

BRITS - HARTBEESPOORT - RUSTENBURG

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PRET IN
HARTBEESPOORT
MET

**PAUL
KRUGER**

*Debora Jansen
van Nieuwenhuizen
sings her way
to the USA*

**Melissa Louw
Mrs Rustenburg**

LOVES TO LOOK PRETTY

SHOPPING, PEOPLE AND LIFESTYLE IN YOUR NEIGHBOURHOOD

March 2014



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NEW PROPERTY FINANCE CONSULTANT PUTS MORE PEOPLE INTO HOMES!

We welcome Rosemary Steyn, local Rustenburg resident, who joins the SA Home Loans team. SA Home Loans is South Africa's largest specialist non-bank home loan provider, with a reputation for personalised one-on-one service, so you can count on her expertise for all your home finance requirements.

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Rustenburg - Hartbeespoort - Brits

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Melissa Louw

Volume 1
Issue 6
March 2014

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Out & About

Pencil these events into your March diary now!



7 Nianell is 'n skitterende ster. Die stembimnas Nianell ontgin die genres van pop, country, folk, R&B, klassiek en selfs Kelties. Sy is 'n Suid-Afrikaanse en internasionale suksesstorie, met baie van haar liedjies wat op radiostasies wêreldwyd gespeel word. Sy is 'n begaafde sangeres, 'n talentvolle musikant, 'n liedjieskrywer, 'n skrywer en nou ook 'n inspirerende hoofspreker. Sy sal by die Tarentaalteater Teater in Rustenburg wees Vrydag, 07 Maart om 19h00. Tel 082 417 6873.



8 A family and friends fun walk/run in the most beautiful area of the Magalies Mountains on the Sappers Heritage Centre and Green Leaves farms. Starting time at 08H00. Entrance fee R40.00 Distance 5 and 10 km. Contact Irene Small 082 564 1619



15 and 16th. The New Balance Impi Challenge, an obstacle course race, will take place at Van Gaalen Cheese Farm in Skeerpoort. Contact www.impichallenge.co.za

15 The annual Old Mutual Om die Dam Ultra Marathon will take place at Hartbeespoort Dam



29 The Wild Dog Extreme is a 50km trail run at Van Gaalen Cheese Farm in Skeerpoort. Contact www.thesportsbasement.co.za



7 tot 9 Maart. 'n Karp en Barber Hengelkompetisie vind plaas by De Rust. Kontak Jan by 076 607 8956

If you have a date for the Get It diary page, email the info at least a month in advance to info@getitplatinum.co.za or fax 012-259-0986

Great hair days



Compiled by: Kym Argo and Imke Mostert.

Invisibobble Traceless Hair Ring, R80 • Urban Fudge Gel Head Everyday Flexible Style Controller, R99.95 • Marc Anthony Strictly Curls Curl Booster, R114.95 • Urban Fudge Sea Salt Texturising Spray for Raw "beach hair", R99.95 • Tigi Bed Head Straighten Out, R259 • Hannonon Styling Liquid Crystal Styling Gel, R120 • Urban Fudge Powder Styler Shake & Style For Instant Texture, R99.95 • Pure Beginnings Eco Living Shampoo, R85 • Denman Squaregonomics Hair Brush, R99.95 • Denman Dress Out Brush, R99.95 • Paul Mitchell Smoothing Super Skinny Serum, R350 • Urban Fudge Messy Stuff Blow Dry Crème for Natural Messy Hair, R99.95 • Philip Kingsley Elasticizer, R270 • Urban Fudge 3 in 1 Miracle Moisture Stuff, R99.95.

IT'S MORE THAN ENTERTAINMENT IT'S BREATHTAKING!

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Leisure Options Best Of Johannesburg Readers' Choice Awards 2013/2014 | *Pretoria Readers' Choice Awards & The Star Readers' Choice Awards



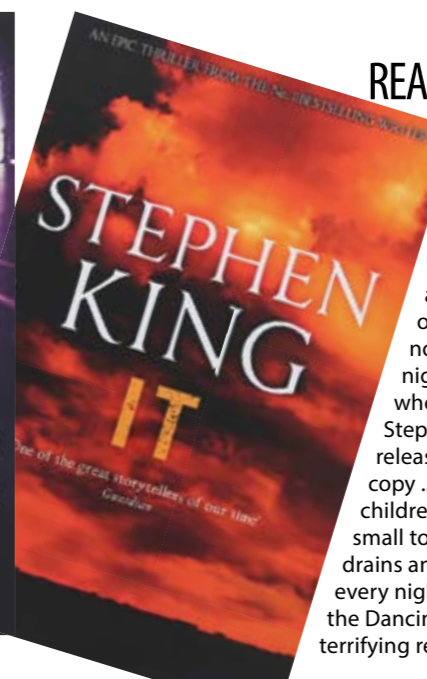
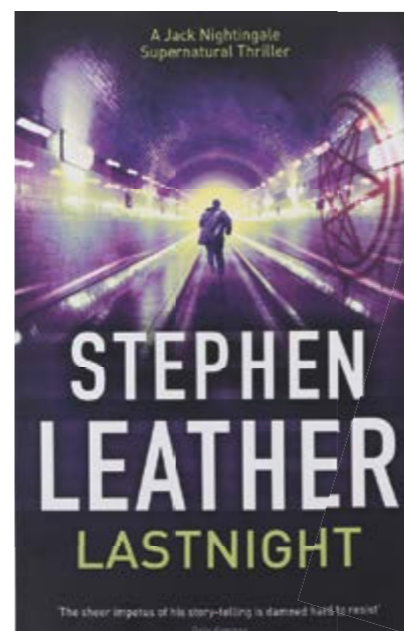
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ANOTHER TSOGO SUN EXPERIENCE

Review



READ THE STUFF OF NIGHTMARES

This supernatural thriller from Stephen Leather guarantees a sleepless night! In **Last Night**, Jack Nightingale investigates the murders of several Goths – seemingly the work of a serial killer – and discovers a link to a Satanic child-sacrificing cult, the Order of Nine Angels ... a cult that will stop at nothing to protect its secrets. The stuff of nightmares! R285 • Speaking of nightmares, who didn't get them when they first read Stephen King's **IT** way back when it was first released in 1986? If you missed it, pick up a copy ... it's one of his best. Set in Derry, it's the children who see, and feel, what makes this small town so different. IT lurks in the storm drains and the sewers, taking on the shapes of every nightmare ... often in the form of Pennywise the Dancing Clown. IT is still one of the most terrifying reads ever! R165.

