



Cape Town



October 2022

Purely Local

community • family • lifestyle • passion

**LIVE YOUR
BEST LIFE**

GET OFF THE
BEATEN TRACK

**WOMEN MAKING
WAVES ON THE
FOOD SCENE**

JUMP AROUND...
INDOORS!

**BEAUTIFUL,
BOLD STYLE
ADVICE**

SUMMITTING
K2 – A SOUTH
AFRICAN FIRST





EDS WORD

As the weather warms up, it's been fabulous to see Capetonians coming out of hibernation – restaurants are buzzing, beaches are filling up and hiking trails are seeing plenty of boots! There's really no better season to appreciate the beautiful city we live in than spring.

In this issue, we take you off the beaten track to the Bergrivier – a diverse area on the West Coast that includes towns rich in culture and heritage, rugged mountain peaks, a seemingly-unending stretch of unspoiled beach and a river teeming with wildlife. It's ideal for a meandering road trip – or better yet, make a weekend of it and discover it all at your own pace.

However, it's not just the scenery that makes the Western Cape such a wonderful place to live – it's also the people. In this issue we chat with the amazing Selastien Moses, who's changing the lives of women and children in Ashton with her community centre. Curro learner Omphiwe Coko spoke to us about her travels to Sweden to take part in the Gothia Cup as part of the Rainbow Team, and Remy Kloos, mountaineer, motivational speaker and life coach, gives us advice on how we can all live our best lives while sharing some of the experiences that have made her the woman she is today.

Speaking of mountaineering, we caught up with the two South Africans who recently summited K2 – a first for South Africa! – and find out about their journey, and we also share the inspirations and passions of some of the inspirational women who are doing great things in the food and drinks industry.

We hope you enjoy this issue as much as we enjoyed putting it together! Follow us on our socials to stay up to date with all of the latest Cape Town happenings.

Sarah Majoribanks



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Published by:
Augment Creative

Publisher:
Jason Whitehouse
jason@augmentcreative.com
Instagram: @jasonwhitehouse_inspiredlife

General Manager:
Chantelle Balsdon
chantelle@augmentcreative.com
Instagram: @chantellebalsdon

Editor:
Sarah Majoribanks
Sarah@augmentcreative.com

Design & Layout:
Peter Batistich
peter@augmentcreative.com
Sam Durand
sam@augmentcreative.com

New Business Development:
Lesego Ranamane
RanamaneL@arena.africa

Advertising Sales:
Wendy Navarra
wendy@augmentcreative.com



Digital Strategy and Production:
Chantelle Balsdon
chantelle@augmentcreative.com
De Wet van Rensburg
dewet@augmentcreative.com
Jackie Adams
jackie@augmentcreative.com
Oliver Johnson
oliver@augmentcreative.com

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WHAT'S HOT

Cape Town

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

CULTURE CULTURE

Join Kate Crane Briggs of Culture Connect for a Salt River street art tour. This small neighbourhood was built for railway and other workers in the late 1800s and today it's the best place to see street art in Cape Town. The suburb is home to striking murals created over the last five years of the International Public Art Festival, and Kate's walking tour will take in the most popular and representative pieces. 19 October, R250 - R350. cultureconnectsa.com

TO MARKET, TO MARKET

With a beautiful venue under the trees at Timour Hall Estate in Constantia, this chilled food and craft market is the perfect spot to unwind. Held on Wednesday evenings and Saturdays, you'll find a varied mix of cuisines on offer - from delicious bunny chows and burgers to pizzas, chilli poppers and pancakes, there's something for everyone. Craft beer and wine is available as well as plenty of seating and live music. earthfairmarket.co.za



NO DRAMA, JUST SHAWARMA

Nish Nush - meaning 'snack' in Hebrew - serves up the most delicious Middle Eastern food from their hummus hatch on Bree Street. This cute little spot with bright yellow stools set out on the pavement is the perfect place to grab a quick bite en route to the beach or on your way home from a hike. We highly recommend their falafel - and you can even buy a frozen pack to cook at home! [facebook.com/nishnushsa](https://www.facebook.com/nishnushsa)





HEALING WITH HERBS

Head to Babylonstoren's Healing Garden for a day of discovery. Gundula Deutschländer will inspire you to look at herbs with new eyes as she delves into the healing powers of familiar, as well as unfamiliar, herbs. After the workshop you'll enjoy a hearty, healthy lunch in the Spice House and return home with not only a few recipes for homemade remedies, but also a deeper understanding of how herbs may benefit your health. R850, 26 October. babylonstoren.com

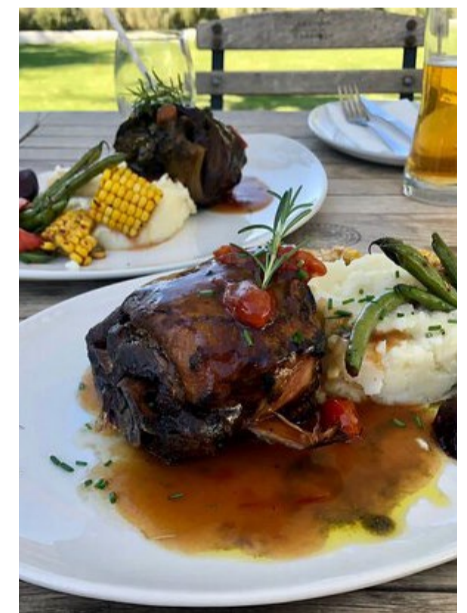


SPRINGTIME GIN

Two Gingers have launched their spring-inspired La Primavera gin to complete their Four Seasons in One Day craft gin portfolio. It's vibrant and delicious, with flavours of wild jasmine and lemongrass. Behind the brand is distiller Gember, which was founded by friends Simon Cranswick and Wynand de Vries (both, in fact, gingers). With a slogan of Still Talking, these mavericks let the stills do all the talking - so try it for yourself and see! twogingers.com

COLLABORATION IN A GLASS

Now that it's getting warmer, it's time to swap that red for a white - and what better way to toast to longer days than with the inaugural 2022 Durbanville Sauvignon Blanc. All of the wineries of the Durbanville Wine Valley came together to contribute fruit to the wine, with the final production handled by winemakers Charles Hopkins and Morgan Steyn of De Grendel. The wine is full and dry, with flavours of apple, pear and tropical notes. It's available at R110/bottle. durbanvillewine.co.za



SWARTLAND WINE & DINE

Held at The Barn in Riebeeck Kasteel, this intimate dinner series features a different Swartland winery every month - and in October, it's the turn of The Blacksmith Wines. Diners can expect a delectable menu from Chef Thomas Jamneck, who carefully curates his dishes to highlight the evening's wines. The Barn is comfortable and cosy, with stunning views of the village and valley - the perfect setting for a memorable food and wine evening! R600 - R850, 7 October. thebarnriebeek.com



FEELING CONTINENTAL

Cape Town's city centre gets a shot of European flair with two brand-new eateries.



THE BAILEY



IMAGES: SAM LINSELL

“The Bailey is very special. The project took a year from start to finish and it’s always amazing to see an idea in the back of your head become a reality.”

Liam Tomlin

Set in a historic building in Bree Street, Chef Liam Tomlin's new collaboration with the Tintswalo Lodges team is a three-in-one culinary destination. On the ground floor, Café Bailey features a patisserie and serves all-day English or Irish breakfast, as well as brunch, light lunch and High Tea. The authentic French-style Brasserie on the second floor will be open for lunch and dinner bookings and brings a touch of theatre back to the dining experience. Featuring a menu of iconic dishes such as crepes suzette, bouillabaisse, and duck confit, this sophisticated spot ticks all the right boxes. After your meal, head upstairs to The Old Bailey where you'll find a rooftop terrace, chic interiors and an extensive whiskey collection as well as premium wines and cocktails.

Q&A WITH LIAM

WHAT'S THE RESPONSE BEEN LIKE?

Considering we opened in Winter, the response has been amazing. I am delighted to see so many people returning and using all of the different spaces for dining and social experiences.

YOU'VE BROUGHT THEATRE BACK TO THE DINING EXPERIENCE - HOW HAS THAT BEEN?

I knew it would work because it's worked before - especially in the days before we had celebrity chefs. Our guests are loving it, especially the older generation. I have had beautiful comments from diners saying how dining in The Brasseries

reminds them of dining out 50 years ago. That is the biggest compliment to me.

WHY DID YOU DECIDE TO FOCUS ON CLASSICAL FRENCH IN THE BRASSERIE?

This is what I trained in, and I really love the whole technique and history behind French cooking. I also felt that there was a gap in the market in Cape Town for a good French restaurant.

