

Cape Town

PurelyLocal

community • family • lifestyle • passion



**V&A WATERFRONT
SHARES JOY FROM
AFRICA TO THE
WORLD**

CELEBRATING
COMMUNITY
HEROES

**LOCAL
BUSINESSES
WE LOVE**

**WHAT'S
HOT THIS
SUMMER**

BUCKET
LIST
INSPIRATION





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PUBLISHER'S FOREWORD

Welcome to the first edition we have published since March/April last year. It goes without saying that our lives have been massively disrupted on a global scale. There are many of us that have experienced the impact of what has been an unprecedented global pandemic with the loss of friends and loved ones. It has been saddening and a time filled with lots of uncertainty and fear and our hearts go out to the families who have truly felt the impact.



This being said, I find it fascinating to see how the world at large responds to adversity and difficult times as it brings to the fore a massive mobilisation of community focused initiatives that are truly making a difference to the communities they serve. Some people simply get stuck in, serve and are fully intent on making a difference. This, in essence, is what we wish to capture in the stories we tell in Purely Local, a platform with a purpose to raise up and celebrate game changers in communities around South Africa and eventually similar communities around the world.

This edition comes with a lot of heart, soul and a true love for game changers making a difference - from community initiatives to entrepreneurs having the courage to launch concepts through lockdown! We also easily forget that there are not too many places in the world that can offer what Cape Town does. I feel that a sense of gratitude and appreciation for what we have is necessary, an attitude that we wish to share with the world with welcoming, open arms as they visit our amazing city.

There is an opportunity in every situation no matter how challenging it may seem. On a granular level, look at this time as the time you can make positive moves to change the trajectory of how 2022 can look for you. It's about the basics, routine, goal setting, more focused time with loved ones and letting go of a heavy load that could very well be pulling you back from moving forward more positively. It is absolutely fundamental to future growth and success that whatever the challenges may have been over the last year are seen as just that. It is this attitude that will shape the preferred future that we all yearn for.

"There's two kinds of people in this world when you boil it all down. You got your talkers and you got your doers. Most people are just talkers, all they do is talk. But when it is all said and done, it's the doers that change this world. And when they do that, they change us, and that's why we never forget them. So which one are you? Do you just talk about it, or do you stand up and do something about it? Because believe you me, all the rest of it is just coffee house bullshit." Boondock Saints.



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To qualify for the prizes, which will be given away weekly over the summer season, you must ensure that you have liked and followed the Purely Local Cape Town Facebook and Instagram pages as well as registered as a Purely Local community member.

@PurelyLocalCT
@PurelyLocalSA

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CONSCIOUS LIVING



Support local WITH STYLE

Stumped for gift ideas? Luckily, we're spoiled for choice in the Mother City with plenty of gorgeous products made right on our doorstep.

BANHOEK CHILLI OIL

An absolute kitchen essential, this delicious chilli oil is hand-crafted in Stellenbosch with locally-grown, sun-ripened Thai chillies. With its funky label and gorgeous rosy colour it's a lovely addition to the lunch table - you can even buy it wrapped as a fabulous gift for the host. **R107.50 (unwrapped) | R117.50 (wrapped) | banhoekchillioil.co.za**

WIN WITH BANHOEK CHILLI!

Head to [@PurelyLocalCT](https://www.instagram.com/PurelyLocalCT) for the details.

CAPE POSY

The Cape Posy from Petal & Post is a delightful gift - especially for yourself! Each day's posy is different, composed with the freshest seasonal flowers available that day from local farms, and you can choose between single (10-12 stems), double and triple sized posies. **R295 - R875 | Order before 1pm for same day delivery | petalandpost.co.za**

BUCK HEADS

Local entrepreneur Wilmie Smith of Mathilde & Amélie has always appreciated the beauty of handwork. She repurposes tapestries into functional works of art that can be loved and admired every day. From chairs and lamps to handbags and these gorgeous buck heads, each piece is completely unique! **From R3200 | [@mathilde.amelie](https://www.instagram.com/mathilde.amelie)**

BELLA WOVEN CLUTCH

This colourful raffia clutch will brighten up any outfit - beautifully lined and perfectly sized to carry your essentials on that long-awaited girls night out! It's available at Positano, a lifestyle boutique that offers a range of limited-edition resort wear and accessories that favour timeless style and are made by Cape Town-based seamstresses. **R380 | positano.co.za**

WIN WITH POSITANO!

Head to [@PurelyLocalCT](https://www.instagram.com/PurelyLocalCT) for the details.

WIN WITH HEAL!

Head to [@PurelyLocalCT](https://www.instagram.com/PurelyLocalCT) for the details.

ESSENTIAL OIL HUMIDIFIER

HEALING is a range of aromatherapy and essential oils with three major aims - uplifting the mood, aiding sleep, or boosting health through immunity. The all-natural range of products are hypo allergenic and cruelty free, and just launched is their humidifier which even has a USB port for use in the car. **R899 for the humidifier gift pack which comes with three essential oils | healspa.co.za/shop**

BEACH BAGS

Would you believe that these bright and beautiful beach bags from Rebag.Reuse are made from repurposed plastic bread bags? Nine ladies from the Harbour and Imizamo Yetho in Hout Bay crochet strips of plastic into these gorgeous, sturdy bags, with each bag taking about 8 hours and 30 bread bags! **From R250 | [@Re.bag.Re.use.Re.cycle](https://www.instagram.com/Re.bag.Re.use.Re.cycle)**

COFFEE BODY SCRUB

Did you know that caffeine - the ultimate pick-me-up - is a powerful stimulant for your skin? Sustainably made and new on the market, this delicious body scrub is made with recycled coffee grounds from Truth Coffee Shop as well as almond, Abyssinian and lemon oils. It is an absolute delight! The Blür Beauty range also includes serums and oils as well as a face scrub. **R299 | blurbbeauty.co.za**

WIN WITH BLÜR BEAUTY!

Head to [@PurelyLocalCT](https://www.instagram.com/PurelyLocalCT) for the details.

GIRL GANG GOWN

We absolutely love the whole range of statement-making power pieces from Gold Bottom Africa, a lifestyle and fashion brand handmade entirely by women. These gorgeous Girl Gang Gowns in lime are just the ticket for a lazy lounging session at home - or even as a beach cover-up or worn kimono-style. **R1400 | goldbottom.co.za**

Wine Corner

FOR THE BRAAI

Diemersfontein | TwentyOne 2020

A special edition birthday blend, the wine is 50% Shiraz, 45% Coffee Pinotage and 5% Merlot - full-bodied with chocolate and blackberry flavours, and very, very quaffable. **R60 | only available from the farm or online | diemersfontein.co.za**

FOR THE BRUNCH

Pink Valley | Rosé 2021

Gorgeous blush-pink Provence-style rosé from Stellenbosch that's a terrific food companion - perfectly-balanced and refreshing, it's summer in a glass! **R150 | pinkvalleywines.com**

FOR THE HOST

Simonsig | Chenin Avec Chêne 2019

An intriguing and delicious Chenin from Simonsig made with grapes from a single vineyard planted in 1986 harvested over time - flavours of white peach and gooseberries with a touch of oak. **R195 | simonsig.co.za**



WHAT'S HOT CAPE TOWN

Our round-up of what's not-to-be-missed this summer season!

MOVIE MAGIC

The Galileo Open Air Cinema is back to celebrate its 10th year! Running until April, there's loads of movies to choose from – and loads of venues to visit. The cinema sets up at a picturesque outdoor spot at venues across Cape Town and the Winelands and opens on Thursdays, Fridays, Saturdays and Sundays, with the new ROYAL cinema picnic option taking place on the first Wednesday of each month. Tickets start from R109, but you can level up and include backrests, blankets and snacks in your ticket prices. thegalileo.co.za

WINE SAFARI

Head to the Durbanville Wine Valley for the ultimate safari – one with wine! From Signal Gun Wines, you'll take a scenic drive through their vineyards and up Hooqberg's Game Camp to spot some of the resident eland and springbok. And at the top of Hooqberg Hill, you'll be rewarded with a 360° panoramic view of the surrounds. Saturdays at 11am and 4pm, and Sundays at 11am. signalgun.com



BEAUTIFUL BRAAIS

Set in the indigenous gardens behind the main hotel, the Apostles Braai at 12 Apostles Hotel and Spa is a gorgeous light, bright space that seats 32 people. It's perfect for private functions and special events, with gorgeous sea and mountain views, and a braai-focused menu from Chef Christo Pretorius.

BONUS: The hotel's helipad has reopened and the 12 Apostles team have teamed up with NAC Helicopters Cape Town to offer some epic food, wine and spa packages that include a heli-flip! 12apostleshotel.com



JAZZ IT UP

Chef Matt Manning has launched the Blue Room – a live music and cocktail lounge that pays homage to jazz and the blues. Located on the ground floor of 103 Bree Street, the Blue Room is an extension of the Grub & Vine bistro, with a small plates menu and delicious cocktails. grubandvine.co.za



TAKE TO THE SEAS

Explore Cape Town's beautiful coastline with Oceans Africa! Get a group of 6 together and charter a boat from Simonstown, Kommetjie or Hout Bay for a couple of hours – you can take a sunset cruise or a scenic tour, go swimming or bird spotting, and you'll even get the chance to snorkel or free dive in and around the Cape's kelp forests. Priced at R1500 for 1.5 hours and R1950 for 2 hours, this is an incredible way to spend the day. oceansafrica.com



COOL CAVES

Boutique winery Klein Roosboom in the Durbanville Wine Valley has the ultimate set-up for an intimate wine tasting experience. Old concrete wine tanks were knocked open to create cosy tasting caves, and these individually themed nooks are the perfect space to gather your friends, taste the wines, and hear the stories of this unique wine farm. kleinroosboom.co.za



LIGHT IT UP

The V&A Waterfront will once again replace its traditional New Year's Eve fireworks display with a seven-day Tribute of Light and Hope. The light beam, which consists of 36 vertical searchlights, will light up for an hour at midnight on 31 December and daily for an hour at 21h00 for the following 6 days into the new year. waterfront.co.za

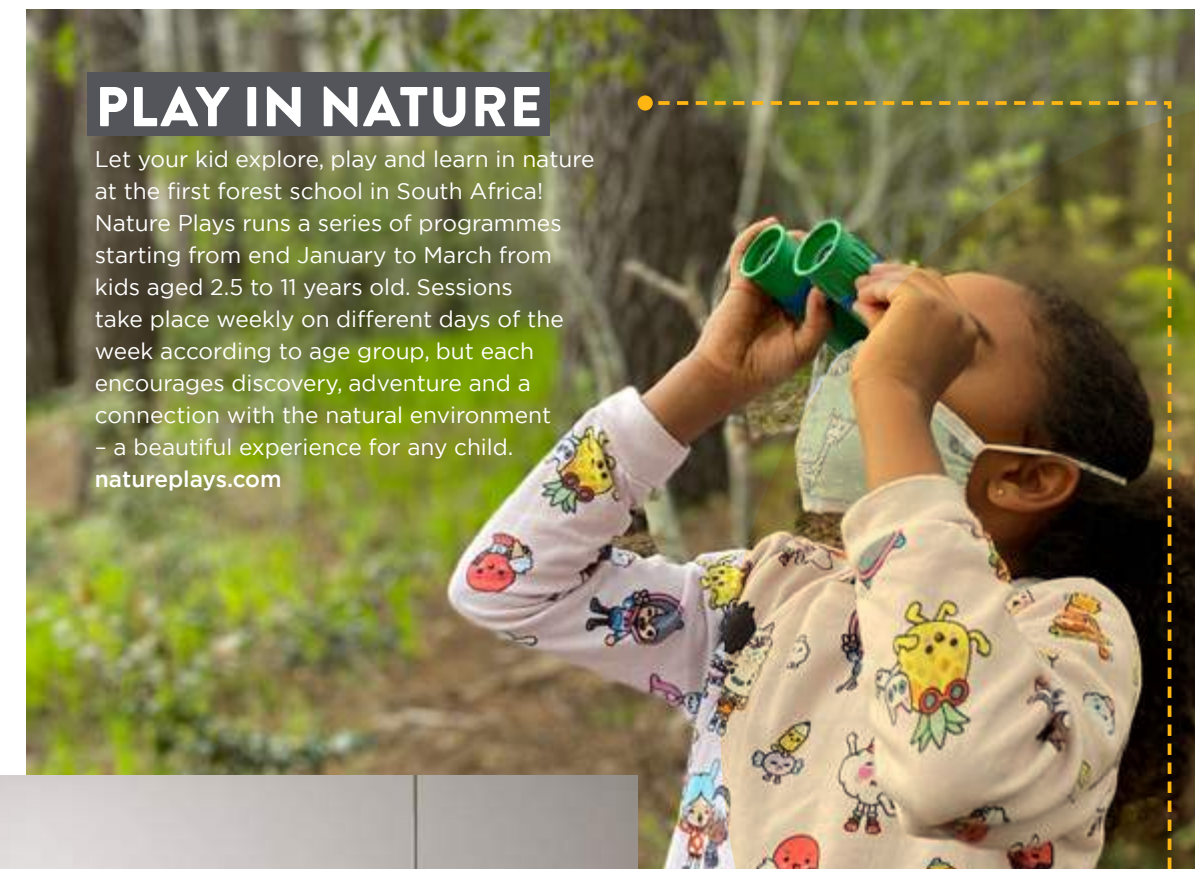


FOREST PICNIC

Summer time means picnics, and the luxury picnics in amongst the tranquil camphor forest on the Vergelegen Wine Estate are just the ticket. Available until end-April, the famous luxury picnics are delivered in wicker baskets and served at tables covered with white tablecloths and shaded by elegant umbrellas. The generous menu R330/person. Reserve your picnic at least 24 hours before. vergelegen.co.za

PLAY IN NATURE

Let your kid explore, play and learn in nature at the first forest school in South Africa! Nature Plays runs a series of programmes starting from end January to March from kids aged 2.5 to 11 years old. Sessions take place weekly on different days of the week according to age group, but each encourages discovery, adventure and a connection with the natural environment – a beautiful experience for any child. natureplays.com



TIDAL POOL ART

Cape Town's much-loved tidal pools are the focus of these beautiful paintings from artist and interior designer Marie-Louise Koen. The series is inspired by the way these pools bring together a community of ocean-loving people, and, fittingly, a percentage of works sold will be donated by the artist to The Beach Co-Op, an NPO that works to clear plastic waste from our beaches and oceans. The exhibition will be held at The Yard in the Silo District at the V&A Waterfront until 15 January. theyardatsilo.co.za



HARVEST-YOUR-OWN

On the hunt for fresh veggies? Head to Spier for Self-Harvest Saturdays, where you can pick fresh produce directly from the garden and take home a box crammed full of seasonal goodness for R150. Self-Harvest Saturdays run from 9am to 11am every Saturday morning, and advanced booking is essential. spier.co.za





JOYFUL

Africa

Two years ago, the V&A Waterfront went back to the drawing board – they wanted to reimagine the festive season to create a warm, inclusive and African celebration that heroes local design and sustainability. This year they're making the circle bigger, with exhibitions and displays that embrace even more makers, creators and communities.