LISTEN THE KILLERS



Compiled by: Kym Argo and Jessica Blythe

We do love it when one of our all-time best bands gives us an album just packed with only its biggest hits of the past 10 years ... thank you **The Killers**. From *Mr Brightside*, *Somebody Told Me* and *Smile Like You Mean It* to *Human*, *Spaceman* and *Just Another Girl*, with so many epic tracks on this album, it would be a sin not to have it in your collection.



VIEW THE GRAND BUDAPEST HOTEL

Just for the pure fun of it go see **The Grand Budapest Hotel**. We're talking 100 minutes of whimsical, dreamlike, ingenious and imaginative Wes Anderson-style movie making. Gustave H (Ralph Fiennes) is a legendary concierge at a famous European hotel between the wars, and Zero Moustafa (Tony Revolon) is the lobby boy who becomes his most trusted friend. The adventure unfolds with the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune. (Opens March 20).

Wish List

New ideas for your garden

For the birds

Unique slate bird feeders that will blend naturally into the garden R150 - R200 from *Rocky Mountain* 071 973 4336.



Upside Down Tomato Planter

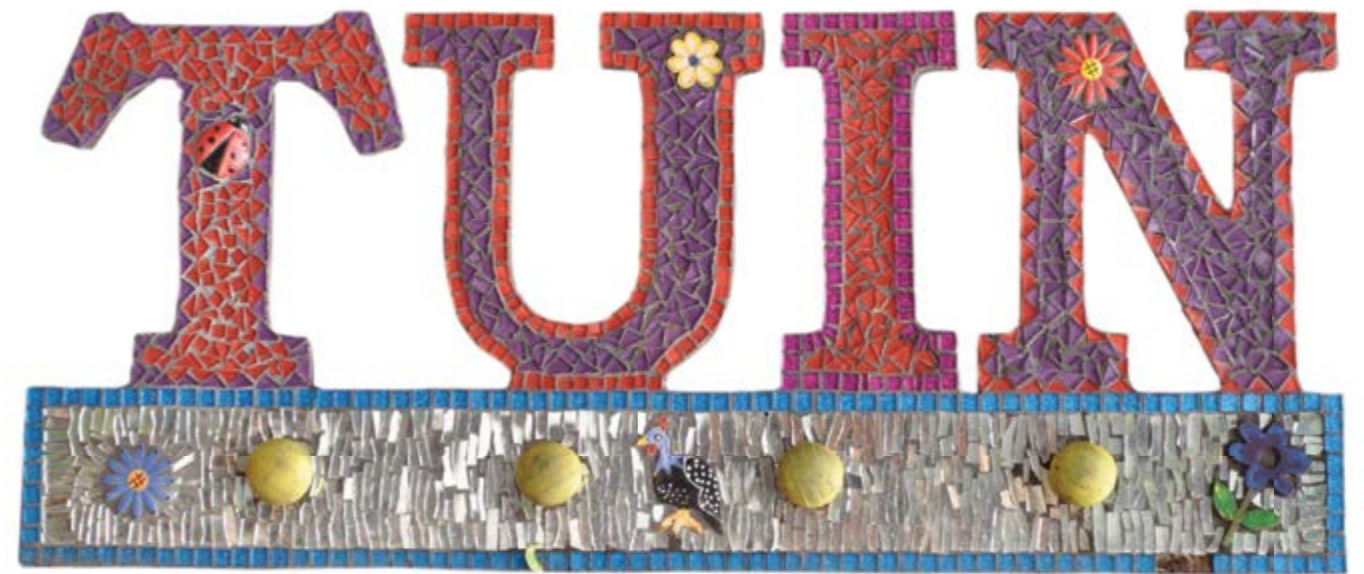
The Topsy Turvy allows you to stand upright and plant two tomato plants upside down from a grow bag hanging from your deck, patio, porch, balcony or even a tree. It's unique because you water and fertilize through the built in funnel on top of the bag and the tomato plants will begin to grow and curl upwards into unique patterns as they search out the sun. Available from *kalahari.com*.



Recycle your food waste

Recycling made easy with Earth Probiotic's food waste recycling system. Using bokashi you can quickly and safely recycle ALL your food waste in your own home.

Simply collect your food waste (including cooked or uncooked meat, bones, fish and dairy) layering it with the bokashi bran inside the airtight digester bin. Once full leave to stand for two weeks and then add to your existing compost heap or bin, trench into soil or feed to a worm farm. Within weeks you will have a nutrient rich compost for your garden. No more smelly bins and no more flies!



This unique mosaic wall hanging is both decorative and practical. It will add colour to a bland corner while offering place to hang your gardening gloves and other necessities. R295 available from *Waterfall Landscaping & Nursery* in Rustenburg - 082 550 8490.

Garden art



Cement garden sculpture R350 from *Garden Gnomes and Things* 072 953 0071.



Art Deco pots from *Water Plant Hartbeespoort* 012 244 1324.

