

JOZI



November 2022

Purely Local

community • family • lifestyle • passion

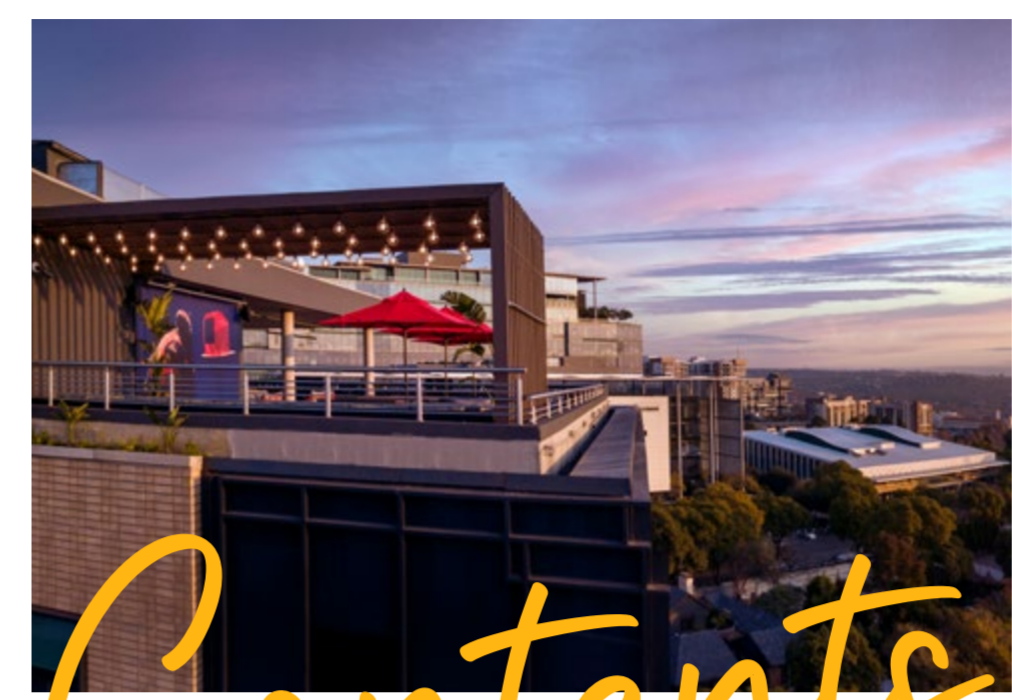
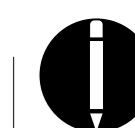


SUNDOWNER
**SEASON
IS BACK!**

DISCOVER JOZI'S
ARTISTIC SIDE

**LOCAL
TIPPLES**

THE FASHION LEGEND TEACHING
THE NEXT GENERATION



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ED'S WORD

We've officially hit sundowner season! Now that the year is winding down and the sun sets at a reasonable time, we've chosen a selection of gorgeous rooftop spots where you can take in the epic views with a drink in your hand.

And what's a sundowner without a gin? We've compiled a list of local distilleries in and around Joburg that you'll definitely want to visit for a tour, drink or to buy a bottle or two! Make sure to add a delicious new Bryanston eatery to your to-do list this month - Ukko serves up a varied selection of Mediterranean and Asian-inspired fare, and it's fabulous for a group of friends or date night.

Looking for more things to do? If you lean towards the artistic, you'll definitely want to join Thabo Modise on one of his gallery tours - we had a chat with the entrepreneur about his favourite spots in Joburg, so read our article for his fabulous suggestions. Then, read all about how fashion icon Sonwabile Ndamase will be inspiring the next generation of designers through his course at SAFDA, and take a closer look at the incredible photography that's been produced through the Of Soul and Joy programme in Thokoza - inspiring stuff!

In our local business corner, we revisit a classic - there's a reason Pilates has been an enduring exercise classic for almost 100 years! We chat with Clarisa Nel about her brand-new COCO Pilates Studio, which recently opened in @Sandton Hotel, and how she first became passionate about Pilates.

Sarah Marjoribanks



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A FASHION ICON TEACHES THE NEXT GENERATION

Sonwabile Ndamase, the fashion designer who created global waves with his Madiba shirts, has partnered with SAFDA (South African Fashion Design Agency) and Fibre Processing and Manufacturing (FP&M) Seta to create a learnership and internship programme for the next generation of garment makers. We caught up with Sonwabile to find out more about the programme, his career highlights and what tomorrow's fashion designers need to know about taking this step.



How did you get started in fashion design?

I was born a creative. I did not choose to become a fashion designer - it is my birth right, my story, my destiny, my purpose. In the early 80s, I fell in love with the idea that style was a way to express uniqueness. I used to work for a clothing store in Butterworth in the Eastern Cape and then moved to Johannesburg as I was seeking growth in a market that would embrace my talents. I dabbled in acting for television, but fashion design was my true calling. I established a company called Vukani Range Creation through Vukani Fashions and was able to create a broad canvas to express my talents. The Madiba shirt was a creative milestone for Vukani Fashions as we were essentially tasked with styling Africa's icon of the struggle. The Madiba Shirt was elegant, ambassadorial and stately.

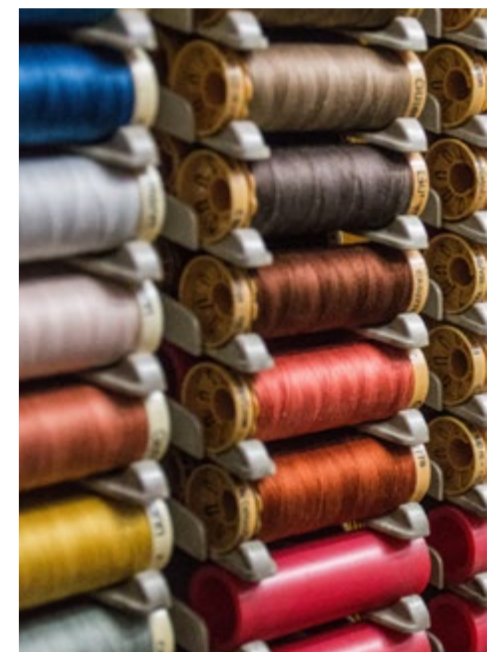
What are some of your career highlights?

