

LIFE & STYLE

FROM
BALLITO & BEYOND

WINTER '23





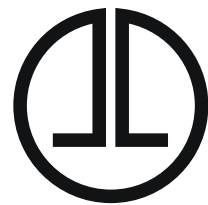
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2022-2023



Throughout Africa & The Indian Ocean Islands



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PG 20



PG 26



PG 40



PG 36



PG 38



PG 52

CONTENTS

- 06 - On Our Radar
- 08 - Zimbali Lakes Introduces Tatali
- 15 - Olala Interiors: Gorgeously Gracious
- 20 - Ex Hotel: The Finest Hotel That Never Was
- 22 - Fairview Estates: Artisan Living
- 24 - NSG: The Language of Glass & Metal
- 26 - Seaton: Your Gateway to Coastal Bliss

- 31 - La Sandwicheria
- 36 - Sabyasachi Red
- 38 - RADO: Handle the Heat
- 40 - Revuelto: The Lambo Has Landed
- 42 - BMW Electric: Board & Beemer
- 45 - Sculptors Celebrated
- 46 - These Boots Were Made for Wintering
- 49 - Nutrition: Watching What You Eat
- 52 - Karoo Dirt
- 57 - #LoveNorthCoast
- 59 - ZA Fest Is Coming
- 60 - Last Word

COVER

- 32 - Studio MUTI Design

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Enter The World of Studio MUTI on Page 32.

/ LETTER FROM THE ED /

WINTER SUN & OTHER GIFTS

WELCOME TO LIFE & STYLE's latest seasonal offering: a warm winter read full of toasty stories and piping-hot perspectives. We have made it past the longest night of 2023 — the Winter Solstice — and for the remainder of the year, the days will be growing steadily longer, and a little warmer ...

As usual, this edition has been a joint effort between our shivering bureau in Cape Town and our Ballito office on the subtropical KZN North Coast (where even the coldest winter mornings pass for T-shirt weather in other parts of the country).

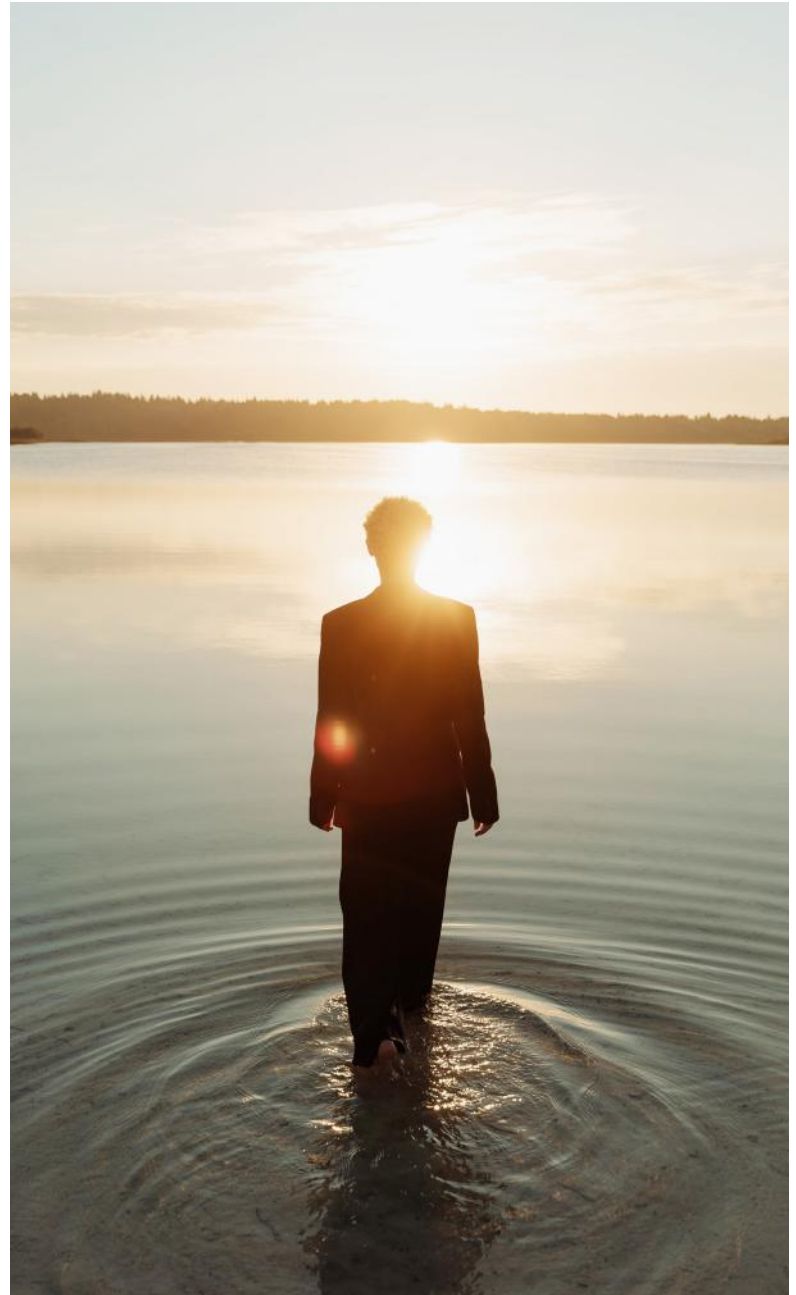
Wherever you happen to be reading this issue — from the comfort of an airport lounge, the lobby of a luxury hotel, or the clubhouse of a leafy estate — it offers you a little sunshine and inspiration to brighten even the bleakest of winter days.

For now, the winter sun continues to shine freely upon us...

This magazine is, similarly, free for you to pick up. Feel free to pay it forward and pass it on once you've enjoyed it: you never know what blessings might come your way in return. 

-Ed.

Mike Charles
@mike_charles_media





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ON OUR RADAR

A GRAFFABUOLOUS AFFAIR

Luxury diamond and jewellery retailer **GRAFF** launched the **GRAFFABULOUS** high jewellery campaign this year - featuring models Grace Elizabeth, Aya Jones and Qun Ye as divine goddesses, clad in some of the most fabulous jewels ever seen. A treasure trove of extraordinary stones in more than 80 one-of-a-kind pieces, the collection features a whopping 3,600 carats of white and yellow diamonds, as well as emeralds, rubies and sapphires.

Necklaces are the most prominent pieces, and in true **GRAFF** fashion, they have a beautiful fluency and flow that highlights the stones.

"Like the ripples that emanate outwards when a stone is dropped in water, the tempo increases as the jewels graduate in size until they reach a crescendo: a central motif where the full force of these natural gemstones is concentrated," says Anne-Eva Geffroy, Design Director at GRAFF.

GRAFF fine diamond jewellery & Swiss watches can be viewed on appointment at the Stellenbosch GRAFF Boutique located at Delaire-Graff Estate...



- www.graff.com

AUDI UPS THE ANTE

As the fourth model in Audi's "Sphere" concept car series, the Audi activesphere concept offers stunning vision of a four-door crossover coupé with an astonishingly versatile body design. Perhaps the most impressive exterior feature is the Sportback rear that can turn into an open cargo bed ("active back") at the touch of a button – perfect for carrying recreational equipment such as e-bikes or water and winter sports gear. Here's hoping this bold concept goes into real-world production soon...