Going green

Add some unexpected vibrancy to your kitchen with these bright green kitchen accessories from Dischem.

in the kitchen



Multi Chop all purpose chopper



DQUIP cordless 1.7l kettle



Plastic multi purpose jug and silicone spoon rest



DQUIP sandwich maker



Two slice toaster

Winners

Meat World Win-a-Car

The Meat World Win-a-Car competition ran from Oct 2013 to end Jan 2014. During that time over 40 000 entries were received at Meat World RTB alone. (All other MW branches also gave a car away, so 10 cars in total were handed over on Saturday.)

During the competition, 10 finalists were drawn from the in-store entry boxes. The names of the finalists were: Mev. Petra van Dyk, Barbara Wright, Anette Ackerman, Antoinette van Niekerk, Lana Matthews, Kagiso Legoale, Miriam van Rooyen, Raynold Banton, Joseph Letsholo and Chris Schelase.

On Saturday 25 January, all ten finalist were given the chance to select a box from 10 identical boxes. Each box contained a R1000 gift voucher and a key...9 of those

keys were 'blank' and only one was the 'real' key. Each finalist was given a chance to use their key to try and open the door of the Polo Vivo. The draw was extremely tense with the 10th and last key being the one that opened the door. Antoinette van Niekerk was the winner of the VW Polo Vivo.

Meat World would like to thank Paul Croxon and Ansie Vermeulen from VW Rustenburg for the great service we received throughout the competition.

Meat World would like to congratulate our lucky winner - we hope you have many miles and many smiles from your new car! Thank to all our loyal customers who entered the competition....We look forward to lots more exciting competitions this year.



Winner with Lance Smith of Meat World and Paul Croxon from VW Rustenburg



Winner with VW representative Ansie Vermeulen.



Meat World Win-a-Car Competition winner - Antoinette van Niekerk

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Fredia Roux en Nadia Beukes was twee van die stemkunstenars



Jill en Clive Irvin, Kanadese gaste van ds Anton van Zyl (regs)



Nadia Beukes, Chaline Gordon, Nicolaas van der Walt, Fredia Roux, Doreen Coetzee en Machiel Roets is die span wat Eugène Marais se gedigte vir die gehoor lewend gemaak het.



Klokgewys van links: Priscilla Fick, Wilna Pretorius, Hannelie Beeken, Rina Olivier en Reinette Roos

Pretville Digtersaand

Meester van die woord, Eugene Marais, se besondere gedigteskat het Pretville se eerste maandelikse digtersaand ingewy. Nadia Beukes, Fredia Roux en Doreen Coetzee het die gehoor in vervoering gehad met hul sielvolle vertolking van onder andere 'Wanneer dit reën op Rietfontein', 'Dans van die Reën' en 'Sonder Betaling', en natuurlik die ikoniese 'Winternag' asook uittreksels uit 'Die Siel van die Mier'.

Nicolaas van der Walt was die verteller en Machiel Roets het klavierbegeleiding verskaf. Tydens die vertoning het Chaline Gordon, Pretville se eie kunstenaar, 'n potloodskets van die digter voltooi.



Jannie Parsons en Corelieze en Tokkie Kruger



Mariet Robbertze, Jannie en Suzette Hamman



Carla de Brito and daughters Peta-Lee (left) and Jordan



Kamika Rough shows off her food find



Edward Stander and Kiara McLachlan could not resist the roosterkoek



Nicolene Lourens (left) and Tanya and Dewald Vorster

Fine food and fun

At the first One Fine Day food market at Doxa Deo Xanadu, young and old enjoyed the country atmosphere and gourmet food and treats.



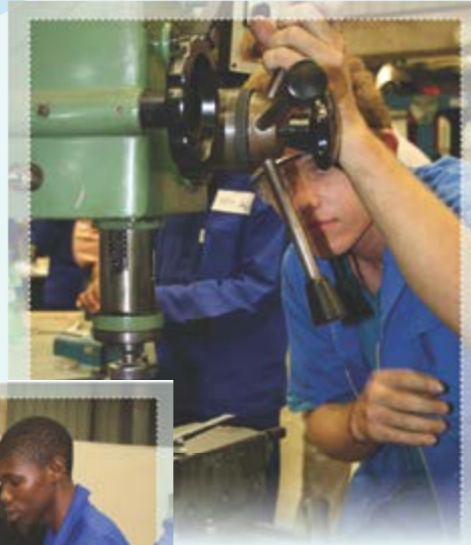
Mother and daughter Gwen and Marcelle van der Walt

Skills Development

Nuclear Skills Development

- The Nuclear Skills Development (NSD) Centre at Necsa is a very important role player for training and nurturing technicians and artisans for both Necsa and other local participants in the nuclear industry. The Centre provides trainees with technical skills to meet the demands of both the nuclear and non-nuclear industries. NSD offers focused technical and engineering skills training to its trainees, that fully complies with national requirements and with legislation in the fields of further education, and enhances the skill and competency base of Nuclear Manufacturing, Necsa and the nuclear industry as a whole.

Ensuring competent technical skills to meet the demands of both the nuclear and non-nuclear industries



Manufacturing Capabilities

- High and low pressure vessels
- High and low pressure shell and tube heat exchangers
- Tanks and drums
- Containers for the nuclear industry
- Piping systems and valves
- Flosep dust filtration systems
- Flosep Dry-keep systems and
- High precision machining.



Decompression chambers and other pressure retaining equipment for use in highly exacting environments

Industry Sectors Supplied

- In addition to satisfying Necsa's general manufacturing needs, and providing specialised products for Necsa's nuclear processes, manufacturing is undertaken for the petrochemical, maritime/ exploration, mining and power generation industries.

Nuclear Manufacturing

Nuclear Manufacturing Centre

- Necsas Nuclear Manufacturing Centre has been specifically established to drive the manufacture in South Africa of high technology components that will be required in the proposed construction of a fleet of nuclear reactors in the country. The Centre prides itself in the manufacturing of pressure retaining equipment (coded work), heat exchangers, tanks, distillation columns, decompression chambers and other pressure retaining equipment for use in highly exacting environments.

