



LIFE  STYLE

SUMMER 2021





**AFRICAN  
PROPERTY  
AWARDS**  
INTERIOR DESIGN



BEST RESIDENTIAL  
INTERIOR PRIVATE  
RESIDENCE SOUTH AFRICA

Clifton Splendour  
by Olala Interiors

**2018-2019**



**AFRICAN  
PROPERTY  
AWARDS**  
INTERIOR DESIGN



BEST KITCHEN DESIGN  
SOUTH AFRICA

Project YNE  
by Olala Interiors

**2020-2021**



**AFRICAN  
PROPERTY  
AWARDS**  
INTERIOR DESIGN



BEST RESIDENTIAL  
INTERIOR PRIVATE  
RESIDENCE SOUTH AFRICA

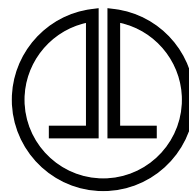
Project YNE  
by Olala Interiors

**2020-2021**



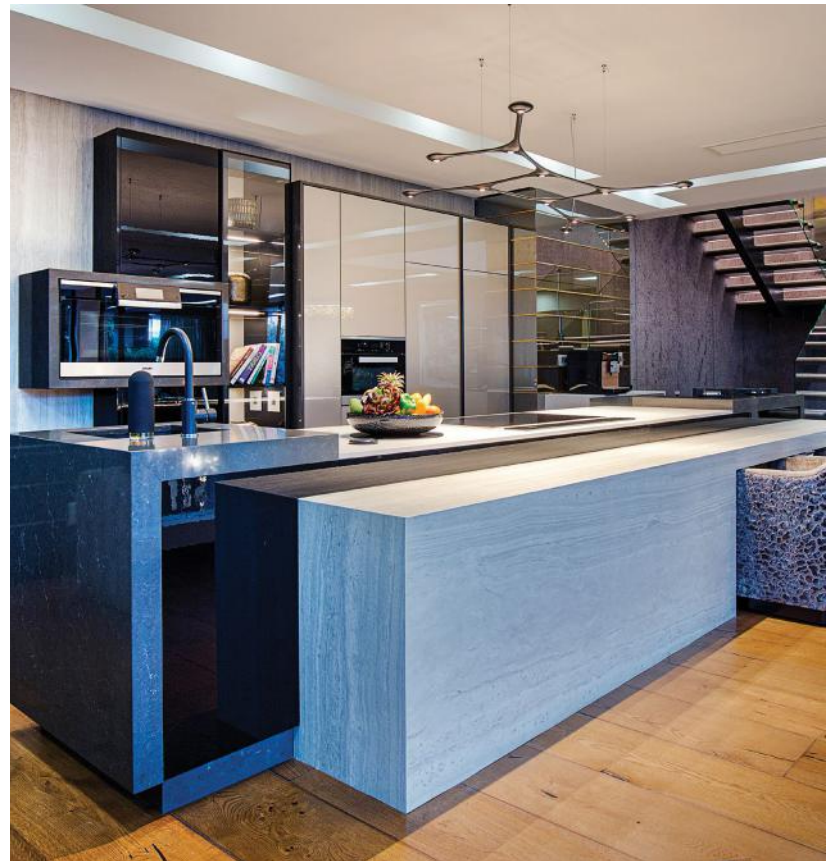
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- Sunset Dam Clubhouse: braai, pizza oven, outdoor loungers, ablutions.
- Sunset Dam Jetty- catch-and-release fishing
- Reservoir Bird Hide.
- Freehold - only one estate levy.

*View over Sunset Dam toward site of  
Springvale Village.*



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## FOREWORD

While it's safe to say that the national lockdown created huge challenges for all of us, it also created the opportunity for us to find new ways to do things. This magazine was inspired by a happy collaboration with our award-winning Cape Town based design and digital team that has added an edge to our creative style.

Through this collaboration we discovered that people we regularly engage with in Ballito are actually quite compatible with the beautiful people in Cape Town. (Don't look so shocked, Darling, they really could be if they tried)

We are therefore distributing physical copies of Life & Style -The Magazine, to selected outlets in both regions and actively pursuing material of interest from both regions. This expands our reach considerably and establishes a creative bridge between two of the most exciting places in the country.

Every journey has a first step and, for Life & Style – The Magazine, this is it. We hope you'll join us on our quest as we continue to discover fresh and fabulous signs of life, and style, from Ballito to Cape Town.

## Dave Charles

Editor, Life & Style – The Magazine





# "THIS OLD GUITAR"

Dave Charles



“ This old guitar ain't mine to keep  
Just taking care of it now  
It's been around for years and years  
Just waiting in its old case  
It's been up and down the country roads  
It's brought a tear and a smile  
It's seen its share of dreams and hopes  
And never went out of style  
The more I play it, the better it sounds  
It cries when I leave it alone  
Silently it waits for me  
Or someone else I suppose

*This old guitar - Neil Young*

**Neil Young describes it well, the relationship between the guitar and the player. It's somewhere between the soul and the wood and strings that the magic is conjured. And magic it most certainly is. For from an inanimate assembly of wood and wire in the hands of an expert, comes a force with the power to soothe or excite, to fill you with joy or to break your heart. Music has the power to change the world. It certainly changed mine.**

More than anything in the world, I wanted a guitar and, my wildest dreams came true on my eleventh birthday. In hindsight it was a dreadful instrument, one of those trading store specials sold under the Gallo label mainly to mineworkers who reworked them for the Maskandi market. This was my first love, my first guitar and it opened up a world of possibilities in my overactive imagination. This was the sixties and the world was changing. The age of rock n roll had come and gone, creating a new wave of guitar driven magic heading towards the summer of love. It was the age of Bob Dylan, Crosby Stills Nash and Young, Donovan, Joan Baez, Simon and Garfunkel, The Seekers, Peter Paul and Mary and many other protest folksingers who were changing the world as we knew it. Peace and love was the mantra and banning the bomb was the slogan of the time.

And, at the age of 12, in my heart, I was fully part of the love and peace movement despite the fact that I wouldn't be able to grow my hair until the army let me go many years later. I made my debut in the St Dunstan's primary school hall in a concert where my sister, Cathy and I murdered a version of Bob Dylan's ***Times They are a Changing*** – clearly in Benoni in 1969 they were not, but that Christmas, most of my friends also got guitars.

There was no private High School in Benoni so, when my time came to grow up, I was sent to board at St Alban's College in Pretoria. I hated it but joined the school's folk group and made a life-long friend, Johnny Blundell, who is today one of the top music producers in Cape Town.

After two miserable years my parents conceded that if the local government high school in the neighbouring town of Boksburg was good enough for the sons of Altech's Bill Venter, it may be okay after all, and I was allowed to come home. What a shock – from an institution of 110 posh boys to a maelstrom of over 1200 kids from assorted backgrounds, a half of which were girls...I was in heaven! I could play the guitar pretty well by now and had progressed to a gorgeous di Giorgio nylon

stringed instrument that was much easier on the fingers. It was this guitar that propelled me from obscurity into the Boksburg limelight.

I was persuaded by a pretty girl called Gail Myburgh to enter the annual high school charity talent show. Gail had been with me in primary school and obviously remembered my massacre of that Bob Dylan tune. Maybe she was setting me up, but with inspiration from Cat Stevens, I gave them a version of ***The First Cut is the Deepest*** that brought the house down. That was it, the turning point. The offers came thick and fast after that. I was invited to join the most popular band in Boksburg and we competed for sessions with the Windrich brothers from Springs who later became e'Void. I was promoted to the first Hockey team despite not being very good at it – I ironically got colours for hockey and academics and, according to the votes, I was the popular choice for head boy too, but because I wasn't from Boksburg, I was made deputy – still pretty cool! All of this, because I played a reasonably acceptable guitar. See the magic? But wait... that's not all, folks.

