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GET IT

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from NS Beauty



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Out & About

Pencil these events into your November diary right now!

2 Celebrate the arts with The Capital Arts Feast. This lavish event, taking place at a vintage warehouse in the CBD on 2 November, promises an evening of artistic genius and dining splendour. The entertainment includes showstopping performances from soprano Magdalene Minnaar, amongst others, as well as drama, flash theatre, surprise performances and dancing into the night. This year the theme of the ball is 'I'm a living work of art' and guests can interpret the theme in whichever way it tickles their fancy.

9 Taste and experience the best wines the Cape Winelands has to offer at the Magic of the Vine Festival on 9 and 10 November at the Leriba Hotel and Spa. Ideal for wine connoisseurs and simple sippers alike, the festival promises a few hours of palate-pleasing excitement and scenic views for everyone. Twenty-five wine sellers and two craft beer breweries from across the country will be showcased at the festival, along with delectable food. The magical weekend also includes two food and wine pairing evenings with singer Helena Hetteema at Hemingways Restaurant on Friday, 8 November and Saturday, 9 November.

22 Transoranje Skool vir Dowes bied vanjaar weer hul unieke en welbekende Kersmark van 22 November to 1 Desember by die Tshwane Event Centre (Pretoria Skougronde) aan. Dié Kersmark is bekend vir die hoë gehalte en groot verskeidenheid van handgemaakte items. By die teetuin word ligte etes, gebak en verversings te koop aangebied. Die Kersmark is oop weksdae vanaf 09:00 tot 20:00, Saterdag 09:00 tot 16:00 en Sondag 09:00 tot 15:00. Transoranje Kersmark, wat vanjaar vir die 17de jaar aangebied word, is die Transoranje Skool vir Dowes se grootste geldinsamelingsprojek.



22 Christmas classic *The Nutcracker* will be performed by the stars of Joburg Ballet at the SA State Theatre in Pretoria later this month. Joburg Ballet recently launched an initiative to sponsor tickets to this classical ballet for children. For only R99, you can help spread the joy of the world's best-loved ballet to a child with a ticket to enjoy *The Nutcracker*. Book a ticket by calling 011-877-6898 or e-mailing edgar@samzansiballet.com.

26 For all your Christmas shopping in a wonderful, relaxed atmosphere, visit the Lions Christmas Craft Market, which features a delightful deli section for all your Christmas eateries. The Jakaranda Lions Club of Pretoria hosts this annual Christmas market in aid of various non-profit organisations. This year The Lions Christmas Craft Market moves to a new venue – the Gauteng North Wrestling Club in Menlo Park.



28 Do not miss out on one of Pretoria's biggest Christmas events, the annual *A night under the Stars* Carols by Candlelight. Centurion Mall, in association with *Get It's* sister publication *Rekord* and Groot FM 90.5, are proud to announce that this year's fabulous line-up includes Laurika Rauch, Elvis Blue, Loyiso Bala, Lloyd Cele and Andriette Norman. The entry fee to this magical event, which will be held in Centurion Mall's amphitheatre, is canned or dry dog and cat food that will be donated to the Centurion SPCA and the Husky Rescue Centre.

29 This year's highly anticipated Canon SA Expo will showcase Canon's wide range of consumer imaging and bigger business solutions. Visitors will have the opportunity to interact with Canon experts and products, including being amongst the first to experience some of the latest technology. The Canon SA Expo will also include speaker sessions by some of the country's best photographers and training sessions hosted by industry experts. The expo will be held at the Sandton Convention Centre daily from 10:00 to 18:00, from 29 November to 1 December. Entrance is free of charge.

Review

VIEW ABOUT TIME

The night after another unsatisfactory New Year's party, Tim's father tells his son that the men in his family have always had the ability to travel through time. Tim, played by Domhnall Gleeson, cannot change history, but he can change what happens and has happened in his own life, so he decides to make his world a better place – by getting a girlfriend. Sadly, that turns out not to be as easy as he thought. Also starring Rachel McAdams and Bill Nighy, this romantic comedy will have you guessing until the end. *About Time* releases at cinemas nationwide on 25 October.



READ MAD ABOUT THE BOY

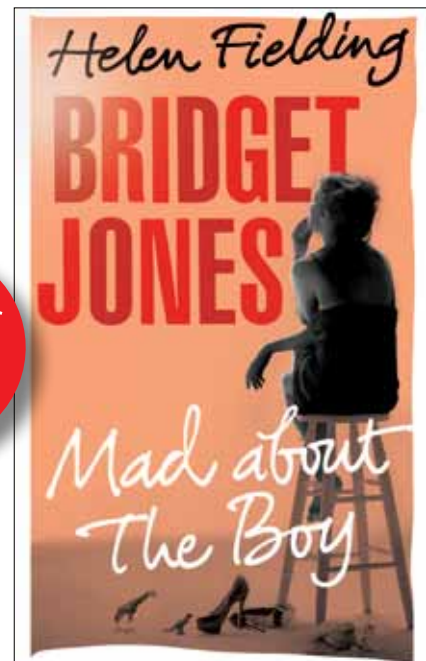
When Helen Fielding first wrote *Bridget Jones's Diary*, she introduced readers to what would become one of the most beloved characters in modern literature. The first two books were turned into major blockbuster films starring Renée Zellweger, Hugh Grant and Colin Firth. With the hotly anticipated third instalment, *Bridget Jones: Mad About the Boy*, Fielding introduces readers to a whole new enticing phase of Bridget's life, set in contemporary London. Bridget's new challenges include maintaining sex appeal as the years roll by, the nightmare of drunken texting, the skinny jean, the disastrous e-mail cc, total lack of Twitter followers and TVs that need 90 buttons and three remotes simply to turn on. An uproariously funny novel of modern life, *Bridget Jones: Mad About the Boy* is a triumphant return of everyone's favourite heroine.

LISTEN SOWETO STRING QUARTET

The Soweto String Quartet's latest album featuring popular Afrikaans hits and collaborations with top local artists promises to enthrall. *Soweto String Quartet speel Afrikaanse treffers, Vol. 2* promises, like the first volume, to be a big favourite among locals. The album will take listeners on a South African journey with favourites like *Timbuktu*, *Die Bloubul*, *Baby Tjoklits*, *'n Vrou wil dit hoor* and *Tussen jou en my* to name but a few. Played in the Soweto String Quartet's unique way, the songs have an upbeat African flavour that will have you dancing along. What makes this album extra special is that it also features collaborations between the group and artists like Gerhard Steyn, Dozi, Anton Goosen and Juanita du Plessis on their original hit songs.



Don't miss it!



Wish List

It's all about glamour this month



Cocktail queen

Be the belle of the ball in this magical periwinkle blue cocktail dress from Forever New. We simply adore the intricate beads and sequins detail around the waist. The beautiful, ruched bandeau top and soft, dreamlike pleats of the skirt are sure to flatter any figure. Paired with heels and the right accessories, this dress is a showstopper for sure.



Striking steel

Contemporary, bold and striking, the exciting new range from Australian jewellery house Georgini is set to hit stores this month. The cuffs and bracelets are perfect for layering and stacking. Made from stainless steel, the use of gold, rose gold and silver tones provide versatility to suit any style. Affordable and easy to wear, stainless steel is undoubtedly the new emerging jewellery trend and the perfect accent to any party outfit. Prices start at R249,00.



Hands on accessory

No party outfit is complete without a sexy clutch. Keep it neutral though, as you do not want the clutch to draw attention away from your cocktail dress. A popular choice at the moment is nude colours rounded off with gold, silver or bronze finishes and embellishments like this pretty yellow maxi clutch (R299,00) from Forever New.

Shimmering, natural glow in an instant

For a sun-kissed glow all year round, try a bronzing shimmer powder. It is ideal for enhancing and highlighting certain areas of the body and creating a healthy and natural glow without exposing yourself to the harmful effects of the sun. Bronzing shimmer powder from Gosh (R140,00) is available in pink or bronze and has a unique combination of five different shades to create a multitude of bronzed tones. Apply loosely with a powder brush for a light and fine finish or with the powder puff provided for a fuller result.



Compiled by: Natasha Slabbert



Sleek and chic

Add shine and sparkle to every party hairstyle with a Cloud Nine Luxury gift set. This gift set, which features a luxurious carry pouch, protective heat guard and stylish presentation box, is the ideal gift for a girlfriend or for treating yourself to a well-deserved gift. The Cloud Nine Iron range, featuring one-touch heat control and an intelligent hibernate mode, gives you the control and confidence to style your hair with ease. If you are looking for smooth, straight and sleek locks, or waves, curls, and accents, look no further than a Cloud Nine iron to empower your style.



Taste Infusion

Celebrate the party season with the latest wine-based taste infusions from Arniston Bay. These all-occasions taste infusions are perfect for sundowners, aperitifs, picnics, poolside sipping and parties. The Arniston Bay Graviola and Passion Fruit Infusion (R44,00) and Arniston Bay Mint, Aloe and Lemongrass Infusion (R44,00) are lightly spritzed for added zing. The alluring bubbles and fine, consistent texture produce an organic crispness and complex, invigorating finish. Innovative and convenient, with screw-cap closures, these elegant wine-based taste infusions are also fashionably low-alcohol at only 5,5%. Serve in a big wineglass with crushed ice, or well chilled from an ice bucket, and let your senses enjoy the array of tastes.