Being labelled "The Godfather of African style" and representing Africa on a global platform was incredible, as was capturing Nelson Mandela's heart with the Madiba shirt and dressing him up until his last days. To see him wear my creation while meeting monarchs and presidents was unforgettable. We designed costumes for the Welcome Ceremony at the United Nations World Summit on Sustainable Development, dressed television presenters and created clothing for the African Cup of Nations held in South Africa, to name a few milestones. My purpose has always been to shape the design direction of the continent and tell the African story through my fabrics and designs.



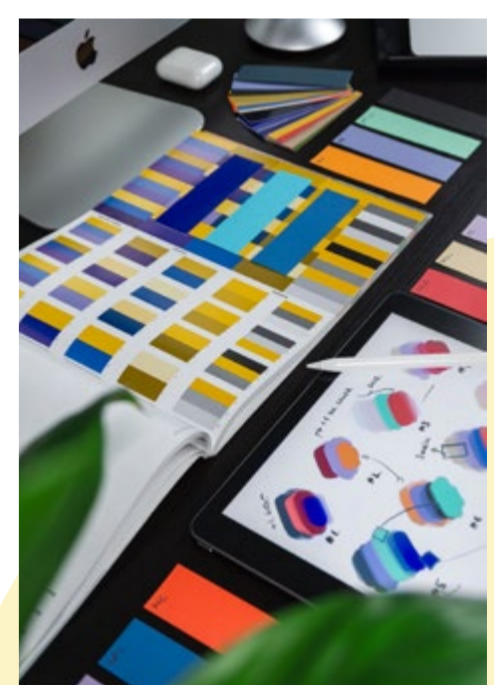
Why do you think that garment making is an occupation that should still be pursued?

Garment making is a way to express one's talents through creativity and innovation. The art of tailoring is one that engages your senses - imagining, creating, touching, feeling and seeing. Most of all, the pride one feels once the garment is complete and is displayed on a mannequin, worn by a client or in a magazine spread. There are a wide range of options for a designer to choose from, such as lingerie, swimwear, women's wear, bridal wear, children's wear, men's wear, footwear and handbags. Garment makers today have several career opportunities - they can work with garment firms and export houses, remodel haute couture and adapt it to the tastes of the mass market, or they might also hold jobs in department or specialty stores.



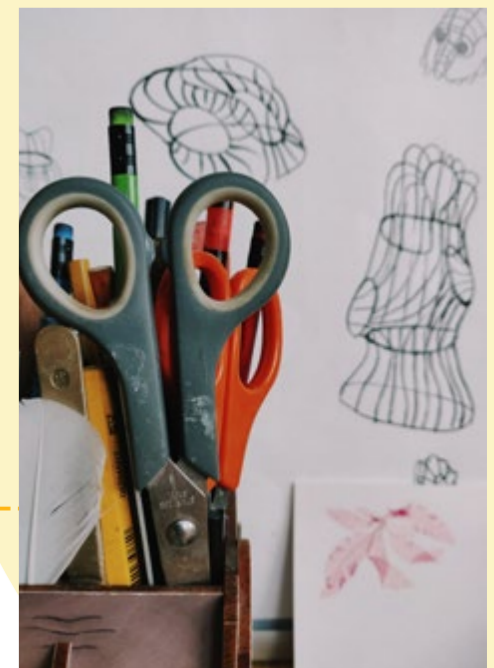
What are you most excited for in the partnership with SAFDA and the learnership programme?

We will be using fashion design as a catalyst for development, focusing on the entire value chain. I'm excited to empower future designers and youth to take pride in their history and thrive in their field. We'll be working with students from previously disadvantaged backgrounds of all levels, from those who are complete beginners to those wishing to raise their skill to a higher level.



What advice would you give those who want to start a career in garments and fashion design?

Fashion is rewarding, dynamic and ever-changing - however, defining your own style and focusing on a niche will take you very far. The Madiba Shirt started with a belief and a focus that enabled me to find my voice in fashion, and once you have found your own voice, as I have, anything is possible. The opportunities within the industry are endless and varied, from clothing and costume design to retail. Identifying what it is you really want to do within your fashion career will keep you focused and motivated. Having a specific end goal in mind will keep you going in this industry, so choose your focus and practise your trade.



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Chin Chin!

There's nothing better than a gin and tonic, so why not support local and add a splash or two of these made-in-Joburg tipples to your summer drink?



BLACK HORSE DISTILLERY MAGALIESBERG

Boasting a picture-perfect location in Magaliesberg, Black Horse is a small family-owned operation that's home to a brewery as well as a distillery. Marius Bezuidenhout and Chanté Hilse are behind the stills, and it's the former's travels across the globe the curated selection of gins available to sip and buy. Get to know the brand a little better on a tour where you can experience the distillation and brew process and includes either a beer or a gin tasting. blackhorsedistillery.co.za

Try This: Delicious and balanced, Kolibri & Passieblom has won a gold medal at the Lumo Awards - with soft flavours of cucumber, juniper berries and Rose of Jericho, it's a nod to the classic style of Dry London Gin and ideal with your favourite tonic.



TIME ANCHOR DISTILLERY MABONENG

One of the first craft gin distilleries to pop up in Joburg, owned by head distiller Shanna-Rae Wilby and her husband Warrick Brown, you'll be entranced by Time Anchor's gorgeous selection of boutique gins, including a festive-themed range and colourful gins that shimmer! It's well worth your while to visit them, take a tour and conduct a tasting before choosing your favourite bottle to take home with you. timeanchor.co.za

Try This: The orange-flavoured snow globe gin is absolutely beautiful to look at, with swirls of gold and silver flakes, a gorgeous Nutcracker-themed design on the bottle, and a switch at the base of the bottle that lights up the whole bottle!



GINOLOGIST CBD

With a beautiful distillery at The Little Fox that's absolutely worth a visit (if only just to try their full range of delicious gins in person) Ginologist takes a scientific approach to distillation. Their gins have won multiple awards and their perfect formula was arrived at after rigorous testing, experimentation and development using an all-glass laboratory-like set-up! The result is fun and flavourful, with a hand-crafted gin that you'll want to share with friends. ginologist.co.za

Try This: The spicy Orient Gin features a dry London Gin base, with a combination of spices such as fennel, rooibos and liquorice that make for a complex, warm yet refreshing drink.

