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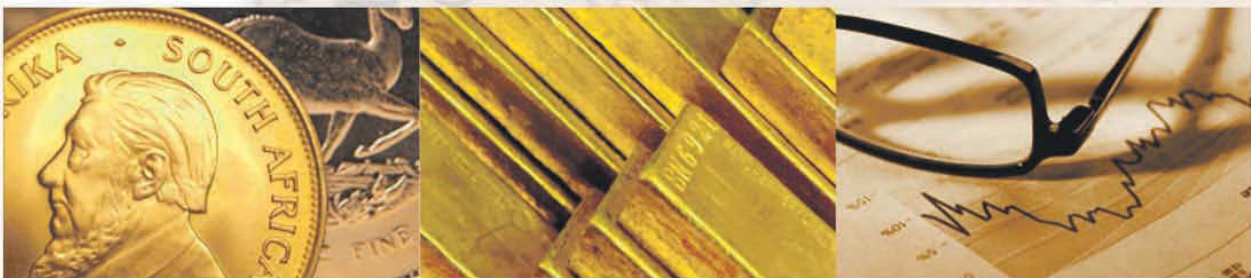
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April 15

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April 2015 Get It Pretoria 03

Out & About

Pencil these events into your April diary right now!

1-30 'n Uitstalling deur die beroemde tekstielkunstenaar Roy Starke, wie se kunswerke in verskeie vooraanstaande versamelings pryk, is hierdie maand by die 20.20 Galery by die Voortrekkermonument te sien. Die werke is 'n reeks van 11 wat Vincent van Gogh se kunssiening met betrekking tot die gebruik van kleur navolg. 'n Wagner-reeks en 10 nuwe stukke sal ook te sien wees. Starke het al in Perth, Londen, Parys, San Francisco en Japan uitgestal. Die galery is weekdae van 08:00 tot 16:00 oop. Navrae kan gerig word aan Christo Rabie by opvoed@vtm.org.za.



10-12 The RVK Fashion Week (Retro Vintage Koleksion) is hosting its vintage autumn/winter fashion show this month. This exciting fashion week will feature a number of up-and-coming designers from countries such as Malawi, Ghana, Tanzania, Kenya, Australia and America, as well as local talent. The event will boast the best fashion has to offer in the vintage winter style, plus live music and plenty of entertainment. The RVK Fashion Week takes place from 10-12 April in the heart of the capital city at the Ditsong National Museum of Cultural History in Paul Kruger Street and tickets can be bought at Computicket.

4 Get It Pretoria April 2015

18 Miss Deaf South Africa is hosting a lovely ladies tea at the Protea Hotel in Centurion with author and motivational speaker Christine Roberts. The day's entertainment includes well-known pan flute duo Ryan Walt and Steven Striling and SA Bachelor of the Year, Eddy Rust, as MC. Tickets are priced at R200 per person and include eats and drinks. For more information or bookings, email sales@alldoorsind.co.za.



18 & 19 All matric pupils should definitely make a note to attend The Matric Experience Student Expo. The two-day expo includes everything from fashion shows and the finals of the Mr and Miss Matric Experience, to lucky draws to win your dream matric farewell. Exhibitions will feature everything a student will need for their matric farewell or holiday, or to further their tertiary education and student life. The Matric Experience will also run a Facebook competition where pupils can win the opportunity to attend their matric farewell with a South African celeb, model or sportsman. For more info, visit www.matricexperience.co.za.

Compiled by Natasha Slabbert. Send your events at least a month in advance to natashias@rekord.co.za

21 67 Blankets for Nelson Mandela Day will attempt to break the world record at the Union Buildings by placing a sea of blankets at the feet of the statue of Nelson Mandela. The target is 21 000 blankets – all handmade. It all began with Carolyn Steyn's attempt to make 67 blankets in time for Mandela Day last year. When she realised it was impossible for one person to do, she asked her Facebook friends to assist; they in turn asked their friends, who asked their friends and they managed to donate 6 000 blankets during 2014. For more information on this world record attempt, visit www.67blankets.co.za.



23 The glamorous red carpet premiere of new Afrikaans film, *Somer Son* takes place on 23 April. Celebs such as Bok van Blerk, Hanna Grobler, Juanita de Villiers and Reynard Slabbert, all stars from the film, will be in attendance to promote this lighthearted romantic comedy in Pretoria. The great news is that you stand the chance to join this exclusive pre-screening of the film and rub shoulders with your favourite stars. To win a set of double tickets to the *Somer Son* premiere, SMS the word *Somer* and your name to 42282. SMSs cost R1.50 and free SMSs do not apply. The competition closes on 12 April. Winners will be notified telephonically.

