

Cape Town



November 2022

# Purely *Local*

community • family • lifestyle • passion

## MIGHTY SMALL

CELEBRATING LOCAL  
AND BUILDING  
COMMUNITY

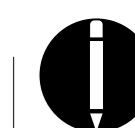
## OFFBEAT TRAVEL

GET ADVENTUROUS  
THIS SUMMER

WHY BEING  
OUTDOORS IS

## GOOD FOR YOU

## CAPE TOWN'S CRAFTING HOT SPOTS



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# EDS WORD

*As the days get longer and we wind down towards the end of the year, there's a sense of anticipation in the air - it's almost time for holidays! But while it's tempting to put your head down and just push through to the summer holidays, there's so much to be said for living in the present and making the most of every day.*

If you're anything like me, your calendar is quickly filling up with fabulous things to do, and top of that list is exploring the beautiful hikes on our doorstep. And it's not only because the mountain is a great place to be - Dr JP Smedema shares some of the reasons why taking a walk or hike outside is great for our overall health.

One of the best things about putting together the content for Purely Local is discovering the amazing places and people that make Cape Town tick, and a favourite find in this issue is Mighty Small. This gorgeous toy shop in Gardens not only has an incredible selection of locally-made and sustainable products that support small business, but it's a safe and friendly space for parents and their little ones to explore and engage with others.

Feet feeling a bit itchy? We've compiled three top spots that make for quirky, cool holidays - including our cover star, Kraalbaai Luxury Houseboats in the West Coast National Park! Also, read all about the delicious new restaurants at Grande Roche Hotel and Weltevrede Wine Estate - perfect for day trips or as part of a longer breakaway.

*Sarah Marjoribanks*



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The Grande Roche Hotel celebrates its 30th anniversary in style this year with a new restaurant and its own signature cocktail.



# WHAT'S HOT Cape Town

Things to do, places to go and people to see this month.



## TREND SETTING TEA

The Pink Lady (aka Belmont Mount Nelson) is relaunching its decadent afternoon teas in style – with a series of collaborative events that pair the latest fashions with designer-inspired confectionery and cocktails. CONFECTIONS X COLLECTIONS will see guests enjoy a salon-style fashion show from fashion designers that include Thebe Magugu, Sindiso Khumalo Lezanne Viviers and Laduma Ngxokolo, while enjoying their afternoon tea. Chef Vicky Gurovich will be working with each of the designers to create a bespoke confectionery of their imagining, which will be presented together with irresistible cakes, tarts, loaves, fluffy scones and savoury treats. 16 - 20 November | R950 | [restaurantreservations.mnh@belmond.com](mailto:restaurantreservations.mnh@belmond.com)

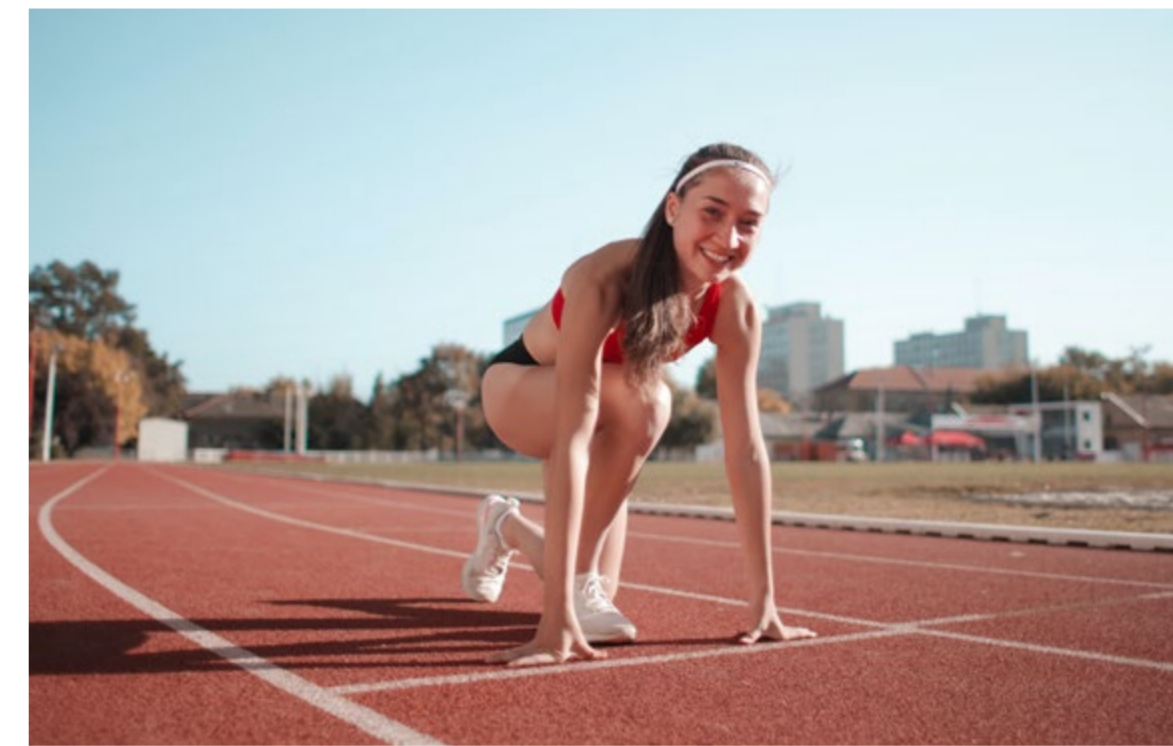


## BRUNCH IS BACK

You know Summer's here when Radisson Blu Hotel Waterfront's Dubai-style brunch returns, with bottomless drinks, an incredible menu, gorgeous views and live music on the cards. Brunch sessions run from 13h00 to 16h00 and include all-you-can-eat buffet style starters and desserts with a plated main platter. Should you choose the package with alcohol included you have a wide choice of bottomless beverages, including Graham Beck bubbly. R595/ R795 with alcohol | [capetown.tobagos@radissonblu.com](mailto:capetown.tobagos@radissonblu.com)

## THE CULT OF UGLINESS

Using the iconic Irma Stern's artworks – and the critique that her pieces were 'ugly' – as a starting point, Georgina Gratrix has opened an exhibition of paintings and sculptures at the artist's former home. As part of the museum's 50th anniversary year, she has worked in the museum residency studio since July and, like Stern, she's a dedicated colourist testing the limits of oil painting, interested in the gaudy, the obvious and the banal. Join a walkabout with Georgina on the 26 November | Booking via [irmastern@uct.ac.za](mailto:irmastern@uct.ac.za) is essential.



## RUN FOR A CAUSE!

Established by two passionate runners, Run 4 A Cause is partnering with the Walking with Brandon Foundation for a 48 hour challenge that will see the team running for 48 hours to raise funds for persons with disabilities and help them access affordable rehabilitative treatment. They're challenging all runners – whether in a club, family or individual – to participate in the cause (in person or virtually) by running, walking or cycling for 4.8km alongside the team at any point during the challenge. Coetzenburg Athletics Stadium in Stellenbosch | 4 - 6 November | R105 | [run4acause.org](http://run4acause.org)





### TIME TO JOL

The Cape's favourite family-friendly outdoor music festival - Piekniek en Musiek - will be held at Nederburg Estate in Paarl this year, with a line-up that features Bok van Blerk, Elvis Blue, Refentse and Tarryn Lamb. Spread out your blanket on the gorgeous Nederburg lawns under the shady trees and enjoy an afternoon of wonderful music while your kids enjoy the jungle gym area - the perfect way to spend a summer's day! R250 (adult) R150 (children under 12) | 4 December | [ticketmaster.co.za](http://ticketmaster.co.za)



### PUP SLEEPOVER

TEARS Animal Rescue will host its annual fundraising event in November at its Kennels and Cattery in Sunnysdale - the TEARS Sleepathon. Animal lovers of all ages are invited to spend the night cuddling a rescue pet - all they need to do is check in at 5PM with their sleeping bags, camping gear and snacks, while TEARS provides a delicious plant-based dinner. 12, 19, 26 November | R230 | [tears.org.za/sleepathon](http://tears.org.za/sleepathon)



### PICNIC WITH A CAUSE

Head to Steenberg Wine Estate for a picnic concert on the lawns with Craig Hinds of Watershed. The proceeds from ticket sales will go towards the Beach Hut Trust, who look after the iconic beach huts along the coast and plan to restore, repair and manage the huts while creating economic opportunity for those who need it. Bring your own picnic blanket and purchase a couple of bottles of delicious Steenberg wine to enjoy under the summer sky while you're there. R1400 per couple | Includes alfresco picnic | 20 November | [events@steenbergfarm.com](http://events@steenbergfarm.com)

# OFF BEAT Travel

Craving something a little different for your next getaway? Get off the beaten track with these quirky stays.

