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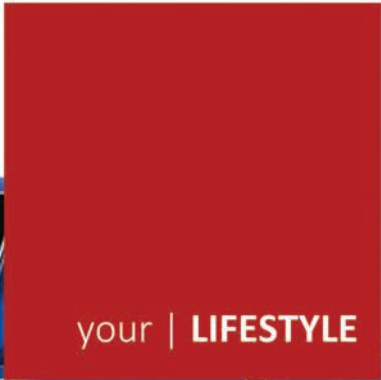
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March 2016



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GET IT

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Get It Joburg East



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Get It



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Issue 112
March 2016**

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WIN GOODIES!



FOODIE FINDS!



TRAVEL!



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Following
Unfriend MCM
@Insta
Re-tweet
Message TBT
WCW #selfie

*We're online,
are you?*

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JOBURG SOUTH
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Out & About

Pencil these events into your March diary right now!

4 Browse around the **Lido Hotel Market** on the first Friday of every month. With free entry, the Lido Hotel invites you to taste delicious treats from the various food stalls and to support crafters in the area of Johannesburg South and Alberton. The little ones will also be treated to an Easter egg hunt. *For more information send an email to marita@lidohotel.co.za or call 082 349 9924.*

12 **Walkerville Farmer's Market** is open every Saturday from 09:00 to 15:00 and offers a wide range of homemade cakes, jams, pickles, handmade jewellery, home accessories, pet accessories, books and plants. Fresh produce includes bread, eggs, honey, vegetables, cheese and biltong. Children's activities include pony rides, a sandpit, a jungle gym and a tree house. New crafters are always welcome to join. Credit card facilities, free entrance and free parking. Find them at 112 Main Street, Walkerville (on the R82 between Southgate and Vereeniging, just off the 4-way stop in Walkerville). For more information, contact Gail on gail@wfmmarket.co.za or 079 076 7680 or visit www.wfmmarket.co.za

If you have a date for the Get It diary page, email the info at least one month in advance to albertongetit1@caxton.co.za



WIN!!!
To stand in line to enter simply SMS GISBride, followed by Joburg South and your name to 33657 by March 24.

Brides-to-be are in for a serious treat this year with The Wedding Expo taking place at the Ticketpro Dome on the 12th and 13th of March. In the action-packed two-day show; brides-to-be will be buzzing with ideas from exhibitors showcasing the latest trends in wedding fashion, accessories, décor and more. *Details: www.wedding-expo.co.za*

To celebrate the Wedding Expo, we have some sensational prizes up for grabs. First up ... A romantic one-night stay for yourself and your husband-to-be at the beautiful Kloofzicht Lodge & Spa. Valued at R2 500, breakfast and dinner for two are included, so is a romantic turn down, and there's a R500 Matsimela product hamper to spoil yourselves. We're fairly passionate about our next prize ... bridesmaids dresses to the value of R3 000 from Gelique, who'll custom make each dress for you. Fancy winning an engagement photo shoot? Of course you do. Our next prize is an engagement photo shoot with Chanelle of Photo Chanelle, worth R3 000. The shoot will be between an hour and 60 - 90 minutes long and the winner will receive 50 edited images on a disc. (If the location the couple chooses has a shooting fee, they will be responsible for that.)

17 With swirling skirts and stamping feet, the fire and passion of flamenco light up the stage to celebrate Alianza Flamenca's 20th Anniversary. The show features students and professionals who have been through Alianza's ranks and guest artists from around the country. **Celebracion Flamenca** promises to enthrall and captivate the audience with all of flamencos vibrant elements. Tickets cost R150 per person. *Details: 0861 670 670.*

19 Why don't you participate in the **Rietvlei Parkrun** every Saturday, from 8am? The 5km walk or run at Rietvlei Zoo Farm is a fun and free event for the whole family. To register go to www.parkrun.co.za

26 Don't miss the **Country Crafters** market at 101 Kliprivier Drive, Mulbarton from 09:00 to 14:30. A number of new crafters will be joining the happy band of creative people, so come and see what is on offer. *To book a stall contact Marion on 011 902 5674.*

31 The king of croon himself, Luther Vandross, will be celebrated by South Africa's own "man with the velvet voice" Timothy Moloi in this non-stop nostalgic journey of musical delight. The CoLab Network is thrilled to be able to re-stage **Always & Forever – A Tribute to Luther Vandross**, this time at the Joburg Theatre for four performances only from March 31st to April 3rd, 2016. **Always & Forever – A Tribute to Luther Vandross** is an ideal evening for young and old to celebrate the magic legacy that this music icon legacy left behind. Tickets range between R150 and R250 per person. *Details: 0861 670 670.*

Review



LISTEN TO THE NEW SELENA

The transition from a teen idol to a sexy, grown-up pop star is never easy, but Selena Gomez did it with her latest album, **Revival**. *Revival* is typically Selena, with a much sexier and vocally mature twist. She hits back at haters with songs such as *Kill é m With Kindness* and shares her past heartache on tracks *Same Old Love* and *Perfect*. Could Selena be speaking about her highly publicised break-up with Justin Bieber? Either way we love it!