EGOLI DISTILLERY MALVERN EAST

Classic dry gins are elevated with botanicals and grains sourced from Ghana, Kenya, Congo, Tanzania, Madagascar and South Africa, producing a compact range of small-batch gins. The Distillery was established in 2019 by Master Distiller JB Maina, and the product development took over a year, with distillers researching traditional brewing and distilling techniques before arriving at the perfect product. egolidistillery.org

Try This: The Egoli Dry Gin is fragrant, fresh and citric, with gentle spices and flavours of pink peppercorns and juniper berries.



PRIMAL DISTILLERY VICTORIA YARDS

One of the few distilleries to make their own neutral spirit from scratch (using sustainably-grown hard red wheat), Primal brings an exciting range of gins to the Joburg scene. The distillery uses local ingredients that showcase the city's heritage such as Rex Union oranges and herbs grown right outside the distillery. primaldistillery.com

Try This: Rex Union oranges, found only on one farm in South Africa 145km outside of Johannesburg, is one of the key ingredients in the Union Gin - it has a rich, tangy flavour with hints of pink peppercorn.



NOBLE EXPERIMENT DISTILLERY MIDRAND

Gorgeous to look at and even better to drink, the gins from Noble Experiment are sumptuous, paying tribute to tradition while experimenting with fun and edgy flavours. Head Distiller Riana Macdougall was crowned Woman Distiller of the year at the SA Women's Wine and Spirit Awards, so if you'd like to learn from the master yourself you can visit the distillery yourself for a gin tasting experience or take part in a three-hour long masterclass in the art of distillation. thenoblex.co.za

Try This: The Rhubarb and Baobab Gin has a delicate pink colour, sweet-yet-tart flavour, and is inspired by the English country garden - but with an African edge thanks to the addition of Baobab. It's softer than the traditional gin, with fruity flavours and aromas.





HIGH ON *Life*



Sundowner season is here! Grab a cocktail and catch the sunset at these beautiful rooftop venues around Joburg.



@SANDTON HOTEL BENMORE GARDENS

A vibey poolside spot with incredible views over the North of Joburg, not only does the @ Sandton Hotel Clubhouse have a great selection of wines and beer on tap, but it also offers a fantastic menu of platters, grills and sushi. On Sunday you'll find DJs winding down the weekend with laid-back jams, plus there's also an amazing play area for the kids and an on-site spa if you feel like a sneaky mani pedi or massage before your cocktail. sandton-hotel.com



ALTO234 BAR SANDTON

If you're scared of heights, this might not be the hot spot for you! The highest urban bar in Africa, based on The Leonardo rooftop, Alto234 is exclusive and sophisticated. Signature cocktails, fine wines and whiskies are all on offer - as well as a limited edition Moët Mini Machine where you can order a 200ml bottle, perfectly chilled, with a golden sipper straight out of the machine. But most of all, it's the panoramic views that stretch as far as The Magaliesberg that you'll want to drink in. alto234.co.za



THE NORTHCLIFF BOUTIQUE HOTEL

A relative newcomer to the Joburg scene, and located in the beautiful suburb of (you guessed it!) Northcliff, The Northcliff Boutique Hotel has incredible views! Pull up a seat on the pool deck, in the garden or the restaurant, overlooking a stretch of green lawn that opens onto the view over the city, and take your pick from a great selection of wines. In fact, it's worth keeping an eye on the hotel's social media for upcoming food and wine events, with a representative of the estate there to talk you through the wines. www.thenorthcliff.com

FOUR SEASONS HOTEL THE WESTCLIFF WESTCLIFF

A Johannesburg icon, this luxurious hotel is perched on the edge of the Westcliff ridge, overlooking a sea of lush trees that turns purple with Jacarandas at the beginning of Spring. The best spot to take it all in is at the Flames restaurant, with a wide terrace, delicious casual-yet-refined cuisine and plenty of beverage options. Even better, to get to your sundowners you'll be driven by golf cart up the hill before being whisked up to the next level via glass elevator - an exciting beginning to a night out! fourseasons.com/johannesburg



5101 AT PONTE HILLBROW

Sundowners with a difference! Climb up to the 51st floor of the Ponte building every Thursday and Saturday for drinks at 5101 - entrance is just R15 and a selection of beer and cider quarts are available for R50. 5101 is run by Diale Nje - an organisation that aims to challenge perceptions through inner-city immersions and experiences - and the event venue with the incredible views that you'll be drinking in used to be the first floor of Ponte penthouse! dlalanje.org

RADISSON RED ROSEBANK

Upbeat and trendy located in the heart of cool Rosebank, the RED Roof Bar & Terrace is a lovely spot for sunset sips above the canopy after a busy work day. There's plenty of seating to choose from - whether you want a quiet corner for two or a table to fill with friends - and stunning 360° views. Cocktails are luscious and instagrammable and the tapas menu provides plenty of snacks to line the stomach. radissonhotels.com





Purpose

MYTHS IN BUSINESS

WORDS: Juanita Vorster



Much has been published on living a purpose-driven life, and many business leaders try to apply the same philosophy in business. The concept of purpose is however a bit different when we think about it in terms of business.

MYTH 1

Business purpose can be found

The purpose of a business doesn't 'magically' reveal itself. In business, the owners of the business – whether sole owner, partners or shareholders – must simply decide whether the overarching purpose of the business is to grow it, or to sell it, as running a business to achieve sustained profitable growth is quite different from running a business to secure the highest possible sales price.

If the owners of a business decide that they want to grow the business, then they have to make sure that every decision in the business allows it to take a step towards that purpose, not away from it.

MYTH 2

Business purpose is only for certain types of companies

Maintaining a business might appear to be a third option, but even a so-called 'lifestyle business' needs to achieve sustained profitable growth to prevent its inevitable end caused by rising inflation, rapid changes to market conditions, unforeseen losses and so on.

Organisations operating for a social cause rather than for profit generation are also not exempt from being clear on their purpose. Most of these businesses will never have the overarching purpose of being sold, so they have to then make decisions on the three aspects of a sustainable business: financial, social, and brand impact.

While the social purpose might be obvious in a non-profit organisation, the focus on financial growth – and the effect of brand impact on that growth – needed to achieve that purpose is often lacking.

The question every owner of every business – irrespective of size or sector – should ask themselves is: If I don't know where this business is going, how will I know if it is veering off course?