- www.audi.co.za



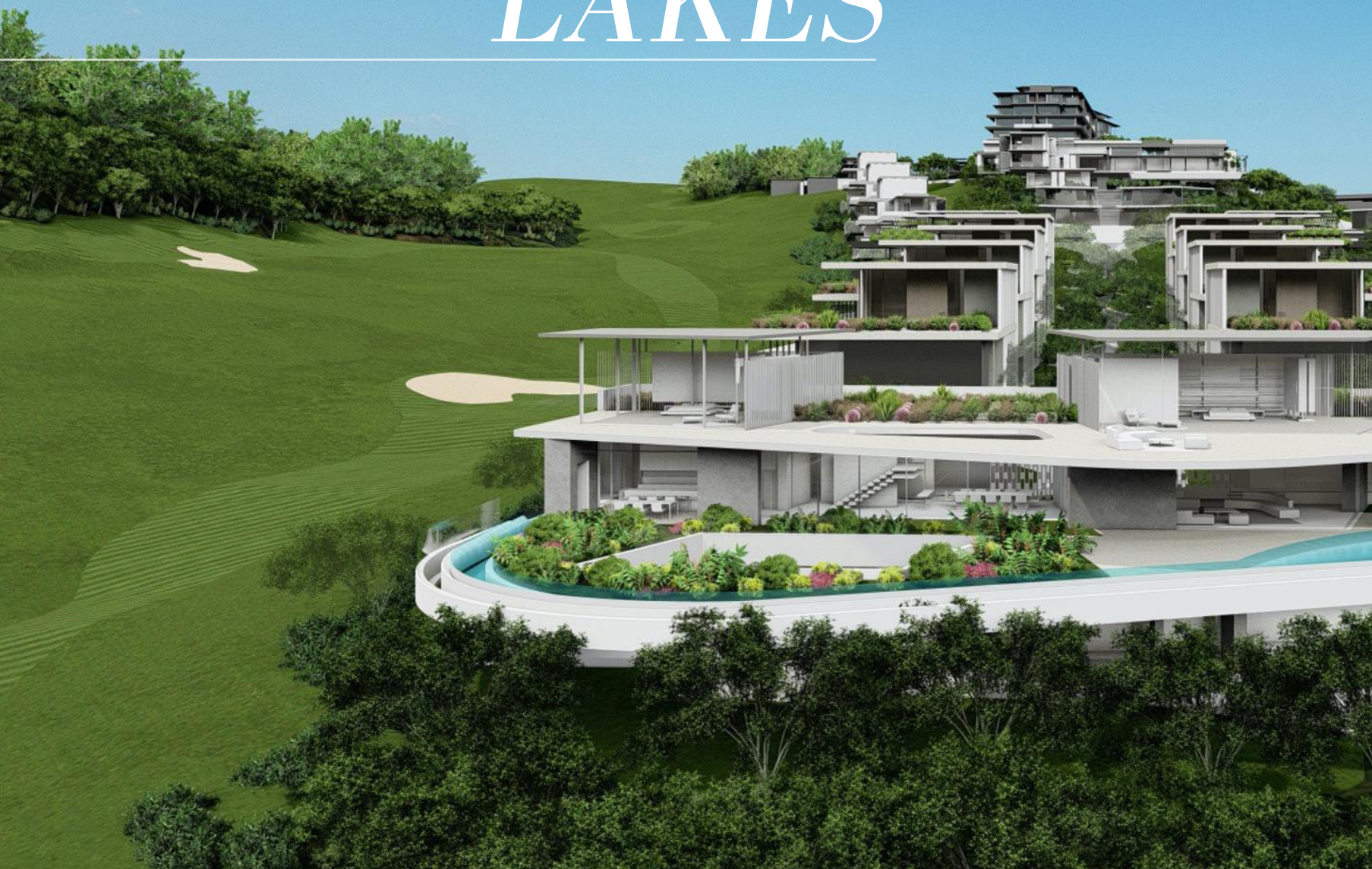
BUSH LODGE BREAKAWAY

Nestled amidst the beauty of the African bush, approximately 40 minutes from King Shaka International Airport & 25 minutes inland of Ballito, Yembeni Bush Lodge offers a serene bushveld experience just a stones throw away from civilisation.

From exhilarating Game Drives (included in your booking) to adventurous trail-running and mountain-biking routes, personalised spa treatments (in your room or outdoors), and delectable dishes created by your own private chef: embrace the magic of the bush and feel inspired to live life at your own pace...

- www.rainfarm.co.za/yembeni-bush-lodge/

ZIMBALI LAKES





/ SPACES /

ZIMBALI LAKES
INTRODUCES TATALI

A VISION
TO BEHOLD



*Extravagance and Elegance in Equal Measure –
Zimbali Lakes promises freedom to live life on
your terms, pursuing the things you really want.*



CASCADING DREAMS

In December 2022, IFA Hotels & Resort (the same team behind the development of the iconic **Zimbali Coastal Resort** on KZN's North Coast) revealed their latest offering to potential buyers and co-investors: a stunning vision, which stands to shatter property records as being the most expensive private residence in South Africa.

The development, named **Tatali** (meaning "Cascades" in Arabic), is nestled within the greater **Zimbali Lakes** development along the North Coast, and comprise a limited selection of properties ranging from R12.5 million.

The brief to the award-winning international architecture firms **Stefan Antoni Olmesdahl Truen Architects (SAOTA)** and **Craft of Architecture (COA)** was specific.

"Create aesthetically pleasing and unique designs with the objective of delivering the most bespoke, private and secure residential offerings for discerning buyers who demand a world-class standard of sophistication and superior service", explains Werner Burger, CEO of IFA Hotels & Resorts.

SAOTA's Director, Greg Truen, who has been intricately involved in the Tatali project, elaborated on the inspiration behind the futuristic design of the development's unique **Oculus** feature that provides an "eye to the sky" and serves as an invisible corridor for high-level security and service.

"The design is all about enhancing your experience ...

An exciting journey that winds its way down a feature tunnel formed with opulent curve, into a vast, tall 'Oculus,' full of space, light and greenery, then onto the lower ground driveway with angled feature columns and a central crevice above that streams in an abundance of natural light"



FOR THE RECORD

Apart from **Zimbali Lakes** being one of very few estates to boast the trifactor of uninterrupted Indian Ocean outlooks, a magnificent golf course and lake views - COA Director, John van Wyk, described the Tatali project as “exceptional” - not least for the for its position on the highest sea-facing site within the **Zimbali Lakes Estate**.

Zimbali Lakes Resort sets the standard for modern multi-generational living by offering families, young professionals and retirees the opportunity to live the Zimbali lifestyle on their own terms. Our pet-friendly estate will offer residents a wide variety of

fabulous amenities to suit all ages and all fitness levels including a stunning new 18-hole player-friendly golf course and Sports Club. Zimbali Lakes Resort is the perfect choice in luxury estate living.

Join us as we continue to build this vibrant, trend-setting new community in Ballito.



There are only 22 Tatali Mansions on offer, on which the purchase opportunities are by an invitation-only process...



For more information, visit www.tatali.co.za & www.zimbalilakes.co.za







/ SPACES /

GORGEOUSLY GRACIOUS

By Stephanie du Preez

PHOTOGRAPHY Nicholas Baleta

**NEUTRALLY MODERN, WITH A FOCUS ON THE TEXTURAL, OLALA INTERIORS DELIVERED A
SUBLIME LEVEL OF LUXE WHILE MAINTAINING A WARM FAMILY FEEL.**

Warm and welcoming with a modern twist. This was the design brief for a new build in one of Johannesburg's most sought after suburbs. Fresh from their superb win for Best International Interior at the recent International Property Awards and drawing on many years of experience, the OLALA INTERIORS team delivered an interior that makes a sublimely subtle statement of pure luxury.

With a love of neutral colours and plenty of texture, the clients chose to make these a feature of the home. Chenilles, faux fur and velvets co-star beautifully with natural elements such as wood, glass and metals. Soothing creams, beiges, buffs and fawns all feature within the soothing palette.

A good sense of scale and proportion was important when designing this scheme. The home needed to be

intimate enough for gatherings of family and friends but at the same time, gorgeously grand to make a luxurious statement.

For acoustics and warmth, the home is layered with fabulously decadent window and floor coverings and treatments. Windows are draped with a combination of irresistibly soft velvets and delicately weighted sheers, while luxuriously lush and plush rugs are underfoot.

The home is full of custom-designed and manufactured features and finishes. One of OLALA INTERIORS' fantastic abilities is the capability to design and manufacture in-house, this ensures all interiors undertaken by the team are truly uniquely bespoke.



A TOUCH OF GLASS

Highly reflective and textured surfaces perfectly balanced with decadent upholstery and wall-coverings. Playfully asymmetric design complements the geometrically clean-lined modernity of the kitchen and dining areas. The material mix includes metal, glass and uber soft upholstery.





PERFECTLY BALANCED

An explosion of opulent velvets and exclusive textured weaves. The art within the home was carefully curated by OLALA INTERIORS to accentuate the interior design. OLALA INTERIORS managed to set an elegantly relaxed tone, striking the perfect balance for charming, modern living.

PLAYING WITH SCALE

Soft, sheer window treatments seamlessly transition the cosy interior to the exterior. The use of natural woods and an earthy neutral palette are carried through to the outside seating area, perfect for entertaining.



LOVELY LAYERING

Using a soft to the touch cotton velvet on the headboard, a fantastically textured grass wallpaper and a faux fur throw from Zinc, OLALA INTERIORS added texture and elegance. The occasional chair upholstered in an earthy toned chenille with bespoke pedestals and floaty window treatments perfectly balance the cozy, sensual atmosphere - a room that feels like a warm hug.