Aching Joints or Muscles?

THE FOLLOWING IS A TRUE STORY:

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Hi my name is Pemby and I've recently turned seventy. I live in an extremely active retirement village where we all involve ourselves in a variety of activities: we have shows, an annual fete, bowls, snooker and all kinds of things that we thoroughly enjoy. I have my own choir and I'd say I'm a very active lady now too.

Sadly, at the age of thirty-eight I was diagnosed with severe osteoarthritis, which cut my activities down incredibly. I have been a dancer all my life. It was terrible to have so much pain and one day I was in the pharmacy and one of the assistants suggested I tried this new product "LIFETONES". Well it was miraculous for me because after two weeks, I noticed a tremendous difference in my pain level and I could do a lot more. Normally I took it very early in the morning, but if I happened to miss one morning within about two hours I knew I hadn't taken LIFETONES.

I really recommend for you all out there to try it because it worked for me. Don't give up if you take it for a month and you don't think its working. Just keep on taking it as I am going to do for the rest of my life.



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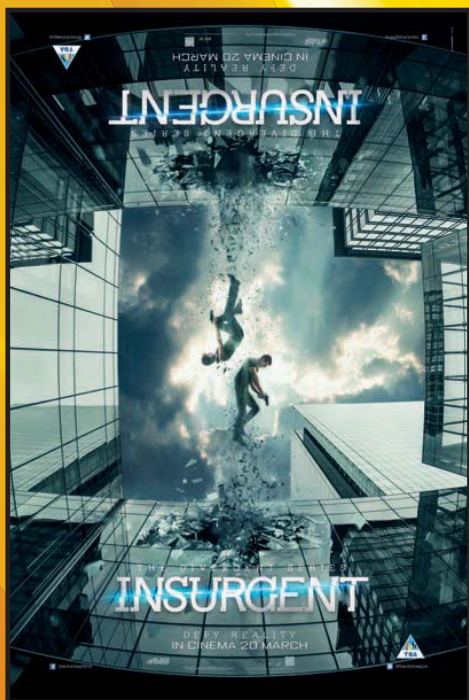


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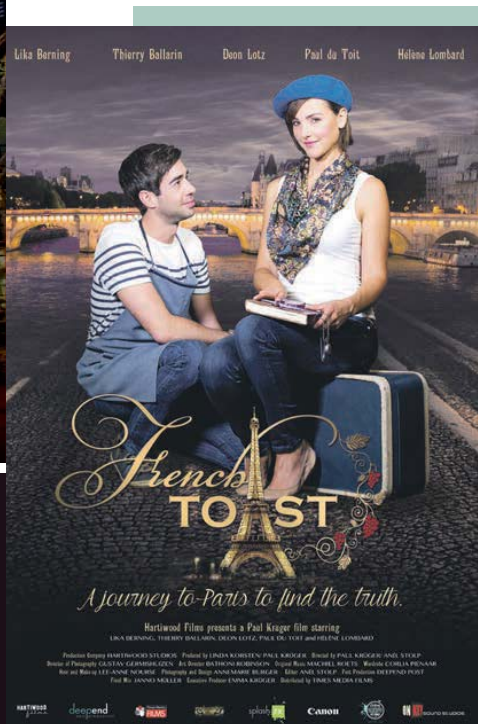
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Review

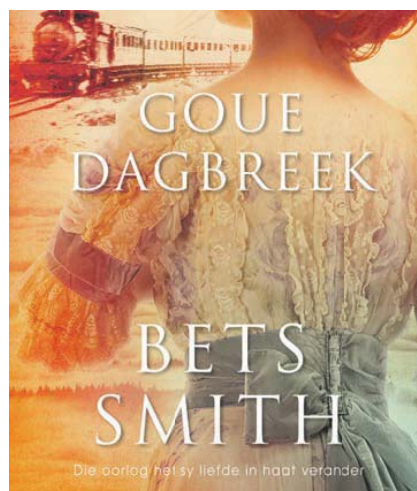


KYK: FRENCH TOAST

Op 'n reënerige dag vind fotograaf Lise le Roux (Lika Berning), wat saam met haar pa op 'n wynplaas in Stellenbosch woon, haar ma se ou dagboek. Sy ontdek dat sy 'n broer of suster iewers in Frankryk het. Ondanks die feit dat haar pa se regterhandwinnemaker Theo op die punt staan om haar te vra om te trou, besluit Lise om na Parys te vertrek op soek na antwoorde. In Parys ontmoet sy 'n Franse sjef wat 'n fotograaf vir sy nuwe kookboek soek. Lise stem in om die foto's vir sy boek te neem mits hy haar help om die leidrade te volg om haar verlore broer of suster op te spoor... *French Toast* word op 24 April vrygestel.