## A GATEWAY TO THE PAST

Located outside of Carnarvon in the Northern Cape, Stuurmansfontein Corbelled House is a little slice of off-the-grid heaven. Surrounded by rugged scenery in a remote spot between hills and a river, the cottage is a national monument that's been lovingly renovated into self-catering accommodation by Charmaine and Pieter Botha.

**How did Stuurmansfontein become the space it is today?** Pieter and his mom began renovating the house in the 80s as it was in bad shape, with the idea to preserve it for the next generation. In the early 90s a German journalist, Dieter Losskarn, stopped over at Stuurmansfontein and he sowed the seed of running it as a guesthouse. He later published Süd Afrika which featured Stuurmansfontein, and in the beginning our guests were mainly German tourists. Today it is a well-known guesthouse, with visitors from all over the world.

**What makes it special?** There's only one place like Stuurmansfontein - it's unique and remote, with beautiful stars at night. You have a big area all to yourself with lovely hiking trails, and it's ideal for birdwatching. The water we use here comes from a consistently running spring.

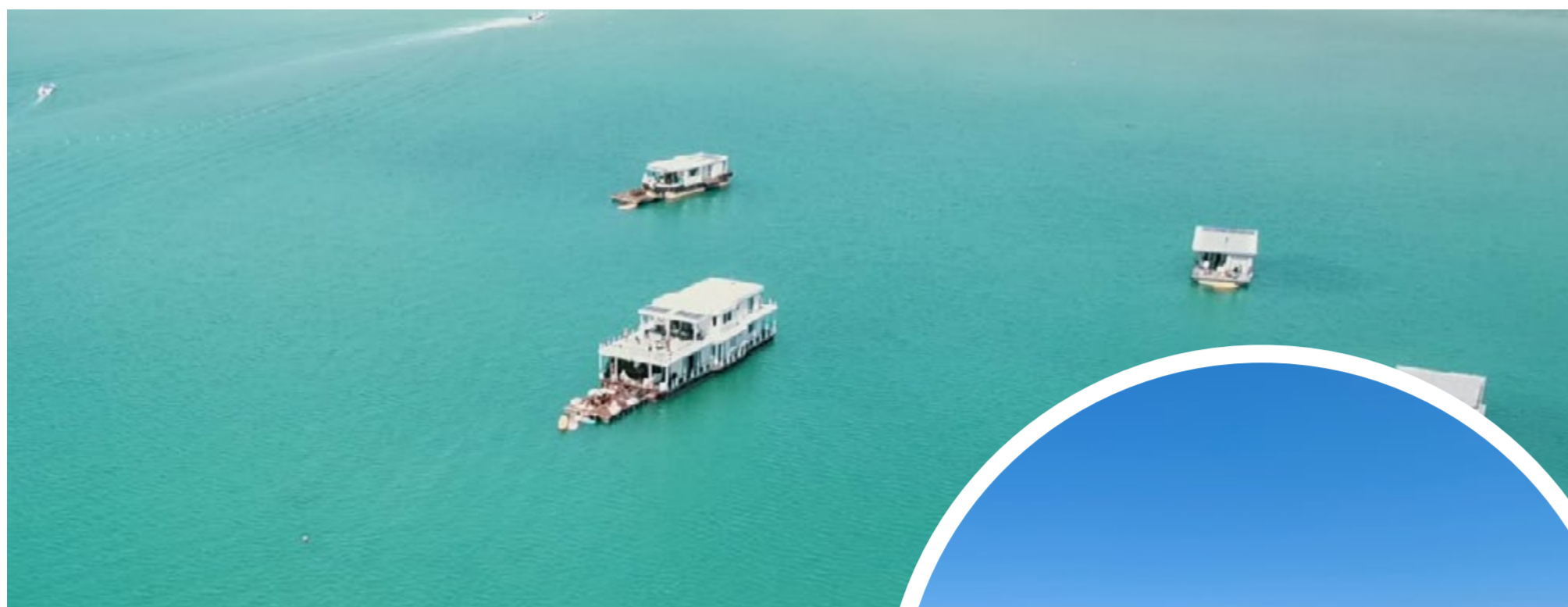
**Do you have a favourite spot and time of day?** You experience the most beautiful sunrise and sunset - true golden hour.

**What should people know before they arrive?** The road to Stuurmansfontein is 30km gravel road, although you can do it with a sedan. The Corbelled House has no electricity, however lots of candles, lanterns. Gas stove, geyser and a fridge. Also, there's no reception so you can just recharge and relax.



#### Get Connected

@stuurmansfontein  
@stuurmansfontein



## PARADISE ON A BLUE LAGOON

You'll find these beauties peacefully floating in Kraalbaai on the tranquil Langebaan lagoon, in the heart of the West Coast National Park. Inspired by the stilted accommodation found in the Maldives, there are a total of four houseboats to choose from, each anchored to the floor of the lagoon and completely off the grid.

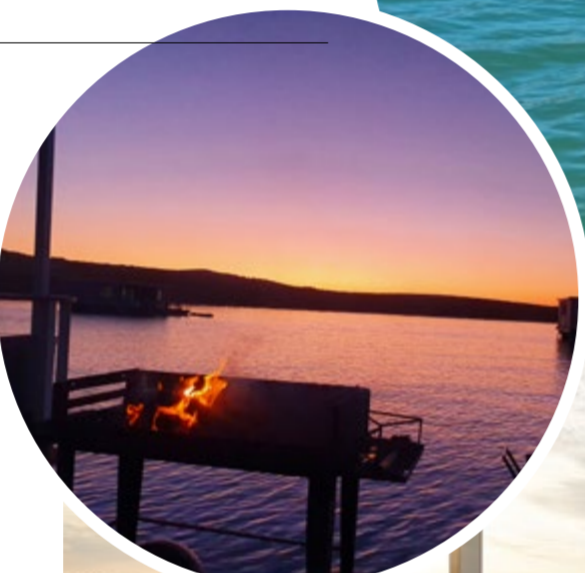
### How did Kraalbaai become the place it is today?

As we're in a National Park, we're required to have zero footprint and minimal impact on the surroundings which is why we chose to introduce our eco-friendly houseboats to the beautiful destination of Kraalbaai. Guests are about as close as you can get to the crystal-clear waters, surrounded by paradise.

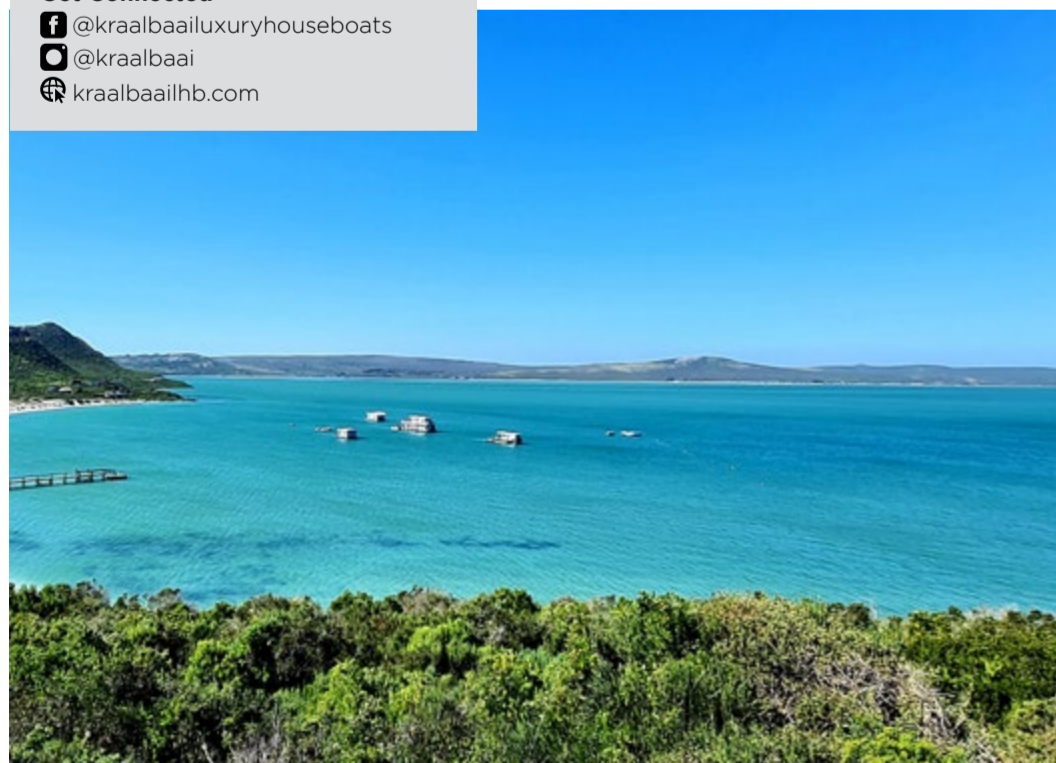
**What makes it special?** You can expect the unique experience of living on the water in what has to be the most beautiful area with breath-taking lagoon views and all nature has to offer on your doorstep.

