

BALLITO • UMHLANGA

GET IT

5 REASONS TO
VISIT TAU
GAME LODGE

Inspiring
women of the
North Coast

WIN!
a teepee party
worth R3000

ROOTED IN LOVE
Juice shots with heart

This month we are
GOING RED
to help uplift & empower young women!

SHOPPING, PEOPLE AND LIFESTYLE IN YOUR NEIGHBOURHOOD

AUGUST 2021



Clean, crisp dining at The Fig Tree Restaurant

Simbithi Country Club incorporates a selection of eateries, wedding and conference venues and, of course, the unparalleled 18-hole Executive Golf Course.

The Fig Tree Restaurant is a place of community, family and relaxation. At the Fig, couples enjoy romantic dinners, families gather over lunch and strangers leave as friends. Venture across to the Drop Zone Bar after a round of golf for drinks, or enjoy sundowners with friends after work.

Our newly relaunched a la carte menu is a delightful selection of starters, mains and desserts that will allow everyone from the littlest members of your family, to the oldest, to enjoy a brilliant dining experience.

www.simbithi.com | enquiries@simbithi.com | 0329465403



CONTENTS

GET IT

Editorial

Phone 032 946 0276
Email leah@getitnc.co.za
Ballito Business Centre • Ballito Drive
Ballito • KwaZulu-Natal



Like our Facebook page:



Get It Magazine Ballito.Umhlanga



Follow us on Twitter: @GetItMagNC

Follow us on Instagram:

@getitmagnc

www.getitmagazine.co.za/ballito

Editor Leah Shone

leah@getitnc.co.za

Layout and Design

Nicole von Metzinger
ads@northcoastcourier.co.za

Advertising Natalie Bertram

Natalie@getitnc.co.za | 082 434 3442

Sales and Online Support Lisa Smith

lisa@getitnc.co.za

Get It Kids Bev Delew

bevd@dbn.caxton.co.za | 071 276 0926

GET IT NATIONAL

National Group Editor and National

Sales Kym Argo

082 785 9230 | kyma@caxton.co.za

Distribution

10 000 copies monthly

Get It Ballito • Umhlanga is distributed free of charge in Ballito, Salt Rock, Umhlali, Umdloti, Umhlanga Rocks, Umhlanga Ridge and Gateway

Published by The North Coast Courier Competition rules

The judges' decision is final. Prizes cannot be transferred or redeemed for cash. Competitions are not open to the sponsors or Caxton employees or their families. Get It Magazine reserves the right to publish the names of winners, who will be contacted telephonically and need to collect their prizes from Get it Ballito branch within 10 days or they will be forfeited. Prize winners' names are published on our Facebook page monthly.

Cover: Lesego Mpyana

Shot by: Chris Allan Photo, 083 441 3144,

www.chrisallanphoto.co.za

Makeup: Volenti Laurentina, @volentim, 0835532700



AUGUST 2021

9958 copies distributed (January - March 2021)

WISH LIST

6 Have a little fun and do some monkeying around this August

PEOPLE

8 We are going red this month! Meet our inspiring cover girl Lesego

10 Jane and Cindy are having conversations that matter

HEALTH & BEAUTY

14 Eco-warrior and entrepreneur Anele has started her own all-natural body and home care range called Mare & Itis

15 Beauty review: we had a little skin spoil at Lasuresure

FOOD

24 We spent some time at lovely Loret's Kitchen in Umhlali

28 Rooted ... a husband-and-wife run juice shot business inspired by a desire to help people build strong immune systems!

HOME & GARDEN

30 A local company is helping families have beautiful, super clean homes by training, upskilling and empowering domestic workers

32 Go green ... bring the outdoors inside with lots of pot plants

35 Take a look at this bold, beautiful (and all black!) modern home

KIDS

40 Surfing stars ... these girls are making waves

41 Make a glitter jar with your kids - crafty and therapeutic!

43 WIN! A teepee party!

TRAVEL

46 5 great reasons to visit Tau Game Reserve



Dear readers ... It was as we were sending this issue to the printers that the unrest started in our country, our province and here on our beautiful North Coast. While we are proud of the inspiring articles in this edition, especially those showcasing incredibly strong women doing wonderful things, we have to acknowledge that there are a few somewhat frivolous (under the circumstances), aspirational pages in our - and all - lifestyle magazines. We don't want you to think we don't care. We do. About everyone in our area, our neighbouring towns and across South Africa. Self-care, however, is extremely important, and we hope you take the time to spend a few hours enjoying a cup of tea, a warm bath and a relaxing magazine. We also want to say a massive thank you to all the men and women of our communities who stood together to keep us safe and united during the worst of times. Be kind to yourself and others. The Get It team xxx



FIONA CRAGO

REAL ESTATE

14
YEARS



EXCLUSIVE MANDATE R 4 300 000



BALLITO | ON THE BEACH, PROMENADE AND FURNISHED

A unique opportunity in an idyllic location. Truly a rare find nowadays. Close to shops, restaurants and more.

3 2.5 2 153m²



WESTBROOK | EXQUISITE, WELL APPOINTED FULLY FURNISHED SECURE GEM

Breathtaking ocean and beach views from this pet friendly lock up and go home just metres from the shore break.

3 3 2 310m²



R 8 450 000 **EXCLUSIVE MANDATE**



EXCLUSIVE MANDATE R 2 400 000



WILLARD BEACH | GREAT RETURNS – PERFECT INVESTMENT

Price includes VAT, No Transfer Duty Payable. Generously proportioned living spaces flowing out onto an extensive patio and garden. Pet friendly and a wonderful lifestyle for the entire family

3 2 1 178m²



Fiona Crago
082 551 2607
fiona@fionacrago.co.za



Jackie Futter
083 326 7958
jackie@fionacrago.co.za

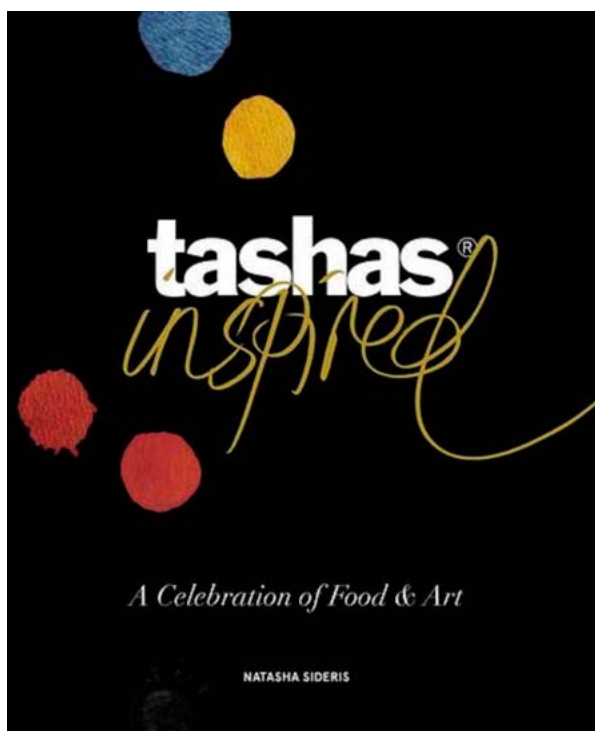


Tania Evert
Rental Specialist
073 106 6010
rentals@fionacrago.co.za

HOME COOKS

The most mouth-watering books this month

This August sees the first of **Homebru Cookery** ... an extension of the incredibly successful **Exclusive Books** campaign, which celebrates local books and authors. With cookery books always being such a massive part of this promotion, it was time for this mouth-watering genre to have an entire campaign of its own ... aptly titled **Tasty Reads - Mzansi Made**. So this month, dive into the close on 50 recipe-filled books that made the Homebru Cookery list. Like an exceptional menu at your favourite restaurant, it's hard to choose (we always have food envy) ... but here's one of our favourites.



It's easy to spot the most loved, and used, cookbooks in our houses. They're the ones with smears of olive oil on the cover and faint outlines of spilt sauce quickly wiped off the pages inside. But by golly, we won't be doing that with our copy of **Tashas Inspired**. This celebration of food and art is a glorious collection of some of Natasha Sideris' favourite, classic recipes from around the world, beautifully illustrated with not only mouth-wateringly stunning food photos, but also original works of art ... half recipe book, half coffee table book. It's a visual feast ... with recipes like Savoury Cheesecake (a grown-up cheesecake Tasha remembers having with her mum at Harper's, the Stuttaford's department store café), with Tortilla from Spain and Waldorf salad from New York. There's a Greek salad that will impress the socks off your guests (and which even can't-boil-an-egg cooks will be able to dish up), and Salmon Wellington (for the more capable in the kitchen). Each of the chapters are themed - think New York Deli, French bistro, Spanish tapas bar - with posh cocktails (Frozen Limonana, Drunken Cherry Champagne, Grapefruit Martini), clever hints and tips on how to create a suitable atmosphere at home ... heck, there's even a Spotify playlist for you to play at your dinner party. This book is an inspiration and a joy, and we won't be spilling olive oil on the cover! A **Homebru** choice, R1209 from *Exclusive Books*.

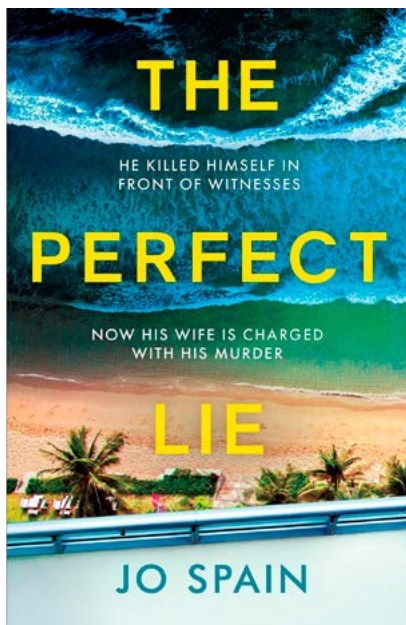


New York café vibe with chilli eggs on hash browns. A gazpacho Spanish affair. And a blue cheese wedge salad which was de rigueur among New York's fashionable set of the 1920s. We're sharing these recipes from **Tashas Inspired** ... you'll find them - and one or two more of Natasha's favourites - on our website.

Compiled by KYM ARGO

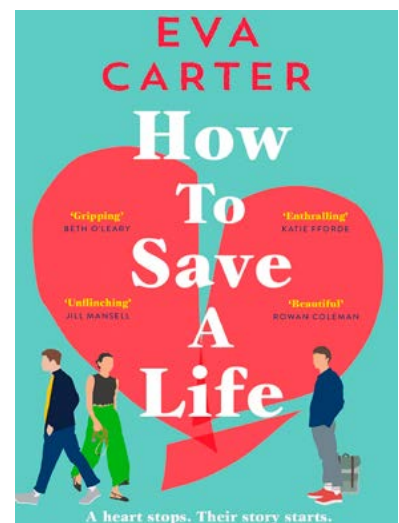
Book club

Half a dozen lovely reads for August



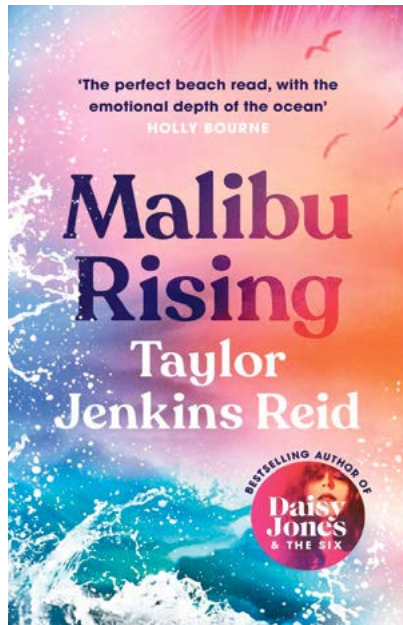
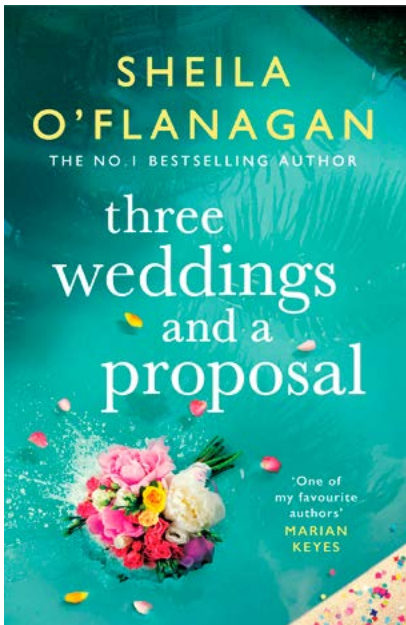
The Perfect Lie is Jo Spain's fast-paced thriller, set in the pretty seaside town of Newport on Long Island, where Erin lives with her detective husband. All's good with her life, until said husband jumps out of the window of their fourth floor apartment, and - despite the fact that he jumped in front of witnesses - she's charged with his murder. She'd thought he was perfect. She'd thought their life was perfect. But it was all built on one perfect lie. *Quercus*

There's been lots of noise about **Seven Days in June** by Tia Williams, and for good reason. It's a Reese Witherspoon Book Club pick (and who are we to argue with Reese?) and a cracking (and rather steamy) read for a cold night. When Shane and Eva meet at a literary event, sparks fly, raising not only their buried traumas, but also the eyebrows of the Black literati. What no one knows is that fifteen years earlier, teenage Eva and Shane spent one crazy, torrid week madly in love. While they may be pretending not to know each other, they cannot deny their chemistry or the fact that they have been secretly writing to each other in their books through the years. And over the next seven days, during a sultry Brooklyn summer, Eva and Shane reconnect. *Quercus* • Another perfect book club read ... **How To Save A Life** by Eva Carter. Structured around the simple steps involved in CPR, this book kicks off with Joel, who collapses at a New Year's Eve party. Enter Kerry, who performs CPR until the ambulance arrives, and Tim, who wants to be a doctor but freezes when it's his turn to help. The book, which was inspired by the author's own experience of giving CPR to her partner, and by her mum's stories of when she worked as a trauma nurse, follows the trio, and shows there's more to being a hero than a split second decision ... it's all about how you live your life afterwards. *Pan Macmillan*



One day
at a time

Malibu. August 1983. It's the day of Nina Riva's annual end-of-summer party, and anticipation is at a fever pitch. Everyone wants to be around the famous Rivas. There's Nina, the talented surfer and supermodel, brothers Jay and Hud, one a championship surfer, the other a renowned photographer, and their adored baby sister, Kit. Together, the siblings are a source of fascination in Malibu and the world over - especially as they are the offspring of the legendary singer, Mick Riva. By midnight the party will be completely out of control. By morning, the Riva mansion will have gone up in flames. But before that first spark in the early hours before dawn, the alcohol will flow, the music will play, and the loves and secrets that shaped this family's generations will all come bubbling to the surface. **Malibu Rising** by Taylor Jenkins Reid is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them . . . and what they will leave behind.
Penguin Random House, available from Exclusive Books.