LEES: GOUE DAGBREEK

Goue dagbreek is die tweede romantiese avontuur vanuit skrywer Bets Smith se tweeluik. Hierdie opwindende verhaal wat tydens die Anglo-Boereoorlog afspeel is propvol intrige. Wanneer Catriona Fraser, 'n Rooikruisverpleegster, en die Boere-skerpskutter Rudolf Dreyer se paadjies weer kruis is dinge nie meer dieselfde tussen dié voormalige verliefdes nie. Die oorlog het Rudolf, nou 'n dubbelagent, se liefde in haat verander. Deur haar betrokkenheid as spioen stel Catriona tog haar lewe in gevaar in die hoop om haar lojaliteit aan Rudolf te bewys...



LUISTER NA: JAKKALS & LEO

Twee van Pretoria se bekendste Afrikaanse sangers het hul kreatiewe kragte saamgespan om 'n splinternuwe album die lig te laat sien. Ná die wegholksukses van Kevin Leo en Jakkie Louw se weergawe van *Voshaarnooi*, die gewilde Louis van Rensburg-trefferliedjie, is dié twee se duo-album, *Jakkals & Leo*, uiteindelik hier. Liedjies wat hulle op unieke manier vertolk sluit in *Voshaarnooi*, 'n nuwe verwerking van *Ave Maria* in Engels en Italiaans, *O Sole Mio* (a la Pavarotti en Brian Adams) asook oorspronklike komposisies soos die treffende *Gebed van die Vreelose*. Daar is ook 'n mengsel van Elvis Presley, Lucas Marelle en natuurlik 'n paar Pikkewyne...

April 2015 Get It Pretoria 7

Wish List

Our April must-haves

Golden treat

Surprise someone you love this Easter with the famous Lindt milk chocolate gold bunny, the perfect chocolate surprise to bring the magic of Easter alive. This Easter, with every purchase of the 100g gold bunny, you also stand a chance to win a magical family holiday that comprises seven nights' all-inclusive accommodation at the five-star Westin Turtle Bay Resort & Spa in Mauritius. So be sure to add this iconic golden bunny with the golden bell to your Easter wishlist.



Easter charm

Make this holiday one to remember with a personalised gift from Nomination, which shows a bit more appreciation than a chocolate egg... Create your bracelet by choosing from thousands of charm links decorated in 18K gold, sterling silver, colourful enamel and sparkling Cubic Zirconia stones. Add a dash of colour with a luxurious Italian leather MyBonBons bracelet, which you can personalise with precious symbols like ladybugs, fun flowers, a guardian angel or sophisticated pavé charms. For stockists info, visit www.nomination.com



1 dress, 25 styles

If only all clothing was as versatile as this sexy little number! This stunning red dress can be worn in 25 different ways, and is a timeless wardrobe essential. We love how easy it is to transform from vintage vixen on a night out to Sunday morning brunch just by tying it differently. The Grecian dress retails for R650 at Big Blue stores around the capital.



Perfect in Polo

Polo is synonymous with superb quality and a sophisticated, polished look. Functional but stylish, this Sterling tote bag in a gorgeous shade of grey is the perfect addition to your autumn wardrobe. The silver lock detail in front is a trendy touch, proving that Polo can combine the classic with a touch of what's hot right now. The Sterling tote handbag retails for R4 295.



Transform your tum

Nip+Fab's awesome Tummy Fix treatment will get you one step closer to a sexy midsection. It improves skin tone and texture around the abdominal area, with active ingredients like Amarashape to sculpt and promote elasticity, while bitter orange smoothes and makes skin appear firmer and lecithin softens and hydrates. Oh, and 17-year-old stunner Kylie Jenner was just recently announced as the new ambassador for the brand... If Nip+Fab is what's got her looking so good, we want some too!



