

KZN



November 2022

# Purely Local

community • family • lifestyle • passion

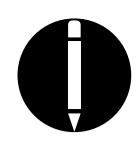
**LIFT OFF**  
A NEW AIRLINE  
IN DURBAN

IN THE SPOTLIGHT:  
**A CREATIVE ON  
THE COAST**

AN UNSTOPPABLE  
DURBAN DESIGN DUO

**AGAINST ALL ODDS**  
WITH CANDICE KING

**CTIA**  
PUTTING THE "I" IN  
INNOVATION



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# EDS FOREWORD

Silly season is in full swing and the end of year crazies are officially upon us. November is always a crazy month for me, personally. November is usually filled with back-to-back birthdays, events, weddings and work functions, the works! But let me set something straight - I'm not complaining one bit - I'm an avid socialite but I guess because it's the month before Christmas and we only have 30 days in this month (as opposed to 31 - okay, relax Carla), it just feels like there is so much to do in so little time.



Phew! Tough life eh? But one thing I really do love about this time of year is that the days are warmer and longer, and I can feel it in the Durban air that summer is just a few days away. Christmas decorations are up and I don't know about you, but I feel an electric and contagious festive spirit wrapping around us. It is crazy to believe that this will be the first "normal" Christmas we have had since 2019 - and I think that is quite marvellous!

Speaking of Christmas, don't miss out on the infamous Trail of Lights at the Durban Botanical Gardens which starts on the 2nd of December and will run for a month. You'll find me in stitches of laughter at Durban's finest - Kevin Fraser's Minister of Entertainment tour at The Globe at Suncoast Casino on the 2nd of December - I cannot wait! In amongst the silly season chaos - I also caught up with Kimball and Ross, friends of mine and the founders of Magnetic Munchkin about their gorgeous and super smart magnetic baby clothes - so if you're looking for some beautiful baby clothes to gift this Christmas - they're your ultimate go-to, helping parents one onesie at a time."

We got news that the dynamic design duo: Nindya and Nikhil absolutely WOW'd the judges at the Nando's Hot Young Designer Talent Search and brought home a win, so naturally, we felt they deserved a massive shout out for their epic achievement! LIFT Airlines celebrated their first flight to Durban from Johannesburg, and we are stoked about the additional flight route and airline helping us Durbanites get from A to B!

I really hope that you enjoy the read. Don't forget to take a moment to pause and breathe through this crazy time of year. We're almost at the finish line - so don't give up now!

Hug your people, kiss a lot, sending love and light.

*Carla Louise Gailey*  
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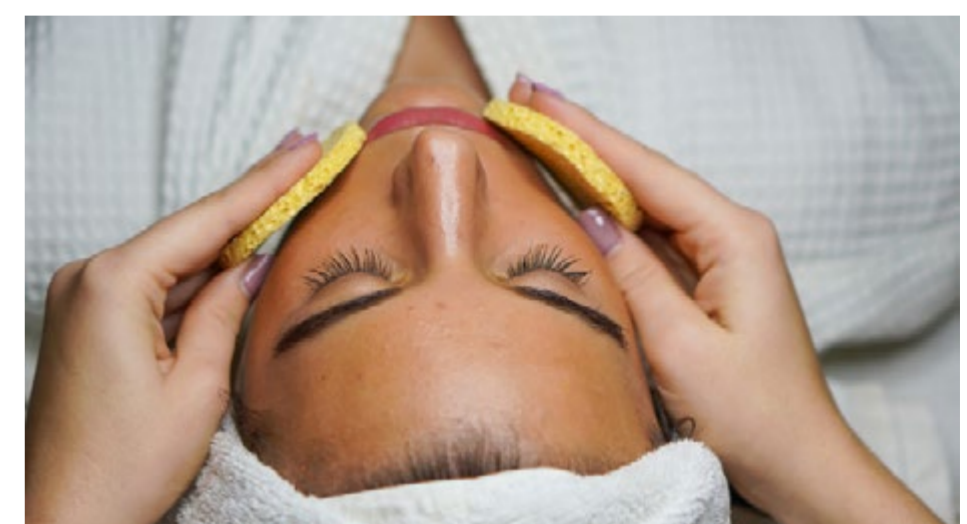
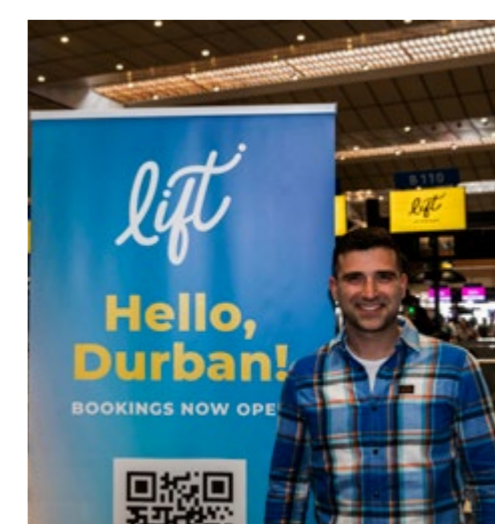
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# DURBAN DESIGN DUO BRING HOME