- As the first manufacturer in South Africa to have taken the lead in preparing for ASME III Nuclear certification, Nuclear Manufacturing will play a major role in leveraging procurement for South Africa's Nuclear Build programme to ensure localisation and participation in global nuclear value chains.



Accreditations

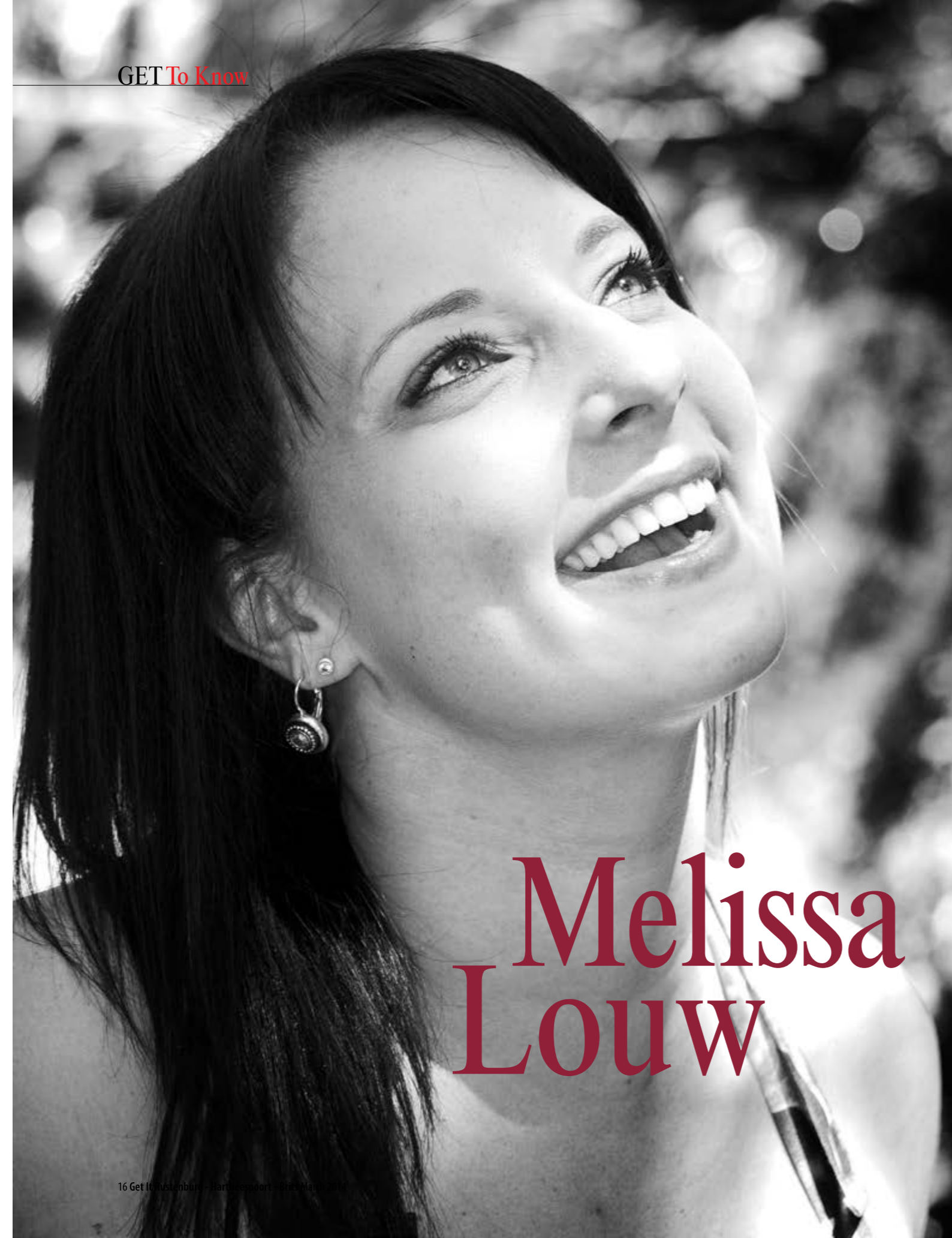
- Nuclear Manufacturing is ISO 9001:2008 certified and also carries the ASME U-Stamp certificate of authorisation. The Centre is currently in the process of obtaining NQA-1 ASME III certification and the nuclear NPT-Stamp certificate of authorisation.

Supporting localisation and other entities wishing to establish nuclear manufacturing capabilities



Future Prospects

- Nuclear Manufacturing will be the first South African manufacturer in the nuclear industry which is able to support localisation and other entities to establish nuclear manufacturing capabilities through the following:
 - The establishment of a dedicated precision machining facility which will play a major role in the manufacturing of components for the nuclear fuel process.
 - Qualification of the Material Test Requirements (MTR) and Product Quality Processes (PQP) requirements for fuel cycle products.
 - The establishment of a Lead Casting and Machining Plant at Necsa. Lead is used as a screening metal for radiation and specifically in the manufacture of transport containers for radioisotopes and other radioactive materials.



Melissa Louw



A "girly" woman who loves to look pretty and who takes care of herself.

That is how Melissa Louw (27), the reigning Mrs Rustenburg, describes herself.

Nevertheless, she has never before entered any beauty pageant.

"When I read through the questionnaire, I realised the competition is about a lot more than looks. It is about personality and character, and what one does for the community," says the brunette with the dimples.

Melissa, a high school teacher at the Rustenburg High School, has since her involvement with the Mrs Rustenburg pageant, participated in outreaches to the elderly, children's homes and a home for mentally impaired adults.

"I love children, that is why I teach, and enjoyed the outreaches to the children's home, but the visit to Spes Bona (home for the mentally impaired) really opened my eyes.

"While I was driving home that night, I cried. To think there are adults who cannot even feed themselves..."