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Carien Botha, Hykie Berg and Juanita de Villiers



Johan Wehmeyer with Magda and Hannes Geldenhuys

Local stars at premiere

Celebrities stepped out onto the red carpet at the recent premiere of the new Christian film *Forsaken*. Local stars such as Gerhard Steyn, Marisa Drummond, Hykie Berg and Ghapi attended the gala event at Atterbury Theatre. *Forsaken* is the true story of a young pastor's son, played by Gerhard Steyn, who calls upon God when his two-year-old daughter falls ill. The film asks the important question asked by so many Christians: where is God when you need him most? Willie Olwage, whose life inspired the film, thanked the actors and Cross Kine before the show for telling his story. Cross Kine aims to show inspirational films that might not get a spot at commercial cinemas, at churches throughout South Africa at a lower cost, in turn helping the churches with extra income. Cross Kine will be showing a different film each month. *Forsaken* will be screened from April.



Willie Olwage and Marisa Drummond



George and Tilla Enslin with Zelri and Gerhard Steyn



Sian Ackerman and Chrizanda Viljoen



Chris Jacobs and Sue Smit with Louise and Johann Fourie



Karin Coomer and Reti Swart

Woofstock rocks

Popular radio personality Kriya Gangiah celebrated her birthday a bit differently this year by hosting a family fun day at Harlequins Rugby Club in Groenkloof. The event, aptly named Woofstock, saw locals and their four-legged friends turn out for an outdoor picnic, food and craft stalls and live entertainment by Leven, Howie Combrink, Big Deal and RubberDuc. Woofstock was held to raise funds for the organisation Pet Empowerment in Townships (P.E.T.S).



Claire Fourie and Merle Geyer



Caren and Caylene Marais



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Colourful race

With routes that wind through the leafy hills of Muckleneuk and Groenkloof, and lots of en-route entertainment and encouragement, it's easy to see why the Medihelp Sunrise Monster has become one of the most popular events on the athletics calendar. Thousands took part in this year's 38th annual race, which broke the record for being the best contested race compared to previous events. The more than 7 500 athletes from this year's event painted a colourful picture as they participated in either a 32km, 10km or 5km race.

Bobby and Michelle van der Watt



Kgaogelo Masemene



**Kimera Moodley, Gail Carreira,
Marina Petrou and Daniela Alberts**



Donnalee Roberts en Ivan Botha

Liefde in die lug

'n Romantiese slotbrug en *I love you-wall* is onlangs by die sjarmante French Toast-koffiekafee in Hartbeespoort, wat as die rolprentstel van die nuwe Afrikaanse film *French Toast* dien, onthul. Lika Berning, wat die hoofrol vertolk, het die geleentheid bygewoon en die slotbrug geopen. Donnalee Roberts en Ivan Botha, wie se volgende fliek *Vir Altyd* in Februarie 2016 vrygestel word, het ook die opening bygewoon en vir foto's poseer voor dié unieke *I love you-wall*. *French Toast* word op 24 April vrygestel.



Lika Berning



Armandt van den Berg en Sanelle van Wyk



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Glo weer in *liefde*

Nadia Beukes bevind haarself tans in 'n seisoen propvol kleur en opwinding. Sy gesels met Natasha Slabbert oor die verrykende waarhede wat sy ontdek het tydens die verfilming van *Boer soek 'n Vrou*, splinternuwe dinge wat voorlê en of daar 'n nuwe liefde wink.

Sy lyk gemaklik en selfversekerd waar sy haar sitplek oorkant myne by 'n knus koffiewinkel in Centurion inneem. Haar lang, blonde hare is vasgesteek in 'n elegante styl; 'n tikkie lipglans rond haar klassieke voorkoms af.

Daar steek egter baie meer agter hierdie aktrise as net 'n stylvolle voorkoms. Sy is bekend vir haar warm, openhartige persoonlikheid.

Dit is gou duidelik, enkele minute in ons gesprek in, dat sy haar reputasie gestand doen... Meer hart as houding, Nadia Beukes is uit-en-uit 'n mensemens.

Juis daarom pas die rol as aanbieder van die uiters gewilde werklikheidsreeks *Boer soek 'n Vrou*, wat nog tot einde verlede jaar op televisieskerms te sien was, haar soos 'n handskoen.

Sy beskryf die vorige seisoen van *Boer soek 'n Vrou* – haar eerste as aanbieder vir dié program – as 'n verrykende ervaring wat haar menswees geskaaf het.