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Miele Brooklyn must-do-dates for November 2013

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 18:30pm

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For bookings, upcoming events and more information contact
 Leandri Cronje Tel: 012 346 3030 Email: leandri.cronje@miele.co.za
 or contact your local Miele Centre on Tel: 012 346 3030.





Ruth Weyers, Michelle van Staden en Sanet Acres



Suzie Swart en Toy Meyer



Corlea Botha

Damesklub vier met swier

Die Constantia damesklub het onlangs hul 59e verjaarsdag met swier gevier. Lede het dié spesiale geleentheid met 'n spoggerige byeenkoms by Utopia Place in die ooste van Pretoria gevier. Gaste, getooi volgens 'n stylvolle silwer- en wit kleurtema, is bederf met 'n smaaklike driegangmaaltyd en pragtige optrede deur die popsensasie, Corlea Botha.



Rika Buitendag en Berdine Visser



Attie Snyman en Hanlie Wroth



Rita Joubert en Marietjie Potgieter



Lila van der Merwe, Elize van Niekerk en Harriet De Waal (voor) en Lizzy Jacobs en Annemarie la Grange (agter)



Irene Grobbelaar en Issie Leask



Marnique Nel en Sharlene Karsten



Lizz Meiring en Kobus Crafford



Debi en Lauren van der Vyver

OH LA LA

'n Spesiale bederfaand vir vroue het onlangs verseker dat elke vrou weer fantasies oor haarself voel. Vroue, getooi in rooi, is bederf met 'n heerlike wynproe-sessie van gesogte wyne deur Meridian Wine Merchants. Vir 'n verdere bederf, is almal se hande deur die skoonheidsterapeute van L'Aquila vertroetel. Sensasionele items van The Bedroom is ook ten toon gestel en vroue kon fyn items aankoop vir die slaapkamer. Jong opkomende kunstenaar Kobus Crafford en die gewilde Lizz Meiring het die aand verder opgekikker met top vermaak.



Dalene Brand, Fran Rodseth en Karen Metsos



Rachi Botha en Anne-Marie de Bruyn



Stephané de Vos, Angeliqwe Strydom, Sonet Breek en Anzel de Beer



Gerda van Schalkwyk, Suzanne Kohlmeier en Katrien Coetzee



Charlotte en Maritha Ellerman en Letitha Elers



'n Model in 'n uitrusting van The Bedroom

GET [Passionate](#)



Brooklyn's bubbly beauty

It is the beginning of great, new things for bubbly radio and television presenter Kriya Gangiah. This Brooklyn beauty is on the brink of a brand-new chapter in her career. She shares her excitement with *Get It's* Natasha Slabbert.

Curled up on the couch in her cosy new Brooklyn home, Kriya Gangiah is a bundle of electrifying energy. The petite brunette's excitement is so tangible one expects her to jump up and start dancing around her living room at any moment.

Her dark eyes gleaming with the thought of new adventures that await, she animatedly reveals to *Get It* what exactly it is that has her so excited.

This multi-talented television and radio presenter is standing on the brink of a thrilling new chapter in her career.

The 24-year-old, known for her role as a television presenter on e.tv's popular youth programme *Craz-e*, recently waved her goodbyes to her *Craz-e* television family after four years.

"It was such an awesome job and I really had fun with it. I could be myself on screen – it wasn't like I had to portray a different character or something. It gave me the freedom to be myself and also helped me to become comfortable in front of the cameras. Although I loved it, it was time to move on. I could only be a youth television presenter for so long. It was time to grow up," she winks.

During the actress and model's four years as a *Craz-e* presenter, she hosted shows such as *Shiz Niz* and *Sistahood* and interviewed international stars like

Twilight actress Ashley Greene and international musician Eagle-Eye Cherry.

"It was awesome to meet all those international personalities. Doing those interviews, as well as meeting so many great South African personalities, was amazing. I learned not to take everything so seriously all of the time – that it's okay to have fun and be yourself."

A few months after leaving *Craz-e*,

is bound to be amazing," she grins from ear to ear.

Kriya's new role includes acting as the executive producer for *The Business Show* presented by Ian F and Bronwyn Nielsen, which airs five times a week. She also hosts her own show from 18:00 to 19:00 on weekdays.

With seven years of radio presenting already under her belt, Kriya is more than happy to leave the cameras behind for now and get back behind the microphone.

What is not to love about radio? I mean, if you think about it – you get paid to talk. You get to create something as exciting as your own show

"I always knew I wanted to get into radio. Because Tuks FM was the best campus radio station, I

decided to study at the University of Pretoria. I joined Tuks FM as a 17-year-old first year student and was the youngest DJ to go on-air at the time."

As the energetic presenter travels back in time to the moment she first got behind the microphone, it is obvious from her dreamy expression that it was love at first sight. "What is not to love about radio? I mean, if you think about it, you get paid to talk. You get to create something as exciting as your own show. I remember doing the 12:00 to 03:00 shift in the morning and then having to attend 07:30 classes. It helped that I learned early on to manage with only a couple of hours of sleep," she laughs fondly at the varsity memories.

Kriya resigned from her full-time corporate position as an information security consultant at Price Waterhouse Coopers as well. This was in preparation for her new career venture, the role of executive producer and radio presenter for the sports-based online radio station Ballz.

As the dark-haired beauty explains more about the new project she is working on, it becomes clear why she has been bursting with excitement throughout the interview.

"I am psyched to be part of Ballz. I mean, with veteran presenters, or as I like to call them, the golden oldies, of radio like Ian F, Sasha Martinengo, Darren Scott and even Hugh Bladen, it



The Brooklyn beauty also enjoys hosting dinner parties. She shares her top five tips for a great dinner party:

Pretty decor: "I always try to make an effort with the table decor and buy pretty, new table settings for those special dinner parties."

Special company: "I am very fortunate to be blessed with an amazing boyfriend and a great circle of friends. We are all very close, a real tight-knit group."

Good music: "At the moment, we are enjoying the sounds of Michael Bublé, ideal for a relaxed dinner party. If we are planning to head out later, I will add some recent party music to the mix."

Great food: Although Kriya loves baking more than cooking, she can easily whip up a delectable three-course menu in no time. "Some of my favourites include feta, peppadew and cajun chicken phyllo pastry parcels or a salmon and avo salad for a starter, honey and mustard gammon served with a secret family recipe peri-peri prawn dish for a main course, rounded off with a yummy chocolate fondant for dessert."

Classic drinks: Kriya and her girlfriends enjoy sipping the classic tippie Pimms. "Good food and Pimms go hand in hand – especially when I am with the girls. We love drinking it with little strawberries and cucumbers."

A couple of years later, after finishing her degree and presenting at *Craz-e*, a stint at the radio station Highveld Stereo followed.

"It was a great experience. I mean just to work there – 'Joburg's number one hit station' – really is something. After a few months, however, it still did not feel quite right. If you feel deep down that something is not for you, there is no use hanging on," she says earnestly.

In-between her television and radio presenting, Kriya also does modelling and acting and has featured in advert campaigns for big brands like MTN and Coca-Cola.

"The Coca-Cola summer ad was the best. We shot for two weeks and had so much fun. For instance, one day we were pretending to have a barbecue with our buddies and the next day we were pretending to have a good time on the beach. It was a blast."

She laughs as she launches into a quirky anecdote revolving around the ad campaign and a pretend boyfriend.

As Kriya tucks a long strand of dark

curly hair behind her ear, animatedly retelling the story with that warm sense of humour so characteristic to her, it is clear that this bundle of energy was born to entertain, and will continue to do so for a long time.

With the party season getting into full swing in November, Kriya reveals her favourite party spots in Pretoria:

Sushi: "You simply cannot beat the Yamazaki sushi restaurant at Waterkloof Corner. I love to go there with my girlfriends. Not only is their sushi always fresh, but it's affordable too."

Drinks: "Definitely Flair in Hatfield square. It's the perfect spot for a good time with friends. We enjoy going there to light up a hubbly and unwind."

Dinner: "Rustica Restaurant and Rib House at the Kimiad golf course. Their food is so good, I have never been disappointed. I love everything on their menu – I especially adore Greg's fillet dish."

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Laurika steeds volksbesit

Na 23 albums en vele toekennings is Laurika Rauch, 'n volbloed Pretorianer, steeds een van ons land se mees geliefde musikante. Sy tree einde November by *Rekord*, in samewerking met Centurion Mall en Groot FM, se jaarlikse Carols by Candlelight op. *Get It* het vlugtig met haar gesels oor haar nuwe album, toekomsplanne en die komende feesseisoen.

Soos moerkoffie en melktert, is die stem van Laurika Rauch eg deel van die Afrikaner kultuur. Min ander kunstenaars se stemme prikkel emosies van nostalgie soos dié ikoon s'n. 2013 was 'n jaar vol hoogtepunte en Laurika sien uit om die feesseisoen saam met haar geliefdes te vier.