MYTH 3

Business purpose is static

As the purpose of a business can only be decided by its owners, a change in ownership often triggers a change in purpose. Whether through merger, acquisition, or handing over the ownership reins to the next generation, a shift in purpose that is not crystal clear to the owners will result in muddled efforts by everyone employed in the business.

If you are a business owner that employs someone to run the business for you, make sure that they understand your purpose for the business and that they are capable and equipped to achieve it. If you are the one who's employed by the owners to run the business, are you running based on your assumption of what the purpose should be, or have you checked with the owners what their purpose for the business is?

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About our Contributor

Juanita Vorster is a South African female entrepreneur, business advisor, and co-author of two acclaimed business books: *Staying in the Helicopter** - the key to sustained profitable growth and *WIN! How to succeed in the new game of business.*

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HOW TO SUPPORT YOUR MATRIC CHILD through exams



While the matric exams are a tough time for Grade 12s, it's also hard for their parents, who want to do whatever they can to assist and smooth the road wherever possible.

KEEP A CLOSE EYE

One of the most important ways a parent can support a child without being overbearing is to keep a close eye on the student. Leave them to get on with their studies, but look out for behaviours that could be cause for concern. For instance, get insight into their study schedule and, if procrastination is getting out of hand and can't be reconciled with what the parent knows the student had planned for revision, gently suggest that you look at the schedule again together to see how the student can get back on track before falling too far behind. Empowerment trumps chastisement in these circumstances.

KEEPING AHEAD OF THE GAME IS KEY, AS IT IS ALMOST ALWAYS POSSIBLE TO GET BACK ON TRACK IF THINGS ARE NOT LEFT TOO LATE.

On the physical wellness side, parents can help remind their child to get some sleep if they have been hitting the books for too long, too late at night. They can also ensure that students eat as healthy as possible while drinking plenty of water and getting exercise so that fatigue doesn't impact their ability to study.

GET HELP

Unfortunately, some Matrics – even top performers – struggle during this time to such a degree that they may need additional or even professional support. If parents suspect that their child is struggling emotionally to deal with the increased pressure and stress, seek guidance from a mental health professional or a counsellor at school. While Matric exam results are undoubtedly very important, it is just as important to keep a sense of perspective, which can become hard to do for students in the thick of it, who could potentially start catastrophising about results and their future.

Matric exams are only one part of one's life – which will soon pass – and there will always be options available, even if those options follow a different path from the initial vision.

STAY CALM

Just as it is important for students to try their best while keeping a sense of perspective, parents can do their part by keeping calm as well. Be a pillar of

support when needed, but don't pass your own anxiety on to your child. Fear about the future and concerns about how well prepared a child is are all factors that impact on the emotional state of parents, so they should therefore also take good care of themselves during this time so that they can regulate their own emotions and not contribute to heightened tensions and anxiety in the house.

HAVE A PLAN (AND A PLAN B)

Once exams are over, allow students to take some time off to just enjoy themselves and blow off steam. However, don't wait for Matric results before deciding about further study – by then it will likely be too late to gain entry into one's choice of institution and qualification.

Sit down and have a brainstorm reflecting on the student's expectations about how they performed during their final exams. If there is a possibility that they performed better than they initially thought they would, and that they may possibly qualify for further study or even a more specialised degree, start investigating options as soon as possible.

Here it is particularly helpful to approach reputable higher education institutions, private or public, directly to speak to a student advisor about the student's options. Equally, if there is a possibility that a student may not have performed well enough to gain access to the institution or qualification of choice, student advisors will be able to assist with information about alternative routes to success.





MY JOBURG



WITH THABO MODISE

With the first product under the brand – the Hop-On Joburg Art Galleries tour – Thabo wants to destigmatize the traditional idea of visiting art galleries as an exclusive activity and instead make it one that's for all ages and backgrounds.

What do you love about being in Jozi?
I love that it is a diverse city with a rich history and lovely people, with lots of opportunities.

What should be on every tourist's radar when visiting Joburg?
Joburg is an art-city. It boasts 25+ prestigious art galleries and reputable art studios clustered together, it's home to Africa's longest-running art fair (FNB Art Joburg), and is a residential base to many emerging and renowned Artists from across Africa. So, exploring these art scenes should be on anyone's bucket list.

Do you have a favourite spot in Joburg?
It is extremely difficult to name just one, there's too many places to visit! However, I think the Keyes Art Mile precinct in Rosebank is the place to be.

Favourite breakfast spot?
Toasted in Parkwood.

Best place to grab a coffee?
Croft & Co in Rosebank

And Sundowners?
The Secret Courtyard in Parkwood works for me.

Is there a building in Joburg that always catches your eye?
The Circa gallery and the Anglo building, to mention a few.

Is there a gallery that all Joburgers should make a point to visit?
Of course! The Everard Read gallery.

Is there an overlooked spot that you always recommend a visit to?
The Joburg art strip in Parkwood.

What's your perfect way to spend a summer's day?
A visit to the Johannesburg Botanical Gardens, a gallery visit and lunch with friends in one of our world class restaurants – sounds ideal to me!

Better known as Thabo the Tourist, Thabo Modise is an award-winning entrepreneur, accredited tourism promoter and influencer in the art, tourism and wellness world. He's founded Toura Travel Therapy, an art and tourism brand that encourages connecting people to art and people to people," he says.



GET TO KNOW YOUR CITY EXPLORE SOWETO



Soweto is a vibrant town that's rich in culture, the setting for many of the most pivotal moments in our country's history and a community that moulded some of South Africa's greatest leaders.



If you want to get to know this dynamic part of Joburg better, why not book yourself in for a stay at Lebo's Backpackers? We chatted with Maria Malepa about how the business was started by Lebohlang Malepa, who sadly passed away late last year, how it has grown and the experiences it offers today.

How did Lebo's Backpackers start and how has it evolved into the place it is today?

Lebohlang "Lebo" Malepa started his entrepreneurial journey in 1998 by selling arts and crafts outside the Hector Pieterse memorial and the Mandela Museum, engaging with tourists as they stepped off their buses. By 2000 he'd started to offer alternative tours of Soweto such as night and shebeen tours using public transport to shuttle his clients, as well as walking tours. Many of his clients wanted to stay overnight to complete the authentic experience, and as he gained experience in hosting travellers he decided to formalise his offerings into a new business venture – and in 2003, Lebo's Soweto Backpackers was born.