While the rest of my mates from 1 Medium Battery 4th Field Regiment were going off to war in Angola in 1976, I was being transferred to the SADF Entertainment Unit where they exchanged my R1 for a Fender Mustang that had been set up and played by Trevor Rabin. Rabbit had been in the Unit the year before me. Wow – now I had a real rockstar's guitar and, despite the madness all around me, I was in heaven and making magic.

But it was later, while I was at university that I bought the best guitar I ever owned, and the magic reached its zenith. I was earning decent money now, playing venues booked by Morris Fresco from the Don Hughes Organisation, the top booking agency in the country. Although I really couldn't afford it, I set my sights on a slightly shop-worn Ovation Electric Legend which I paid off over the next few years. I must have played over a thousand gigs over the years, from smoky biker bars to five- star resorts across the country. We won the Crescendo national songwriting competition and performed ***Route 22*** live on stage at the Civic theatre in Johannesburg backed by a thirty-piece band. We had our own children's TV show called ***Something New*** and a second season called ***Something Else***. We recorded an album in the EMI studio under contract and won a country music recording contract at the Star Homes festival that I had no interest in pursuing. That guitar was my constant companion and despite looking after it, it picked up a few battle scars over the years and each one told a story. It was my Harry Potter wand...and I let it go.

I traded it a few years ago when a luthier in Durban convinced me that the sound board had warped and it was beyond repair. As it happens, he was wrong. I have watched enough guitar repair tales on YouTube to convince me that a good guitar can always be brought back by someone who understands them. I hope that it was picked up by someone who did just that and that it continues to make magic somewhere.

This old guitar ain't mine to keep  
It's been around for years and years  
It's been up and down the country roads  
It's brought a tear and a smile  
It's seen its share of dreams and hopes  
Silently it waits for me  
Or someone else I suppose

*This old guitar...*







# BROOKLYN ESTATE

## The Cool Kid on The Block

**“The** word ‘cool’ has been used as a slang word for close to a century, having been adopted in the USA in the 1930’s. ‘Cool’ could be described as an intangible quality that makes something or someone generally admired. However, unlike a tangible quality, ‘coolness’ can only be assigned to something or someone by a body of people.

**In a commercial sense, your target market are those people. Companies and advertising agencies world-wide spend millions in the pursuit of this alluring moniker, but few achieve it.**

In a property sense, locally there are a few good examples of developments or areas that have earned the cool status. Zimbali Coastal Resort is considered cool to the Gauteng market, while Simbithi Eco Estate is cool to everyone currently living there. Salt Rock is the coolest suburb whilst the market generally pays above-market value to live in the ultra-cool Dunkirk and Elaleni estates.

However, hidden in plain sight on the corner of Ballito Drive and Lee Barnes Boulevard, is a dynamic, 3.7-hectare estate that could easily be seen amongst the North Coast’s fashionable elite - Brooklyn Estate.

As with everything truly cool, Brooklyn Estate, isn't trying to be. Whereas the vast majority of upmarket estates in Ballito are a variation of one concept- the Eco Estate- Brooklyn sets its own trend. Concealed by a 2-metre-high perimeter wall, bungalow-styled homes characterised by a grey and black palette, screen walls and the use of stone and timber, line the leafy streets of Brooklyn.

The estate’s indigenous forest reminds you that you are situated on the north coast of KZN, but the general aesthetics lend themselves to the trendier areas of Cape Town and International cosmopolitan cities. The population reflects its architecture with an eclectic mix of young and middle-aged entrepreneurs and professionals.

We at HUNT Properties have found synergy with this extraordinary estate and have been lucky enough to be awarded the Sole Mandate on the last 17 homes, which will start construction in the 1st quarter of next year. Our main sales office will also be moving to the estate, and we will be announcing the launch of this final phase on 88fm in the first week of December.

### HUNT PROPERTIES

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# BROOKLYN

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**HUNT**  
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## THIS MONTH WE LOVE...

Gulli - Exclusive classically casual clothing  
made with love in Ballito



**Jo** Bower has a décor company, which has suffered like others, because of the COVID-19 pandemic. This prompted her to re-open Gulli Clothing which she successfully established in Ballito 18 years ago.

Jo always had a yearning to do this in response to numerous requests from previous customers who loved the quality and style of the Gulli range. The new Gulli range of clothing has now been beautifully integrated with the décor and gifts at the enchanting Natural Living Shop at Burnedale.

It is a classically casual range suited to our lifestyle on the East Coast and is made with love and pride on the Dolphin Coast. It is an exclusive range of clothing catering for all sizes from XS to 4XL.

Soon they will be extending the range to cater for kiddies as well. The Gulli range of jerseys is handcrafted with natural hand dyed South African fabrics. A range of linen pumps to complement the clothing is already on the way.

Jo's husband, Mark and her sons, Guy and Matt, have been a huge support in this new venture and we wish the Gulli team much success. This is a real North Coast gem.

Find them at Natural Living, Burnedale Farm, Umhlali

### BURNEDALE FARM:

Natural Living, Burndale Farm, Umhlali  
[www.facebook.com/BURNEDALEFARM](https://www.facebook.com/BURNEDALEFARM)  
[www.burnedale.co.za](http://www.burnedale.co.za)









# OLALA INTERIORS

## The Magic Touch

**“With** over 25 years of award-winning status and integrity in the interior design world, the OLALA INTERIORS team celebrates their journey with responsive and mindful design. Their attention to detail and luxury design expertise allows them to create the perfect habitat for discerning clients

**OLALA INTERIORS** is a multidisciplinary decor and design studio with its own bespoke manufacturing division. The company's design philosophy is curating approachable, elegant spaces with easy and luxuriously contented living areas. Specializing in high end residential, equestrian and golf estate homes, private lodges and apartments from the Indian and Atlantic Ocean seaboard across the vast Southern Africa interior, **OLALA INTERIORS** offers a turn-key solution to discerning clients looking for the essence of luxury living.

We are delighted to announce that OLALA INTERIORS recently received two, much coveted 5\*Star Best in South Africa awards of the 2020/21 International Property Awards in London UK. To be presented with one of the Africa & Arabia Property Awards, as part of the International Property Awards, is highly prestigious and widely recognised across the globe. A total of 25 countries from across both regions were represented this year and OLALA INTERIORS was ultimately presented with the highest scoring 5 STAR AWARD and recognised as the BEST in both the 'INTERIOR DESIGN - PRIVATE RESIDENCE' and the 'KITCHEN DESIGN' categories.

“This is an amazing result for the OLALA INTERIORS team. We couldn't be more proud of the work we have done to achieve these awards. It is an honour to receive recognition of our focus on delivering excellent interior design and services to our clients, and of our commitment to adding value in every assignment we undertake,” said OLALA INTERIORS partners Schanè Anderson, CEO & Creative Director and Debbie Steinhobel, Managing Director.

The project submitted for both categories was a home situated in the beautiful Zimbali Coastal Estate in KwaZulu Natal. OLALA INTERIORS enthusiastically delivered a luxurious escape with this multi-level home designed as a family sanctuary. The design team embarked on a journey to capture the innate generosity of a socially engaging family, which required much intentional design and consideration. Making use of plenty of tactile textures and incredibly high-end fabrics, luscious velvet's and the client's love of lighting, the team ensured that this home embodies lux coastal living. All built-in-cupboards, vanities, kitchen cabinetry, plasma units, dining table, study bookcases and desks were custom designed and built by OLALA INTERIORS for this home enabling the design team to use each space to its very best advantage.

Over the years, time and energy has been invested into building a reputable and successful business reaching across borders and oceans, incorporating the latest local and international style and design trends. In this dynamic and continuously evolving industry, OLALA INTERIORS knows the importance of authenticity and the company treats every project uniquely to develop its own personality. Watch this space, this has only been the first 25 years!