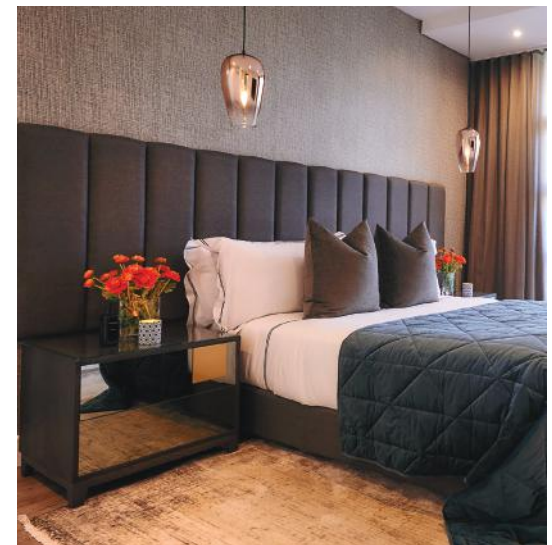




EMBRACING THE ELEGANT

A sumptuous wall-covering is paired with marble and granite to ensure the scheme is carried through to the bathrooms. In the bedrooms, plush fabrics, well thought through functional pieces and the clever use of mirrored reflective surfaces make for light, bright spaces with oodles of tactile materials.

WWW.OLALAINTERIORS.COM
info@olalainteriors.com
+27 87 550 5200



THE FINEST HOTEL THAT NEVER WAS

You can check out any time you like, but you can never leave Ex Hotel

Words Mia McCarthy

THERE'S REALLY NO way to begin this story other than by starting with the Thief's Bedside Table.

The General Manager at Ex Hotel was genuinely perturbed when a whole bedside table went missing from Room 505. Things were stolen from the Hotel, sure, but not like this. He was, however, slightly impressed by the fact that this person got away with it. So impressed, in fact, that he installed the remaining twin bedside table next to his own bed as a reminder of the prowess and skill of the thief.

I read that embellished history off the plaque next to the bedside table in question where it was being exhibited at Holland House Atelier on Church Street. It was a beautiful wire-glass-fronted cabinet crafted from a combination of Siberian Larch and birch plywood, simple in design and masterful in execution.

This is that stolen bedside table that the thief brought back, years later, when he visited the Hotel on his honeymoon. The thief and the manager are now on good terms and frequently write to one another.

The story charmed me into suspending my disbelief and I left Church Street speculating as to when and where in the world the fictitious General Manager of Ex Hotel might be tending to his duties (and his remaining bedside table). The story of the outrageous theft felt very real.

As it turns out, it was.

In an astonishing instance of life imitating art, the Thief's Bedside Table went missing from the exhibition on Church Street on 20 January at approximately 3PM. Incredibly, it was not a marketing stunt.

"I did not steal my own bedside table," Gabriel Hope assures me. We're having coffee at Max Bagels, which moonlights as Leo's Wine

Bar. It's a fine setting for an interview with the proprietor and concierge of Ex Hotel. He renewed their curbside stools in solid American ash; their visible joinery is a testament to the power of detail. They are also the ideal size for balancing a single person, seated, or three glasses of Grenache, chilled - I've spent enough summer evenings at Leo's to know. Like all of the furniture produced for the Ex Hotel project, the stools are quietly beautiful and well-made.

Hope tells me that the Thief's Bedside Table was originally a commissioned piece for Cape Town Furniture Focus. He's the one who wrote the story about the hotel manager and the thief from Room 505, a tale so irresistible that it inspired the true-life theft of the table from its place in the exhibition. The Thief's Bedside Table was supposed to move to another location for CTFF but, when a light-fingered admirer turned fiction into fact, Hope made a copy of the cabinet with cheap materials to discourage another heist. The copy was exhibited with accompanying MISSING posters for the original bedside table.

The gesture is a sign of Hope's arch sense of humour, an appropriate signature for the proprietor of an imaginary hotel that produces real furniture pieces. *"I needed a place to house my ideas, so I gave them a hotel to live in,"* he explains. It's a witty metaphor. Some ideas are fleeting, checking in for a one nightstand à la Thief's Bedside Table. Others stay for longer, taking up permanent residency in the Hotel like the characters of Kay Thompson's Eloise.

Although Hope is the careful custodian of the conceptual Ex Hotel, he has no plans to open a physical premises any time soon. *"The day that the hotel opens its doors is the day that the project will die,"* he speculates. He's right. Ex Hotel's charm lies in its invitation to its corporeal guests to become collaborators in an imaginative world.



However, fans will be pleased to learn that you can visit the Hotel Bar during occasional pop-ups or purchase a hotel “room” for the price of an engraved keyring. His friend and sometime creative collaborator Koos Groenewald owns the keyring for Room 505, the first home of the Thief’s Bedside Table.

“Is that an Arctic Monkeys reference?” I am compelled to ask. *“What makes you ask?”* he laughs. Frontman Alex Turner seems to share Hope’s penchant for fictional hotels. The band’s 2018 album, *Tranquility Base Hotel & Casino*, is set in a conceptual luxury resort on the moon and, in the eponymous hit single “505”, Turner croons,

*"I'm going back to 505
If it's a seven hour flight or a
forty-five minute drive"*

“We don’t know what that means, but we assume it means an address,”

muses Hope. Room 505 is an Arctic Monkeys reference, but only in part. Hope is a fan of the band, but Groenewald - by complete chance - has a 505 tattoo. His residence in Room 505 was sealed on his skin before he ever received a key.

The fifth floor is exclusively “occupied” by Hope’s closest friends and family. He himself holds the key to the penthouse suite.

Hope describes himself as something of a reluctant hotelier; he’s not so much in the business of hospitality as he is in the business of world-building. You can buy finished pieces of furniture from the Ex Hotel website, but what Hope is really selling is a fleeting experience: a bar that appears for one night only, a key to a hotel room that doesn’t exist. It’s a potent story that’s difficult not to buy into or, in the case of a certain bedside table, steal out of.

I’m still hoping that the thief will see out the rest of the story and, on his way back to 505, return the Thief’s Bedside Table to its rightful place at the Ex Hotel.



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THE LANGUAGE OF GLASS & METAL

CLEAN LINES AND sleek surfaces: if one had to try and pin down the quintessential materials of contemporary architecture, glass and metal come to mind. Technology has allowed architects to push the boundaries of these gleaming components, making them more spectacular, efficient and sustainable — but it might come as a surprise to many that the glass/metal aesthetic underlying much “new” architecture actually has its origins in the first part of the 20th century.

“The whole idea of glass construction goes back to the earliest days of modernism,” says Hilary Lewis, chief curator and creative director at the Glass House: the striking home in New Canaan, Connecticut, designed by architect Philip Johnson as his personal residence in 1949.

The Glass House ushered in a new era of architectural inspiration in popular western architecture. In addition to the use of traditionally industrial elements such as glass, aluminum, and steel, hallmarks of homes in this style were open layouts with direct access to the outside. *“Johnson was thinking about integrating with nature,”* Ms. Lewis explains. *“It was really about the idea of bringing the inside into connection with the outside, or indoor-outdoor living.”* Many of these elements are now key features of contemporary luxury residences across the globe and, indeed, in South Africa - from coastal mansions to country estates.

Glass itself has come a long way. While it used to be an extravagance to build with glass, today the material is much more accessible and versatile: it can be embedded with sub-materials that provide



insulation and protection from the sun without changing the look, and clever use of shading can assist in heating and cooling a space.

In Ballito on South Africa's booming KZN North Coast — where lifestyle estates and new builds are emerging from the ground at an unprecedented rate — one company has built a solid reputation as the go-to entity for bespoke aluminium and glass products. North Shore Group (NSG) is regarded nationally as one of South Africa's leading manufacturers and installers of architectural glass and aluminium components.

Accounting for his company's phenomenal success and its popularity amongst both architects and discerning home owners, NSG's founder and CEO Deon Olivier explains: *“With a wide range of knowledge, experience and expertise, we provide a professional level of workmanship from design to installation, whilst meeting all regulatory standards. This enables us to meet and exceed the required aesthetic and functional specifications of our clients... Our focus is to give clients exceptional value and service with a product that provides trouble-free service.”*

While their reputation has attracted work on high-end projects - from the Western Cape to Gauteng, Olivier states that NSG's vision as a Ballito-based company is to become the most efficient and preferred supplier of aluminium and glass products in KZN. If their client testimonials are anything to go by, it's a position he and his team can comfortably lay claim to as a new generation of glass houses glimmer in the North Coast sun.