# a win!

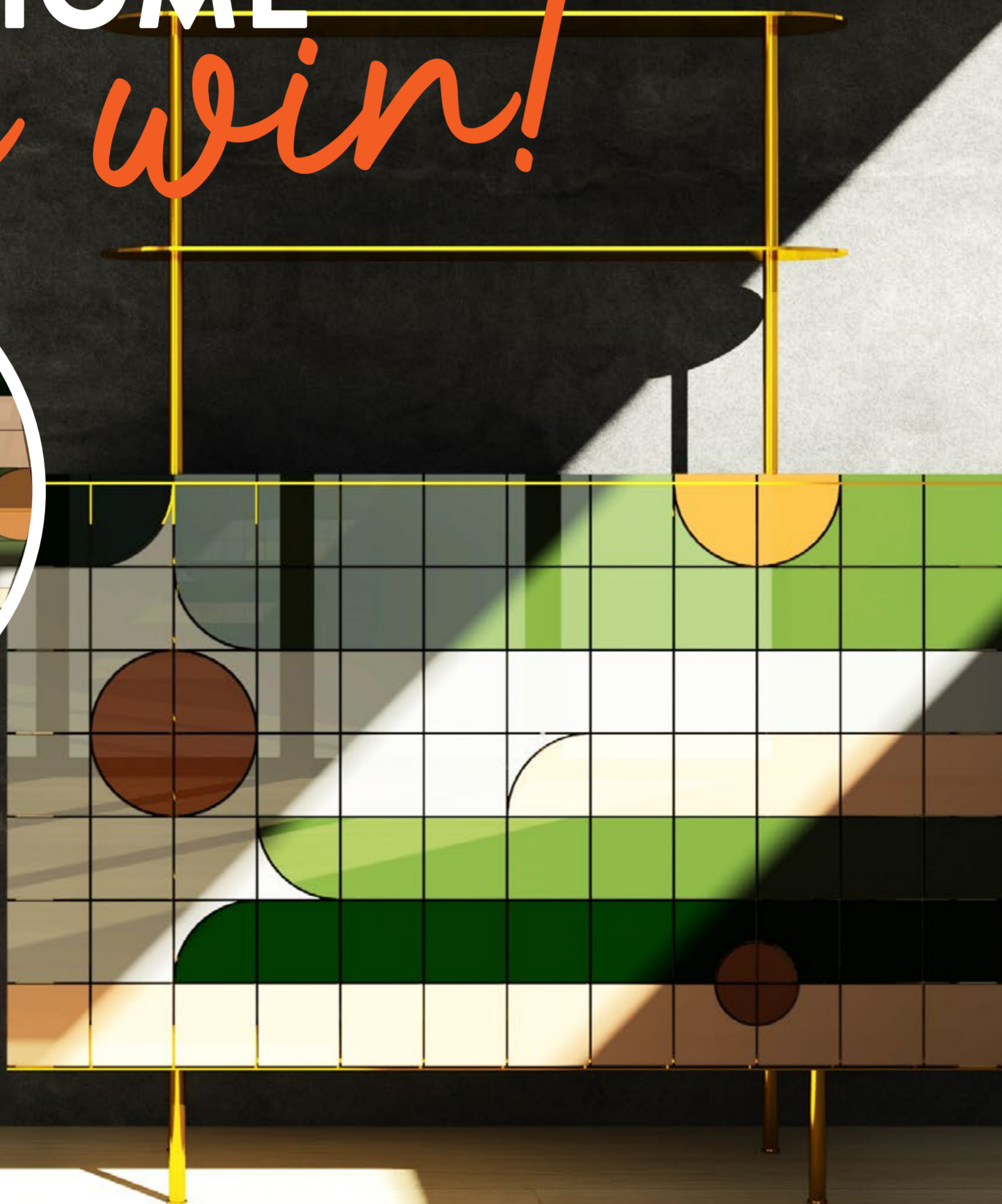
Nikhil Tricam and Nindya Bucktowar have been named the winners of the Nando's Hot Young Designer Talent Search for 2022.

**WORDS:** Supplied  
**PHOTOS:** Supplied

After an intensive judging process, the winners of the Nando's Hot Young Designer (HYD) Talent Search have finally been revealed. Design duo Nikhil Tricam and Nindya Bucktowar, have been named as 2022's winners. The announcement was made on 26 October 2022 at this year's Basha Uhuru youth festival at Con Hill, Johannesburg.

Together, Tricam and Bucktowar are the owners of Kalki Ceramics, a design studio based in Durban specialising in bespoke handcrafted ceramic tiles. For their winning entry, they looked to South African flora and desert landscapes for inspiration. Their Cactus Server draws on the duo's combined experience in ceramics, product design and architecture to create a rich and textural functional art piece.

"Utilizing Kalki Ceramics tiles in unique glazes reminiscent of fynbos, succulents and flowers endemic to South Africa, the Cactus Server blends contemporary form with organic materials and motifs to create a uniquely South African design," says Tricam.



Nindya Bucktowar



Nikhil Tricam

Being named as winners of the Nando's HYD 2022 will open up new business opportunities for Tricam and Bucktowar including having their piece prototyped and included on the Nando's Portal to Africa, an online ordering and purchasing platform utilised by interior design studios locally and globally to source South African designer items to include in Nando's restaurants around the world. The winners will also receive ongoing mentorship and development support from the Clout/SA team designed to help fast-track their progress in the industry.

The Cactus Server was chosen from over 120 entries into the fourth iteration of the Nando's HYD competition, which saw young designers from across the nation answer the call to conceptualise a condiment unit to display the brand's acclaimed Peri Peri sauces. The challenge was to do so in such a way that these sauces and their piquant ingredients, which form an intrinsic part of the Nando's experience, remain visible and accessible to customers throughout their visit.

The multiphase judging process saw members of the design and creative communities from various countries assess entries over two rounds. The entries were narrowed down to a shortlist of 20 and then edited further to the top 10 finalists, from which the overall winner was chosen. The prestigious panel of 17 local and global industry judges included the Director of the Smithsonian National Museum of African Art in New York, Ngaira Blankenberg; Sophie Douglas, Director of Fusion Design and Architecture, UK; Paul Thrush, Co-Founder and Director of STAC Architecture, UK; and Karen Brumfield, Head of Buying at @home, and others.