READ WITH BATED BREATH

Emma, a student archaeologist on a dig at the edge of Namibia's Etosha National Park, sends a call for help to her mother, former soldier Sonja Kurtz, who is in Vietnam on a revenge mission. Emma has discovered a body dating back to the country's liberation war of the 1980s. In Tony Park's **An Empty Coast**, the body is identified as Hudson Brand and his remains are a key piece of a puzzle that will reveal the location of a modern-day buried treasure – the kind people will kill for! Sonja returns and discovers Emma is missing. Things become even more complicated and dangerous when it's discovered that former CIA agent Hudson Brand is very much alive and also drawn back to Namibia to solve a decades-old mystery. *Macmillan*, R292 • Fiona Snyckers has written a chillingly compelling, up-to-the-minute read in **Now Following**

You which reveals the power social media gives to stalkers and others who intend harm. Jamie Burchell Instagrams, Tweets and Facebooks her every move. Then a stalker starts using social media to track her movements and Jamie's fear escalates. But her blog fans can't get enough of reading about the stalker – should she take herself offline or should she refuse to be intimidated? But now it's too late – the stalker is following her in real life! *Modjaji Books*, R220.



WATCH OUT HOPELESS ROMANTICS

Sleeping With Other People starts in 2002, when Lainey (Alison Brie) causes a scene in a dorm. Taking pity on her as she is about to be kicked out by security, Jake (Jason Sudeikis) claims her as his guest. Lainey and Jake end up spending the night together, a first for them both. Twelve years after their one-night stand, Jake and Lainey cross each other's paths again. Burdened with a history of romantic failures the pair struggle to keep their relationship strictly platonic as a pesky mutual attraction sets in. The two hang out more and more and eventually become best friends. However, they begin to be mistaken for a couple by strangers, as well as their closest friends. These suffering love addicts need to decide whether taking a risk will ruin what they have! (*Opens March 18*)



Wish List

Our favourite things for the month of March



Marvellous macarons

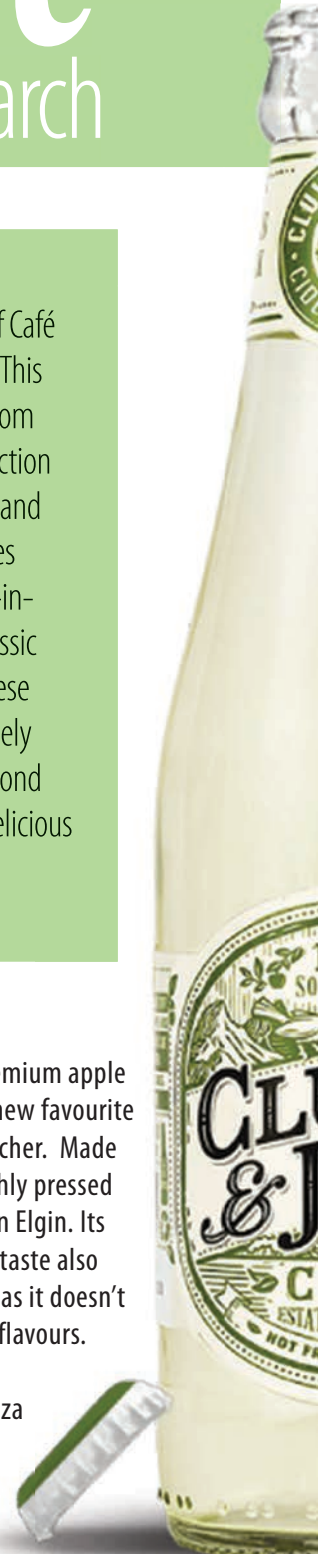
Lovely afternoons are made of Café Latte and French macarons! This gorgeous box of macarons from Netflorist is made up of a selection of flavours - lemon, pistachio and coconut and nothing compares to the light and airy, yet melt-in-your-mouth texture of our classic French Macarons. Each of these kaleidoscopic coloured, intensely flavoured, ganache-filled almond meringue macarons has a delicious character all of its own.

Details: www.netflorist.co.za

Craft cider!

Cluver and Jack's premium apple cider could be your new favourite summer thirst-quencher. Made from pure juice, freshly pressed from apples grown in Elgin. Its crisp and refreshing taste also pairs well with food as it doesn't overpower delicate flavours.

R345 for 12 from www.yuppiechef.co.za





Be desired

We're loving the new fragrance from DKNY, Be Desired, from R900 for 50ml EDP. It has the top notes of orange, black currant, violet leaf and iced grapefruit, warmed up with acacia flower, cassis absolute, Asian jasmine and Turkish rose. Cedar, cashmere and amber wood end the composition.

We don't need to remind you that the best things in life are chocolate.

This Easter be nibbling on the latest edition to the Lindt family, the hazelnut chocolate bunny. It is available for R49.95 at selected Woolworths stores.



Spend Easter at Miss Grace Country Food House

Easter is a special time and especially so for families who don't always have time to spend together. Miss Grace Country Food House will be open over the Easter weekend, for you to enjoy the delicious food and superb hospitality in a beautiful garden setting. Situated at Plot 152, R550 Kliprivier Road, Eikenhof. For more information or to make a booking phone 079 526 0348.



Water wise tips for garden club

Johannesburg South Garden Club members were recently given a talk by Leslie Hoy, from Rand Water Board, on how to save water when looking after their gardens.



Leonarda and Rob Jones



Maud Pickup, Leslie Hoy and Denise Haslecker



Jenny and Mike Richardson



Astria Mackrell and Val Wilke



Anne du Plessis, Denise Haslecker and Maud Pickup



Wedding bells!

Brides and grooms-to-be flocked to the annual Thaba Eco Hotel and Spa Bridal Showcase on Friday, February 5, to gain inspiration and contact in order to plan their special days.