WHAT'S YOUR FAVOURITE DISH?

I actually love everything on the menu... as long as it doesn't have egg in it! It's one of those menus you'll find it very difficult to pick a dish.



This stylish eatery on Wale Street is inspired by the taverns of Cyprus and Greece, with Chef Nic Charalambous serving up a contemporary celebration of the two countries' delicious regional dishes. The menu features smaller meze dishes as well as mains, with each plate an interpretation of meals that Nic enjoyed while exploring the region. The vibe is refined yet relaxed, and it's perfect for meeting friends to share a few dishes and enjoy a drink or two of the barrel wine. The space is particularly cool and blends old and new effortlessly, drawing inspiration from regions across Cyprus and Greece. Expect stark white plaster, arched wall niches, textured tapestries and printed cushions - reminiscent of a traditional old Cypriot café.

Q&A WITH NIC

WHY DO YOU THINK THAT OUZERI IS SUITED TO THE CAPE TOWN MARKET?

I think that in South Africa, there is an understanding of Greek cuisine, but not necessarily Cypriot - and this is where Ouzeri comes in. There are so many flavours and dishes from each region, and we wanted to showcase these in a fun and unimposing way. Aside from the dishes, we have created an environment that brings the whole experience to life - traditional ouzeris have a spirit of comfort, community and warmth.

WHERE ARE YOU SOURCING INGREDIENTS FROM?

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.

DO YOU HAVE A FAVOURITE ON THE MENU?

If I had to pick a favourite, I would have to say the lamb ribs with skordalia and ladolemono because they're an iteration of one of my favourite dishes found on the streets of Athens.



“What I love about the ouzeris I've experienced in Cyprus and Greece is that they're very much local hangouts. Opening Ouzeri in Cape Town is about championing that tradition and culture, with innovative food from various regions of Greece and putting Greek Cypriot food at the forefront.”

Nic Charalambous



OFF THE BEATEN

Track

The West Coast is beautiful all year-round, not just during the annual flower season. Hit the road and explore this gorgeous area by taking a trip through the Berg River district.

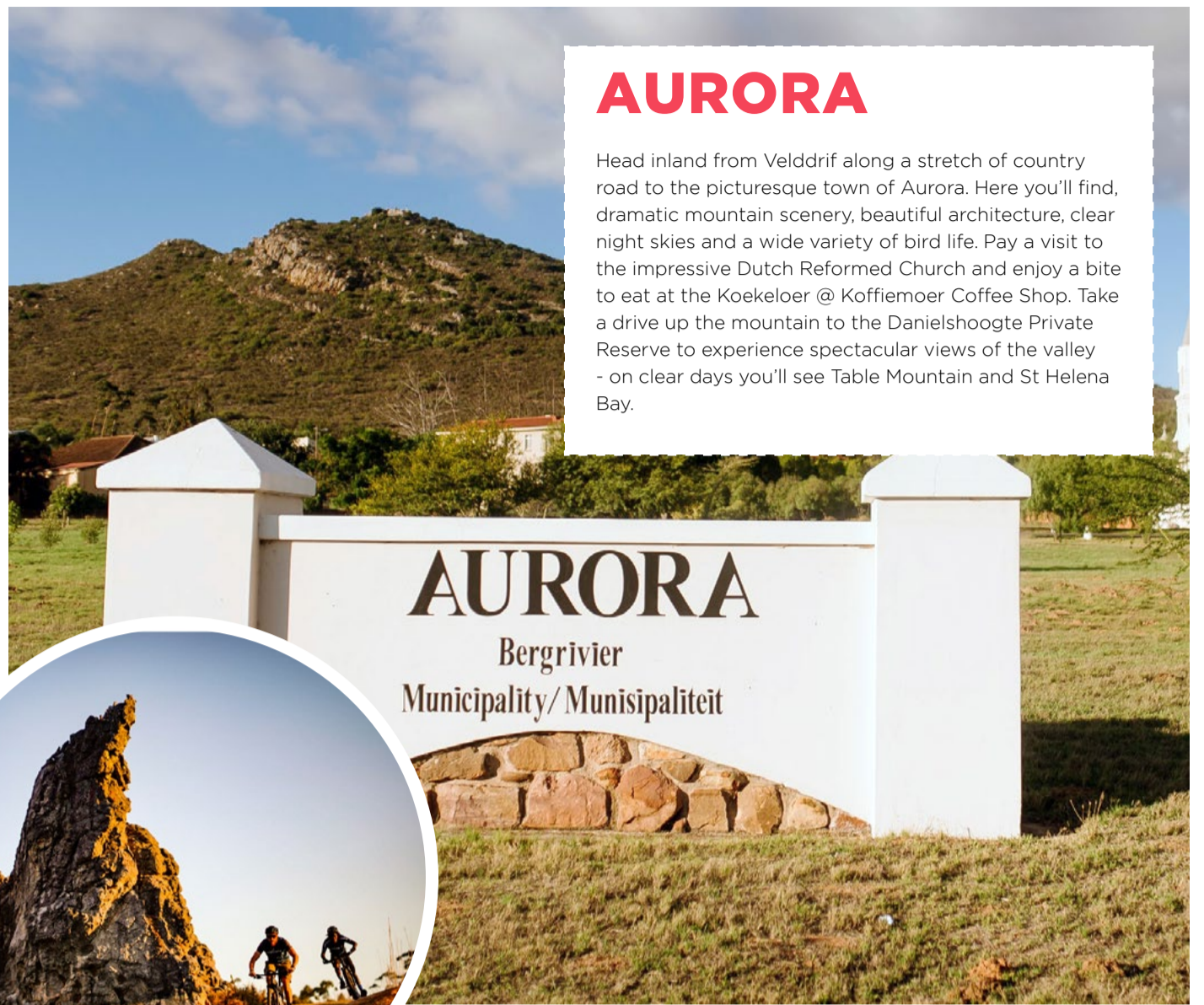




VELDDRIF

Hugging the banks of the Berg River, Velddrif is a beautiful little coastal village just a few kilometres from the river mouth. Visitors can enjoy the small-town vibes with an abundance of activities, accommodation options, and eateries.

Make sure to visit the famous Bokkomlaan while you're here. Based on the river's edge, this quaint dirt road is scattered with historic buildings and jetties. Its name comes from the salted strings of mullet fish that are strung up to dry in bunches - a local delicacy. The area is a great spot to chill and watch the bird life of the Berg River estuary while enjoying a cup of coffee or cocktail.



AURORA

Head inland from Velddrif along a stretch of country road to the picturesque town of Aurora. Here you'll find, dramatic mountain scenery, beautiful architecture, clear night skies and a wide variety of bird life. Pay a visit to the impressive Dutch Reformed Church and enjoy a bite to eat at the Koekeloer @ Koffiemoer Coffee Shop. Take a drive up the mountain to the Danielshoogte Private Reserve to experience spectacular views of the valley - on clear days you'll see Table Mountain and St Helena Bay.



PIKETBERG

50km away from Aurora is the next stop on your floral road trip - Piketberg. Scenically nestled at the foot of the Piketberg Mountain range, this gorgeous little town is surrounded by wheat fields, vineyards, fruit farms and indigenous fynbos bearing beautiful blooms in Spring.

Experience the heritage go the town by doing the Piketberg Historic Route. With 12 points of interest that visitors can walk or drive to, the route takes in the Commercial Hotel, old Sheriff's Office, original police station and bioscope, as well as the Piketberg Museum. While in Piketberg, don't miss Last Friday - a food and art festival that takes place across the village on the last Friday of every month.



PORTERVILLE

The quaint village of Porterville on the slopes of the Olifant's River Mountains is last on the road trip list and is about 150km from Cape Town. Long known as the home of the rare Disa Uniflora flower, Porterville has made a name for itself amongst art and food enthusiasts, as well as those looking for a memorable escape from the city surrounded by exceptional natural beauty and country charm.

A visit to the Groot Winterhoek Wilderness Area is a must do and whilst in the mountains above Porterville, gin enthusiasts can enjoy a gin-tasting and tapas experience at the Ginsmith boutique distillery. For those keen to explore the town itself an art experience is highly recommended as Porterville is home to a large community of artists. Visit them in their studios to view and buy a wide range of art from ceramics to paintings and jewellery.



Get Connected
 Bergrivier Tourism
 Voortrekker Street
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 022 783 0831
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A FASHION-FORWARD FORECAST

with Valencia Naidoo

There's something for everyone in these bold, beautiful style trends!