**Do you have a favourite spot?** Definitely on the houseboats itself, with 360° views of pure heaven – accompanied by a coffee at sunrise or a cold one at sunset with a braai ready to go, there is just nothing that can beat the feeling.

**What should visitors expect?** Remember that this is a National Park, so be prepared to explore, play, get your hair dirty and enjoy yourself. The SanParks conservation fee is excluded from our bookings, and this would be payable on arrival and contributes to keeping the park in tip top condition. Bring good vibes, good food and perhaps a good wine if you like – and don't forget the camera and sunscreen!



**Get Connected**  
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i @kraalbaai  
k kraalbaaihb.com



## RETRO CARAVAN UNDER THE TREES

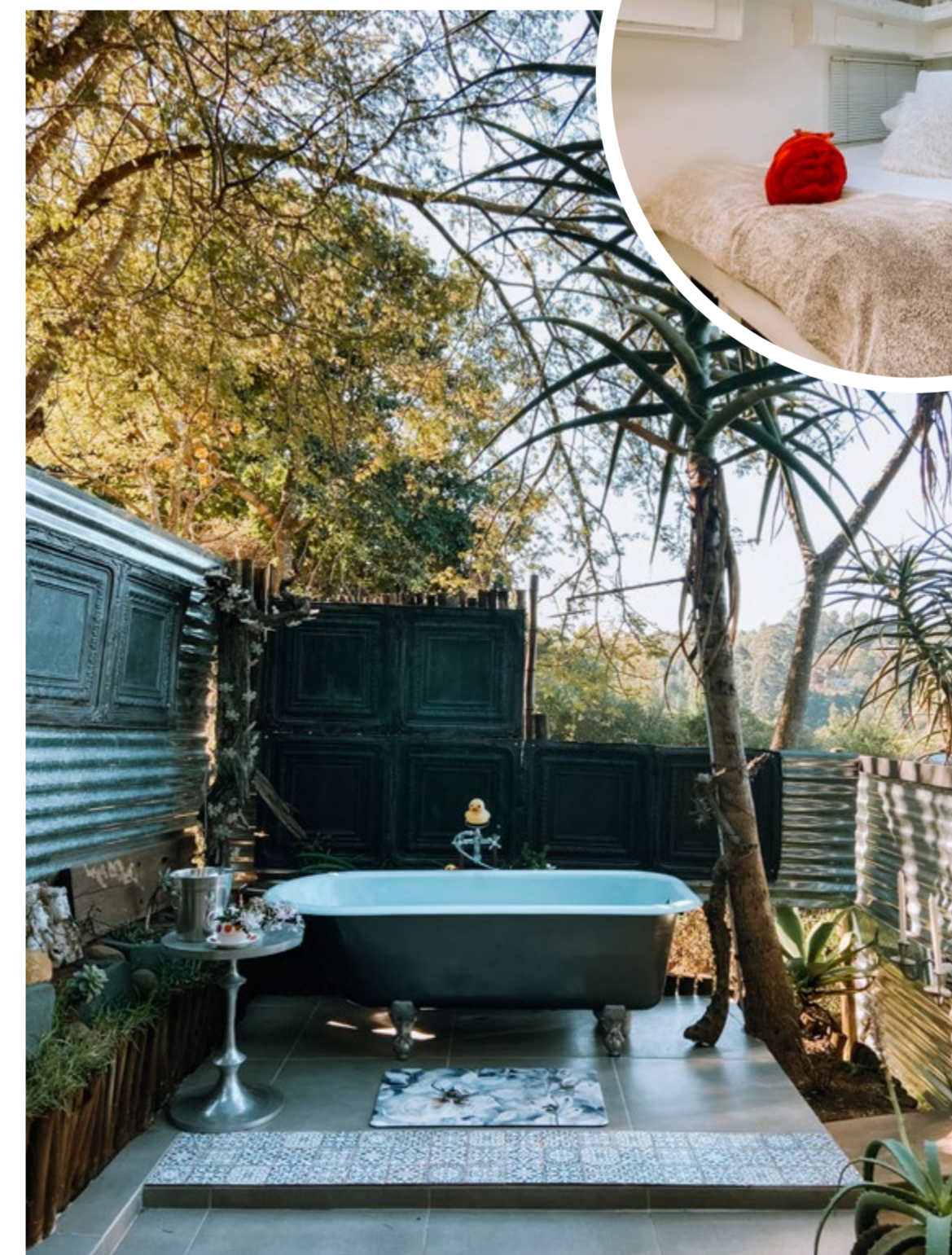
While searching for a quiet, magical spot close to her 'hood, our Purely Local KZN editor Carla Gailey discovered this hidden gem in Gillitts, KwaZulu-Natal. Named after owners Lynn and Tana's favourite hide in the Mkhuzi Game Reserve, Masinga is a converted caravan and bush lapa at the bottom of their property, hidden under a canopy of Yellowwood trees.

### How did Masinga become the place it is today?

Masinga initially started as the dodgiest caravan ever – and slowly, bit by bit – it evolved. It was never built with an Airbnb in mind – it has just been a fortuitous development over time. Tana and I have a beautiful piece of land and she mentioned that she loved caravans, so we decided that we'd love a caravan at the bottom of our property. A place we could retreat to – under the stars. Camping, but without the hassle and on our property. The idea of Masinga was born while we were renovating and staying in our tent, using our cottage as the ablution block. We hung homemade pasta between two acacias to dry, enjoyed bonfires every night, a fair bit of red wine and dreamt of "Masinga".

**What makes Masinga special?** We loved every part of what we did when we built it. We're constantly inspired by our love of the outdoors and all things nature, and that's why we've built a glass roof over the caravan – call it an ode to our love for the night sky. The caravan itself has been decorated in a retro style and has everything you need for a cool, comfy stay, and in the bush lapa you'll find a kitchenette, living room and fireplace that overlooks a large deck. There's even an outdoor bath!

**What should visitors expect?** Masinga is set up for self-catering, but Lynn and Tana also provide catering, all homemade and delicious. They can also provide an outdoor movie set up with a projector and screen on the deck, and an aromatherapy massage on the deck is another fabulous add-on.



**Get Connected**  
i @masingaaccommodation



With over 2000 hand-picked, locally and ethically made kids products under one roof, Mighty Small makes it incredibly easy for busy parents to support local, responsibly.



# CAPE TOWN'S FIRST INDIE CONSCIOUS kids store

Simone Borchering launched Mighty Small in 2020, in the thick of lockdown, while juggling a newborn and toddler. Setting up the bricks-and-mortar store in Gardens first, followed by the online store, the business has gone from strength to strength - from the initial 30 suppliers, they now offer over 100 local brands, and host weekly kids' music, yoga, craft and story sessions. Their success is testament to the fact that parents want to support local and sustainable makers - they just want to do so conveniently, knowing that their kids are getting a quality product that lasts.

"Customers are blown away by our store when they walk through the door, and it's really wonderful to see kids' eyes light up when they come in," says Simone. "Just to see them playing and relaxing, letting go and enjoying that magical experience brings me great joy."

"To this day, the sales in our physical store supersede those online, which people are quite surprised by," she says. "But there are so few places in South Africa that are truly family friendly, and our store is a cocooning space - where parents can come and feel at home amongst other parents and like-minded people, breast feed, change nappies, let their toddlers run around, grab a coffee, catch their breath.

It just feels good for them to be here with their little ones."

As a result, the store has become much more than just a retail experience, says Simone. "It's become a community, and that's down to our customers and our suppliers and the enthusiasm with which everyone has embraced this space. All our creators - mostly female, mostly moms, all local - are so thrilled to have a place where they can showcase their stuff."

"The products are exceptional, unique, beautifully-made, heart-warming... you walk away feeling good when you've bought something from us. Not only are you not adding to landfills, but you've made a difference to the lives of creators, and there's such a knock-on effect to know that your children are playing with something that has been lovingly made."

For parents who want to make a conscious choice with every purchase they make and are looking for thoughtful products that align with their value system, Mighty Small's curated selection of goods makes it that much easier. "Speaking for myself, we know that our economy is struggling, and that our environment is impacted more each day,

It's all quite frightening, and we often feel as though our hands are tied - how could we even make a difference?" says Simone.

"Using your money as your vote is one way to do it, but parents are time-stretched, juggling a million balls and sometimes it feels really hard! So, to have a space like ours where you can just pop in and grab what you need makes a huge difference. Kids mirror us adults, and we want to try model the kind of behaviour and values that we hope they'll move through life with - if we appreciate their toys, they'll appreciate them as well."