Taryn Porteous, Gerhard la Grange, Cindy Robyn West and Maruis Botes



Tanya Dimas, Taryn Porteous and Kate Fraser



Chantel Rose, Wendy Salamousas Rovito and Maruis Botes



Krystle Matias and Michael Palm



Sazz Marques and Tanya Kieck



Nicky Simpson and Cameron Harris



Gona and Kerry Govender



Making memories

Meet Glenvista's energetic and passionate go-getter Tanya Campos Gageiro Vieira. We sat down with the list-obsessed wedding planner to find out what it takes to acquire the skills of planning a dream wedding from the first free consultation to the magical day that most brides can only dream of. . .

Tanya, owner of Memories 4U Event Management and Décor Hire, has handled many massive events, including her own wedding in November last year, yet looks totally unfazed by the stress and pressure of it all.

I started my career in event planning under the supervision of my previous employer who assisted in helping me gain knowledge in the field. She inspired me to start my own business within the industry and having a degree in Intrapreneurial Management from UJ certainly helped me understand the ethics of business management. My mom, an accountant, came on board and within a month we started the business. An added bonus was that she had done flower arrangement courses in the past which comes in quite handy for our weddings. Our motto is to create "Memories for you" and it is certainly what we have done and always do for each and every event we take on, be it weddings, special events or corporate events.

What do you love about the work you do?

I always had a fascination about weddings and enjoyed going to them or any other special occasion for that matter. When I look back now, I realise that from a young age, I was always busy planning the next event. I really am passionate about what I do and I am very grateful to be in a career that makes me happy. Every day is different and you get to build positive relationships with clients who later actually become your friends. The best part of my job is that I get to create and piece together their dream. The look on clients' faces when it all comes together is probably the most rewarding feeling.

Voila! It's a masterpiece... Your wedding is certainly one of the most important days of your life. That is why it is so significant to make sure you have a wedding planner that knows

what he/she is doing, a complimenting menu, great entertainment for the guests, one item or element that has never been done before and a stylish venue decorated with flair. That is what Isiphiwo Boutique Hotel and Spa in Pretoria is to me, it portrays a sophisticated style and classic elegance. Their overall approach, service delivery and attention to detail will make your day memorable and stress-free.

What are the hottest wedding trends for the season?

I personally do not believe in "trends" as these are created by society. I believe every wedding has its own beauty because it should represent the personality and characteristics of the bride and groom. I encourage all my clients to dig deep and tell me what they really love and what really catches their eye. We can see a few brides in the same week and each of them will love a different look. Whether it be African, bling, vintage or country chic, all can look exquisite and trendy.

The wedding planner is getting married

Finally, my chance to plan my own wedding had arrived. I got married to my fiancée Clinton Vieira on Saturday, the 14th of November 2015 at the five star Isiphiwo Boutique Hotel in Pretoria. All eyes were on me for this day and the statements I kept hearing from everyone during the planning process was "The wedding planner is getting married, we can't wait to see what she does for her own wedding" or "WOW, you're a wedding planner, your wedding is going to be amazing!" As you can imagine, the pressure put on me was massive. However, I didn't want it to be about how many tricks I could pull out of my hat, I wanted people to also remember that this was a real love story, with real people and a real dream come true for me. This was my special day, my dream come true, my happily ever

after. And that is how I came to find my theme, a fairy tale about us with a touch of diamonds (which girl doesn't love a bit of bling).

Which event do you think tested your organising skills to the limit and what are the biggest lessons you have learned thus far?

There are some things you can't plan for though. A drunken DJ, an arrogant supplier and a cake that is falling apart (fortunately none of the suppliers were appointed by Memories 4U), I've seen it all. However, my most challenging event was planning the Miss Hellene Beauty Pageant 2014 at Emperors Palace for 1200 people. I had to plan and manage the entire event, from producing the show, designing the set and lighting, choreography, dealing with celebrities & VIP guests, making sure security was up to scratch and organising all the suppliers. What helped me to stay focused through the event were my excellent time management skills, leadership style, my ability to plan ahead and a great Memories 4U team. The biggest lesson I have learned along the way is to always stick to my preferred and trusted suppliers.

Your dream event

I would love to organise a CD launch, party or even a wedding for the American singer, songwriter and stage actor, Adam Lambert. I am his greatest fan, I love his music and would be honoured to work with him.

My advice to any future bride

Be informed and hire a wedding planner. Think of us as an "agent". You wouldn't buy a house without an estate agent so why would you plan the biggest day of your life without a professional by your side.

Details: tanya@memories4u.co.za or www.memories4u.co.za

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extramural
balance right

Let's
party!

* All new birthday guide

A PARENTING GUIDE TO RAISING HEALTHY, HAPPY CHILDREN

MARCH 2016

EDITOR'S PICK



Activity lap tray, **R99.99**, Mr Price Home

Yookidoo Musical Duck Race, from **R513**, www.loot.co.za



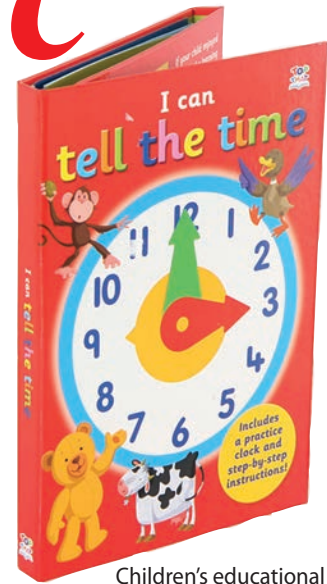
Fun-tastic finds

Our pick of the month's must-have products for the little ones.

Ruby the Rhino fun time body wash, from **R100**, Baby City



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Children's educational book, **R69.99**, Mr Price Home



Wherecom children's watch, **R1 599**, www.takealot.com

Denim glitter bumper sneakers, **R140**, Woolworths



Balancing act

There is so much on offer, but the goal is to help build well-balanced children by introducing them to the right extra murals.