TOP-TO-TOE COLOUR

Both for winter and summer, colour blocking is back in a big way. For this trend, you want to go BIG or go home! And the best way to do that is to be bright with a duo-chrome ensemble. But you don't have to stop there - adding another colour or two will give your entire aesthetic some spunk. If you're not into that, just add some accessories to your look like a bag, belt, bold hat, or shoes that pop and elevate your look.

SUITS YOU TO AT

A trend that's right next to colour-blocking is a pop-of-colour fashion-forward suit. There are so many options, whether you want to keep it classic and formal or go for comfort with a casual-chic, street-style ensemble. Popular colours are pink, lime green, purple and azure blue but you could also work this trend with other colours by trying the colour-blocking theme or going the monochrome route. Matching colours give your look more character. We want the power suit to be the main focus so keep the accessories and shoes minimal.





READY, SET, CO-ORD!

Make sure you have a few sets and co-ordinated outfits in your closet, whether it's, satin, corduroy or quilts. If you want an edgy aesthetic, opt for classic faux leather set that will channel the biker scene from the 70s and 80s. When it comes to choosing colours for this look, the classic biker tones are red, black and white or you can go for solid shades, bright or pastel hues. The classic biker look is usually a jacket and pants but you can explore with skirts and shorts, with skirts above the knee or the ankle. Finish your look with some chunky boots, sleek toe-point boots, sky-high stilettos or flats for a well-rounded look.

GO BIG OR GO HOME

Do it right or don't do it at all with this larger-than-life trend, from oversized blazers and shackets (this is a crossover between a shirt and a jacket) to puff sleeve shirts and voluminous trapeze dresses. This aesthetic is both comfortable and stylish, and that's why, oversized looks have been my go-to look this year. It makes me feel both comfortable and chic, and gives bodycon a run for its money. This is an effortless statement look that just needs simple accessories and you're good to go.



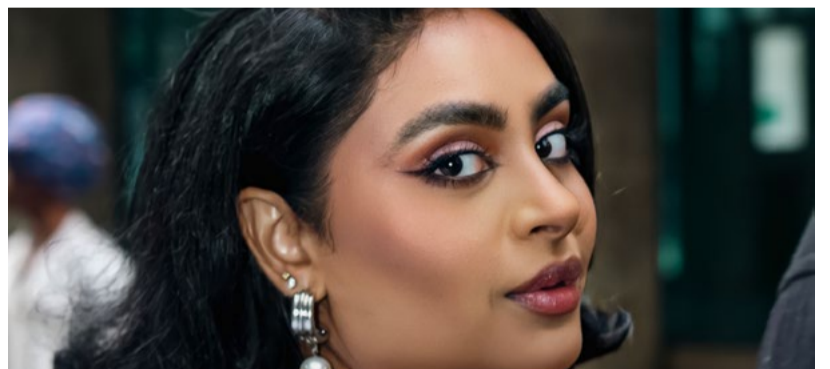
Y2K IS BACK!

The makeup game in 2022 has totally changed, thanks to the influence of popular TV series Euphoria and the revival of Y2K beauty - and I'm here for it. Thin brows and frosted eyeshadow have made a comeback (I can't say I'm here for this one) but makeup influencers, MUA's and celebrities have also made some looks go mainstream. From bold colour graphic eyeliners to faux freckles, it's evident that the beauty world has given more room for creative expression and experimenting. While creativity has taken the driver's seat, skin is riding shotgun. We see healthy, glowing-looking skin being one of the main beauty goals this year and as much as we all want to be about bold makeup looks and trends, we know the canvas is what makes the look stand out.



GREEN WITH ENVY

Green is having an absolute moment. We've seen emerald and lime green make their way on popular designer brands such as Bottega Veneta, Ganni amongst many others. Since it's the ultimate hue of the year, give it a try by either wearing a dress, blazer, co-ord set or even just a handbag as a statement piece. Whatever you choose, you'll certainly stand out for all the right reasons.



About our Contributor

Valencia Naidoo is an internationally qualified Cosmetologist and a nationally qualified hairdresser, born and raised in sunny Durban. Growing up Valencia was teased a lot. "I began to hate almost everything about my appearance because I felt like I did not fit into society's mould".

Her only escape was her love for fashion, style and beauty, and she realised she had to share her experiences to help other young women going through similar struggles - and that's how 'Style your Confidence Now' was born.

"My desire is to show you all how Fashion, Style and Beauty can reinforce one's confidence and self-esteem, causing you to accept yourself and stand out, rather than make you conform and fit into the boxes that society puts us in. I want my platform to be a reminder of how powerful you can be when you live your truth and uniqueness."

 @styleyourconfidencenow

Make-Up Trends Making Waves

1. Reversed Cat Liner and Lower Lash Line Designs
2. Face Gems
3. Ethereal Skin
4. Bold Lips
5. Negative Space Eyeshadow and Graphic Eyeliner
6. Bronzed Complexion



IPIC PLAY DURBANVILLE

The largest indoor play park in the Northern Suburbs, Ipic Play is all about adventure. Older kids can enjoy the jump zone, climb walls, huge slide, gladiator pit or the high rope course. For those who want to practice their hand-eye coordination, climb up the blaster tower and let your friends have it, or explore the digital art room and watch your drawings come to life!

On the Menu: Knead Bakery and Café serves up a delicious array of burgers, toasties and breakfasts, with a special kids menu for the little ones.

Extras: A cutting-edge sound system and awesome views from the Vista Deck.

JUMP around!

PLAYALOT KUILSRIVIER

Playalot has something for the whole family! Three age-appropriate play zones cater for each age group - 'Europe' is a soft-play zone with balance bikes, a trampoline and a slide; 'Africa' includes a foam pit, obstacle course and a lego lounge, and 'Asia' is where the big kids can scale climbing walls, get high on a sky ride and take on the elastic spider-web maze.

On the Menu: Family favourites like burgers, salads and pizza, as well as vegan eats, delicious coffee and smoothies.

Extras: Absolutely everyone is catered for at Playalot - including parents who want to pop into The Mom Salon for a treatment while their kids are having fun!

As we all know, the weather is touch and go in the Mother City - and when you have kids to entertain, you'll need to find an indoor space where they can safely run free, expend some energy and, most of all, have fun! Here's our top picks of play areas in Cape Town.





PLAYSTATION BY RUSH | RETREAT

A proudly 'old school' indoor play park that's committed to building kids' confidence, strength and agility through play. Under the watchful eye of staff, kids can tackle the super slide or high line course, race along the bike pump track, navigate the adventure maze or climb up the 4m climbing wall. There's even an indoor astroturf pitch where cricket and football lovers can finetune their skills.

On the Menu: A range of light bites and main meals, with vegan and veggie diners catered for as well and a selection of platters that are perfect for nibbling.

Extras: Physically challenged kids are catered for and the team will work with each child so that they can enjoy the space as safely as possible.



FREEDOM PARK TOKAI

This brand-new park has been designed for kids between 2 - 13 years of age. Inside you'll find a 50m long Hi-Line Rope Course, with multiple climbing walls, trampoline dodgeball arena, hi-dive leap of faith, foam pit and nerf wars on selected days. Kids can also explore the custom-built play pods with design elements that promote play and learning.

On the Menu: Kid-friendly breakfast, lunch and dinner menus are available, as well as pizza made on-site in a wood-burning oven. Plus, there's alcoholic beverages for mom and dad!

Extras: Catch up on some work in Freedom Park's private work pods while the kids have fun and explore!

BE.UP PARK PINELANDS

With cool graffiti-style wall art, the trampoline zone within be.UP Park has a series of horizontal and interconnected trampolines for epic bouncing! Open to all over 120cm, kids can twist, flip and fly through the air while working on their moves. The Clip 'n Climb section features unique climbing experiences suitable for all ages and skill levels, and the Altigame takes you on an adventure 5m above the ground.

On the Menu: Up on the mezzanine you'll find the café, with a small selection of toasties, pies, paninis and snacks, and a wide range of coffees, shakes and smoothies.

Extras: be.UP isn't just for kids - if you're looking for a spot for team building or an end-of-year function, there's packages available for adults.



SENSEVIRTUAL SEA POINT

Let your kids immerse themselves in a virtual world at SenseVirtual, a virtual reality gaming arcade. There's a wide variety of games for kids to play - even a job simulator if they're figuring out what they want to do later in life! Kids of all ages can fly planes in World War I, play Minecraft or Beatsaber, or even join a multi-player game such as Fortnite with their friends.

On the Menu: There's no restaurant within the arcade, but take a walk up to Mojo Market for a delicious meal before or after your gaming session.