### OLALA

#### Ballito

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[info@olalainteriors.com](mailto:info@olalainteriors.com)

#### Showroom

Shop 639b

Ballito Junction Mall

Leonora Drive, Ballito

KwaZulu Natal, South Africa

#### Cape Town

#### Office Address

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Constantia Checkers Emporium

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Western Cape, South Africa









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# ONE GOOD MAN AND HIS DOG

## A Real Love Story

**“Paul** Herbst is a legend in Ballito. He is the archetypal good guy, a thoroughly professional and highly experienced senior paramedic with IPSS Medical Rescue, one of the top medical rescue services in the country. Paul and his colleagues are on the front line when it comes to disaster management both locally and across international borders and together, they have quite literally saved more lives than they can remember. If you are looking for the embodiment of what it takes to handle this highly stressful occupation, he's right here in the thick of the action every day and he has recently taken on a new partner who is constantly by his side.

**Meet Odi, the young Belgian Malinois who has captured Paul's heart and that of the community at large. This is his story.**

**Name:** Odi  
**Age:** 14 months  
**Breed:** Belgian Malinois (KUSA registered)

Odi arrived in Ballito at 3 months old in January this year, after we collected him from a KUSA registered breeder in Hoedspruit. He comes from a breeding line of working service dogs. Odi is a hardworking, high energy, driven dog. He has a very strong bond with Paul, and they have become inseparable.

### TRAINING

- From 4-6 months old Odi attended puppy socialization and beginner obedience classes. Thereafter, training started on entry level scent work and scent association
- Odi has excelled in training on the following disciplines:
  - Man trailing (tracking)
  - Cadaver scent
- Odi is currently preparing for his K-9 Search & Rescue evaluation, which was delayed this year due to COVID-19. We are hoping to complete the evaluation early next year.
- Odi's daily routine includes obedience training every morning and man trailing as a game in the afternoons. Odi's favourite reward is his squeaky ball.
- Odi's favourite game is hide and seek. His progress has been phenomenal.
- He is currently in advanced obedience training which includes off lead work in stressful and distracting environments. They also work to control his prey drive because he loves to chase birds.

### ODI AT WORK

- Odi is very loved by everyone at IPSS Medical Rescue and he quickly became a part of the team.
- Odi has specialised work gear for different rescue scenarios including goggles, booties and specialised harnesses for high angle, helicopter and water work.
- Odi can clearly distinguish between work and home/play time. When in work mode, Odi is very focused, and his posture is rigid. When Paul is dressed and ready for work in the mornings, Odi is ready and waiting at the front door. When he gets home, his collar gets removed and he assumed the role of a typical spoilt pet.















#### ODI AT HOME

- Odi loves his rooibos tea in the mornings and before bedtime. He sleeps on the bed with mom and dad and loves to drag his blanky around the house.
- He shares doggy space with 2 older Jack Russell females who keep him in line.
- He has taught himself to open doors by getting on his hind legs and pushing the handle down and has not mastered the art of personal space as yet.
- Odi loves to swim, and usually gets to swim in the dam after a training session. It is hard to keep him out of the water. This cools him down, but it is also good for his muscle conditioning and fitness training. Bathing however is a different story.

#### THANKS

Odi's progress would not have been possible without the help and guidance of the following people:

Belinda Bolte of Pawfect  
 Scott Farlam of Apex K-9 Training  
 Various experienced K-9 handlers in the Search & Rescue field  
 Lindy from Brenda's Angels

#### IPSS

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# SPRINGVALE VILLAGE

## An Introduction

**“Nestled** in the heart of Sheffield, KZN, Springvale Estate is a rather different kind of new residential estate on the North Coast. The estate offers homeowners a return to secure, modern, country charm living while still being close to the retail, entertainment, medical and educational amenities and conveniences of Ballito, with King Shaka Airport only a 20-minute drive from the Estate Clubhouse. Springvale Estate offers homeowners the best of both worlds.

**Brought to you by the Graham family and developer, Mike Graham, Springvale Estate prides itself in being an estate developed by a family for other families. The Estate ethos is founded on the values of family lifestyle, outdoor living and nature preservation within a highly secure walled perimeter.**

Springvale Estate aims to offer homeowners the opportunity to build their forever farm-style homes. The Estate is 58ha with plots averaging 2600m<sup>2</sup> priced from R1,3mil.

Continuing their focus on families and their needs, Springvale Country Estate has recognised the niche in the market for families who would like to enjoy the Springvale lifestyle but not necessarily take on the responsibility of a 2600m<sup>2</sup> plot. For this reason, Springvale Country Estate and the development team is excited to announce the launch of Springvale Village.

Springvale Village is situated in a beautiful area of Springvale Country Estate. Phase one of the Village will consist of 50 freehold homes. The Village will give clients the option to buy freehold plots averaging 650m<sup>2</sup> from R550 000 or the 2, 3 and 4 bedroom all-inclusive home packages, priced from R2,8m and launching in February 2021. Only one levy will be payable.

These packages will be inspired by modern farm-style living, blending perfectly into the natural landscape. This is the best option for homeowners who are daunted by the building process and possible run-away costs. These Home Package options also allow homeowners to apply for a bond of up to 90% loan to value.

The Village has been designed to create a typical village feel, with quiet interior roads, waterways, bridges and beautiful avenues of trees where children can play freely in the play park area and enjoy the safety of riding their bikes along quiet village streets and cul-de-sacs.

Homeowners can enjoy catch-and-release fishing, birding at the bird hide or lazy afternoons at the Sunset Dam Clubhouse. The Clubhouse will be a place of comfort and relaxation with beautiful views over the sunset dam, comfortable loungers, a pizza oven, braai area, kiddies play station and field.

For young families looking to build their first home or those looking to move to a secure lock-up-and-go, Springvale Village offers homeowners in all seasons of life an affordable country charm lifestyle within a farm-style estate. *Pet Policy: 3 pets (2 dog limit)*



Perspective of 3 bedroom house package

### SPRINGVALE VILLAGE FEATURES:

- Village Green with a kiddies' jungle gym, bathroom, kiosks for pop-up coffee and food stalls (to inspire an entrepreneurial spirit amongst Springvale kids and homeowners.)
- Sunset Dam Clubhouse: braai, pizza, outdoor loungers, ablutions.
- Sunset Dam Jetty: catch-and-release fishing
- Reservoir Bird Hide
- Freehold - only one estate levy

Land available from R550 000.

All-inclusive Home Package Options available from R2,8m inc. land (launching February 2021)

**SPRINGVALE COUNTRY ESTATE** - Register your interest today:

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**Stuart** - [stuart@springvalecountryestate.co.za](mailto:stuart@springvalecountryestate.co.za)  
0721762971

**Nick** - [nick@springvalecountryestate.co.za](mailto:nick@springvalecountryestate.co.za)  
084 444 6553





View over Sunset Dam toward site of Springvale Village.



# THE WRITING'S ON THE WALL

That Damn Vandal



**“There’s** a story behind the graffiti at the new Umhlanga Arch and the 88FM radio Studio and the concept car wash Machineworx at the Ballito Lifestyle Centre. Visual artist That Damn Vandal, aka Shaun Oakley, has taken his spray paint to large-scale urban walls, and even given Super Cars an edgy overhaul. Life & Style sat down with him for a quick-fire Q & A, before he tackles one of his craziest projects yet; a Rolls Royce.

**You have an art degree; how did you get into graffiti?**

I used to skateboard quite a bit and obviously with the territory, the two cultures often meet and I felt my calling for graffiti. It was during high school that I started to notice more and more of it.

**Are you from KZN originally?**

Yes, born and raised in Durban. I lived in the UK for a couple years which opened my eyes to graffiti even more. But home is Durban.

**Prior to your work at the Umhlanga Arch and the Ballito Lifestyle Centre, what has been your favourite/most memorable piece of work?**

There are so many memorable walls as each wall has had its own journey and challenges. I think the walls that are larger and more detailed stand out for me. I would have to say the H&A Associates Wall in Cornubia, Durban.