Oh. A new Sheila O'Flanagan book. Bliss. In **Three Weddings and A Proposal**, Delphie attends the first wedding - that of her brother - and there's a shock. The second wedding is unexpected. By the third, she thinks nothing could surprise her. But she's wrong. Throw in a proposal and you've the perfect weekend read. Witty, warm, and with really wonderful characters ... loved it! *Headline*

Blush pink, fresh & crispy, this **Groote Post Pinot Noir Rosé Limited Release 2021** looks sweet - think Turkish Delight, while you'll taste watermelon, rhubarb and custard flavours. You'll find it for R85 from grootepost-wines.myshopify.com



Lifestyle
 THE BALLITO WAY

Wish list

There'll be no monkeying around this month!



Let's have a Monkey cocktail. **Monkey Shoulder** combines 100 per cent malt, fruity aromas and vanilla notes into one brilliant bottle of whisky ... one which makes excellent cocktails. For a quick and easy after-work drink, simply pour a tot of Monkey Shoulder into a glass over ice, top up with soda water and garnish with a slice of orange. Feel like something a little more exotic? Try a Monkey Jam Sour - a little sweet, a little sour, perfect for those who fancy an eclectic mix of flavours - you'll need: 50ml Monkey Shoulder Whisky, 20ml fresh lemon juice; 5ml sugar syrup; 2 teaspoons of jam (we fancy marmalade); a dash of orange bitters; and (optional) soda water. All you do is pop all ingredients except the soda water into a shaker, add fresh ice and shake like a legend, and strain into an ice-filled glass. We like this on the rocks, but you can top up with soda water.

Compiled by: KYM ARGO



There are troops of images (see what we did there?) to choose from on the **Cabo Vintage Prints** website ... not only monkeys, but also botanicals and bird life, marine life and maps, and so much more. Plenty of choice to suit your home and pocket .. from A4 to A0, framed or not, with prices from R240 to R3950. *Details: cabodesign.net*

For the breakfast table with fruit, the lounge with glowing tealights, the bathroom with soaps ... these resin monkeys each have their own quirky, inquisitive personality and come in matt black, gold, white, copper and silver. From R850 from jennyrobert.co.za



Dress up your sofa. We're bananas about these two scatters ...
Waterfalls and Monkeys, and **Ancient Monkey**.
 Both nicely sized - 60x60 - and available to order from
hillhouseandgarden.co.za



Monkey adventuring

Take a walk on the wild side at the award-winning Monkeyland-KZN primate sanctuary just outside Ballito. Your forest adventure starts with a short safari drive to the hidden forest which is home to eight species of free-roaming exotic primate. As you explore this stunning indigenous forest on foot, their knowledgeable guides help you to find as many of the different species as possible. You may be lucky enough to see ringtailed lemurs soaking up the sun or capuchins and squirrel monkeys foraging for insects ... and you might even hear the call of the black howler monkey, the loudest land mammal in the world! A great spot to spend a few hours, there is a large secure parking lot, gift shop, children's jungle gym, toilet facilities and prayer room at the reception site. The restaurant is currently closed but there are snacks and drinks available – or pack a picnic! Booking is essential. Details: 032 004 0178 (WhatsApp 066 479 6138), www.monkeylandkzn.co.za, FB and IG @ Monkeyland-KZN

A woman empowering women

Ballito mother of two Lesego Mpyana is a dynamic, brave and inspiring woman who has launched her very own army. Her mission? To go to war and against and eradicate period poverty in South Africa.

If you've never heard the term 'period poverty' before then it's time you did. Put simply, it is a lack of access to sanitary products and hygiene facilities that stops young girls from going to school or work every day. And it is a very real problem in South Africa.

It was while she was a young marketing and communications student at the University of Johannesburg that Lesego first came face-to-face with this very real crisis in South African schools. As a result, she and her husband Joseph started Move Africa which aims to equip young women with reusable menstrual cups that can be kept for up to 10 years. Move Africa currently supplies these products to corporates looking to invest in communities through their Corporate Social Investment (CSI).

"While I was studying, I joined an NGO called Teach SA, where the goal is to action something that will make a difference in an under-resourced or struggling school. You are placed according to your degree and I ended up as an English teacher at a school in Soshanguve near Pretoria."

During her year there, Lesego taught pupils in Grade 10, 11 and 12 and says she started to realise that some of the girls were regularly staying home for a number of days. "I built up the courage to ask one of the girls why she was absent so often and she told me it was because she couldn't afford sanitary products. My heart just broke. I had no idea the concept of period poverty even existed until then."

Although she tried to help where she could, often buying products for the girls with her own money, Lesego says it was inconsistent and unsustainable and she knew more needed to be done.

Fast forward a few years, after spending a bit of time working in marketing industry and meeting Joseph, the couple moved to Ballito in 2017. Lesego joined Work4aLiving, an NGO that empowers unemployed South Africans by upskilling and equipping them to join the work force and Joseph got a job with a business development company.

Text: LEAH SHONE | Photograph: CHRIS ALLAN PHOTO | Hair and Makeup: VOLENTI LAURENTINA





When he was promoted to CSI manager, he started researching socio-economic challenges in South Africa and came across the term 'period poverty'. "I immediately said to him that I knew what this was and I had seen it play out first hand while I was teaching. The research told us that huge amounts of money was being spent on getting pads for girls, but we both agreed that something more sustainable and impactful could be done."

When she tried the menstrual cup for the first time herself Lesego was blown away. "My immediate thought was, oh my goodness, every woman needs one of these!"

The only challenge with the menstrual cups, she says, is the lack of education around them. "It can be intimidating if you haven't been told how to use it. We knew we needed to get these out, but also educate the girls about them at the same time." And so Move Africa was born.

"With my background and teaching and Joseph's CSI experience we decided to set about showing corporates that there was a sustainable alternative to this problem." It wasn't long before people started paying attention and wanting to get involved – especially women who use menstrual cups themselves.

Now, with the help of some local influencers, Lesego has launched the Red Movement SA campaign, which aims to help ordinary South Africans make a difference.

"Basically, we match every cup that is pledged. So if your company or community sponsors 150 cups, we will go out, educate and distribute 300 cups." The campaign has already been a massive success, with more than 1000 cups being pledged in the first two weeks. "We are blown away by the support. Our goal is to distribute 20 000 cups in our first year and I'm sure we'll reach it," says Lesego.

"The Red Movement is basically a platform that we created as a way for people to show their support and be involved in our story. I have been so blessed to have the support and help of local women and influencers like Candice Langford, Tash Barnard and Caley Rosenberg. They were so quick to get on board, they breathed life into my ideas, opened my eyes and helped me elevate it to what it has become and shown me what it can be. It's been amazing to share my heart and vision with people, online, in Zoom meetings and in person. It's basically women coming together from different backgrounds and rallying together a movement to help other women. I feel like I'm leading an army and each woman is bringing the best of herself to the cause."

Made from FDA-approved medical grade silicone, the menstrual cups are less toxic on your body and save you up to 85% of what you spend on sanitary pads and tampons in your lifetime. They are also less harmful for the environment and can last between 8 and 10 years if properly looked after.

How can you get involved?

1. Pledge a cup for R100 (via Payfast on www.moveafricaco.com or zapper on Instagram @move_africa_co)
2. Spread the word and raise awareness. Tell people about period poverty and share Move Africa's posts
3. Lead your own movement by selecting a school or organisation to support and rally your company or community to raise cups for them.
4. Join the Move Africa team for Red Lipstick Fridays for the month of August. Put on some red lipstick, take a selfie and tag Move Africa.

PROGRESS NOT PERFECTION

Two well-known, powerful women are joining forces this month to help uplift and empower other women as they deal with the struggles of current daily life.

Life is full of challenges at the moment. Especially for women. Between juggling home schooling and remote working to worrying about the economy and trying to keep everyone healthy ... we all need a little motivation! Enter Jane and Cindy!

Well-known radio personality and inspirational speaker Jane Linley-Thomas and award-winning businesswoman, motivational speaker and coach Cindy Norcott are currently hosting a selection of talks, aimed specifically at women in the workplace.

These talks, entitled 'Conversations with Jane and Cindy' (either online or in your office) are their way of showing women that it's okay to not 'have it all together' by sharing their personal stories and experiences. "We are just two women chatting about real issues. We come from quite different backgrounds, but have the same values and goals," says Cindy, who is the CEO of an award-winning recruitment agency and founder and chairperson of the well-known charity, the Robin Hood Foundation.

While Cindy comes from a strong, business-focussed background, mother of three and co-founder of the Kindness Can podcast and workshops, Jane brings a softer, more vulnerable voice to the conversation.

Both women believe that their willingness to be open, honest and vulnerable in these conversations gives other women permission to do so too, allowing them to admit that it's okay not to have it all together all the time.

"Life is pretty hard at the moment and people are looking for connection. We reveal some of our own challenges in our conversations with each other. There are no slides, it's not a presentation. We are talking about the real things which real women are struggling with right now," says Jane.



Top businesswoman, motivational speaker and coach Cindy Norcott

There are four different one-hour talks to choose from, each covering a relevant and impactful topic affecting women both in and out of the workplace. Jane says they also leave the women with some practical, implementable takeaways with each talk. "We really want to lift the veil on the this 'smoke and mirrors' perceived perfection that we are all striving to achieve, because it simply doesn't exist. In fact, if you're just managing to just put one foot in front of the other right now, you're doing okay. It's all about progress, not perfection!"

The four different talk topics are:

Your Relationship with Yourself: This is an important one at the moment, says Jane. "I've seen this with the work I do with Kindness Can. It's easy to be kind to others in the community, but very hard to be kind to yourself. This talk is about how to foster a kinder relationship with yourself. It's not easy and often sees us having to confront some of our own, core beliefs and rewiring our brains to think differently."

Progress not Perfection: Life is a journey and it's not all about the end result. We often set unnecessarily high standards for ourselves, while forgetting to actually enjoy the journey of life. "We are not born to make money and lose weight," laughs Jane. "Covid has shown us all how hard and uncomfortable life can be, but we need to liberate ourselves from what others think, lean into the unknown and trust the process. That might mean dropping those very high standards sometimes, and that is okay. We need to be gentler - to ourselves and other



StraussDaly

Radio personality
and inspirational
speaker Jane
Linley-Thomas



women - along this journey of life. It's not a race and it's important to remember to stay in your own lane." How to be more productive and positive at work: Cindy says this is more of a practical talk, slightly less deep and vulnerable. "We address things that women often do in the workplace, like taking on too much, thinking they are required to 'multi-task' and not being able to say no. We also talk about how we are responsible for our own motivation and positive outlook at work and why it's important to remember your 'why'." Finding a work-life balance. "This is my nemesis," laughs Cindy, "because even I still struggle to find that balance, all these years later! The key though is to keep trying and if you can't find balance, find harmony." While each talk has its own angle and topic, Jane and Cindy also tailor them to suit different workplaces and environments and those particular women's needs. "We try to make the conversations energetic and fun and allow the women to enjoy a bit of an escape from work, a little entertainment and also gain some useful education." The Conversations with Jane and Cindy talks launch this month, but are not restricted to only this month and can be booked for later in the year. The online talk is R6 000 ex vat and it's R10 000 ex vat to have Jane and Cindy come and visit your office in person (within an hour's drive of Durban).

Details: Email: cindy@proappoint.co.za

Family Law

AN IRON FIST IN A VELVET GLOVE



"Trish Offermann heads the family law department of Strauss Daly and is an experienced family law practitioner"

WE SPECIALISE IN THE FOLLOWING SERVICES:

- Divorce • Maintenance
- Care and Contact of Children
- Post-Divorce • Domestic Violence
- Relocation

Trish Offermann

toffermann@straussdaly.co.za | 031 570 5600
Ridgeside Office Park, Umhlanga

PROMOTION

HEALING HANDS

It's one of our favourite months . . . the month dedicated to women! In honour of this, and because we know health is top of mind for us all at the moment, we'd like you to meet some of the top female medical professionals on the North Coast.