Some of the goodies you'll find at Mighty Small

## BUG BOX | ENVIROKID

Popular with kids who love to explore the world around them, this gorgeous wood and leather bug box comes with a fun facts booklet, mini magnifying glass and cool telescopic bug net.



## MOOVBAG

A 2-in-1 carry bag and play mat with an exquisitely designed South African road map on its surface. Lay it out anywhere (it's double-sided and waterproof) and when you're ready to head home, pull the drawstrings to transform into a portable bag.



## BABY ELEPHANT ROCKER | SIMPLY SMURF

Fun and colourful 100% pure felt creations that have a long life span and can be played with both indoors and out. We love this tasty set of 6 donuts - each unique, handmade and in a variety of flavours!



## WOODEN SHAPES TRUCK | HOOK AND PINE

Let your little one learn about shapes playfully! The set comes with four rectangles, triangles, squares and circles, which can be easily slid on and off the wooden sticks on the back of the wheeled wooden truck.



## FELT DONUTS | MELO'S CRAFT

Fun and colourful 100% pure felt creations that have a long life span and can be played with both indoors and out. We love this tasty set of 6 donuts - each unique, handmade and in a variety of flavours!

## SWING SWING BABA | SWING KIT

Made from premium, long-lasting wood, this is a beautiful gift that will last for generations. It comes with a stainless steel dish, hooks to hang spoons or cups, as well as an open space for extra storage.



## LITTLE LOVEMOODS | MUD KITCHEN

Made from premium, long-lasting wood, this is a beautiful gift that will last for generations. It comes with a stainless steel dish, hooks to hang spoons or cups, as well as an open space for extra storage.



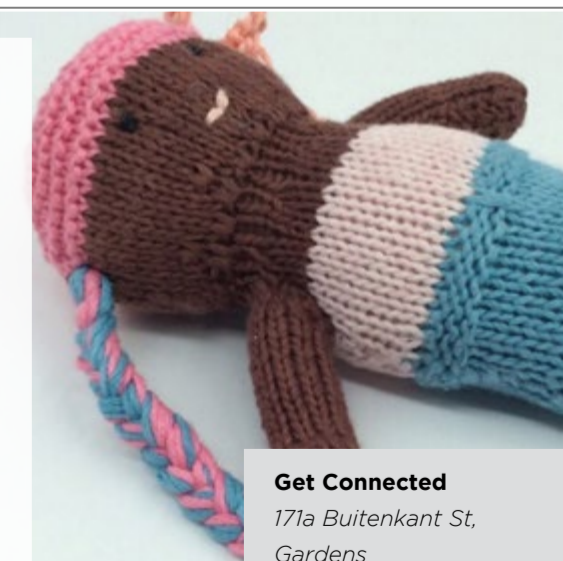
## COLOUR ME CRAYONS

A representative range of vegan friendly, non-toxic crayons that inspires children to express their individuality and celebrate the colour of their skin.



## KNITTED MERMAID | HANDMADE KAROO GEMAAK

Delightful hand-knitted mermaids made from 100% cotton - soft, cuddly and built for hours of imaginary play.



**Get Connected**  
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# Make. Eat

WORDS: SAAHIRAH ISMAIL

## SHARE AND LEARN

Makers Landing is a celebration of all the flavours and textures of South African cuisine. Located at the stunning V&A Waterfront Cruise Terminal, with exceptional events and market days, you'll get to find your flavour and explore the tastes of our multicultural country, bite by bite.



The food community at Makers Landing has been curated to represent the diverse roots of our home, taking you on a tantalising journey of history and heritage. Not only is Makers Landing a home to delicious things, but it's also an incubation hub for food entrepreneurs, selected annually. The space allows for creativity and experimentation, with tenants supporting each other and a formalised programme that teaches the selected small businesses everything they need to know about running a business in food.

Visitors will be able to discover delicious drinks, savour sweet treats, and explore innovative flavours that all the various kitchens have to offer. The space has a bustling industrial feel with a modern twist, appropriate for its location at The Cruise Terminal and pays homage to its legacy as a cold storage space in the 1920s.

### SWEET LIONHEART

Embracing the power in pink is Sweet Lionheart, a cake-baking, pastry-making, "gurl gang" ready to steal hearts with their beautiful, sweet creations! At Sweet LionHeart, the team believes life should be celebrated. Every occasion, no matter how big or small, should be memorable and what better way to celebrate than with a cake! After completing a part-time pastry course in 2015, Nikki Symons took her graphic design skills and love for all things visual and melted them into one with the art of baking. She began to share her sweet adventures on Instagram, gradually creating a demand for more of her drool-worthy designs, and thus Sweet Lionheart was born. With a team of ten beautifully diverse womxn pooling Sweet LionHeart's strengths, they certainly make Cape Town a sweeter place with crafted cake designs and treats.



### MOSES COFFEE

Popular barista Moses Lebofa is the man behind the Moses Coffee brand. Today he's sourcing the finest locally-roasted beans and running his own business, producing excellent cups of coffee that showcase the best of Cape Town. He's also brought out a range of single-use coffee sachets, which are available from his Makers Landing store. Pop in, buy a few, then enjoy one of the best views you could ask for with your cappuccino or espresso!

### SWEET AS PIE

Aesthetically pleasing Sweet as Pie is a small bakery that produces beautiful, artisanal fruit pies and tarts. Founded in 2020 by Zizi Matikiti, Sweet as Pie has come a long way from its beginnings in Matikiti's home kitchen. When Zizi first started out, her passion for art and food drove her to start her own business to fill a need she had within herself, that she hopes to share with you. From eye-catching tarts to colourful seasonal fruit pies, Sweet as Pie has you covered for any occasion! "We believe that food can be art and we strive to create desserts that put a smile on someone's face and gives them a bit of relief from this crazy world," says Zizi.



### BREAD BAR

From brioche buns to Prego sauce and sourdough, the Bread Bar's baker and owner is baking-up a storm. Francois' love for cooking and baking bread comes from his Ouma, who religiously baked each day and had an incredible passion for food and baking. Francois opened the Bread Bar Café in November 2019 and one can pick up a lovely loaf of freshly baked sourdough at Makers Landing. Only the freshest ingredients are used, and the bread is baked every morning. You will always find Francois somewhere in the Cafe and his friendly and professional staff are always up for a chat. The Bread Bar Cafe also offers catering for private functions, parties, office meetings or bread baking classes!



## MANY HANDS MAKING a big impact

Makers Landing often hosts the Ladies of Love team for their many fundraising initiatives, including an upcoming sandwich drive. The charity organisation started when Danny Diliberto participated in a course through the Art of Living foundation, inspiring him to create a project to give back to society. Course participants were encouraged to head to the streets of Cape Town to offer hot tea to people experiencing homelessness. Danny's experiences during this time motivated him to take a big step to create a space where people in need of a basic meal could find one and know there is a community out there wanting to assist. On a freezing evening in July 2014, a small team of volunteers came together to serve seventy hot meals at the first official soup kitchen. That same kitchen now happens every week - along with many others - serving hundreds of nutritious meals weekly. The charity started in Cape Town and has been doing its best to make a difference in the homeless community. It has grown substantially in six short years and has become one of the most prolific food charity organisations in South Africa: "When people come together, incredible things happen," says Danny.





