property and rehabilitation of the line will be charged to the owner of the property.

Please note that the bylaws prohibit flushing anything except toilet paper into waterborne sewer systems, as these systems are not built for any other foreign material. Let us protect the environment and save lives.

DO NOT FLUSH THE FOLLOWING:



CLOTHING RAGS



EAR BUDS



SANITARY PADS



PLASTIC AND OTHER MATERIALS



FATS & OILS



HAND WIPES

24 HOUR CONTACT DETAILS: TEL: (032) 946 7200 • (032) 946 3188
071 298 6341 • 071 298 5206
EMAIL: info@sizawater.com



Conserving water, sustaining life

10 UIT 10 SKRYFBEHOEFTE

A Homegrown Family Success Story



“Meet Wilma Greyling, owner of 10uit10 Skryfbehoeftes in Ballito. Founded in June 2014, 10uit10 is a real family business, run by Wilma and her husband Werner, with their kids Heindrich (9) and Janika (8) all happy to be part of the busy team that makes it work.

“In 2014 we decided to start a small business and supply local schools with day-to-day stationery. But soon we realised the need for a family-orientated store where we could service a wide range of Ballito customers. Since then, we have managed to set up huge Back to School campaigns every year, where we assist lots of local schools and parents.”

On the corporate side, 10uit10 service a wide range of small and medium local businesses with their office stationery supplies, printing and laminating requirements.

“We intend to keep growing the business each year and we are so thankful for our amazing team of dedicated and hardworking staff that continues to make it possible. Thank you, Ballito, for supporting Local!”

**WE ARE OPEN
AND READY FOR BUSSINESS**

10 / 10
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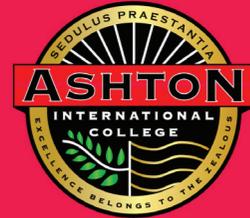
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RESIDENTIAL CLEANING SERVICES

We specialise in low and high-pressure cleaning around the home, from roofs and walls to windows, tiles, paving, facia boards and more. Our experienced team and their mindful approach is what makes us a leading cleaning company in the Durban and Umhlanga areas and in more recent times Gauteng too.

COMMERCIAL CLEANING SERVICES

Servicing the Hospitality and Retail Sectors, we work in high traffic volume areas, both in and outdoors of your business. We offer a range of cleaning solutions for the Commercial, public facing sectors, from Window Cleaning and Building Washdowns to Deep Cleaning of Ablutions, Air Vent and Extractor Cleaning. We will complete our contracts at your premises at any hour of any day to accommodate your business practices.

INDUSTRIAL CLEANING

X-treme Cleaning Solutions is well versed in degreasers and cleaning agents. We provide large-scale services for all your cleaning needs. From Warehouse Floor Cleaning, Foam degreasing, Acid Cleaning and Bund areas to heavy duty degreasing, pipe cleaning, line cleaning and more, we have capacity to take on the more Specialized Cleaning Contracts.

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Lifestyle
THE BALLITO WAY

ACDC Express Ballito – your one-stop electrical goods shop!

Owned by Mario Maio, ACDC Express Ballito first opened its door on 4 November, 2009. Our store is managed by Daniel Beetge and his friendly sales team who – since then – have continued to service the Ballito area. One of our store's many strengths is our extensive catalogue; widely recognized as a benchmark in the electrical industry. Considered a world-class guide, it includes all the specifications, product ranges, and technical details you could possibly require in order to make the most appropriate product selections. The store's wide range of products and world-renown brands is what sets us apart within the electrical retail industry.

At ACDC Express Ballito, you'll find everything electrical under one roof!

You'll be sure to find the right tools to get the job done the first time, and enjoy peace of mind knowing that ACDC Express stocks high-quality products. We understand that you strive for excellence in the delivery of every task you undertake – be it a simple home-improvement, or a large-scale construction – and as such we do our utmost to provide products to meet your standards for quality and durability.

You'll save time at our store too since we provide a one-stop shopping solution through our supermarket-styled retail experience.

We stock a wide range of products to ensure that you'll find everything electrical under one roof.

Visit our store to browse our wide range of lighting, glands, and more.

When you buy from ACDC Express Ballito, you will be certain that your work meets all safety and industry standards, and can take pride in knowing that your tools and parts will be protected even in the harshest of environmental conditions. We stand by the safety and reliability of our product ranges! While you're visiting us, you'll also be able to add all of your lighting installation essentials (from wiring to decorative and/or functional sockets and switches) to your shopping trolley and enjoy expert advice from a member of our highly-skilled technical and/or sales team.

When you step into our ACDC Express Ballito store, you're sure to be met with a warm smile, superior industry knowledge, and convenience as your search for the product you're after. We pride ourselves on delivering superior customer service, and if you're not able to find just what you're looking for, we will do our utmost to ensure that we track and supply the product as quickly as we possibly can.

ACDC Express Ballito – we put our customers first!



“We pride ourselves on delivering superior quality customer service...”



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032 946 2131
danielb@acdexpress.com
www.acdexpress.com

TEN POINTS



Accept a compliment.

Celebrate a mother's quiet acts of love.

Embrace every minute.

You will be like those with whom you surround yourself.

Visualise your adversary performing an unexpected act of kindness.

Refuse to agonise over what you can do nothing about.

Save first, spend later.

Ban unconstructive criticism.

Be grateful for quiet times.

A successful life is one lived in friendship and love.



The magic of new beginnings



Lifestyle
THE BALLITO WAY