**Tell us about the Machineworx brief – what did they ask for, and how long did it take?**

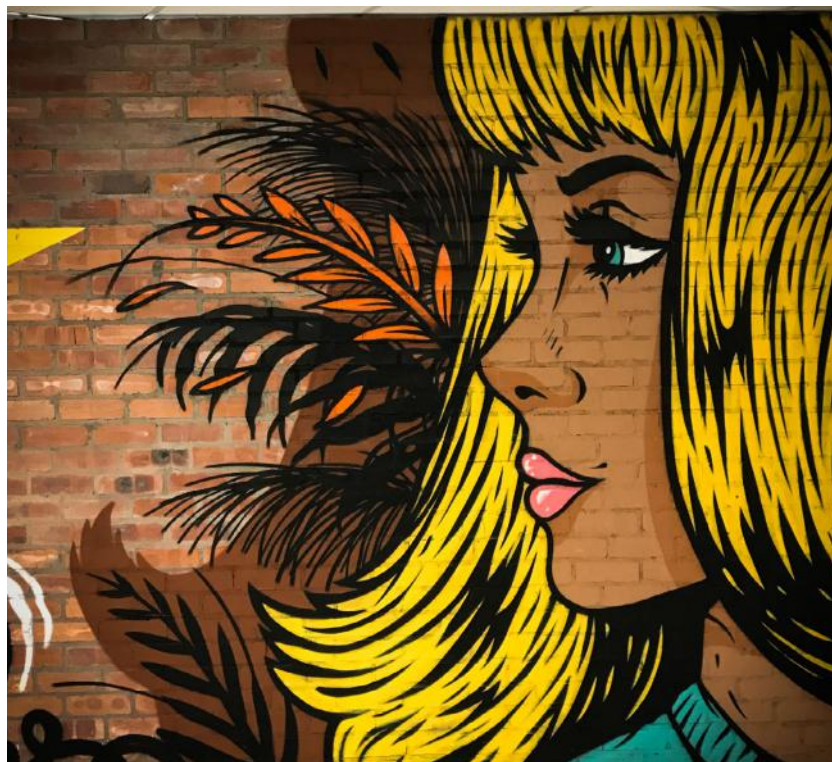
The Machineworx project was a very special one as I worked alongside Brett for many months building and adding my flavour to his vision. It was a very well thought out and planned project, and is a one of a kind place to go to. In total, I spent around four days painting, and it’s still one of my favourites to date. Purely because he trusted me so much and gave me room to do what I wanted to do.

**Tell us about your artist’s tag, ‘That Damn Vandal’.**

Yeah, so it was actually a tricky one! I often carry stickers on me and stick them up when I travel. My wife caught me out the one time, shouting, ‘you Damn Vandal!’ I also chose the name as my business as I knew it would cause unrest among the graffiti scene, and get people talking about the name and myself as an artist. Plus it’s just easy for the public to remember.

**Which artists do you follow, locally or internationally?**

I follow around 890 influential artists worldwide, too many to list, but each and every one of them really push the boundaries whether it be a tattoo artist, graffiti artist or illustrator. I think it’s very important to constantly have healthy competition and inspiration to keep you inspired and pushing harder.



**Where do you draw your ideas from?**

I take inspiration from everyday life; from people around me, to social media and the environment, colours, patterns, fashion, and unique styles.

**You’ve done work on supercars – what would be your ultimate canvas to work on?**

Yes, I’ve painted quite a few cars now. I’ve been super blessed to have been given the opportunity and hope to keep pushing the boundaries. Cars are very challenging as the space is limited, whereas with large walls you can go wild. But I find not many people have the chance to paint Supercars so I often push for those. I want to stay unique and one step ahead. I’ve actually got a Rolls Royce in the pipeline so watch this space. It’s going to be nuts!

**THAT DAMN VANDAL**

[www.thatdamnvandal.com](http://www.thatdamnvandal.com)  
[@thatdamnvandal](https://www.instagram.com/thatdamnvandal)















# TIPS FOR SAFE HOLIDAYS

Trellidor

**“With** the holiday season fast approaching, we could all do with some tips on how to make it a much-needed safe and happy time. “Like our customers, the Trellidor team have families and we use these ideas ourselves,” said Shaun Erasmus, Trellidor Business Support Manager.

## CHECK YOUR CURRENT SECURITY

A home is one of the biggest assets we'll own in our lives and is worth looking after. Security should be an integral part of home maintenance, so call in a Trellidor expert to give you an assessment of current security measures. *“Often there are weaknesses that we don't see, but that an outsider trained in this area will notice. We will do a full check-up of your security and make recommendations as to how you can upgrade it as cost effectively as possible,”* said Shaun.

## PLAN FOR IMPROVEMENTS

If there is a lot to be done to make your home safer, plan a list of priorities to work through over time. Start with the most vulnerable areas, such as ground floor windows and doors that lead outside. Your Trellidor consultant can help you decide on what to do first. Then order your products in time for installation before the annual shutdown. There is always a rush for security products at year end, when people realise they need to do something to prevent break-ins before they go on holiday so get in early.

## STAYCATION SAFETY

If you're holidaying at home this year, there are a few points to be aware of. Firstly, make sure you use your security barriers. All too often we leave doors and security gates open when home. Keep the gates locked so that you don't get caught unawares. Secondly, consider installing see-through security barriers in your entertainment area. These are products that bring you close to your garden or sea view even when they're closed and locked. Try Trellidor Clear Guard screens, framed Polycarbonate bars or louvre shutters with added internal strengthening measures that turn them into strong security. *“You'll feel far more relaxed at home as you are not so aware that you are surrounded by burglar proofing,”* said Shaun.

## NEW SHOWROOM STOCKED WITH HOME IMPROVEMENT PRODUCTS

Shaun and his team have moved into a new showroom at 99 Umhlanga Rocks Drive. It is stocked with Trellidor products as well as window blinds and shutters from our sister company, Taylor Blinds. Plus, we have beautiful decorative mouldings such as skirtings and wall panels from associate company NMC. *“Come and enjoy a cup of Colombo coffee with us and we'll share more holiday security tips and home improvement ideas,”* said Shaun.

## TRELLIDOR

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## FESTIVE SEASON WISHES WITH YOUR PEACE IN MIND

It's time to rest and recuperate from a tough year. All of us at Trellidor wish you a peaceful, incident-free festive season. And while you enjoy the holidays, remember that wherever you are this December, there is a Trellidor franchise just a phone call away should you need us.



**CONTACT US | 031 569 5000**  
99 Umhlanga Rocks Drive, Durban North

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# SUMMER AND THE BALLITO BEACHES

Steve Honeysett



“So summer is almost back and already our beaches are filling up with visitors and we are back to queues at the shops and parking issues. Where do we go to enjoy a nice piece of quiet beach?

**Every summer our main swimming beaches become popular with visitors and the quiet strip of sand that you sat on for most of the year by yourself now becomes too busy and crowded. So, where do you go to in holiday season to enjoy that quietness?**

For many locals there are secret spots that the crowds do not frequent, mainly because of access issues and parking, but if you don't mind a bit of a walk, there are some really nice quiet spots to discover.

Kicking off in the South, there is Zimbali beach - a stretch of about 2km where one can sit without crowds. Parking is restricted to the last car park in the southern corner of Salmon Bay, and a walk around the point gets you onto this beach. From Salmon Bay to Willard's Beach, its prime beach area so if you do not enjoy crowds, move on.

Sunrise Point north of Willard Beach is a really nice spot with a little unknown tidal pool perched up on the rocks. It's a 150m walk from the main beach and it's next to the broken down house that sits tucked into the point.