Melissa loves children and during her year of reign she wants to get really involved with Morester Children's Home. "I want to get businesses and people to sponsor the respective rooms in the Home."

Melissa and her husband, Duane, have recently founded the Altaar Outreach that addresses children and teenagers and have participated in Gretha Wiid's camps for the past three years.

The couple is almost newly married - she and hubby Duane got married 16 months ago and have a baby on the way.

"One of my fellow teachers told me he wanted to introduce me to a guy, and he told Duane the same thing. But before he could do so, Duane looked me up on Facebook and invited me on a date!" And the rest is history.

As a religious person, Melissa had a list of what her ideal man should be. "I thought long and hard when Duane invited me out, but it is the most important decision I have ever made.

"When I got home that night, I told my mother I have met my future husband. He ticked all the boxes. He is the man I prayed

for my whole life."

In spring the Louws will be welcoming the addition to their current small family consisting of Luka, a schnauzer, and Corsa, a Jack Russel terrier.

How does she find time for all her charity work, full time teaching job, and with a baby on the way. "It is my passion to help, and I find time."

There must be something about the Mrs Rustenburg pageant. ...Melissa is the third Mrs Rustenburg to fall pregnant during her reign.

Quick facts:

- Melissa's hobbies are music, visiting with children in children's homes and her husband, Duane.
- She regards the book Redeeming Love by Francine Rivers a must for every woman.
- Her dream date consists of a room in a luxury lodge, with a massage and a dinner that "looks like a picture".
- Her favourite treat: "To have my nails done professionally".

Paul Kruger

HARTIWOOD se flielkmaker

Om 'n Afrikaanse fliek te maak is nie kinderspeletjies nie. Die kykersmark is baie klein en dan nog boonop uiters kieskeurig. *Liefing* is tot dusver die grootste Afrikaanse lokettreffer, met byna 'n halfmiljoen kykers.

“E k dink nie enige Afrikaanse fliek sal gou weer dié sukses behaal nie, sê Paul Kruger, vervaardiger van die musiek-blyspel, trots. “Die hele gevoel, die mood in die land, was net reg toe ons die fliek vrygestel het.”

Paul se oupa het in Hartbeespoort beland kort nadat die damwal voltooi was. Sy pa het een van die bekende bakens hier opgerig toe hy die akwarium in die laat sestigerjare gebou het.

As 'n jong kind het Paul gereeld vir John Varty, die bekende wilds-fotograaf, dopgehou terwyl hy krokodille by die akwarium verfilm het. Dit was hier waar sy liefde vir die flimindustrie ontstaan het.

Na 'n paar jaar as kameraman by die SAUK, het Paul begin terugverlang na Hartbeespoort. In 1998 begin hy programme maak vir SAUK en kykNET in sy eerste klein ateljee in Rietfontein, noordoos van Hartbeespoort.

“Teen 2007 het ek besef my droom om flieks te maak het nog nie gerealiseer nie. Ek het een oggend wakker geword en besef – as niemand my 'n geleentheid gaan gee nie, gaan ek my eie skep. Ek het 'n klomp vriende bymekaar gekry, maar nie een van ons was in die flimindustrie-kliek nie. Ons moes ons eie weg vind... en so is *Liefing*, die eerste Afrikaanse musiekrolprent in 30 jaar, gebore. Ons was

gelukkig en die tydsberekening was net reg. En Bobby van Jaarsveld was toe nog goedkoop”, skerts Paul.

Tydens die verfilming van *Liefing* het Paul al begin dink aan sy huidige projek, *French Toast*, 'n Afrikaanse fliek met 'n Franse tema. Sy paaie het egter met Magiel Roets, die skrywer van die temaliëd vir *Liefing*, gekruis. “Magiel het vir my Afrikaanse rock en roll musiek uit die vyftigerjare gespeel wat hy self geskryf het. Ek het dadelik besef hier is iets spesiaals en ek moet iets hiermee doen. Toe Magiel die derde liedjie speel – “Daar anderkant Rietfontein”, het die idee van *Pretville* begin.

Paul het die hele land deursoek vir 'n geskikte agtergrond vir *Pretville*, maar kon niks kry nie. “Ons het uiteindelik besluit om ons eie stel te bou, min wettende wat ons aanpak. Ons het die eerste Suid-Afrikaanse flimstel gebou wat die publiek kon besoek.” *Pretville*, die dorpie, in Rietfontein by die Hartbeespoortdam is nou een van die grootste toeristaantrekkings in die omgewing.

“Met die verfilming van *Pretville* het ons ook baie werksgeleenthede in die area geskep”, spog Paul. Nou, meer as 'n jaar na die rolprent se vrystelling, lok die dorpie naweke steeds honderde besoekers. Daar word ook ander reekse vir kykNET op die *Pretville*-stel vervaardig.

Na *Pretville* is Paul nou weer vol-stoom besig met sy *French Toast* projek. “Dit is 'n romantiese drama met skerp

humor. Ek is vir nou eers klaar met *musicals* – almal wil nou net *musicals* maak”, lag Paul. “En boonop is *musicals* vrek duur om te maak, so *musicals* sien my nie gou weer nie!” Die meeste van *French Toast* se tonele speel in Parys af. Toe Paul en sy span begin somme maak, het hulle gou besef dit sal net nie moontlik wees om 'n hele Suid-Afrikaanse rolprent in Frankryk te skiet nie.

“Dit was toe die ligte vir my aangegaan het”, sê Paul. “Ons het die ideale omgewing in Hartbeespoort om die stel van 'n Franse restaurant te bou. Ons wil dan, na die verfilming van *French Toast*, die stel ook omskep in 'n toeriste-aantreklikheid in Hartbeespoort. Om 'n Suid-Afrikaanse fliek te maak en net by die loket te los, kan nie werk nie. Mens moet vir die publiek iets meer gee. Met *Liefing* het ons die teaterstuk en televisiereeks gehad. Met *Pretville* het ons die dorpie in Rietfontein gebou. 'n Fliek op sy eie maak net nie genoeg geld nie en ons kyk na unieke geleenthede in Hartbeespoort om *French Toast* mee aan te vul.