"Since 2019 we have set out to infuse the festive season with purpose and meaning. We didn't want to do away with the celebration, but rather, we wanted to do it in a way that showcases authentic African stories, shines a spotlight on the creativity of the people of this country and continent and celebrates our heritage. We wanted to inspire locals and the rest of the world by sharing the story of a joyful Africa – it is our story, told our way," explains Tinyiko Mageza, Executive Manager: Marketing at the V&A Waterfront.

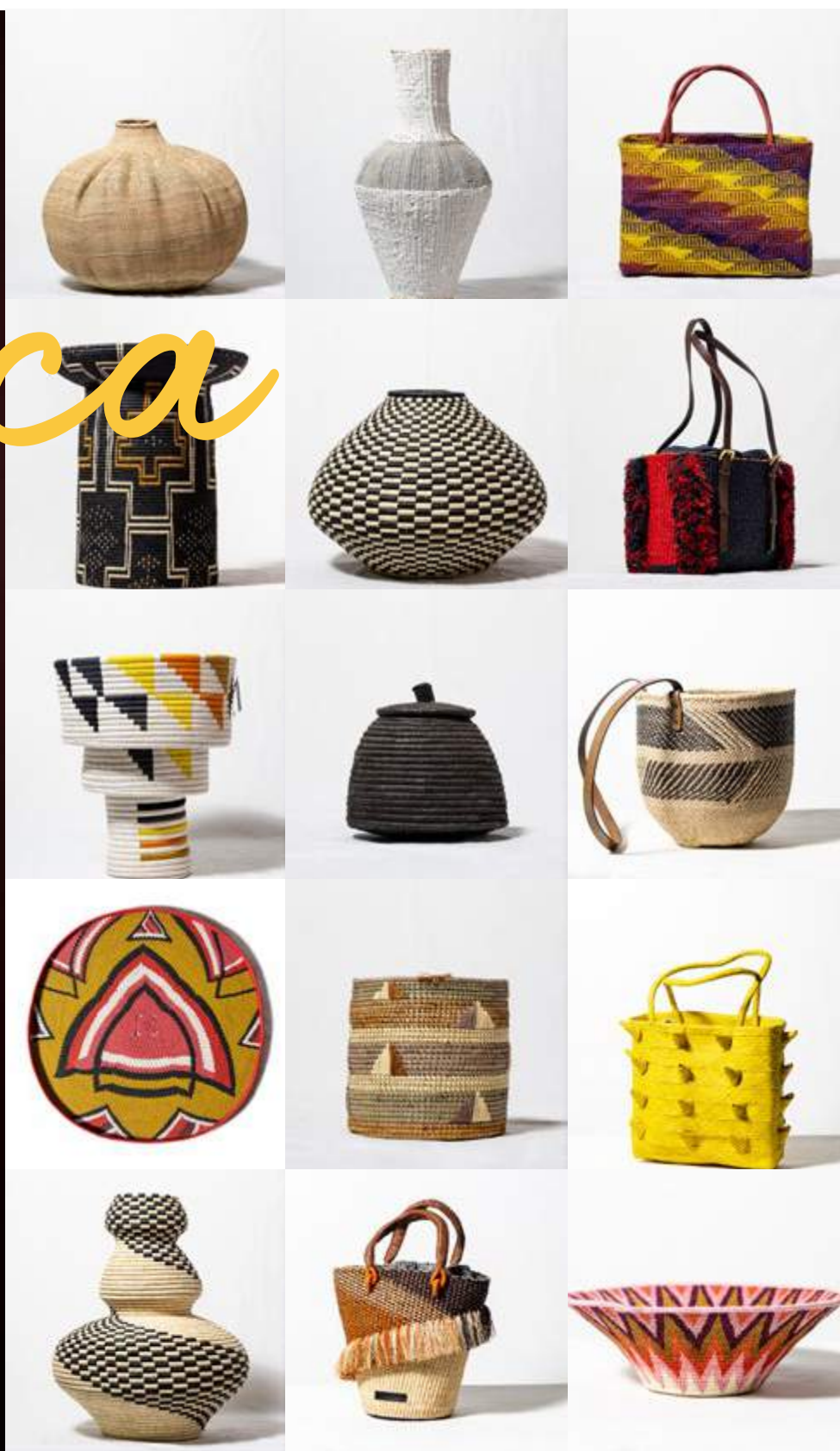
100 BEAUTIFUL Baskets

This large, and comprehensive exhibition of African basketry was curated by Platform Creative and is open for public viewing. The contemporary exhibition celebrates Africa's unique basket-weaving traditions and showcases woven vessels, furniture, jewellery and much more from different communities – stretching from KZN, Ghana to Zambia and Uganda.

With a strong focus on Southern Africa's diverse groups of basket-weavers, this first-of-its-kind free exhibition brings together some of the most revered names in basketry, giving this highly skilled handcraft the recognition it deserves. 100 Beautiful Baskets showcases African heritage moving into a contemporary world – a collective culture that all people from this continent can recognise, share and take pride in.

Each piece has all been carefully crafted by hand, by master weavers (mostly women) across the African continent, and behind every basket there is a story to tell and a person to meet.

To view the exhibition, visit the old cinema space on the 1st floor of Victoria Wharf, across the bridge and near Adidas.



TRAVELLING Totems

Eight large and intricate totems have been created by local communities from around the country who are known for the creativity and celebration of South African craft and heritage. We chatted with some of the creators behind these incredible totems to find out how they were inspired and what we can expect.

RONEL JORDAAN TEXTILES AND PROJEKT

Two Bays

An ocean-inspired totem from Hout Bay-based Projekt and Vrygrond's Ronel Jordaan Textiles, Two Bays combines the mediums of handmade felt and delicate crochet. "The Two Bays concept reflects the energy, hope and power that symbolises the work and attitudes of both groups," says Projekt's Peta Becker. Both Ronel Jordaan and Peta Becker are passionate about social upliftment and skills development, and their teams of women artisans have all been trained in their respective crafts on display in this totem.

As both communities are perched on the edge of the ocean, it's natural for the totem to reflect that locale – and it also carries inspirational meaning for us all. "The ocean holds life forms of such beauty and inspiration. It [the totem] symbolises the resurgence of the ocean and is a metaphor for the changes our projects have experienced since lockdown in March 2020", says Peta Becker

The coral floor has been crocheted and made by hundreds of individual stems which were, in turn, crafted by many project members. There's also plenty of seaweed and jellyfish to gaze at, a reminder that looking beyond the surface often brings beauty.



AFRICA!IGNITE

Ukuziqhenya

This totem focuses on the brilliant craft skills that can be found in some of the KwaZulu-Natal communities that Africa!ignite, a rural-development agency, works with. The agency connects visitors with local entrepreneurs, combining craft with vibrant cultural experiences and attractions. The totem creators came from three diverse areas in KwaZulu-Natal – Inanda, Ladysmith and eMazizini.

"We have used muted, earthy tones of dusty pink, creams and shimmering gold in beaded strips juxtaposed by the vibrant images, depicting the WOWZULU craft-and-tourism-enterprise cycle," says Bongiwé Mlangeni. Within the totem there are women weaving, families gathering and tourists visiting these hidden gems and special destinations. Look out for the incredible craft skills displayed such as beading, weaving and embroidery.



V&A WATERFRONT TENANTS GET INVOLVED

One V&A Waterfront tenant who is embracing the Joy from Africa to the World theme is The Table Bay hotel. This year, domestic and international tourists entering the 5-star hotel will be greeted by all the festivity of the season, but with African flair.

Joanne Selby, General Manager for The Table Bay hotel says, "We were inspired by the V&A Waterfront's vision of Joy from Africa to the World and decided to draw on this concept for the hotel festive programme."

"We commissioned local artist Glorinah Khutso Mabaso to reimagine our existing decorations in an African pattern that would be exclusive to our hotel, and that symbolises a festive season at the tip of Africa. In addition to covering our old baubles, we have partnered with Monkeybiz which works with 250 local crafters in Cape Town. The wire and beaded objects they have created include bowls, proteas, porcupines, and even a fun African take on reindeers."

AFRICAN ART CENTRE

Umthombo

With a title that means 'tree with the purest water' in isiZulu, this totem depicts the water nourishing and strengthening the roots that weave their magic to create a place where all can flourish. "Our totem pole is made of the various elements – water, land and air – with blue hues, rich reds and deep greens representing them," says Janine Caramanus of the African Art Centre. Other elements include the use of telewire, a skill that was started by Zulu nightwatchmen many years ago, and the painted wood animals, which represent the rural, forested community of Manguzi.

When looking at the totem, pay special attention to the enormous sizes of the telewire pipes covered with quality weaving as well as the different techniques used: "It was completed in the most extraordinary time frame, and was a challenge that each artisan is so proud of," says Janine.



MONKEYBIZ

Umoya Wasekasi

Celebrating the spirit of the township with their totem, Cape Town-based Monkeybiz is an economic upliftment project dedicated to reviving the traditional craft of African beadwork and empowering women to become financially independent. The 26 artists involved in its creation are from Khayelitsha, and the totem depicts different aspects of life in the community.

Homes, family, growth, lifestyle and community – you'll find it all in this totem, as well as the sun and the moon, which carry a special meaning. Noloyiso Maphakathi, who beaded the sun and moon that sits at the apex, says the sun symbolises happiness in her Xhosa culture. Having the moon and sun at the top of the totem represents the cycle of life, which is made up of day and night; light and darkness – much like the lived experiences of many people in marginalised townships. The beaded dolls represent women's empowerment – one of the core missions of Monkeybiz.



When you're at the V&A Waterfront this year, look out for the Summer Palace for kids to wander through, colourful hanging baskets in the open-air atriums, golden swallows made from recycled metal, swooping through the mall, and a giant Christmas tree!



HIDDEN Gems

Take a trip around the Mother City this summer to explore some of its top spots. From tidal pools to kayaking, mussels and scones, street art and peaceful courtyards, there's always something cool to discover.



And while you're at it, enjoy this compilation of summer tunes from the Purely Local team. Scan the QR code for the playlist.

INTAKA ISLAND

IS AT THE HEART OF CENTURY CITY'S SMART ENVIRONMENTAL SUSTAINABILITY

Smart environmental sustainability through growing and developing responsibly, is one of the five smart segments that Century City has identified as being a living smart city with a proven track record of innovation spanning two decades. Environmental sustainability is a key element for a smart City to fully integrate and for growing and developing responsibly.

"By using advanced technology and other innovations, we can shape a precinct that's better equipped to address today's urban challenges that often have a negative impact on the environment," says Louise de Roubaix, Environmental & Horticulture Manager at Century City Property Owners' Association (CCPOA).

"One of our key focus areas, and most definitely a part of Century City that's unique in terms of natural resources is its most precious natural treasure, Intaka Island, a 16ha wetland at the centre of the precinct. The environmental protection of Intaka Island and its use as an environmental education classroom is key to the overall integration of people, development, and the sensitivities of true conservation, and is the foundation of our environmental sustainability philosophy," explains De Roubaix.

Home to 231 species of indigenous plants, 120 bird species and several small terrestrial animals, Intaka Island has an internationally recognised heronry, is the starting point of Birdlife South

Africa's Flamingo Birding Route and is recognised as a voluntary conservation site by CapeNature. "Another major feature of Century City is our canals," says De Roubaix. "We have 8.3km canals running through the precinct, including the new canals around Ratanga Park but excluding the water body of Intaka Island. Our canals are a very sensitive and important part of Century City."

De Roubaix explains that the construction of Intaka Island as a man-made wetland was not only to create a lush green lung to Century City, but as a method to clean and polish water by replenishing and circulating the canal water. "This provides a natural healthy environment for people, plants and animals alike. We conduct weekly and monthly sampling of the water, which is then sent away for testing at laboratories to ensure that we are meeting water quality standards. In addition, we harvest the aquatic plants that grow in the canals to ensure that the waterbody is fit for passive recreational purposes such as canoeing and our Intaka Island water taxis. Aquatic plants aid in the natural uptake of nutrients and the harvesting thereof plays an important role in removing excess nutrients in the water. This is critical for the balance of our Century City ecosystem."

WHAT CAN YOU DO ON INTAKA ISLAND AND THE CENTURY CITY CANALS?

BOAT TRIPS

Take a tranquil ferry ride on the Grand Canal and around Intaka Island and enjoy the fresh air and breath-taking views of Century City. The duration of the ride is approximately 35 minutes and the boat operates as follows:
09:30 to 15:30 - Saturday to Thursday,
09:30 to 14:00 - Friday
with a special "hop on hop off" feature at Canal Walk and Crystal Towers.



Booking is essential. To book your boat trip call 021 552 6889 or email melissa@intaka.co.za.

BIRD MOUNTAIN

Bird Mountain overlooks the large expanse of deep open water of Cell 3 on the man-made half of the wetland where one can watch the flurry of activity surrounding the heronries. Perched on the highest point of Intaka Island, Bird mountain offers panoramic views across the island with Table Mountain as the backdrop.