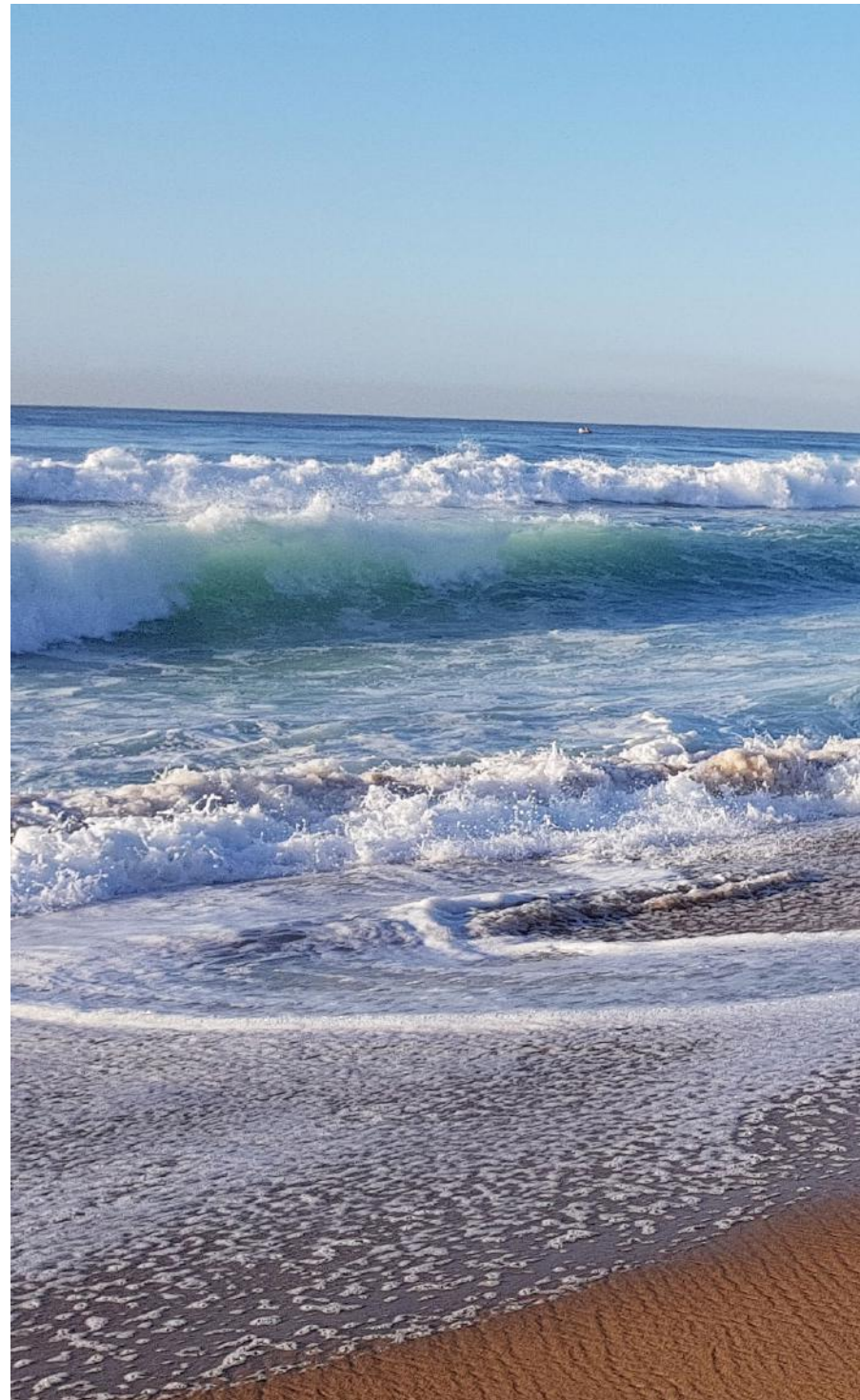
There are three beaches a little further north of Sunrise Point that are in front of Santorini Resort. These are quiet beaches only visited by a few residents from that side of Ballito and those who live in Santorini

Access to these beaches is difficult as it involves some walking from Kudu Road or Thompsons Bay, so carry light - maybe just a backpack to see you through your time spent there. Further north you get another hot spot, Thompsons Bay Beach, which gets packed out, but just on the left of the beach is the famous Shakas High Rock where Shaka Zulu possibly got rid of troublemakers back in the day by throwing them off the cliff into the sea for the sharks to finish off.

Shakas Rocks today is a much less violent place with some pretty cliff faces along the back of this stretch and some convenient ledges where one can sit, but this spot is only accessible on the low tide as the sea can rise up very high along this stretch. In the past a number of people who did not pay attention to the tides have been trapped here.

Catfish Beach is between Chaka's Rock Tidal Pool and Salt Rock Beach, which is frequented by a few locals, is also not really affected by the masses. Tiffany's Beach north of Salt Rock Hotel is another gem which only sees a few locals all the way up to 4 Poles rocks - a stretch of about 1km of golden sand.

Further north, one gets to the rocky part of the coast line called Sheffield Beach where there are a number of access points to get you down anywhere along this stretch of beach.















***For many locals there are secret spots that the crowds do not frequent, mainly because of access issues and parking, but if you don't mind a bit of a walk, there are some really nice quiet spots to discover.***

There are pleasant little coves and rock formations worth visiting and this area is popular with families as small children can swim and play safely in the many rock pools. Sheffield runs for around 3km and then you will come to a quaint bay called Christmas Bay which is tucked into a corner of open beach that stretches north for about another 3km until it reaches the Tinley Manor Lagoon.

Here there are some nice rock pools and small freshwater streams that flow into the sea. Tinley manor lagoon is a great spot to visit with the beach and surf on one side and a sub-tropical lagoon on the other, stretching into the sugar cane farms beyond where if you are lucky, you can spot fish eagles, flamingos and many other interesting species of birds. Tinley Manor Main Beach opposite the tidal pool is another nice attraction, but it gets very busy on weekends and public holidays.

All beaches north of Tinley Manor are relatively quiet with the beach at the ski Boat Club being the one most frequented by locals who are escaping the crowds.

As I mentioned, all of these beaches are not easy to get to and involve some walking so you will definitely have to travel as light as possible.

Parking is remote and you will have to leave your car some distance from where you are wanting to visit which can be risky.

Most people tend to walk to these beaches by arranging to get dropped off at a point and walking back to their accommodation or being collected later which takes away the worry of cars being broken into.

**So here are some tips to help you plan your walk or day out on these beaches:**

- Pack Lightly
- Prepare for the sun and heat (Sun Block etc.)
- Avoid taking valuables (Expensive items)
- Watch the tides (2hrs before Low tide 2hrs after)
- Do not leave your car in remote places
- Swimming in the ocean is dangerous out there
- Always carry a phone with emergency numbers
- Hydrate to avoid overheating and sun stroke
- Carry shoes to walk on hot sand and rocks
- Know your fitness limits (Sand walking is hard)
- Do not climb up steep rock faces and on dunes
- Do not damage any vegetation
- Do not walk alone – Safety in numbers

Pick up a tourist information brochure which will have a map of the coast and will point out all the spots that I have mentioned.

Enjoying your holiday - this is what it is all about.

**\*\* Seaweed Steve presents the Daily Surf & Weather Report on 88FM Ballito**



## EXPLORE BAYALA

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Family-friendly and open-hearted, Bayala welcomes guests to two independently run lodges, each with 24 rooms offering all the essential comforts. At Bayala, life is lived with homespun finesse, and the lodges provide chic lounges and bars, dining areas both indoors and out under star filled skies, and a pool deck that keeps close company with the wilderness.

Rehabilitation of wilderness and restoration of wildlife are Bayala's highest priorities. Guests have a privileged window into conservation-in-action here and are offered the opportunity to participate in activities such as the dehorning of rhino.

Green living and sustainability are also practised here, and guests are invited into our earth-friendly way of life. Join us at award-winning Bayala Private Safari Lodge and Camp for a meaningful, memory-making wildlife safari in South Africa.