The topic of exposing children to extracurricular activities has long been a subject of a debate among parents, teachers and academics. Extracurricular activities generally serve at least three purposes: skills acquirement, social and intellectual enrichment, as well as character development. Through exposure to a variety of extramural activities, a child can develop various important life skills such as swimming, cooking, etc. Some other activities, such as different kinds of sports, may promote the emotional and physical wellbeing of a child and create healthy life-long habits. They also provide intellectual stimulation and have a positive influence on the academic performance of children.

Do's

- At primary-school level encourage your children to participate in a variety of activities. It is important for them to develop a love for sport and they should be exposed to all sporting codes to learn and develop skills and discover if they have a natural flair for a particular sport.
- There's no specific age at which children should start with extramural activities. It depends on the child's environment, temperament and family or school circumstances. Children between five and seven can take part in one or two activities a week and primary school children older than seven can take part in two or three, but the guideline differs from child to child.
- Make sure that your children aren't overloaded.
- Older children should be allowed to

decide how many extramural activities they are able to cope with, according to their proficiency and talent, so that they have a good balance between extramurals and their academic progress.

Don'ts

- Don't force your childhood dreams on your children.
- Don't use the school's extramural activities programme as a babysitting service – allow your child to choose the activities he or she really wants to do. Always remember that it is your responsibility as parent to help your child find a passion for life, something that will enrich their life experiences and help to maintain their life balance. This can be helped by the exposure to a wide variety of activities at different times.



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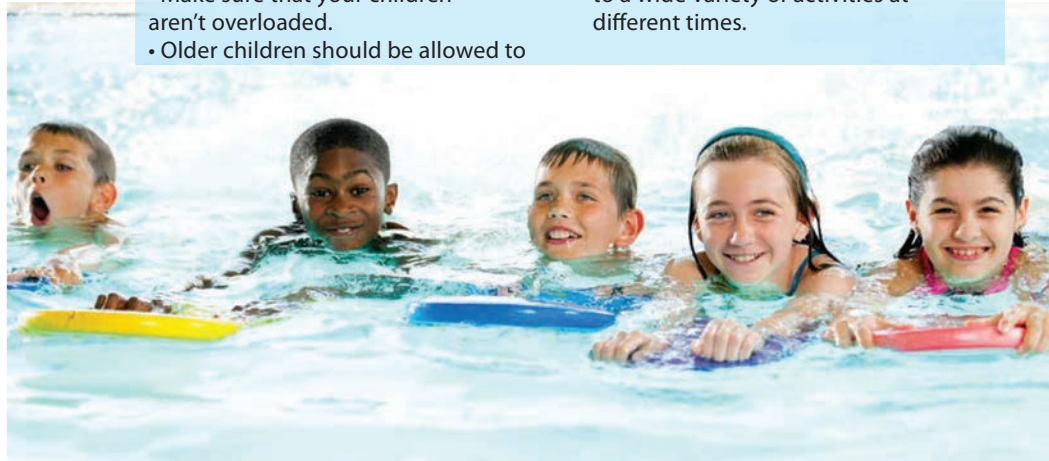
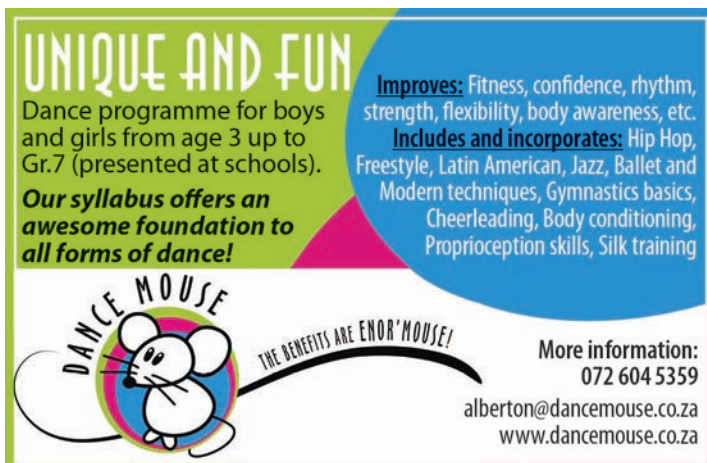
- Increases IQ
- Increases concentration
- Increases self-esteem
- Increases problem solving abilities
- Enhances photographic memory

Ages 4 - 13

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There is just no better place to have your function where young ones are involved ... be it a baby, toddler or older child's birthday party, or even an adults for that matter! Kitchen tea or baby shower any type of function will do! At Elysium Function Center *we're all about entertainment & fun!* The little ones will have access to loads of playing equipment in our amazingly fun play areas, both indoor and out. Adult seating and food stations are comfortably provided for, to enjoy each other's company, sit back and relax. For those adults who are young at heart and feel like being a child again they are more than welcome to go Wild in the play areas as well. We have 2 unique Function venues to choose from. Our one venue is more kiddie & younger children orientated while the other is older kid or adult orientated. Each of our Function venues are fully catered for. Your venue is closed off to the public as well as the other function giving you full privacy for your event.

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Treats at Two Trees

As you drive along Kliprivier Drive, in Mulbarton, the last thing you expect to find is a quaint bakery with delicious treats, situated in a beautiful garden setting, surrounded by tall trees.

As soon as you come off the busy main road, the peaceful setting of Two Trees Bakery welcomes you. The all new owned and revamped bakery is a haven for families looking for a mouth-watering meal that won't break the bank.