SELF-GUIDED TRAIL

You can enjoy all the beauty Intaka Island has to offer by taking a leisurely stroll around the 2km of footpaths available. There are 9 stations that you will have access to on the self-guided trail, each offering you a different insight into the bird, water life, flora and fauna that is encompassed in Intaka Island.

The 2km circular path takes you around both the constructed wetland and ephemeral pans, whereas the shorter circular 1km route takes you around the constructed wetland with lookout points over the ephemeral pans. This route is also wheelchair and pram friendly! Maps, brochures and bird checklists are available at reception for those who want tick what you see as you make your way around Intaka Island. We also request that you stay on the designated paths and not disrupt the vegetation.

BIRD HIDES

Home to over 120 species of birds, Intaka Island is a must for any bird watcher! Although a lot of activity can be spotted throughout the island, two designated bird hides have been constructed at key areas to maximise your enjoyment and chances of spotting the more elusive birds or the notoriously camera shy water-mongoose!

BOATING

Calling all canoeists, Stand Up Paddlers, rowers and dragon boaters! Century City welcomes and encourages you to take advantage of our 8km of protected navigable canals - however, no motorized boats allowed.

Contact the Century City Property Owners' Association on 0215526889 or via email info@centurycity.co.za for permits and any further information.

Get Connected

Summer trading hours: 8:00 to 19:00, giving you more time to enjoy all the Island has to offer.

Day visitor general entry:
Adult R25, Children (under 12 years) 15.00, Pensioners R15.00
Add a boat ride (entry fee included) (bookings essential)
Adult R75.00, Children (under 12 years) 65.00, Pensioners R65.00

Contact Number: 021 552 6889
Email: info@intaka.co.za
www.intakaisland.co.za



Retail

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Action



A PLATFORM FOR OTHERS TO STAND ON

Launched in the thick of the Covid-19 lockdown by retail mavericks Paul Simon and Arie Fabian, We are Egg is a visual feast.



AWARD-WINNING

We are Egg won the South African Council of Shopping Centres (SACSC) Award for Large Retail Store Design of the Year for 2021. The SACSC Retail Design and Development Awards seek to recognise exceptional shopping centre and store design within the South African property industry.

180+ BRANDS COVERING

FASHION
BEAUTY
SNEAKERS + SOLES
JEWELLERY
FOOD + WELLNESS
ACCESSORIES
HOME + GIFTING
CUSTOMISATION
SERVICES

ALL UNDER ONE ROOF



With its first location in Cavendish Square, the 3000m² next-generation department store is home to over 180 local and international brands from fashion and beauty to home décor and footwear, to food and drink and wellbeing - all in one beautiful space.

Representing small, medium and micro enterprises, 80% of the products on EGG's shelves are locally produced and sourced. In fact, for many local brands, this is their exclusive bricks and mortar home.

The innovative space showcases new traders, local innovators, entrepreneurs and disruptors as well as established brands. Within the department store there's space for consumer interaction and entertainment, events and launches, as well as a customization counter where buyers can customize their purchases. You can even get piercings, beauty treatments or a haircut, or take a minute or two to relax in the store's calming pod. It's bespoke experiences like these that keeps EGG relevant and meets their customers ever-changing needs - you certainly won't find all of this in any other store.

Then there's the food court, featuring some of the country's top boutique food vendors selling everything from the sinfully decadent to the outrageously healthy. From handmade chocolates to vegan bagels - if you can think of it, there's a good chance you will find it at EGG.



“We are truly excited about our growth plans for the next 12 months - **watch this space** to hear more about where in Gauteng our next EGG store will be opening,” says CEO Paul Simon.

Get Connected

If you want to experience EGG from the comfort of your home, visit EGG's online store.

Floor 1, Cavendish Square, Claremont
@weareeggretail
@weare_egg
weareegg.co.za

EGG

TAKING FLIGHT

IMAGES: Tyrone Bradley |
Craig Kolesky | Paul Ganse
| Red Bull Content Pool

This year's Red Bull King of the Air competition wowed the crowds with two days of energy, passion and jaw-dropping kiteboarding action.



Traditionally run in a weather window from late January to early February, this year the big-air kiteboarding event took place in late November on Kite Beach, New Zealand's Marc Jacobs beat three-time champion Kevin Langereer and Stig Hoefnagel to take the title - and on his 32nd birthday, no less!

"I'm beyond stoked with the win," said Marc. "It's been three or four years of full-on dedication to make this come true. The fact that it happened on my birthday and that it played out exactly how I envisioned it is just crazy. It feels so good."

Weather conditions were perfect on the day, with the Cape Doctor arriving in the late afternoon and staying constant throughout the finals. Sportive Director Sergio Cantagalli said of the event: "The sport is growing and developing fast. We are keeping track with that. They are fast! It is exciting times for the sport."





Whether it's premium wine you're after or the health benefits of kombucha, there's a small producer to quench that thirst.

BREW KOMBUCHA

Kombucha is a fermented tea drink that's packed to the brim with good-for-you probiotics. There's plenty on the market, but Muizenberg-based Brew Kombucha is taking a different path. We chatted with owner Alex Glenday.

Q&A **WHAT WAS APPEALING TO YOU ABOUT STARTING TO BREW KOMBUCHA?**

Kombucha is fascinating by nature, and it can quickly become something you love so much, that you crave it! I was missing really good quality kombucha in my life and knew that the unhealthy options that disappointed me were disappointing others too. I am a problem solver and passionate about nutrition and quality ingredients, and there was a market gap in South Africa for kombucha that focussed on our local superfood, Rooibos. What a great opportunity to help others care for themselves and the planet, as well as to connect with people who think differently.

WHAT IS IT THAT YOU LOVE ABOUT WHAT YOU DO?

I love watching our team grow as the business grows. As the business gains recognition and more people reach for Brew Kombucha, we are never bored keeping up with demand! I think we are blessed to have a product we really believe in too - it keeps the love for our work alive.



ALEX GLENDAY

THERE ARE QUITE A FEW KOMBUCHAS ON THE MARKET IN SA - WHAT DO YOU THINK IS BEHIND BREW KOMBUCHA'S SUCCESS?

Home-made kombucha can be pretty funky and inconsistent, and a beautiful and well-made kombucha is a tricky thing to get right. You have to be willing to really spend time on the art of fermenting and we have spent many years on this. A comparison people can relate to is making an award-winning wine - there is a lot of wine out there, and only some of them are super good. We take huge pride in our award-winning kombucha and have recently been awarded Double Gold for two of our range at the 2021 Aurora International Taste Challenge. Good, certified organic ingredients are important as well, because what you put in is what you get out.

brewkombucha.co.za



KHAYELITSHA'S FINEST WINES

LINDILE NDZABA

When it comes to wine, we're spoiled for choice in Cape Town. But Khayelitsha's Finest Wines is bringing something unique to the table. The business was founded in 2018 by Lindile Ndzaba with the aim of helping his community explore and experience great wine. He works hand-in-hand with winemakers from some of the top vineyards in the winelands to produce his range, curating a selection of premium wines that inspire people to try something different.

"Human nature is to shy away from the unknown. People are often intimidated by wines that they don't know, and so they have a tendency to stick to one style or cultivar. But there is so much more to discover," says Lindile. "People still ask me if we make the wine in Khayelitsha. I grew up in Khayelitsha and am still living in Khayelitsha. I'm not shy to mention that where I'm from, there are no resources to produce wine - and that shouldn't stop anyone from building their own brand, based on passion and hard work."



Q&A **WHAT DO YOU LOVE ABOUT WHAT YOU DO?**

I love working with people in the process of building my brand from the growers to the end customer. I love drinking wine and learning about wine culture. I love the people and I love the product that we are serving.

WHAT DO YOU THINK IS BEHIND KFW'S SUCCESS? WHAT MAKES IT AN OFFERING THAT STANDS OUT FROM THE CROWD?

It's the authenticity of the brand; it's one of the most original tales in the wine industry that should be celebrated and graced globally. Khayelitsha's Finest Wines stands out because it's creating a bridge between passionate wine makers and the townships. We uplift the communities and encourage a mindful and a responsible way for consuming wine.

HOW DO YOU DECIDE WHICH WINE IS RIGHT FOR THE KFW BRAND?

I look for quality rather than quantity. For wine that can express fruits, more minerality, and has been produced by small yields vineyards. Most importantly, if I enjoy it it means I can drink it with family and friends. It's a winner.

AS WE HEAD INTO SUMMER, ANY RECOMMENDATIONS?

We have a lot to offer for different occasions paired with friends and family. We are launching a small batch of Cabernet Franc. Our award winning Petit Verdot Rosé is phenomenal. Lastly, look out for our exceptional Cape White Blend - it tastes like Christmas!

@KhayelitshasFinestWines



GREAT CAPE TRADING COMPANY

The Great Cape Trading Company first started online three years ago, selling dry goods and imported food products. But as the company began to grow, owners Sally and João De Oliveira added local, artisanal goods to their line-up and opened their first bricks and mortar store, just days before Covid's arrival. Now, it has transformed into an eclectic concept store in Big Bay that's part-online shop, part-deli, part-restaurant and bar, and part-kitchenware store.

"As an essential services provider, we managed to stay open for trade right throughout the lockdown," says Sally. While many businesses were closing, The Great Cape was doing the exact opposite - the store grew from its initial 126m² to its current 340m² space. "Continually changing, innovating and doing things differently has kept the business alive during the frustrating lockdowns and loadshedding challenges," says Sally.

The space is an incredible showcase of The Great Cape brand, with a range of diverse products to buy and delicious food and drink on the restaurant and bar menu. "Guests can try any of the local and imported wines with a meal before buying off the shelf," says Sally. "Also, many of the items in store are available on the menu to try before buying to cook at home."

With a lounge restaurant overlooking Robben Island, the bar and bistro area as well as an outdoor piazza area, they host wine tasting events every Saturday, a monthly culinary club and a monthly women's networking event called Tribe XX.

"Today, The Great Cape continues to grow both online and instore, adding more innovative products and promoting more events and experiences for people to enjoy," says Sally. thegreatcape.co.za



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EVERYONE'S WELCOME

Sunbird restaurant and Milkwood Deli are the offspring of two well-known Melkbos hotspots, I Love Melkies and The Hart Bistro & Eatery, both located on Beach Road, Melkbosstrand. Co-owners Mike Lemin and Simoné Visser have spent years investing into the uniqueness and essence of each individual restaurant, building them from the ground up. Now they've added the Milkwood Deli and Sunbird restaurant to their portfolio, in the beautiful Atlantic Beach Clubhouse, where everyone's invited to tuck in.

PUT YOUR FEET UP AT MILKWOOD DELI

With a relaxing and welcoming environment, Milkwood Deli greets visitors as they enter the Atlantic Beach Clubhouse. Milkwood Deli offers the opportunity to enjoy a quality cup of coffee and an amazing sit-down meal with excellent service and warm hospitality. Meals are warm, homey and delicious; breakfast options include yummy breakfast bowls, gluten free waffles, breakfast quesadillas or classic breakfast combos.

For lunch, choose from a wide variety of gourmet sandwiches, delectable wraps, salad bowls and much more. The deli section offers a variety of purchase-and-take-home items which you can browse at your leisure, from freshly baked breads and Milkwood home meals to take away lunches and unique gifts.

Guests can also relax while working at one of Milkwood Deli's workstations, set-up with everything they need to get through the workday comfortably. Parents have not been left out of the equation either as the Milkwood Kids Play Area is available for your children to have a ball while you enjoy the peace and quiet over a meal or catch-up coffee. With many options on the kiddies' menu, you can be assured that your little ones will enjoy Milkwood just as much as you will. It's a great place to meet up for coffee and cake with a friend, enjoy a meal as a family or sit to work for the day. Everyone and anyone is welcome.



ENJOY SUNDOWNERS WITH A VIEW AT SUNBIRD

Head upstairs and you'll find The Sunbird Restaurant and Links Bar. Sunbird Restaurant promises a dining experience in a lively environment that caters for those who enjoy quality cuisine and good food. The décor offers a beautiful space in which to celebrate special events – it's a colourful, creative environment where you can enjoy a lovely meal that is just as easy on the eyes. Sip on sundowners and share a lovely cheese platter with friends whilst enjoying the breath-taking view of Table Mountain surrounded by the greenery of Atlantic Beach Golf Estate's beautiful lawns.

Sunbird Restaurant and Links Bar offer a variety of inspired cocktails, carefully selected wines, and gin and tonic combos that are sure to impress. Enjoy one of the many drink options with the diversity of food items that Sunbird has to offer, including vibrant tapas dishes, delicious mains, scrumptious wood-fired pizzas, and more. Spend a Saturday basking in Cape Town's gorgeous summer weather in the patio lounge area or a Sunday enjoying live music at Sunday bubbles and music sessions.



Something delicious has opened in the Atlantic Beach Golf Estate! Well-known restaurateurs Mike Lemin and Simoné Visser have added two more eateries to their delicious The Hart brand - Milkwood Deli and Sunbird restaurant.



Get Connected Milkwood Deli

Visit Milkwood's online store to check out their menus, order fresh produce, home meals, bakery items and much more.

Tuesday - Sunday from 8am-4pm

milkwooddeli.co.za

[f @MilkwoodDeli](https://www.facebook.com/MilkwoodDeli) | [i @milkwooddeli](https://www.instagram.com/milkwooddeli)

Sunbird Restaurant

Tuesday - Saturday from 12-8pm and Sundays from 12-5pm.

sunbirdrestaurant.co.za

[f @SunbirdRestaurantBar](https://www.facebook.com/SunbirdRestaurantBar) | [i @sunbird.restaurant](https://www.instagram.com/sunbird.restaurant)



SUNBIRD
RESTAURANT & BAR

Head to the Atlantic Beach Golf Estate for a casual bite at Milkwood Deli or tapas with a view at Sunbird Restaurant.