Met die damwal se Arc de Triomphe wat as agtergrond in Paul se fliek *Liefing* gebruik was, kan Hartbeespoort dalk eersdaags met sy eie Eiffeltoring spog.

Paul beplan om *French Toast* vroeg volgende jaar uit te reik.

Debora sings her

way to the USA

Fifteen-year-old Deborah Jansen van Nieuwenhuizen has the voice of an angel, and she is determined to make her mark on the international music scene.

Debora Jansen van Nieuwenhuizen is a small bubbly bundle of energy. Looking at this 15-year-old with her sweet smile and laughing eyes, it is hard to imagine her on the international music stages. However, when she opens her mouth to sing, the sweet, surprisingly strong voice with a unique rawness, does away with any doubts about her talent and capability to tackle the music world.

Debora has recently been invited to strut her stuff at an international talent showcase in Orlando in Florida where talent seekers from the world's most famous music and film studios will be hunting for potential stars in the making.

A Grade 10 learner at the Wagpos high school near Brits, Debora is in seventh heaven about her trip to America in June this year.

"I still have to pinch myself to believe it. I cannot wait, it is the most amazing thing that has happened to me," she says.

There is not a trace of nervousness with the adventure awaiting her. And she doesn't find the fact that she is travelling alone to America daunting at all.

"We trust the agency I belong to and I believe this will open doors for my singing career," she says.

Debora's voice was first noticed when she was 12. She took part in the annual Hartbeespoort Arts Festival and her voice caught the attention of talent scouts.

A short while later she was entered for the national Soloist for Christ singing competition after which she was approached to record a CD. She composed two of the songs on the CD called Now I can't wait. She was only 13...

At 14 she sang at the summer Heat Talent Festival in Carnival City and then at auditions for the ARTS Talent Showcase where an international talent scout saw her, and the next thing she knew, she was invited to America.

She has never had singing lessons until two years ago after her first competition. My parents did not even know I could sing like this," she laughs.

"She is right," says her mother, Desiré. "Sometimes when I look at her on stage, I almost don't recognise her. She is just so at home up there and nothing fazes her. If she forgets words, she makes it up as she goes," laughs Desiré.

Deborah, in the mean time, has performed in shows with Steve Hofmeyr and other South African artists and she believes the opportunity to show her talent in America is going to open big wide doors for her.

"I think I stand a very good chance of being noticed and if I am, I see my future

very clearly. I would love a career as a performer, even if it means I have to finish school in America," she says. However, she is adamant that she is going to university to study to become a paediatrician.

"I realise too well that the life span of a popular performer is not long, and it is important that I have something solid to fall back on.

Does she ever get stage fright? "I get butterflies, but once I am on the stage, I know this is where I am supposed to be. I am so determined to make a success of this. Watch out America, here I come!"



Tropical print top from Woolworths



Yellow heart top R99.95 Edgars



Brighten up and enjoy the last days of summer with colour and comfort. T-shirts are back with splashes of bright colours and prints, and a pair of rip-and-repair denim shorts is an absolute must. Make the most of the sunny days before winter creeps in.

Last days of summer

Buttercup yellow T-shirt from Woolworths



Jewellery from Woolworths



Floral days top R99.95 from Edgars



Shorts R380 from Truworhs

Spacious carry-all from Woolworths



Ginger Mary flats R299 from Truworhs



Rip-and-repair shorts R129.95 from Edgars



Sandals R280 from Truworhs

Beauty nature's way

Mother Nature has a cure for almost everything, and the new trend in beauty products is to make use of nature's gifts for a natural beauty regime. Many beauty brands are now keeping their ingredients as close to earth as possible. Dischem offers a wide variety of exclusive natural beauty products, with fruit as the most important ingredient. It will leave your skin feeling fresh, nourished and glowing with natural health.



A Conscious Choice

Take a piece of Die Ou Pastorie home with products from their shop including:

- Homemade confectionary
- Selection of jams, jellies and chutneys
- Various creations from the wider community
- Small gifts and décor pieces

Stay at Die Ou Pastorie in one of their eight guest rooms featuring:

- Views of the Magaliesberg Mountains
- A unique theme with eccentric décor
- En suite bathroom
- Private balcony
- Garden suites



Whether it's in the way the cuisine is prepared, the way the ingredients are grown or the manner in which diners are served throughout their meals, every step at Die Ou Pastorie is made with a conscious choice. "Combining historical elements, quirky décor and beautiful gardens, our restaurant is a place where guest's consciousness is sparked," says owner Susan Rothbletz.

Built around an original 1880s pastoral home, diners can find peace and relaxation whilst dining between the myriad pathways of the garden, embrace love over a romantic meal in the dining room next to the warm fireplace or enjoy a friendly chat over tea and cakes on the porch.

Guests are invited to enjoy an A La Carte menu, bistro lunch or an elegant buffet. "When it comes to cooking, it's about the collaboration of many cooks with many skills." Seasonal fresh produce sourced locally or grown on the premises is used to create dishes that not only touch every taste bud but leave a lingering memory in the mouth. From fillet steak to chicken tikka curry, slow cooked oxtail to their famous duck pie and Creme Brulee to the popular cheese cake, Die Ou Pastorie's menu offers

something special for all diners, satisfying even the most discerning palette. Flavoursome meals are served by polite and friendly staff. "Here, hospitality goes beyond service. It's all about the little details of personalised kindness because people need kindness and recognition as guests" adds Susan.

And it's all these little details that move from the overall service to the growing of the food. "This is a sustainable property. We grow our own micro greens and we make our own compost. During the week when it's quiet, we make pate and jellies that we sell and this helps people stay employed during the week and it helps us stay sustainable."