Sadly, Lebo passed away on 25 December 2021 leaving an incredible legacy in his community. The work continues today and Lebo's Soweto Backpackers is led by his wife and the staff team.

What are some of the joys of operating Lebo's Backpackers?
Telling real and authentic stories of Soweto, our history and its people to visitors from around the world – and to South Africans, too. We take pride in who we are, the history we share and

the struggle to carry on in a country like South Africa that is still alive with possibilities. To see a community come to life thanks to the experiences we offer.

Has the experience made you appreciate your neighbourhood more?

Yes, it has made us realise that by working closely with and empowering your community through a business venture you can achieve success.

Do you have any memories you would like to share?

It's just amazing to think back! Our thriving business that today employs people was once just one individual who accommodated visitors in one of his rooms and showed them around on bicycles that were borrowed or rented from community.

What are some of the most requested offerings and experiences at Lebo's?

The Soweto day tours by bike, tuk tuk and on foot are the most popular. Our Soweto cooking and food tour is also gaining popularity as well as our storytelling evening and our camping experience at the camp site Leboland, located just next door to our hostel.



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Water restrictions or not, in our dry climate a succulent garden is always a win. The team behind the recent Houghton Bonsai and Succulent Show share their top tips on how to make the switch from traditional garden fare to drought-resistant succulents and cacti.

Aloe THERE!

Coming in a variety of colours and sizes, and resilient enough to withstand high temperatures, these water-saving powerhouses require very little to flourish.

Succulents and cacti look good all year round, and many are also proudly South African in origin. There are roughly 10 000 different succulent species in the world and a whopping 47% are indigenous to South Africa.

Keith Witelson, treasurer of the Johannesburg Succulent Society (JSS), believes succulents are a terrific addition to any space, but while they're hardy, they're not impossible to kill. Here are some basic guidelines for thriving succulents:

WATERING

The majority of succulents only require watering weekly, while some species can survive for months without any water at all. It is important to consider how much sun your succulents are exposed to as well as the type of soil, which can make a massive difference in the watering schedule. Look for wrinkled and curled leaves and let that tell you when to water. Most succulents have a rapid growing season in the spring and summer, so avoid watering excessively when your plant is dormant. When you purchase a new succulent, be sure to read the tag that comes with the plant, talk to an experienced gardener, or ask the salesperson how to care for it.

REPOTTING

Succulents should not be repotted too frequently as a repot damages the roots and increases the chances of a fungal infection (rot). For succulents with deep or fleshy roots you can water well to allow the plant to absorb lots of water, dig it up, leave it to dry in a shady spot with good ventilation, and then repot it after a week to ensure that any root damage has calloused over.

SOIL

Succulents require fast-draining soil with low organic matter in order to avoid fungal infections. Generally, you should avoid clay-like soils, soils with too much uncomposted organic matter, and soils that hold water without drying out. A good general mix is washed river sand (to get rid of the clay), regular garden soil, and perlite in equal parts - plus you can buy river sand from most hardware stores.

SUN VS SHADE

Not all succulents grow in full sun. In fact, many grow under the cover of "nurse plants" which are larger shrubs that absorb the more damaging heat of the day. An easy way to determine a plant's needs is to start in the shade and slowly move to the sun while observing how happy it looks in each environment. Too much shade will make your plants etiolate, which just means they're stretching out to get sun and this can often lead to an unpleasant form. The most important thing to remember is that roots should be kept cool where possible, so if you are growing your succulent in a pot make sure that it isn't sitting on a baking surface and has plenty of airflow.

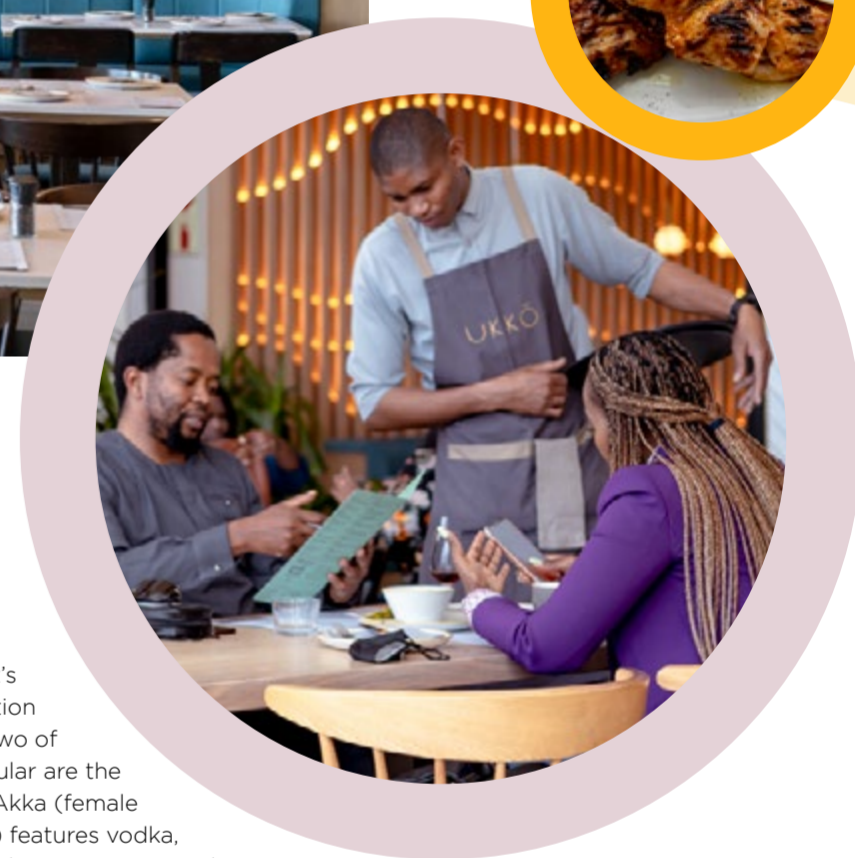


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joburgsucculentsociety.com

a taste of THE MEDITERRANEAN



Laid-back dining is the order of the day at the stylish new Ukkō restaurant in Bryanston.