# FAMILY WINES CRAFTED ACROSS THE

# Generations

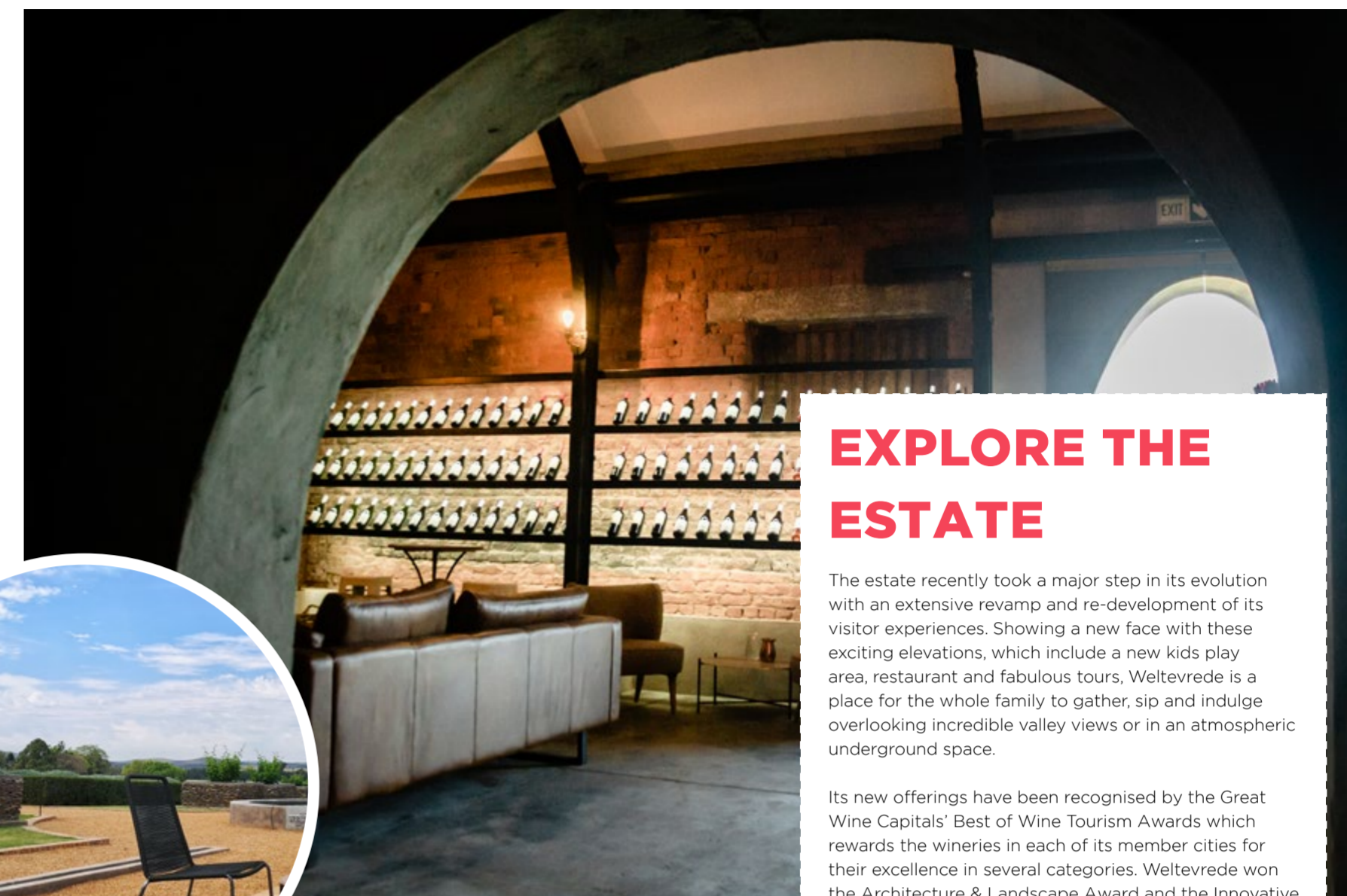
*In the Robertson Wine Valley, just outside the town of Bonnievale, lies Weltevrede Wine Estate. It's not only a beautiful wine farm but a place with a wonderful history of a hard-working family that made Weltevrede Wine Estate what it is today*

## HISTORY IN A BOTTLE

A member of Cape Country Routes, Weltevrede Wine Estate is arguably one of the oldest South African wine brands still owned and run by the same family - the Jonker family. They've been farming on the estate since 1912. The Weltevrede label was established as a wine brand in the 1940s and registered with its official trademark in February 1950. The oldest vines of the estate, planted in 1926, have produced fruit treasured by five generations of the Jonker family.

Today, the farm is in the hands of Philip Jonker, the fourth-generation winemaker and Chardonnay specialist. "Weltevrede is Chardonnay," he says. "Looking back over 100 years of Weltevrede, we've realised that rather than being a history of innovation, it's actually been a constant exploration to discover which singular cultivar is best suited for the Weltevrede terroir."

Inspired by community and family Philip believes this is what makes the Weltevrede experience so unique and welcoming, "Family is where we began. Our wines are crafted across generations, and here at Weltevrede you can know that you are loved - today and every other day. We look forward to welcoming you to our home."



## EXPLORE THE ESTATE

The estate recently took a major step in its evolution with an extensive revamp and re-development of its visitor experiences. Showing a new face with these exciting elevations, which include a new kids play area, restaurant and fabulous tours, Weltevrede is a place for the whole family to gather, sip and indulge overlooking incredible valley views or in an atmospheric underground space.

Its new offerings have been recognised by the Great Wine Capitals' Best of Wine Tourism Awards which rewards the wineries in each of its member cities for their excellence in several categories. Weltevrede won the Architecture & Landscape Award and the Innovative Wine Tourism Experience categories, making the estate the overall winner this year.

So, what's in store for visitors? We highly recommend embarking on one of their excellent tours, which takes you underground into the cellars, a world steeped in the history of Chardonnay, with old books, artworks, memorabilia, and winding corridors.

**Captivated by Chardonnay:** Taste the new collection of Weltevrede Chardonnays, learn about the history of wine globally and understand the terroir of the Robertson Valley

**Captivated by Cap Classique Tour:** Learn about Cap Classique and Champagne before tasting the latest vintages of Philip Jonker Brut

**Create Your Own:** Disgorge, dosage, cork and label your own bottle of Cap Classique to take home



## FEELING PECKISH?

Kapokbos Restaurant is beautifully situated on the Estate, overlooking the newly landscaped rose-and-vine garden. It's named after an indigenous herb found in the veld surrounding the estate, and the restaurant is run by husband-and-wife team, Chefs Juan Fourie and Samantha Morris-Fourie. With a fine dining and private chef background, the powerhouse couple have a unique perspective on wining and dining. The pair consider a key ingredient to the success of Kapokbos lies in believing in the ethos and the concept of Weltevrede Wine Estate. "Sam and I are excited about the direction the Estate is heading and really thrilled to be joining the Weltevrede Wine Estate family," says Juan. "After years of being nomads, we have now firmly rooted ourselves here and we've devised menus that present contemporary country-style cuisine incorporating local tastes, culture and creativity."

Already gaining popularity among the local community in the Robertson Wine Valley, Kapokbos is open from Tuesday to Sunday from 12h00 - 16h00, Friday and Saturday for dinner from 18h00 to 22h00.

Dishes on the seasonal menu include the delicious traditional South African Skaapstertjie with curried pickled onions, Frikkadel with tomato smoor and brandy sultanas, and their mouthwatering Amarula ice-cream sandwiches with honeycomb. Wine-tasting snacks are also available.



**Get Connected**  
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Tour Curator Kate Crane Briggs shares her top spots in the city – from where to grab breakfast to the unmissable corners of Cape Town

Through Culture Connect, Kate has been revealing Cape Town's hidden gems to locals and visitors for 10 years. "The tours are all about enjoying and learning about art, architecture and history, and where possible I'll include experts and enthusiasts like artists, curators and collectors into the mix," says Kate. "They can range from general walks in town or delving deep into a specific area – think street art in Salt River, migrant labour accommodation at the Lwandle Museum in Somerset West, or monumental art in the CBD."

With a background in art history, Kate worked in London's art world for over 20 years before moving to Cape Town with her husband. She soon began organising visits to studios and exhibitions, and as interest grew she gained her qualifications as a tourist guide, registered Culture Connect and the rest, as they say, is history.

**What should be on every tourist's radar when visiting Cape Town?** A lot! For nature, take in the mountain, sea and flora, the views from Table Mountain and Lions Head, the Cape Peninsula and its penguins, and not to forget the beaches and gardens – especially Company's Gardens.

Those interested in history and getting a feel for the place would do well to visit the city centre, the V&A Waterfront, District 6 and Bo-Kaap. There's a huge variety of art and architecture to take in across the city, and, of course, food and wonderful drinks, from rooibos to wine.

**Do you have a favourite spot?** It changes, but I do like places with art, design and spirit - something quirky, often

changing and ideally with some nature, like trees and a good mountain view. Top of my list at the moment is Harrington Street, Upper Bree, Salt River and Woodstock's Albert Rd, on the side closest to Salt River.

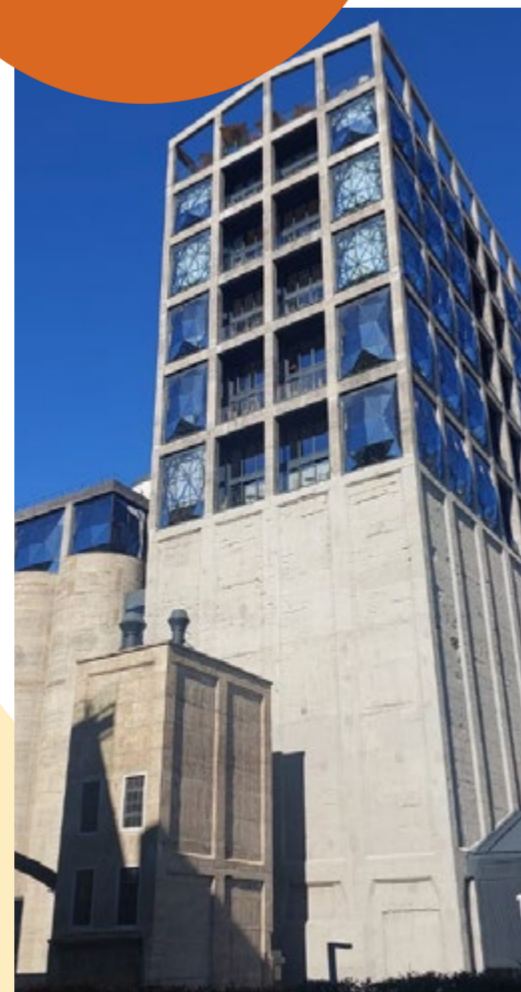
**Where do you like to go to unwind?** Scarborough beach! Closer to home, my new bedroom which has a good space for yoga and meditating, and was designed by my architect husband, Guy Briggs.