Extras: VR stations are first come first served, but you can put yourself on the waiting list until a station becomes available.



WONDERDAL | STELLENBOSCH

A colourful edutainment destination for kids between the ages of 5 and 13, Wonderdal offers a multi-sensory, multi-zoned experience. In the digital world of the Wonder Garden, nature is the focus, and in the Tinker Workshop, children are introduced to simple scientific principles through engaging hands-on activities. Active kids will love burning off excess energy in the outdoor playground, and the Story Cave lets adventurers listen to stories and read books.

On the Menu: Wonderdal is based at Hazendal Wine Estate, and all of its eateries offer healthy menu options appropriate for little ones.

Extras: If it's not raining, kids can head to the Adventure Golf Park within the estate for some fresh air adventure.

Get Connected
ipicplay.co.za
playalot.co.za
freedomadventurepark.co.za
playstation.rushsa.co.za
beuppark.co.za
sensevirtual.com
wonderdal.co.za



"In general, I'm happiest in nature - so any time I can go for a walk or a hike with good people, I'm in!"

MY CAPE

KAFUI AWOONOR

Town

IMAGES: KOFI MICHEL APPIAH

Yoga instructor and entrepreneur Kafui Awoonor believes that yoga should be accessible to all and started her Holding Space yoga studio with the intention of introducing yoga to people from all walks of life. Her practices are a reflection of South Africa's diversity, and she's since moved from her studio in Woodstock – the first black-owned-and-run yoga studio in Cape Town – to offering sessions in scenic spots around the city. We chatted with Kafui about her favourite spaces in Cape Town and local businesses she loves.

I have been practising yoga on and off for almost 20 years. It has been an up and down journey, but the past 10 years have felt deeper, more solid.

Being based in the city centre, I enjoy walking a lot. It slows me down and gives me a different perspective. And I get to encounter places and people I wouldn't otherwise if I was in a car.

I founded Holding Space out of a need for a diverse, inclusive space for people of colour who are interested in embodied practices. Cape Town is quite exclusionary when it comes to wellness. It was when I first moved here, and still is in a lot of ways. It felt necessary to create instead of continuously asking other spaces to change.

In summer I hold sessions at the Pipe track and in Sea Point on the promenade. I generally try to offer outside sessions as much as possible, including private classes. In general, I'm happiest in nature - so any time I can go for a walk or a hike with good people, I'm in!

A favourite eatery of mine is Tapi Tapi - they serve the most amazing ice cream inspired by indigenous African flavours and have now expanded into a restaurant. I order as many different things off the menu as I can - I love trying new things there!

My regular spot for a hot beverage is Maria's on Dunkley Square I go there so often that they don't even ask what I want to drink anymore, just bring me my usual - mint tea with honey.

My favourite out-of-town holiday spot is Wilderness. Its lushness makes me very happy! The Drakensberg mountains are always a spiritual experience and homecoming for me.

What is something that I wish more people could experience in Cape Town? I wish black people could all enjoy living here freely, safely and deeply rooted.



Get Connected

@holdingspaceCT

@holdingspacect

holdingspace2019@gmail.com



GET CAFFEINATED ... LOCALLY

Looking for the freshest coffee in the 'burbs? Here's our pick of three local coffee roasteries in the Southern Suburbs area

I LOVE COFFEE KENILWORTH

This delicious little roastery and coffee shop not only serves up some of the best bakes in Cape Town, but all their coffee is roasted freshly on site. The roastery first opened its doors in 2016 with an aim to be one of the leading artisanal coffee roasters in the country while creating employment for the Deaf community. Today, 70% of the I Love Coffee team is Deaf or hard of hearing, so when you pick up your coffee beans, make sure to practice your sign language skills (using the handy guide on their website) while ordering a cappuccino. ilovecoffee.co.za

How do you source your beans? We source our beans from local agents who import from around the world.

Who's doing the roasting? Mike Morrirt-Smith is our head roaster and Geliano Andrews is his roaster's assistant. He is Deaf and, as far as we know, the first Deaf roaster's assistant in the country

Most popular coffee? Our most popular coffee is Agape which is our blend of beans from Brazil, other parts of South America, Africa and Asia. Mania is our single origin coffee and we have two options - one from Ethiopia and the other Guatemala



QUAFFEE CONSTANTIA

With its main base on the picturesque Buitenverwachting Wine Estate in Constantia and a second roastery at The Vineyard Hotel, Quaffle is all about fantastic, traceable coffee. They roast green beans sourced from a variety of different countries (including a South African farm) according to seasonality, with full transparency listed on their website. There's a wide range of blends to choose between - from traditional coffee, to special profile and single origin roasts - ranging in price. If you're thinking of roasting your own, you can also buy green beans and coffee accessories from their website. quaffle.com

Who does the roasting? Mzukisi is the master roaster at our primary site at Buitenverwachting. Mzukisi was trained in the US by Steven Diedrich, the inventor of the roaster we use, and he is backed up by Warren. We have a second roaster Sinovuyo who we trained internally, and he is the roaster at the Vineyard Hotel-based roastery.

Where can people buy your beans? We sell our beans online, at both our roasteries, via partners like Cape Coffee Beans and the CoffeebloC at Buitenverwachting.

Most popular coffee sold? We have a layered offering of coffees. Our 'Old School' blend is a popular dark roast on the entry-level side, and the most popular specialty blend is 'Relationship'.



BACK YARD BREW CO | KENWYN

Husband and wife team Mark and Melissa run an online coffee roastery from their home, specialising in small batch coffee roasted freshly to order and delivered within Cape Town. All coffee is roasted on-site and they can tailor your order to the roast you prefer - so, while they mainly offer medium roast, a darker roast can be done specially on request. They also offer free delivery within Cape Town on the last Friday of the month, so keep an eye on their socials. backyardbrewcoffee.co.za

Who does the roasting? We are a small family-run business, so Melissa does all our roasting in house.

Where do you source the beans from? From our local green bean brokers who import coffee from all over the world.

Most popular coffee? Our Cobrata in-house blend is one of our best sellers.



Women

MAKING WAVES

This year's FOOD XX winners share with us their inspirations, their passions, and their favourite spots in the city.



The annual Food XX Awards, launched by Studio H, shines a spotlight on the achievements of womxn in all spheres of the food and hospitality industry, from farming to food styling, education, culinary heritage and more. "Once again, we were blown away by the sheer volume of nominations received," says Hannerie Visser, director and founder of Studio H. "It really reinforced our belief that women are the backbone of the food and hospitality industry. And now, more than ever, we need to take the time to recognise and honour their work."

“Womxn are unstoppable.”

What does this award mean to you? I was so surprised and blown away, I had NO idea I would be receiving an award. But to me, it just means that whatever I am doing, I should keep doing. It is incredible to know that others are noticing my journey, my risks, my food, and ME - as a woman in a very male-dominated industry. I want to stay on the path I've created and worked hard to achieve and, in that way, hopefully, inspire any other womxn to follow their dreams, or believe in their capabilities. We are so much more resilient, strong, intuitive, and badass than we even realise - womxn are unstoppable. - Jess van Dyk (Chef, owner of Post and Pepper, Stellenbosch) In the Kitchen Winner Food XX Awards | Instagram: @jess_v_d



“I would often hide away in the kitchen, and I believe that is where my passion for being a restaurateur and the cheffing field really set in.”

What started you on this career path? I have wanted to be a chef for as long as I can remember, I grew up in a very big family where food was a huge part of our everyday lives and with my mom having so many kids, we were always baking and cooking with her in the kitchen. I started a waitressing job in my early teens and absolutely hated every moment of it and I would often hide away in the kitchen, and I believe that is where my passion for being a restaurateur and the cheffing field really set in. I have been in the kitchen since I was about fourteen and have never looked back! - Jenny Ward (Kitchen Manager & Culinary Program Lead) Food Educator Winner Food XX Awards | Instagram: @cjenny6





What's the plan for an ultimate Friday evening with friends?

We'll start at Ukhamba Beerworx to enjoy unique African beers on tap; and, since this establishment is at Makers Landing, we'll sample some foodie delights - Emazulwini, Kapooshka, Charm's Kitchen, Coffee by Moses and Afrikoa are my staples. Cause and Effect Cocktail Kitchen and Cape Brandy Bar never disappoint! Kurt and his team are knowledgeable, always gracious and warm, their drinks a consistent treasure hunt for the palette, and of course the atmosphere is the perfect 'kinda classy, kinda hood!' that I appreciate. We would end the night at Selective Live, an intimate live music venue that has an eclectic line-up that always delivers. - *Khanya Mncwabe (Co-founder & CEO: Matawi) Drinks - Alcoholics Winner Food XX Awards | @nokukhanya1426*

“The atmosphere is the perfect 'kinda classy, kinda hood!' that I appreciate.”