"Ek het onder andere ontdek dat jy moet blom waar jy geplant is en dat 'n windpomp nie vir wind gaan soek nie, maar bly staan. Mense is oor die algemeen soekend, maar as jy weet wie jy is en waarin jy glo en vasstaan

in daardie wete, dan sal jy doen wat jy moet wanneer die wind waai. Dit het my bygebly. Die ervaring het my ook hoop gegee en my weer laat glo in liefde."

Die opneem van dié program, tussen Maart en Oktober verlede jaar, was 'n afgesonderde tydperk vir die stadsjapie, wat ongeveer 35 000km per voertuig afgelê het tussen die verskillende plase regoor Suid-Afrika.

"Op die pad is daar baie alleentyd; oomblikke waar jy net weer stil word en jouself beter leer ken. Dit het my geleer dat 'n mens eintlik baie minder dinge nodig het as wat jy dink. Aanvanklik het ek baie gepak," lag sy, "maar deur die proses het ek al hoe ligter begin reis en besef ek het nie alles nodig nie."

Dit is juis hierdie waarheid wat dit vir haar maklik gemaak het om onlangs vir haar huis in Weltevredenpark, wat sy vir Centurion verruil het om nader aan die werk te wees, 'n nuwe baadjie aan te trek.

"Dit was omtrent 'n "full-on home make-over." Ek het baie dinge weggegee en daar is geskuur en geskaaf en geverf. Ek het meer helder en ligter kleure ingebring en dit is vir my lekker om nou by die huis in te stap. Dit was tyd," lag sy.

Dit is heeltemal in lyn met die seisoen waarin Nadia haarself tans

bevind, 'n seisoen van nuwe dinge in ligter, helder kleure. Is 'n nuwe liefde dalk een van hierdie dinge?

"Ek is beslis 'n romantikus, ek glo absoluut in liefde en wil graag die moontlikheid daarvan 'n kans gee. Ek het onlangs 'n besondere lekker Valentysdag gehad – 'n vyfgang-maaltyd by Stephanies in Lynnwood Bridge, gevolg deur 'n Jak de Priester-vertoning by Atterbury-teater..." sê sy geheimsinnig.

Alhoewel sy nie te veel wil verklap oor wat in haar persoonlike lewe aangaan nie, is dit voor die hand liggend dat haar loopbaan wel kleurrik aan die blom is.

Buiten dat sy weer vanjaar die rol as aanbieder van *Boer soek 'n Vrou* inneem, is daar ook rolle in *Getroud met Rugby* en *7de Laan*, en heel moontlik *Sterlopers*.

Nadia is ook besig met stemwerk vir 'n navorsingsprojek deur die WNNR, wat die potensiaal van 'n rekenaar om emosie te kan kommunikeer, ondersoek. Musiek liefhebbers kan uitsien na 'n duet van Nadia en Riaan Grobler, wat later vanjaar opgeneem word.

Die blondkop wil ook nog vanjaar teaterwerk aanpak.

"Ek is baie passievol oor my werk, hetsy sang, toneelspel of aanbieder. ▶



GET Believing

"As ek in die posisie is waar ek 'n boodskap kan oordra wat 'n positiewe impak het, dan voel dit of alles in plek val, of my lewe sin maak. Maar ek sou beslis nie hier gewees het sonder sekere verhoudings nie. My verhouding met KykNET is veral vir my belangrik. Hulle doen soveel vir Afrikaans – van die platforms wat hulle vir programme skep tot hul betrokkenheid by kunstefeesse. Ek is ook ongelooflik bevoorreg om 'n agent soos Jennis Williamson te hê, wat net van die begin af gesê het, 'Let's do this!'"

Behalwe vir haar loopbaanprojekte en werksverhoudings, waar lê die aktrise se hart? "Definitief by mense. Ek het 'n *tribe* van wonderlike mense in my lewe, vriende en familie, waarsonder ek nie kan funksioneer nie en ek kan hulle op my twee hande tel. Daardie mense is deur dik en dun saam my en ek sal enigiets vir hulle doen. Ek het baie lank gesukkel om daardie groep mense in my lewe te identifiseer waar ek net myself kan wees. Jy wil so graag by almal inpas, wil so graag hê almal moet van jou hou, jou aanvaar en liefhê, maar as jy so hard moet werk om iemand se *affection* te kry, is dit partykeer ten koste van jouself. Maar as mense jou kan waardeer net soos jy is, is dit iets waaraan ek met altwee hande sal vashou..."

Gepraat van verhoudings, ervaar sy ooit druk om in 'n sekere boksie in te pas? Om 'n prentjie te moet hê wat 'n man, een-en-'n halwe kinders en 'n groot hond insluit?