Serving up Mediterranean Tapas and Sushi as well as a comprehensive wine list and expertly made cocktails, Ukkō has steadily grown in popularity since opening last year - in fact, it's also caught the attention of the Eat Out Awards judges!

So what's on the menu? Diners have a wide range of small plates to choose from, ideal for snacking and sharing - although if you're feeling hungry, you can easily order large plates as well. Crudo, ceviche and lamb riblets are all on offer, as is cheesy baked camembert in a balsamic dressing, Crispy Zucchini Ribbons with lemon aioli and chicken dumplings. Grilled chicken wings, salmon and prawn cakes and squid heads in a wasabi aioli also feature, as do crispy prawns. There's truly a huge variety of dishes and tastes to choose from, all packed with flavour and giving the restaurant broad appeal.

There's a considered selection of wine on offer, but if you're not a fan of vino rather choose from the restaurant's curated selection of cocktails. Two of the most popular are the aptly named Akka (female deity of Ukkō) features vodka, strawberry and rose essence, and Ukkonen (Thunder), features tequila, gin, passionfruit, elder fruit, prosecco and aromatic bitters.

While the name might not seem like that of a traditional Mediterranean restaurant, there is a story behind it. Ukkō gets its name from "Ukkonen", a Finnish myth that references the god of the sky, weather, harvest and thunder. As the myth says, it was customary to come together to eat food and drink alcoholic beverages as a sacrifice, and the celebration was believed to guarantee good weather and harvest for the year ahead. Thus the name Ukkō is an extension of the idea of a space where people come together to celebrate special moments.

THE MAN BEHIND THE RESTAURANT

Ukkō's owner, Mun Manal, completed his Associate's Degree in Accounting and Finance, and he naturally gravitated towards a service-oriented business.

Today, the entrepreneur and restaurateur has over 20 years of experience in the industry and is the heartbeat of this vibrant new restaurant.

After a few years of working in the restaurant industry, he gained extensive knowledge and understanding of the management and operations of the franchise concept and restaurant business, working within the Plaka and Mezepoli brands. However, his overall passion lies with people, whether it's behind the scenes or on the floor. His ability to deal with pressure has enabled him to keep pace with the changing needs of the markets and the employees who contribute to the success of the restaurant brands.

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Through the LENS

OF SOUL AND JOY IS A DYNAMIC PHOTOGRAPHY PROGRAMME BASED IN THOKOZA THAT SINCE 2012 HAS BEEN PASSING ON PHOTOGRAPHY SKILLS TO DISADVANTAGED YOUTH GROWING UP IN THE TOWNSHIP.

"The project aims to expose the youth to Photography as a new way of expression, as a vocational skill and as a means of engagement for future opportunities," says Jabulani Dhlamini a renowned South-African photographer represented by the Goodman Gallery and Of Soul and Joy Project Managers. "The visual platform and skills development programme offers workshops led by well-known photographers and gives attendees the opportunity to connect with people in the art world and to participate in artistic events nationally and internationally."



GUIDING HANDS

Jabulani himself started his photography journey as a street photographer and knows the challenges of not having equipment and mentorship. "Being part of the project brings me joy as it gives me the opportunity to mentor young photographers. The students come to the project as novices and it is a great pleasure to see them grow in the industry, winning competitions, being signed by galleries and becoming successful photographers."

Of Soul and Joy is open to applications from youth not only in Thokoza, but in local townships such as Soweto, Lawley and Sharpeville, and have recently started a rural project, providing access to resources, and artistic and entrepreneurial skills. Of Soul and Joy includes weekly workshops, collaborations with the community to narrate their stories, international residencies and a scholarship for a student to further their studies. Every year, students will exhibit their work locally, and sometimes abroad, and photographs are published in a book.

The programme recruits between 15 – 25 students between 13 – 34 years of age

annually, with no strict criteria other than a willingness to learn. "We look for enthusiastic, dedicated, punctual and self-driven young people who have an interest in narrating their stories with images," says Jabulani. The programme runs for a month, with students receiving continuous support and alumni returning to facilitate workshops and mentor the new students.

GLOBE TROTTERING

Sibusiso Bheka, an Of Soul and Joy alumnus and project assistant, was chosen for a residency at the prestigious NOOR photo agency in Amsterdam, Netherlands. The talented artist today is represented by the Afronova gallery after joining the Of Soul and Joy project in 2012 and graduating in photography from the Vaal University of Technology in 2018. "I'd always been interested in art and design, so when I was in Grade 9 at Buhlebuzile Secondary School and found out about Of Soul and Joy, I applied," says Bheki. "Through my photographs I want to share stories with other people. I enjoy hearing other people's stories about their journey so I try to document that or talk about it through my photographs. Most of the time I focus on things or situations



that might not look or feel beautiful or interesting, but I try to challenge the view by offering a different perspective on the subject."

The NOOR residency is a tailor-made programme for Of Soul and Joy photographers. It gives an opportunity for the participating photographers to meet and benefit from a mentorship by the renowned agency photographers. The community of NOOR photographers

educate selected emerging artists, and gain insight into the culture and cultural identity of Amsterdam through visiting several photography-related institutions. "Through my residency at NOOR, I've learnt about contracts and image licensing, as well as the importance of having your own website as an artist so that people can reach you easily. In fact, just by being in Amsterdam, exploring and visiting museums, I learnt a lot," says Bheki.



Get Connected
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BACK TO THE

wild

The Qwabi Private Game Reserve – set to open in December – will offer a luxury bushveld experience in a rewilded 11 000-hectare reserve that was once agricultural land.

“Qwabi is an extraordinary slice of the African bushveld. My team and I feel very privileged to have been appointed as co-custodians of Qwabi and to turn the reserve into a world-class destination,” says Neil Markovitz, CEO of Newmark Hotels & Reserves.

“In conjunction with the comprehensive conservation team already on the ground at the reserve, we will ensure that Qwabi boasts the healthiest of all the African species, and in addition to the careful management of the existing wildlife, as well as the reintroduction of species, we have also embarked on an intensely focused genetic management programme, bringing in healthy black maned lions from a Kalahari bloodline and elephants from bloodlines that carry large tusks – as a few examples.