1 Fairway Drive, Melkbosstrand
Atlantic Beach Golf Estate



MILKWOOD
DELI





GRASS ROOTS GROWTH

With plans to transform an empty plot of land in Tableview into a space where the community can gather in a lush food forest, upskill through workshops and recharge their batteries, the Friends of Study Street Community Hub is an exciting vision for the future of community development.

Every community deserves a space to heal and evolve from. Even better if it can raise the socio-economic profile of the area and its people. This is the guiding principle of the Friends of Study Street Community Hub, which envisions a space that can support the community back to work and empower, educate and feed a community's soul.

The first hub will be piloted in Tableview in the Flamingo Vlei area and will upgrade the piece of land into a water-wise food forest that gives back through lifestyle and off the grid workshops, professional skills training and activities that reflect the natural space in which it is set.

The Food Forest will mimic the abundance and self-sustainability of a woodland ecosystem, but focus on fruit, indigenous products and medicinal plants. Once established, it will require little maintenance but the setting will provide a space for the community to thrive.

"Embracing diversity in culture and uniqueness in expression is the core of every community hub," says Ursula Ostuni, one of the people spearheading

the Hub. As the Hubs roll out into other suburbs, they will naturally set their own tone. "Each community hub will have its own identity, and it is created and matured with ongoing relationships between local organisations serving their community's needs, alliances established by local businesses collaborating on global resources and a community's art and cultural diversity and interactive response to life's many challenges."

The Hub recently held its first participation day, which encouraged community members to brainstorm and collaborate with the project committee. "This is an essential part of the process, especially for those who live and work around the land," says Ursula, who says that those closest to the area can raise the issues and ideas that will bring the most direct benefit for the neighbourhood.

"The Study Street community is abundant with all the necessary human resources to make this space a success," says Ursula. "The potential for growth is unlimited, because here, the community has decided to take control of their own destiny."



WHAT'S PLANNED FOR THE HUB?

- Regular market of wholesome and artisanal food, and food-related products.
- Accredited Small Business development workshops and local SMME products sales.
- School Life-science tours, planting and eco-systems workshops
- Seed swapping festival and harvesting days.
- Music, plays and performing arts evenings in nature's amphitheatre.
- Guided foraging, tunnel growing and wholesome food preparation courses.
- Speaker evenings on targeted community-specific themes (get to know your inspirational neighbourhood and guest experts).
- Wholefoods-picnic, storytelling workshop and overnight camp for schools and young community residents.

Get Connected

If you would like to get involved in the project, email projects@studystreethub.org.za

HAS ZOOM KILLED OUR VAVAVOOM?

If you've ever sat in a boardroom, smirking at the irony of your boredom, you'll agree that meetings can be a killer of all things creative and productive. Thankfully, sending the world into lockdown provided a hiatus from those micro-managing 'leaders' who insist on getting the team together for a meeting about a meeting, savouring the sound of their own voices or passing the baton from one drone to another.

WORDS: Steven Pieterse

One thing that Covid has proved is that we are amazing specimens, capable of managing our own time, producing stuff without the big cheese over our shoulder and, well, getting on with it. We've found new ways of doing things and, in many cases, enjoyed the flexibility. Replacing an early morning traffic jam with a jog or a coffee ride (you know who you are), and by figuring out tools called Zoom, Teams, Monday.com and Telegram, we've revolutionised the archaic 8-5 office regimen for good.

Enter Mr Zoom addict.

"That meeting could have been an e-mail," is alive and revived and now worse than

ever. Back-to-back 'jumping' onto zoom meetings has created a new monster in the workplace and Zoom fatigue emerges.

Although we provide clients with great solutions, tools and techniques for effective online and remote working, many managers seem to skip a crucial first step: does this need to be a meeting? So, before you head on over to your favourite meeting tab, ask yourself a few questions like:

1. Does a decision need to be made?
2. Do we have all the information we need?
3. Do we need to talk through ideas and solutions?



4. Is there anything new to report?
5. Who really needs to be there?
6. Can the information be communicated in a brief e-mail?
7. Will this meeting build staff morale and camaraderie?
8. What about a swift phone call?
9. Have you tried any other means of communicating? (A video conference or online meeting should be your last resort.
10. Is there not a better way to communicate the idea?

Weekly meetings, status updates, exco meetings, our calendars are overlapping with Zoom links, and Teams invites, but very often the meeting is futile and mostly

just a waste of time and money. Think about the cost of your entire team sitting in a weekly status update for 40 minutes, when honestly that could have been an old-school e-mail, phone call or, if you must - voice note.

Our Contributor:

Steven Pieterse is the CEO of Metisware, which helps companies solve their business problems through technology; un-complicated, smart, user-friendly systems and solutions for any and all business, done right.

info@metisware.com
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ORDINARY PEOPLE DOING EXTRAORDINARY THINGS

Being a community hero is all about getting stuck in - when you see a need, you make a plan. We love these four stories of locals giving back in the best ways they can - by using their experience and talents to solve a problem.



BUHLE

Sithela

BRINGING THE CINEMA EXPERIENCE TO KIDS



Vuma Pop-Up Cinema was founded in 2017 by Buhle Sithela and brings together his experience from working in the events industry, and his love for cinema. "I wanted to close the gap of film not being accessible to children and saw this as an opportunity to create a safe space to keep them entertained," says Buhle.

Together with his crew, he sets up mobile cinemas in different communities in Cape Town, working with donations direct from the community as well as corporate

organisations to manage all the logistics, venue bookings and buy snacks for the children. "We want them to get the full cinema experience," says Buhle.

The films are sourced from Video Vision and other local production and animation studios, and focus on African storytelling. "We use this platform to teach children about South African culture, COVID-19, and self-care," says Buhle. The response has been phenomenal. "We have received a lot of positive feedback from parents,

thanking us for keeping their children safe and entertained." Another benefit is education. "Film can be used to support the school curriculum and with the pandemic we found that a lot of children were forced to miss out on learning opportunities," says Buhle. "Children are made to feel safe and well taken care of and watching films with big superstars also inspires them to work hard and chase their dreams!"

@vumapopupcinema

RACHEL

Ancer

At the age of 12, Rachel Ancer is a champion for children that need life-saving stem cell transplants. It's been four years since her own stem cell transplant and she'll be marking the occasion of her Bat Mitzvah by giving care packs to those awaiting treatment at the Red Cross War Memorial Children's Hospital.

In 2015 she was diagnosed with Pure Red Cell Aplasia - a rare disorder of blood production in which the bone marrow fails to function. After her diagnosis, an extensive donor search was launched by the South African Bone Marrow Registry (SABMR). While there were no matches locally for Rachel, the SABMR found her "genetic" match 14 300 km away in Poland.

In 2020, she penned a children's book called Rachel's Second Chance (with a little help from her parents) to give hope and inspiration to children awaiting transplants. Rachel says the idea behind

the care packs, which includes a copy of her book, is to furnish patients and their parents with fun activities to keep them busy during their hospital stay.

"Sometimes you get very bored in hospital so, I chose a few things like crayons, paints, colouring books, earphones, little gadgets for them to play with, and a beanie to keep their heads warm as your hair falls out due to chemotherapy," she says. "I hope my story book will inspire them and give them hope for a second chance. It's meant to help them through the often-daunting process that lies ahead and to let them know that it will be okay."

Parents will also be given a goodie bags, which includes a mug, hot chocolate, headphones and a notebook and pen to help them jot down any important medical information.

@BoneMarrowTransplant4Rachel



SHARING HOPE AND INSPIRATION

ANGIE

deWet



For many cancer patients, hair loss can be a devastating side effect of chemotherapy. Tosca Beauty and Salon Group is the first South African hair and beauty salon group to offer free hairpiece development consultations. The idea sprouted from the owner, Angie de Wet's relationships with clients, friends, and colleagues undergoing chemotherapy with little or no support to regain their confidence.

"I realised I had the opportunity to do something beyond my day-to-day career and provide a safe and inviting space for cancer patients who sought support specific to their profiles and hair loss," says Angie. "Whether patients were undergoing treatment, in remission or didn't even have cancer, extending our usual offering to free private hairpiece development consultations is a drop in the bucket towards creating hope and igniting happiness for anyone experiencing hair loss."

During the consultation, hairstylists will consider their clients' specific needs, lifestyle and weigh up their options. "It can be a wig, a topper (hairpiece for a specific area), scalp treatments, hair loss products to reactivate hair growth," says

Angie. "The options are endless." "I have not had cancer, and it is difficult to relate with friends who have and continue to endure tough times I cannot even begin to imagine," says Angie. "I cannot speak for them, but if I can show them how strong they are and provide them with the choice to develop a custom hairpiece that can help them feel good about themselves, positively emphasise their assets and boost their confidence, I wouldn't think twice about it."

Angie's movement is picking up steam amongst other salons, and she's been approached by counselling experts to get involved in spreading her consulting approach to other industry professionals. "Our goal is to get medical aids, insurance, and the medical industry on board with this initiative to allow budgets that assist individuals with funds/percentage of their expenses. In this way, it can help uplift their mental health and wellbeing."

Currently, hairpiece development consultations are offered at the Table Bay Mall location (Shop G352).

toscasalon.co.za



CREATING A SAFE SPACE



ANGELA

Katschke



CHANGING LIVES THROUGH ART THERAPY

"Children see our art classes as safe spaces and they need them more now than ever before."

The Butterfly Art Project took part in the Lights on After School campaign, which had the theme this year of #Helpingkidsrecover and highlighted how non-profit after-school programmes (ASPs) such as the Butterfly Art Project are helping vulnerable children recover what has been lost over the last 18 months of the pandemic.

"Learning gaps are not new; we have long left many young people behind with every year of schooling, leading to grade repetition and dropout. Covid's trail of destruction has only deepened these learning losses. Catch-up intervention is therefore critical, and this is where the ASP sector proves pivotal in improving learning outcomes and nurturing holistic development," says Sibongile Khumalo, Executive Director of The Learning Trust.

"We have been partnering in the after-school space with The Learning Trust for many years. Without the generous and brave individuals helping children and youth in the afterschool space, more children would be lost. They deserve all the support we can give," says Angela.

At the beginning of lockdown in 2020, the Butterfly Art Project ran an art campaign called "My Monster" where children could express their challenges and share their sorrows through art.

The benefits of art therapy are many, and Angela Katschke, the founder of the Butterfly Art Project, has been instrumental in training and creating a network of facilitators who use their skills in vulnerable communities to bring about healing and stability in children. "The pandemic has been a challenge for everyone," says Angela. "South African children are particularly vulnerable and hundreds upon thousands of local children have suffered school closures and ineffective educational support and isolation from friends and family."

Doing art like drawing, painting, moulding clay and crafts such as knitting relieves children's stress and helps them to cope. "It balances thinking, feeling and willing which ultimately builds our immune system," says Angela.



They also distributed art packs and materials to 4491 children in Cape town communities so that children could continue their art healing at home.

This year their theme was "manifesting the new" which taught them how they can be present, realise the needs of the moment, listen to the future impulses and then take action to create something new. They were given unfinished/unwanted artworks to finish or transform, and these art pieces are currently on display as part of an exhibition at the Zeitz Moco.

butterflyartproject.org



GET AHEAD OF THE CURVE

Gone are the days when matric, university or college were the only paths we could take. Today, young adults have a myriad of options – especially ones which lean into practical skills and the realities of the professional world. Generation Schools, a school group that thinks outside the box, have put together a number of programmes that will help the next generation to find their place in this world.

Traditionally, it is thought that your career really only begins once you leave school and either head to tertiary education or take your first step on the career ladder. But, what if you could get a head start on your future?

Generation Schools' Si pathway is an innovative tertiary-in-secondary stream that allows students to accelerate their journey by unlocking alternative learning approaches while still in high school, creating a variety of school exit credits.

MATRIC EQUIVALENTS

With Si, students can complete their Matric equivalence NQF Level 4 certificate, as well as commence

traditional tertiary qualifications. In addition, they can engage with more modular learning and micro- and nano-degree courses through the eta College and Junior to Giant programme.

Si uses a blended approach to education where students engage in both online and on-campus learning. Students can start at any time of the year, allowing them to work through content at their own pace while gaining invaluable real-world experience.

In 2022, Generation Schools will offer a multitude of school exiting qualifications ranging from Further Education and Training Qualifications (FET) to

International Access Qualifications. The qualifications provide access to higher education through South African institutions as well as a range of European and United Kingdom universities.

The purpose of higher education should not only be focused on academic acquisition but also focused on equipping a student with business acumen and readiness to prepare them for a real working environment. The Junior to Giant programme bridges the theory of education with the reality of profession – the catalyst to Generation Schools' Si grouping of curricula.

MATRIC-EQUIVALENT COURSES AT GENERATION SCHOOLS

The ATHE Level 3 Diploma in Business and Management is a 120-credit Ofqual regulated qualification that provides a student with a matric equivalence NQF4 certificate.

Generations also offers an FET Sports Administration qualification (172 credits) which also provides a student with a matric equivalence NQF 4 certificate.

They also offer a suite of International Access Qualifications (IAQs) that prepares and equips students with a good foundation for university-level study nationally and internationally.

The International Access Qualifications they have on offer are:

- Level 3 Diploma in Applied Statistics (60 credits)
- Level 3 Diploma in Information and Digital Technologies (60 credits)
- Level 3 Diploma in Business (60 credits)

Generation Schools also offers the following progression qualifications:

- Level 4 Extended Diploma in Business and Management (120 credits)
- Level 5 Extended Diploma in Business and Management (120 credits)
- Level 4 Diploma in Computing (120 credits)
- Level 5 Diploma in Computing (120 credits)



ABOUT THE JUNIOR TO GIANT PROGRAMME

There are gaps in education - the things you won't find in a textbook. Junior to Giant is an experiential programme that helps take a student's knowledge from theory to reality by offering him/her real-world professional experience in a structured and holistic way.

In essence, the Junior to Giant programme is an on-the-job process that rounds off an educational journey into a real-world opportunity. It involves a three-months to one year on-boarding process and culminates in job placement or career creation.