"When it comes to dining and events, we cater for people who want a more meaningful experience, a personalised one where they have choices. Weddings can be held next to the pool, in the reception area under the trees or in the gardens under the stars. We also host music events in the garden, birthday parties, business lunches, baby showers and other small intimate events."

And with all this rolled up into one country-style restaurant, it's easy to make the conscious choice and come dine at Die Ou Pastorie.

Die Ou Pastorie is situated at S56, Route 560, Skeerpoort, Hartbeespoort.

Lunch: On reservation – Wed to Sunday

Dinner: On reservation – Friday and Saturday

Call 012 207 1027 or email susan@dieoupastorie.com

REFRESHING,

VERSATILE MINT

A garden without mint is not a garden. This versatile herb is not only a must have for culinary use, but also has medicinal properties and attract butterflies to your garden. Mint is a refreshing herb with a menthol scent, aroma and taste, and is used in cooking to give flavour to many kinds of savoury dishes and to garnish desserts. It is also widely used in medicine, aromatherapy, and in commercial products like toothpaste, chewing gum, soaps, mouthwash, creams, and balms. There are more than 20 species of the mint plant and hundreds of hybridized varieties. They vary in shape and colour with a range of flavours and scents. Here are some of the most common types of mint used in cooking or for making tea.

Peppermint

Peppermint is one of the most recognizable types of mint. It has a high menthol content and subtle sweetness with a distinctive candy-cane scent. It is excellent for making tea, ice cream, candy custards, and other desserts. It also helps relieve tummy aches and soothes tired muscles.

Spearmint

One of the most popular types of mint used for cooking and is well known as a flavour for gum, spearmint or garden mint has a delicate aroma and distinct flavour. The dark green leaves with pointed ends and jagged teeth make beautiful foliage and an ideal companion plant for roses since it is known to drive away aphids. It is the most common kind of mint used in the kitchen and can be used for savoury or sweet dishes.

Chocolate mint

Perfect for chocolate desserts as its name suggests, chocolate mint has an aroma that recalls after-dinner mints for refreshing the palate after a rich lunch or spicy dinner.

Fruit-flavored mint

There are many kinds of fruit-flavoured mints including orange mint, apple mint, lemon mint, lime mint, banana mint, and pineapple mint. This kind of mint has the distinctive menthol taste with fruity undertones or overtones. This is ideal for adding onto salads to give it a refreshing

fruity and minty flavour, and is also excellent for making tea.

Corsican mint

With leaves that grow up to only a fourth of an inch in length, Corsican mint is the smallest mint foliage. The bright green leaves make it beautiful as ground covers and herbal landscape. When they are walked on they release a scent called "crème de menthe."

Plants in the mint family are very hardy perennials with vigorous growth habits. Mint, left to its own devices, will spread quickly and become a nuisance. Mint is one of the few culinary herbs that grows well in shady areas, although it can handle full sun if kept watered. Cuttings of mint will root easily in soil or water and mature plants can be divided and transplanted. Mint really wants to be a ground cover. The long branches grow upward and then flop over and root, spreading the plant wherever it can reach. The spikes of white or pinkish flowers are attractive, but brief. However, they do attract bees, butterflies and even birds.

Health benefits

Peppermint is the mint of choice for medicinal purposes but ordinary garden mint also soothes aches, pains and stomach problems

You can easily make mint tea by steeping mint leaves in hot water for a few minutes. This has been known to help with: digestion, hiccups, bloating, menstrual cramps, constricted muscles, and other minor aches and pains. Mint possesses astringent, antiseptic, antibacterial, and antimicrobial properties. Peppermint is great for cleaning abrasions, cuts, burns and wounds. It's even good for treating acne: Seep in hot water and leave

to cool, then applied as an external rinse. If you are suffering from a headache or migraine, mash up mint leaves with some oil. Then apply the mixture to where you are feeling the pain. It's also a decongestant and has expectorant and antiviral properties. Peppermint tea isn't just a great stress reliever, it's good for clearing respiratory issues, treating colds and helping to open up nasal and chest passages aided by its mentholated aroma. Adding a pouch of peppermint to hot water or to a shower helps you breathe easier when sick with a cold or flu.



MINT BRANDY

Tightly pack a glass jar with mint and cover with brandy. After it stands for 2 to 3 weeks, strain it through a muslin bag. Take this brandy and add it to fresh herbs and more brandy and keep repeating until you have enough to use and the taste suits.

CHOCOLATE MINT SYRUP

If you don't have access to chocolate mint, you can use regular mint instead.

Try this syrup in milk or to flavour coffee, as a dessert sauce for cake or ice cream, or over fresh fruit.

Ingredients:

1/2 cup cocoa powder
3/4 cup cold water
3/4 cup sugar

30 chocolate mint leaves, rinsed, patted dry, and torn into pieces
(You may substitute plain mint).

Preparation:

In a small saucepan, combine the cocoa powder and cold water, and whisk together until smooth. Add the sugar and torn mint leaves and place the saucepan over medium heat. Bring the mixture to a boil, stirring constantly to melt the sugar. As soon as the syrup begins to boil, reduce the heat and simmer for 3 to 5 minutes, until it begins to thicken and turn glossy. Remove from the heat and allow to cool. When the syrup has cooled to near room temperature, strain it through a fine mesh sieve into a clean jar. Cover and store in the refrigerator.

MINT PISTACHIO PESTO

1 cup mint leaves
1/3 cup roasted, salted, shelled pistachios
1 small clove garlic, peeled
1/4 teaspoon salt
1/4 cup extra virgin olive oil
juice of 1/4 lime

Put the mint leaves, pistachios, garlic and salt into a small food processor or into a mortar. Process or crush until coarsely ground. In a steady stream, add the oil and lime juice until the consistency is of your liking.