A friendly face at the front desk leads you through to the garden, which offers many different seating areas for you to choose from. If you're planning on a weekend visit with your children, the huge outdoor sitting area has plenty of shade and a massive children's play area, including ziplines, jungle gyms, slides and tree swings, making it the perfect outing. Parents no longer have to stress about where to host their children's birthday parties' as the venue can be hired.

Breakfast is served from 8:30am try, the yummy fry-up or choose another tasty breakfast. Lunch includes crispy pizzas, toasted sandwiches, hamburgers, steak rolls and fresh salads, and their freshly baked cakes, crumpets and other sweet treats are a must. The kiddies' menu is spot on, and there is also a variety of milkshakes and homemade lemonade, perfect for the health conscious moms. The children's play area is free, so you can happily spend money on a cappuccino for you, milkshakes for them and big slice of cake. Definitely worth popping in!

Two Trees Bakery will be offering an array of delicious Easter treats for you and your family which will be sure to tantalise your taste buds. Sounds like heaven doesn't it?

OPENING HOURS: 8:30am to 5pm, Wednesday to Saturday, and 8:30am to 4pm on Sundays.

Details: 101 Kliprivier Drive, Mulbarton. Contact 076 174 7903.



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 Visit our Facebook page - Two Trees Bakery

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Photo: Rentia Smith Photography

Clever party food ideas

Food at a child's birthday party should be simple, fun, and in tune with the party theme (if you have one). Here are some easy-to-follow guidelines to keep in mind when thinking about party food:

- Offer a variety of foods. Ordering a few pizzas takes care of the main course, but think about including fruit, cheese, crackers, or popcorn for snacking.
- Avoid food allergy mishaps. You don't want to find out after an allergic reaction that one of your party guests can't eat nuts or gluten. Ask for any dietary restrictions when people RSVP, and plan your party menu accordingly.
- Make food presentation fun. Serve party food in a colourful dish, on a patterned tablecloth, or with a creative garnish to make it extra-special for your child and their guests.
- Let guests prepare the food. If party guests are old enough, let them take charge with a do-it-yourself sandwich, taco, or ice cream sundae bar.
- Snack on finger foods. The less complicated the party dish, the less you have to clean up later. Finger foods or smaller bites won't require silverware or plates, minimizing party cleanup after everyone goes home.
- Don't make too much food. Party excitement often distracts childrens from eating a lot, so if you're expecting 15 little ones, make enough for 10-12 — you'll probably still have leftovers.
- Prevent spills and accidents — don't let the child serve themselves. Take the food to them and serve small portions, letting them know that they can eat seconds once they clean their plate.



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Q & A

with Dr Clarissa Naude



How it started

I was introduced to the chiropractic profession at the age of 12 when my mother started chiropractic care, after suffering with severe lower back pain on a daily basis because of an injury she suffered when she was still a child. I was sold on it straight away, loved what I saw, how much my mother benefitted from it and what I experienced from it at a later stage. I just knew that a chiropractor is what I would become one day, no doubt in my mind and nothing else matched up to this.

About the treatment

Chiropractic is a form of alternative health care focussing on diagnosing, treating and most importantly preventing the disorders of the neuromusculoskeletal system and the effects thereof. Treatment starts off with an extensive patient history for us to establish a cause of the patient's problem; we are all about treating the cause. We then thoroughly assess neuro- (nerves), musculo- (muscles), skeletal (joints) function to diagnose and treat appropriately. Chiropractic means done by hand, thus treatment consists of soft tissue release and spinal manipulative therapy of especially the spinal column and joints which in turn stimulates the nervous system. Chiropractic is a patient-centered, hands-on approach to health that's focused on influencing bodily function through structural correction. We look extensively at the biomechanical and compensatory patterns, as well as patient ergonomics, and we will advise accordingly. Patient education is crucial and contributes greatly to patient recovery.

What benefits does it offer?

The benefits of chiropractic care are endless as treatment is not focused on the spine only, but all joints within the body. Most importantly, chiropractic care creates body awareness. Patients become more sensitive to dysfunction within their own bodies. It increases range of motion in all joints of the body thus allowing for better overall movement and performance. Routine chiropractic care will ensure optimal functioning of all joints in the body and in turn prevent and/or delay many conditions pertaining to the neuromusculoskeletal system.

Expert advice

Ninety per cent of the stimulation and nutrition to the brain is generated by movement of the spine. The brain governs the functioning of your body as a whole, without optimal brain function the rest of your body will be compromised. So, in a nut shell, never stop moving, get your spine moving, get adjusted.