Learn more about NSG's innovation at www.nsgroup.co.za



Johnson's Famous “Glass House”



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YOUR GATEWAY TO COASTAL BLISS

with Unprecedented Beach Access and a Sustainable Lifestyle



SEATON ESTATE IS a unique coastal paradise situated on Kwa-Zulu Natal's north coast. Developed by Collins Residential, the estate is in a class of its own with an unprecedented 1.1km stretch of direct beach frontage and access to world-class lifestyle facilities.

Recognising the inimitable beauty, lifestyle and location benefits of Seaton, the developers have placed great care into rehabilitating the grasslands and forests on the estate to their former glory from over 100 years ago. The estate is a shining example of sustainable

living, with a rehabilitation programme that includes planting over 10,000 trees and offering sustainable options for power and water. The inclusion of low voltage appliances and solar geysers in the architectural guidelines ensures the estate is on its way to becoming carbon-neutral.

Seaton offers over 1000 opportunities for homebuyers, with multiple home options to choose from. The homes seamlessly integrate rehabilitated grasslands with lush coastal forests, massive valleys of green areas, and 26km of running and cycling trails. Seaton also features a world-class equestrian facility and a superb multi-sports facility known as Seaton Country Club. Residents are spoilt for choice when it comes to lifestyle facilities, and they will also have access to the spectacular residents-only Seaton Beach Club situated in close proximity to Christmas Bay.

One of the most impressive features of Seaton Estate is the magnificently designed Gatehouse, which cleverly balances people's needs, design aesthetics and the exquisite natural topography of the area. The Gatehouse is the first point of entry into Seaton Estate and sets the tone for what is to come. It is a masterful blend of contemporary design and natural beauty, showcasing the estate's commitment to sustainable living and environmental conservation.

Seaton also enjoys reciprocity and access to additional facilities in the neighbouring and more established Zululami Luxury Coastal Estate. This means that residents of Seaton will have access to a variety of additional lifestyle facilities, including 3 clubhouses, a fitness centre, and a restaurant in the Wetlands Clubhouse.

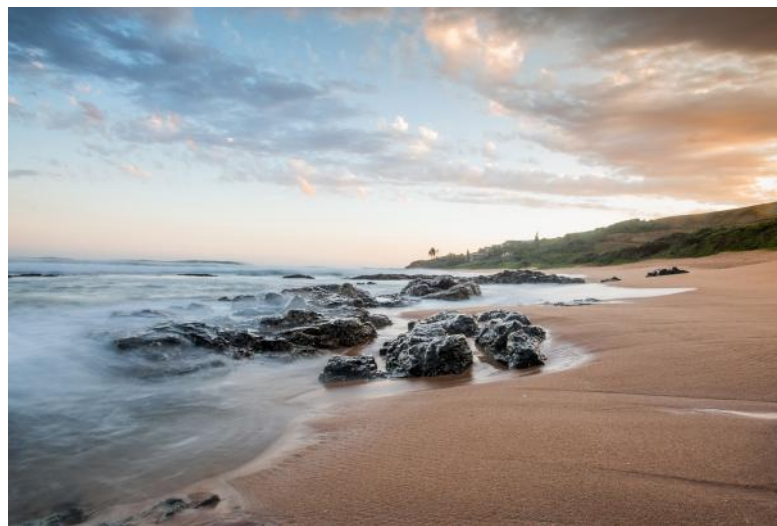
Murray Collins, founder of Collins Residential, concludes "Seaton Estate is a once-in-a-lifetime opportunity for those who appreciate natural beauty, sustainable living and a world-class lifestyle. We are committed to creating an estate that is both environmentally conscious and luxurious, and we invite you to come and see for yourself."



To book a personalised site tour, visit www.seatonestate.co.za.



The estate is a shining example of sustainable living, with a rehabilitation programme that includes planting over 10,000 trees and offering sustainable options for power and water.



Winter weekends are warmer at **EAT STREET**

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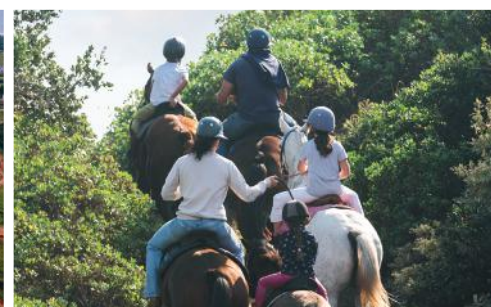


SEATON

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Direct beach access
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nature

WHERE NATURE COMES FIRST

Take in the breathtaking 180° views of the Indian Ocean. Delight in walking directly onto Christmas Bay Beach. Explore the lush coastal forest as your back garden. Ride life's adventures with your own private stabling and equestrian facility. Select your stand from just R1.55 million, bring your dream home to life and enjoy the best in coastal living every day.

Considered a closely guarded treasure of the North Coast, Seaton residents have direct access to over a kilometre of pristine beach frontage on the treasured Christmas Bay. This combined with the fragrance of country grasslands and lush coastal vegetation invites you to lose yourself in this premium coastal estate.

WANT TO LIVE A LIFE INSPIRED? ARRANGE YOUR PRIVATE TOUR NOW.

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Lifestyle
THE BALLITO WAY



LA SANDWICHERIA

Continental Café and Delicatessen

A SANDWICHERIA GASTRONOMIQUE in France is ‘a shop that sells high-quality and nutritious sandwiches’ and you can find your very own at The Market inside Ballito Lifestyle Centre, a first for South Africa.

La Sandwicheria Continental Café and Delicatessen serves up quality sandwiches, delicious, sweet treats, and retro style drinks; a one-stop shop for a Continental style grab-and-go meal. The focus is on the “Create Your Own” artisan sandwich where customers can choose from a large range of fillings, toppings, sauces, spreads, cold meats and cheeses, paired with an extensive range of fresh rolls from Yoli’s Bakery, a variety of 40 different artisan rolls, all baked fresh daily. With a range of vegan and vegetarian options available, these sandwiches are a delicious on-the-go meal option to suit all tastes and budgets.

Adding to the La Sandwicheria concept is a retail delicatessen comprising of cheeses, cold meats, oils, preserves and other beautiful deli specialties, sourced locally and internationally. Visit the display fridge for a range of salads and other delicacies crafted on site and sold by weight. Customers can also create antipasto sharing boards from the extensive “Create Your Own” menu, making it a truly unique Mediterranean eating experience. Pair your meal with an espresso-based Science Of Coffee drink, Retro Soda Float or Gourmet Frappe in a variety of flavours, changing weekly! Still wanting more? For dessert, select from all the Yoli’s favourites in the cake display.

Come and experience some truly unique and quality flavours from around the world at La Sandwicheria.

eat@la-sandwicheria.co.za www.instagram.com/la_sandwicheria



STUDIO MUTI

Words Dan Charles

Table tennis is something that is taken rather seriously in the office of Studio MUTI. At least that's what I gathered when I sat down to have coffee with Miné Day and Clint Campbell, the founders of the globally acclaimed illustration and design studio, as they lamented over the fact that they haven't been able to get a game in lately because deadlines have been mounting and everyone's been too busy to pick up a paddle.

Admittedly, it's only the three partners (Clint, Miné, and Brad Hodgskiss) that are the avid table tennis enthusiasts in the studio (although they do heartily encourage the rest of their team to participate in their ongoing tournaments). However, MUTI's table tennis table serves as more than just an outlet to blow off steam between briefs while annoying coworkers with the repetitive pinging of a plastic ball in flux. When the detachable net is removed, it serves as the connective tissue of the office when the team sits





down together at the table for a regular Friday lunch to catch up and check in with each other.

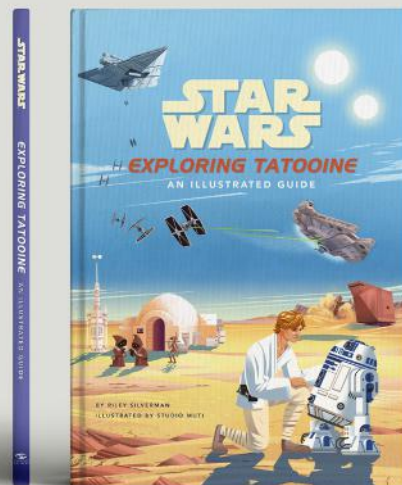
“With quite a few people in the studio, sometimes it’s hard to connect with everyone, especially because people are working on different projects. So it’s nice to get some time where we can all sit together and just kinda chat.”