If it is peace and

If it is tranquillity, peace and quiet you want, the Cheetah Lodge in De Wildt is where you go for a break-away.

This beautiful rustic stone lodge, comprising eight en suite double rooms, lies nestled in the foothills of the Magaliesberg mountain range and offers the ultimate nature experience. Set in tranquil gardens, it offers a peaceful setting with stunning views of exquisite African sunsets. It is unpretentious, comfortable "Old World" accommodation with warm hospitality.

The first awareness the visitor has with arrival, is the absolute absence of human noises and the abundance of bird life. More than 230 bird species have been documented in the beautiful lodge garden.

The indigenous garden is a haven for nature lovers, alive with birds, squirrels, the occasional leguan and much more.

"We really cater for those who want peace and quiet and who love being in nature, away from noise," says lodge manager Elouise Stahr who is also chef, hostess and even gardener.

"Our garden is probably the focal point of the lodge. Visitors love spending time outdoors and it is perfect for intimate picnics or lazing with a book under the beautiful old trees"

The lodge has eight en suite bedrooms and one suite consisting of two bedrooms with shower and bathroom en suite. It offers breakfast and dinner on demand and also caters for functions such as weddings and conferences.

The quaint little stone chapel and the garden surrounding it, is much sought after for smaller weddings, and as a confer-

ence venue, it promises no distractions... besides the birds, that is.

Neighbouring the Ann Van Dyk Cheetah Centre, of which the lodge is part of, visitors can expect to see abundant wildlife in the neighbourhood, and a visit to the Cheetah centre is a must.

Experience the Cheetah run to see first hand how fast these amazing animals are, or take a leisurely tour through the centre that is also home to Wild Dogs and many other species.

The Cheetah Lodge is part of the Ann van Dyk Cheetah Centre to fund the ongoing preservation of the Cheetah.

It is situated approximately 10 km from Hartbeespoort.

The lodge is not open to day visitors and bookings are essential.



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Sonic Blast



by Christo Valentyn

Chevrolet Sonic RS

It may not be a Corvette or a Camaro, but Chevrolet is upping the ante in the B-segment with the introduction of the Sonic RS, its turbocharged performance heralding the arrival of Chevy's first hot hatch on local shores.

As spiritual successor to the popular Aveo, Chevrolet's Sonic has become a fairly popular and reliable option in the growing B-segment. With its good proportions and purposeful 'face', the Sonic has always been handsome, but in a segment where rival manufacturers are consistently raising the bar in terms of design and aesthetics, the Sonic – despite offering the space, comfort and equipment levels you would expect – has never really stood out.

Yet with the introduction of the all-new Sonic RS – and especially in a vivid colour like the burnt orange metallic example in the accompanying photographs – this is set to change dramatically. The RS becomes the Sonic range-topper and a new halo model for Chevrolet, offering customers a package that certainly changes perceptions.

Powered by General Motors' global 1,4-litre turbocharged ECOTEC petrol engine, which is also used in the Opel Astra, Opel Meriva and Chevrolet Cruze, the new Sonic RS packs 103 kW of power, available at 6 000 r/min, and 200 Nm of torque, which is available from 4 000 r/min. Power is driven to the front wheels via a six-speed manual transmission, which itself features very close ratios to enable a sportier drive, as well as a specially tuned exhaust system that audibly, but not overwhelmingly, emphasizes the car's sporty character.

Also contributing to a sportier drive is a stiffer, tuned suspension, comprising a MacPherson strut design up front and a multi-link setup at the rear, that improves handling under more enthusiastic driving conditions. This, in combination with a lower ride height and performance-tuned dampers, endows the Sonic RS with a firmer yet not entirely uncomfortable drive. It reaches the 100 km/h mark in 9,5 seconds, and is capable of 197 km/h. Thanks the technologically advanced ECOTEC engine, Chevrolet can lay claim to fuel consumption of just 6,6-litres/ 100km

and carbon emissions of 155 g/km.

With this newfound performance comes styling that makes the purposeful design of the Sonic even more interesting. The front bumper has been redesigned to accommodate more angular, expressive fog lights with chrome detailing,



while the motorcycle-inspired taillights are complemented by a sport new roof spoiler and an accented rear diffuser with a trapezoidal exhaust tip. The obligatory RS-badges identify this as something out of the ordinary, while gunmetal-painted, 17-inch, five-spoke alloy wheels complete the picture. Other design tweaks include chunky new side skirts and black-painted

door mirrors with integrated LED indicators.

The theme continues once you've taken up position behind the steering wheel, where red accents abound: the stitching on the flat-bottom, leather covered steering wheel is red, as is the piping on the floor mats. The seats are covered in a leather and ribbed suede combination and also features RS embroidery in red. Final touches include an upgraded rev counter with RS badging, aluminium pedals and piano black finishes on the centre console. ABS brakes with EBD, BAS, ESC and Traction Control are standard, as is a full-size spare wheel, ISOFIX child seat anchors and four airbags.

In terms of specification, the Sonic RS is the first to feature Chevrolet's all-new MyLink infotainment system, which, in essence, is an integration of the most popular and advanced infotainment functions into an easy-to-use, attractive and effective interface. Some of its most impressive features include Bluetooth audio streaming with playlist customisation, full smartphone integration, full phonebook and call list integration with a smart dialling feature, video playback and picture gallery viewing while the vehicle is stationary. It is operated through a high-resolution seven-inch touch screen that is integrated into the dashboard, or through voice control on most smartphones or the steering wheel-mounted controls. In case you don't want to use Bluetooth streaming, additional USB and auxiliary ports allows you to connect other external devices as well.

With its funky styling, uprated performance and revised specification, the Sonic RS is certainly a welcome addition to the line-up and the segment. And when you consider that its retail price of R225 300 also includes General Motors' five-year/120 000km warranty and three-year/60 000km service plan, it's even clearer that the Sonic RS deserves a closer look.



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