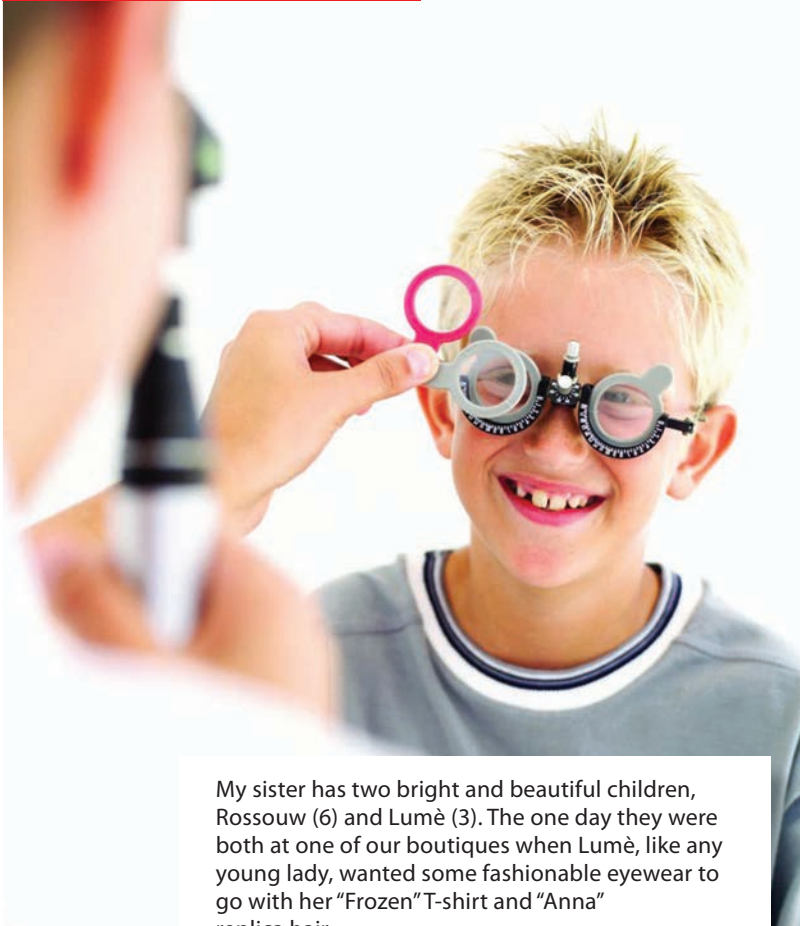


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My sister has two bright and beautiful children, Rossouw (6) and Lumè (3). The one day they were both at one of our boutiques when Lumè, like any young lady, wanted some fashionable eyewear to go with her "Frozen" T-shirt and "Anna" replica hair.

Looking at them standing there, I realised neither of them has ever had an eye exam. You may think: "Well that's normal, most children only have their eye tested after the age of six." Nope, eye tests should be done as soon as possible. Early eye exams are important because children need the following basic skills related to good eyesight for learning:

Near vision, Distance vision, Binocular coordination, Eye movement skills, Focusing skills, Peripheral awareness, Hand-eye coordination.

But it does not stop there, those are the "basic" skills. Today I want to tell you a bit more about Visual Perceptual Development.

Visual perceptual processing is a set of skills we develop to gather visual information and use it with our other senses. It is very important for learning as you need it to not only read and write, but also to understand directions, copy from the board, visualise objects and even remember things visually. When testing visual perceptual development, we look at the following area to determine which of these areas are underdeveloped.

Remembering visually

Remember those old-school children's games published in some magazines? There may be more to them than you think says local optometrist Werner Fourie of the The Eyewear Boutique.

Visual Discrimination

Visual discrimination is the ability to discriminate differences in forms like shapes, sizes, colour or orientation. Example CAT = cat = Cat

Visual Sequential Memory

Visual Sequential memory is the ability to recall a sequence of objects or forms in the correct order. This is important for spelling. Some children might know the letters in a word, but can't get their order correct.

Visual Memory

Visual memory is the skill of recalling visual information.

Figure-Ground

Relating to or denoting the perception of images by the distinction of objects from a background from which they appear to stand out, especially in contexts where this difference is unclear. Eg. Where's Wally?

Visual spatial relations

Visual spatial relations is the ability to perceive the position of objects in relation to oneself and other objects.

Form Constancy

Form Constancy refers to the ability to recognise and label objects even when they are viewed from a different angle or in a different environment.

Visual Closure

Visual closure is the ability to correctly perceive an object or word, even when it is partly hidden.

For more information feel free to contact Werner or Mienkie at The Eyewear Boutique at info@eyewearboutique.co.za

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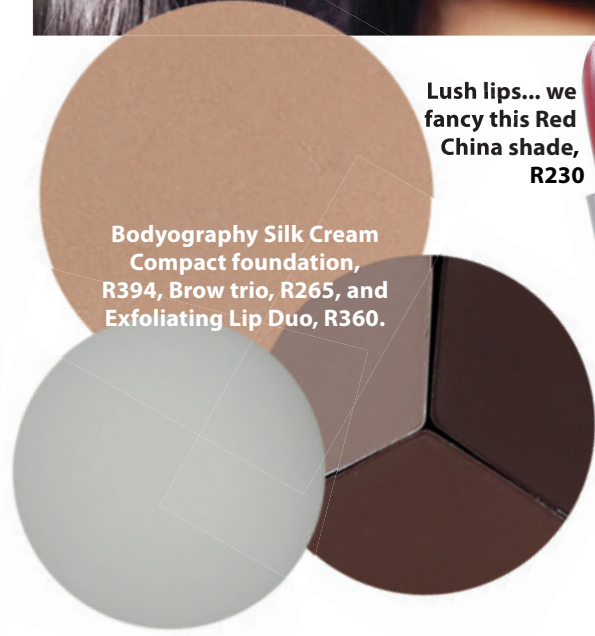
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NIGHT



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Compiled by: Kate Argo

March 2016 Get It Joburg South 27

Easy water-wise GARDENING

Water Wise is Rand Water's environmental brand. It is a campaign aimed at increasing awareness of the need to value water and to use it wisely. South Africa is a water stressed country, and the water resources are under tremendous pressure from a growing population, ongoing development, pollution, wetland destruction, alien invasive plants and the effects of global warming.



The amount of water available for use remains the same and, despite plans to increase storage capacity through the building of new dams or water transfer schemes, predictions are that the demand for water will outstrip supply by 2025. The only answer to this dilemma lies in changing people's attitude and, thus, their behaviour, to use water more wisely. In this regard Rand Water's "Water Wise" campaign is visionary.

The campaign has been forging partnerships and developing relationships for over a decade, bringing the "Water Wise" message to Gauteng and South Africa. Changing behaviour at this level requires an ongoing effort, both to spread awareness and to constantly reinforce the message.