**Breakfast spot?** Home, but I have heard the Gardener's Cottage in Newlands does amazing breakfasts - I do love sitting beneath those mighty old and magnificent trees.

**And for coffee?** Nigiro Teacafe in Plumstead. I don't drink coffee, but tea is my thing (I drink about 12 mugs a day of various infusions and teas), although the coffee here is good too. (Did you know that Nigiro spelled backwards is Origin? That's because Origin Coffee helped spark this top place for tea culture and making.)

**How about Sundowners?** Mount Nelson - I love the garden, class and central location. I often take their guests for city and art tours, so I know the staff well and like the gradual changes happening there. The gently warmed up nuts and succulent olives go superbly well with a Gin and Tonic!

**A building that always catches your eye?** Zeitz MOCAA and City Hall.

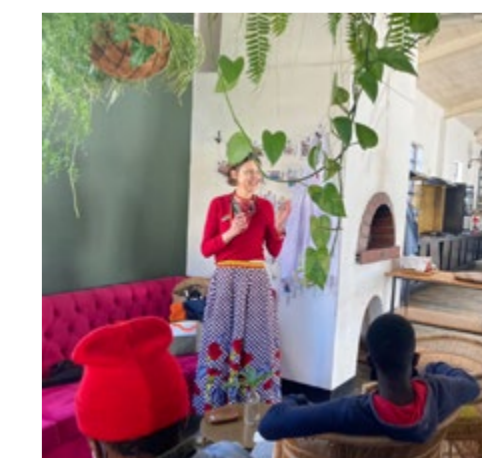
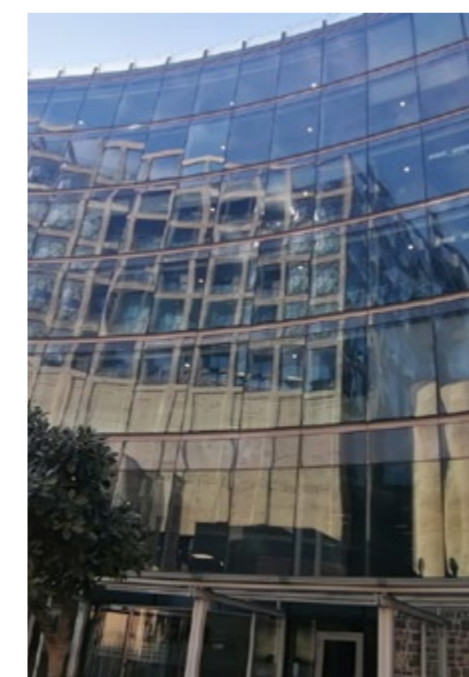


**What gallery should all Capetonians make a point to visit?** Norval Foundation in Tokai. It holds fabulous exhibitions and has a wonderful sculpture garden, mainly planted with indigenous species. It is still quite new and was designed specifically to be a museum.

**An underappreciated corner of Cape Town?** Upper Bree, with its galleries, street art, independent retailers, cafes, and tree-lined centre. Langa is also well worth a visit. There's lots to see, such as Bridges for Music, Guga S'Thebe Cultural Centre and Langa Pass Office (now a museum).

**Is there an overlooked heritage/art spot that you always recommend a visit to?** The Truth to Power exhibition at the Old Granary about Archbishop Emeritus Desmond Tutu.

**What's your ideal way to spend a summer's day?** Walk with sea views, perhaps on a beach or ending on a beach. Recently we went to Sandy Cove from Llandudno - my teenage kids were not amused by the thought of nudism, but we didn't see any nudists, except in the very far distance (one day I will skinny dip here!)



Get Connected

@CultureConnectSA  
@cultureconnect\_sa  
cultureconnectsa.com



### CAPE TOWN CRAFT CLUB

Like a book club, but with crafting! Join the Cape Town Craft Club on the first two Wednesdays of the month and bring whatever you're working on, whether its crochet, cross stitch or knitting. It's a great alternative for those who're looking for a more social alternative to crafting at home, and the sessions are held at The Ladder in Bree Street. [@capetowncraftclub](#)



# CRAFT UP a storm

### CREATE HOBBY

Offering fun and informative sewing lessons for kids, teens and adults, Create. Hobby Studio is the perfect space to learn something new. Courses cover the basics of using a sewing machine, hand stitching techniques, and patternmaking as well as project-based lessons where you can bring whatever you're working on for one-on-one assistance and advice. [createhobby.co.za](#)

Research shows that crafting in any form is a mood booster, reducing stress and improving self-confidence – plus you're learning new skills! We've rounded up a few crafting courses, gatherings and venues where you can get loose and create something beautiful.



### CLAY CAFÉ

Head to the Hout Bay branch for family-friendly fun, and to the CBD store if you're looking for a more grown-up experience. You'll be able to pick your ceramic, choose your paints and stencils, and unleash your inner artist! Then, once you're happy with your artwork, the Clay Café team will fire and glaze the ceramic for you to collect after 3 weeks. [claycafe.co.za](#)

### SASHA LEON SCULPTURE AND JEWELLERY

Ever wanted to make your own jewellery? Join qualified goldsmith and experienced enameller Sasha Leon on one of her courses – you can either learn the basics, or take it a step further and learn the techniques of vitreous enamelling over four 3-hour lessons. All materials, excluding sterling silver, are included and no prior experience is needed. [slsj.co.za](#)

### THE SCRAPBOOK

Operating for over 19 years, The Scrapbook specialises in all the products and materials you need to turn your thoughts and memories into beautiful pieces for all to see. The store also hosts a number of workshops where you can learn tips, techniques and ideas – these include Scrapbooking Projects, Scrap & Chat mornings and Card Making sessions. [thescrapbook.co.za](#)

### BIT BY BIT MOSAIC

Looking to spruce up a table-top or a forgotten corner of the garden? Organise a team building or birthday party event with Bit by Bit Mosaic to learn the basic techniques of this skill in a fun group setting, or purchase a mosaic kit to craft at home. Owner Kerry Atherstone also offers workshops where you can improve your technique, with all mosaic materials included. [mosaiccapetown.co.za](#)

### MONTEBELLO DESIGN CENTRE

Hosting a variety of art classes (for both adults and kids) as well as an explosive ceramics course, the beautiful Montebello Design Centre is a peaceful spot to indulge your passion for art. You'll be able to learn from the experts how to use different techniques and mediums to take your skill to greater heights. [montebello.co.za](#)



# THE JOURNEY TO Self-Care

WITH MISS DHANUSHA

WORDS: SAAHIRAH ISMAIL



There is no right or wrong way to practise self-care - it's all about what's accessible to you and taking steps to promote health and happiness. If you don't know where to begin, however, let us introduce you to a range of locally-made products that could set you on the right path

Digital content creator, entrepreneur, and self-care coach Dhanusha is shaking things up in the self-care space. With an aim to help millennial women prioritise holistic self-care so that they can show up as their best selves and avoid burnout, she's created products that can be used as tools to assist in your self-care journey. She believes that self-care is an act of revolution, and we see this play out in her products.

First, her self-care journal - a wonderful tool for your well-being journey. Each page acts as a foundation for creating a mindful day by allowing you to jot down a conscious practice, uplifting thought, and ask the necessary questions about how you can practice self-love. It also allows you to set some much-needed boundaries and express whatever may be bothering you.

The Self-Love Affirmation Cards are a means for women to consistently motivate and assure themselves through words of encouragement. Each individual card of the 25-pack is designed to represent the unique and diverse women of South Africa,

and the collection also features blank templates that can be used for you to inscribe your own words of affirmation.

The third product in the range is a body-positive adult colouring book titled Coming Home to Self, a unique piece of art that promotes mindful and creative self-care as part of one's day-to-day routine. Featuring a diverse range of women of all shapes and sizes, the colouring book helps foster a better relationship with your inner self and body. There are fine details, beautiful designs, and real-life-looking bodies with scars, freckles, and tattoos to further emphasise that this playful, yet effective self-care tool is made for everyone.