Teresa Vos, TopForm Holistic Health

Teresa Vos' specialized solutions with Naturopathic, Nutritional Microscopy & Scan, Eating Guidelines and Functional Medicine/Nutraceuticals can assist you in discovering how and what to do to boost your body's defences against the symptoms that so many people experience, some on a daily basis. Chronic inflammation harms and damages cells, tissues and organs and fuels major chronic diseases. Teresa understands the gut brain axis, the gut lung axis and how intestinal microbiota can assist to modulate healing, including mental health. She assists with gut symptoms, hormones, stress, anxiety, cardio health, pain, male and female sexual function/pain, effective weight loss and much more.

Details FB and IG: @TopFormSA, 082 452 7936, teresa@topformbodyscan.co.za



Sarisha Haripershad, Optometrist

Owner of Torga Optical Ballito Junction, Cornubia Mall and Kwadukuza Mall, Sarisha is an experienced optometrist providing top optometry care to her patients. She is adept in performing vision tests and accurately analyzing results and diagnosing disorders and experienced in diagnosing and treating vision problems such as nearsightedness, farsightedness, astigmatism, presbyopia and detecting cataracts and glaucoma. Sarisha is also skillful in prescribing the care, treatments, and medications required to achieve optimal health and enjoys children's and sports vision. She has the best visual solution for your visual day. Details: Torga Optical - Ballito: 032 9461416/7, Cornubia: 031 5021658, KwaDukuza: 032 4378436

Health Matters

The Health Matters team currently consists of 10 females (go girl power!). Sharing a vision to be a dedicated, modern, influential practice, which is integrated in the community, the medical professionals at Health Matters are like-minded, hard-working, compassionate professionals who respect each other's role in the holistic medicine approach. At Health Matters, patients have access to the entire multidisciplinary team under one roof at medical aid rates. The team includes: three general practitioners, two psychologists, two physiotherapists, a dietician and a life/relationship coach. Details: 087 152 3030, reception@healthmattersballito.co.za, Regency building, 3 Douglas Crowe, Ballito. **Photo:GP: Dr Melize de Villiers, Dr Marijke Linde, Dr Robyn Joubert. Psychologist: Lisa Grant-Stuart, Liesl Morris. Physiotherapist: Candice Langford. Dietician: Chloe Dyer. Life coach: Carrie Nidd.**



Dr. Helena van der Linden, The Cosmetic and Dental Emporium

Dr. Helena van der Linden is passionate about digital cosmetic dentistry, specifically Clear Aligner treatment (Invisalign and Clear Correct), smile makeovers and perfecting adult smiles to create a natural looking smile. With a keen eye for detail, she understands the balance between perfection and the nature of beauty and believes in treatments that are minimally invasive and practicing a holistic approach to both dentistry and aesthetics. Helena is passionate about building and maintaining long term relationships with her patients in her unique approach to beauty and life. Details: Suite 5 & 6, Mayfair on the Lake, 5 Park Lane, Umhlanga Tel: 031 566 5121, WhatsApp: 082 6869122 umhlanga@thecde.co.za www.umhlangadentists.co.za

Dr. Tharushka Naidoo, Homeopath

Dr Tharushka Naidoo is a registered Homeopathic doctor based in Medstone Medical Centre, Umhlanga. With a master's degree in Homeopathic medicine, she prides herself in providing treatment that is current, evidence-based and effective. She has a keen focus on women's health in her private practice and her passion is educating young women on their reproductive health and offering healthy, natural alternatives for treating hormonal issues. Her approach to conditions such as PCOS, endometriosis, fibroids, ovarian cysts and infertility is holistic, providing patients with tools on diet, lifestyle and stress management in combination with homeopathic treatment. Details: Suite 404, Medstone Medical Centre, Umhlanga. www.drtnaidoo.co.za, 031 561 1709, info@drtnaidoo.co.za, IG: @drtnaidoo



Dr Mackenzie, Family Practitioner

With 30 years' experience as a family practitioner, Dr Mackenzie and her team are dedicated to ensuring that you receive the best possible care and attention throughout your journey with them. Specializing in providing caring and high quality healthcare to patients and their families, Dr Mackenzie feels it is a privilege to be able to treat the whole family, from infant to frail care, in a safe and friendly environment. The practice takes pride in ensuring that people are kept well both physically and emotionally. Dr Mackenzie is also a qualified aesthetics practitioner, dedicated to wellness, anti-aging and rejuvenation. Details: Suite 4, Medigate 2, Medigate Road, Umhlanga, 031 566 4073

ECO LUX CARE

Young, dynamic and driven, Anele Msweli is passionate about the environment and natural, holistic living. Her non-toxic eco-lux home care brand, Mare & Itis, is a testament to this.

While living in China, KZN-born Anele decided to make her own cleaning products. "I was struggling to find products that didn't aggravate my hair and skin. I couldn't always read the ingredients. I realised there were a lot of banned chemicals being used. So, I did some research and started making my own." What started as a little 'home-project' is now a growing business and brand stocked by major online stores (like Faithful to Nature and Yuppiechef), as well as on her own website and in some health stores.

An Earth Sciences major, Anele's fascination with the earth and its geography started very young. "I was always a little different," she laughs. "I listened to hard rock and heavy metal and was raised by a single mom. I buried myself in books and was a high academic achiever."

Anele studied Geology at Rhodes University, majoring in Geography and Environmental Sciences. "I've always been passionate about the environment." At Rhodes, Anele made friends with people from around the world, which opened her eyes up to different cultures and ideas. After getting her degree she returned to KZN and, a few years later, used her savings to go on a solo trip to Turkey. Inspired by people she met on her travels, Anele applied for a teaching job overseas and moved to China in 2016.

"I spent two years teaching English in Harbin (the Northern most city in China), before moving to Tianjin near Beijing. There I spent another two years teaching at a Montessori school, where I was promoted to English coordinator. It was hard work and long hours, but I loved it. When I came home for a wedding in February 2020 I got stuck here because of lockdown and haven't been able to get back."

Although her dream was (and still is) to have her own boutique store in China, Anele has embraced being back in South Africa and poured her life's savings into launching Mare & Itis Shoppe. "Mare and Itis is inspired by everything natural. We are non-toxic and eco-conscious and use plant-based ingredients with none of the baddies."

The wide range includes body oils, lotions, handwash, sanitizer, insect repellent, essential oils and even yoga mat and kitchen cleaners. She uses glass for her products and avoids single-use plastic.

"I have consciously-sourced everything that goes into these products.



I'm a real one-man-band (and I even hand write a love note with every delivery), but everything I make is authentic. There are so many false claims from 'natural' brands out there and a lot of misinformation. I've read the journals (not just on Google) and everything I do is based on science."

3 SMALL CHANGES YOU CAN MAKE TODAY:

1. Plant based doesn't always mean it's great for the environment. It's best to do your research on the particular type of plants. For example, the cork tree is about to be listed as endangered. The demand for this amazing plant has grown and it takes 8 years for the tree to be ready to harvest. That's just an example.

2. Audit your lifestyle every couple of months. Make gradual changes, because if you decide to go in guns blazing and change everything at the same time, it'll be overwhelming and not sustainable. For example, in the first month switch to reusable face/toner pads. Then, in the second month switch to carrying a reusable cup/bottle for coffee and water, etc.

3. Read labels and ingredients carefully so you don't become a victim of greenwashing. Try to understand the chemicals in different products as well. It's very important to have a preservative in products, especially water-based products where fungi, mould and bacteria can thrive. Preservative-free is probably not ideal when items have to sit on a shelf. There have been stories of large brands having to recall their skin care range because of mould.

Details: www.mareanditis.shop, anele@mareanditis.com, 063 099 6480



BEAUTY REVIEW

SKIN SPOILS

Having established themselves as a top aesthetic clinic on the North Coast over the past 16 years, the team at Lasersure in Ballito go above and beyond to ensure their clients' aesthetic and anti-ageing skin care needs are met. Editor Leah recently experienced one of their most popular treatments.



Although I do love a good beauty spoil, I have to admit to not prioritizing my skin as much as I should. Also, I'm going to go ahead and confess to having always been slightly apprehensive about aesthetic treatments and a little hesitant to give them a try, despite my curiosity. However, when Dr Michelle Blom, who is in the process of taking over the reins at Lasersure, invited me to experience a treatment, I didn't hesitate for a second. Not only because of the phenomenal reputation Lasersure founders Dr's HOFFIE and Frances Prinsloo have developed over the years, but also because of Dr Michelle's very obvious passion for anti-ageing and aesthetic treatments.

The Lasersure Aesthetic Centre is situated at Sanhall Park in Ballito and is a lovely, welcoming and professional space. From the moment I arrived, everyone was friendly and full of smiles and my (completely unnecessary) nerves dissipated almost instantly. After filling in some forms and following all the Covid protocols, I was

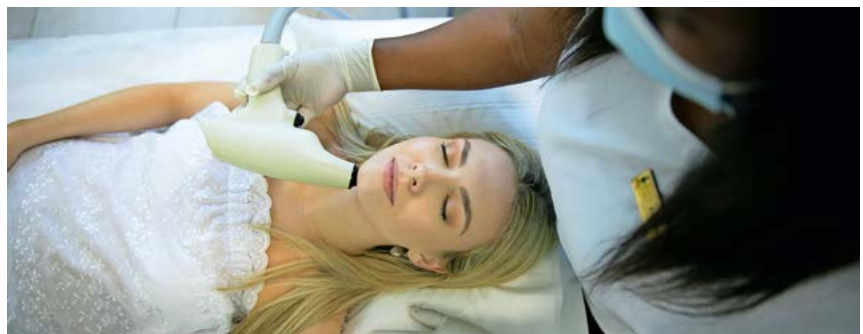
shown to my treatment room by the lovely, bubbly therapist Tammy, who then explained the treatments I would be undergoing. We started with a very gentle Glycolic peel. As I hadn't ever had chemical peels, Tammy suggested we start with something light, so she did a 20% peel. A glycolic acid peel is an alpha-hydroxy acid (AHA) chemical exfoliation treatment that has loads of benefits and very little (if any) downtime. After a quick cleanse, she applied the peel and I immediately started to feel a slight tingling sensation. It was completely bearable and not uncomfortable at all – just felt like a little itch that needed scratching! The peel only stays on for five minutes and was all done before I knew it. Tammy explained that this is a great option for brides or anyone preparing for a big event, because there is little-to-no downtime and the benefits include reducing hyperpigmentation (age spots), evening out skin tone, smoothing fine lines and wrinkles and adding glow, lustre and hydration to your skin.

I was very excited about the next treatment, especially as Dr Michelle told me that Lasersure is one of only two places in Ballito that offer it. Laser Genesis skin therapy (also known as the Raindrop or Hollywood celebrity facial) is all about stimulating the collagen and elastin and lifting and tightening the skin. It also reduced redness and inflammation and works on fine lines and wrinkles. The procedure uses non-invasive laser technology to safely and effectively improve a multitude of conditions and there is absolutely no downtime. It works by heating the papillary dermis, thus stimulating collagen and elastin to work on skin texture and tone as well as shrinking the tiny red veins that cause redness.

It felt slightly odd at first as Tammy moved the little wand (which is hooked up to larger machine) slowly across my face, but the more she did it, the more relaxed I felt with this lovely warm glow gliding across my face. In fact, I soon started feeling quite sleepy and relaxed! For best results, Michelle suggested between six to eight Laser Genesis therapy sessions done in combination with other treatments such as peels and microneedling.

My first (and most certainly not last) visit to Lasersure Aesthetic Centre was quick, completely painless and left my skin feeling pampered, hydrated and glowing! I will be back!

Details: Lasersure, 11 Sanhall Office Park, 1 Kirsty Close, Ballito, 032 946 0424



Text: LEAH SHONE

PROMOTION

Strong & successful

There are very few things that can stop a strong, determined, hard working woman. Meet some of the top female businesswomen on the North Coast and find out what drives them to succeed.



Janna Strang, PRomote Communication

Owner and director of the dynamic PRomote Communication, Janna Strang accepted a Crisis Communication PRISM award in 2020 for their exceptional efforts for Tsogo Sun Amashova Durban Classic's 2019 race. This year they received a special mention for their outstanding PR campaign to launch the new Salome range of products. Durban-born Janna's 19-year love affair with PR and communications started while she was studying at UCT and she now leads a team with experience in reputation management, marketing, crisis management, advertising and design. Working with clients and media around SA and abroad, Janna believes the key to success lies in connecting people to brands with passion and authenticity when telling a brand's story. Details: www.promotecomunication.co.za | 031 825 1244

Dr Michelle Blom

Dr Michelle Blom may be new to the North Coast, but she is not new in experience. She is a medical doctor, who worked in government sector for eight years, mainly in anaesthetics in which she obtained her diploma in 2012 and started specialising in Chemical Pathology but her calling as a mom and wife drew her into her passion as a doctor specialising in aesthetic medicine, which she has done for the past six years. She recently joined forces with Dr Frances Prinsloo at Lasersure in Ballito. As a women-owned business, they strive to bring out the best in all women and give them confidence in themselves. Details: michelle@drfp.co.za, 032 586 1100, www.drfp.co.za





Bonita Cherry, Outlook Orange

When asked the question 'what drives you to succeed?', Bonita Cherry simply says, "people". My passion is people and my desire is to, through strategic brand development and marketing, articulate vision, inspire hope, breathe creativity, ignite destiny and propel growth. Growth for businesses and, more importantly, the individuals those businesses serve.