"We'd like to thank the judges and all our entrants for their time and energy. The entries that made it to the finals are bold, authentic and unique, all characteristics we love in a piece of great SA design. We'd like to congratulate our overall winners and all of the finalists and look forward to seeing them thrive through inclusive access to opportunities and a global market that Nando's HYD and Clout/SA will facilitate in collaboration with them. This competition is about changing lives by making sure we utilise the platform we have to shine a light on creativity and opportunity!" enthuses Tracy Lynch, a Nando's HYD judge and co-managing executive alongside Nokuzola Jenness of Clout/SA, the company that facilitates the Nando's HYD competition and roll-out.

Nando's HYD aims to unearth saucy new designs for Nando's restaurants around the world and fire up the careers of emerging local creatives. As such, it plays a key role in this ongoing industry development by functioning as a launching pad for fresh young talent.

### Get Connected

For more information on Nando's HYD 2022, please visit [clout-sadesign.co.za](https://clout-sadesign.co.za). To find out more about Clout/SA, follow @clout\_sadesign on social media.



# CULINARY INNOVATION

WORDS: Carla Louise Gailey  
PHOTOS: Supplied

## in practice



The Chefs Training & Innovation Academy provides students with solid foundations and assists in fostering the confidence needed to innovate, create, and embrace a career path filled with diverse opportunities.

### TELL US ABOUT CTIA AND YOUR DURBAN CAMPUS?

CTIA's first campus, located in Centurion, South Africa, opened its doors in 2009 with the goal of providing a unique learning environment based on cutting-edge technology and a promise to look after our students every step of the way. It's a promise we made, and one that we've kept. We've now expanded to three additional locations including the coastal city of Durban - which is known to be a laidback location, but our bustling campus in Morningside is a hive of activity where students can enjoy the best training experience of their lives in a warm and vibrant environment. This campus is located close to the city centre and is easy to access with public transport. The culinary action goes down in two fully equipped, halal-friendly training kitchens and three theory lecture rooms. Students can choose from multiple nearby accommodation options. Staff and students at CTIA are family members as well as community members, and that will never change.

### WHAT KIND OF COURSES DO YOU OFFER AT CTIA?

At CTIA, we pride ourselves on providing a warm, fun, inspiring and creative environment for our students as they embark on their culinary journey. We offer a variety of national and international qualifications, which have been designed to give our students the best possible chance at success in their chosen careers.

Our courses provide students with a solid foundation and foster the confidence needed to innovate, create, and embrace a career path filled with diverse opportunities: working in catering companies, hotels, restaurants, or cruise liners, to food photography, to launching a business of your own. We work hard to stay on top of the latest changes in the hospitality industry so that we can share them with our students at home and abroad. Our courses are constantly updated to ensure that our students benefit from the latest developments in the landscape and to maximise their prospects of career success. We



are offering a host of new national qualifications in both our culinary and hospitality programmes.

We are excited to announce that we will be expanding our online offering soon, with a range of new and exciting bite size courses, programmes and learning opportunities. Keep an eye on our website and social media channels for further updates - we can't wait to share more information with you soon! Our Lecturers are dedicated to our students. They are invested in our student's success and always go the extra mile. At CTIA we measure our success on the success of our students and that is why we WANT to go the extra mile. Our passion is teaching, which is why we do what we do.

Through its partnerships, with national and global bodies, CTIA ensures its qualification are recognised both locally and internationally.

We offer the following:

- A national programme, accredited by the Quality Council for Trades and Occupations (QCTO).
- Several internationally recognised programmes, accredited by City & Guilds (C&G) and the Confederation of Tourism and Hospitality (CTH).
- An opportunity to enrol for a bachelor's degree in culinary arts in partnership with the Business & Hospitality Management School (BHMS) in Lucerne, Switzerland.
- Through CTIA's membership association with the South African Chefs Association (SACA), we are endorsed by the World Association of Chefs Societies (Worldchefs) for being a quality culinary education provider.

### WHAT DO YOU SPECIALISE IN?

We specialise in training students to be industry-ready professionals. CTIA is constantly aware of industry standards and the expectations that new employees must meet, so we know what young, aspiring chefs require to thrive in today's ever-expanding worldwide hospitality sector.



'Innovation distinguishes between a leader and a follower' - Steve Jobs

The 'I' in CTIA stands for innovation. Training our students to become innovation-oriented sets them up for long-term career success. We're particularly proud of this aspect of our offering, and continuously update our CTIA innovation modules to ensure our students gain skills and insight into the most up-to-date industry developments.

All of our students have the opportunity to tailor their curricula by selecting from our list of culinary and pastry innovation modules. These are intensive, highly practical courses - all the action happens in the kitchen.

The number of innovation modules (electives) a student can choose is determined by the core full-time programme. These are already included in our full-time programmes. Part-time students have the option to add modules to their programme at an additional cost.



Currently, we offer the following Innovation Modules:

- Molecular Gastronomy
- Charcuterie
- Dairy & Cheese Making
- Food Photography
- Modern Cake Design
- Chocolate Artwork
- Confectionery
- Sugar Work

### WHAT DOES IT TAKE TO BE A SUCCESSFUL CHEF?

At CTIA, we prepare our students for the culinary industry in every way possible. We have forged strong ties with various industry partners, with whom we place our students in functional roles. This gives CTIA chefs-in-the-making an opportunity to gain invaluable experience that leads to improved skill and confidence.

To be a great chef, attitude and values are just as important as skills and knowledge, which is why we focus on developing and evaluating all these key areas. We also emphasise important career-advancing skills, such as: CV writing,

interview techniques and professional communication.