Not convinced yet? According to Dhanusha, there are many benefits to the adult colouring books, including:

- Relaxes Your Brain and Improves Brain Function
- Induces Meditative State
- Improves Motor Skills
- Improves Sleep
- Improves Focus
- Reduces Anxiety
- Relieves Stress



#### Get Connected

The Self-Care Journal is priced at R220, the Self-Love Affirmation Cards at R350 and the 32-page Body Positivity Adult Colouring Book at R250. All are available online  
076 541 2054  
editor@missdhanusha.co.za  
@miss\_dhanusha  
[www.missdhanusha.co.za/shops](http://www.missdhanusha.co.za/shops)



# IN THE MOOD

Cape Winelands based design duo Kim de Villiers and Cynthia Chasteau de Balyon are the faces behind The Mood Collectives, an inspiring space that showcases locally manufactured furniture and accessories. They chat with us about how they got started and their maiden furniture collection.



**WHEN DID YOU DECIDE TO GO INTO BUSINESS TOGETHER?** For several years we'd collaborated on various projects under our own brands until four years ago when we saw a gap in the market and decided to join forces. We felt there was a need for an upmarket interior showroom in the Winelands area. Our aim was to design and showcase beautifully designed and locally manufactured furniture and in doing so supporting other local creative entrepreneurs. In 2018 we secured our current premises and as the saying goes the rest is history.

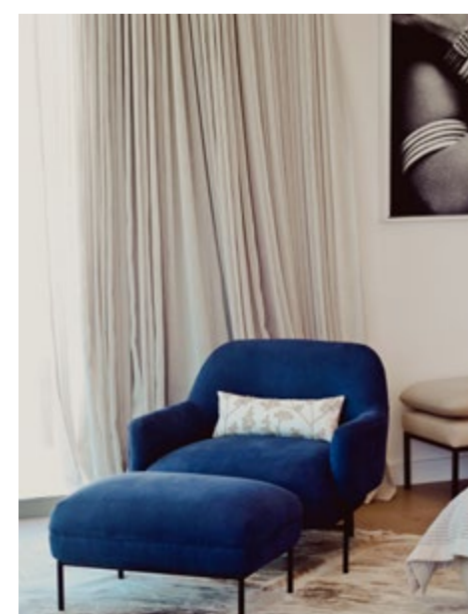
**TELL US MORE ABOUT YOUR FOCUS ON PRODUCING LOCALLY?** We both realised that sourcing furniture for our clients had become rather challenging, especially if we just stuck to accessing the Winelands area. The choices were limited and quality of imported items was letting us down. Driving through to Cape Town proved to be very time consuming, this led to our concept: a large space offering a good variety of high quality interior and furniture items.

**TELL US ABOUT THE INAUGURAL MOOD COLLECTION OF FURNITURE?** The collection was born out of necessity: to create locally manufactured furniture items that we couldn't seem to source elsewhere. This is a range that fuses high end craftsmanship with low key sophistication. Think sensuous upholstery pieces for inside and out, making use of the latest performance fabrics, clean-lined coffee tables combining the likes of oak and sintered stone and seating that balances comfort and contemporary elegance.

**WHAT DO YOU AIM TO ACHIEVE WITH YOUR BUSINESS?** To build a successful business known for quality products, excellent service and supporting our local suppliers and manufacturers as much as we can. We service both the trade and direct consumers.

**TELL US MORE ABOUT YOUR SHOWROOM?** We're located in an industrial node between the Strand and Somerset West which is fast becoming an exciting décor and design focused hub. Our goal was to create an inspiring space housing local, high-quality furniture and accessories where clients could not only choose their ideal pieces, but also experience the textures and colours in a tangible way... like a living mood board that people can engage with.

**HOW WOULD YOU DESCRIBE YOUR SIGNATURE STYLE?** We base our colour palette on the ideals of minimalism. Neutral and muted tones offer a more natural and back-to-basic influence on a space, inviting a calm, peaceful and relaxed lifestyle. As an extra benefit, reduced form furniture and limited palettes eliminate waste and allow for open and airy spaces. We aim for elegance, quality and simplicity in our spaces.



Get Connected  
[themoodcollectives.co.za](http://themoodcollectives.co.za)



As the days get longer, Capetonians are venturing outside again – and it's the perfect time to spruce up your exercise routine with outdoor activities that make the most of our beautiful city and bring plenty of benefits.

# TAKE A HIKE!

By now you know that regular exercise is effective in preventing, treating and reversing many common chronic diseases, and improves cardiovascular health and longevity. This applies to both sexes, all ages, the physically challenged, the healthy as well as those diagnosed with medical conditions. Even mild-moderate intensity physical activities, such as gardening, greatly enhance our mental and physical wellbeing, and also prolong life.

Ten minutes of simple resistance exercises per day, such as squatting, in addition to 150 minutes of moderate intensity physical activity per week, such as brisk walking, reduces the risk of chronic lifestyle diseases with 80%, all cause mortality by 35%, and adds potentially 7 years of quality life compared to those who don't exercise.

But did you know that there are numerous pluses to exercising outdoors, even if you're just going for a walk or hike?

**HIT THE TRAIL**  
Walking, with or without a companion, is one of the best workouts for heart health for all ages, it generally carries low impact, and is an effective calorie burner,

contributing to weight control. Dog owners will find dog-friendly trails in Constantia, and Observatory, while those who want to unleash their dogs will enjoy Melkbos beach.

Hiking is also heart-healthy and provides a higher calorie burn in a shorter amount of time. While you burn approximately 50-60 calories per km walking, you will double this when hiking. When carrying a heavy backpack in challenging terrain this number could soar to 500 calories per hour. Alternatively one could strike out on an "urban hike" – walking a hilly neighborhood with a backpack using trekking poles. The arm movements add intensity to the workout, increasing the amount of calories burned.

**THE MENTAL (AND SOCIAL) BENEFITS**  
Most forms of physical activity, including walking and hiking, help decrease stress, anxiety and depression, resulting in better relationships, memory, sleep, self esteem, happiness, satisfaction. Exercise increases alertness and concentration, lessening fatigue, boosting cognitive functions. Hiking further increases

calming effects due to the effects of the natural surroundings. A 2020 Cornell University study demonstrated increased happiness and decreased physical and mental stress after just 10 minutes out in a natural setting. When people were out in nature, they became calmer, and developed a sense of community, shared propose and belonging.

**MEMORY AND OUTDOOR ACTIVITIES**  
Increased blood flow to the brain carrying oxygen and nutrients improves connections between neurons in the brain, which carry memory, and higher, cognitive, brain functions. Research has demonstrated that older adults who exercised in short bursts had improved memory compared to sedentary individuals. Exercise, like hiking, improves our focus, ability to process information, ultimately improving our productivity.

Insomnia is relieved and sleep patterns improve, likely by improving mood, relaxing mind and body. Being outside, getting natural light, especially in the morning is essential in producing melatonin (the sleep hormone) at night.

**BENEFIT OF TREKKING POLES**  
The use of specifically designed trekking poles has become popular among participants seeking to alleviate sore knees and increase balance and stability while walking or hiking. Trekking poles decrease lower extremity loading and forces but increase cardiovascular demand. When carrying a large external load, trekking poles may offer benefit by decreasing lower extremity muscle activity and increasing balance and stability.

**SAFETY FIRST**  
Remember to apply sunscreen regularly to negate sunburn and the increased risk of skin cancer, including melanoma. Those with a history of cardiovascular or respiratory conditions should seek clearance from their practitioners before enrolling in exercise programs or embarking on outdoor strenuous physical activities.

Although outdoor activities are generally perceived to increase the risk of (potentially serious) trauma, research has shown that many more Capetonians end up in hospital, or the graveyard, because of the fruits of a sedentary lifestyle.

We recommend @safetymountain as a useful resource for hikers. This free safety tracking service allows you to notify local trackers of your contact details, intended route and travel time via WhatsApp. You are then able to provide hourly updates on your progress, and to notify trackers when you are safely off the mountain.

Those venturing into the Table Mountain National Park should have the following emergency numbers on hand: 086 110 6417/107 or 021 480 7700.

“Switch off your cell phone to disconnect from social media and unwind.”



**THE MULTIPLE PHYSICAL BENEFITS OF OUTDOOR ACTIVITIES**

- **Improved physical fitness**, and quality of life.
- **Improved control** of blood sugar readings/diabetes mellitus, cholesterol levels, lowering of blood pressure, and heart rate result in improved health of heart and blood vessels, decreasing the risk of heart attacks and stroke, weight loss.
- **Improved higher** brain functions.
- **Reduced risk** of 13 different cancers, such as breast and colon cancer.
- **Improved musculoskeletal** health – the increased vitamin D levels, and weight bearing exercise improve bone density, balance, (core) strength, balance, agility, "proprioception" – as we walk a trail, negotiating obstacles, we build the minds awareness of the position and movement of our bodies, strengthen core stabilizing muscles, and balance.
- **Boosts** the immune system.
- **Decreases the onset** and progression of myopia, and, possibly, multiple sclerosis.