Growing brands and empowering people by helping them find both clarity and a clear path to success is what drives my calling to create."

Details: Bonita Cherry 072 369 1796, info@outlookorange.com, www.outlookorange.com

Anna-Louise, Anna-Louise Sleepwear

Anna-Louise started Anna-Louise Sleepwear nine years ago. Having gained experience in retail, media and styling, she saw how people's lives were becoming faster, more demanding and leaving less time for luxury and relaxing ... and so her idea for a sleepwear brand was born. Over the years, Anna-Louise has grown from being just a women sleepwear brand to adding men's, kid's, maternity and bridal collections. Anna-Louise Sleepwear creates a calm in the evening and a balance in the chaos of life that helps leave the stresses of your day behind. Details: Anna-Louise Sleepwear, anna@anna-louise.co.za, @ALSsleepwear, Mount Edgecombe



Jacqui, Hydro Wash & Retro Smoothie Bar

Jacqui is the epitome of what a strong and successful woman looks like. After losing her husband 7 years ago and pouring herself in to being a mom of four, it is now her 'time to shine'. Jacqui recently opened Hydro Wash and Retro Smoothie Bar in Ballito Village and it's become an overnight hit! Drop your car off at Hydro for a wash and polish and grab a smoothie or coffee from the Retro smoothie bar - or get your workout done at HIITMANN next door. A space for the whole family, there is even a Kids Zone, complete with colouring-in books, building blocks and PlayStation, and you can even bring your dog along for a wash and dry! Open Monday to Sunday 5:30am to 5pm. Details: 27 Sandra Road, Ballito, 082 888 1243, IG: @hydroballito @retro_ballito

Debbie Jean, make-up artist

Top make-up artist Debbie Jean specialises in eyebrow makeovers, giving her clients a more desirable eyebrow shape and colour using cosmetic tattoo techniques. Most of us could do with better brows, and with Debbie's make-up background, she has the skill to transform your face. Your new brows won't simply wipe off in the heat or while swimming in the ocean or pool like makeup does. Debbie offers hair stroke brows, ombre, and powder brows (shaded brows) and she guarantees sterile equipment, medical-grade aesthetic, stable pigment colours, and follows a 'no mask, no entry' protocol. Debbie operates in Ballito, Durban North, and Hillcrest. Details: 082 804 2748, makeupartistdebbiejean@gmail.com, IG: @makeupartistdebbiejean, FB: @Eyebrows With Debbie Jean, www.eyebrowmakeovers.com





Megan Cilliers, Jane Last & Philippa Last, lil'moo

Meet the women behind lil'moo - a family-run baby apparel business in Ballito. Founder Megan and her business partners, Jane and Philippa, are passionate about sewing baby items that make parenthood easier. They've drawn from their own experiences as mothers to create high quality products that they've tried and tested on their own children. The trio's varied skill sets complement one another and, as a team, they handle everything from product design and packaging to social media management. Interacting with customers forms a big part of the lil'moo ethos. "We love being part of their journeys and sharing their stories" Details: www.lilmoo.co.za, FB: lil'moo, IG: lil.moo13, lilmoo13@yahoo.com

Tash Barnard, TashB Pilates

Tash Barnard is a BASI Pilates principle instructor and owner of the successful and inspiring TashB Pilates. She believes that what is most important in life is to live with a clear and strong 'WHY?'. Knowing this keeps us present and encourages us to keep showing up even when the circumstances around us are completely out of our control. Tash is privileged to work with a dynamic group of women who live with an inner conviction that our lives are to be lived for something greater than ourselves and this compels her to bring her best to people every day. To serve, educate and align people within their mind, body and soul. She lives with a bright message for us all: be yourself, stay true, don't compare and pursue your fullest potential. She is a wife to Andre and together they are raising game changing children as they build beautiful lives together. www.tashbpilates.co.za | @pilatetash



Fiona Crago, Fiona Crago Real Estate

Fiona Crago is the founding owner and Principal of Fiona Crago Real Estate. With 26 years' of real estate experience and many accolades behind her, Fiona has established herself as one of the top, most successful real estate agents on the North Coast. Fiona's key to success is attributed to her extensive market knowledge, sales expertise and unmatched devotion to her clients. "Finding a new home for a client takes skill and expertise. My connection and knowledge of the area and all major developments enables me to guide and assist buyers and sellers alike." Fiona maintains an authentic and personal approach to Real Estate and is familiar with the ebbs and flows of the market. Details: 032 946 1439/082 551 2607, fiona@fionacrago.co.za

Stacy Shea, Crop Hair

Having grown up in a family of female entrepreneurs, Stacy followed in the footsteps of her late grandmother and hair salon owner, when she made the decision to become a hair stylist. "I opened my first salon, Crop Hair, seven years ago and what an incredible journey it's been. This past year has been the most challenging but from that comes resilience and growth." She will be opening her second branch in Salt Rock in August. "My biggest driving force today is my beautiful daughter. I've had to find balance in being a single mom and running my businesses, but I wouldn't have it any other way. My goal is to inspire her and other young women to follow their dreams." Details: Sage Centre, Salt Rock and 36 Newport Ave, Glen Ashley, 031 572 4595 (or Whatsapp 067 228 8683)





Tanya, Sew It Seams Academy Bernina

Sew it Seams Bernina has grown from being just a sewing academy in 2017 to now being a full-on haberdashery, machine service centre and seller of sewing patterns. Not to mention the Bernina dealership in Ballito. Owner Tanya is passionate about everything pertaining to the world of sewing and what it can bring to people's lives. She lives and breathes what some might see as a 'dying skill' and wants to share and revive it with all who walk through the doors of her new shop. She has even started her own coffee shop inside the store to make it more sociable and relaxing! Details: 074 516 4378, sewitseamsacademy@gmail.com, @SewitSeamsAcademy

Sholain Perumal, Gold Bar & Sensational Hair

Businesswoman and philanthropist Sholain Perumal is proof that anyone can make it, irrespective of your background. Her relentless passion to succeed has taken her from cashier to CEO. The proud owner of The Gold Bar (a company that buys old, unwanted gold jewelry) and Sensational Hair salon in Umhlanga, she has created more than just a business, but rather a company with heart. Her businesses serve as a driving force to fund her charitable initiatives, from distributing grocery hampers to jerseys and care packs to schools. Sholain is a voice for woman empowerment and believes in "changing the world, one act of kindness at a time." Details: www.goldbar.co.za, www.sensationalhair.co.za, Sholain@goldbar.co.za



Boitumelo Sebambo, 3Sixty Biomedicine CEO

Boitumelo Sebambo is the CEO of one of South Africa's most exciting and dynamic companies in the healthcare sector, 3Sixty Biomedicine. Apart from continuing the legacy of positioning the business as experts in herbal-based and natural medicinal products, this accomplished businesswoman also has aspirations to put African traditional medicine on the global map. Boitumelo has risen through the ranks and has seen the company transform from a purely financial group into the powerhouse that it is today. She is proud of the work 3Sixty Biomedicine has achieved to date, providing more natural solutions to the SA market with one of their ranges; Salome, focusing on management of common women's health issues. Details: www.3Sixtybiomedicine.co.za, info@3SixtyBiomedicine.co.za

Simone, Aurelia Photography

Photographer Simone's drive for success is derived from a creative vision as well as a determination to bring that vision to life. It is this powerful synergy between creativity and perseverance, she says, which has got her to where she is today. Having recently left the corporate world to focus on her photography career, Simone says just two months after taking the plunge, her dream career has taken off. And the positive praise has been phenomenal. "Most significantly, my ambition stems from my love for my daughter. She inspires daily, reminding me that the closest thing we have to magic is love. Aurelia Photography endeavours to capture those evanescent moments." Details: 078 215 0511, info@aurelia.photography





Payal Ramghial, The Healthy Plate

Payal Ramdhial, stay at home Mom to 2 young boys and founder of The Healthy Plate is a dynamic, lifestyle-oriented start-up blogger, dedicated to promoting healthy eating and creating recipes for wholesome, balanced meals and sugar free treats (and some fully-loaded desserts!). She has launched her own spice range (freshly ground spices made on order) . Payal collaborates with top brands like Le Cresuet, Futurelife and even did a one-on-one interview with Margaret Hirsch. Her mission is to inspire people to be the best version of themselves and encourage them to use ingredients from around the world to make mouthwatering dishes. Look out for her recipe book, launching soon! For her spice range, please contact Payal on 066 229 7380. Recipes: www.thehealthyplate.co.za Details; IG: @thehealthyplateza, FB: thehealthyplateza, Collaborations: hello@thehealthyplate.co.za

Candice Elliott, RE/MAX Dolphin Realtors

After returning to KZN 6 years ago from JHB with her two sons, Candice looked for an industry that allowed her to be flexible as a mom, and pursue a career. Studying photography and interior design brings in a key eye for detail and a passion for homes. Having worked in sales and marketing in SA and overseas for several years, thus acquiring many transferable skills, has allowed this motivated achiever to bring all that she loves together and offer a valuable service. Candice is a fully accredited gated estates sales and rental specialist, servicing the North Coast gated estates. She prides herself on giving straightforward, useful advice and local area expertise, along with demonstrating genuine empathy and building trusting relationships with her clients. Details: 082 778 4639, candice@remaxdolphin.co.za (KZN no 1 Rental Agent, Nationally placed No 4 Rental Agent, Chairman's Award)



Bianca Warren

Behind her kind and caring heart lies a true business woman. Bianca is the proud owner and creative director of a proudly South African womenswear brand. Specialising in semi-finished or customised evening wear, bridal wear, matric dances, commercial (day-to-day) wear, and has recently expanded and moved her collection online. After many years of being in the forefront of design, B's true passion lies with her matric dance girls. "I love seeing ideas come to life. The excitement on a girl's face, having her dream become a reality, is really something magical." Bianca now has her own bespoke, scented candle and room spray collection. Meet Bianca, by appointment only, in her studio. Details: 250 Umhlanga Rocks Drive, the Square, 031 566 3570, www.biancawarren.com

Karien Hunter, AMC Hunter & PropDirect

If there is one person who knows the 'ins and outs' of the real estate space, it is property lawyer and expert Karien Hunter. Successfully running her property law firm, AMC Hunter Inc, for more than 30 years, Karien has taken her passion for property to new heights with the launch of her new online real estate company PropDirect.

"PropDirect is a property company by property professionals for property professionals. We aim to break the mould of traditional real estate and provide our agents with the tools and platforms they need to develop and grow their own careers." Details: 083 449 2969, karien@prop-direct.com www.prop-direct.com
IG: @prop_direct FB: @propproduct.sa





Sarah Swainson, Sarah Elizabeth & Pawfect

'5 dogs and a G-string' was a phrase coined by her husband, which, Sarah says, wonderfully summarises the metaphor of her crazy life. "I juggle two businesses, Pawfect and Sarah Elizabeth as well as five big dogs, home life, marriage etc. I am passionate about seeing women owning, risking and leading in the small business sphere and I believe business is a team sport, an exciting experiment and a power engine for change. It is incredible to see how the team of ladies has developed and grown within our businesses. This inspires me daily to carry on pushing onwards. Another antidote to life's problems that underpins my life is living an active lifestyle. I love bringing people together to actively achieve through adventure and challenges." Details: www.pawfect.co.za, www.sarahelizabeth.co.za

Professor Noleen Turner, Zulu Zonke

A retired African languages professor (after 32 years of teaching) and current Honorary Research Professor for UKZN, Noleen Turner is also a published author and owner of a successful business - Zulu Zonke. In 2020 her business took to digital platforms, offering interactive online Zulu courses, teaching conversational Zulu and providing insights into Zulu culture for the business sector and society in general. She also offers translation services from English into Zulu for businesses. Her most recent book, Zulu Bird Names, published in August 2020, is based on ground-breaking research in the ornithological and linguistics fields. The book, deemed "the first project of its kind globally" by past Chairman of Birdlife International, John Fanshawe was published by the John Voelcker Bird Book Fund and has already made a significant impact on the tourism and environmental sectors in South Africa. Details: www.ZuluZonke.co.za / info@zuluzonke.co.za / 082 451 4334



Lynette Van Nieuwenhizen, Austral Accounting

Hi, I am Lynette your local professional accountant and registered tax practitioner from Austral Accounting. I have had the privilege to work with entrepreneurs across various fields and love seeing how they and their business adapt and change, and how with the correct systems, advice and grit, an idea turns into a business. In the business environment, it is so important to do what you love rather than chasing a dream of financial success. Doing what you love to do will open the path to success financially, as what you do will show in your product / service. "Turnover is vanity, Cash Flow is sanity" is a quote that has been proven many times over, as having cash flow for a business cannot ever be underestimated. 031 536 8222 or 0845831321 or Lynette@australacc.co.za or www.australaccounting.co.za