Jevron Epstein, the founder of Generation Schools explains: "With our Junior to Giant programme, we look to partner with giants in the industry to give our students the best possible opportunity to learn and develop their business acumen and gain valuable experience."

The programme has successfully been piloted with 6 interns, who have each gone through the process, graduated and started their internships with various organisations. Two of the interns, Duncan Smuts and Femi Dlangamandla, have been offered an opportunity to intern for Sandalene and Luke Dale Roberts, at their newest restaurant, The Test Kitchen Fledglings.

The 3-month process includes enrichment workshops, as well as working on-site, all of which are done under the guidance of professionals and mentors. After the 3-month process, students are



ready to become an intern for 3 months, and after that time they can apply for a remunerated intern position. The programme can be incorporated into the school day if time allows, or it can be completed after hours.



WHAT THE JUNIORS HAD TO SAY

KYLE SAVILLE | BUSINESS

"I am currently in my second year of Bachelor of Commerce in Economics and, since I joined the Junior to Giant Programme, I've been thrown in the deep end!" says the 19-year-old, who has been part of Generation Schools for five years now. "I was asked to conceptualise and present to Capitec our vision of how they can help the youth understand the banking and financial system. Not only was I asked to pitch this idea, but I had to help design and build the first model for our concept. It is rare that 18- or 19-year-olds have the opportunity to present in front of a panel of business-people, and just having this opportunity was invigorating."



"The Junior to Giant programme seldom lets you idle and you're constantly working at 200km/h," says Kyle. "It's been tough and has challenged us all in numerous ways, but I've since learnt so many things that not only pertain to the project we've worked on, but to myself as well."



DUNCAN MATHEW SMUTS | COOKING

"Working at The Test Kitchen Fledglings is a dream come true; I've been wanting to become a chef ever since I was a little kid," says Duncan. "I'm very excited to have received this opportunity and it's going to prep me for my future career."

THOMAS VERMAAK | PROPERTY MANAGEMENT

"I grew up in Hermanus on a farm and for my high school career I attended Generation Schools Hermanus as a part of their Si programme and graduated with my matric equivalent at the age of 16," says 18-year-old Thomas, who is currently studying his 2nd year of BCom. "I immediately began with my studies the next year after moving to Cape Town, not wanting to waste any time getting started. I am now furthering my business experience interning with Trematon and the Resi Investment Group under the Junior to Giant programme. I enjoy entrepreneurship and aim to run my own business one day."



"I have thoroughly enjoyed my choice of internship, and what made the Resi Investment Group so appealing to me was that it was something that I wanted to do one day, that being property management. It has given me a lot of insight into the property market and cemented my liking of it as a career path."



JUNIOR TO GIANT PARTNERS

- Test Kitchen Fledglings
- Capitec
- SMG Landrover
- Trematon / Resi Investment Group

Get Connected

Students are welcome to apply and interview for a position on the Junior to Giant programme.

To apply, please email hello@junior2giant.com
+27(0) 21 205 5922
info@generationschools.co.za
generationschools.co.za



“The purpose of higher education should not only be focused on academic acquisition but also focused on equipping a student with business acumen and readiness to **prepare them for a real working environment.**”



MIND THE GAP

Looking to broaden your horizons? See the world in a different way? Whether you want to take a gap year to discover more about yourself, explore the world or earn money, we share some of the top experiences available.



Earn overseas

SEASONAL WORK

Head to Aspen to work on the ski slopes and enjoy the legendary après ski scene, or in a summer camp working with children.

Details:

- 20-29 years old
- Enrolled in university to qualify for a J1 visa sponsor
- Duration for 3 months (either from November to March for ski season or June to August for summer camp)
- Costs start from R23 600

hopscotchtravel.co.za/summer-camp-offerings

TEACH ENGLISH

If you've got a degree under your belt or are a qualified teacher, why not immerse yourself in the cultures of China or Thailand while teaching English?

- 22 - 45 years old
- Bachelor's degree or equivalent
- TEFL Course required if you don't hold 2 years' work experience
- Childcare experience
- Duration of 6 to 12 months
- Costs start from R28 500

hopscotchtravel.co.za/teach



AU PAIR

If you're good with kids and want to immerse yourself in a new culture, why not try au pairing in either Belgium, France, Italy or the US?

Details:

- 18-28 years old
- Childcare experience
- Grade 12 certificate
- Costs start from R10 800 and vary depending on the country
- Duration ranges from 3 to 12 months

hopscotchtravel.co.za/au-pair-offerings/

Volunteer

MARINE CONSERVATION IN BELIZE

If you love the ocean or are interested in marine conservation, then volunteering to help carry out research on the world's second largest Barrier Reef is an incredible way to spend part of your gap year. The experience will be mostly scuba-diving, but snorkeling and land-based projects are also expected.

Details:

- Diving experience or PADI Open Water certificate, otherwise volunteers can take extra time for the PADI course on site
- Must be able to walk 200m over uneven ground while wearing dive kit
- Duration varies from 2, 4, 8 weeks and above
- Costs from R 47 795

gviafrica.co.za/programs/belize-marine-conservation-expedition

Stay local

SPEND A YEAR IN THE BUSH

If you're passionate about nature and considering a career as a professional field guide, spend a year fully immersed in the African wilderness with EcoTraining. The Professional Field Guide programme is held on four diverse reserves in Southern Africa and after the year is up you'll have accreditation as well as 5 months of work experience at a safari lodge.

Details:

- Over the age of 18
- Be able to walk for at least 5km
- Valid driver's licence
- Duration for 12 months
- Costs R245 100 (includes accommodation, meals, training, certification)

ecotraining.co.za/programs-courses/professional-guide



WOMEN'S EMPOWERMENT IN GHANA

This programme is aimed at open-minded and flexible individuals with an interest in gender equality. You'll be working with local women to break cycles of poverty and address gender disparities, while learning about Ghanaian culture and communities in a structured and rewarding manner.

Details:

- Flexible duration and start times
- Costs from R23 345

gviafrica.co.za/programs/womens-empowerment-in-ghana



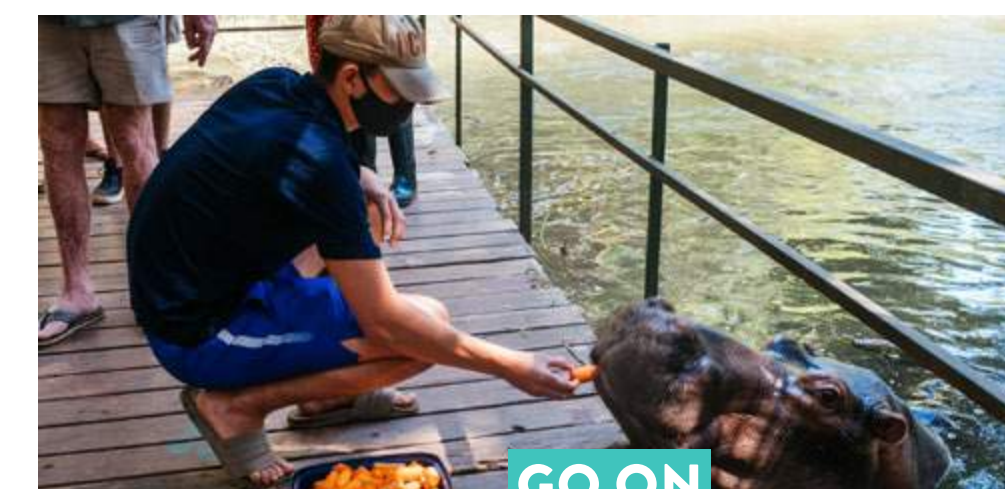
WILDLIFE CONSERVATION IN COSTA RICA

Based in a hot, humid and remote area that's closed off for tourism and only accessible by boat, this programme is very physically demanding. However, the reward is hands-on turtle research and amazing wildlife sightings of jaguars, sloths and tamanduas while you conduct surveys through the area.

Details:

- General fitness and able to complete a 24km walk on uneven beach terrain
- Costs from R40 945

gviafrica.co.za/programs/wildlife-expedition-costa-rica



GO ON ADVENTURES

The Warriors Academy combines experiential learning and adventure activities to take participants out of their comfort zones and encourage personal growth. The programme is broken up into four 7-week seasonal quests, each of which includes adventure activities like scuba diving, hiking or sailing, soft skill workshops and personal mentoring sessions.

Details:

- Between 17 and 22 years old
- Physically capable of taking part in the activities
- Costs R192 000 (includes accommodation, food, activities, courses and travelling) for full year or R48 000 per quest

warriors.co.za/gap-year-program

GAP YEAR COURSE

Not sure what career path you want to take? Spend your gap year exploring 60 careers over a short period of time through the Gap Year Experience. The course is mostly experiential, although some content is taught live online, and includes career experience, EQ and life skills courses, career coaching, 2 - 3 different adventures and specialised courses such as entrepreneurship, fashion week and a theatre course.

Details:

- Up to 24 years of age
- 30 minute online Q&A session to secure a place
- Available in Johannesburg and Cape Town
- 4-6 months from 21 February to 9 June/15 July

gapyearcourse.co.za

THE NEW ERA OF EMPOWERING OUR YOUTH

THROUGH EFFECTIVE COLLABORATION



The Sean McCarthy Group (SMG) prides itself in being a leader in service excellence and strives to be at the forefront of motor retailing in South Africa, continuously setting the trend in customer satisfaction, service and experience. Located in the Southern Suburbs, Jaguar Land Rover Constantiaberg is one of many Motor Vehicle dealerships in the SMG offering.



SMG and Generation Schools both share the same vision for our country's biggest asset, our youth. In **partnering with their Junior to Giant programme**, they have committed to mentor interns in various aspects of the dealership, including:

- Sales
- Marketing
- General management
- Accounting
- Workshop
- After-sales

This allows the intern to gain a holistic idea of the motor industry. Working with such a remarkable brand such as Jaguar Land Rover (JLR) will open the

mind and eyes of the youth who have displayed an affinity for this industry.

"It is a pleasure to partner with such a progressive school and programme, which empowers our youth," says Damian Tromp, the Financial Manager and HR Manager for JLR Constantiaberg. "We at SMG will be working very closely with the interns from the Junior to Giant Programme to mentor, educate and provide working opportunity in the automotive industry."

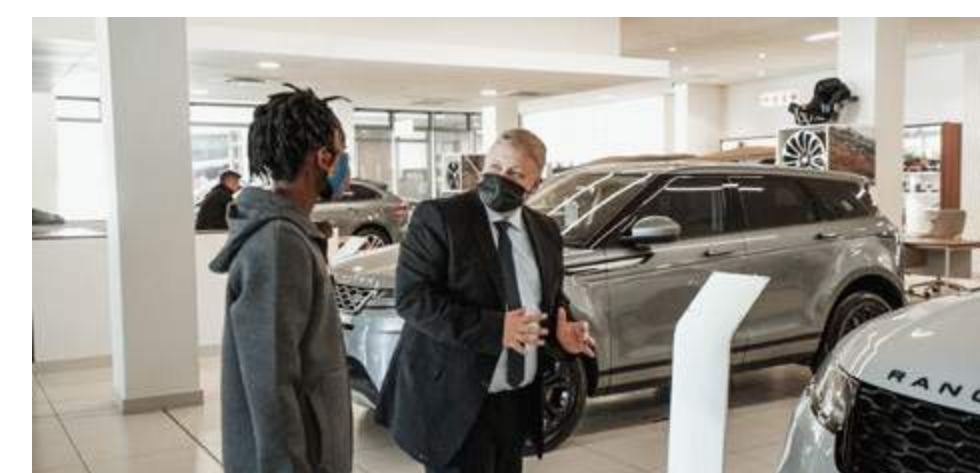
Femi Dlangamandla, a former student of Generation Schools and one of the first interns of the Junior to Giant Programme, has been interning with SMG. Through his studies on the Si pathway (which you can read more about on page 20) he has focused on business and the management of operations, making his internship with SMG a natural extension of his career interests.

GIVING BACK TO THE SCHOOL
JLR Constantiaberg is also **collaborating with Generation Schools** to give back to the staff and the students. The collaboration includes:

- A monthly opportunity for an exemplary staff member to drive in one of their beautiful vehicles for a weekend away at Club Mykonos, Langebaan.
- For every lead that comes from the Generations School partnership and translates to a sale of a new and approved/pre-owned vehicle, JLR Constantiaberg will donate an amount back to the school.
- This donation will be used to develop the schooling environment and assist with student bursaries and education material.

Further to this, JLR Constantiaberg will continue to have presence at school events and functions to enable further awareness of the brand and drive their one-of-a-kind collaboration.

There is also a trade in scheme set up for the parents at the schools which is part of their monthly communications.



HOW IT WORKS?

Request a vehicle evaluation



We evaluate and inspect the vehicle



We give you a cash offer for the vehicle



Accept cash offer and sell us your vehicle no obligations, no hassles.

Trade in vehicle and purchase a new, approved or preowned vehicle and receive R10,000 voucher to spend your way.



With 30 years of experience in property, Wouter Pentz is creating an estate agency with a difference. A passionate team of professionals, with deep pride in their work, nurtured and supported through mentorship, training and hands-on assistance.

Pentz Properties has an overarching vision of creating a culture of belonging, where all team members are treated as equals, working towards the success of their clients, the company and their own personal development.

Looking to relocate? Pentz Properties covers the entire Cape Peninsula, so contact them today to see how this real estate agency can make your move a success.

contact

Wouter Pentz | wouter@pentzproperties.com
082 893 0537 | www.pentzproperties.com

Hobbs Sinclair is a financial house offering a multitude of solutions.

We are business advisors, accounting whizzes, tax experts, audit academics, business rescue specialists and venture capital leaders.

We listen to our clients, hold your hand through the exciting and sometimes daunting phases of your business, celebrate the successes and find solutions to the challenges.

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BUSINESSES THAT WIN, INNOVATE



Remember that time you spotted an opportunity that would grow your business, but you weren't sure how to do it? You put your idea on the back burner then watched your competitor implement a similar or the same idea – and the market loved it.