**Our Contributor**  
JP Smedema is a cardiologist and part of the Blaauwberg Cardiovascular Lifestyle Program in Sunningdale. He trained in internal medicine, (interventional) cardiology and sports medicine at both Stellenbosch and Cape Town Universities as well as the Erasmus Medical Centre in Rotterdam. He is actively engaged in research of endurance athletes with colleagues of both local Universities, and greatly enjoys hiking and running the Cape trails and paddling in its waters.



# PROTECT WITH RESPECT

A new app developed in Cape Town is changing the way that parents can monitor their children's online activity in a non-intrusive way that doesn't curb independent exploration

As kids begin using online devices, they might begin to face all sorts of new threats in the digital realm, from cyber bullying and online predators to harmful and unsafe content. For mother and tech innovator, Rachelle Best, there had to be a solution to both responsibly monitoring her daughter's online activity while still affording the teen reasonable autonomy and decision-making powers. Thus, FYI play it safe was born.

Drawing on AI and Machine Learning, Best's team has developed and launched FYI play it safe. The new app monitors all the content of children's online activity and alerts parents of potential signs of online predator contact, cyberbullying, engaging with content around various mental health issues and accessing adult content without parents needing to do any phone and computer checks.

FYI play it safe monitors every online interaction and all apps, as well as in-game chats. New accounts and apps are included by default without the need for your child's account credentials. Yet, the app is not spyware and it is not clandestine. Instead, it provides parents and teens with the opportunity to mutually agree on the best way to stay safe in the digital world.



## ENABLING CONVERSATIONS

"This is the driving value of FYI play it safe," says Best. "We recognise that the quality of the parent-child relationship and the openness of communications is integral to the optimum way to keep children safe. The app provides an extra layer of protection whenever your child is online. It is not a substitute for parental control apps but works with widely used free software such as Google Family Link."

"What it does is eliminate the need for parents to conduct invasive checks on devices, chats and social media accounts, which can lead to conflicts and resentments. Through natural language processing, FYI play it safe picks up signals of potential harm or danger as it happens. This means the parent or guardian gets an alert that they can act on. With the right information at the right time, parents can step in exactly when their child does need help. FYI play it safe is an enabler of the conversations that parents need to have with their kids."

## REAL-TIME ALERTS

By automatically including any new apps or sites that your child uses or visits, parents are alerted the moment their child ventures into a potentially unsafe digital space. "This feature is essential," Best points out. "The range of digital environments where your child is spending time is unlimited and ever-changing. It's extremely hard for a parent to keep up when it's impossible to see, minute-by-minute, what our children are doing online."

In this way, FYI play it safe serves as a basic safety measure that parents and children can agree on, like wearing a helmet when riding a bike. Best says, "Apart from saving parents time and providing far more effective, in-time monitoring, FYI play it safe can strengthen your relationship with your child as it reduces potential conflict around your oversight. It finds the balance between failing to do enough to oversee your child's online activity and over-reaching."

**Get Connected**  
fyiplayitsafe.com  
@FYIplayitsafe

# THE PEARL OF Paarl



The Grande Roche Hotel celebrates its 30th anniversary in style this year with a new restaurant and its own signature cocktail.

Owners Hansie and Theresa Britz – Paarl residents who bought the property in 2019 – are thrilled to once again welcome guests and locals to a re-energised Grande Roche Hotel.

Perhaps the most exciting new development comes with the appointment of Kevin Grobler as Head Chef of the Restaurant at Grande Roche. The hotel has long enjoyed a reputation as a destination for gourmands, and Grobler's arrival in the kitchen marks a pivotal moment in that journey. The talented chef's illustrious career includes leading the kitchens of Michelin-starred restaurant JAN in Nice, as well as the acclaimed Delaire Graff Restaurant in Stellenbosch. At Grande Roche the refreshed restaurant space offers a sense of heritage grandeur with contemporary touches, and a menu built on both seasonality, experience and innovation.



## Q&A WITH KEVIN



### WHAT HAVE BEEN THE HIGHLIGHTS OF OPENING YOUR RESTAURANT AT GRANDE ROCHE?

The best thing about establishing at Grande Roche is the great support I have received from my business partners and owners of the property in terms of getting to do whatever I feel is the best for the business. The venue itself is absolutely amazing with so many different areas to utilise and keep it interesting for the guests and my team.

### WHAT HAVE YOU DISCOVERED ABOUT PAARL?

Conscious sourcing of produce – seasonally and from local suppliers – is how traditional ouzeris operate, and so this was important for me. For example, our double thick yoghurt and halloumi are supplied by Maria van Zyl, who has two cows dedicated to Ouzeri at her parent's farm in Bo Piketberg. We worked together to find the perfect texture, size and flavour of halloumi - she puts fresh mint in the centre as well as Khoisan sea salt, and we serve it grilled with olive oil, freshly squeezed lemon and oregano.

### HOW DOES YOUR CUISINE PAIR WITH THE SETTING?

I have always loved taking classic dishes and putting a new spin on them, and I feel that the Grand lady that is Grande Roche lends herself perfectly to that as the new interior mirrors that concept.

### TELL US ABOUT THE SUMMER MENU?

We are not focusing on any heavy Jus based sauces. Instead, we will be focussing more on fresh and lighter style of sauces, as summer in Paarl gets ridiculously hot!

### WHAT ARE YOUR RECOMMENDATIONS TO VISITORS TO PAARL?

One of my favourite estates is Under Oaks, for the simple fact that the wines are delicious and they also have a wonderful Pizzeria. On a beautiful sunny day, I get to run around with my kids in an amazing natural environment, with good food and great wine. That to me is a perfect off day with my family.



Make sure to pay a visit to the Grande Roche bar to try the delicious Pearl of Paarl cocktail. Specially created by mixologist Kurt Schlechter in collaboration with the SA Brandy Foundation, it's incredibly moreish and even comes topped with a meringue!

## STAY THE NIGHT

For overnight guests the hotel's spacious suites offer an elegant address amid the vineyards of Paarl. While each suite offers its own unique charm, a celebration of both local flora and the farm's rich history is a common thread throughout the property. Wooden beams and exposed thatch neatly encapsulate the rich winelands heritage of Grande Roche, while striking fynbos-inspired signature wallpapers provide a vibrant splash of colour.

To celebrate the hotel's 30th anniversary Grande Roche is offering two fantastic accommodation packages for guests to experience all that the hotel has to offer.



### PACKAGE #1

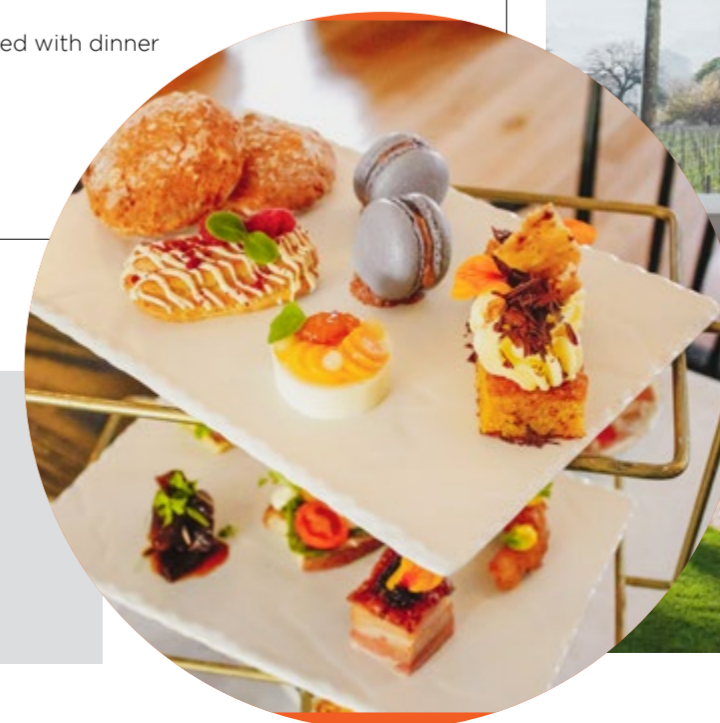
- One night's accommodation for two guests in a Terrace Suite [breakfast included]
- Sunset canapés and signature cocktail of the day
- A four-course gourmet dinner experience at the Restaurant at Grande Roche
- A bottle of selected Under Oaks estate wine to be enjoyed with dinner

**Priced at R5 450.00, based on 2 persons sharing**

### PACKAGE #2

- One night's accommodation for two guests in a Terrace Suite [breakfast included]
- Sunset canapés and signature cocktail of the day
- A 4-course gourmet dinner experience at Grande Roche Restaurant
- A bottle of selected Under Oaks estate wine to be enjoyed with dinner
- A 60-minute couples' massage

**Priced at R6 950.00, based on 2 persons sharing**



### GET IN TOUCH

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