Hoe sal jy jou afgelope jaar beskryf?

Ek was omtrent aan die gang gewees. My jaar was gevul met wonderlike geleenthede waar ek ondermeer na Australië getoer het vir vier konserte. Ek het ook 'n rol vertolk in die Afrikaanse film, *Stuur groete aan Mannetjies Roux*, wat later vanjaar begin draai. * Sien kassie.

Wat is jou planne vir dié Kersseisoen?

Ons gaan almal bymekaar wees net hier by ons huis in Pretoria.

Wat beteken Kersfees vir jou?

Tot rus-kom-tyd, familietyd, vrolikheid en ontspanning.

Hoe vier jy en jou gesin die feesgety?

Ons gesin geniet dit om 'n tradisionele Kersfees saam te vier met Kersfees liggies, geskenke en 'n mooi versierde

Kersboom. Daar is wel nog geen klein-kinders nie, so Kersfees is nie heeltemal so tradisioneel en feestelik soos wanneer kleiner kinders betrokke is nie.

Wat is jou gunsteling dis om vir Kersfees voor te berei?

Daar is niks so lekker soos 'n lamsboud uit die Kook en Geniet nie. My man, Chris Torr, sal die mentsous maak.

Wat sal jy geniet om onder die Kersboom te vind?

Vir my is 'n iets wat bruikbaar en prakties is - hoe kleiner hoe beter - die beste geskenk om te ontvang van enige iemand af.

As jy een Kerswens kon maak, wat sal dit wees?

Ek sou graag al die maats van wie ek oor die afgelope jare moes afskeid neem hierdie Kersseisoen by my wou hê.

Wat is jou gunsteling herinneringe van vorige Kersseisoene?

My man kom oorspronklik van 'n karooplaas af en wanneer ons op die plaas gekuier het vir Kersfees, toe die kinders nog klein was, het Kersvader elke jaar uit 'n ander oord aangekom. Een jaar het hy uit die miellieland

aangekom, een jaar het hy bo-op die dak van die buitegeboue gearriveer. 'n Ander jaar het hy op 'n kano op 'n dam aangeroei gekom. Ek dink die kinders sal dit altyd onthou.

Wat lê voor vir die res van die jaar?

Ek neem in November my nuwe album op. Ek sing ook by *A night under the Stars Carols* by Candlelight by die Centurionmeer en doen nog 'n hele paar solovertonings.

Wat kan mense verwag by *A night under the Stars Carols* by Candlelight-vertoning?

Ek is baie opgewonde oor dié vertoning. Daar is wonderlike kunstenaars wat gaan deelneem. Ek verwag dit gaan 'n baie mooi geleentheid wees waar elke kunstenaar die gehoor gaan betower onder die sterlig. Ek gaan ondermeer Somerkersfees en 'n paar ander Kersliedere sing.

Vertel meer oor jou nuwe album?

Ek is tans besig met die opneem van die nuwe album wat in Maart 2014 vrygestel word. Ek kan nog nie die titel van die album verklap nie, maar kan vertel dat ek saam met Elvis Blue 'n duet sing.



Stuur groete aan Mannetjies Roux

Die film is losweg gebaseer op die gewilde musiekblyspel, wat gebaseer is op die bekende lirieke van Laurika se man, Christopher Torr. Die fliek handel oor 'n tiener-meisie wat haar oom en tante op hul karooplaas besoek. Sy kom af op geheime uit die verlede, wat lig werp op haar oom se beheptheid met die rugbyspeler Mannetjies Roux. Paul Eilers is die regisseur en Bosbok Ses Films is die vervaardiger. Ian Roberts en Anna-Mart van der Merwe vertolk die hoofrolle en Laurika maak ook 'n kort verskyning. Die film word op 13 Desember landwyd uitgereik.

Establishment Blues



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Skoonheid

Skoonheidsguru Adelé van Niekerk is 'n genie met die grimeerkwas en haardroër. Dié gunsteling onder beroemdes was al hoofstilis op bekende programme soos *The Bold and the Beautiful* en *Supersterre*, en is tans ook op die gewilde televisieprogram, *Glam Guru*, te sien. Die sprankelende Adelé lag saam met *Get It* oor die keer wat 'n Hollywood akteur haar 'n streep getrek het en verklap hoe elke *Glam Guru* make-over háár verander.

Van die eerste oomblik wat jy jou voet oor die drumpel van sprankelende skoonheidsguru Adelé van Niekerk se salon plaas, voel jy tuis.

Die kleurvolle pers en pienk kleurtemas in dié vurige rooikop se salon spreek van 'n warm vrolikheid eie aan haar persoonlikheid. Met vonkelende oë en 'n wye glimlag verwelkom die borrelende Adelé ons soos ou kamerade.

Dit is te verstane waarom hierdie uiters talentvolle vrou so gewild onder beide bekendes en plaaslikes is – Adelé behandel 'n ieder en elk soos 'n koninklike. Haar sjarme kom egter opreg oor, nie aangeplak soos die manier maar soms in die vermaaklikheidsbedryf is nie.

Wanneer Adelé se fotosessie met 'n geflits van kameras afskop, bly sy onpretensieus; haar helder laggie borrel kort-kort oor so tussen die geneem van foto's deur.

van 'n dieper aard

Dit neem nie lank om te besef dat Adelé se geheime wapen in der waarheid nie in haar grimeertassie of *state-of-the-art* kruittang lê nie, maar in haar bruisende persoonlikheid.

Na afloop van die fotosessie maak ons onself tuis in stylvolle swart-en-bruin gemakstoel in haar salon.

Dit is by die immergewilde Amerikaanse sepie *The Bold and the Beautiful* waar ons eerste stilstaan. Adelé beskou dié ervaring as een van die prettigste in haar loopbaan tot dusver.

“Ek het die finaliste van die Miss World-kompetisie in 1994 by Sun City se grimering gedoen – dit was 'n groot deurbraak vir my. Ek was egter later so op my senuwees want daar was 'n kort mannetjie wat heeldag, vir drie dae lank, my stip dopgehou het. Ek het begin wonder of ek iets verkeerd doen.”

Adelé was nie verbaas toe die man haar op die derde dag eenkant roep nie.

Elke keer huil ek saam met die vrou. Dit verander nie net iets aan haar nie, maar ook aan my.

“Ek het geweet hier kom dit nou, ek word afgedank. Daar stel hy hom voor as die uitvoerende vervaardiger van *The Bold and the Beautiful* en vra so ewe, 'lets rondom die manier waarop jy werk fassinere my, dit sal 'n eer wees as jy ons grimering kan doen?' Ek het rondgekyk om te sien of hy werklik met my praat. Uit honderde sien hy my raak – ek, die groentjie. Ek was oorweldig.”

Adelé is aangestel as die hoofstilis van hierdie groep sepie-akteurs se hare-en-grimering vir die paar maande wat hulle in Suid-Afrika, as beoordelaars van Mej. Wêreld en vir die skiet van nuwe episodes, vertoef het.

“Daar is ek toe sak en pak met my tassie na The Palace. Ek klop aan die kamerdeur en niemand anders as *The Bold* se Thorn maak die deur oop nie – in sy kamerjas. Toe het hy die vermetelheid

om vir my te verduidelik daar is 'n sekere manier hoe dinge op stel werk – en begin bed se kant toe mik.”

Adelé proes van die lag wanneer sy terugdink aan daardie dag in een van The Palace se hotelkamers waar sy, groot-oog en geskok, die Hollywood-akteur in sy peetjie ingestuur het.

“Hy het skielik uitgebars van die lag en die ander akteurs wat weggekruipt het, het te voorskyn gekom. Dit was al die tyd net 'n grappie – 'n *ice-breaker*, en toe ek weer kyk, spring almal op die bed. Wat 'n onvergeetlike *ice-breaker* was dit nie. Ek het so lekker saam met hulle gewerk – hulle was fantasties.”

Adelé het ook al op die gewilde televisieprogramme *Top Billing* en *Supersterre* gewerk, en is tans op *Glam Guru* as deel van Hannon Bothma se bekwame span van skoonheidsdeskundiges te sien.

Sy beskou ook hierdie geleentheid wat haar te beurt geval het, as 'n seën van Bo.

“Vir my gaan dit regtig oor my geloof. As jy nie jou geloof saam met jou in iets inneem nie, gaan vrees jou oorweldig. Daarom gaan dit vir my oor *having faith* – dit is my lewensfilosofie – en dit dra my deur.”

Soos wat sy voortgaan om passievol oor haar loopbaan en geloof te gesels, besef jy die take wat sy op *Glam Guru* verrig, lê werklik na aan haar hart. Wanneer sy oor dié *make-overs* begin praat, sprinkel sy.

“Daar is meer aan hierdie *make-overs* as net mooimaak. 'n *Make-over* begin van binne. Meeste van die vroue gaan deur 'n uitdagende tyd, of sit met 'n hartseer of voel net nie goed oor hulself nie. As ons dit wat binne pla, kon aanraak, was dit in my oë 'n suksesvolle *make-over*. Dit is my grootste passie, van ál hierdie mooimaakdinge – om daardie vrou in my stoel se hartklop raak te sien en 'n impak te maak daar waar dit regtig saakmaak.”