As a student entering the culinary world, always remember that your attitude will determine your altitude. Be a sponge and soak up all the information, techniques, and methods that you can. Read about food. Your development does not just stop at what was taught in the classroom and kitchen. Do more than just that. Cook at home! Cook for your friends and family, they are your biggest fans. Have a humble and positive attitude towards your studies, work placements and opportunities. Be willing to work long hours and be willing to start at the bottom to learn the ins and outs of this industry. You will learn to respect and understand every area of the kitchen before getting to the top. This will make you more successful. In our industry, we need each other to be successful. No single person can take credit alone. We are always a team and a family.

**Get Connected**  
CTIA Durban Team: Call them on 031 001 4196 or email them at [info@ctia.co.za](mailto:info@ctia.co.za)



INTRODUCING:

# Madam & Sir

*A contemporary dining experience.*

## THE FOOD

Located at the heart of one of Durban's trendiest streets, Florida Road, Madam and Sir is an up-market contemporary casual dining restaurant with a tastefully vibrant aesthetic, friendly service and a deliciously diverse menu.

Madam and Sir is a full-service restaurant which opens at 07:30am for breakfast and serves lunch and dinner till close. For the early risers, the restaurant has incredible coffee, high-speed WiFi and the menu offers delicious light breakfast options like Eggs Benedict, the R45 On-the-Go breakfast which can be upsized and the Madam's remedy for a hangover - the Spicy BY All Mince! By far, the most loved breakfast is the Sir Breakfast which is a full house.

The lunch and dinner menu offers a delectable combination of light meals, grills, seafood, and the ever-so-loved sushi! Amongst the favourites are the Wings, Chips and Cheese Dip starter, the Cheesy Prawn Tails starter, the juicy Sir Burger, and the tender Sirloin Steak. Guests who are looking for shareable meals, absolutely adore the Sir's Meat Platter or the Madam's Seafood Platter!



The Seafood loving guests cannot get enough of the M&S Seafood Delight, the Sir's Sizzling Fish and they always look forward to finding out the Catch of the Day which Head-Chef Cobra Bhengu always goes out of his way to source fresh from renowned local fishermen.

After months of having Sushi on and off the menu, Madam and Sir will be officially introducing a combination of traditional sushi options but has also curated some delicious signature sushi options! Those who know Chef Bhengu, know that his Sushi skills are advanced, this is a skill he went all the way to Tokyo to study for and with it, has, till recently, successfully led one of Chartwell Drives' busiest seafood restaurants for the past 6 years.

According to the owners, "the Madam and Sir menu is designed to be a

celebration of food, a celebration of diversity and a celebration of life". South Africa has a diversity of culture, influences and nuances which need to be acknowledged and celebrated - that is what Madam and Sir stand for - not just in its menu, but in its overall aesthetic and ambience.

## THE RESTAURANT

After years of designing and bringing to life upmarket restaurants for their clients, the architect and interior designer husband and wife design duo fell in love with the restaurant industry and



decided to invest by starting their own restaurant. It's taken time to build, but for them, Madam and Sir is a display of their vision for what's possible in restaurant interior spaces, and a celebration of love, good food, and relationships - whether romantic, family or otherwise. "We want each guest that comes to Madam and Sir to feel a sense of freedom, connectedness and love," said "the Madam".

Madam and Sir is a three-pronged name: it is, firstly, a statement of positioning in that historically 'madams' and 'sirs' were esteemed members of society - without infringing on classism, Madam and Sir speaks of 'prestige', 'chic' and 'honor'. The second aspect of the vision is to nullify the divide and make a statement that everyone is a madam and sir. This speaks to our customer-centric pillar which is "to give service fit for a madam and sir to all our guests, regardless of age, race, gender or social status". The final aspect of the name is that the founders are a married couple and so the name speaks to their love of love, of people, and of dining out.

When Madam and Sir started, it was in a "café-size" space. Since just a few weeks ago, Madam and Sir has been expanding and redecorating and they will soon officially launch; something guests - new and old - can look forward to!

*"Madam and Sir's vision is to take guests on a nostalgic culinary journey by serving captivating food - paired with world-class wines and drinks - in a beautifully designed and sophisticated space with repeatedly great service."*

## THE MISSION

- To always marry the 4 pillars of "delicious food, beautiful dining spaces with "great ambience and "repeatedly great service.
- To provide a diverse menu that allows guests to latch on to familiar meal options while constantly introducing seasonal options and specials to keep them excited and pleasantly surprised and coming back for more!
- To keep innovating and creating a sophisticated dining ambience that guests will love and keep coming back for.
- To keep raising the bar on service by making each guest feel like a "madam" or "sir."
- To present values of inclusivity where people of all races, gender, age groups, religion, wealth etc.. can come to dine without prejudice or discrimination.

### Get Connected

Madam and Sir restaurant is located on 262 Florida Road. For bookings contact: 081-508-6567



# PARENTING MADE *earlier*

**WORDS:** Carla Louise Gailey

Meet Kimball and Ross, the young and enthusiastic parents of two boys; Rainn and Jamie, who discovered an innovative way to simplify parenting, one onesie at a time - and thus Magnetic Munchkin was born.

## WHAT WAS THE VISION FOR MAGNETIC MUNCHKIN? HOW DID YOU COME ABOUT WITH THE IDEA OF MM?

When we had our first baby Rainn, he had bad reflux and would vomit on all his clothes and we had to change him all the time. We got frustrated with taking so much time to change and thought there must be an easier and quicker way to dress our baby. The idea of Magnetic Munchkin was born out of our hopeful search for a solution to eliminate frustration and time spent struggling with our own babies' clothing. After months of research and development, we discovered magnetic fasteners and decided to come up with our very own range of magnetic baby clothes. Thus, simplifying parenting and amounting to even more precious time getting to connect with our son.