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# SISSY THAT SIDEWALK

Raptor Room by Dan Charles

**“One** night, while I was sitting at the bar of The Raptor Room, a stranger struck up a conversation with me. He was a Londoner, but he had moved back to Egypt to take care of his elderly mother before the peak of the Covid-19 pandemic, as a dutiful son would. As the case numbers started to cool down and travel restrictions began easing up, he decided to take a break from life at the top of the continent by spending a week exploring the very bottom of it and that's how we came to be in the same room - three bar stools apart with our masks on - making conversation about what there is to do in Cape Town and where there is to go. I asked him how he came across The Raptor Room ( a restaurant and live performance venue situated in the heart of Cape Town's District 6 area that prides itself as a safe space for the city's LGBTQ+ community). He said that he had been walking around the area and noticed the large rainbow, painted along the sidewalk outside of the building. As a gay man walking around the city at night, he knew that he'd feel welcomed here. He knew that he would feel safe.

**This is precisely why The Raptor Room had spent the last four years enduring the lethargic bureaucratic process of acquiring permission from the the city to paint over the sidewalk with the colours of the LGBTQ+ Pride Flag.**

“Cape Town has such a big queer community, and we want to give them the space to feel welcomed,” said Amy Lilley, the owner and founder of The Raptor Room. “I hope the message that it sends to people is that they have a safe space where they can be seen and made visible. It should not be a shame; it should be celebrated.”

On the 24th of October 2020, after finally receiving permission from Cape Town city officials, The Raptor Room invited all of the patrons and members of the local queer community to paint over the sidewalk adjacent to the renowned queer-positive restaurant and performance venue with the colours of the LGBTQ+ Pride Flag. While still maintaining safety protocols as required within South Africa's lockdown level 1 regulations, the day was a joyous celebration of vibrancy and solidarity of queer visibility within the city - with everyone getting a chance to leave their mark by painting a stretch of the flag. What added to the significance of the event was that the painting took place on Roeland Street, the road that leads directly towards South Africa's parliament building and that the event happened to take place following the signing of The Civil Union Amendment Bill on the 23rd of October by the president, Cyril Ramaphosa - securing the right for same-sex marriages to remain legally recognised and protected in South Africa.

Of course, there is still a lot of work to be done with regards to ensuring a sense of safety amongst the disenfranchised communities within South Africa. But, with steps like these being made from a governmental and ground-level standpoint, one can't help feeling hopeful about the future. And, after a year of living through a global pandemic, I'll take any bit of hope wherever I can find it. My friend from Egypt managed to find it here and, if you're looking for the same kind of hope, you can find it at the Raptor Room too. We'll be waiting for you there at the bar.

## THE RAPTOR ROOM

[www.raptorroom.co.za](http://www.raptorroom.co.za)

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- Photography: Jess Semple/Orms Cape Town









# HAZY DAYS

Amanda Laird Cherry



“On a windswept day along the Indian Ocean beaches of Durban South Africa, Summer Haze editorial was born. This team of creatives each brought their unique energy and artforms to the collaboration. Featuring the Durban based designer, Amanda Laird Cherry, who brought different clothing ranges from their archives. **“We are a designer label that creates apparel with soul”**— capturing the photos to create the mystique of a remote beach with the added elements of nature.

**Photographer:**  
Ryan Roake  
[@ryan\\_roake\\_photography](#)

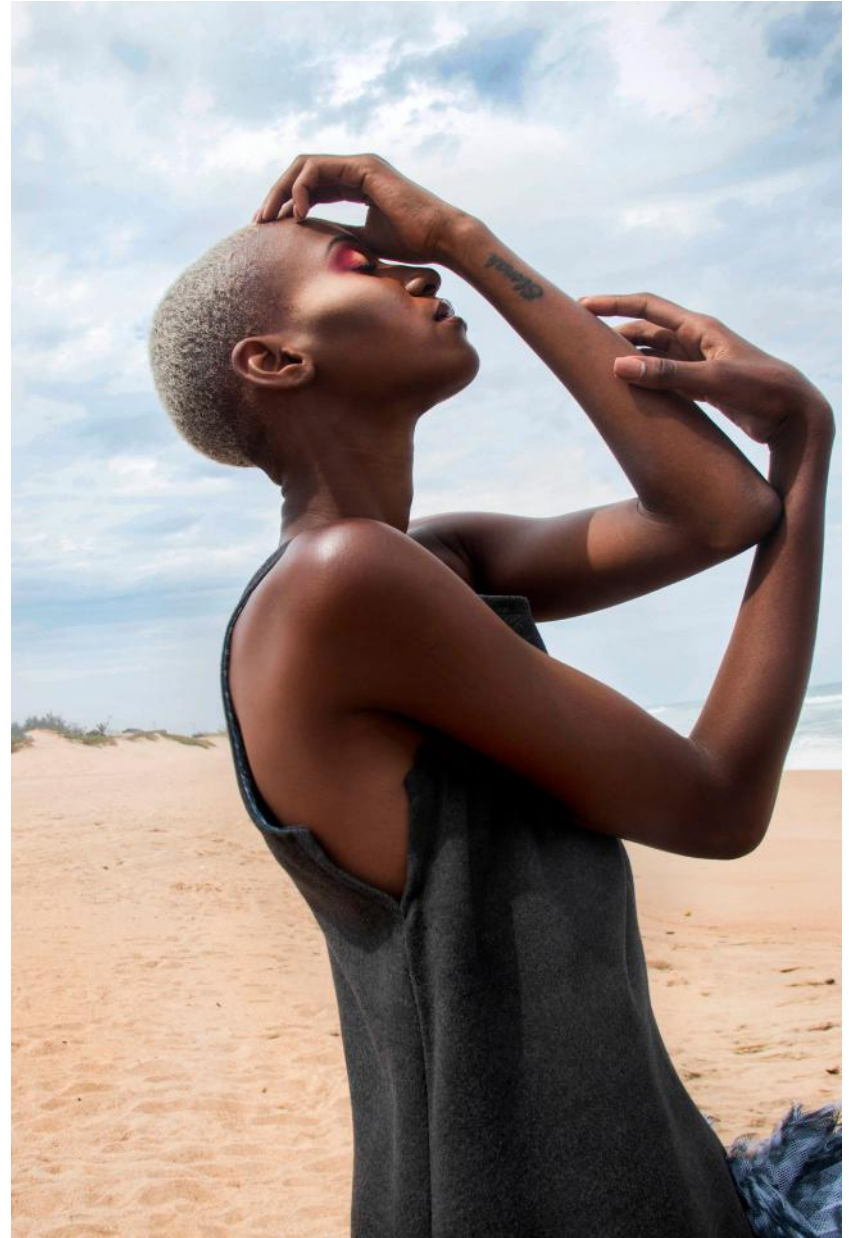
**Designer:**  
Amanda Laird Cherry  
[@alc\\_woman](#)

**Model:**  
Meloh Mdluli  
[@meloh.mdluli](#)

**Stylist:**  
Leigh Vermaak  
[@leighvermaak](#)

**Makeup:**  
Candice Mills  
[@blush\\_makeupdurban](#)

**I Model Management Agency:**  
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# PREPARING YOUR LIVER FOR THE FESTIVE SEASON

Kim Wilson – Lifestyle Health

**“The** liver performs over 500 essential functions in the body, including detoxification, protein synthesis and the production of cholesterol and bile. It is vital for storing vitamins, minerals and even carbohydrates. It also breaks down ingested toxins such as medications, alcohol and natural byproducts of your metabolism. Taking care of your liver is critical to staying healthy.

As we approach the festive season, remember to include the following foods to keep your liver functioning optimally.

## COFFEE

GREAT news for the coffee lovers among us: the research indicates that coffee may be good for the liver, especially because it may protect against conditions such as fatty liver disease and even cancer.

A 2014 study in the Journal of Clinical Gastroenterology suggested that the protective effects of caffeine are due to its influence on liver enzymes. Coffee seems to reduce the buildup of fat in the liver, as well as increase the number of protective antioxidants (including glutathione) in the liver. Finally, coffee has been shown to decrease inflammation, which is a well-known risk factor for many conditions.