“Food has become my main medium of expression.”

What started you on this career path?

I enjoyed being creative from a young age. In school, my top subjects were art, history, and English. As an adult, I worked many different jobs in hospitality, and as a magazine writer and sub-editor, later as a graphic designer in advertising. Then ten years ago I went vegan and became a vegan chef and since then, food has become my main medium of expression - whether making it, drawing it, or telling stories about it. *Parusha Naidoo (Food artist and writer) Food Heritage Winner Food XX Awards | Instagram: @parushanaidoo_*



“I want to tell her story - I want to tell our story.”

What keeps you going on tough days?

My late grandmother. Her teachings have never left me, and the constant love that was placed into every plate of food she served nurtured my passion for food. I want to tell her story - I want to tell our story. - *Zandile Finxa (Product Developer) Secret Ingredient Winner Food XX Awards | Instagram: @queen_finxa*



“Usually how things end up is better than planned, anyway.”

What advice would you give to your younger self?

Do the best you can but accept that the external circumstances are simply out of your control - and usually how things end up is better than planned anyway. Also, get in the ocean as much as possible! Freediving or ocean swimming are some of the things that keep me going on tougher days. - *Meghan Werner (CEO & Founder of Theonista) Drinks - Non-alcoholic Winner Food XX Awards | Instagram: @theonista*



“I wanted to do something more meaningful and fulfilling, where I had more freedom to follow my own path.”

What started you on this career path?

Although I have a degree in the food field it took 18 years before I left a corporate communications career in finance (a male-dominated sector) to enter the food world as a career. The change was slap-bang in the middle of a mid-life crisis, and I wanted to do something more meaningful and fulfilling, and where I had more freedom to follow my own path. I started a PR company specialising in supporting local food heroes. My interest in food traditions grew into quite an obsession from there on. - *Errieda du Toit (Author) Food Icon Winner Food XX Awards | Instagram: huiskok*





LIVING THE LIFE YOU WERE *meant* TO LIVE

Mountaineer, motivational speaker, life coach and mental health ambassador Remy Kloos is passionate about living her happiest, most vital life – and helping others to do the same.



**With 6 summits under your belt, what has been the biggest moment so far?**

With each peak and each expedition there are big moments. My first ever climb was up Kilimanjaro, and at that stage I hadn't even climbed Table Mountain. But in 2016, when I had reached an all-time low, I had a calling to Kili. When I was standing on the roof of Africa, I knew that mountains were going to be a huge part of my life going forward. I found a connection to the most authentic version of myself that I had never felt before.

Another big moment was being able to witness the super blood lunar eclipse whilst doing my back-to-back summit of Mount Everest and Mount Lhotse. It was a feeling and image I will never forget, and awe and gratitude consumed every fibre of my being. These are the moments I live for.

And the biggest challenge?

Without a doubt the ongoing search for sponsorships and partnerships. The challenges one faces whilst climbing

mountains are welcomed (although definitely not in the moment!) and it's at these times I realise what I am capable of.

What is the hardest thing about being a mountaineer?

It's an expensive sport, and I am of great privilege to be able to do this. I have put in a lot of hard work, and it is an environment in which I thrive and feel most alive. I will continue to put in my best effort to raise the funds and find impactful partnerships so that I can continue on this path.

Are there any spots in Cape Town that you always feel rejuvenated by?

Cape Town is filled with so many treasures. For me, nothing quite beats sunrise from the top of Table Mountain. Climbing in the dark, guided by your headlamp and moon shine. The stillness whilst the city is sleeping. Watching the sun wake up, beaming, glowing and almost always putting on a show of colourful delight.

After living with anxiety for many years, Remy left a life of routine and comfort zones to embark on a solo adventure around the world. The experiences were big and life changing – an 800km pilgrimage through Spain, travelling to Russia to climb the highest mountain in Europe – and she decided to continue her journey of summiting the highest mountains of the world.

Today, she's six summits into her 7 Summits Quest and raising funds for the Dlala Nje Foundation in Johannesburg. "I believe we all have a powerful and brave warrior inside of us all, ready to be unleashed and capable of accomplishing the extraordinary. Why not use this strength and courage to shape the life you want to create?" says Remy.

We chatted with Remy about the highlights and challenges of her experiences so far, as well as her advice to others on living a life filled with purpose and passion.

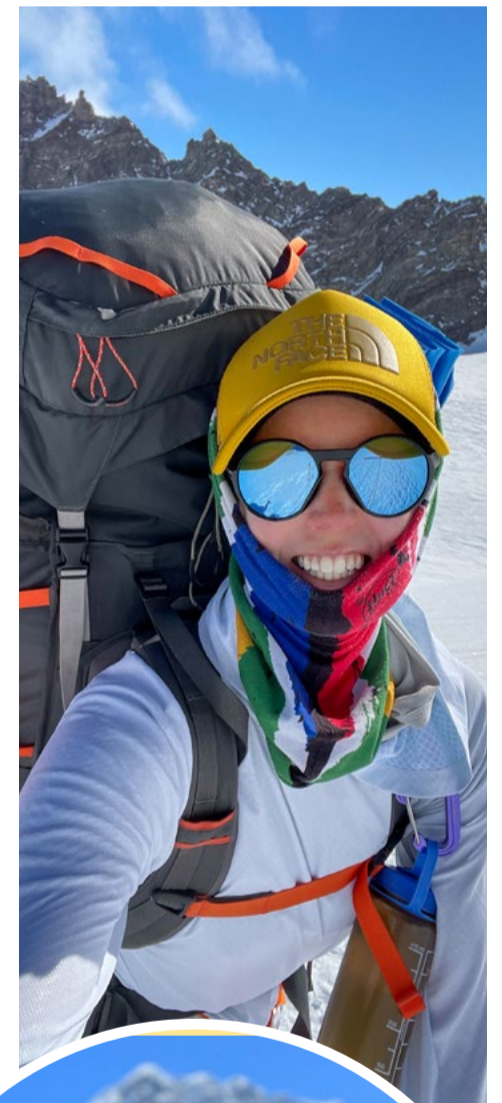
How can people find their purpose in life? I don't have this all dialed in myself, but what I can say is that the biggest guiding factors for me have been 'joy' and 'impact'. What brings me the most joy? I will chase that! How can I impact the lives of others? Let me do more of that!



What is something that you still struggle with today, and how do you tackle it? I still struggle with my anxiety; it creeps in from time to time. But what I keep reminding myself is not to fight it, and to not judge myself for it. Speaking about it helps and simply allowing the emotions to flow through me.

What is the hardest lesson you've had to learn? Sometimes I give my whole heart to the mountains and make too many sacrifices in other aspects of my life. This isn't the most sustainable way of living, so I am working on this.

PRACTICAL STEPS TO LIVING AN EXTRAORDINARY LIFE

- **Unpack your five most important values** in life before you embark on any journey – whether it's climbing a mountain or embarking on a business venture. It's easy to feel discouraged if you don't reach your goal, but if you walk each step in alignment with your values, then that's where the magic happens.
- **Take the time** to love and respect yourself first – when you feel in alignment, bliss follows.
- **Always stay curious** – asking yourself what you're feeling and why has immense impact. Curiosity in general is powerful and being open to learn new things makes space for growth in your life.
- **Surround yourself** with people that make you want to strive to be better, who encourage you to chase your crazy bold dreams, and who back you through your highs and lows.
- **Sign up for challenges** that scare you just a little. In the past I have found myself confined by my comfort zone, believing it provided me with a sense of security. It didn't. The moment I took steps outside of my comfort zone was the moment I started to realise what I was really capable of.
- At the end of the day, **accept there will be always failures and setbacks**. Feel the pain then take the time to reflect, reset, unpack the lessons learnt, and show up again and again.

**Get Connected**

 @RemyKloos
 @remykloos
remykloos.com



WORK WITH a view

Workshop17's co-working space breathes new life into the iconic Newlands Cricket Ground.

Located in the newly developed Snakepit Building, which stands on what was once a grass embankment for spectators, Workshop17's new space brings a much-needed co-working option to the busy Southern Suburbs.

"We feel privileged to have been invited by the developers of the Newlands Cricket Ground, Edudev and Heico, to create a Workshop17, in partnership with the co-owners: Western Province Cricket Association and Sanlam." said Paul Kersten, co-founder and CEO of Workshop17.