WILDERNESS EXPERIENCE

Guests at all three lodges on Qwabi Private Game Reserve will be able to enjoy the incredible Waterberg wilderness with daily game excursions in search of the ‘Big Five’, and other fauna and flora. Set approximately three hours by road from Johannesburg, and 60km from the town of Bela Bela in a malaria free area, Qwabi Private Game Reserve is easily accessible for self-drive visitors, although guests may also fly into the reserve via helicopter.

Qwabi joins the select Newmark portfolio of conservation-first privately owned game reserves that includes Motswari Private Game Reserve in the Timbavati, neighbouring the Kruger National Park; Nkomazi Private Game Reserve in Mpumalanga; and Mount Camdeboo Private Game Reserve in the Eastern Cape.



BESPOKE ACCOMMODATION

The reserve is already home to three standalone lodges. Each will offer their own singular experience and are currently undergoing an extensive refurbishment by interior designer, Francois du Plessis.

For those planning a family holiday, you’ll be excited to hear about Letamo, the largest lodge on the reserve. This will be the first to reopen its doors to guests in December and will include a kids’ club offering adventures for the little ones, alongside a padel court and two swimming pools, one of which overlooks a waterhole. There’ll be various dining options to choose from, and a spa with multiple treatment rooms and relaxation spaces.

In 2023, the second and third lodges will reopen. First is Babohi, an exclusive and serene bushveld escape for adult guests that will offer fine cuisine and refined accommodation. The final lodge, Semela, will be ideal for groups, featuring 24 guest rooms, as well as a swimming pool, restaurant and bush bar!

Get Connected
Accommodation is priced from R6 650 per person sharing, per night, full board, including game drives.
newmarkhotels.com



"Pilates is the complete coordination of body, mind and spirit," Joseph Pilates

DOWN TO THE CORE

In a world of wellness fads, diets and hacks, Pilates has remained consistently popular for many years. First developed by Joseph Pilates in the 1920s, it's a series of small movements paired with breathwork that targets muscles, builds core strength and improves posture and stability. We chatted with COCO Pilates' Clarisa Nel about opening her own boutique practice, how she began her journey and why she loves it.

How did you get into Pilates?

I was introduced to it by a physiotherapist in 2007 when I was suffering from intense neck and shoulder pain due to work related stress. The maintenance effect was so profound - I was hooked. For the next 8 years I attended classes and my love for Pilates grew stronger as I could see the positive effect that it had on my mind and body. In 2015 I started training as a Body Control Pilates Instructor while still working full time in the fashion industry. Balancing work, study and being a new mom was a challenge, so when I completed my first level of training I knew it was time to make a career change. I started to teach Pilates full time and initially worked for other studio owners before opening COCO Pilates.



Please tell us a bit about why you decided to start your own practice?

COCO Pilates opened in February 2018. With the studio at home, it offered me the flexibility to be with my then toddler son. This was a small step in a big dream. The studio was a small space where I could only fit two reformers, but it was good enough for me. My vision was to work with clients on their individual needs and offer personalised attention, and I really enjoyed supporting my clients in their health journey. However, it was time to move into bigger premises and my new studio at @Sandton Hotel in Benmore Gardens embodies the spirit of COCO Pilates - kindness, care, acceptance, positivity and self-love.

What was it about pilates specifically that led you to focus on it?

So much! The fascination with the body, how it moves, how the musculoskeletal system functions and the mind and body connection can enrich our overall wellbeing.

Also, Pilates feels good! Exercise is not meant to be torture. Functional movement encourages a healthier life. Strength is not punishment, it's a reward earned by consistent focus on alignment, breathing and centring. Pilates helps your body heal through movement. Don't get me wrong, it's not always easy, and sometimes the smallest movement performed correctly can be the most challenging.

What do you enjoy the most about it?

As a teacher I absolutely love the look on clients faces when I first introduce them to the magical feeling of Pilates. I also love how adaptable Pilates movements are - it can drive the performance of elite athletes and build strength in rehabilitation patients.

Why has Pilates remained relevant for almost a century?

Pilates movements are fact based. It's simple and works with the body anatomy in a slow and controlled manner that is attainable to anyone. It compliments any age, any fitness level and all body types. I know recently there has been a trend that Pilates is a body sculpting weight loss miracle, but that's not true. There is no miracle weight loss fix and Pilates is so much more than that.

Can you tell us about the reformer classes you offer at COCO Pilates?

Reformer Pilates offers clients the opportunity to add a variable resistance source to their body's movement, benefiting overall strength, flexibility, coordination, and balance. The resistance from the Reformer allows muscles to lengthen as it resists, achieving long and strong muscles without adding unnecessary bulk.