Marlene Powell, Action Coach

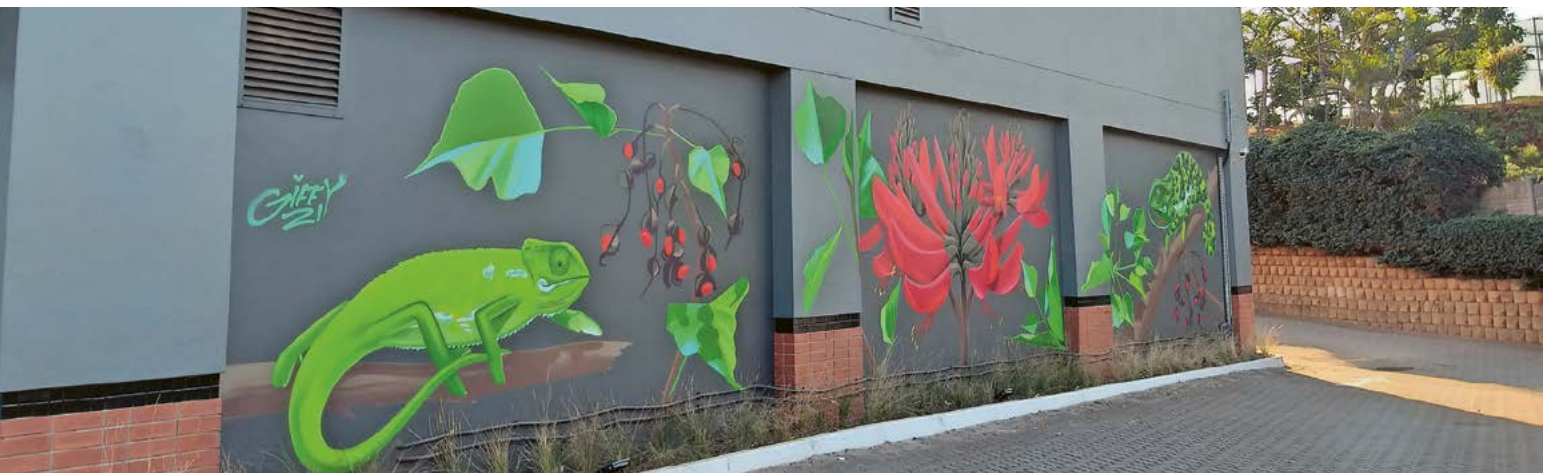
Some 13 years ago I left my role in the financial sector of the corporate world to become Action Coach's first woman business coach in South Africa. Having come to a crossroads after 27 years in corporate, I realised that what was important in my life was spending more time with my family. Since making the decision to become a business coach, I help people enjoy THEIR quality of life as well as run successful businesses and I have never looked back. The best piece of business advice I ever received is: It's got nothing to do with me what other people think. My business tip: Listen to one voice. Stay focussed on the end result and avoid distractions by concentrating on what is in your control. Know who you are and what you want. Pick your lane and stick to it! Details: marlenepowell@actioncoach.com 083 479 4471 www.marlenepowell.actioncoach.com



ADVERTISEMENT

45 | MACKEURTAN

New look, on trend and in your neighbourhood.
Make 45M your favourite place to shop!



45 Mackeurtan Avenue,
Durban North
031 880 2600



Barthos Fish Company

Renowned for its export quality FRESH FISH such as tuna and salmon, you can also find a variety of quality frozen seafoods ranging from crab, crayfish, langoustines, scallops, mussels and calamari. Majority of the fresh fish is sold as individual fillets, however whole fish or larger portions can be arranged on request. Please call ahead to see what's available each week. You can also order fresh sushi daily and enjoy buy 1 get 1 free every Weds. Call: 083 787 0727 - Darryl@barthos.co.za



Leon de Vos Optometrist

Trusted for eyecare in Durban for over 20 years. For the best advice and personal service for your eye tests, spectacles, contact lenses and prescription glasses. Call: 031 573 2198 or 031 573 2139 work@leondevos.co.za.



Nikkis Gifts

The ST IVES range is perfect for spoiling the special woman in your life this Women's Day. Lip balm & backer R48.99. Call: 031 572 3844 - Facebook: @Nikki's:The Gift Shop - Instagram: @nikkisthegiftshop



Cosy Chic

The clothing collection exudes gentle calm, great comfort, and day to day freshly laundered style. Shop the range of quality clothing in-store and online. Call: 078 090 4658 email: info@cosychic.co.za

I Love my Hair

The place to come to love your hair and to have the change that you have been waiting for. Call now for an appointment: 031 573 2616



Mayfair Café

An intimate space where great coffee, food and service is served to fantastic customers. Come and experience it for yourself. Reserve your space - Call: 031 563 2599 - themayfaircafe.mackeurtan@gmail.com

MEET LOVELY LORET

Bubbly, vivacious and full of fun, there are few people on the North Coast who haven't seen or heard of Ballito's own 'Corona Moana', Loret Theunissen De Musso. We popped in to visit at her recently opened Loret's Kitchen retail and coffee space in Umhlali.



Loret's is a quirky retail and coffee space, a cooking school and a catering kitchen.

Text: LEAH SHONE | Photographs: ROBYN ROSE PHOTOGRAPHY

Loret is passionate about two things: cooking delicious food and teaching people to cook delicious food. Oh, and she really enjoys a good glass of red wine as well!

A professional caterer, cooking instructor and mother of two, Loret has lived in Ballito for the past five years. In that time she has developed a reputation not only as a highly skilled cook, but also as a 'shoot-from-the-hip' straight-talker with a fantastic sense of humour.

It was during the first hard lockdown in April last year that Loret really started to grow her online following by creating nightly Facebook live cooking videos. "A friend suggested I do a live video and I had no idea how

to do it at first. We figured it out though! I would just pour a glass of wine and, while I cooked, have a good moan about Covid and the country in general ... and that's how I got the nickname 'Corona Moana!'"

Having grown up on a farm in Tzaneen, Loret learned to cook the old-fashioned way from her mother. "I was raised as a typical Afrikaans 'vrou', so I had to know how to cook and sew." Despite never taking Home Economics as a subject, Loret entered two cooking competitions while in high school. She placed in the top 10 in the country the first competition (in Grade 11) and was a regional finalist in the second (in her matric year). She decided to make a career out of her natural gift for cooking and went on to study hotel catering. Loret also completed a teaching diploma at ML Sultan technikon, allowing her to be a catering lecturer. Loret started her first business, LT Catering, at the age of 27 when she moved back to her home town. She offered domestic cooking classes and catering and, during this time, also got married and had her two children, Isabella and Jean Luca, who are now 12 and 15 years old.

Five years ago Loret was looking for a change in her life. An opportunity to start a catering business in Ballito presented itself and, always up for a new adventure, she decided to make the move! Since then, despite a few stumbling blocks along the way, Loret has slowly grown and evolved her business.

Just before lockdown she moved her cooking school and catering kitchen to Umhlali. "Then lockdown hit and I was stuck at home doing the Facebook live videos. I'm passionate about what I do and I love sharing my knowledge. I also love cooking with wine - sometimes I even put it in the food!"

During her videos, Loret cooked anything and everything from basic Spaghetti Bolognese to Butter Chicken Curry and Jalepeno Poppers ... she even encouraged people to drop off their ingredients at her home and she would make them supper! "I've always had a good sense of humour and I think it's just my way of dealing with pain and hardship." When the lockdown eased and Loret was able to go back to her kitchen, the space downstairs became available and she decided to do something different with it. "Loret's Kitchen is sort of like walking into Lore's lounge now! A friend offered me some furniture and cupboards and we have set up a retail section in the front, the cooking school on one



side and my catering kitchen in the back."

With a selection of frozen ready-made meals (pastas, soups and curries) and also simple meals like Vetkoek & Mince and Italian Panini's or scones and muffins to go with your coffee, the little café space is quaint, fun and quirky ... much like Loret herself. She offers four-week domestic cooking classes (as well as fun evening classes for book clubs and girl's nights) and catering for all types of events.

"What you see is what you get with me. I definitely don't know everything and I Google a lot, but I love good food and I know how to make good food! I cook by taste and some would say I'm a little out of control. That's why I don't bake very often ... it's too controlled for me," she laughs. "At the end of the day my food is all about passion, experience and a hands-on approach. I love what I do and I love sharing what I know with others."

Details: Loret's Kitchen: 71 Old Main Road, Umhlali, 082 561 1735, loret@loretskitchen.co.za, www.loretskitchen.co.za, FB: LoretsKitchen

ADVERTISEMENT

RIVERSMEAD CHICKEN



COOK AFFORDABLE MEALS LIKE A RIVERSMEAD MAESTRO

At Riversmead Farm, we are all about the best quality yet most affordable chicken. This makes it easier than ever to provide your family with a healthy, budget friendly meal every day of the week. With the help of our #RiversmeadMaestro Thuladu Mngadi, we bring you THE BEST budget friendly recipe to try out this winter.

Thuladu grew up in uMlazi, a township in Durban and is now the co-founder of Fresh Food Daily Catering Services with her daughter Maluti Mngadi. While her daughter was still at school, Thuladu started a restaurant. As her restaurant provided such tasty food, the demands grew larger and larger for catering, and thus their catering company was born. "We offer wholesome meals on our menu, though we also do plated and sophisticated cuisine when we do our fine dining dinners along with big functions."

Fresh Food Daily Catering Services aim to provide meals that can be enjoyed by the entire family and that feel and taste like they were cooked right at home.

As we all know, chicken is one of the most popular budget friendly proteins available in a variety of different cuts, and at Riversmead Farm, we value quality and not just quantity.

The welfare of our birds really matters to us and we have very strict quality standards. Our farming practices are as sustainable and green as possible and no animal byproducts are added to our feed and we believe that a bird should be allowed to grow and develop naturally. That is why our chicken is oh-so-tasty.

Cooking a budget meal at home can often seem boring or bland, but it doesn't have to be. Every meal should be packed with flavour no matter how basic it is. With Riversmead Farm's Grain Fed Chicken, the only thing you need to worry about is what to add to it. We have you covered there too, by sharing Thuladu's personal favourite recipe with you.

The versatility of this dish allows for any budget, yet it is still absolutely delicious. "You can do the same with any chicken portion you choose, such as wings, drumsticks or thighs. It can be eaten for lunch, dinner or even for a snack with a cup of tea," explains Thuladu.



Spatchcock (Butterfly) Chicken Rolls

Serves 4 to 6 people



INGREDIENTS

- Riversmead Farm Chicken – Spatchcock (butterflied)
- Butternut
- Carrots
- Sweet Potato
- Red, Green and Yellow Peppers
- Olive Oil
- Veggie Spice
- Garlic and Herb Spice
- Rosemary
- Burger Rolls
- Butter/margarine
- Aromat

METHOD

Vegetables -

1. Chop all your Vegetables
2. Mix together with Olive Oil, and Veggie Spice
3. Place marinated veggies onto an oven tray and pop in the oven for 45 mins (Until Soft) at 190 Degrees Celsius
4. Set aside until plating!

Chicken -

5. Spatchcock (Butterfly) your Riversmead Farm Chicken onto a baking tray
6. Baste your Riversmead Farm Chicken with Garlic and Herb spice, Rosemary and Garlic spice, Aromat and Olive Oil and place on your baking tray
7. Set in the oven for an hour at 180 degrees celsius, until crisp on the outside and soft on the inside
8. Set aside until plating!

Garlic Rolls -

9. Cut burger rolls in half, and spread mixture of crushed garlic and butter/margarine and spread in between the rolls
10. Lightly fry the rolls in a frying pan, with a small amount of butter or olive oil
11. Place the rolls garlic butter side down until toasted evenly
12. Serve and Enjoy!

Rooted in love and health

A small business born out of passion, a desire to work together as husband and wife and an understanding of the importance of a strong, healthy immune system. This is Rooted.



Text: LEAH SHONE

They are local, environmentally-friendly and their cold-pressed juice shots are packed with loads of healthy deliciousness. They also donate all their unused fruit and vegetable pulp to an animal rescue farm! Meet Rooted owners, Barry and Kelly Pretorius.

PLEASE TELL US A BIT ABOUT YOURSELVES AND YOUR BACKGROUND.

We relocated to Ballito from Johannesburg two years ago. We both have jobs at companies based in Joburg, but always dreamed of having our own little business and running it as a husband-and-wife team. We share the same ethics and values and complement each other's strengths and weaknesses. We have three children and our third is only eight months old. Barry is passionate about business and people, loves fishing and cooking and is always up for an adventure! He has a heart of gold and is the first to respond to a call for help of any kind. I am fiercely passionate about family, a huge softie and a creative. I love drawing, painting and writing.

HOW AND WHEN WAS THE IDEA FOR ROOTED BORN?

As it did for a lot of people, Covid really opened our eyes to what is important in life and made us want to follow the dreams we had put on the back burner. It also highlighted the importance of a strong immune system and health and wellness in general for us. As Christians, we prayed long and hard, and felt lead to start Rooted in a time that may not be an ideal time to open a small business. Now we are trusting that all the hard work, as well as our honest and ethical approach to business, will keep us going for the long run and help us grow.

TELL US A ABOUT THE BUSINESS AND WHAT YOU OFFER

We started off with over 30 different shot recipes which we then tasted and tweaked between us and our two older children. Eventually we worked them down to 11 and then we handed out samples to friends, colleagues and our church family until we decided on the final five flavours. We have recently added a sixth, which is a beetroot one, as well as a kids' shot too. We brought in two partners who share our love for health and wellness.



WE LOVE THE ENVIRONMENTALLY-FRIENDLY ASPECT OF YOUR BUSINESS. TELL US ABOUT THIS.