Since Clint and Miné founded the studio in 2011, MUTI has grown into a studio that is globally renowned for its bold brand of visual story telling that is signified by their propensity for utilising vivid co-

lour palettes and strikingly detailed compositions in the worlds that they create through their illustrations for editorial publications, advertising campaigns, or packaging designs. As a collective of eighteen illustrators, animators and designers, the core of Studio MUTI is its ability to amalgamate all of the unique styles that each member is specialised in to form a harmonious vision that can cater to whatever challenge is brought forth to them.

“I think that what makes MUTI quite unique is that we have a lot of different styles that we can offer, so we try not to necessarily push

GOOD HOPE - OCEAN CURRENTS



“I think that what makes MUTI quite unique is that we have a lot of different styles that we can offer, so we try not to necessarily push everyone in one single direction.”



everyone in one single direction. Most people in the studio have several styles that they are quite good at. Depending on the job that comes, we'll be able to find someone who can work in with the design style of the project.”

With a team comprising of so many people with their own distinct artistic backgrounds and vision, it is difficult for either Clint or Miné to specify what influences the highly revered Studio MUTI aesthetic that has managed to amass an impressive and expansive client list consisting of the likes of TIME Magazine, Google and NIKE (to name only but a few entrees of their esteemed portfolio). However, after listening to them talk about the table tennis table in the office, as well as the after-work drinks and annual weekend team getaway that comprises some of the culture outside of the studio's work, it's clear that the greatest influence on the work that the studio produces stems from the lives that the members of the MUTI team share with each other. The act of creating art does not solely exist in the moments when the literal work of creating is being done. The act exists in the bars that you go to to celebrate the completion of a deadline or stifle the pain of an impending one; it exists in the weekends away where you get to see another part the country that you might not have experienced before; and it exists in the camaraderie of completing a game of table tennis. &

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●

SABYASACHI
RED



/ LOOKS /

TRENDSETTING INDIAN FASHION designer Sabyasachi Mukherjee started the year with the release of his latest bridal heritage collection — first unveiled on his Instagram feed (naturally), with a caption that simply reads, “Red is not seasonal, it is iconic.”

Sabyasachi has always included red in his bridal collections. What has made this red collection stand apart is his use of alta, a red lac dye, in his campaign pictures. Traditionally, alta adorns the hands and feet of brides to symbolise purity and prosperity. The decorative element can be traced back to the rituals surrounding the solah shringar (16 steps of bridal adornment), it is mentioned in ancient vedic texts but has been long forgotten by most modern brides.

The designer recently explained to Indian Vogue in his own words:

“The Sabyasachi Red is an amalgamation of a visual identity.

It draws from the colours and textures of vermillion, the stain of alta, the potency of the red-bordered ivory Bengali sari and my many memories of Bengali brides in striking red Benarasi saris. Alta in this campaign, is a signifier of sorts, to establish a return to a certain and specific organic beauty. The sort of beauty that’s part of our cultural consciousness and not a thing of the moment.”



/ HOROLOGY /

HANDLE THE HEAT

RADO HIGH-TECH CERAMIC



SWISS WATCHMAKER RADO has reaffirmed its position as definitive Master of Materials with its latest Captain Cook High-Tech Ceramic Skeleton timepiece.

“High-tech ceramic” is the brand’s signature material and this watch’s case, sublimated in a fiery environment where plasma temperatures reach roughly four times those found on the sun’s surface.

Inside is a Rado automatic calibre R808 skeleton movement with smart new geometry and components shaded in different tones, to allow a distinct view of the various parts, in details well-known to

fans of complex architecture or intricate mechanisms.

Special finishing touches include a new, horizontally-brushed platine and a rose-gold-coloured minute-wheel bridge, boldly visible inside that wider dial window that watch-lovers will appreciate, alongside the many chromatic contrasts.

The new Captain Cook High-Tech Ceramic Skeleton is a natural for the wrists of uncompromising explorers, in the wild or in urban settings, wishing to celebrate their own uniqueness in a world of intense action, passion and challenge.





The movement, equipped with an anti-magnetic and highly reliable Nivachron™ hairspring, has been fully tested in five positions rather than the usual three, and provides up to 80 hours of power reserve.



THE *Lambo* HAS LANDED



IN THE MARQUE'S 60th anniversary year, Automobili Lamborghini presents Revuelto, the Italian automaker's first super sports V12 hybrid plug-in HPEV (High Performance Electrified Vehicle).

According to Lamborghini, the Revuelto aims to define "a new paradigm in terms of performance, sportiness and driving pleasure from its unprecedented new architecture; innovative design; maximum-efficiency aerodynamics; and a new carbon frame concept."

An output of 1015 CV is delivered from the combined power of an entirely new combustion engine together with three electric motors, alongside a double-clutch gearbox that makes its debut on a 12-cylinder Lamborghini for the first time.

First units of the Revuelto are reportedly scheduled to roll onto the road by the end of 2023 at a starting price of around R9.5-million (eager buyers be warned: there's already a two-year waiting list). 🚗



/ MOTION /

BOARD & BEEMER



IN COLLABORATION WITH BMW Motorrad Austria in Salzburg, customising specialist Vagabund Moto has created the BMW CE 04 Vagabund Moto Concept – a stylish and multifunctional e-scooter based on the electric BMW CE 04 for urban use.

As a base to work off, the CE 04 provides an impressive technical platform delivering 31 kW (42 hp) maximum output, dynamic acceleration of 2.6 s from 0 to 50 km/h, a range of 130 km and a charging time of just 65 minutes from 0% to 80% – with an optional fast charger at maximum charging current.

In keeping with the motto “Action meets Fashion”, the BMW CE 04 Vagabund Moto Concept was given a functional top case to supplement the standard storage space, along with a surfboard with a transport system integrated in the vehicle.

“The surfboard isn’t just a piece of sports equipment: it’s also a metaphor for a sustainable urban lifestyle,” concludes Oliver Balzer, head of BMW Motorrad Austria. *“The BMW CE 04 Vagabund Moto Concept combines work, leisure and individual flair, demonstrating that there needs to be no contradiction between any of these areas.”*





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Ezrom Legae



Sculptors Celebrated

SET TO BE an essential addition to the library of South African art aficionado's: *The Sculptures of Sydney Kumalo and Ezrom Legae* is a comprehensive catalogue raisonné and census of the sculptures of the important South African artists/sculptors Sydney Kumalo (1935–1988) and Ezrom Legae (1938–1999).

This is the first publication of its kind on these world-class artists who exhibited broadly in South Africa, England, Italy and the United States during the 1960s–1990s. As such, it will be an invaluable reference for art historians, academics, and collectors.

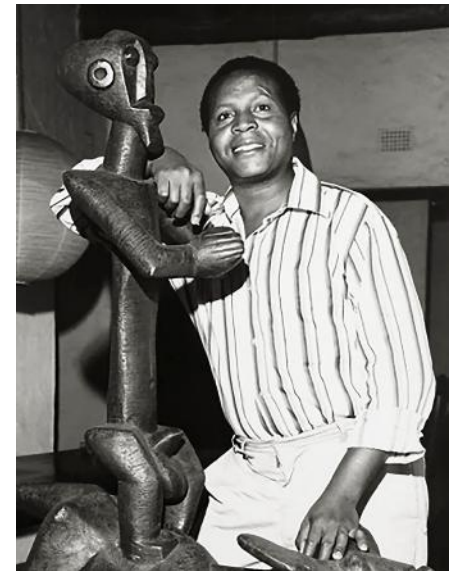
The authors Gavin Watkins and Charles Skinner have spent 25 years researching, compiling and writing the catalogue raisonné. They have had extensive input from the Kumalo and Legae families, the artists' gallerists, as well as their teachers and mentors.

The *Sculptures of Sydney Kumalo and Ezrom Legae – A Catalogue Raisonné* will be published by Strauss & Co in June 2023, on a not-for-profit basis. 

For more information on this publication and accompanying retrospective exhibitions, visit straussart.co.za.