THE NEW WORLD OF WORK

After two years of lockdown, many are slowly returning to the office – however, the perks of working from home (and without traffic) haven't been forgotten. "We are seeing companies opting to shift offices from cramped CBDs to flexible shared spaces in residential nodes in order to offer professional and inspiring workspaces closer to home that can minimise travel times and reduce the extra hybrid spend of uninterrupted electricity, internet and printing." says Paul.

"The new Newlands co-working space will give Southern Suburbs residents the option of working nearer to home or in town, depending on meetings or the school run. The big idea is

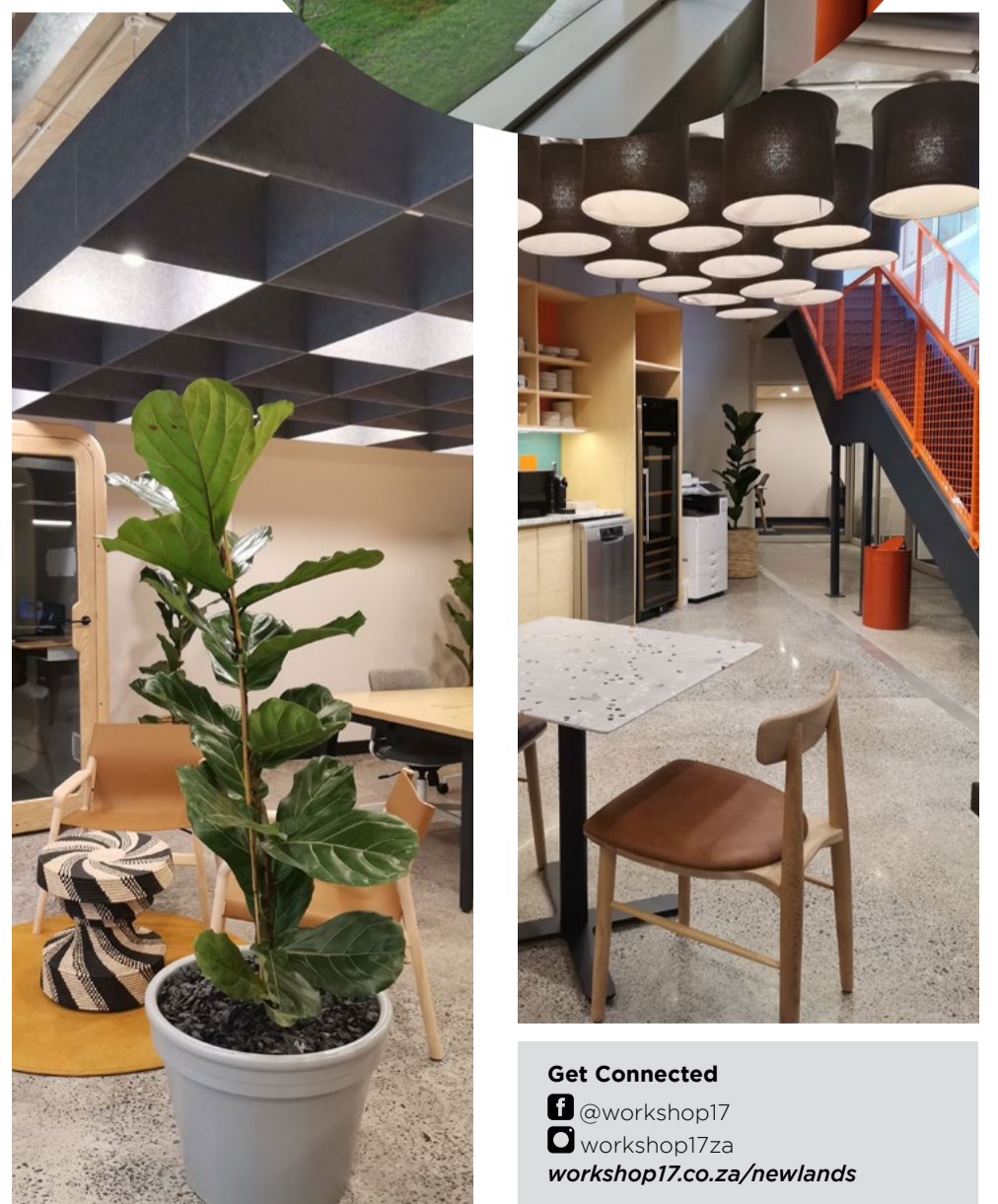
to unlock its potential, both socially and financially for its stakeholders and to leave a positive impact on the community."

Stretching over two floors, Workshop17 is a creative working environment with offices and meeting rooms, chill out areas, hot desks and cafes. While some of the features, such as the offices, are only available for members, meeting rooms, hot desks and lounge areas are available for walk-ins or can be booked in advance.

SITTING PRETTY

Beautifully decorated with contemporary furniture, warm colours and inviting nooks where you can catch up on work, Workshop17 also has floor-to-ceiling windows that allow you to take in panoramic views of the entire cricket field. However, it's not just about the aesthetics.

"Often we're asked about the social aspects of our locations. Beautiful spaces and modern furniture look great on the first walk through to enhance the experience, but are not enough," says Paul. "Interested parties want to know about common areas, food options, event spaces and the interaction with other people and businesses sharing their floors. The amenities are a plus, the social interaction and the opportunity to bounce ideas off creatives from other fields, that's often the real selling point."



Get Connected

@workshop17
 workshop17za
workshop17.co.za/newlands



A NEW *chapter*



Originally built as a residential apartment block, The Winchester has been a much-loved presence on the Sea Point prom for nearly a century. Now under new ownership, it's turning heads with a contemporary look-and-feel

BEHIND THE LEGEND

Hanneli Troost (pictured above with GM Michael Liffmann) is the Executive Housekeeper in charge of keeping The Winchester's rooms spick and span. She's been with The Winchester since 2015 – and, as she says, the day she started she didn't just join a team, she met a whole family.

I STARTED AT PENINSULA ALL-SUITE HOTEL IN 1994 as a room attendant. From there I worked my way up and became a supervisor at Radisson hotel in 1998, then head of department at Lagoon Beach Hotel in the 2000s.

EACH DAY IS A NEW CHALLENGE, WHICH I LOVE. It's a pleasure to be able to work in The Winchester which stands out from most because of its beauty.

SOME OF THE HIGHLIGHTS ALONG THE WAY have definitely been meeting a few celebrities! Another highlight was the day I met the Wainford family – and that's when I realised that the hotel is not a job, it's a second home.

MY FAVOURITE SPOTS IN THE HOTEL are the courtyard and the balcony of room 305.

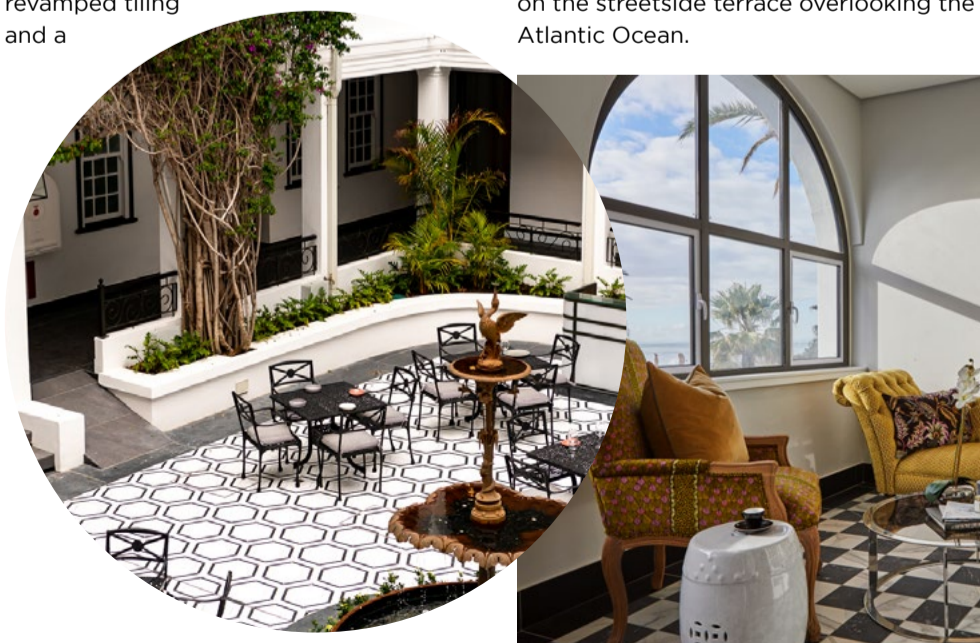
I THINK THE WINCHESTER WAS DUE FOR A FACE LIFT. The new look is more modern and suits the hotel better. We need to keep up with the times, but still stand out in our own unique way.