Our shots are bottled in glass, and we are trying to be sustainability-focused. Our repeat customers receive discounts off their next shots when they return their bottles to us to 'rejuice'. Our motto is "rejuice, reuse, recycle, repeat". Our peels and pulp go to Flag Animal Farm and we hear from the owner Gen that the tortoises and rabbits gobble it before any of the other animals get a chance! We do our shot deliveries ourselves so that we can meet our customers (often with baby Grace along for the ride) and we love nothing more than hearing how much our shots are enjoyed by adults and children alike.

CAN YOU SHARE A BIT WITH US ABOUT HEALTH SHOT TREND AND WHY IS HAS BECOME SO POPULAR?

Health shots are concentrated and packed full of goodness. When fruit and veggies are cold pressed (like ours) they are not exposed to the heat of the motor as they would be with a centrifugal juicer, ensuring that none of the vitamins and minerals are destroyed. We use low yielding veggies, which means that a lot of veggies are used to make a small amount of juice. We have photos that show the exact weights of fruit and vegetables that go into each shot. It's mind blowing how much you consume in one 50ml bottle. It's quick and easy to take a shot and you know you have given your body a dose of goodness. We also use a lot of ginger. One of our shots has more ginger in it than any other ingredient! The health benefits of ginger are endless. We also use fresh turmeric root in one of our shots (not the powdered spice) and combine it with black pepper to help with the absorption of curcumin, which is in turmeric and helps with inflammation and several other things. Juice shots are a great way to get a good boost of energy first thing in the morning or after a workout. They are also a great way to get your children to get their greens in. It's much easier to get a picky eater to have one gulp of our green shot than to get them to eat a bowl of spinach!

Details: IG: @rooted.lifesa, FB: @rootedsouthafrica, barry@rootedlife.co.za, 061 043 1814, www.rootedlife.co.za



Nonhlanhla, Heather and Thuli work together to create course content and train domestic workers

Achieving domestic bliss

Whether you've got a full-time job and hardly see your domestic worker, are struggling with a language barrier or simply aren't sure which product to suggest for which stain . . . this fabulous mother-and-daughter team are here to help!

Now more than ever our homes have become our sanctuaries. Or at least they should be. In reality though, the modern-day juggle makes it extremely hard to achieve the 'domestic bliss' we all dream about, even when we have wonderful domestic workers to help out. But that's where Heather Stratford and Lauren Hancock come in. Passionate about creating beautiful

spaces, this mother-and-daughter team have started a business called Domestic Brilliance, which aims to upskill and empower domestic workers and help their customers achieve the beautiful homes and spaces they dream of. "Growing up I remember coming home with my friends from boarding school and always feeling a huge amount of pride at the beautiful

home my mom had created. From freshly-starched linen to white fluffy bath sheets and beautiful flower arrangements . . . I know that home is a sanctuary for my mom and our business brings her so much joy as she helps create that sense of pride for others," says Lauren. Her mother, Heather, lives in Umhlanga and runs the operational side of their business. She has a

Text: LEAH SHONE

background in midwifery and nursing and is comfortable interacting with people from all walks of life, says Lauren. "Her role as training facilitator is perfect as she loves working with people and who better than a nurse to set the standard of cleanliness within a space?!"

Lauren is an accountant and mother of a toddler. She handles the finance, marketing and customer support side of the business.

The idea to start Domestic Brilliance was born when Lauren found herself asking her mom for advice when she visited. "I was always asking her to show my domestic worker, Thuli Mwelase, how to do things that she did in my childhood home. It's often difficult to explain exactly what we need over the phone from the office or, in my case, I simply didn't know myself what to suggest to Thuli for a stubborn stain that needed removing!"

But, Lauren says, Domestic Brilliance is about more than just training your domestic worker. It's about empowering and upskilling them so

they feel confident to thrive in their work environment.

"As a full-time working mom, I realised how vital Thuli is to our family and I wanted to give back to this woman who has given so much to our home."

In fact both Thuli and her sister Nonhlanhla Mwelase have become important members of the Domestic Brilliance team. "Once we came up with the concept of the business, we were excited to share our ideas with the ladies and hear their thoughts. Thuli was adamant that proper training would be appreciated by many domestic workers, who often lack confidence to ask their employers for guidance. Both ladies share their opinions when we were creating our course content and are now recognised as trainers in our business, often accompanying Heather to assist with demonstrations."

Asked what the most common challenge women face in terms of cleaning their homes at the moment is, Lauren says, "women in general place too much pressure on themselves. Our homes are a sanctuary, a place to unwind and relax ... yet friends coming over for a dinner party or in-law popping around for a quick visit sends us into a flat spin! We want our homes to live up to an expectation that we can't always deliver alone."

Details: www.domesticbrilliance.co.za, info@domesticbrilliance.co.za, 082 334 7886

3 top housekeeping tips to remember:

1. Don't forget to leave an anti-bacterial surface spray on for at least 30 seconds before wiping away!
2. Descaling your kettle with bicarb shows attention to detail when you have friends over for tea.
3. Good old Brasso Metal Polish works wonders to remove sticky price tags on your new dinnerware!



Zama

Wiz at skin mapping, Beautician, facials, Gelish, Massages, Waxing



Thembi

Lashes and Nail technician - her gelish nails are stunning and a true art form.



Cindy

Massage queen, Beautician, Gelish and waxing



Hayahay Beauty Spa

COMFORT - RELAX - BREEZY - REFRESH



Hayahay Beauty Spa is an exclusive, beautiful and secluded spa in 77 Bellamont Road in Umdloti.

We offer treatments ranging from facials, massages, exquisite mani's and pedi's from our highly qualified therapists. Established in November of 2019 we commit ourselves to giving our customers an experience that they will always remember. Set in a beautiful garden you will be sure to relax and unwind.

WOMEN'S MONTH SPECIAL

Join us in August when we celebrate all strong, fierce, independent women with an exquisite facial, mani or pedi and a complimentary glass of bubbly.

BOOKINGS: Call 076 821 9859 or email: hayahaybeauty@gmail.com | **BOOK ONLINE:** via www.fresha.com
Follow us on FB @HayahayBeautySpa or IG @hayahaybeauty



Let's face it: No house is complete without plants, especially in areas where you spend a lot of time, like the living room and bedroom.

Plants are living things, which means they adapt and change, and, as any plant lover will tell you, respond to friendliness and proper care, rewarding all but the most indifferent of gardeners. Their special brand of calm soothes frazzled nerves and makes for a tranquil and appealing roommate, and because there is an almost infinite variety of types and colours to choose from, you may mix and match to your heart's content, finding the perfect plant for the space you have in mind.

Text: MELLISSA BUSHBY
Plants come in so many different shades of green; an endless constellation of shades ranging from the darkest olive to the brightest lime. The advantage is that they all complement one another, and invariably any room you choose to put them in. You will need to bear in mind the issues of lighting; some prefer bright light while others don't mind more shadowy corners. Either way they introduce a breath of fresh air and life into your home. Where you place them depends not only on the light, but also your sense of aesthetic, and once again the options are endless.



From large pots on the floor to smaller receptacles on a table, windowsill or shelf, the sky's the limit. You can also place the plants in the furthest corners or higher up on a ledge. This way, you draw the eye away from the centre of the room and into the edges, creating an impression of spaciousness.

Another idea - and one that is all the rage at the moment - is to hang your plants. Macramé, also making a comeback, has livened itself up somewhat and has become quite stylish. Because homes are becoming smaller, floor space has to be used wisely and adding another dimension by utilising ceilings or beams is an excellent use of otherwise dormant space. Think of it as a contemporary, sophisticated twist on the jungle theme - trailing ferns and ivy draw the eye upwards, adding atmosphere and a fresh outlook.

And we all know just how effective they are when it comes to purifying the air!

So liven up your home with a bit of greenery, from finicky, pretty ferns to large, robust rubber plants. And remember, if you aren't of the green-fingered variety, quite a few plant types are low maintenance and will reward you with the same pleasure albeit with a bit less commitment.



We at GeZA 'n Go realise that washing your car can be tedious, time consuming & sometimes costly, so we've decided to bring you an affordable service that does not require you to leave the comfort of your home or take time out of your busy schedule to get your car cleaned. We bring our own electricity and water to you. **WE DO CLEAN**



WhatsApp us to make a booking on 065 532 4869 We wash, valet or polish your vehicle at your home or office Pay by credit card, cash or EFT

BOOK IN AUGUST AND USE THE DISCOUNT CODE GET10 FOR 10% OFF OF YOUR CAR WASH

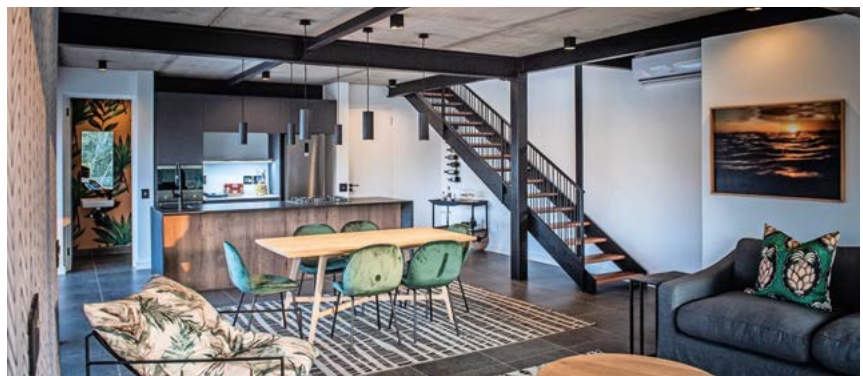
f @GEZA N GO @GEZA_N_GO WWW.GEZANGO.CO.ZA 065 532 4869

Design your home . . . online!

There is no doubt that the North Coast is a popular destination, not only for holidaymakers, but for all types of investors. We are also, it seems, at the forefront of technological development within the property development space.

Ever tried your hand at designing your dream home yourself? Well, now you can! We caught up with one of the Collins Residential directors, Geoff Perkins, who gave us some insight into the nifty home-building technology being used at their newest development, The Reserve in the Zululami estate, which is revolutionising the development space on the KZN North Coast, and perhaps even South Africa. Based on the forward-thinking concept used in Elon Musk's electric car company, Tesla, which allows a buyer to design their car's finish online, The Reserve developers together with Ian Rall of Bloc Architects and Lot Marketing merged international home-building technologies with local market trends to create an online toolkit for the discerning homeowner.

The Reserve's Home Customiser is an intuitive and innovative online toolkit that draws homeowners right into the creative heart of the design process once they've visited the site and selected their stand. "The digitally-based tool helps reduce the stress that often accompanies a new build. It's an easy, enjoyable process for the tech-savvy. Because we understand that people need to touch-and-feel, we also have a completed show house, offering interested buyers a chance to interact in the space and see the finishes in person," says Geoff. While the purchase and build process is fully supported by their professional team, the more adventurous (or those not able to visit the site) can, from the comfort of their couch, choose a desired plot and get fully involved in designing their home from start to finish. From tweaking the layout and customising the design, to making choices relating to exteriors, interiors and a range of exquisite finishes including decking, pools, braai areas,



home automation, backup power solutions, homeowners also have the option to jump online and immerse themselves into the build with the click of a mouse. While people are drawn to the safety and comfort of an estate, they are also keen to move away from uniform, monochrome living, says joint venture partner Haden Keeton of Treble Developments. "The appeal of a uniquely designed home with an easy-to-maintain garden with plunge pool and courtyard repose really resonates with those seeking the pleasures of coastal living." The trailblazing technology being used at The Reserve is an exciting addition to the wide range of developments on offer on the North Coast, introducing an entirely new dimension where contemporary homes are creatively curated by the homeowners themselves.