You know when your business took a dent because of sales declines, and it sparked an urgency to optimise your product by innovating, but you weren't sure of exactly how to do it?

How about when your company starts relooking at your product – there's no shortage of great ideas, but they don't seem to get past prototyping?

Rocketfuel's team of innovators have helped companies to get through these same hurdles, and grow their market share by leading with breakthrough innovations. Having had experience in the Food, Tech, Fashion, Liquor, Pharma and Sport industries, the most critical action in taking new concepts to market once designed and developed, is making the first sale. It is in this phase where we see the greatest opportunities lost and won.

WHAT IS INNOVATION, REALLY?

Too often, we find companies intimidated as to where they can even start to understand and look for new trends. But innovation is not necessarily about what will happen in the future. It is what you can do right now. Taking different products in your category, similar categories, or even looking way outside of your industry, and combining them in new and unique ways so that they fulfil your user's needs more personally. That is innovating.

HOW DO YOU START TO INNOVATE?

Not knowing how to calculate the risk sees so many ideas born and die at the braai. By using a structured and measurable Innovation Framework and Process, you can quickly identify whether your concept has potential or whether your idea needs further development.

HOW DO I KNOW IT WILL WORK?

Decisions to investigate new product and business opportunities are typically decided at the boardroom table, and without really knowing whether a customer even wants the product or not. If a picture is worth 1000 words, a prototype is worth 1000 meetings! Having something tangible to test with your users gives you accurate feedback on whether you are going in the right direction or need to rethink your product. The speed at which prototypes are developed, ranging from materials like paper, cardboard, relative materials, through 3D printing, drive how short your user test cycles can be. Fast Prototyping can get your product into your market in weeks, not months.

HOW MUCH WILL IT COST?

It comes down to how you want to grow and scale your business. If a good return on investment for your business is 14%,

then a 45% return would be impressive, and 75% would be excellent. Therefore, the monetary gain you envision will be directly proportional to your investment.

HOW DO YOU MEASURE INNOVATION?

"Our research showed us that our clients would love this new product, but when we launched it, it failed dismally. Innovating is just too risky. It's safer for us to stick to what we know, but we worry every day that a new brand will bring our consumers something better, something more exciting."

Does this sound familiar? New product is simply measured on sales, profitability and Return on Investment (ROI). Too many times we've seen companies ask the question: "Why didn't it work?"

What we have found is that the actual performance of the product should be measured at an increased frequency against an Innovator Calculator™ or predetermined Score Card. This gives you quick feedback and agility to meet your customers' expectations and market needs as they come up. This will accelerate and give your product a faster and more predictable success rate, reduce your risk and increase your ROI.

INNOVATION IS WHAT WE DO. LET'S MAKE IT HAPPEN FOR YOUR BUSINESS.

In our experience over the last 22 years, 83% of products don't make it into the market. And that's not always because the product fails. In many cases it's because it didn't have a robust Framework and Process in place to manage the launch and scale the rollout.

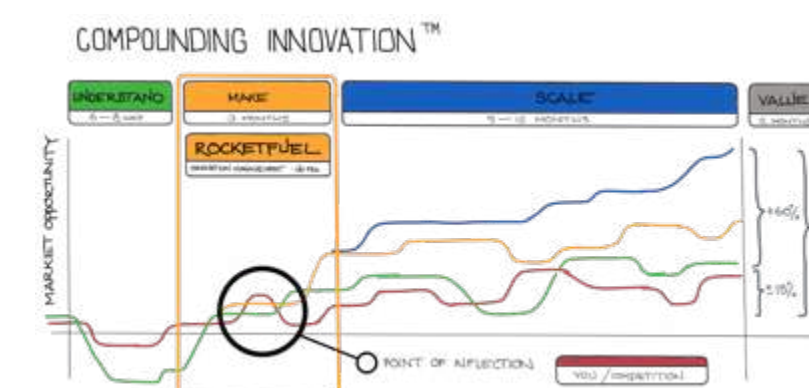
Through our Strategic Product Innovation process we understand where you are, where you want to go and how to take you there. It's a smart, cost-effective investment that shows you how to act in your customers' world. (Take a look at our Compounding Innovation™ diagram to see how it works.)

We tackle the process in three phases. First the UNDERSTAND phase, then MAKE and finally SCALE.

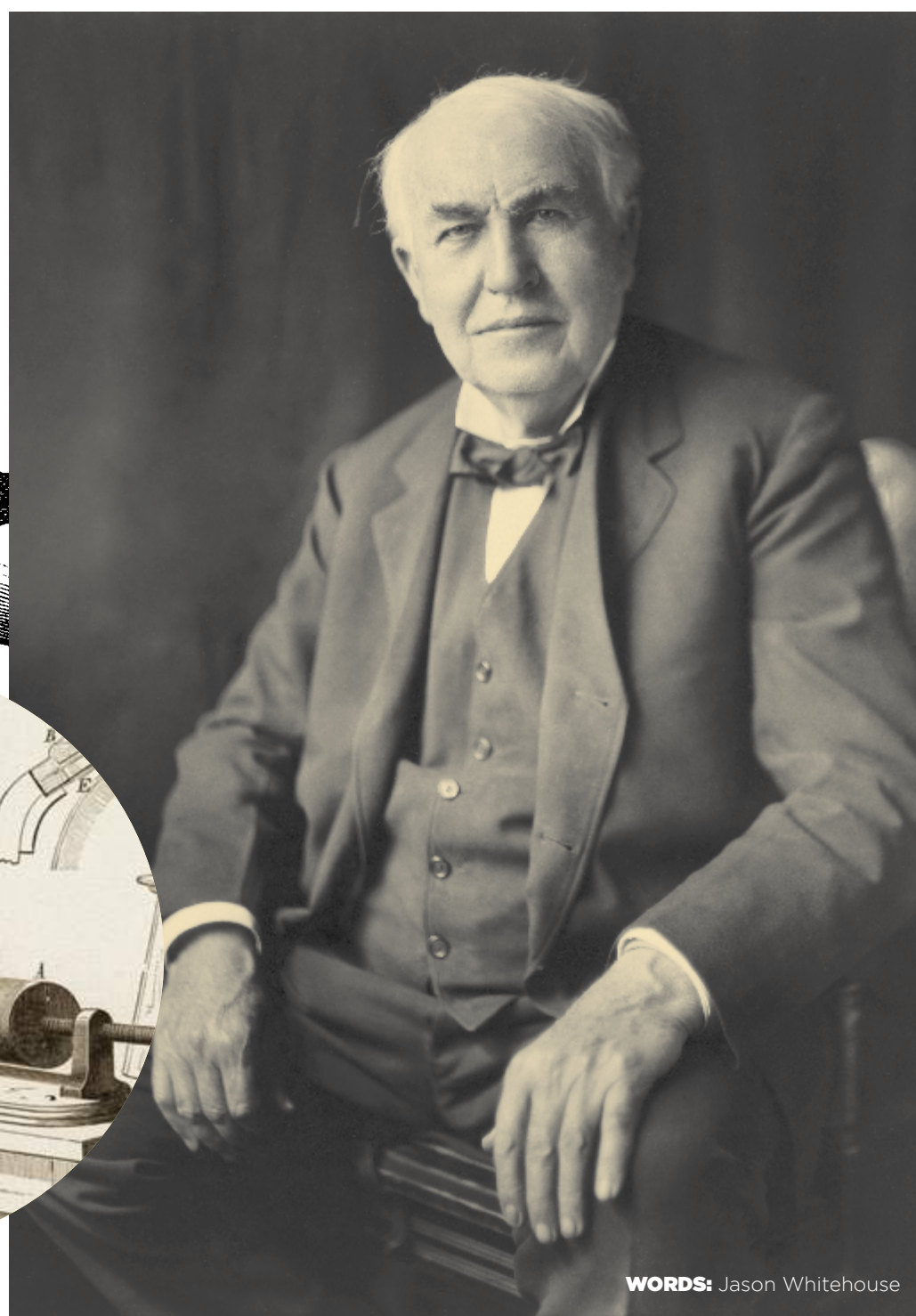
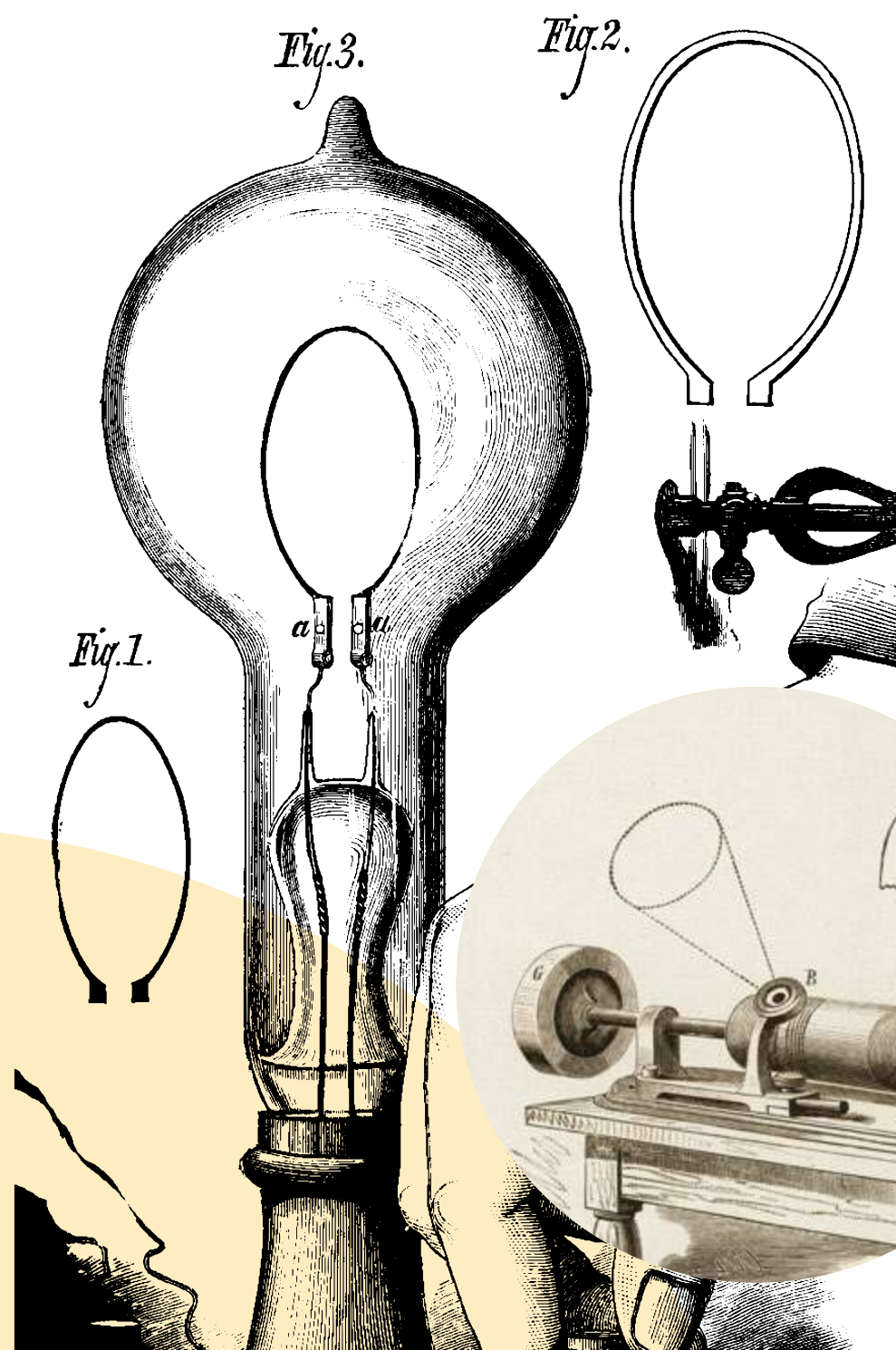
After your investment in the UNDERSTAND phase, during the first three months of the MAKE phase, we help ease the load of implementation by offering clients our highly specialised Innovation Tools and Management skillset at no fee. Product Development costs are excluded and costed at stage.

On completion of the MAKE phase of development, to help products get across the finish line, we suggest our highly recommended 9- or 12-month retaining fee which will guarantee the innovation management process and ensure continuous scale and growth.

If you are a B2B or B2C business, your company is between R15m and R45m or more a year, and you would like help to scale your business or reposition your product, get in touch. We'd love to meet you and help your business grow.



ROCKETFUEL III™
Helping businesses see around corners since 1999



WORDS: Jason Whitehouse

INCANDESCENT

His name is associated with a dozen devices in everyday use, so Thomas Edison is a man who needs little introduction. Thanks to his persistent research and endless patience, coupled with a peculiar genius, he is undoubtedly the greatest practical man of science.

Edison had a way of making things work, often not of his own initial invention but by improving and making practical the inventions of others. He often had to battle competitors in lawsuits on intellectual property rights and stood firm knowing that his inventive genius transformed their principal ideas into workable solutions. If he had never touched these inventions, they would never have impacted society in the way they did and changed the way we live.

It is so important to realise and accept that we may not represent the full picture but our small contribution can be the invaluable difference to making an idea come into fruition.

This principle also speaks to the impact we can have on other people's lives.

The world changers like Edison would never have achieved such remarkable greatness if they listened to the naysayers. You see, he was born with a purpose and when he endured to follow his heart, magic happened.

ALWAYS BE CURIOUS

Edison's journey was not a trouble-free straight line to the finish, he had to overcome adversity, resistance and many challenges to achieve a place of greatness.

When Edison was 7, he went to school for three months and his teacher placed him at the bottom of the class, saying that he was unable to think clearly. He then stayed home and was educated mostly by his mother and his own experimental tendencies. It was the art of play that sparked his imagination. His curious mind led him to imitate a hen by sitting on eggs to see if they hatched or dosing a handyman with Seidlitz powders to see if the gases would make him fly!