Now with our second child, Jamie, we are busier than ever and he lives in his Magnetic Munchkin rompers - there's really nothing better.

## WHAT PRODUCTS DO YOU SELL? WHAT AGES DO YOU CATER FOR?

We sell mainly rompers - babies live in these in their first few months of life. We cater to infants - 1-year-olds. We also have matching accessories like headbands, bibs, and beanies. The bibs are great because you can just slip them off if your baby falls asleep with them on because any the other kind of bibs you have to wake your baby up. To reach behind the head and take the bib off. And every mama knows you need to avoid waking baba at all costs. When Jamie was a newborn I could change his nappy with the romper on, it was so quick and easy

that he would sleep through the whole nappy change.

## WHAT INSPIRED YOUR DESIGNS AND PRINTS?

Being a local South African brand we tried to communicate that through our prints and designs. South Africa is known for its beautiful landscape, seas and sky. So we choose to do a safari print for the land, under the sea print and a sky full of rainbows. We've also recently launched a whole new range of cute and trendy baby prints.

## ARE THE PRODUCTS SAFE FOR YOUR BABIES? TELL US ABOUT THE SAFETY ELEMENT.

Our magnetic fasteners are encased in a soft casing to



quality of our fabric is the best - without being biased, but at the moment there is nobody in South Africa who is sourcing this insanely high-quality fabric. We always hear our customers saying that they are blown away by the quality of our products and that they always exceed their expectations. Our business has been running for a year and we have over 100 reviews from customers saying how much they love our product. We are so grateful that our customers love our products as much as we do.

## WHERE CAN CUSTOMERS PURCHASE MM PRODUCTS? ONLINE? IN-STORE?

Our products can be purchased on our website and you can find them in a few online baby boutiques. Being a small business we offer extremely fast delivery nationwide, anywhere from 1 to 3 days.

## PLANS FOR THE FUTURE FOR MM?

We have had a lot of interest from overseas buyers so we are looking at selling internationally.

make them washable. This casing allows us to meticulously sew each magnet securely into each outfit. They are also sewn in between layers of fabric which make them extremely secure and difficult to tamper with. Each product goes through an intensive inspection after assembly and once the garments are finished. If you are concerned about exposure to static magnets, the World Health Organisation (WHO), has stated that there is no evidence that magnets are harmful to human health.

## WHAT IS THE MOST IMPORTANT THING YOU WANT TO ACHIEVE WITH MAGNETIC MUNCHKIN?

Magnetic Munchkin is here to help you dress your baby with ease, one onesie at a time! We want parents to spend more time with their babies and for their babies to be comfortable in quality clothes. The

**Get Connected**  
Shop their collection online at [magneticmunchkin.co.za](http://magneticmunchkin.co.za) and give them a follow on Instagram for all the cuteness [@magneticmunchkin](https://www.instagram.com/magneticmunchkin)

# CREATIVES ON THE COAST

WORDS: Carla Louise Gailey

Connecting with local Ballito-based photographer, Simone Dorfman.



Simone Dorfman was born and bred in Benoni and has since moved to Ballito. "My photography background truthfully began as a hobby. My dad was always a photo enthusiast and I would always enjoy snapping shots on his camera whenever I could", Simone explains. After obtaining her degree in Fashion at LISOF (now STADIO), in Johannesburg, she swiftly entered the fashion industry thereafter. As time progressed, Simone took a more formal stance on photography and studied via an online school into the more technical aspects of the craft. "Photography organically grew into a career as more friends and connections started requesting shoots from me, and I haven't looked back since", she says.

Simone leans towards documentary-styled family photography and brand/content work. From a family and portrait perspective, she would describe her style as genuine versus being styled/posed. "I love capturing the little moments between the actions; the real smiles, giggles, tears and love. These are the emotions that I want to freeze and hold the essence of", Simone explains. In a connected world, social media has become an integral part of any brand identity and having a professional stance with powerful imagery creates a beautiful visual impact. "I love working with brands on fresh content for their products and being a part of that growth for a business", she expresses.

It's evident that Simone doesn't fit into a specific category of what kind of photographer she labels herself as. She loves the variety that her job entails and finds that by not specialising in one area alone, the lessons she learns from all genres of photography are invaluable. "I guess I am a bit of a generalist photographer - I love to capture anything from events, and weddings, to couples, families and portraits to brand and product work", Simone explains.

"I am inspired in a creative direction by different photographers for different reasons. Greg Williams for his authentic documentary style imagery, Mari Trancoso for her intimate connection imagery, Daniella Midenge for her exquisite editorial work - my list is endless", she describes. Simone gushes about being surrounded by incredibly successful and driven friends who inspire her to grow. "My wonderful and strong mother and late father always pushed me to be happy in my career, and having a super supportive husband who always encourages me adds to my daily inspiration to be and do better", Simone explains. When asking Simone what her favourite part of being a photographer is, she explained, "I think the most rewarding part of any photo shoot is the client reactions once they have received their images - that always leaves me stoked".



**Get Connected**  
To book a shoot with Simone, visit her website [simonedphotography.com](http://simonedphotography.com) or have a look at her fabulous Instagram page [@simone\\_ds\\_photography](https://www.instagram.com/simone_ds_photography)



WORDS: Candice King



# LIFT OFF DURBAN!

WORDS: Supplied

The inaugural flight from Johannesburg to Durban took off from OR Tambo International at 6:00 am on 26 October 2022, marking LIFT's much-awaited expansion into KwaZulu Natal.