Elke keer wanneer die tyd vir die groot bekendstelling van die vrou se nuwe voorkoms aanbreek, begin die

trane vloe – en kan Adelé nie anders as om self 'n paar van haar eie trane weg te pink nie.

“Dit is 'n onbeskryflike gevoel. Elke keer huil ek saam met die vrou. Dit verander nie net iets aan haar nie, maar ook aan my. En more is daar weer 'n nuwe vrou in my stoel, en 'n nuwe journey begin,” lag sy.

Met die jaar wat vinnig einde se kant toe snel, is dit byna weer tyd vir swierige funksies en skemerkelkpartytjies. Adelé, wat ook as voorkomskonsultant optree, deel 'n paar voorkomswenke vir 'n foutlose partytjie-voorkoms:

- Wanneer jy die kleur van jou uitrusting kies, onthou om jou haarkleur en velondertoon in ag te neem. “Sekere kleurskakerings vertoon beter by 'n donkerder vel en haarkleur, en omgekeerd.”

- Jy moet van jou uitrusting hou om sodoende selfversekerd daarin voor te kom As 'n vriendin iets voorstel waarvoor jy nie dol is nie, hou verby. “Jy moet jou uitrusting nie net met grasia kan dra nie, maar ook in voeling wees daarmee. Dit moet jy wees.”

- Hou jou persoonlikheidstipe in gedagte wanneer dit by die kies van bykomstighede kom. “As jy byvoorbeeld 'n romantiese persoonlikheid het, dra 'n blom in die hare - as jy 'n meer klassieke persoonlikheid het, dra 'n string pèrels.”

- Die regte haarstyl is nodig om die perfekte uitrusting pragtig af te rond. “Jou haarstyl moet verkieslik jou gesigvorm komplementeer. Die regte haarstyl sal saam met jou uitrusting en bykomstighede harmoniseer.”

Salutary sounds

Take six guitarists and add a love for music and a passion for entertaining and you will most likely be surprised with the outcome. Ses Snare is fast jamming their way into the hearts of locals, probably because they are all about having a good time.

If the sound of a lone guitar pulls at your heartstrings, the sound of deep soul lets your mind escape to simpler times or a night on the town with the songs of the best time of your life is what gets you out of your seat, then this is the band for you.

Ses Snare is a group of top South African guitar players who wow audiences wherever they play and have the time of their lives doing it.

Five years in the making, the band has collaborated with many different artists, making every performance unique. "The best thing about being in a band like Ses Snare is that you're working with some of the most talented musicians in the country. Each of the guys on stage has serious talent and yet when we get together it's like a jam session," says Blackie Swart, one of the most respected guitar players and a member of the band.

He adds that a Ses Snare performance is always an amazing experience and each show differs from the next. "We work with guys who know what they're doing, they all have high standards and that is why the quality of the show has always been fantastic. We love it when our audience sings along – we are performing for them after all."

Fellow guitarist and Ses Snare member Thean Kotze adds that a shared love for music, and one another as artists and a lot of patience are the keys to a successful group like Ses Snare.

"That these guys are great musicians is obvious. With an artistic personality, one also has to accept that some will be stranger than others. We all have patience and a love for music, which is why we enjoy spending time together."

Cobus 'Diksnaar' Burger is of the opinion that Ses Snare is more a 'jam' band than a traditional group. "We were in the mood to do something off the

beaten track and we got a couple of guys together who felt the same way. It was time for something exciting in our careers. We are all still individual artists and professionals in different genres, but in Ses Snare we get to jam tighter. Every musician gets a chance to shine, that's why we perform. This is not a group that performs for

the money; you can imagine, we have to share the money between six musicians and the sound guy. Ses Snare is all about having a good time."

MD Greyling is another Ses Snare legend who says that playing in this

Each of the guys on stage has serious talent and yet when we get together it's like a jam session



group has been one of the highlights of his career. "These guys are my friends and my idols. They are some of the best guitarists one could ever work with and there is so much talent on the stage when Ses Snare performs. I enjoy every minute and value the opportunity. The songs are great, it's the songs I grew up with and we share that with our audience. We have been blessed with talent and we live it on another level when we perform together. It helps that the guys can sing and it adds a dynamic that can't be heard or recreated. We are Ses Snare because we are six different guitarists."

The artists agree that Pretorian audiences are their favourite, especially the crowds that gather at the Centurion Theatre.

"There is a nervous excitement among us when we arrive for a show in Centurion. It is where we gave our first performance and on that night we knew we were on to something. Across Pretoria, we are greeted with the same excitement, but Centurion is our home. It's where it all started," said Swart.

The future for this band also looks bright, with plans for even more shows in Pretoria over the coming months. "Most of us are from the area, so it's easy to get together and have a good time. The type of show we present also makes it easy to change, we play old favourites, we have fun and we share our love for music with our audience. Ses Snare is here to stay," Swart added.



Rescued from my Pain



"Hi, I'm Viv Reed and I have suffered with joint pain caused by arthritis in my wrist for many years. A childhood injury resulted in degenerating cartilage and I found that often when I woke up in the morning I couldn't open my fingers.

The shock and severity of the pain sometimes caused me to drop whatever was in my hand at the time. I run an aftercare centre and even picking up toys was painful. I started taking Lifetones at the beginning of this year and before long the pain had gone completely. I no longer battle with my fingers in the morning and the wrist guard is a thing of the past. Recently I noticed one of my granddads (who collects his grandkids from the aftercare daily) had great difficulty in walking due to gout. I suggested Lifetones as a solution and guess what three weeks later he came in pain free and walking without a limp! I was so excited that I just hugged him! Imagine his relief!

To be a grandfather and still have to look after your grandchildren in the afternoons is hard, so for him to have his health back is like a miracle. I really recommend Lifetones for joint pain and gout: it's amazing stuff!"

Lifetones has been formulated to assist the body in combating the harmful effects of excess uric acid, associated with painful conditions such as:



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Rooiwynliefde

Sielvolle sangeres Helena Hettema se elfde album, *Rooiwynliefde*, het onlangs die lig gesien. *Get It* se Natasha Slabbert gesels met dié passievolle kabaretsangeres oor haar liefde vir Frans, internasionale optredes en hoe 'n idilliese feesmaal by haar huis lyk.

Jou elfde album, *Rooiwynliefde*, is onlangs vrygestel en bevat nege van jou eie liedjies. Is daar liedjies wat 'n buitengewone storie vertel?

Die trein het jou kom haal is spesiaal vir my oorlede eks-man Hennie geskryf en die titel is 'n metafoor vir die dood. *Citizen* is geskryf in Londen in 1997 toe ek probleme met my visum ondervind het. Ek het opnuut besef hoe die wêreld beheer word deur paspoorte, grense en geld en het die liedjie geskryf oor my Utopiese wense vir 'n nuwe wêreld. "...burn all the passports, tear up the paper money, let in the sun... feel the spirit in the trees and the seas... the children play and the animals run... let's say our say, be lights of love... let's let our hearts be kites of love."

As jy terugkyk na al die liedjies wat jy oor die dekades heen neergepen het, het jy 'n gunsteling of twee?

Divided Heart, dié titelsnit van my sesde album, is geskryf op Brighton Beach net buite Londen in 1997 toe ek die eerste keer daar opgetree het. Ek het aan 'sun deficiency syndrome' gely en het na Brighton Beach ontvlug. Daar was 'n vaal, skraal sonnetjie en daar was geen sand op die strand nie – net ronde, grys klippe en gekleurde vlaggies wat aan die wal in die wind wapper. Surrealities. Dit het my geïnspireer, laat verlang en besef dat ek in murg en been 'n Suid-Afrikaner is. "She was a girl with a divided heart like the light and the dark, a divided heart – between two continents and somewhere far her home, but where it really lay was deep within her soul." *Journeyman* is geskryf in 1996 toe ek by die Il Frigo-fees in Bologna, Noord-Italië, opgetree het. In 'n mistieke oomblik het ek besef dat alles en almal ten spyte van tyd en plek gebind is, "Earth, moon, mountain and sea, stone, sand all turning in me, and I

hold, yes, I hold in the palm of my hand – the stone, the stone until it all becomes sand – until we all become sand."

Helena, jy is bekend daarvoor dat jy in Afrikaans, Engels, Frans, Nederlands en Italiaans kan sing. Waar kom jou liefde vir hierdie tale vandaan?

As kind is ek blootgestel aan die musiek van kontinentale kunstenaars soos Jacques Brel, Edith Piaf en Georges Moustaki. My pa is in Leeuwarden in Friesland (noordelike Nederland) van Friese ouers gebore en dus het my oupa Fries gepraat en het ek gevolglik in Hollandse musiek belanggestel. Ek het geluister na Corrie Brocken en meer onlangs na Herman van Veen. As kind het my oupa dikwels vir my Hollandse liedjies gesing en die mandolien gespeel.