"There are few hotels in Cape Town, or South Africa, that combine so much nostalgia, history and charm into one memorable locale," enthuses Neil Markovitz, CEO of Newmark Hotels, Reserves, Lodges and Residences, who have taken over the management of the hotel. "Guests will be thrilled at how we have managed to update and modernise the experience, without losing any of the innate charm of this iconic Cape address."

In the refurbishment of the hotel, the team made sure to honour the rich history and personality of the property while meeting the needs of today's traveller. Visitors can expect minimalist, monochromatic interiors, with splashes of colour catching the eye throughout. The iconic courtyard – which has long been a favourite spot for long, lazy lunches – also has a new look, with revamped tiling and a

signature fountain in the centre. The famous bougainvillea still drapes down from the courtyard walls, bringing a riotous splash of purple to the space. "In all of these refreshed public spaces returning guests will immediately feel at home, and recognise the long-established charm and character of the property," says General Manager Michael Liffmann. "Although some of the changes are bold, the DNA of The Winchester Hotel remains the same. We've really worked hard to retain the heart and soul of the property, while giving this grand old lady a fresh new look."

On the food side, the Shoreditch House brings a modern menu of small plates and hearty mains built on cooking with charcoal, wood and open flame. And while the hotel's famous Harvey's Bar might have a new look, it's still an upmarket spot for an aperitivo or two on the streetside terrace overlooking the Atlantic Ocean.





“ More than half of the salt we eat is the salt added by manufacturers during the processing of foods. The other half comes from salt we add during cooking and at the table. ”

Want to reduce your salt intake? Curious about why you should? Dietitian Megan Pentz-Kluyts looks at the simple – and tasty – ways to do it.

WORDS: MEGAN PENTZ-KLUYTS

TASTE A HEALTHY ADVENTURE

Our bias towards taste already exists at birth. Almost everyone is born liking 'sweet' and disliking 'bitter' tastes. Unlike our ability to detect a salty taste, which takes time to mature. But once infants show a response to saltiness, they like it.

WHY SALT?

The sodium in salt, together with potassium, is necessary to maintain a good water balance in our bodies.

SALTED TO TASTE

The Heart and Stroke Foundation of South Africa comment that it can be very easy to eat too much salt when eating normal everyday foods. Many South Africans eat too much salt and often eat twice the amount of salt that we should. South Africa has one of the highest rates of high blood pressure worldwide, and a high salt intake is an established risk factor for increased blood pressure.

Dr JP Smedema, a local interventional cardiologist at Netcare Blaauwberg hospital,

and an avid sportsman, explains further "The often unwitting and substantive intake of sodium salts - tucked away in much of what we consume off the shelves increases our blood pressure, and the risks of stroke and heart disease. Simply reading food labels and limiting our sodium intake pays off!"

A general reduction in sodium intake could be better achieved by reducing the sodium content of manufactured food products than by dietary advice alone. So in 2013, the Minister of Health signed legislation to make sodium reduction in the food industry mandatory, to help achieve the government's target of reducing salt intake to less than 5g a day. This makes South Africa the first country in the world to legislate salt levels to help reduce the amount of salt that the public takes in from processed foods.

RETRAINING OUR TASTE BUDS?

Here's the good news - research shows age is no obstacle for palate retraining. Even older people can learn to like new foods and tastes. You can train your taste buds to prefer different flavours, including those you didn't like as a younger person, with five to 10 repeated exposures. Plus, with age comes more information and education.

We can encourage our bodies to prefer natural food tastes, with more nutrients, by shifting our diet to whole, but still delicious foods. We can use repeated exposure to these foods as well as motivators like good health and a varied diet to retrain our buds and, ultimately, our eating habits.

Slowly does it. A sixteen-week study showed no overall difference in liking for low-sodium tomato juice at the final taste test, but gradual salt reduction was found to be more acceptable than the abrupt salt reduction.

SWAP YOUR SEASONING

Seasoning your food generously with herbs and spices is a great way to make your meals tastier and is more economical than sauces and dressings. And if that is not enough, new research published in the American Journal of Clinical Nutrition last year found it may have benefits for your heart's health, as well. After just four weeks, researchers found that seasoning foods with about 1.3 teaspoons of herbs and spices a day was linked with lower blood pressure. These seasonings included a blend of 24 different herbs and spices, ranging

from basil and thyme to cinnamon and turmeric, designed to simulate the way people use different herbs and spices throughout their day while cooking.

Blaauwberg dietitians suggest adding citrus fruits, such as lemons and limes, and even vinegars when cooking. Acids act a little like salt in that they help bring out the natural brightness of foods and work to meld flavours together. Try making a quick salad dressing with lemon juice and zest or red wine vinegar with a smidge of oil - or toss veggies and grains with citrus or vinegar to brighten them up.



Our Contributor

Megan Pentz-Kluyts is a dietitian at Blaauwberg Dietitians based at Netcare Blaauwberg Hospital and part of the Blaauwberg Cardiovascular Lifestyle Program - a multidisciplinary team which includes dietitians, biokineticists, physiotherapists, cardiologists and vascular and cardiac surgeons.



ON THE



BALL

The Rainbow Team recently travelled to Sweden to take part in the Gothia Cup and represent South Africa on the global stage. We chatted with one of the team members about her experience



ABOUT THE RAINBOW TEAM

The players on the Rainbow Team are unique individuals with shedloads of talent, each coming from different backgrounds, cultures and circumstances. Through a collaborative network, the goal of the team is to help raise and empower the next generation of South Africans by improving soccer skills, access to resources and opportunities. Omphiwe was part of the Rainbow Girls - a team of under 16s, and in order to bring the vision for this team to life the Rainbow Team invested in over two years of local girls' clinics, hikes, training sessions, give away sessions of soccer items, games, tournaments, and talks by motivational sports people and other interesting people.

Omphiwe Coko, a grade 8 learner from Curro Meridian Pinehurst in Durbanville, was selected to play football on the world stage as part of the Rainbow Team at the world's largest youth football tournament - The Gothia Cup. The international competition saw 1700 other young footballers hailing from 80 different countries around the world coming together to play approximately 4500 matches on 110 pitches across Sweden.

"Being selected means the world to me. This was my first time travelling abroad and I am so happy and excited and feel very privileged to be able to represent the Rainbow Team. Playing football brings joy to my heart, and I hope my selections will encourage others not to give up on their dream".



WHAT WAS YOUR EXPERIENCE AS PART OF THE RAINBOW TEAM LIKE?

An experience of a lifetime! I never thought that at 14 years I would go abroad to play football.

WHAT WERE SOME OF YOUR HIGHLIGHTS OF COMPETING IN THE GOTHIA CUP?

The radio and newspaper interviews I had, as well as the goal I scored during the second match of the tournament.

WHAT IS IT THAT YOU LOVE ABOUT FOOTBALL?

Football makes me happy, I forget everything else when I'm on the field. It is my life.

ARE THERE ANY MENTORS THAT HAVE HELPED YOU ALONG YOUR FOOTBALL JOURNEY?

My Coach Mr. Vuyo Kayi is my mentor. He has done a lot for me and even though he is strict, he has the best interest at heart. Also my mom, Miss Nandi Coko - her support and how she manages my soccer career have been really amazing.

WHERE TO FROM HERE?

If not overseas, my dream is to wear South African colours and play for Sundowns.




KICKING OFF

Despite challenging circumstances, Coko has loved football since when she was little and the lack of girls soccer teams in Khayelitsha didn't stop her from playing. She began by joining a group of local boys playing soccer in the streets when she was five before enlisting in her first proper soccer club, the Morning Stars at the age of nine, again the only girl.

From here, she joined the girls' RV United Team for the next three years under the guidance of Coach Vuyo Kayem who quickly became her biggest fan. He encouraged Coko to apply for the Ruta Sechaba Foundation programme, which provides school scholarships and bursaries to underprivileged learners at Curro and Curro-managed schools. Thanks to her sporting talents, Coko was able to join Meridian Pinehurst at the start of this year.

Her big breakthrough came when RV United played a match against the Rainbow Team. The Rainbow Team coaches recognised her talent and offered her the opportunity of a lifetime; to join the team competing in the Gothia Cup. Omphiwe currently spends most days at practices between the two teams and commutes from Khayelitsha to Clifton or Tamboerskloof early Saturday mornings and Wednesday afternoons for her practice sessions with the Rainbow team coaches.