Passengers flying on LIFT to Durban for the first time were all smiles and cheered as they boarded the aircraft about to embark on this historical flight - taking pictures to share this momentous occasion on their social networks.

To celebrate this first, the airline was greeted by a water cannon salute as it landed at King Shaka International Airport. Zulu and Indian dancers performed a combined, synchronised and choreographed dance performance showcasing the province's rich Zulu and Indian cultures to the delight of disembarking passengers. This was followed by a media conference including key stakeholders such as the Mayor of eThekweni Municipality, Tourism KwaZulu-Natal, Economic Development, Tourism and Environmental Affairs and Dube TradePort.

"It's no secret that Durban has had its fair share of struggle over the past two years, and we are just so proud and happy to play a small part in bringing back travel and tourism to such a deserving city. Durban

is one of the most common requests we receive on social media and has been on our radar for a while and for that, we couldn't be more excited," said CEO and co-founder of LIFT Jonathan Ayache. "We've also grown our fleet and have two more aircraft arriving this year. This growth in our fleet and new routes will create more than 100 new jobs before the end of the year," added Ayache.

LIFT has moved almost 1 million people across South Africa to date and looks forward to getting more people into KZN to experience its brilliance. Travellers to or from Durban can now look forward to all the perks flying LIFT has to offer. These include complimentary snacks, coffee from Vida e Cafe, extra-friendly service from the stylish cabin crew and flexible flight changes with unlimited penalty-free changes, no cancellation fees, and quick and easy refunds into your LIFT wallet. LIFT also offers selected dog-friendly flights making travel with your fur baby a breeze.

LIFT also has a business-class product called 'LIFT Premium' offering industry-leading legroom and more spacious seating. Premium passengers also enjoy an elevated snack and drinks offering, priority boarding, fast-track security, priority support, a dedicated check-in area and lounge access.

After the anticipated expansion into KwaZulu-Natal, LIFT takes its first flight to Durban.



Get Connected: To book your flight visit [lift.co.za](https://lift.co.za)

# Finding comfort IN THE DISCOMFORT

Candice King shares her thoughts on how to navigate tough emotions.



It's sometimes easier to shove the tough emotions away, pretend they are not there and hope they go away. A little ostrich in the sand vibes. If this sounds like you then I hear you and I feel you. This was my go-to. My way of offloading hurt was to suppress and deny what I was going through as it was easier than turning and facing the hurt.

This was an ingrained pattern from childhood that played itself out and I was so blissfully unaware of how it was impacting me. The people pleaser, no boundaries, yes man person I became aligned so well with suppressing how I really felt.

I know most of us can relate to this. We weren't taught how to navigate our emotions when we were growing up. Emotions were seen as good or bad. Don't be angry it's bad, don't cry it's bad, don't be sad put a smile on that face and my all-time favourite is if you are going to cry for nothing, I will give you something to cry about.

So, we enter the adult realm not allowing ourselves to feel what we are feeling because it is bad. Today as you sit here and read this, I would like to encourage you to turn and face those "bad" emotions, those emotions you were taught to suppress and push away.

Is it uncomfortable? Hell yes. The greatest lesson I ever learned was in yoga. Some poses were tough and all I wanted to do was pull out of them. The saying "find comfort in the discomfort" rings true for me every time I find myself wanting to pull away from tough emotions.

What if I told you emotions were data? How do you feel when I say this? There are no good or bad emotions they were merely there to give us information about what is happening in the world around us.

And what if I told you learning to regulate your emotions will improve your well-being, relationships, and effectiveness in your life? Just by being able to pause and look at those emotions. Help you step off the spinning merry-go-round of reaction and try to show up with better intentions. All through being able to regulate your emotions.

This brings me to share a little of my story and why I do what I do. I am a neuroscience and emotional intelligence life coach. I guide women to create self-awareness to understand their patterns so they can re-discover who they are and live their lives more authentically.

I got to this point after I faced a cancer diagnosis in 2014. A year of treatment and being left alone with my thoughts made me realize that this pattern I had my whole life was not serving me in any way or form. I am grateful for this second chance at life and also for the lessons learned during this time.

I began working on myself, working through all the emotions I had suppressed my whole life. Learning to find comfort in the discomfort. By being more emotionally aware I was able to step into my authenticity. Not this woman that wore various masks in whatever situation she found herself in.

Suppressed emotions only intensify. I want to encourage you to begin looking at those patterns that you may have when avoiding those tough emotions. It's okay and safe to feel all those feelings. To turn and face them. You may be surprised and what you discover about yourself.

Self-awareness is the catalyst for change.

**About our Contributor**  
Candice King is a Umhlanga-based mom of two teenage girls. She is a breast cancer survivor and is now working in the field of emotional intelligence life coaching for the last four and a half years. Her main target is women who are struggling to find themselves again, who are tired of the same old story and who need to re-discover who they are. Like Candice needed after cancer treatment. Over the last year, she has been empowering parents of teens to build a foundation of empathy, trust and understanding while navigating the teen years.

**Get Connected:**  
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[candiceking.co.za](https://candiceking.co.za)



WORDS: Supplied

The fan-favourite, Trail of Lights returns this December.

Much to the relief of all fans, Durban's most popular festive event will take place from 2 December 2022 - 2 January 2023. This year's Trail of Lights at Durban's legendary Botanic Gardens, promises to be bigger, better and brighter than ever.

"We are incredibly grateful to all our supporters, partners and suppliers, who not only encouraged us to push ahead in some difficult circumstances but pulled out all the stops to make this event a reality," says event organizer Alene Naidoo. "For starters, the floods in April took a terrible toll on our beautiful Gardens and the landscaping team led by Curator Martin Clements, has been working non-stop to ensure that the venue is in tip-top shape and ready to welcome visitors again."