Leslie Hoy from Rand Water recently visited the Johannesburg South Garden Club to talk to members about the importance of being Water Wise in their gardens.

"Presently parts of South Africa, especially the Free State, are experiencing a drought which will have dire consequences on food supply in SA. Daily temperatures are rising and record temperatures have been recorded. The forecast from the SA Weather Bureau predicts above normal minimal temperatures and it's looking like we may have more hot and dry weather. With this in mind it's time to plan gardens which will need less water," said Leslie.

Zone your garden

The main design principle of a Water Wise garden is to group plants with similar water requirements in the same beds. A garden can have four hydro zones: a high water usage zone, a moderate water usage zone, a low water usage zone and a no water usage zone. This approach allows any gardener to have an area for high water consumption plants but at the same time results in water savings of between 30% and 80%.

Plants which will need more water should be planted near the patio or at high traffic entrance areas where they can be watered weekly. Other plants, which need less water, can be planted further away from the patio and plants and grasses which need hardly any water need to be planted on the outer perimeter of the garden.

Maximise water resources

Recycle water as much as you can. Reroute "grey water" from your sink, bath and shower to water your garden. Have water tanks which will collect rainwater for reuse in your garden. Water between 18:00 and 06:00; this will prevent too much water loss to evaporation. Invest in a flexible irrigation system with rain sensors that will turn off the system if it has rained. Water only when necessary and water deeply, this should encourage deep rooting of plants.

Plant drought-tolerant plants

Create a garden which won't need too much water. Visit your local garden nurseries and enquire which plants grow well without a lot of water. Bush

violet, honey flower and acacia require less watering and overall maintenance. Certain plant such as aloes and streliza's, have strong, fleshy root systems, allowing them to reach deep into the soil, and many surface roots, which extend far away from the plant. Annuals such as African daisy, marigold, verbena and kochia can thrive with minimum water.

Improve soil quality

Healthy soil is the foundation of a healthy garden. When determining soil composition and health, assess whether it is sandy or clay-based, too acidic or too alkaline.

Less lawns, less water

Less grass means less watering. Instead of having a huge expanse of lawn, choose gravel and pebble pathways instead. Even consider Astro Turf for small areas close to a patio which will always be evergreen. Also remember lawns need to rest and shouldn't be watered all the year round.

Cover flower beds with mulch

Mulch is free! Don't throw anything away in your garden, using leaves and grass cuttings. Don't dig this into the beds, leave it on the top. You can save up to 70% of water this way

Drip irrigation systems

For a cheap drip irrigation system you can use plastic cold drink bottles. Make tiny holes in the tops or the bottoms of the bottles and place it on the soil of garden beds.

For more information Phone the Rand Water Customer Call Centre on 0860 10 10 60.



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Kraal Restaurant situated at Thaba Eco Hotel offers a warm and enticing place to enjoy good food. Known for its tasty homemade, well-presented food, excellent wine selection and friendly attentive service. The newly revamped Kraal Restaurant with its fresh upmarket look and feel including an expanded bar and large, bright new outdoor play area, makes Kraal Restaurant the top choice for families and corporates alike. It is the ideal spot for an everyday restaurant booking, all celebrations and with fast free wifi, a perfect setting for business meetings or get togethers. Most famous for the weekend Breakfast Buffets, also offers an A' La Carte menu, including a banting menu and other healthy options; freshly baked tea time treats, puddings and delicious desserts. Kraal Restaurant is also known for its amazing special occasion celebrations like Mother's day, Father's day and our famous Christmas lunches. Open daily for breakfast, lunch and dinner. The third Sunday of every month the Kraal Restaurant offers a live Jazz band and extra entertainment for the kids. The Kraal Restaurant provides a warm, welcoming atmosphere in the most beautiful setting in JHB. No bookings are required but it is advisable due to popular demand.

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local flavours

■ Café dela Nina - Rietvlei Zoo Farm

Café dela Nina situated at Rietvlei Zoo Farm is a local favourite for people who enjoy Mediterranean food. Surrounded by a lovely big garden, water feature and lovely play area for the children to enjoy themselves.

The menu boasts with a variety of delicious dishes which includes breakfasts, build a burger options, prego rolls and Portuguese style chicken, crunchy summer salads, starters, soup, and lip-smacking seafood options.

You've got to try one of their signature dishes, the Oxtail pasta - slow cooked oxtail on the bone served with fettuccine and a thick rich gravy. And the cakes and desserts... don't get us started on that. Long story short - it's divine.

Come and enjoy early breakfasts or long lazy lunches under shady trees while the children play their hearts out on the playground.



Situated at Rietvlei Zoo Farm, 101 Swartkoppies Road, Johannesburg South. Contact: 011 024 1511 or e-mail to ninabing@hotmail.com

■ Turn 'n Tender - Comaro View Shopping Centre



The "in place" for meat lovers is Turn 'n Tender, situated at Comaro View Shopping Centre in Bassonia. The steakhouse has been serving up delicious meals to hungry customers since October 2011 and if you're a fan of a good piece of meat then this is definitely the spot for you as Turn 'n Tender has developed quite a cult following amongst those in the know.

Turn 'n Tender prides itself in formulating the most delectable dishes including a variety of steaks, beef ribs, chicken, Ostrich, lamb and fish. Through word of mouth and providing outstanding food and service, Turn 'n Tender has built a reputation of being one of the most outstanding steak restaurants in South Africa.