## GREEN TEA

Green tea may be more of an acquired taste for some, but there is no discounting the many health benefits it offers. Green tea has been shown to help with weight management, blood sugar balance, cancer-prevention and more. In relation to liver health, a 2015 study in the World Journal of Gastroenterology found that green tea may help with reducing overall fat content of the liver, improve liver enzymes and may also fight against oxidative stress. Similar benefits have been found for black tea, but green tea seems to have more potent effects.

## GRAPEFRUIT

Once touted as the ultimate “diet-friendly” breakfast food, grapefruit contains antioxidants that naturally protect the liver. Grapefruit has been shown to protect the liver in two ways: (1) reducing inflammation and (2) protecting the cells of the liver. The antioxidants in grapefruit are responsible for preventing the development of fibrosis in the liver, and in animal studies they have been shown to improve the liver's ability to metabolize alcohol. Sadly, this benefit has not been seen for humans as of yet.

It is worth noting that grapefruit may interfere with some common medications including Statins, certain Blood Pressure medications and more. It is worth checking with your healthcare practitioner if increasing your grapefruit intake will interfere with your medications.

## BERRIES

Berries are packed full of antioxidants that are liver protective. Whole berries, or even their extracts, may also improve the liver's immune and antioxidant responses. Whilst









more human studies are needed on the specific mechanisms of how berries impact liver health, as low-calorie but nutrient-dense foods it seems wise to include them regularly as part of a healthy diet.

### **BEETROOT JUICE**

Beetroot juice is naturally rich in both nitrates and antioxidants. These may benefit your heart health and reduce both oxidative stress and inflammation. We often recommend beetroot juice for lowering blood pressure and increasing blood flow around the body.

Beetroot juice seems to carry the same benefits for liver health. Research has also shown an increase in natural liver detoxification enzymes following beetroot juice ingestion. Whilst eating whole beets may carry the same benefit, more research has been conducted on the juice itself.

### **OATS**

Oats are a staple breakfast in many households, and they have been proven time and time again to be a healthy, fibre-rich option. Whilst fibre is important for gut health, it seems that specific fibres in oats called beta-glucans may be especially helpful for the liver.

Beta glucans are very biologically active in the body. They are well known modulators of the immune system; they fight inflammation and may help with weight management and blood sugar balance. In animal studies, beta-glucans also appear to reduce the amount of fat stored in the liver, which would be beneficial for those with fatty liver disease. However, more studies are needed.

### **NUTS**

Eating nuts may be the simplest way to keep the liver healthy and prevent non-alcoholic fatty liver disease. Nuts contain unsaturated fatty acids, vitamin E and antioxidants. All of these reduce inflammation and oxidative stress. Enjoy a handful a day to experience the benefit.

### **FATTY FISH (or plant-based sources of Omega 3 fatty acids)**

A study in the World Journal of Gastroenterology showed that consuming fatty fish or fish oil supplements may reduce the impact of non-alcoholic fatty liver disease. Fatty fish is rich in Omega 3 fatty acids which reduce inflammation in the body. These fats are particularly helpful for liver health as they prevent the accumulation of fat in the liver and maintain enzyme levels.

As a health tip, try to consume fatty fish such as salmon or herring two or more times per week. Alternatively, consider taking a fish oil supplement. For vegans and vegetarians, plant-based supplements are available.

### **GENERALLY: FRUITS AND VEGETABLES**

Fruits and vegetables are rich in fibre, vitamins, minerals and many antioxidants that generally improve overall health including your liver. Cruciferous vegetables in particular have been shown to improve liver detoxification processes and decrease oxidative stress.

### **FINAL THOUGHTS**

Protecting your liver is important for long term health and it's wise to do what you can to protect your liver. Aim to include as many of the foods above as possible or consider supplementing with high quality extracts that can benefit you similarly.

### **LIFESTYLE HEALTH**

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Celebrating 11 years of serving the North Coast of KZN this year, continuously strive to know more about health and wellness, so that they can give more to their customers.



Kim Wilson and Judy Martin



# IT'S A JEEP THING

## You Wouldn't Understand - Dave Charles

**“Most** people who drive Jeeps are passionate about them. They crane their necks to study an old CJ5 rolling by on tires and wheels worth more than the rest of the Jeep itself. They slow down to pass (very slowly to get a good long look) a new 4-door Unlimited with all the factory goodies, or a sexy looking 2-door Rubicon sporting a ridiculous range of aftermarket accessories. Jeeps are the most customisable vehicles on the market and the range of accessories available for them is seemingly endless.

The Jeep “mystique” is very powerful... you just get a sense that something is different when you own one. Jeeps require regular maintenance and upkeep and that's all part of the attraction. One of the great things about them is their inherent ruggedness and durability. However, most jeep owners won't leave well enough alone and can't help adding new and better parts, equipment and accessories.

The slogan **“It's a Jeep thing...you wouldn't understand”** clearly states the Jeep lovers position (well, maybe that's not so clear after all). Then how about this – it goes back to what **excites** us and makes us feel more alive...the **passion!**

Being out in the bush or just tooling around the back roads or national parks gives you a feeling of what **freedom** is all about, especially in a durable vehicle capable of taking you to places you might never have been able to see otherwise.

Yes, I love Jeeps and I would hazard a guess that I am not alone. Albie DeWitt is one of the most active members of the Ballito Jeep Club and epitomises the spirit of the diehard Jeep lover.

After a successful thirty-year career in banking, Albie retired to Ballito because he wanted to enjoy the people, the weather, and the relaxed lifestyle that this part of the world has to offer. The best way to do this, he discovered, was to buy a Jeep which he did two years ago, and it completely changed his life.

He joined the North Coast 4x4 Club here with the aim of starting a new off-road lifestyle to experience the beauty of the KZN North Coast and to meet people also interested in off roading.

**“I am enjoying it thoroughly and cannot wait to explore more of our beautiful surrounds here in the region of Ballito every week.”**

You go, Albie – we are right behind you!

### JEEP CLUB SA

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# MOTHER OF DRAGONS

It's a Real Love Story



**“People** generally don't like snakes. They are the creatures closest to the mythological dragons that terrified our ancestors. There is apparently a primordial fear rooted deep in the ancient amygdala part of the human brain that causes us to react in alarm if we unexpectedly come across a snake. Generally, the reaction is geared towards survival, triggering the fight or flight syndrome and we don't like things that cause us this level of anxiety. But Samantha Cumming has overcome this natural barrier and has developed a passion for these creatures that she wants to share. This is her story.

**My journey into reptiles, specifically snakes, started about 5 years ago when I attended a snake demonstration hosted by Neville and Helen from Ndondlo Reptile Park.**

I had an extreme fear of snakes, yet my interest was triggered. I approached Neville and he happily agreed to mentor me. I attended various Snake Awareness and handling courses and today I am happy to say that my fear has been replaced with a huge respect and love for these misunderstood creatures.

I have a small, yet impressive collection of venomous and non-venomous snakes, of which my favourite would be the West African Gaboon Adder, Bitis Rhinoceros. Gaboon Adders are not only beautiful snakes, they are also highly venomous with fangs that rate longer than any other snake in the world (roughly between 3 and 5 cm).

They carry a predominantly cytotoxic venom which causes extreme swelling, blistering, and necrosis at the site of the bite. A polyvalent antivenom is required and available for the treatment of this bite.

Gaboon Adders are surprisingly placid snakes but they should never be underestimated. Their heavy bodies move pretty quickly in defence. Like all snakes, Gaboon Adders are defensive and not aggressive. They will defend themselves out of fear and give a loud hissing warning before striking.

Snakes play a vital role in the smooth running of our ecosystem and should be respected and appreciated. My goal is to continue educating the public about snakes and providing a snake removal service to my community, which I do under the watchful eye and mentorship of Neville Wolmarans.

And Snakes aren't my only passion! My full-time occupation is teaching a class of awesome 5 years old at Dolphin Coast Pre-Primary, the oldest and best Pre-School in Ballito.