You can imagine that when a young boy has such a strong belief that something will work and it doesn't, he would be met with great discouragement and have to rekindle his belief in a new alternative. Edison's gift was to do just that, and it made him incredibly patient and persistent. Always just one failure

away from major breakthrough, if he stopped persevering, we wouldn't have the technology that lights up the world we live in.

HOW EDISON'S LIFE RESONATES WITH ME

When I was around 10 years old, all I wanted to do was own an ad agency and publish magazines. It took me another 16 years of totally unrelated activity and energy spent in all the wrong areas of what I imagined for my life. When you are living outside of your purpose, there is a sense of unease, a lack of joy and no flow. Everything seems hard and lacks the inspirational impact that only a clear purpose driven life can give you.

It all comes down to exposure and positioning. When we are committed to stay fixed on a goal that is in our hearts, life seems to create encounters that provide the stepping stones we need to get closer and closer to the vision we have for our lives. But if we sway and become chameleons to please others and

live restricted by the mindset of general society, our opportunities will be missed and we will drift further and further from our purpose. This creates depression, a lack of self-belief, lack of motivation and life seems like a heavy load to carry. In my case, this is what drove me to addiction, trying to escape this lack of purpose and how it made me feel.

STAYING THE COURSE

Edison continued on his path and every action he took was fueled with intent to pursue his inventive genius and to explore the myriad ideas that he had in his mind.

Exploring chemistry was expensive and so Edison applied for a job to sell newspapers on trains running between Port Huron and Detroit. He soon saw the selling power of news and thus produced his own paper, with a printing press installed in one of the carriages on the train. His inventive and curious spirit could not be doused and he set up a chemistry lab in one of the coaches. One day, phosphorus was flung to the floor and ignited, resulting in the train

conductor throwing his laboratory and printing press off the train at the next station. He beat Edison on the ears and for the rest of his life Edison lived with a hearing impediment. Maybe, just maybe, this played a role in his ability to not listen to people who lacked belief in his ideas!

A LITTLE COURAGE GOES A LONG WAY

One morning in 1862 he saw a child playing on the rail line. Running towards it was a speeding truck. Edison dropped his papers and snatched the boy just in time to save his life. His actions were rewarded as the boy was the station master's son who then proceeded to teach Edison train telegraphy. Once again, his action positioned him to have an encounter with someone who could fuel the learning he needed to move closer to his purpose.

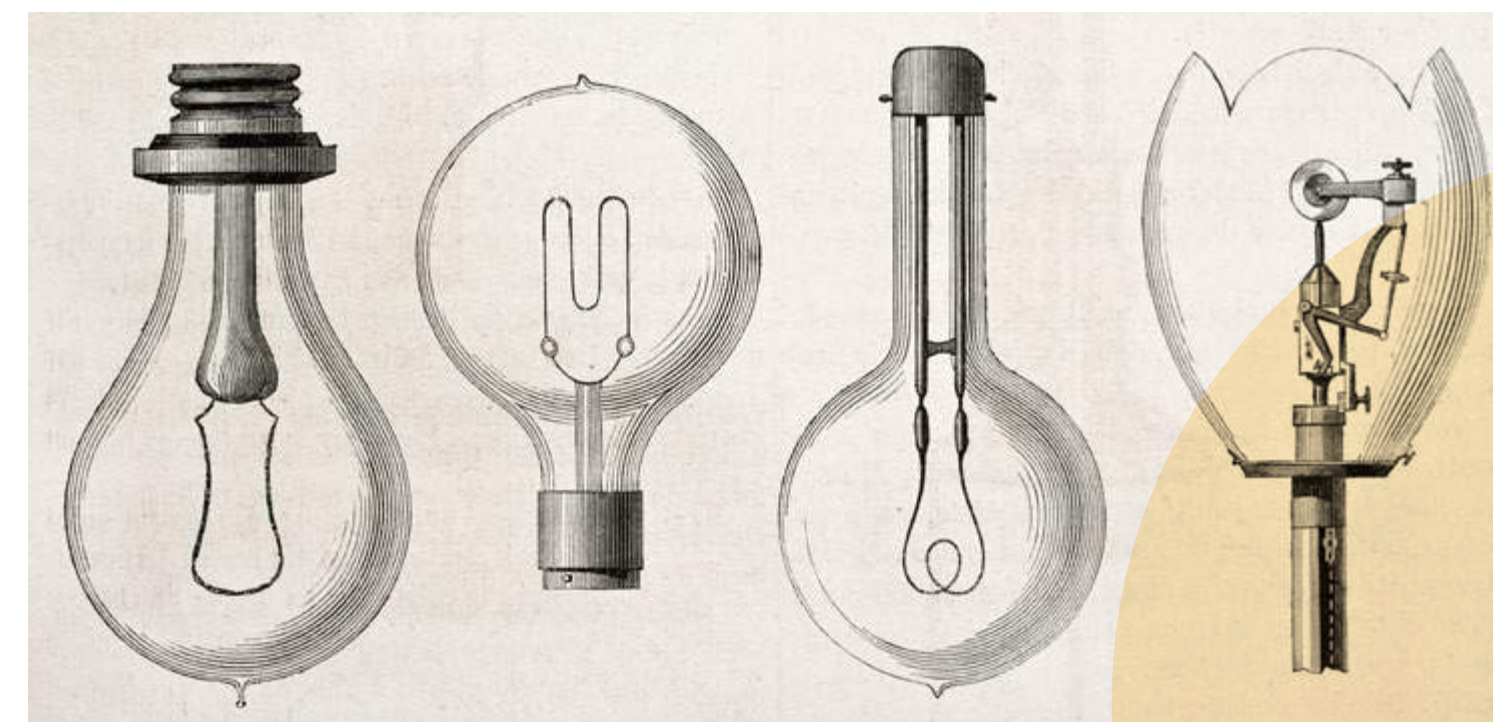
Very often, his inventive genius was applied to creating more space and time for pursuing his research such as the system he set up to automate hourly signals that needed to go out during the night shift. The telegraph office was infested with rats and Edison devised a 'rat paralysing' which electrocuted the pests by making them complete a circuit. He made an automatic recorder to take Morse messages, a device which later inspired his vision for the phonograph.

NEW BEGINNINGS

Around 1867, he moved to New York with not a cent to his name and he spent two nights sleeping in the battery room of a gold indicator company. One day the transmitter broke down and the superintendent was in a state of panic. Edison stepped in to repair the machine and was made manager of the entire plant!

In October 1869, he went into partnership with a young telegraph engineer named Pope. They invented the 'gold printer' and undertook to provide private telegraph lines. Their business was eventually absorbed by Western Union whose president asked Edison to improve the tape-machine. The result was the widely used Edison Universal Printer.

The time had come for Edison to place a value on his invention and he perceived



the value to be \$5 000 but felt hesitant to ask for even \$3 000. When he was offered \$40 000 he nearly collapsed from surprise. It was from this moment on that he realized the value of invention and it sparked the vision to sell more ideas to the world at large. His whole world view expanded and he committed to opening a large shop in Newark where he would manufacture tape-machines and their parts whilst assembling a team of talented individuals that would form the core of a culture of invention and discovery.

THE WIZARD OF MENLO PARK

In 1876 he moved to Menlo Park where many of his greatest inventions would be born. He got married and had three children and lost his wife about 8 years later, remarrying two years after that. But for the remainder of his life, we lose the man in the wonder of his work, the improvement of the Bell telephone, inventing of the phonograph, electric lighting and discovery of the incandescent light bulb.

Edison made radio history, had patents in the production of motion pictures, invented over 40 solutions for use in naval warfare and in his final years had registered over 1300 patents

He made over 1600 tests of different minerals and ores trying to find an incandescent, high resistance substance.

By this time, he was recognized as "The Wizard of Menlo park" and received a great deal of press. One day, when asked by a journalist how he felt about failing 1000 times he replied "I didn't fail 1000 times, the light bulb was an invention with 1000 steps."

Henry Ford said of Edison "He rides no hobbies. He views each problem that comes up as a thing of itself, to be solved in exactly the right way. His knowledge is so nearly universal that he cannot be classed as an electrician or a chemist-in fact, Mr. Edison cannot be classified. The more I see of him, the greater he has appeared to me - both as a servant of humanity and as a man"

NEVER BE AFRAID TO START FROM SCRATCH

There is a story I can relate to yet had a totally different perspective to Edison. It's about how he dealt with his encounter with fire. One night he was awoken by one of his colleagues, there was a large fire at his factory and Edison raced to get to the scene. Years of work were going up in bright green flames from floor to

ceiling. Edison's response to the situation when speaking to one of his sons was for him to go call the rest of the family, "They will never see a fire like this again!" He was not overcome by the inevitable loss of his priceless work but rather accepted the fact that he would need to start many projects from scratch again. Commenting to a reporter, he said "I've had many of these challenges to overcome and will simply start again". Within a month the factory had returned to a level of production only to be fully functional soon after that. Edison and the inventive genius that was the man, somehow got fueled to a higher level of intensity and I wonder what the net effect was on his output.

Life will throw us many uncontrollable curve balls, it all comes down to how we respond to the situation that determines the impact these will have on our overall progress. Looking back at the night I had to fight a fire on the farm I lived on, I remember that this motivated a season of change. This near-death encounter made me realize that I was in trouble and so for some time thereafter, my addiction somehow came into check.

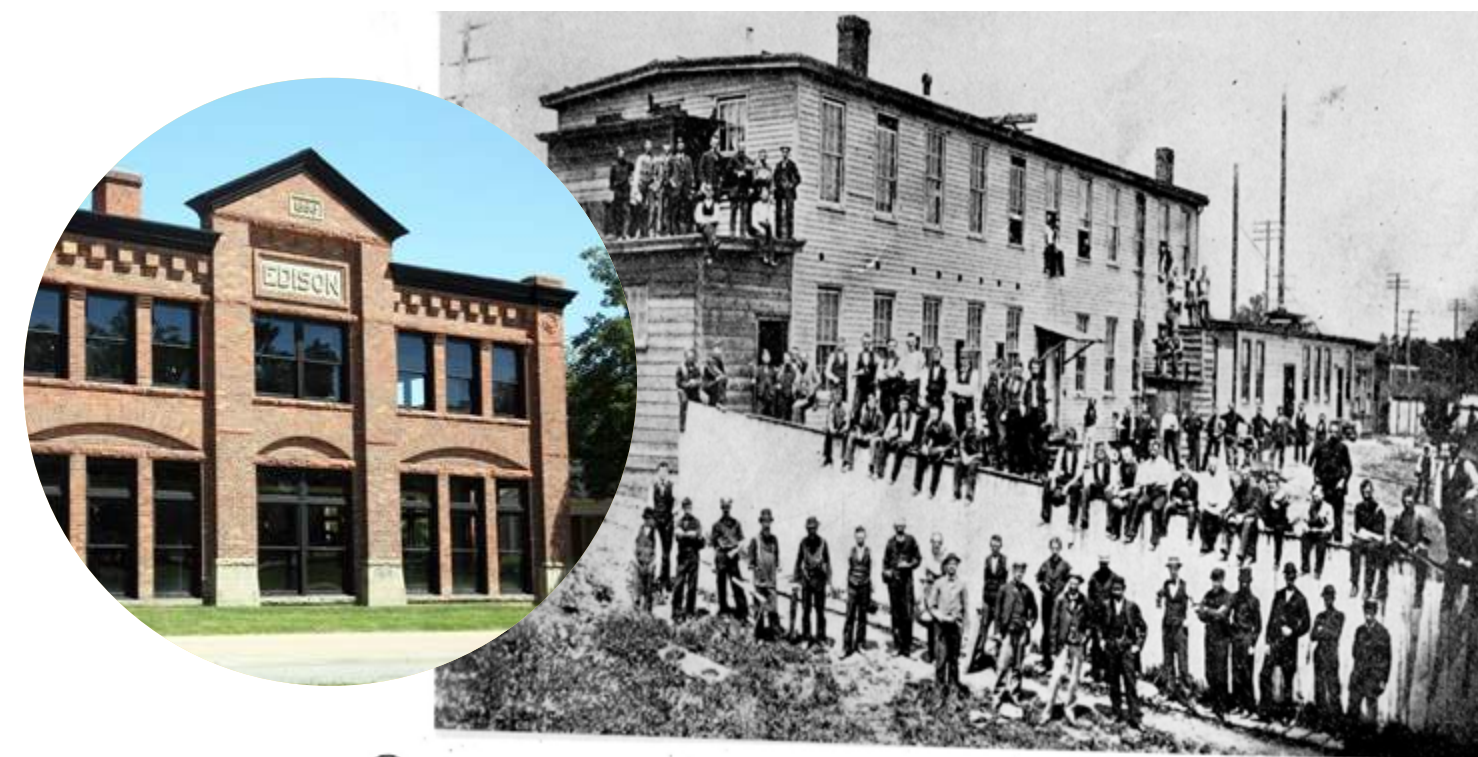
I'm inspired by Edison's journey and it gives me hope that perseverance, persistence, self-belief and courage always results in victory. You will find, when digging just a little deeper into world changers of our history, that these character traits and attitudes were a common thread.

“Maybe, just maybe, this played a role in his ability to not listen to people who lacked belief in his ideas!”

Our Contributor:

Jason Whitehouse is the publisher of Purely Local and passionate about the men and women that have made (and make) a difference in our lives. For more stories on game changers throughout history, follow Jason on instagram:

@jasonwhitehouse_inspiredlife



A81770

FIRST EDISON INCANDESCENT LAMP FACTORY AT MENLO PARK, N.J., 1880.
EXECUTIVE STAFF - PHILIP S. DYER, WILLIAM J. HAMMER, FRANCIS R. UPTON AND JAMES BRADLEY.

FILING NO. 208

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A SUPERB RETIREMENT LIFESTYLE

AWAITS AT OASIS LIFE BURGUNDY ESTATE

Burgundy Estate is a multi-generational walled precinct, bordering on vineyards and the Durbanville wine route. Central, spacious, and secure, Burgundy Estate offers convenience shopping, several restaurants, schools, a mashie golf course, and kilometres of space for walking, running, or cycling. Just ten minutes from Century City, in the foothills of the Durbanville Hills, it borders the historic De Grendel wine farm.