The menu caters for all types of taste and promises to woo its audience of eaters. Apart from their amazing food, great wine selection, excellent service and stunning views the restaurant also has a beautiful private area that can be booked for special occasions. The room can accommodate groups of 30 or more at no extra charge

when a set menu is selected; and they can comfortably accommodate parties of up to 50 people. They can also cater for corporate conferences or meetings for groups of up to 36.

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March Spoil

This month we're loving our
Bagera Glass Bag

From Cannes to Clifton, and everywhere in between, the hottest arm candy to launch this summer is a transparent bag. And we're particularly enamoured with this **Bagera Glass** one, which comes in a dozen funky shapes with a choice of around twenty removable inners . . . allowing us to change our bags as often as we change our minds. High-quality, lightweight and waterproof laminated PVC with interchangeable canvas inners, these bags range from a supersized beach bag to a perky clutch to city chic. Each bag comes with one removable zip-up canvas inner, and sells for around R450 (bag with one inner), additional inners are from R160. You'll find them at Nonna 011 447 8297.
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Clicks Pharmacy	436-0146
C.N.A.	436-2114
Contempo	436-2845
Cosmonet (MTN)	435-0429
Coricraft	436-8700
Cotton On	435-6437
Cotton On Kids	435-0766
Crafters Market	435-8296
Cross Over	435-6814
Cross Trainer	435-8436
Computer Mania	071 984 0233
Delhi Delicious	435-9248
Dial-A-Bed	210-8860
Diverse Gifts	082-952-4560
Dischem	436-8740
Dream Nails & Body	435-9230
Donna Claire	210-1718/9
Due South	210-1769
Earth Child	435-6197
Eden Perfumes	082-371-5270
Edgars	435-8225
Enzo Hair	435-8911
Etol	080-072-6725
Exact	436-2279
Exclusive Books	435-1106
Executive Luggage	435-8919
Execuspecs	435-9571/2
Factorie	435-5182
Fabiani	210-1723
Fashion Express	210-1764
Fashion World	435-9496
Farschi Carpets	436-2811
Ferentino	073-452-6980
Figlia Shoes	436-0331
First National Bank	436-0444
Flight Centre	435-8341
Foschini	210-1712/15

Forever New	435-5980
Frasers	435-0055
Galaxy & Co. Jewellers	435-8527
Game	436-8400
Glen Petz	435-9059
Guess Store	436-2740
Gadgets and Accessories	436-2779
Hi-Fi Corp.	436-8800
Home etc.	435-0009
Homemark	436-2166
Hush Puppies	436-0446
House of Salim	432-6153
Ice Watches	060-475-7377
Identity	435-4992
I-fix	435-8899
Incredible Connection	436-8600
Inky Shop	435-9437
I Store	010-003-2602
Jay Jays	435-0258
Jay Maa Jewellers	435-8902
Jet Stores	436-1850
Jewellery Design Company	436-2178
Kids Couture	435-1571
Le Coiffeur Barbershop	084-753-6364
Legit	436-0531
Levings Dry Cleaners	071-946-7927
Le Looks	435-5783
Linea D'ora	435-8955
Lovisa	436-2783
MAC Cosmetics	435-1091
Marcel's	435-4166
Mash Up	083-460-4828
Markhams	210-1748/9
Matt & may	210-1771
Milady's	435-8532
Milky Lane	435-9054
Mimmo's Pizzeria	435-9191
Mr. Biltong	435-2328
Mr. Price Clothing	435-8339
Mr. Price Home	435-0928/25
Mr Price Sports	436-1476
MTN	808-9000
Mugg & Bean	435-8922
Multiserv	435-0215
Musica	435-8971/2
Nando's	435-8979
NWJ	436-0011
Nike Concept Store	435-3333
Nedbank	681-5700
Nedbank Private Bank	681-5741
Nu Metro	087-351-3842
Ocean Basket	436-0140
Party City	435-0548
Pen Travel	682-7600
Panarottis	435-1311
Paul James Hair (MTN)	435-8989/7
Paul James Hair (W)	435-8990
Perocili Shoes	435-6202

Photo & Beyond (Kodak)	435-0153
Pick & Pay Supermarket	435-8191/2/3
Pick & Pay Clothing	435-1299
Pick & Pay Liquor	435-9079
Placecol	435-1156
PNA Platinum	435-8822
Postnet	436-0848
Queenspark	436-8940
Rage	436-1562
Red Square	435-8867
Reggies World	435-9121
Rennies Foreign Exchange	435-0202
Roccomamma's	436-1374
Rubi	435-6049
Sausage Saloon	072-418-0988
Scoin	435-2755
Seekers - Lara Travel	435-6742
Side Step	435-9531
Simply Superb	435-6670
Shesha	435-9517
Sheet Street	435-5580
Shoe city	436-1049
Skin Jam	083-996-3052
Smooch	435-9630
Snooze Shop	435-9206
Sorbet	436-1066
Soviet	061-0609
Spec Savers	435-4081
Sport Scene	210-1733
Sportsmans Warehouse	435-3888
Standard Bank	210-0148
Steers	435-9070
Sterns Jewellers	210-1753/26
Stop Wash	073-707-9973
Sunglass Hut	435-9089
Telkom	435-0342
Texamo Spur	435-8507
The Bed Shop	435-9049
The Glen Optometrist	435-9080
The Tea Merchant	435-0143
Toy Factory	452-9366
Total Sports	210-1744
Threads	435-9424
Twisp	084-477-5389
Travelex	435-7113
Trendy Zone	435-3420
Truworths	435-8807
Truworths Emporium	435-1706
Truworths Man	436-1700
Uzzi - Truworths	
V-Cell	072-922-9222
Verimark	435-9131
Vodacom Shop	436-0067/83
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