Sydney Kumalo



THESE BOOTS WERE MADE FOR WINTERING

Words Mia McCarthy

WE CAN DENY it no longer - winter is here. For the lucky residents of the balmy Dolphin Coast, that means breaking out the down-padded jackets as soon as the weather threatens to dip below twenty degrees. For those of us who are at the cold mercy of the Benguela current, our efforts to shield our bodies and our homes against the onslaught of icy rain and howling wind require a little more strain.

No matter which coast you're welcoming winter to, one thing is essential: a good pair of boots. And, if you read our article on South African millinery in the last issue of *Life & Style*, every inch of you will be stylishly clothed for winter from head to toe.

These local designers and shoemakers offer some insight into the astounding sartorial talent that South Africa has to offer. Whether your feet are likely to be traipsing through urban landscapes, hiking the frosty Midlands, or stomping the runway at New York Fashion Week, you're bound to find a match fit to make Cinderella jealous in our winter guide to shoes.

SINDISO KHUMALO X VANS

In March of 2022, South African fashion designer Sindiso Khumalo was one of four talented creatives hand-picked by curator Sarah Andelman

to present a collection of limited edition footwear and apparel for Vault by Vans. Khumalo's modern designs are inspired by her Zulu and Ndebele heritage, a cultural endowment that she also brings to her Vans collaboration. Sneakerheads might struggle to find the



GROUNDCOVER

Anyone who has ever embarked on a lazy Midlands Meander may have been lucky enough to stumble on the quaint Groundcover workshop in Curry's Post. Groundcover Leather Company is a family business founded in 1990 by Justin and Amanda McCarthy as an expression of "a lifelong passion for leatherwork and a search for a meaningful livelihood". These boots were made for working, and that's exactly what they'll do.

The shoemakers may have had humble beginnings, but Groundcover has since grown into a significant enterprise with multiple stores across the country, including Ballito, Hillcrest, and Clarens. Here, they sell a wide range of original and finely-crafted leather goods handmade by skilled artisans whose depth of skill you'd be hard-pressed to match.

To buy a pair of Groundcover boots is to buy a pair of well-made shoes that will last you a lifetime. Whether you're in the market for a classic pair of vellies to trudge the wintery Midlands in or some stylish combat boots to beat the frosty pavements of the inner city, Groundcover is the local one-stop-shop you didn't know you were looking for.



Sindiso Khumalo x Vans collaboration still on the shelves, but it's worth keeping up with Khumalo as a formidable talent in the fashion world. Not only was she a joint winner of the LVMH prize in 2020, but she presented her SS21 range at Milan Fashion Week. Khumalo has also spoken on sustainability at the United Nations and the European Development Forum.

Khumalo is interested in exploring black African experiences and representations of black women throughout history through the medium of textiles. By literally weaving history into modern, sustainably-crafted clothes, she is inviting a new gaze on African stories - and we can't look away.

PALLADIUM BOOTS

From runways to...runways? The iconic Palladium boot has its unexpected origins in the field of aviation, though you're much more likely to see Palladium on the ground than in the air these days. Back when Palladium was established in 1920, the company was producing aircraft tyres during World War II. But, when demand for tyres fell after the end of the war, the company leveraged its industry experience and manufacturing techniques to make footwear instead.

Thus, in 1947, the Pampa boot was born. Palladium's first boot was designed specifically for the French Foreign Legion, which was serving in the hot and arid northern African desert. The soldiers needed footwear that would provide ample support while allowing their feet to breathe - so, Palladium made a canvas boot with rubber soles.



The materials and the silhouette of the early Pampa boot have stood the test of time, as they are still in demand today. The rich history of the brand certainly adds to the allure. It's clear that the Palladium boot is up for anything, so we recommend pairing the more modern stonewashed canvas and lightweight rubber-soled model with a pair of sweatpants or jeans for an urban adventure.

THEBE MAGUGU

World-renowned luxury fashion brand Thebe Magugu has released a limited edition Sunday Best boot. Although it's only available for a limited time, we couldn't resist including the breathtaking shoe in our roundup of winter footwear.

The Sunday Best boot (available as an ankle boot and a knee boot) resembles a loafer with a severely pointed toe, taking inspiration from the elongated shoes typically worn by pastors in downtown Johannesburg. The pointed toe also references the Cracow shoe, which enjoyed peak popularity in 15th century Europe.

Magugu is yet another young South African designer to watch. Like Khumalo, Magugu draws on Africa's "storied past, complex present and exciting imagined futures" to



inform exquisite capsule collections, the likes of which are regularly seen adorned by celebrated artists. Some of the artists that have been clothed in Magugu's designs include Nigerian singer Burna Boy, Bridgerton's Golda Rosheuvel, Thor: Love and Thunder's Tessa Thompson, and Kate Walsh of Grey's Anatomy fame.



Whether you're looking to step out in style or equip your toes for rugged terrain, Life & Style's fashion insights are here to fit you out with the perfect shoe - and some fascinating background to boot.

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/ REGIMES /

WHAT YOU EAT

Determines How Much You Eat

Words Kim Wilson

DID YOU KNOW that there are naturally occurring components of certain foods that physically will stop you from overeating? These components help you feel satisfied by your meal and help you maintain your weight (and even lose excess weight). There are also foods that are specially modified to PROMOTE over-eating. Processed foods are designed this way because it serves their bottom line if you over-eat and thus buy more.

• FOODS THAT PROMOTE OVER-EATING

There's a fascinating book by Michael Moss entitled "Salt Sugar Fat: How the Food Giants Hooked Us" that outlines how food manufacturers used rigorous scientific methods to find out what drives people to eat more of a food item. It's in the title, but these manufacturers found out that by adding larger amounts of salt, sugar and refined fat to their products, people were more inclined to overeat. These three components are largely, although not wholly, responsible for why we tend to both crave and over-indulge on processed foods.

• FATS AND OVER-EATING

Recently scientists have discovered a new gut-brain pathway that drives our appetite for fattier foods. They found that cells in our gut sense the presence of fat within a food, and directly communicate with parts of our brain to make us keep eating. Scientists still need to evaluate if the type of fat ingested makes a difference to how this pathway is stimulated. It's important to note here that it is not recommended to avoid all fats. Fats that are good for you can be found in foods such as avocado, olives, cold-pressed olive oil, nuts and seeds, cold-pressed nut oils as well as in fatty fish, eggs, free range chicken and grass-fed meats. Fats can and should be enjoyed as part of a healthy diet. Refined fats found in processed foods on the other hand should be avoided as much as is possible.

• SUGAR AND OVER-EATING

A few years ago scientists discovered a direct gut-brain pathway driving our appetite for sugary foods. Just like with fats, the cells in our gut detect the sweetness level of a food and communicate this directly to parts of our brain.

• SALT AND OVER-EATING

Research has also given us the mechanism by which salt drives over-eating. Salt has been shown to increase the palatability of a meal and can even drive cravings. In a study conducted by researchers at Deakin University in Australia, salt alone accounted for people eating 11% more food and calories.

• FOODS THAT PREVENT OVER-EATING

When we talk about preventing over-eating, what we really want to promote is greater satiety from a meal. Satiety is the feeling of fullness that persists after you've eaten a food or meal. It greatly affects the length of time between eating events and can even impact the amount consumed in one instance or cause you to stop eating.

• WATER AND FULLNESS

There is no research showing that water directly causes weight loss. However, there are still benefits to drinking water as part of a healthy lifestyle, particularly in relation to feeling full and satisfied by a meal. When water has been incorporated into food or even shakes, research does show that satiety is increased, and subjects ultimately eat less. Furthermore, foods that incorporate water tend to look larger, and provide greater oral stimulation. Finally, when water is bound to food, absorption in the gut is slower, helping you feel fuller for longer.

• FIBRE AND FULLNESS

A higher intake of dietary fibre can reduce appetite, decrease long-term calorie intake and contribute to a lower body weight. There are a few mechanisms by which fibre can promote fullness and satiety. Firstly, higher fibre foods tend to require more chewing than lower-fibre foods (think white bread vs a seeded wholegrain bread). This decreases the speed at which you can swallow the food, and increases the amount of saliva and gastric juices secreted. This increase in saliva and gastric juices results in an expansion of the stomach, and thus greater feelings of fullness. Furthermore, some fibres slow gastric emptying (the rate at which foods are moved from the stomach into the intestines). Satiety hormones are also affected by the fibre content of a food. Finally, the



fermentation in the gut of some fibres and subsequent production of short chain fatty acids can also increase satiety.

• **PROTEIN AND FULLNESS**

Consistent evidence has shown that protein is the most effective macronutrient when it comes to promoting fullness and satiety. Calories from protein have a greater effect on satiety than the equivalent amount from carbohydrate or fat in the short-term.