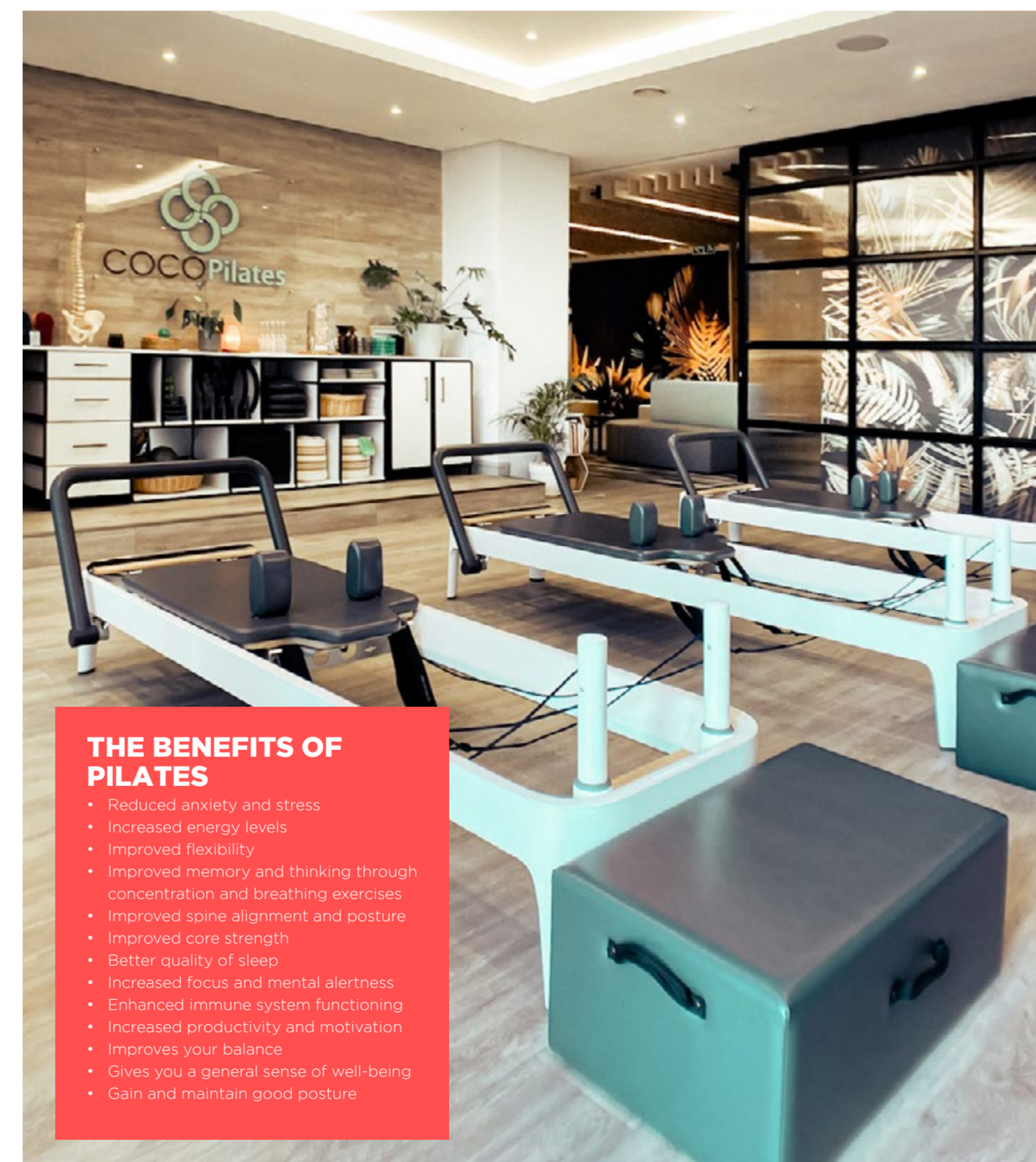
Can you tell us about the reformer classes you offer at COCO Pilates?

Reformer Pilates offers clients the opportunity to add a variable resistance source to their body's movement, benefiting overall strength, flexibility, coordination, and balance. The resistance from the Reformer allows muscles to lengthen as it resists, achieving long and strong muscles without adding unnecessary bulk. While you can perform the same series of exercises on the reformer that you can on the mat, the workouts are notably different. Mat classes utilise the body weight for exercises, while the Reformer adds resistance to the Pilates exercises via the use of the springs that form part of the machine.

I love both reformer and mat Pilates, they are both beneficial. In the studio I incorporate mat Pilates and the use of others small Pilates props for a balanced full body workout.

What should people know about Pilates?

It's never too early or too late to start.



THE BENEFITS OF PILATES

- Reduced anxiety and stress
- Increased energy levels
- Improved flexibility
- Improved memory and thinking through concentration and breathing exercises
- Improved spine alignment and posture
- Improved core strength
- Better quality of sleep
- Increased focus and mental alertness
- Enhanced immune system functioning
- Increased productivity and motivation
- Improves your balance
- Gives you a general sense of well-being
- Gain and maintain good posture



Stylish STAYCATIONS



TRANSFORM YOUR SPARE ROOM

For many of us, the spare bedroom is where stuff tends to gravitate, so the first step is simple. "Declutter," recommends Iva Jaya, Head of Housekeeping at Radisson Blu Hotel Durban Umhlanga. "Our hotel rooms often feel luxurious because of the sense of space. To achieve this, consider rearranging the room so that your loved ones feel like they're visiting somewhere new."

Next, never underestimate the power of good linen. "Investing in high thread count sheets and adding a mattress topper to your bed is the secret to how amazing many luxury hotel beds feel," she reveals. To add an extra touch of care, spritz your sheets with scented water such as lavender, which is known for its calming properties and iron them before making the bed. It is also important to air out the space to keep your "luxury suite" feeling light and smelling fresh.

Lastly, hotels excel at anticipating guests' wants and needs, which often include a cool drink and a little something sweet. Treat your family and friends by placing a small chocolate on their pillows and putting a bottle of water on the bedside table.



Are you hosting friends and family this summer? Want to create an incredible experience, without splashing out? The Radisson Group shares their advice on transforming your home into a luxury hotel - on a budget.

DO YOUR HOMEWORK

Connect with your guests ahead of time to find out their dietary requirements and what they love to eat and drink. Would your guests prefer a fresh fruit salad for breakfast, a hearty fry up or a spread of sweet and savoury baked goods? Would they enjoy sipping on a hot cup of dark roasted coffee or a zesty mimosa? This way, you can add a personal touch to their stay and elevate everyday moments!

AMP UP THE DINING EXPERIENCE

Dinner is typically when you catch up on life, reminisce over fond memories and enjoy quality time together. But why not make this occasion that much more special by incorporating a few, simple decorating tips? "Find your most beautiful glasses, cutlery, and porcelain and shine them. If you have linen napkins or a kitchen towel, give them an iron until they're crisp and fold them into a pattern of your liking. Then wander off into your garden and find flowers, branches, or other plant materials to put in a vase. Finally light some candles, plate the food nicely, and enjoy your dinner," suggests Slobodan Stefanic, Head Chef at the Radisson Blu Hotel Sandton.



SOOTHING SPA ZONES

According to the Radisson team, it's surprisingly simple to create a spa-like atmosphere at home. Find a designated area to use as the relaxation space. Bathrooms are popular, but you can also transform the corner of a bedroom or living room with a few simple additions. Prepare the space by making use of calming scents, sounds, sights and delights. Herbal teas and fruit-infused water are calming and refreshing. For a quick treatment, Lerato Tlhome, Spa Manager at Radisson Hotel & Convention Centre, Johannesburg, O.R. Tambo suggests wetting two hand towels, infusing them with a few drops of essential oils, and warming them in the microwave for 30 seconds. Place one on your neck and one over your eyes will provide instant relaxation. "If you have more time, try a warm bath with a few drops of essential oils, Epsom salts and a cup of coconut milk to nourish and rehydrate the skin," she adds.





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