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**“The** extension and revamp of the Lifestyle TOPS got underway behind the scenes during lockdown. When liquor stores were closed by the government for the second time this year, the TOPS team took the decision to make good use of the lockdown period, bringing the project start date forward and accelerating the construction program, clearing out the store and powering ahead with some of the more disruptive work while the store was closed to customers.

**This very exciting project has created a unique, spacious and beautifully designed liquor store that is over two and a half times the size of the previous TOPS store at Lifestyle Centre.**

According to Lifestyle Centre and Lifestyle TOPS Co-owner, Bruce Rencken, “One of the many things that lockdown has highlighted is just how big a part of our life liquor is. South Africans are social and gregarious by nature and enjoying a drink together often forms the basis of gathering with family or friends, usually accompanied by an excellent meal. But the new LIFESTYLE TOPS is about more than just the liquor. Not only have we extensively expanded our range and offering in wine and other growing liquor categories, but we have introduced new categories such as biltong, cigars, gifting, snacks and chocolates.”

The existing 336m2 trading area has grown to 884m2, incorporating an expansive wine department, walk-in beer fridge and intimate, interesting spaces for gin, whiskey, rum and tequila, and international speciality beer brands and craft beers.

“Our vision was to be an ‘experiential’ liquor store, rather than a ‘traditional’ or ‘conventional’ liquor store,” said Rencken. “Key factors in the floor layout and design of the store are convenience, flow, simplicity of shopping experience, extensive range and visual merchandising. The store is on trend, with beautiful design and aesthetics, and offers a number of different concepts. Our aim is to transform Ballito’s liquor shopping into a world class, fun, exciting, educational and experiential occasion”.

The new store is what marketing experts refer to as an industry disruptor and leader, and has established a new benchmark in the retail sector – another first, for Ballito!

#### LIFESTYLE TOPS

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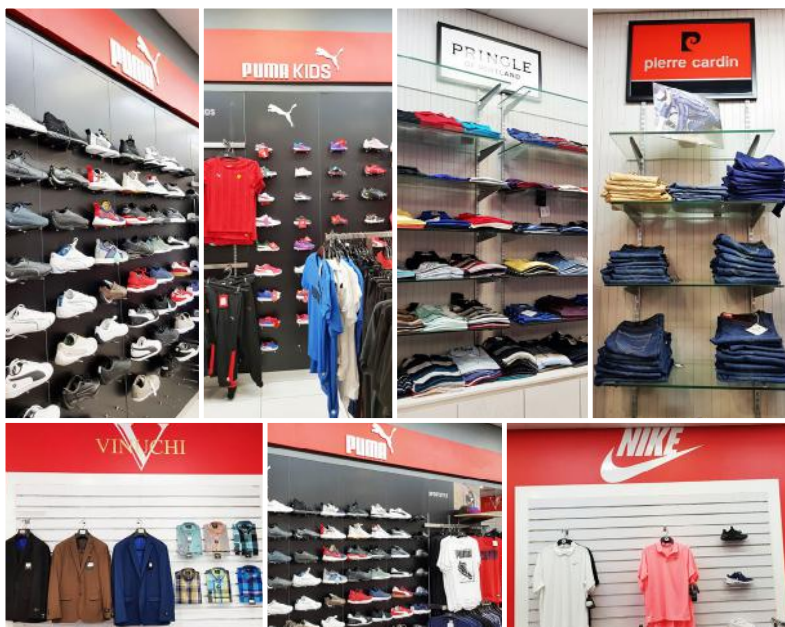
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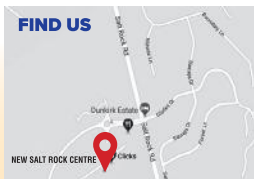
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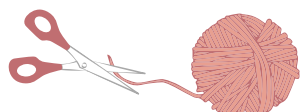
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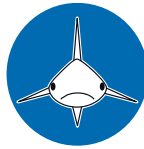
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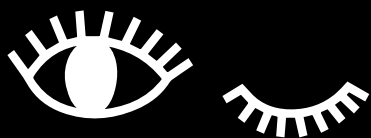
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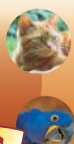
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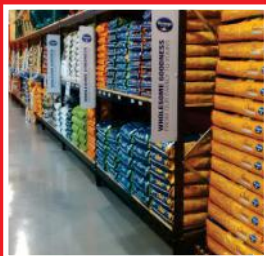
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## LOVE A PUP QUIZ?

Here are some brilliant four-legged facts  
about doggos!

### Dogs noses are wet to help absorb scent chemicals.

Ever wondered why dogs' snouts are so wet? It's to help them absorb scent chemicals! Their noses secrete a special mucus that helps to absorb these chemicals, and then they lick their noses to sample them, helping them to understand what the smell is.

### Newfoundlands are amazing lifeguards

Newfoundland dogs are the ultimate doggy lifeguards, because they have water resistant coats and webbed feet. They were originally bred as fishermen's helpers and to rescue people from drowning!

### The Beatles song 'A Day in the Life' is probably your pup's favourite song!

In a 2013 interview, Sir Paul McCartney said that he added a frequency only dogs can hear to the end of the Beatles song 'A Day in the Life'.

### Three dogs survived the Titanic sinking.

The dogs were in first class and included a Pomeranian puppy - which her owner wrapped in a blanket so everyone thought she was carrying a baby. Another Pomeranian and a Pekingese were also rescued.

### A Bloodhound's sense of smell can be used as evidence in court.

According to PBS, a Bloodhound's sense of smell is so spot-on that it can be admitted as evidence in a court of law. Bloodhounds can also follow tracks that are over 300 hours old and can stay on a trail for over 130 miles! Amazing!

### The tallest dog in the world is 44 inches tall.

The tallest dog in the world ever was a Great Dane named Zeus! Measured at 44 inches tall on October 4th 2011, he's the current Guinness World Record holder.

### Basenji dogs don't bark, they yodel.

Basenjis are excellent singers. The Basenji dog doesn't bark. Instead they are known to yodel, whine or scream.

### A Greyhound could beat a Cheetah in a long distance race.

Greyhounds are excellent long distance runners and can keep a speed of 35mph for up to 7 miles. While Cheetahs are incredibly fast, they can only keep up their speed for around 200 -300 yards. So, they may have the running start but they would soon be surpassed by a Greyhound!

### A blind man and his guide dog hiked the Appalachian Trail.

According to the Washington Post, for eight months during 1990 a blind man named Bill Irwin hiked the Appalachian Trail with his guide dog, Orient, helping him along the way. Dogs truly are man's best friend.

### The Ewoks in Star Wars were based on a dog.

The Los Angeles Times claims that George Lucas modelled the Ewoks after his family dog!



# LISTEN TO THE VOICE OF BALLITO

88FM



LISTEN NOW ! Scan the QR code!

**“Brand** Ballito continues to grow as people from less attractive parts of the country discover how good the lifestyle can be here. The local economy is booming again in most quarters as it rebounds from the strictures of lockdown and all indicators point to even more extraordinary things to come.

Radio Life & Style broadcasting locally on 88FM is the Voice of Ballito, carrying a carefully curated mix of interesting local information, personalities, and entertainment relevant to this part of the world as well as the best mix of easy listening music on the planet!

Broadcasting 24/7 from the studio in the Ballito Lifestyle Centre, Radio Life & Style creates the continual soundtrack to life the Ballito way and our digital audio signal carries the magic via our free Apps or website to the furthest corners of the planet.

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## TEN POINTS

“

Be in love with the world.

Trust yourself to get through a difficult time.

Send out goodness and you can expect goodness to come back to you.

Withhold criticism and judgement.

Make few promises.

Make your life more like you want it.

Protect life that is weaker than you are.

Share knowledge freely.

Be willing to act in the face of fear.

Kindness calms the mind.





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For the best mix of easy listening music on the planet and all the latest in North Coast news and views, style, personalities, entertainment and much more, tune in and kick back with Radio Life & Style 88FM!

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