Jy is 'n groot bewonderaar van Edith Piaf en bring hulde aan die ikoon in een van jou albums *Spirit of Piaf* and *other French legends*. Waar het die bekoring met Edith begin?

Van kleintyd af het ek na Edith se musiek geluister en haar passie, interpretasie en unieke styl het my al hoe meer getref namate ek ouer geword het. Toe ek ses jaar oud was, het ek alreeds besluit dat ek Frans as vak op skool wil neem. Ek het verlief geraak op die taal. Edith het die gawe gehad om een te word met die lied wat sy sing en haar musiek pas in die kabaret genre. Soos sy, is ek 'n alt en daarom het ek haar musiek begin vertolk. Ek het onder andere die voorreg gehad om twee keer met die Kaapstadse Simfonie Orkes op te tree met die musiek van Edith Piaf en Jacques Brel (ook 'n tydlose, universele liedjieskrywer).

Jy het al verskeie kere in die buiteland opgetree in pragplekke soos Italië,

Londen, België, Nederland en Nieu-Seeland. Watter van hierdie ervarings lê jou veral na aan die hart?

Ek het die geleentheid gehad om in die noordelike deel van Italië in die goudgeel stad van Bologna op te tree – by die Il Frigo-fees. Frigo beteken yskas in die volksmond. Ek het die titelsnit van my tweede album, *Jasmine Lament*, geskryf terwyl ek daar was. Nieu-Seeland was weer 'n reis van 'n ander aard – ek het by die Potstok-fees as hoofkunstenaar opgetree komplement met Maori musikante

Ek probeer altyd identifiseer

met wat ek sing en dit my eie te

maak in my interpretasie

as my voorskou kunstenaars. Dit het baie gereën tydens die vertoning, maar die gehoor was so uitgehonger – ek onthou waar ek vanaf die verhoog gekyk het, was daar net 'n dak van oop sambrele voor my. Die hele veld was ook vol potjies wat *die expats* voorberei het as deel van 'n potjiekos kompetisie. Dit het gevoel soos Suid-Afrika. In 2011 het ek opgetree saam met die pianiste Zorada Temmingh en Elma van der Merwe, as 'Three Blonds from Africa' op Sloane Square in Londen. Dit was veral spesiaal om in dieselfde kleedkamer te kon voorberei waar Judy Dench aangetrek het en op te tree waar Mike Bat ook al opgetree het.

Jy tree op 8 en 9 November by Magic of the Vine-wynfees se klassieke kos- en wynaande op. Wat kan gaste van hierdie optredes verwag?

Ek gaan fokus op die musiek van groot Franse legendes soos Edith Piaf, Charles Aznavours, Gilbert Beaud en Jacques Brel, asook my oorspronklik

materiaal soos *Quasi Blu* en liedere van *Rooiwynliefde*. Ek gaan ook musiek doen deur internasionale kunstenaars soos Katie Melua, Janis Ian en plaaslike kunstenaars soos Ingrid Jonker, Koos du Plessis en Anton Goosen.

Heerlike kos, goeie wyn en sielvolle musiek, soos die Magic of the Vine wyn- en kosaande, is altyd 'n wenkombinasie. As jy spesiale gaste moet onthaal met jôu gunsteling kos, wyn en musiek, aan watter geregte en wyn sal julle smul en waarna sal jul luister?

Ek hou baie van Chenin Blanc of Sauvignon Blanc, gewoonlik met ys, vir daardie warm somersdae – of 'n goeie Merlot vir somersaande. Ek sal afskop met 'n ligte Gazpacho-sop gevolg deur 'n Basil Pesto pasta bedien met 'n vars rocket-slaai met feta, aarbeie, pine nuts, sjokolade en 'n balsamiese slaaisous. Vir nagereg – aarbeie saam met 'n dekadente Gino Ginelli roomys. In die agtergrond sal ek 'n verskeidenheid eklektiese musiek soos Ismael Lo van Senegal tot Gypsy Kings, Loreena McKennit en Amy Macdonld speel en dan die aand afsluit met Leonard Cohen tydens koffie en sjokolade.

Jy spog altyd met 'n klassieke voorkoms tydens jou optredes – wat 'n sekere glam-faktor aan al jou optredes verleen. Waarin lê 'n vrou se skoonheid en glam-faktor vir jou?

Vir my lê dit grootliks in 'n vrou se houding teenoor die lewe en die sienswyse dat jy iets van die lewe moet maak - nie verwag dat die wêreld jou iets skuld nie, maar dankbaar te wees en te gee. Selfvertroue, nie arrogansie nie, kan ook glamorous wees. Ek dink ook mens moet jou vroulikheid geniet en waardeer en probeer uitstraal - vanaf jou klerestyl regdeur tot jou houding, dit uitstraal wat vir jou saak maak.

Wat droom jy oor jou toekoms?

Ek sal graag nog baie albums en musiekvideos wil maak en hoop om meer oorsee te sing en groter en wyer gehore te bereik. In Junie vanjaar was ek by die 'Festival voor het Afrikaans' in Den Haag, Nederland, en dit was wonderlik inspirerend. Ek sou ook graag nog in Afrika wil optree – daar is 'n moontlikheid om volgende jaar in Kenya op te tree met die nuwe Mandela CD, Viva Madiba, 'n CD wat in agt tale vertaal is en

oorspronklik in Afrikaans deur Anton Goosen geskryf is. Ek het die Franse weergawe gedoen – en groot dele van Afrika is Franssprekend. Ek wil ook graag met verskeie kunstenaars nog werk, meer verhoogproduksies regisseur en ander genres soos Rock en Jazz ondersoek.

Die Magic of the Vine-wynfees skop af met 'n klassieke kos- en wynaand

by Leriba Hotel & Spa se Hemingways restaurant op Vrydag 8 November, gevolg deur 'n tweede onvergeetlike kos- en wynaand op Saterdag 9 November. Helena Hetteema se optredes belooft om 'n hoogtepunt tydens dié geleentheid te wees. Kaartjies beloop R400 p.p en sluit 'n watertand viergang-maaltyd en wyne in. Navrae: [Jacquelize de Vries](mailto:Jacquelize.deVries@silvercrestevents.co.za) by 061-4662-411 of e-pos jacquelize@silvercrestevents.co.za



Besoek
<http://pretoria.getonline.co.za>
vir meer vrae.

Een gelukkige leser kan 'n Rooiwynliefde album wen. SMS die woord Helena en jou naam na 42282. SMS'e kos R1,50 en gratis SMS'e tel nie. Die kompetisie sluit 22 November. Wenner sal telefonies in kennis gestel word.

Fotograaf: Matthys van der Merwe

Super cool trends

As delightful sunshine-drenched summer days start peeping over the horizon, the new season's super exciting fashion trends begin to emerge. Up-and-coming Pretoria fashion designers, famous for always having their pulse on the hottest in fashion, share their favourite summer clothing trends in terms of colours, patterns and prints to have you looking glam in no time.

F. Wilson Fashion Institute

"In terms of colour, we adore red, jade, pink and champagne. Bright colours like yellow are bold and sunny – ideal for summer. The classic and versatile denim trend is also quite popular and geometric prints and lace that add texture, combined with the whole black and white theme, are all elegant must-have trends this season. We are also crazy about cropped pants, summer shorts and sexy flared dresses. Colourful prints are also big and the mullet dress, which screams business in front and party at the back, is an especially exciting trend."

F. Wilson Fashion Design

"Spearmint, fondant pink, violet, lemon and baby blue shades, all extremely appealing to our sweet tooth, were spotted on the catwalks of Erdem, Fendi, Viktor & Rolf and Valentino. Mesh is another big trend – perfect to bring some balance to these sweet colours. The mesh trend was first spotted in New York with Helmut Lang and Jason Wu and ended up in Paris with Celine, Stella McCartney and Alexander McQueen, whose bee-inspired collection came complete with honeycomb mesh fabrications."

Adjust

"Surface treatments are at the forefront this season. This gives designers the freedom to explore with design elements like texture and contrast. Leather combined with metal studs and chains is still in full swing, with the ever-popular lace another favourite. The traditional soft, feminine look usually associated with lace is made edgier by combining it with the harshness of leather and studs. Look for cut-outs in everything from shoes to jewellery. Colour blocking continues in bold, graphic shapes and clashing colour combinations."