• **NATURAL APPETITE SUPPRESSING FOODS**

Foods that are naturally rich in water, fibre and protein are your best friends when it comes to feeling full and satisfied from one meal to the next without over-eating. When looking to find these foods, we simply need to go back to basics: stick to unprocessed whole foods as much as possible. Whole fruits, vegetables, nuts and seeds, fatty fish, free-range chicken and eggs, and grass-fed meats should make up the majority of your diet. Limit processed foods wherever possible to avoid added salt, sugar and fat. If you are vegan or vegetarian, you will need to actively seek out protein-rich options such as hemp and chia seeds, quinoa, tofu and more.



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• **POTENTIAL SUPPLEMENTS**

As always, there are supplemental options available to increase your fibre and protein intake.

Here are some of our favourites at **Lifestyle Health**:

FIBRE

Aim: *Herbal Fibre Blend (both original flavour and raspberry)*

Solgar: *Multiple Fibre Formula*

Sally Ann Creed: *Psyllium Husk*

Soaring Free Superfoods: *Chia Seeds*

Aloe Ferox: *Aloe Bitter Crystals or Fabulous Fibre Bitters*

PROTEIN

The Harvest Table: *Power Protein Shake*

Beauty Gen: *Naked Collagen*

Youthology Oure: *Bioactive Collagen*

Sally Ann Creed: *Pure Hydrolysed Collagen*

Somama: *Collagen*

Phyto Pro: *Thrive Daily Protein (Vegan-friendly)*

Wazoogles: *Superfood Protein Powders (Vegan-friendly)*

LifeMatrix: *Raw Vegan Protein (Vegan-Friendly)*

Soaring Free Superfoods: *Hemp Protein Powder (Vegan-Friendl)*



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/ ESCAPES /

KAROO DIRT

Celebrating the Back Roads of South Africa's Dry Heartland

Words & Photographs by Chris Marais and Julianne du Toit

WE HAVE BECOME very wary of South African tar roads lately, so whenever we roam through the Karoo in search of a good story to tell, the back roads beckon sweetly.

Tar roads. Who needs them? On the smooth South African black-top highways (the N1, the N2, the N3 or the N4 – take your pick), the trucks, taxis and streams of upmarket, impatient SUVs make driving on them an intermittent nightmare.

Take, for example, the stretch of N1 through the Karoo between Leeu-Gamka and Laingsburg. You're driving behind three massive trucks (these days, mostly furniture removals relocating Vaalies to the Western Cape), and none of these drivers is respecting the following distance laws. In fact, one of them is desperately trying to pass the others, because he somehow believes he's in a faster vehicle. He's not.

But you can't take a chance to overtake all three, because this part of the N1 comes with tricky blind rises, and very fast northbound cars that suddenly appear from nowhere. So you're a little thwarted, to say the least. Just slip some James Taylor onto the sound system, sit back and try to enjoy the blasted heath of a landscape around you. Norah Jones is good sound therapy for the N1 as well.

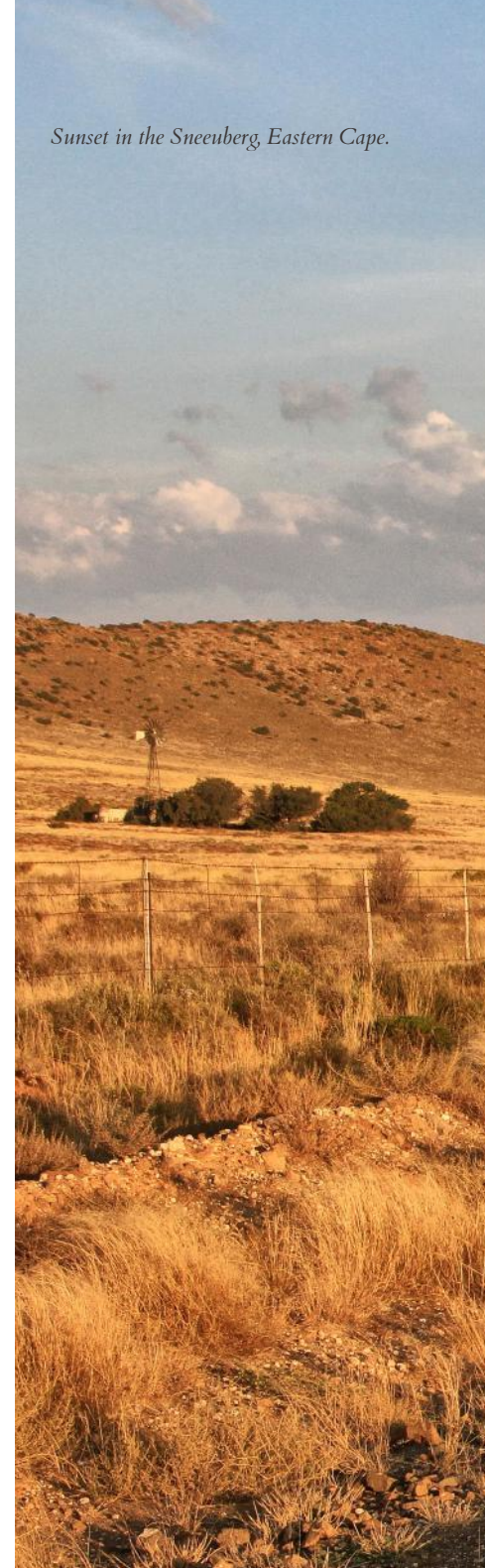
DODGING THE POTHOLES

Then you have the dreaded urban tar roads. We're a nation of pot-hole-dodgers, especially in our home town of Cradock in the Eastern Cape Karoo. Here, they will have good cause to arrest you for being drunk behind the wheel if you drive in a straight 'stripe', as they say.

And just when you have the pothole locations memorised, down come the summer rains and new cavities open up. We all know why this is happening, so suffice to say we're not great fans of SA tar.

But the lovely, winding dust roads that criss-cross our region from farm to farm, they make up for all of it. We don't use a GPS to get around, in fact we sometimes try our very best to get gloriously lost. And then there's the chance of an encounter with a friendly stockman on a horse, moving sheep down the road. Or a roadside wind pump and concrete dam, perfect for an impromptu picnic. Or a front row

Sunset in the Sneeuwberg, Eastern Cape.





view of lesser kestrels hunting bugs from a fence line. Or a little family heading off to town on their donkey cart.

Then there's the matter of pure headspace. The back-country is a good place to open up and let every thought drift about like a cloud. You can rest your mind in this open space, it is mentally embracing. And even though it has wide-open horizons, there is always the reassuring sight of a flat-topped mountain in sight. A hill to hold on to.

The Karoo murmurs its songs in a vast but quiet voice. Very few people hear them, but once they have, they will always yearn to hear more. Some passers-through are repelled by the dry lands, others are fearful of all the space. Most, however, once they become more familiar with the terrain and its people, fall deeply in love with the isolation and towering silence, where the crunch of a boot on the road can seem embarrassingly loud.

THE SHELTERING DESERT

As we slowly cruise along in our bakkie, we often stop, climb out and simply breathe in the pure, clear air. A long time ago, in another life, we lived and breathed in Johannesburg. So you know.

The vegetation is full of responsive flowers and fruits that hang around patiently for rain, sometimes for up to seven decades. The seeds lie dormant, waiting for a chance to leap into life. This intense vulnerability and iron will to survive is touching, no matter which way you look at it. You see a pattern of co-dependence between species. If one is all right, another is likely to be all right. Even in the middle of a seasonal locust blizzard, while the little buggers are eating much of the farmer's profits, you know that their droppings and their remains will eventually enrich the soil dramatically.

The poet, adventurer and old-time country magistrate William Scully, one of our frontier heroes, once said:

"Lush greenery and rich valleys may stir the emotions, but the desert arouses the intellect. Great ideas spring from deserts – the wilderness has always been the storehouse of spiritual things."

He said he gained intellectual power in the dry spaces, and declared that he lost it in the land of corn and wine, which we presume to be the Overberg and the Winelands of the Western Cape.

DUSTY SHOELACE ROAD

One of our most beloved dirt roads is the stretch between Williston and Middelpos in the Northern Cape, which lies draped over the flowering hills in springtime like an abandoned shoelace. The rolling



Road into Rietbron

veld shines with purple *vygies* in full, cabaret bloom. Little yellow gazanias and *perdeblomme* are popping up everywhere, dancing in the sunny breezes.