Details: Andrew Smith: andrew@smithsprop.co.za, 082 654 5062

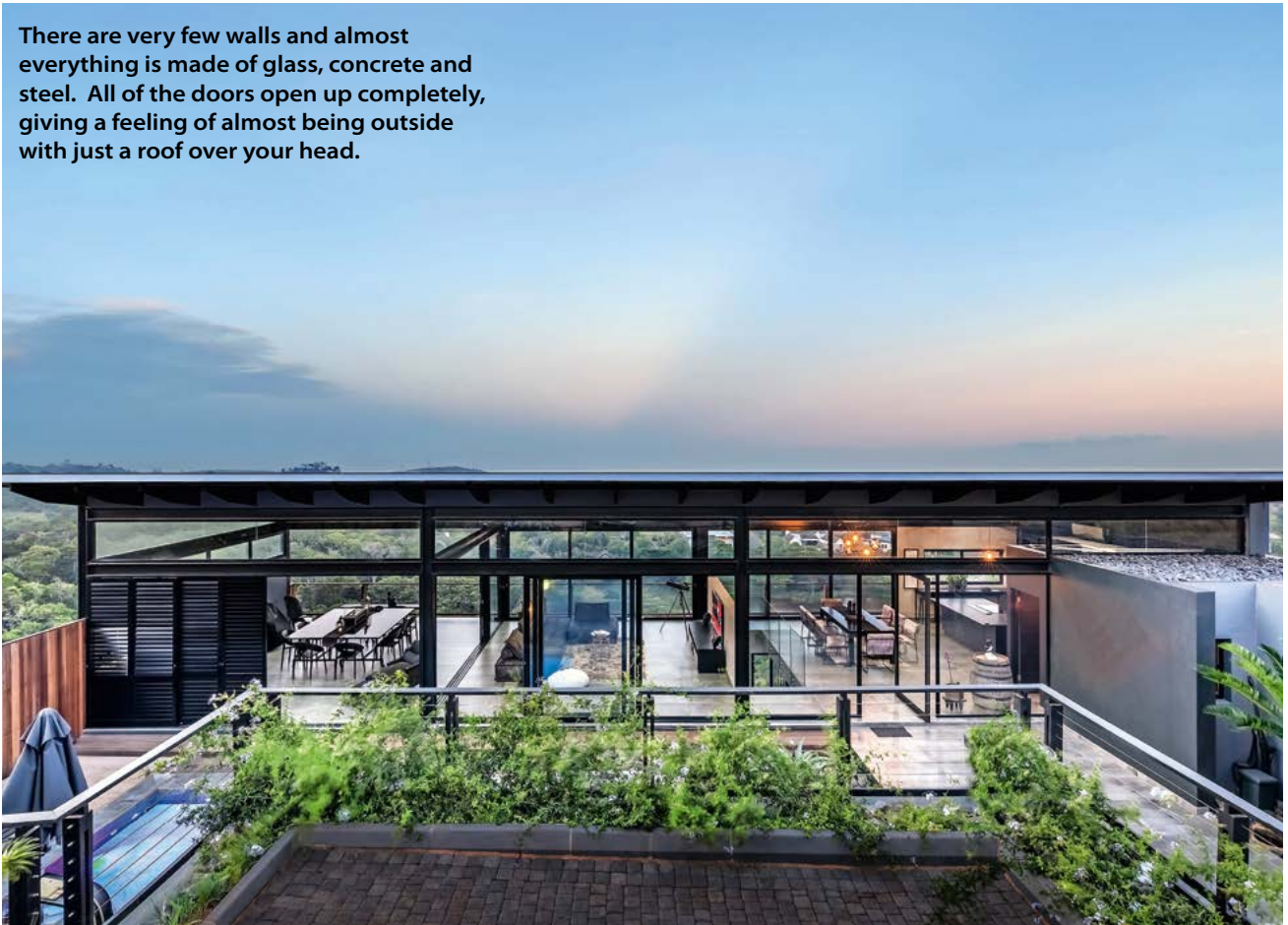
BOLD BLACK

Ultra-modern and avant-garde, this unique steel and glass Simbithi home blends in with its natural surroundings while managing to be bold and striking at the same time.



Text: LEAH SHONE

There are very few walls and almost everything is made of glass, concrete and steel. All of the doors open up completely, giving a feeling of almost being outside with just a roof over your head.

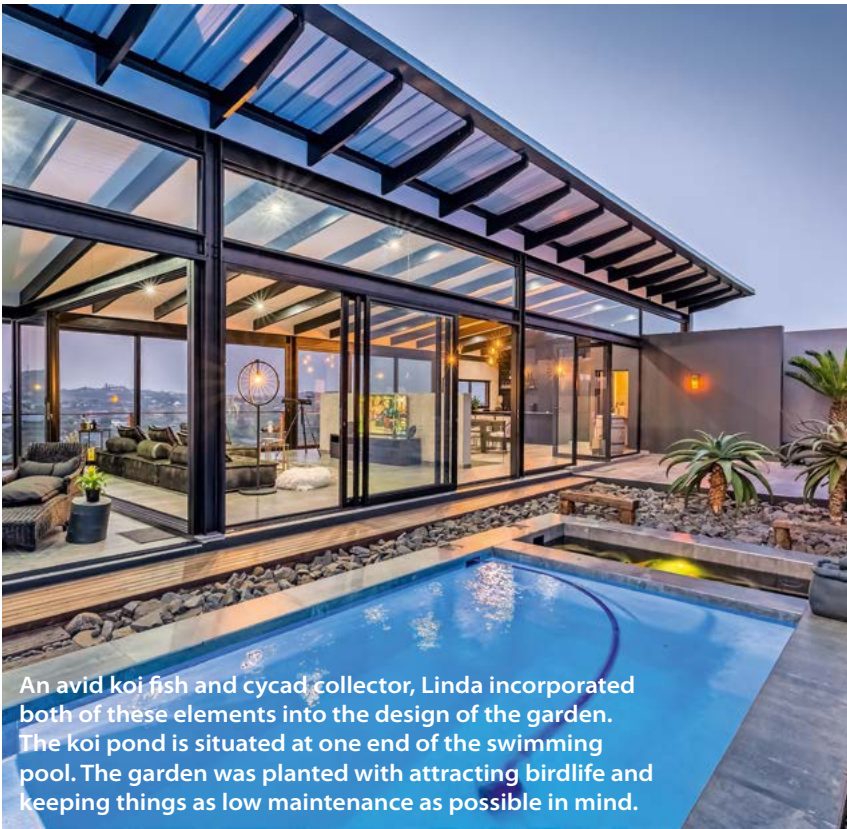


Linda Warren always wanted to create a glass and steel home. Having built and renovated a number of houses over the years, it was the location and breathtaking views that, she says, finally led to the design of this exciting and unusual space. "I've always loved the idea of a dark house, but I'd never done anything like this before."

With the help of architect Jarryd Murray, they created a modern home that almost completely opens up to the outdoors, seamlessly merging the interior and exterior. "It was a bit nerve-wracking as there aren't many 'black houses' around and even Jarryd would sometimes shake his head at me," she laughs. It's impossible not to stop and just take it all in when you first arrive at the top of the driveway. Perched on a hill overlooking Simbithi's indigenous bush, forest and dam views, the seemingly all-black and glass house is impressive and striking without being too over-the-top. It's simplistic design allows the home to speak for itself.



ABOVE: The dark colour on the outside of the house is mimicked indoors, with lots of black fittings, furniture and accessories. The main en-suite bathroom has a double shower and striking black bath and the pink peony picture adds a bright pop of colour and fun!



An avid koi fish and cycad collector, Linda incorporated both of these elements into the design of the garden. The koi pond is situated at one end of the swimming pool. The garden was planted with attracting birdlife and keeping things as low maintenance as possible in mind.

Jarryd is the director and founder of award-winning architectural firm Map Architects.

"Linda's brief was to conceptualize a contemporary open plan home that maximised on the site's panoramic views and orientation. We used steel and glass on the upper floor to reduce the construction period along with aiding in creating transparency between indoors and outdoors. The open plan living space has the option to open up and live onto three sides - the view, the covered patio and / or the open courtyard and pool," says Jarryd.

Passionate about supporting local, Linda used mostly small traders for all the finishes in the home. "There is so much local talent and I'm very happy for anyone to contact me so I can pass on their details."

Details: Jarryd Murray - IG: @map_architecture_sa, admin@mapgroup.co.za, 079 496 2758; Linda Warren (for details of local businesses used) - lindaw6209@icloud.com

UNIQUE STEEL, GLASS AND BLACK HOME



Interiors:
Black House Décor and design
Bianca Warren
Email: lindaw6209@icloud.com
Tel: 082 465 5640

Architect:
Map Architects
Jarryd Murray
Email: admin@mapgroup.co.za
Tel: 079 496 2758 | IG: @map_architecture_sa



BALLITO

Ashton

SUPER WOMEN INSPIRING EXCELLENCE

WWW.ASHTONBALLITO.CO.ZA

Germare Buys - Head of Ashlings Phase



Our College, quite simply, believes in play and in embracing childhood! Learning occurs throughout each classroom and on the playground in a child-led manner with our daily activities focussing on play-based, hands-on learning.

This is scaffolded by specialist sessions with Music, Ball Skills and seasonal swimming lessons, as well as age-appropriate computer literacy skills during our Computer lessons for the Grade 00 children.

The possibilities for learning are endless if they are guided by a child. Capturing the essence and individuality of each child and allowing this to flourish is something on which our qualified teachers pride themselves.



GR 0000 - GR 00

Sandy Erasmus - Head of Foundation Phase



The pursuit of academic excellence at Ashton College starts from the moment our students begin their learning journey with us in the Foundation Phase where an incredible team of teachers lovingly encourage such young little minds to achieve their very best.

Our curriculum is rich and varied and has been developed to prepare our students for an ever-changing world, while ensuring a happy and joyful school experience. The students are taught traditionally in all subjects keeping tried and tested methods we know work well, whilst also keeping up on new cutting edge approaches and being a 'uniquely different' school.



Foundation Phase

GR R - GR 3



Nikki Hamann - Head of Intersen Phase



The ethos of the Intersen Phase of the Junior College is based on the words of our School Prayer, "This College was founded on faith in You, in this faith may Ashton grow and flourish".

We proudly combine our Christian values with excellence in learning to ensure that each child is educated and moulded into independent, creative and confident young members of society. Our focus is on developing and maintaining a strong work ethic while encouraging a growth mindset which promotes critical thinking skills.

The Intersen Phase dovetails the South African National Curriculum Statement with the rich Cambridge International Primary Checkpoint Programme. The Grade 6's write the Primary Checkpoint external examinations in English, Mathematics and Science, in October.

We boast an extensive extramural programme, offering a wide variety of sporting and cultural choices.



GR 4 - GR 7

Jenny van Buuren - Head of Senior College



Working with young people is a privilege and a responsibility, but something we are absolutely passionate about.

Each student at Ashton is a work of art, a unique self-portrait and each student paints his or her own portrait to create their legacy.

In the Senior College we believe that education is about going beyond content mastery, to create a learning environment that fosters critical thinking and problem solving, on both the Cambridge and IEB Curricula.

In an academically and extramurally stimulating and nurturing environment, our students thrive as they prepare to confidently establish themselves and aim for personal excellence in an exciting and ever-changing world.

Our philosophy is based on mutual respect and trust, combining Christian values with excellence in education.



TWO WORLDS IN ONE



GR 8 - GR 12

Girls making waves

The ocean . . . a safe space to have fun while building self-confidence.



Now, more than ever, surfing is being recognised as a popular sport for all genders, races and age groups, with mindsets shifting around women and sport in general. This has seen prominent organisations lending support to sports played by girls and women and events such as Girls Surf Day, hosted by Sisonke Surf Club, further fostering a love for the ocean and conservation. Founded by a 'family' of passionate surfers, Sisonke Surf Club is a non-profit organisation that strives to empower, motivate and enhance the surfing skills of youngsters (in particular the African youth) by introducing surfing as a sport to first-time surfers through lessons and one-on-one support.

Sisonke, which means 'we are together', plays a vital role in engaging the community and parents through social outreach programmes like the fun-filled Girls Surf Day that is designed to promote the development of surfing as a sport in South Africa. The day typically features a presentation on water safety, followed by fun beach games such as sand hunt, open gates and soccer, along with a surf demonstration by surf coaches and learn-to-surf sessions. An integral part of the organisation's social outreach is to educate and engage youngsters in ocean appreciation and conservation.

Girls surf programme

Through Girls Surf Day came the launch of Sisonke's Girls Surf Programme - an initiative that further aims to empowering girls, especially those from disadvantaged communities, through surfing, thereby transforming grassroot surfers into future champions. Girls of colour residing in and around Durban who are interested in a future of surfing will be guided and mentored by the Sisonke Surf Club throughout their surfing journey. Selections to the programme are usually made at Girls Surf Day and weekend surf sessions and are based on interest, performance and overall commitment and love shown to the sport. Eligibility requirements include participants being aged between seven and 18, they must be able to float in the water or have basic swimming skills and they must be able to attend weekday and weekend training sessions.

With Covid regulations currently stipulating that no group surfing activities are allowed, no August dates have been set for now but, once things have returned to normal, small group events will take place on most weekends and all youngsters are welcome.

Both Girls Surf Day and the Girls Surf Programme are made possible through the continuous support of local sponsors, including Me and the Sea, Blue Betty Life, Point Surf Co, Earths Unfeigned, Ocean Republic, Surf School Durban, Aquelle Water, Sea Harvest, Surfing South Africa, Siyasindisa Academy and Logistical Solutions. Anyone interested in joining can contact Sisonke.

Details: sisonkesurfclub@gmail.com, [IG @sisonkeoutreach](https://www.instagram.com/sisonkeoutreach), [FB @sisonkesurfclub](https://www.facebook.com/sisonkesurfclub), or phone Alvin: 083 259 8557.

Calming glitter jars

Easy and fun to make, glitter jars are a lovely project for kids (and possibly adults) who are learning about emotions and mindfulness. Take some time out and give this a try!



A very useful tool at home and school for managing time, they are also brilliant for behaviour, as watching the glitter swirl to the bottom of the jar helps kids to calm down, regain control and process emotions and sensory input.

TO MAKE A GLITTER JAR YOU WILL NEED:

A Consol or Mason Jars with lid, 1/2 cup clear glue OR glitter glue, Distilled water, 1 to 2 teaspoons glitter (you can buy a selection of different coloured glitters and other confetti too), high-temperature hot glue gun, (optional for sealing the lid).

WHAT TO DO...

After buying your supplies, gather your kids, pour 1/2 cup of distilled water into the jar (or each jar if you got more than one). We used 500ml glass mason jars, but plastic water bottles would work as well (and should be used for kids who are prone to throwing objects when they are angry). Why distilled water? It contains no contaminants or minerals and will help keep your glitter jars mould-free. Get the kids to pour 1/2 cup of glitter glue or clear glue into the jar and wait for it to settle. If you are choosing to do so, add 1 to 2 teaspoons of extra glitter/confetti to the jar. Fill up the remainder of the jar with distilled water.

These jars generally seal well, but if you prefer to seal them (and we understand why!) use a hot glue gun to squeeze a ring of glue around the lid of the jar. Press the lid onto the jar and secure with the metal ring. Shake the jar well to distribute the glitter. It can take a few good shakes and a rest overnight to convince the glue to disperse completely, but it's worth it in the end.