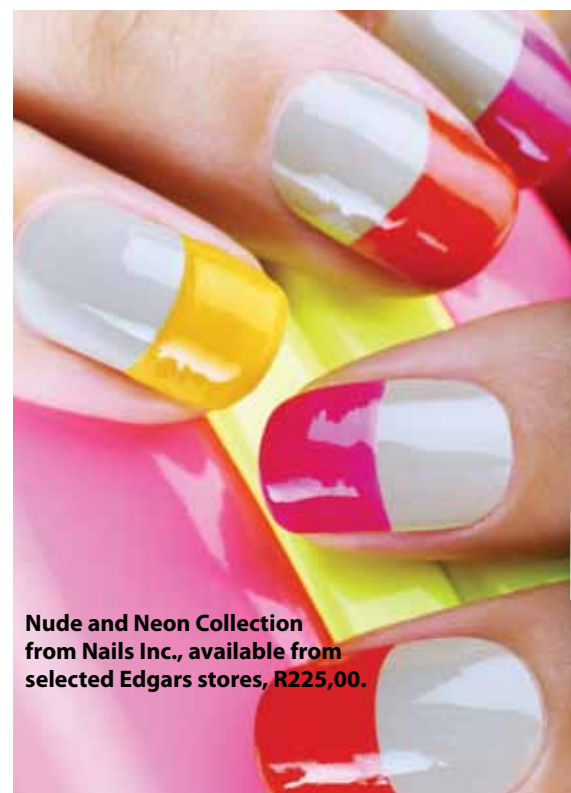
Compiled by: Natasha Slabbert



Beloved Bridal & Occasion wear

"Salmon is definitely a standout colour this summer and goes beautifully with anything pretty and feminine. Pink, which is complimented with various patterns, prints and lace, also takes centre stage."

Salmon strappy heel with peep toe from Flone, available from Step Ahead, R449,00.



Nude and Neon Collection from Nails Inc., available from selected Edgars stores, R225,00.

for summer

Roedolf D Couture

"This season is all about having fun with different colours, prints and textures and combining different colours and textures. Accessories, which instantly brighten up any little number for any occasion, are also a huge trend."

Germien le Clus Designs

"This summer, shades of emerald green and midnight blue are popping up everywhere. I enjoy incorporating these colours into almost any garment. Chiffon with flower motifs is also popular and for those formal events, sequins remain an absolute favourite."

Galli Bridal & Design Studio

"Lace, lace and more lace. Embroidered lace combined with delicate Chantilly lace and lace on skin, or the illusion thereof, are all great trends this summer. For daywear we are seeing coarse, woven lace in bright colours. One of our favourite colours this summer is mint, which we love to combine with silver crystals and ivory pearls. The wildly popular peplum style also makes a reappearance. Graphic patterns and prints in black and white are other trends we are going to be seeing plenty of."



Turquoise fish cuff from Alexandra Margnat, available from CaratStones.com, R2 229,00.

Jasper Petra earrings from Boonpa, available from CaratStones.com, R1 167,00.



Pink lace dress from Sissy Boy, R699,00.



White lace shorts from Free 2BU, available from selected Edgars stores, R249,95.



Sexy scents

For a touch of glamour, add a spritz of your favourite perfume before heading for the door. Choose your signature scent from the latest in these sexy, sensual summer fragrances – the perfect accessory for those fun nights out. We reveal our top ten must-have summer scents.

1 Taylor by Taylor Swift

Taylor by Taylor Swift blends the delicious scents of summer fruits and blossoming flowers with gentle, wooden notes. This luscious, new fragrance comes in a beautifully designed, retro-style bottle adorned with pearl details, a crystal stopper and colourful prints. The fragrance's middle notes contain a bouquet of some of Taylor Swift's favourite flowers – peonies, hydrangeas and vanilla orchids while the sensual base notes contain enthralling scents of sandalwood, apricot and cashmere musk. This one's already getting rave reviews.

Top notes: litchi, tangerine and magnolia petals.

Middle notes: peony and vanilla orchard.

Base notes: sandalwood, apricot, musk and woody notes.

2 Gossip Girl Spotted!

Gossip Girl Spotted! is a sparkling cocktail of chilled citrus and fruity, white, floral notes. Dazzling lime and bergamot are cooled by a crisp, aquatic accord, which sends pure lily and delicate jasmine floating to the surface. This fresh bouquet is sweetened by a sophisticated dash of blackcurrant and raspberry, which awakens a warm oriental base and captures the spirit of adventure and romance perfectly. It is a perfume for the young at heart, and is at home in the most fashionable of settings.

Top notes: lime, bergamot, lily and jasmine.

Middle notes: blackcurrant and raspberry.

Base notes: black pepper, coriander, cinnamon and vanilla.

3 Elie Saab Le Parfum

Ultra sensual and feminine, Elie Saab's Le Parfum is the perfect summer fragrance. This seductive perfume is characterised by an orange blossom scent that reflects floral radiance and femininity. Lush and voluptuous, this sophisticated scent is pure summer – remindful of those long, warm, sultry evenings spent dining out and dancing under the stars.

Top note: orange blossom.

Middle note: jasmine.

Base notes: cedarwood, honey and rose.



4 Omnia Crystalline by Bvlgari

An addictive floral and woody fragrance, the exquisite Omnia Crystalline by Bvlgari is a gem of a fragrance. Beautifully packaged, this enticing cocktail of classic mandarin and sweet lotus flower combined with cashmere oak, musk and sandalwood has an exceptional aroma. Mysterious and seductive with a glamorous edge, this one is a must-have for the glam summer party season.

Top notes: Italian mandarin and lotus flower.

Middle notes: lotus and heliotrope.

Base notes: white sandalwood, oak and musk.

5 Honey by Marc Jacobs

Honey by Marc Jacobs is a deliciously sunny and floral fragrance. This scent is both energetic and alluring, with a sparkling, golden touch and boasts a playful design and summery scent. Charmingly light and clean, this scent is perfect for everyday wear.

Top notes: pear and juicy mandarin.

Middle notes: orange blossom, peach nectar, apricot and honeysuckle.

Base notes: honey, golden vanilla and smooth woods.

6 See by Chloé

Irresistible and playful, See by Chloé combines juicy bergamot and apple for a perfume that oozes eclectic, urban edginess. Beautifully packaged, this

sparkly scent comes in a faceted, glass bottle inspired by vintage birdcages and has charming little feet underneath. See by Chloé perfectly captures the essence of a spirited woman fully embracing life.

Top notes: bergamot and apple blossom.

Middle notes: jasmine and ylang-ylang.

Base notes: musk, vanilla and sandalwood.

7 Downtown by Calvin Klein

Downtown by Calvin Klein is another Calvin Klein classic for the woman with a distinct taste. This pretty scent features a burst of citrus with a hint of floral spice almost good enough to eat. Downtown by Calvin Klein combines notes of bergamot sprinkled with notes of fresh green pear, pink peppercorn and plum.

Top notes: green pear, lemon, bergamot and plum.

Middle notes: pink peppercorn and gardenia petals.

Base notes: cedarwood and musk.

8 Manifesto by YSL

Manifesto is the latest spectacular work of art from Yves Saint Laurent. Jasmine, combined with green notes, sensual woods and vanilla, are the key components behind this popular addition to YSL perfumes. Be seduced by this bouquet of bergamot, jasmine and lily of the valley – the ideal fragrance for those summer nights out.

Top notes: bergamot and green notes.

Middle notes: jasmine and lily of

the valley.

Base notes: vanilla and sensual woods.

9 Pleats Please by Issey Miyake

A perfect fit for the woman who can light up a room with her optimism and exuberance, Pleats Please by Issey Miyake is a joyful, optimistic scent. The fragrance also features splashes of the Asian hybrid fruit nashi, which is achieved by crossing apples and pears. Cheerful, energetic, light-hearted and colourful, this summer fragrance will have you in a good mood every day.

Top note: pear.

Middle notes: peony and sweet pea.

Base notes: patchouli, cedar, vanilla and white musk.

10 Catch Me by Cacharel

This perfume has an adventurous personality. The composition opens with sparkling notes of Italian mandarin and petitgrain, while heady orange blossom and sweet jasmine scents dominate the heart. A whirl of pleasures and emotions, Catch Me is the ultimate feminine fragrance – light and zesty, yet seductive and alluring. Catch Me by Cacharel will have you turning heads all evening long.

Top notes: Italian mandarin and petitgrain.

Middle notes: jasmine and orange blossom.

Base notes: almond milk, amber and woody notes.

Compiled by: Natashia Siabbert



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Relationship bliss

Want a happy, healthy relationship? Local relationship counsellor Anri van den Berg reveals her tips and tricks to keeping couples passionately in love with their better halves.

The best love is the kind that awakens the soul and makes us reach for more, that plants a fire in our hearts and brings peace to our minds, and that's what you've given me. That's what I hope to give to you forever. I love you. With these words Noah declared his eternal love for Allie in *The Notebook* and brought many women to tears. We all want a fairy-tale romance and a love that lasts forever, but the movies make it look deceptively easy. According to the most recent census, 20 980 divorces were registered for 2011 alone, meaning that a lot of couples are far from relationship

bliss. Anri van den Berg, a registered relationship counsellor and owner of the Vita Nova Counselling Centre in Elardus Park, Pretoria East gives us her tips and tricks for a long, happy, successful relationship.

Couples need to work at their relationships

Happy relationships don't just happen. Anri's number one tip is for couples to remember that relationships require work to be successful. "Being in love with someone is easy, but loving someone is often very hard work and

cannot just be a feeling that you have or don't have." This is why, she believes, many couples give up so easily. "As soon as things start becoming difficult, it leads to an emotional disconnect, if not handled correctly, and we start losing that loving feeling for the other person. The moment that happens, people jump to the conclusion that they have made a mistake marrying their partner because the love is gone." The idea that if you really love someone everything in the relationship will be easy is unrealistic. Couples need to work hard if they want to sustain, and continually grow, a satisfying relationship.