Festooned with thousands of lights, in the awe-inspiring lighting displays, buzzing with live entertainment, Santa's Grotto, magical festive characters, charity-hosted Santa's Workshop, KZN's brightest Christmas tree, a special Secret Garden of Lights concealed within the trail, all new horticultural displays and two fabulous food gardens... The Trail of Lights is back...bigger, better and brighter!

An exciting new addition to the event, are the two PAWS AND CLAUS nights on the 4th and 11th of December, when visitors can bring along their 'fur kids' ...dogs ONLY... to join in the fun!! Ticket sales from these evenings go to Feeding the Furballs charity.



ABOUT THE DURBAN BOTANIC GARDENS TRAIL OF LIGHTS 2022

The Trail of Lights takes place from the 2nd of December 2021 to the 2nd of January 2022, excluding Christmas Day, in Africa's oldest botanical gardens, from 18:00-21:30.

02 December - 04 December 09 December - 11 December
14 December - 24 December 26 December - 30 December
01 January - 02 January

Limited tickets will be available at the door. Children 2 years and under, enter for free.

Tickets are available from www.webtickets.co.za or Pick 'n Pay at:
18:00 Entry R80 per person
19:00 Entry R75 per person
20:00 Entry R70 per person

Limited tickets are available at the door- R100pp (subject to availability)
Tickets on the Paws and Claus nights are R30 per pet when booked with a full-paying adult ticket.

Follow @durbanbotanicgardens for more information!

Kevin Fraser promotional banner with title 'Kevin Fraser', bio, and 'ABOUT KEVIN' and 'ABOUT "MINISTER OF ENTERTAINMENT"' sections.

Event details for Kevin Fraser: THE LINE UP, DURBAN - THE GLOBE AT SUNCOAST CASINO, Date: 02 December 2022, Venue: The Globe at Suncoast Casino, Durban, SHOW TIMES, 19h00 Doors Open, 20h00 Keketso Ratsiane, 20h30 KEVIN FRASER, 22h00 Event Ends, Tickets Available from R250 at kevinfraserofficial.com

Kevin Fraser Presents: MINISTER OF ENTERTAINMENT SOUTH AFRICA - DURBAN 02 DEC - THE GLOBE AT SUNCOAST CASINO SUNCOAST CASINO HOTELS AND ENTERTAINMENT SUNCOAST BOULEVARD O R TAMBO PARADE, DURBAN, 4056 TICKETS @ KEVINFRASEROFFICIAL.COM



# GATEWAY

COMMENCES MULTI-MILLION-RAND

## metamorphosis

*Gateway Theatre of Shopping, the East Coast's trend-setting super regional mall, pushes the boundaries of South African shopping experiences once more thanks to a multi-million-rand refurbishment that will combine leading edge construction with new age design technologies.*

Gateway Theatre of Shopping, the East Coast's trend-setting super regional mall, pushes the boundaries of South African shopping experiences once more thanks to a multi-million-rand refurbishment that will combine leading edge construction with new age design technologies.

Head of Retail for Old Mutual Property, Ahmed Kazi, said "the revitalisation of the mega mall which has been something of a trailblazer in the local retail space since it launched 21 years ago, would give the centre a whole new design aesthetic.

The two-phase upgrade begins with the transformation of the Great Hall around Gateway's entrance axis. This will be

followed by the rejuvenation of the centre's two adjacent vaulted wings.

Phase one includes a glamorous triple-volume faceted glass façade around the main lifts, a new geometric tiling design and striking curved organic ceiling bulkheads that will unite to create a new age elegance with sweeping lines and timber accents.

General Manager for Gateway, Feysel Potgieter, said that work has commenced on the first phase but would pause for the festive season. Phase two, which will focus on the adjacent wings, will be completed in 2023.

Sustainable practices and intelligent technologies within the new Great Hall will pave the way for Gateway to embrace future retail trends.

"Our strategy is based on the three R's of sustainability - namely reduce, reuse and recycle. We believe that to create a space for people to enjoy and to ensure future value for the community, we cannot compromise. Materials and finishes have been sustainably sourced or made from recycled materials. We have also repurposed the existing natural stone in

the mall," Potgieter explained. To propel Gateway still further into the digital age, energy sensitive lighting and electronics will be used.

This approach will extend to operational components such as sanitary ware, escalators, lifts and air conditioning chillers, aligning Gateway with Old Mutual Properties' national commitment to sustainability.

Gateway is currently one of the top 100 largest malls in the world and the third largest in South Africa. The shopping complex - which will not be extended during this latest upgrade - measures over 176,000sqm.

"We will be doing everything possible to ensure our customers continue to enjoy their experience during these refurbishments and are very proud to be able to continue to improve our customers' journey throughout the mall" said Potgieter.



**Get Connected**  
Visit Gateway Theatre of Shopping at 1 Palm Blvd, Umhlanga Ridge, Umhlanga or visit their website [gatewayworld.co.za](http://gatewayworld.co.za)



*Designer and Creative, Jesze, is a computer programmer by trade turned interior designer who found her passion by combining her love for art, tech & property. She has always had a natural passion and pull towards interior design. Recognising a need for more contemporary marble pieces and so JB Designs manufacturing arm was born. JB designs is a South African-based interior design studio, that manufactures high-quality, handcrafted tables, integrating marble slabs with steel frames.*

**TELL ME MORE ABOUT YOUR COMPANY? WHEN DID YOU START YOUR COMPANY?**

JB designs started off as an interior design studio in 2013 and extended our design arm into designing and manufacturing contemporary pieces in 2016.