HOW TO USE A GLITTER JAR

Great for a little home calming or meditation: Invite your child to sit down comfortably. Encourage them to shift their gaze to the swirling glitter, breathing deeply in and out as they watch it sink to the bottom of the jar. Then, invite them to notice the calm feeling moving through their body as they breathe. Do their feet feel heavy and war, and is that feeling moving up towards their shoulders? As they breathe, ask them to notice how their heartbeat feels. As the glitter settles and the water clears, so will their thoughts, feelings and body.



Where creativity begins

Imagine That!

ARTS, CRAFTS & HOBBIES

Workshops & Parties TARN
Art & School Project Supplies
PAINT LASER CUTTING
Canvas Painting Decoupage
Tjhoko Paint Paint by Number
SCRAPBOOKING MOSAIC



CREATIVE CRAFTS

WE HAVE SOMETHING FOR EVERYONE!

GIVEAWAY PRIZE
SINGLE STOREY DOLLS HOUSE
WITH FURNITURE
ENTRY ON PRESENTATION OF
ADVERT AND PURCHASE
OF R100 OR MORE
DRAW WILL TAKE PLACE 03 DECEMBER 2021

T: 031 561 2018

C: 066 2023 499

E: info@imaginethatarts.co.za

W: www.imaginethatarts.co.za

FB: www.facebook.com/imaginethatarts

Durban North, Shop 34-35, Kensington Square,
53 Adelaide Tambo Drive, Durban North, 4051

PROMOTION

Little black book... for the littlies

From paediatricians to ear specialists and child psychologists or orthodontists ... our children have their own special set of medical needs and these are the people who will help you meet them.



Clay Occupational Therapy

Clay Occupational Therapy practice owners Nicky Burge and Jess Roux, along with their team of five therapists, are passionate about early intervention, parent education and a holistic approach to therapy. "We have a special interest in Sensory Integration and use a relationship-based model that places high value on trust and connection between a child and their therapist." Their OT's assist children - from babies to primary schoolers - with sensory difficulties, reaching motor milestones and social and emotional development. "We love tapping into a child's strengths and interests through play and believe that supporting parents and caregivers is key to the success of a child's therapy journey." Clay Occupational Therapy is based at Eden Preparatory School in Salt Rock, but serves various schools in Durban North, Umhlanga and Ballito. Details: Jess Roux (Pr No. 0429279/HPCSA No: OT 0074497) - 082 374 2916 jess@clayot.co.za; Nicola Burge (Pr No: 0783978/HPCSA No: OT 0093769) - 079 116 6982 nicky.burge@clayot.co.za.

Family Dental Care

Family Dental Care caters to the whole family. "We strongly believe in prevention being better than cure and the best way to achieve this is by making children comfortable and familiar with dentists and dental rooms from a young age. We have a special interest in paediatric dentistry and all of our dentists and staff have been trained to handle the anxiety that children generally experience at dental visits. This, combined with their favourite show playing on the TV screens, gentle and caring hands and a small surprise after each visit, ensures your little ones leave our practices calm and happy to visit again!" Details: www.familydentalcare.co.za to find a branch closest to you!



August Treat

Stay safe with a small teepee 'glampover'



WIN!
We're giving one lucky reader the chance to win a R3000 voucher for a sleepover themed party of their choice. This includes six teepees, all themed décor, setup and collection. Transport is excluded. To enter simply find this post on our social media pages (@Getitmagn) and follow the instructions!

What could be more exciting than a fabulous, glam sleepover with your besties?

In an age where technology seems to rule our children's (and our own) mindsets, we found a company that aims to strip it back down with some good, old-fashioned (indoor) fun! My Teepee Glampover offers a glamping experience in the comfort of your own home and all you need is your best friends and a sense of adventure! With a background in supply chain planning and designing - and a ridiculous obsession with decor, cushions and fairy lights - Justine Swanepoel is the founder of My Teepee Glampover. The concept not only encompasses all of her favourite things, but also puts an imaginative twist on the classic 'sleepover' and ignites a flame of creativity in children (and adults) who get to experience it!

BFF get-togethers, birthdays, baby showers, bridal showers, girls' night in, kids' corners (at weddings), proposals or just because ... Justine and her Durban North-based team will set up, style and break down everything you need for the best, hassle-free sleepover/picnic party ever!

We cannot get enough of these brilliant 'slumber party and picnic' packages for boys, girls, tweens, teens and grown-ups across Durban, which will inspire all-night giggling, big dreaming and a world where the imagination can run wild...

Prices start from R1000 (for a picnic for four) and R3000 for a six-teepee glamping set up, and there are packages to suit a variety of pockets and needs. Simply choose a theme and sit back while the luxury cushions and fluffy blankets come out to play! The rugs, bunting, garlands and fairy lights turn the ordinary into something magical and, if that's not enough, for those who like to go the extra mile, you can add freshly made popcorn, stay cool with fruity slushies (on warmer nights) or complete your party with themed custom made cakes, cupcakes or cake pops!

Lockdown is keeping many youngsters from having big parties, but perhaps this little initiative will open the door to hosting smaller, more intimate gatherings for those nearest and dearest.

Details: www.myteepeeglampover.co.za,
myteepeeglampover@gmail.com,
IG: @myteepeeglampoverparty,
FB: @myteepeeglampoverdbn

GET IT KIDS DIRECTORY

MELASKIN REMEDY

Try it on so many skin ailments, it really works!

Melaskin was established 13 years ago to launch a completely organic product specifically formulated to treat sun damaged skin. Since then we've received numerous testimonials as to its positive effect in treating Solar Keratosis, Molluscum Contagiosum, sunburn, chafing, mosquito bites, minor burns and fever blisters. We also export to the UK and Australia.

Soothe painful sunburn with **MELASKIN REMEDY.**

No chemicals, no parabens. Safe to use on young children.



Available at most health shops & selected pharmacies nationwide



Visit www.completeorganics.co.za for your nearest stockist
info@completeorganics.co.za
 Tel: 083 262 9006

JENNIFER GAUL MUSIC STUDIO

MOIF. ATCL. LTCL. HON DOC MUSIC
 A registered member of the SASMT

Qualified music teacher offers:

Piano, violin, recorder, guitar, flute, piccolo, vocal and theory lessons

CALL: JENNY 031 564 0371 Cell: 084 464 7848 between 18h00 and 20h00

SPARK YOUR CHILD'S CREATIVITY WITH DIAMOND DOTZ



- Improves fine-motor skills & concentration
- Great alternative to screen time
- Formaldehyde free canvas & diamond facets making it completely safe for children

Get a further 10% OFF our SALE items with promo code GETITKIDS. Moms, join in the fun and get 20% OFF non sale stock with promo code GETITALL

Order from our huge range now at www.diamonddotz.co.za
 Whatsapp: 082 596 1308
info@diamonddotz.co.za

PeppermintPix

PROFESSIONAL PORTRAIT PHOTOGRAPHY
WWW.PEPPERMINTPIX.CO.ZA / 0732448854



Home based care now offered to residents of Somerset Valley Estate

- Assisted Living for adults of all ages
- Care of the Aged and the Infirm
- Frail Care
- Alzheimer and Dementia Care
- Palliative Care
- Step down/post Hospitalisation Care
- 24-hour Nursing
- **COVID-19 Screening in place**



Somerset Park, (Umhlanga Rocks) Durban, KZN | Situated in Umhlanga close to Gateway Private, Umhlanga and eThekweni Heart Hospitals.
Visit our website for a virtual tour www.somersetcarecentre.co.za

Call us for tariffs and information
031 940 1601

Robyn Rose Photography




Using light to capture life

5 reasons to visit TAU

There are so many reasons to visit Tau Game Lodge ... these are our top five.

1 Game always comes out tops. So the cheetahs. And the ellies. And the journey of giraffes strolling across to see what's going down at the sundowner spot. Okay, we know nothing's guaranteed, but the chances of great sightings are massive. On a recent trip, we saw cheetah - mum and cubs, then dad and his brother - on every drive, breeding herds of ellies with so many babes, and were woken up at 3am with lions roaring just outside the camp. Magnificent. Madikwe is home to the big five, to African wild dogs (endangered, and always a thrill to see), a dozen or so antelope species and is, with more than 250 different species, a bird-watcher's paradise.

2 The fact that children are welcome. In fact, encouraged. There's a Tau Cubz Club for three to five year olds, who get their own short, private game drive after breakfast, and then are entertained with treasure hunts, arts and crafts activities and games. Those six and older can join their parents on the game drives, and are welcome to join in the Cubz fun, too. The family suites are, for us, also a huge drawcard. So while we know there are many lodges who are happy to accommodate children, it's more often than not on a share-your-room basis ... fine for toddlers, not so much if you're talking teens. The family options at TAU offer two full bedrooms, joined by a small interleading lounge area. So you can sit together, discussing the day and the thrill of the evening game drive, then amble off to the privacy of your own room ... mum and dad in one room, two to four children in the other. There are standard and deluxe chalets, one of which is wheelchair friendly.



3 There's no drama getting there. It's an easy three-and-a-half hour from Joburg - add half an hour if you're flying into OR Tambo. There are also, if you want to relax from minute one of your weekend away, road and air transfers. Madikwe is malaria free - a big plus, particularly if you're travelling with your children.

4 The waterhole. The lodge overlooks a massive waterhole, and there's an almost constant flow of animals coming and going. Elephants make themselves at home, as do the zebra and wildebeest, and watching the baboons from your verandah makes for an entertaining afternoon. Then, when your stay's over and it's back to real life, you can click on the TAU live webcam, which is situated at the waterhole, and continue your game viewing adventure from your sofa. Just add G&T.

5 A big bonus for locals are the special SA rates these top game lodges are offering. It's one of the few spinoffs from Covid that does help us, and we're all for taking full advantage. Plus, TUA have given Get It readers a seriously good special. So when you'd normally be dishing out upwards of R9604 for two people sharing per night, Get It readers who book, with a deposit, in August for an August or September stay will pay R2950 a person, a night. You can also book the family suite, which can accommodate up to six, for R14750 a night. For both of these, quote GET IT when booking. Kids younger than two stay free, older than 12 pay the full adult rate, and those in-between pay according to room type.

Details and bookings:
011-466-8715 or
taugamelodge.co.za

August Spoil

A guilt-free cocktail



Now we can enjoy an afternoon cocktail. Oops ... now we can't. Instead of getting uptight, join us. We're on an alcohol-free trip ... with all of the fun, but none of the can-we-can't-we drama. Plus ... no hangover! Our latest find and a new favourite is this **Blood Orange Aperitif** - all classic Italian-style bitter that's brilliant for non-alcoholic cocktails. Like the others in the Abstinence range, it's made using a distillation process similar to making craft gin, with Cape botanicals but no alcohol. Try a Blood Orange Spritz ... plenty of ice, soda water (or a good tonic water ... we suggest Fever Tree) and a twist of orange to garnish. Cheers! Available from takealot.co.za and yuppiechef.com. We're giving a reader a hamper of three bottles of Abstinence ... to enter, head on over to our Facebook page (Get It National Magazine) ... competition closes August 26.

CLASS WOOD

EST 1989



Because outdoor living is always 'in'

MANUFACTURERS OF



Decking



Balustrades



Custom & Retail Furniture



Doors



Wooden Staircases



Shop fitting & accessories



Pergolas

032 947 2110
sales@classwood.co.za
www.classwood.co.za



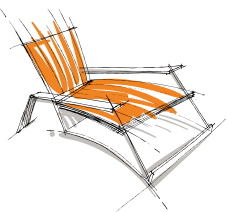
MACALLI OUTDOOR FURNITURE



Dining Sets, Sofa Sets, Occasional Chairs, Coffee Tables, Side Tables, Benches, Loungers, Swings, Custom Designs.

Trusted local manufacturer using: aluminium, wood, composite, synthetic fibre and strapping.

032 947 2110
sales@macalli.co.za
www.macalli.co.za





THE RESERVE
— ZULULAMI —

FALL IN LOVE WITH THE
North Coast

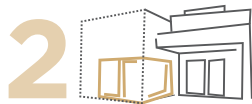
Perched on a hill between the salty sea breeze of the Indian Ocean and the rolling green hills of the KwaZulu-Natal sugar belt, The Reserve is a private residential development featuring free-standing homes within the acclaimed Zululami Luxury Coastal Estate.

AT THE RESERVE, WE DO THINGS DIFFERENTLY.

Select your favourite plot, choose your desired home (from one of two already designed architectural masterpieces) and then start playing with the finishes, interiors and optional extras such as a deck, pool and braai area!



Select Your Stand



Choose Your Space



Customise Your Home

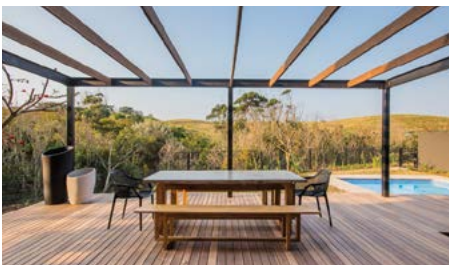
**PHASE 1
NOW SELLING
13 STANDS**

**3 BEDROOM
FROM
R3 950 000**

207m²

**4 BEDROOM
FROM
R4 699 000**

235m²



**Visit the Zululami Sales Office
and Show House today!**

www.thereservezululami.co.za

ZULULAMI
LUXURY COASTAL ESTATE