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Stay connected

Partners need to be able to grow together and stay connected through the changes that occur as they mature and move into different life stages. Anri says she often sees couples who complain that the person they married does not exist anymore and that they never expected their partner to change, but change is inevitable. "Every situation we face, every challenge life throws at us shapes and moulds us, and we use the knowledge gained from these to better who we are." Expect change and grow with your partner to develop a stronger bond and a stronger relationship.

Make time for each other

Time is short for everyone these days. There just never seems to be enough to get through everything that needs to be done in a day (especially if children are added to the mix) and romance often gets put on the back burner. The expert's advice? Try to get into the habit of setting aside, at the very least, two hours a week for just the two of you. But not to discuss household logistics like who's taking which child to which appointment, when the car needs to be serviced, etc, there's no intimate connection in this. When you get the opportunity to spend time together, Anri emphasises that you try to focus on deeper issues – hopes and dreams, fears and desires, try to stay interested in each other as individuals. "Use the time you have to make sure that you are aware of what is going on in your partner's head, heart and life in general."

Talk, but listen too

It's been said a thousand times over and it's still true: communication is the key to a healthy relationship, of any kind. Anri says that part of the problem

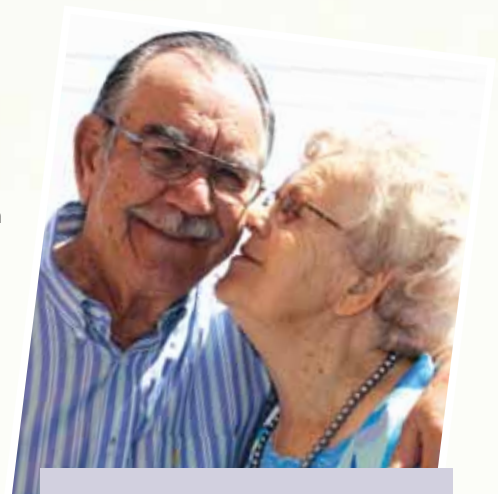
is that not many people realise that there must be two active role players, someone who talks and someone who listens with the aim of understanding. "Really listen when your partner shares a certain viewpoint, try to understand where he/she is coming from and why your partner feels a certain way or sees things in a specific light." Often, she says, it's not the disagreement itself that causes people to feel hurt, misunderstood or belittled, it's how we handle the disagreement. "Try to understand without judging, interrupting or defending yourself." Agreeing to disagree when the issue directly affects both partners is not a solution. Compromise can be difficult, but with a little relationship elbow grease, an agreement that satisfies both partners can be worked out.

Keep it interesting

Be creative, don't let your relationship stagnate and fall into a boring, predictable routine. Couples that have been together for 60 years can be just as happy and in love as those who have been together for six, something Marthinus and Adri Delport can attest to. All it takes is a little effort and the willingness to engage meaningfully with your partner to grow your relationship. "Ask yourself if your emotional connection with your partner is what you want it to be. If you can't answer 'yes' honestly, take responsibility and start creating that connection." Find something new to do together; take a cooking class, do a nature hike, work out together, whatever makes you both happy and will allow you to create new, shared experiences and memories. Anri suggests setting yourself the challenge of learning something new about your partner each week. "This can be a challenge if you've been married for quite a while, but I promise, the rewards

are worth it."

All it takes to make your real-life relationship the stuff of romance movies is a little effort and the willingness to engage meaningfully with your partner. As Noah says passionately to Allie, "It's not gonna be easy, it's going to be really hard. We're gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, every day. You and me... every day."



Six decades of love

After 63 years together, Marthinus and Adri Delport still share a youthful love for one another. "We were high school sweethearts," Marthinus says, smiling at his wife. Adri says her husband is definitely a romantic, and that she knew he was the man she would marry when they met. They were married on 1 September 1951, and attribute their many years of success to their strong spirituality. "We never go to bed angry at each other. If we have a problem, we take it to the Lord in prayer and he helps us sort things out."



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Live the good life

With the party season in full swing, it is the ideal time to indulge in good food, great wine and fabulous company. Host your own glamorous dinner party with these fabulous sparkling wine and food pairings from the experts on Le Good life, J.C. Le Roux.



Cap Classique paired with pan-fried smoked Norwegian salmon fillet topped with raspberry and pistachio basil pesto crust set on vegetable greens and Parisian potatoes.

Smoked salmon fillet and Parisian potatoes

Ingredients:

200g Norwegian salmon fillet
Raspberry and pistachio basil pesto
2 large potatoes
5ml crushed garlic
10ml chopped parsley
Parisian potatoes
Salt and pepper to taste

Method:

Seal the salmon on both sides in a very hot pan, top with the raspberry and pistachio basil pesto crust and transfer to the oven for about three to five minutes.

Peel two large potatoes. Use a melon baller to scoop small potato balls, then add these to boiling water and salt. Boil for 10 to 15 minutes, when finished, set aside to cool down. Melt butter in a hot pan and add 5ml crushed garlic.

Add the Parisian potatoes to the pan. Add salt and pepper. Toss with 10ml fresh, chopped parsley.

Vegetable greens

Ingredients:

50g mangetout
50g fine beans
2 baby marrows (diced)
50g peas
Lemon
Salt and pepper to taste

Method:

Boil water and add salt and a piece of lemon. Add the vegetables to the boiling water and boil for eight to ten minutes.

Remove vegetables from the boiling water and transfer immediately to ice water.

Fry the vegetables in a hot pan with butter and add salt and pepper to season.



Brut paired with ostrich fan fillet set on asparagus and served with a mango and coriander salsa.

Ostrich fan fillet with asparagus

Ingredients:

200g ostrich fillet
5 pieces asparagus
Salt and pepper for seasoning

Method:

Pan-fry the ostrich fillet. The pan must be hot enough to seal the ostrich on both sides.

Depending on personal preference, set aside when sealed. Peel the

asparagus. Boil water and add salt and a piece of lemon. Place the peeled asparagus in boiling water for four to five minutes. Transfer to ice cold water.

Mango and coriander salsa

Ingredients:

1 fresh mango, cubed
½ cup coriander, chopped
½ tsp chilli, chopped finely

Method:

Mix ingredients together and allow to stand for a couple of minutes.



Non-alcoholic bubbly served with baked white chocolate cheesecake with strawberry coulis

Ingredients for crust:

½ cup self-raising flour
1 cup cake flour
¼ cup castor sugar
80g unsalted butter, cut into cubes

Ingredients for cheesecake filling:

750g softened cream cheese
1 cup castor sugar
¼ cup flour
1kg white chocolate (melt chocolate in microwave)
4 eggs
2/3 cup cream

Ingredients for strawberry coulis:

3 cups frozen strawberries
4 teaspoons lemon juice
2 cups water
½ cup castor sugar
1 vanilla pod

Method for crust:

Blend the self-raising flour, cake flour and unsalted butter in a food processor for approximately 30 seconds until crumbly. Add eggs and process briefly until the mixture binds together. Place the mixture onto a lightly floured surface and roll into a small ball. Refrigerate in plastic wrap for about 20 minutes or until the mixture is firm.

Preheat the oven to 210°C. Lightly grease a 23cm diameter springform pan. Roll the pastry between two sheets of baking paper until large enough to fit the pan and trim the edges. Cover the pastry with baking paper, then rice or dried beans. Bake for 10 minutes, and then remove the baking paper and rice.

Method for cheesecake filling:

Beat the cream cheese, sugar, flour and melted white chocolate until smooth. Add the eggs one at a time, beating after each addition. Beat in the cream, pour over the pastry and bake for 1 hour and 25 to 35 minutes or until almost set. Turn off the oven and leave to cool. When cool, refrigerate.

Method for strawberry coulis:

Add the frozen strawberries, water, lemon juice, sugar and vanilla pod to a saucepan. Heat and reduce until thick. Leave to cool down.



Spring cleaning starts here...

With Glad's wide range of bin bags, it's easy to find a perfectly fitted, freshly scented option that'll make life a little sweeter when you are cleaning up.

Decluttering goes hand-in-hand with the new season. But first things first – time to deck out your bin with the best-suited bin-bag from Glad. There's one for every bin, with reinforced materials, easy-to-grip handles and smart drawstrings, you'll find spring cleaning a breeze.



Large bins

Mid-thigh-high swing bins that hold 40 to 60L of rubbish tend to get chock-full really quickly, so **Glad's Swingbin Drawstring ForceFlex Bags** (580 x 640mm) are the answer. Enforced with ForceFlex Stretchable Strength, they make waste disposal really simple – you can lift or pull them without the bag breaking, and the smart drawstring prevents nasty spills. The diamond texture means they prevent rips or tears no matter what they hold, as the fabric is super flexible. **Glad's Large Wave Top Tie Bags** (580 x 710mm) are tailor-made for both large swing and pedal bins in the kitchen, with built-in ties to firmly close the bag and prevent odours or spills from escaping. Even better, they have a fantastic and fresh lemony fragrance!