We stop for photographs, and find beetles with their snouts deep in troughs of daisy pollen. Here's a field of golden *stinkknoppies* with an old stone kraal and farmhouse ruin. There are strange dolerite outcrops, their skirts covered in orange Namaqua daisies. Woolly bees buzz possessively over little beds of flowers. Hillsides are smeared purple with *doringvygies*, as if some passing giant bestowed a great big lipstick kiss on them.

We keep a companionable silence, almost a desert meditation, for hours on end. And then we play Jimi's *All Along the Watchtower* at full volume. Just for the joy of being South Africans on a drive-about through the best place in the world.



For an insider's view on life in the Karoo, get the three-book special of Karoo Roads I, Karoo Roads II and Karoo Roads III by Julienne du Toit and Chris Marais for only R800, including courier costs in South Africa. For more details, contact Julie at julie@karoospace.co.za

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The Mountain Zebra National Park



Road near Smithfield, FS



On the Vondeling road between Willowmore and De Rust



Road off the R63, Northern Cape

*The Karoo murmurs its songs in a vast but quiet voice.
Very few people hear them, but once they have, they will always
yearn to hear more.*



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/ INSPIRATIONS /

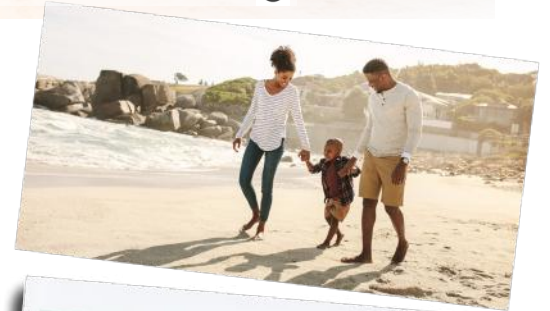


#LOVENORTHCOAST

A MOVEMENT HAS been rapidly gaining momentum on the North Coast...

Under the banner of **#LoveNorthCoast**, this grassroots campaign has started sprouting green shoots — social media posts, blog articles, local news stories and opinion pieces — all aimed at celebrating the people, organizations, places, and myriad other factors that make the North Coast a lifestyle destination of note (and a serious rival to the best that the Western Cape has to offer).

Whenever you share a post of a beautiful moment or memory captured on the North Coast, you can join the chorus and be part of the **#LoveNorthCoast** movement by using the hashtag on social media: generating ripples of pride and waves of optimism for the bright new futures being built every day on the KZN North Coast. 



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A CELEBRATION OF EVERYTHING ZA PEOPLE LOVE

JUNE 2023 SAW the beginning of an exciting story being written on the KZN North Coast: ZAFEST — a new arts, culture & lifestyle festival brand — was officially inaugurated with an epic kick-off concert that attracted thousands of music lovers for a family-friendly afternoon headlined by the world-famous Ndlovu Youth Choir (riding high off the back of major international tours and having recently been featured on America's Got Talent yet again).

The overwhelming success of the launch concert (held at the stunning Manor House venue in Sheffield Beach) has now paved the way for a series of events culminating in a massive, multi-day annual festival set to arrive in Ballito for the first time in 2024. With a dynamic and dedicated team of stakeholders driving the project, ZAFEST aims to position the greater Ballito region as creative hub and a major destination for arts & culture tourism going forward... We can't wait for the next gig! 🎵



/ LAST WORD /

THE GENTLE ART OF TRAIL RUNNING

Words Dave Charles

I HAVE RECENTLY become quite a fan of organised trail running – not the running - that's more suited to my beloved Sue, who enjoys the thrill of the chase. I have not run a trail of any distance since my involuntary sabbatical at the state president's behest in 1976.

So, it may come as a bit of a surprise that I should become enamored with the sport at this more mature phase of my life. The reason for this is simple – we get to go away on weekends to remote and beautiful places through which trail runners get to slog while supporters like me get to enjoy the finer things of life in these secluded havens.



But this is not a story about trail running. It is merely the prolog to an adventure that we experienced during the Oxpecker Trail Run just outside Winterton in the foothills of the Central Drakensberg. We had a straight run from Ballito on the N3 past Estcourt and then turned off to Winterton on that pretty country road that meanders through the foothills towards the boer war battlefield of Spionkop and reached the Oxpecker Trail Run H.Q. in good time to register.

While the more adventurous Oxpeckers had elected to camp on the field for the weekend, it had rained heavily and the weather forecast indicated near minus temperatures for the duration, so we had opted for the luxury and comfort of the Dalmore Guest Farm up the road. Although this was a good half an hour away, it looked really super and the fireplace in the room had sealed the deal.

Just before we left Ballito, the manager of the guest house had called to advise us not to follow the Google Maps directions as they would take us on a dirt track that is literally impassable when wet. The route via Bergville was longer but safer under the circumstances. But in the excitement of the moment, we ended up on the very route that we had been warned not to take. It started out alright but soon deteriorated into a veritable quagmire. I was driving a lovely Toyota Corolla branded in our radio station livery sponsored by Bidvest McCarthy Toyota Ballito, which is an absolute dream to drive and uses very little fuel.

It would not, however, be my first choice for this type of track though. We had barely travelled ten kilometers before we hit the first mud trap from which you could see that a vehicle had been extricated earlier. The recovery had left the track extra rutted and seemingly impassible. But we were in it now, and I feared that if we lost momentum we would sink into the mud and possibly disappear forever! So, we kept going.

And then we started to slide sideways. As I fought the steering, I felt sure that this was not going to end well. We own two 4-wheel drive vehicles, both of which I have managed to get horribly stuck in mud in Ballito. At least there, I was able to call on friends from the Jeep club to rescue us. Who was I going to call out here? The ghosts on Spionkop silently watched the drama unfolding as the unctuous ooze spattered the immaculate branding and threatened to swallow us whole.

And then, a strange thing happened. A yellow light appeared on the dash and the engine seemed to lose power. The vehicle started to gently zigzag through the mud, a bit like a turtle crossing a beach. The engine pulsed like a liquidizer, refusing to rev and spin the wheels – and it was doing it automatically...at no stage had I pressed a button or pulled a lever. This was powerful magic, and I was bewitched!

In this manner we passed through two sections of what I considered utterly impassible mud with the car automatically

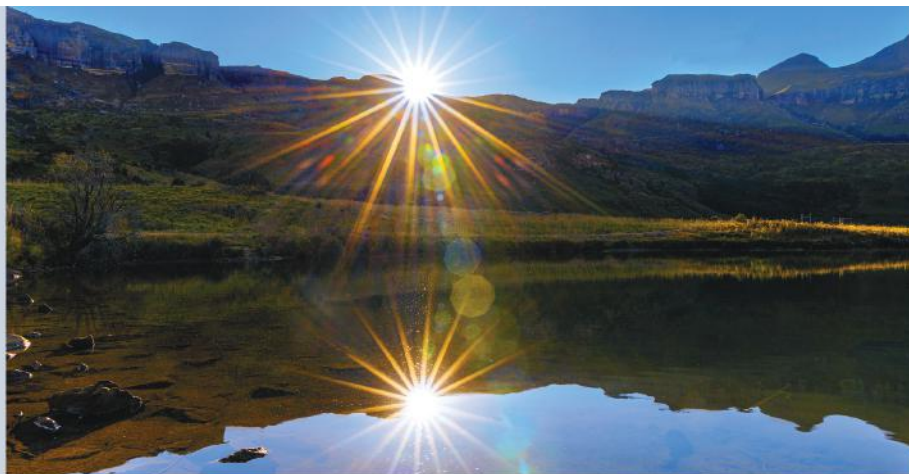
engaging this electronic wizardry each time we lost traction, and eventually we arrived at our destination. Our host was amazed... and so was I. I was a Toyota fan before this. Now I am a disciple. Their traction control in this new Corolla, for traction control it surely was, is completely automatic and it works like magic.

Everything works like magic in the new Corolla – the in-car entertainment and info system is top notch – it is comfortable, handles like a dream and uses very little fuel too. It's stylish yet unpretentious and perfect for the long or short commute.

Sue enjoyed her two days of trail running and I enjoyed the log fire, dark chocolate and red wine. This is why I have become a fan of the trail running craze sweeping through the world of late. It really is a sport that offers something for everyone! 

*Dave Charles presents the Afternoon Drive -
Monday - Friday on 88FM Radio Life & Style - The Voice of Ballito*

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