**WHAT OR WHO INSPIRES YOU?**

I am constantly inspired daily by my surroundings. Everything that I can see, touch and hear.

**WHAT ARE YOUR SERVICE OFFERINGS AND WHAT DO YOU SPECIALISE IN?**

In a nutshell: Interior design, art and furniture.

We are passionate about unique design and transforming spaces, so not only do we design and manufacture our own furnishings but also consult on smaller and larger scale interior projects offering a complete turn-key solution to your design needs, assisting you with every aspect of your project, from the initial site visits, through to concept development and design, project management and rollout, to completion.

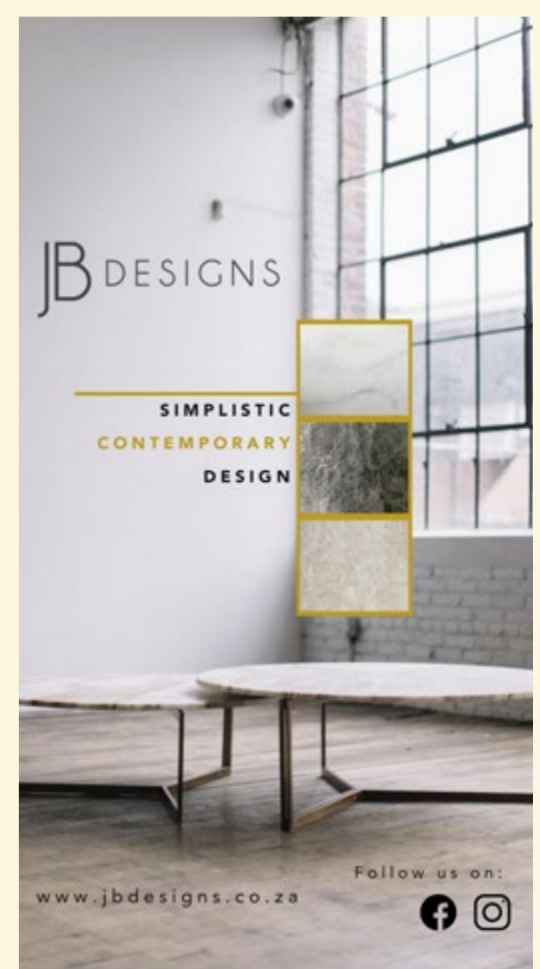
**WHAT PRODUCTS DO YOU DESIGN?**

Contemporary furniture pieces made to fit your space, we specialise in marble fabrication and application.

**DO YOU HAVE A PARTICULAR STYLE?**

Our style is simple: eclectic spaces where classic meets contemporary marrying simplicity and comfort.

**Get Connected**  
Check out their website [www.jbdesigns.co.za](http://www.jbdesigns.co.za) or take a look at their Instagram [@jbdesignsdbn](https://www.instagram.com/jbdesignsdbn)





# Stylish STAYCATIONS

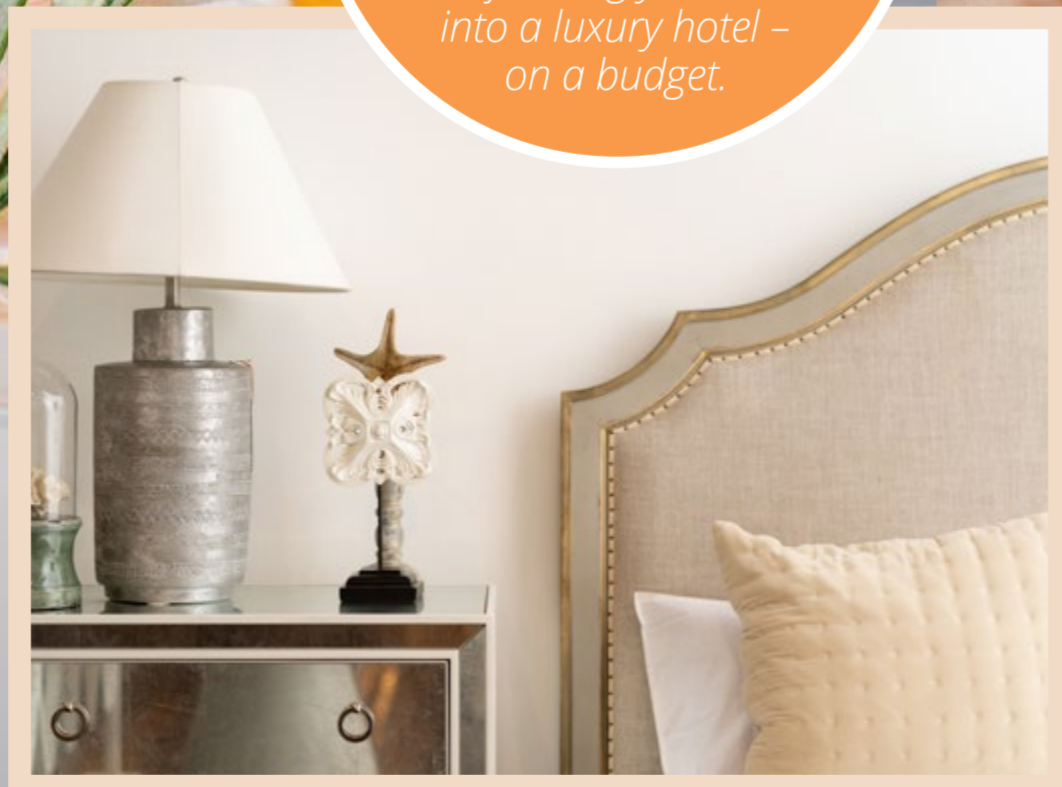


## TRANSFORM YOUR SPARE ROOM

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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