Extra-large bins

A really big swing bin that holds 60 to 80L of garbage calls for a tough bin bag, like **Glad's Swingbin Handle Tie Bags** (710 x 610mm) with nifty handle ties and a zesty citrus fragrance. **Glad's Extra Large Wave Top Tie Bags** (660 x 810mm) with handy ties can be used for extra-large swing and pedal bins and have room for just about anything. Even the biggest loads are easy to carry.

Medium bins

If your pedal dustbin is below knee-height and holds 20 to 40L of refuse, choose **Glad's Pedalbin Drawstring Bags** (540 x 540mm) with convenient drawstrings that allow you to close, lift and remove them with ease. Plus they have a zesty citrus scent to keep the bin smelling fresh.



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Party paradise

Summer is synonymous with warm, breezy nights spent socialising under the stars. Gardening and landscaping expert Antony Smith from Serenity Scapes in Die Wilgers reveals how to transform your garden into a party haven.

1 Plan ahead and plant shrubs and plants that will flower profusely during the season and, most importantly, when the get-together is set to take place.

2 Use annual plants to create vibrant bursts of colour either contrasting or linking with a certain colour from your decor.

3 Add a good compost and organic fertiliser to the garden and lawn at least a month beforehand.

4 Use garden lights to create a cosy atmosphere in the garden. Make use of different colours to intensify certain elements and to create interesting focal points. Use a combination of permanent LED waterproof lights and solar lights. However, be mindful not to overdo the lights, as no one wants a garden pathway that can be mistaken for the OR Tambo International Airport's runway at night.

5 Incorporate different coloured materials to further enhance your garden. By using inexpensive cotton fabrics one can drape stems, cover soil level in pots, wrap elements in the garden or even drape trees. Use stretch

material to add a modern touch. The curves that are created when stretch material is pulled between objects like tree branches, and under lapas or roofing areas or in front of lights.

6 Go green and use recycled cooldrink bottles for tea light holders. Cut off a section 10cm from the lid, weigh the lid down with rocks or pebbles, and spray it with any colour before placing a tea candle inside. Use these in garden beds as visual cues or in the swimming pool/fish pond to give your garden the wow factor.

7 Set up small metal tables around the garden to create talking points where your guests can mingle. This is the perfect space for snack platters and drinks. Create an interesting table centrepiece with anything from indoor pot plants like Begonia elatior to rented bonsai trees to spark conversation.

8 Add a splash of colour to entrances with pot plants in various summer colours. Space them along the entrances or in front of screened areas.

9 Use bark mulch to make garden beds more appealing or to create paths through your garden.

10 Lastly, make sure you don't over water on the day or guests will be walking in mud.

Five plants that work well in summer:

Hemerocallis (Day lilies): these flowers blossom profusely throughout the year. Full sun is required for the best flowering.

Lampranthus (Vygie): use various colours in big bands to create a magnificent show.

Murraya exotica: can be used in small to large gardens. This plant is a beautiful shrub that boasts exquisite, white, scented flowers during summer.

Zantedechia (Arum lilies): many varieties exist, but the white giant still remains excellent to use in the garden. Plant it in a semi-sun area and provide it with good organic fertiliser and sufficient water.

Guara (Butterfly bush): a prolific flowering shrub with pink or white butterfly-like flowers with growth similar to lavender that blossoms throughout the season.

GET *Decorative*



Elegant interiors

With the hustle and bustle of everyday living, your home should be a haven of comfort and relaxation. Owner of La Grange Interiors and lead interior decorator, Sumari Krige, shares a few handy tips on how to promote easy, yet elegant living.

Sumari Krige is a well-known decorator and businesswoman that describes her passions as product development and international trade.

This dynamic woman has travelled to the world's furthest corners in search of the most unique and sleek furniture.

Krige recently opened a new branch of her interior design company, La Grange Interiors, in Brooklyn which boasts many unique and exotic pieces,

hand-picked or designed by Krige herself.

She explains that any one can achieve an elegant style in their homes by if they know when to stop.

"Elegance can be achieved in almost any style of furnishing. It is all about layout and furniture placement. Do not over accessorise or over decorate."

Your home should be a refuge and help calm stressed nerves, and this can successfully be achieved by ensuring there is enough space to move around.

"Make sure there is a good flow to the layout of your furniture; always make sure there is enough space to move around the furniture freely. Get rid of clutter."

According to Krige the right paint and lighting are essentials to create the perfect ambience. "Subtle paint colours will compliment everything in the room rather than compete with it and having a lamp offers a more intimate, warm light."

Sumari shared five tips on how to achieve an elegant home look:

1. Plenty of fresh flowers are an absolute must.
2. Make sure your room flows. You do not want your guests to feel like herded sheep.
3. Make sure you have comfortable indoor and outdoor seating.
4. Mood lighting – this will help to create a relaxed yet elegant atmosphere.
5. Remove all clutter. Put your daily bits and pieces away and keep your dining and lounge area clutter-free.





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Tranquil escape



Surrounded by beautiful, indigenous bushveld and nestled against a rocky outcrop with rock fig, acacia, fever and karee trees, the exclusive Sherewood Lodge guest house, the recent winner of a prestigious national Lilizela Tourism award, offers a tranquil nature experience.

Sherewood Lodge is one of those rare finds that make you feel special – like you discovered a gem.

This exclusive 4-star guest house, located in the east of Pretoria near Silver Lakes, is the ideal place for a relaxing and luxurious weekend as the year starts to wind down and energies start to dwindle. With its peaceful and tranquil surroundings, Sherewood Lodge is the perfect weekend getaway to recharge those batteries for the last stretch of the year, without the stress and hassle of long-distance travelling.

Sherewood Lodge is also the ideal place for visiting friends and relatives to stay during the festive season. This unique guest house, which specialises in high quality accommodation and

delectable breakfasts, was recently awarded the national Lilizela Tourism award for the best 3-star guesthouse in South Africa, and has since been upgraded to 4-star by Tourism SA.

Sherewood Lodge is far more than just accommodation, however, it is an experience in fine living the South African way. The rooms are all exclusively private and have roofed patios with beautiful views of the garden. The high quality finishes and interior decor blend old and new to create an interesting environment with a chic, yet lived-in feel for the ultimate in comfortable living.

The thatched guest house and cottages were designed by one of Pretoria's top architects, Jeremie Malan Architects, in an Afro-European style with African colours and natural materials



made from stone, wood and slate.

The buildings are placed in close proximity to the natural landscaping and the finishes and materials reflect the colours and textures of the environment. This creates an atmosphere of complete peace between the buildings and their natural surroundings, thus blending harmoniously into the Bronberg landscape. The lush garden areas include a swimming pool, grassed area and wooden deck patio for outside relaxation.

The guesthouse is managed in a relaxed manner and guests feel welcome and at home, which is reflected in the guestbook and Trip Advisor webpage.

Guests will feel pampered and special while at Sherewood Lodge, and will leave feeling refreshed and replenished.

Compiled by: Natasha Slabbert



November Spoil

With the holidays around the corner, it is time to get your bod beach ready. Visit The Laser Beautique for the latest in skin tightening treatments and laser hair removal.

The Laser Beautique in Woodlands Boulevard offers the latest in non-invasive aesthetic treatments. These fabulous treatments include skin tightening, body contouring, anti-ageing and slimming treatments as well as state-of-the-art pain-free laser hair removal, a facelift alternative, facials, face and body peels and so much more.

With the beach holidays drawing near, body hair is a definite no-no. For the ultimate solution, visit The Laser Beautique for the revolutionary Soprano XLI Laser System. The Soprano is the Rolls Royce of laser technology – the first of its kind to safely treat Asian, African and tanned skin types.

The Soprano, which featured on the well-known American TV show *The Doctors* and on South Africa's talk show *3 Talk with Noeleen*, is unique in its IN-motion technology treatment of both laser hair removal and dermal healing.

IN-motion technology allows for

virtually pain-free treatment, which enables The Laser Beautique to treat the area more aggressively.

NIR skin tightening is another favourite at The Laser Beautique.

Its new, light-based solution is perfect for tightening sagging skin without having to undergo any surgery – leaving you ready for the beach in no time. This procedure results in the tightening of the skin using safe,



Kasia Wojciechowska Moolman, owner of The Laser Beautique.

infrared light that triggers a biological response which leads to collagen remodelling in the deeper dermal layers and can help smooth out fine wrinkles and sagging skin. The Laser Beautique also boasts a fantastic summer special. One pain-free laser hair removal session including: half leg, knee, underarm and a Brazilian for only R2 000, a saving of R1 000. This special offer is valid from November 2013 until the end of February 2014. Enquiries: 012-997-1185 or 082-307-8463 or visit www.thelaserbeautique.co.za

* Five lucky readers can each win a The Laser Beautique voucher, valid for any laser treatment, to the value of R1 000, while one lucky reader could walk away with a Laser Beautique voucher, valid for any laser treatment, to the value of R5 000. SMS the word *Laser* and your name to 42282. SMSs cost R1,50 and free SMSs do not apply. Competition closes 22 November. Winners will be notified telephonically.

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