Get Connected

 @rainbowteamcapetown
 info@rainbowteam.org
 http://rainbowteam.org/



SHELTER IN THE STORM



Selistien Moses gives her heart and soul to helping others in her hometown of Ashbury. Working together with members of the police and her community, she provides much-needed resources to women and children who need care and assistance

Selistien is part of the Clover Mama Afrika initiative, which is all about building and nurturing our nation through supporting the women who make our country a better place. By providing them with income generating skills to become self-sustainable and supporting them in their endeavours to give back to the community, Clover is investing in the incredible women who make a difference against all odds.

“Don’t only talk, DO SOMETHING!” says Selistien Moses. She runs a community centre from where she assists the local community, and she recently took local children through to the trauma room at the local police station to make them aware that there is a place of safety for them, should the need arise.

“Even when we feel hopeless during tough times, what I did was aspire to give women hope. No matter what you are going through, there is always hope!”

WHAT INSPIRED YOU TO WORK WITH WOMEN AND CHILDREN WHO ARE BEING ABUSED?

I grew up in a house where my stepfather would beat my mother and, as I was the eldest, I always had tried to protect her. When I was small I wanted to be a social worker but I couldn’t achieve this dream as there was no money for me to study. I had a lot of hurt inside that I knew I needed to heal and I have done this by helping others who suffer abuse and need help.

HOW DID YOU GET STARTED IN THIS ROLE?

My husband and I started the centre when we moved from a shack to an RDP house, making porridge and soup for the kids in our area. We became community workers automatically when everyone came to us for help. I received a message

from God telling me that I should help others by making food for those who don’t have any.

Montagu suffered a terrible flood some years ago and during this time the community needed a leader. My husband and I decided to stand up and help where we could. We were lucky enough to meet people from the Netherlands who were running a local hall and we started working with them, providing for the community. Today we own the hall and my centre, Khayaletu Care Centre is run from here. We also had a house built for us on the property so we are always close to the centre.

I joined the Clover Mama Afrika team in 2007 and this has helped my centre grow tremendously over the years. With the professional and caring guidance and regular upskilling and training from Prof Elain Vlok, Clover Manager, Clover Mama Afrika Trust, I am able to take my knowledge and upskill those around me too.

CAN YOU TELL US ABOUT YOUR CENTRE AND WHAT YOU DO?

We are blessed to be able to do so many things for the community from the centre. I have a décor and catering business that we run from the centre and through this we are able to provide food in the community. We host Sunday School for more than 180 children will



come and attend to do Bible study, praise and worship and afterwards they all get a meal.

On Tuesday evenings we give food to over 200 people and then we also have a sermon to give people hope. On Thursday the elderly come and visit us where we allow them to just sit and relax while we look after and feed them. We really just try to tune into the needs of our community and see how we can make a difference.

WHY DO YOU THINK THAT COMMUNITY INVOLVEMENT IS IMPORTANT?

I think the involvement of any community is important because the community is the first to notice when there is abuse or trouble. No one should suffer alone and by standing together as community we make sure this doesn’t happen.

DO YOU HAVE ANY SUGGESTIONS ON HOW PEOPLE CAN GET INVOLVED IN GIVING BACK TO THE COMMUNITY?

Start where you are. No matter where that is! In your street, in your own community, just take a look around yourself and notice those who may need someone. Like the Bible says, “You are your brother’s keeper.”



Get Connected

For donations to the trauma room contact Mama Selistien Moses on 084 761 8132 or Constable Esmeralda De Koker on 062 371 8657



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CONSCIOUS LIVING



REACHING *new heights*



The world's second highest peak stands at a spectacular height of 8611m above sea level. Known as the savage mountain, it's long been regarded as one of the most dangerous to climb – and this year two South Africans were the first to plant the flag at its highest point.



An expedition at this scale is no ordinary feat and requires an exceptional amount of planning, support and training. Making up Team K2 SA were mountaineers Warren Eva, John Black, Allan Dickinson and Robby Kojetin, however only two reached the summit as Robby had to be airlifted from the base camp due to altitude sickness and Allan made the decision to remain at base camp as support.

Pushing through temperatures of -60° and winds of over 100km per hour, Warren and John were the first South Africans to stand where only 377 people have stood before.

WHY WAS K2 A GOAL FOR YOU?

John Black (JB): When I was 17 years old, I read Jim Curran's book K2 The Story of the Savage Mountain – and ever since then it's been a waiting game whilst we developed our skills, confidence and experience on other mountains all over the world. I wanted to climb Everest first, then I focused on the Seven Summits which I completed in 2018. Then my focus moved back to K2 – it really is a mountaineer's mountain. It's high, steep, sustained, technical rock climbing with steep ice and lots of snow. A true test.



Warren Eva (WE): This has been a goal stretching back to when we, as a group of climbers and friends, were teenagers. As a mountain it is everything that would challenge a mountaineer, be the pinnacle of their career and the ultimate goal. K2 is a beautiful, imposing pyramid of rock and ice with unpredictable weather, difficult access, avalanches, rockfalls and a presence that commands the greatest respect.

WHAT DOES THIS ACHIEVEMENT MEAN TO YOU?

JB: I don't believe that a summit changes one per se, but the entire experience was amazing and the conclusion of a 25-year-old goal. I am so happy to have been able to share it with long-standing friends, make new friends on the mountain, experience a new culture and country, and come back having had a great time. It also means the world to me that my 9-year-old son is proud of his dad.

WE: Our goal of climbing K2 was never to be the first South Africans, but after several failed attempts by experienced South African mountaineers who I hold in high regard, it was the cherry on top to be able to bring back and share this great success with our country. We have been overwhelmed by support and wishes.

WHAT WAS THE EXPERIENCE LIKE?

JB: It was hard, make no mistake, but it was amazing to be able to do something so special. The views, the night sky, the people - the experience was something I will never forget.



WE: It was such an honour to be in the mountains with the most incredible views. Even the hardest day was made pleasant by looking up and enjoying the vista over a ridge or around a corner.

HOW DID IT FEEL STANDING IN A PLACE WHERE ONLY 377 PEOPLE HAVE STOOD BEFORE YOU?

JB: It was an immense privilege to be there. I knew how rare and special it was, and I knew how many people had died trying to get there (almost 100). It was also a massive relief. After all the time, money, sacrifice that we and our families had made for us to be there, it was a relief to have pulled it off.

WE: That moment was what the whole trip was all about. We were grateful to have run out of uphill, but also there was anxiety because we still had to descend. However, the views from the summit, especially at sunrise, were indescribable. To share that with my close friend and climbing partner makes it that much more special.

WERE THERE ANY EXPERIENCES THAT WERE PLEASANT SURPRISES?

JB: I was very impressed with the Pakistani food we ate and the people we met, who were very hospitable and genuinely cared that we had a good experience whilst there. Despite poverty being an issue in the country, we felt 100% safe all the time.

WE: Even though the mountain was



relentless, I was surprised at how well John and I adapted. Our training and prep all fell into place and we just moved in sync, calmly and efficiently. It was so nice to be in one of the most inhospitable and difficult places on earth, and find that physically, emotionally and mentally, we were ready and strong.

WERE THERE ANY ELEMENTS THAT WERE MUCH HARDER THAN YOU HAD INITIALLY THOUGHT?

JB: I'd read so many books on K2, watched so many movies and video clips, but I was still taken aback by just how steep the mountain is. It does not let up for one metre and once you start it is relentless uphill the entire way. I also wasn't prepared for how much of an ever-present and real danger rock fall was. Even sleeping in our tent at night, we were in danger. Several people got badly hurt and we had numerous close calls. Being on high alert all the time is exhausting.

WE: It was much more dangerous than I had expected, especially the lower portion of the mountain. One of the cruxes of the mountain is to climb the Black Pyramid - not many people talk about it, but it certainly caught me by surprise and was the toughest, most technical day on the mountain.

WHAT WAS THE HIGHLIGHT OF THE EXPERIENCE FOR YOU?

JB: The summit was incredible of course, but the real highlight was arriving back in Advanced Base camp. At that stage we

knew we were safe, and the danger was behind us.

WE: Spending time with good friends, doing what we love, has to be my favourite part of every mountain I've climbed - but let's not discount sunrise on the summit! Jana, my girlfriend, made the 100km trek to base camp to spend time with us before returning home with another friend, which was also very special.

HOW DID YOU KEEP 'HOME' WITH YOU?

JB: Phones didn't work 99% of the time, but we had an inReach communication device that allowed us to send and receive text messages. That was a great lifeline home.

WE: Letters from family and loved ones as well as photos.