It's here, in this quiet suburbia, that you will find Rabie's secure retirement estate, Oasis Life Burgundy Estate. Welcoming its first residents in July 2021, just over 30 residents are currently enjoying the Oasis Life lifestyle, with a strong sense of community already established.

Residents have embraced their new way of life and in addition to taking part in several events arranged in the Clubhouse such as painting, ceramic painting, afternoon braais and social afternoons, the residents have started their own walking club. The walking club members,

donning hats and walking sticks, can be seen exploring the greater Burgundy Estate together.

"As the number of residents increased, our Clubhouse offering has expanded accordingly and we're offering meals throughout the day in the restaurant (excluding dinner), take away frozen meals, as well as special catered events such as afternoon braais and Sunday carvery," says Neil Barry, Operations Manager at Oasis Life. "Our residents have embraced the Clubhouse as their own and we're pleased to see them

visiting for breakfast, afternoon tea or to meet up with new and old friends."

The first phase of the development included a gate house which is manned 24/7, a Clubhouse with deli, patio, multi-purpose room, primary healthcare room and a mini-library lounge. It also includes 24 single level houses with gardens and two low-rise apartment blocks. The second phase of the estate was launched at the end of October.

"As we engage with potential purchasers, we listen to the feedback and suggestions, and we try to remain nimble and adapt our future phases accordingly," says Miguel Rodrigues, Director at Rabie. "In phase two, introduce cottages, smaller in size than our stand-alone houses, but still with access to exclusive use gardens. A grouping of cottages will consist of four attached, divided by a green pathway from two attached cottages." All cottages in phase two have two bedrooms and one bathroom.

Rodrigues explains that the design of the new apartment blocks has been carefully reconsidered and improved on. "Phase two will include two blocks of low-rise apartments that flow out into a large communal garden. The ground floor apartments will enjoy access to exclusive garden patios and each apartment above, will have a Juliet balcony. We have changed the internal design of the apartments, and we believe that the new improved lay-out optimises light and the use of space."

Phase two is made up of 15 two-bedroom houses, 20 two-bedroom cottages and 28 apartments. Most of the apartments have one bedroom and one bathroom, with a limited number of two-bedroom apartments.



WHAT CAN YOU EXPECT AT OASIS LIFE BURGUNDY ESTATE?

- A selection of modern, age-tailored new homes
- Available immediately: houses from R1,88m and apartments from R1,495m
- Available in 2022: houses from R2,195m, cottages from R1,6m and apartments from R1,1m
- 24/7 manned security gate and perimeter security
- Clubhouse with deli
- Primary healthcare on site
- 24/7 call-4-care system in your home through which you can connect with an emergency response call centre
- Landscaped gardens and common areas
- Pet friendly
- A Lifestyle Centre, which will include an indoor swimming pool and recreational area, is estimated for completion at the end of 2022.

Get connected

Burgundy Estate offers a brand new safe haven for 60-plussers that are young at heart. Come enjoy a cup of tea or coffee in the Clubhouse and view the estate, which includes a furnished show house and two furnished apartments.

Make an appointment for a personal tour with one of our agents:
Allen Usher | 082 451 9988
Johan de Bruyn | 082 881 2011
oasislife.co.za

DREAM BIG

If we've realised anything during the pandemic, it's that time is limited. A bucket list helps to solidify what you want to achieve and experience in this big world of ours, so we've asked the experts for advice on how to begin and how to commit.

With so little time for ourselves these days, what with work, family and other pressures, it can be easy to lose sight of our goals – and ourselves. A bucket list, and the process of putting one together, helps you to cut through the noise and focus on what possibilities and opportunities are out there. It's an ideal starting point that can help you recapture the magic of dreaming big. And it can be a tangible guide to becoming who you want to become.

"Simply put, a bucket list should contain the big hairy audacious goals that make you tingle inside – both from excitement and a little bit of trepidation as you think 'This is far bigger than me,'" says Juanene Frydman, an executive coach based in Johannesburg. "Having a bucket list is like have a great friend who holds you accountable to your dreams – and when you think you can't do it, they remind you why it was important to you in the beginning."

WHAT'S ON THE LIST?

Ideally, you're looking for a mix of accessible items and bold ambitions that stretch you out of your comfort zone. It could be as big as walking the Camino or getting that degree, but it could also be

as simple as learning how to swim or play the guitar. Most importantly, it's the things that you want to do, not what your partner, friend or parent wants.

"There are no rules, only that you believe it's achievable – don't let it become a stress bucket!" says integral life coach Helga Nefdt. "It could include anything, from exploring new passions or expanding your skills and knowledge, to taking the leap in a hidden talent or conquering a fear."

AND STICKING TO IT?

Your bucket list is only worth the paper it's on – its value comes from the action you put into making it a reality. Don't put off items on your list for too long while waiting for the right time, because in our busy lives this may never happen. That being said, be gentle on yourself: "Remember, life happens. Allow yourself permission to change your bucket list if you need to," says Helga. Here are some ways to bring your bucket list to life:

Share: Reach out to others and share your bucket list so you'll have cheerleaders to support you in fulfilling your goals.

HOW TO CREATE YOUR BUCKET LIST

Make time for reflection

Remember all those things you've said you'll do 'one day when you're big'

Be inspired by a book or film that stirred interest

Think about when you were last happy, or achieved something you felt proud of – what about that moment 'sparked joy' for you and what can you do to recapture that feeling?

Be curious about yourself and your dreams with no expectations, rules, or judgement

Write it all down – or, if writing isn't your thing, a voice recording works just as well

Be outrageous – there are no limitations to your bucket list. Just remember that this list is for your dreams, no one else's.

Remind yourself that the bucket lists exists with prompts on your phone or a picture stuck to your fridge

Research: Do your research and be realistic about each goal's requirements. How much money does this bucket list item need? Can it only be done at a certain time of year? Do you have the capacity and time?

Prioritise: Decide what is most important to accomplish or experience first. For example, if spirituality is a priority for you right now then a private tour of the Vatican may be your number one.

Plan: Take time to plan how you're going to make this goal a reality – planning will also build anticipation and is essential to making your list a reality. As a bonus, the planning of travel or a special event can improve overall wellbeing.

Forget expectations: Hard as it is, temper your expectations. No matter how small or large your bucket list is, you are invited to just be in the moment and surrender to the flow of the experience.



Our Contributors:

Juanene Frydman recently released *#TheStoriesWeTell: shift your story, shift your sh#t*, her book on understanding our patterns and how we can change these internal narratives.
juanenefrydman.com

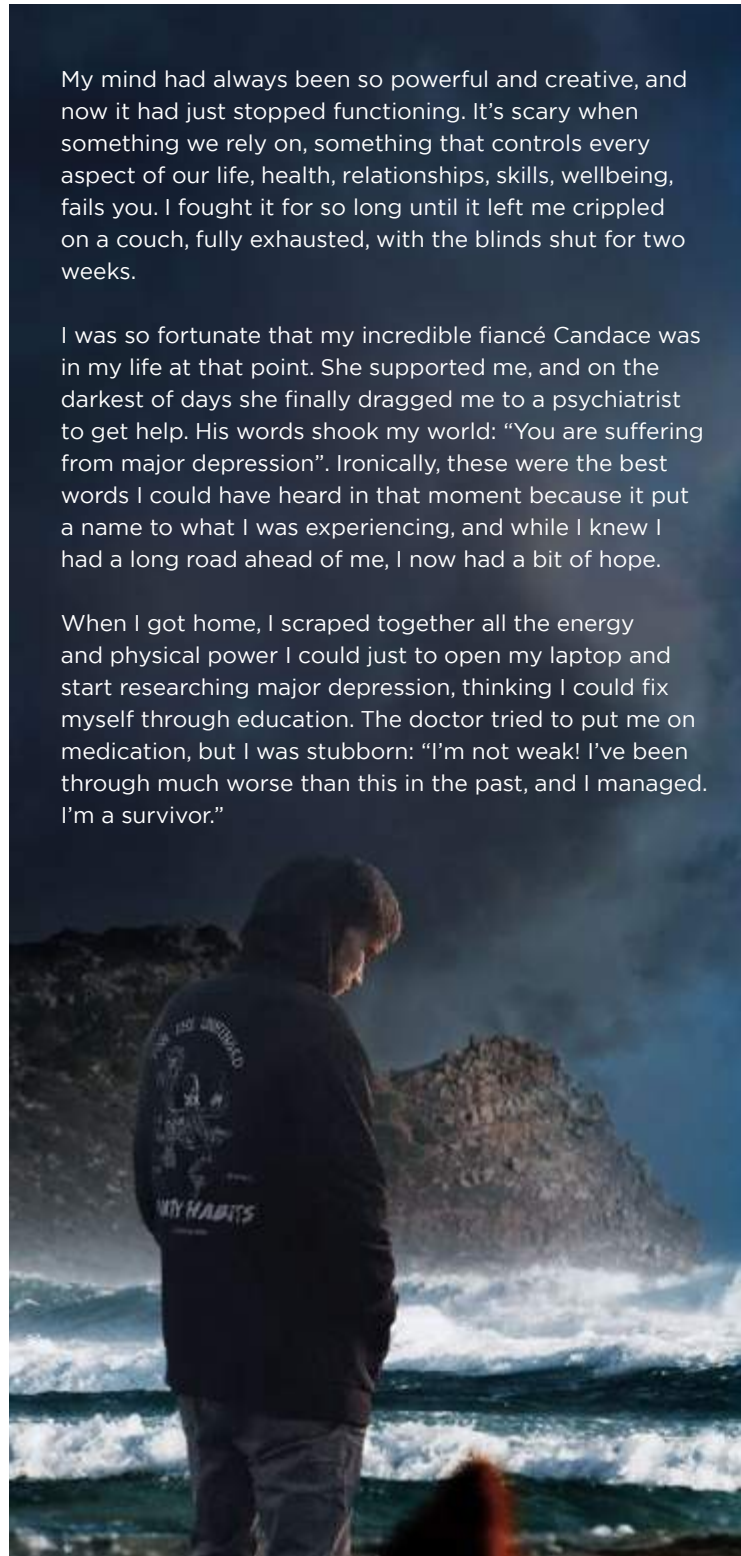
Helga Nefdt is the founder of Ninety9zero, a personal coaching company that takes a holistic approach to its clients' well-being through developing personal support practices.
ninety9zero.com



“There's no right or wrong, or perfect way to **create a bucket list**. It simply starts with the first entry.”

Juanene Frydman

IS DEPRESSION AND ANXIETY THE NEW NORMAL?



My mind had always been so powerful and creative, and now it had just stopped functioning. It's scary when something we rely on, something that controls every aspect of our life, health, relationships, skills, wellbeing, fails you. I fought it for so long until it left me crippled on a couch, fully exhausted, with the blinds shut for two weeks.

I was so fortunate that my incredible fiancé Candace was in my life at that point. She supported me, and on the darkest of days she finally dragged me to a psychiatrist to get help. His words shook my world: "You are suffering from major depression". Ironically, these were the best words I could have heard in that moment because it put a name to what I was experiencing, and while I knew I had a long road ahead of me, I now had a bit of hope.

When I got home, I scraped together all the energy and physical power I could just to open my laptop and start researching major depression, thinking I could fix myself through education. The doctor tried to put me on medication, but I was stubborn: "I'm not weak! I've been through much worse than this in the past, and I managed. I'm a survivor."

WORDS: Graham Howes
IMAGES: Ydwer

“People don’t fake depression. **They fake being ok.** Remember that and be kind.”

I spent the next month trying to muscle my way through it - armed with this new information, I could take back control of my mind. Or so I thought. Self-help books, meditation, diet changes, quitting booze, talking, writing, ice baths - you name it, I tried it. But nothing changed. In one last attempt, I forced myself to kite, where when I'm in my flow nothing else matters. Then, while kiting on a long downwinder I experienced my first panic attack. It felt like someone had stuck their fist down my throat - I couldn't get air into my lungs, my heart was pounding through my wetsuit. I thought I was having a heart attack and had to hold it together for 3km to get to my car. It was the scariest moment of my life. Depression had now taken from me what I loved the most - the ocean, my happy place.

I started to google other extreme sports athletes who suffer from depression, anxiety or any mental illness. I didn't find any search results for it... but I did find a long list of athletes who had taken their own lives. Suicide, depression, and other mental illnesses only end up in the media when that athlete's silent and lonely dark road ends in their death. And people are shocked by their sudden passing because they had seemed so happy.

The truth is that suicide is the leading cause of death for men in their 30s. Not cancer, AIDS or Covid-19. And yet we don't want to talk about it because it makes us feel weak, vulnerable or uncomfortable.

We clearly have an unhealthy culture around success, of winning, of glorifying ourselves. And I am certainly not blameless - I've contributed through videos and media that show a 'perfect' life. While it's important to inspire people to chase their dreams, to work hard and strive for greatness, can we not find some balance? And what is that balance exactly?

I broadened my google search to 'depression in athletes' and although the results were even more morbid, I found some hope - Olympic gold medalist Michael Phelps has struggled with depression and thoughts of suicide. NBA All-Star players Kevin Love and DeMar Derozan are now creating awareness around mental health. "One common misconception of professional athletes is that we're superhuman. It's hard to see inside. No one really gets a direct look into our daily lives and what we deal with on a daily basis away from the court. We have the same



When I was diagnosed with major depression in 2019 my life changed forever. After years of confusion, anger, and frustration, I could finally make sense of why my mind had turned on me.



struggles that anybody has. Everyone is going through something that we can't see," says Kevin Love.

This is an open letter - I don't really have a solution or a call to action yet. Am I fixed? Far from it, my journey has just begun. My only hope is that someone reading this can relate to it, and that I can inspire someone, just as Michael Phelps inspired me, to know that we are never alone - we don't need to struggle through this with shame or fear.



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