"Verseker, maar ek het geleer dat mense se prentjies verskil. En net omdat my prentjie anders is, beteken dit nie dit is slegter of beter as iemand anders s'n nie. Daar is in elke situasie negatiewe en positiewe, dit is waar die hele ding inpas van blom waar jy geplant is, om die seisoen waarin jy jouself bevind, regtig aan te gryp en die meeste daarvan te maak. Want daar is dinge om te leer en te ervaar in daardie seisoen en om heeltyd te wens jy is nie daar nie, gaan veroorsaak dat jy dit mis. Ek het dit vir baie lank gedoen, want ek het probeer om te wees wat ander mense wou gehad het ek moet wees. Ek het ook gevoel ek skiet te kort, want in sekere aspekte is ek nog nie waar ek gedink het ek wou wees nie..."

Sy lag spontaan, sterre in haar oë. "Maar wat is die kans dat ek in 'n fliek sou speel, dat ek 'n werklikheidsreeks sou aanbied? Want ek het nog altyd daardie drome in my hart gekoester, maar ek het nie drama gaan swot nie en het nie die standaard paadjie geloop om daarby uit te kom nie. So ek moes regtig my pad oopveg en hard werk. Te danke aan God se groot genade en soveel onverdiende ondersteuning het ek dit reggekry om my drome te kan uitleef. Juis daarom kan ek getuig drome word waar!"

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Top skoonheidsprodukte:

Lamelle se velsorgprodukte is wonderlik. Asook Revlon se ColorStay Gel Envy naelpolitoer en Diamond top coat – die kleur hou so lank. Essence se lipglans is weer fantastiese waarde vir geld.

Flieks wat die moeite werd is?

Ek het onlangs *Boyhood* gekyk. Hulle het 12 jaar lank aan die rolprent geskiet en dit het my nogal laat dink oor hoe lank, maar ook hoe kort, die lewe is. Ek geniet ook *rom-coms* en animasieprente soos *Date Night*, *Zoolander* en *Frozen*. My gunsteling is natuurlik *Grease*.

Oulikste uithangplekkies in Pretoria?

Aroma Gourmet Coffee Roastery in Lynnwoodweg. Ek is ook mal oor Lynnwood Bridge.

Gunsteling-parfuum: Ek het onlangs Dior se *Jádore*-parfuum as geskenk gekry uit Parys. Ek is gek daarvoor.

Aktrise wie jy die meeste bewonder? Meryl Streep vir die mate waarin sy verskillende karakters kan vertolk.

*Volg Nadia op Twitter @NadiaBeukes en op Facebook by 'Nadia Beukes'.

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AGTER DIE LENS

Albert Bredenhann van Silver Lakes is een van die Jakarandastad se gewildste fotografe. Dié skeppende fotoman is veral bekend vir sy fotografie van Pretoria se beroendes en glansrykes. Ons het die man agter die kamera beter leer ken.

Hoekom juis fotografie? Waar het hierdie kreatiewe passie sy vertrekpunt gekry?

Ek wou nog altyd iets kunstig aanpak en jare gelede het ek die verfkwas probeer, maar dit vat net te lank en ek het nie die geduld daarvoor nie. Nadat ek eendag my vrou in Bazaruto-eilande afgeneem het met 'n mik-en-druk, het ek besef dat ek wel prentjies kon maak en sedertdien was dit net een *amazing* reis.

Wat is vir jou die lekkerste 'lekker' van foto's neem? Enigiets wat jou teen die mure wil uitdryf?

Die lekkerste is om mense te sien goed voel oor hulself, hul verhoudings en families – om mense net gelukkig te sien. Wat my teen die mure uitdryf is die feit dat almal deesdae glo hulle is fotografe. Ek dink in 'n mate is ons almal fotonemers, maar om jouself dan 'n fotograaf te noem omdat jy al een mooi foto geneem het...dit krap nogal.

Jy het wye ervaring agter die blad, tog kan enigeen 'n fout maak. Het jy al enige groot flaters begaan waaroor jy nou lekker kan lag?

Om by 'n fotosessie aan te kom sonder jou kamera, of om die batterye of

memory card te vergeet, is 'n groot verleentheid. As daar een flater is wat mens deur die dak dryf, is dit wanneer jy 'n foto geneem het en eers later besef dit was nie 100% in fokus nie. Dit is 'n groot *oops!*

Jy het al verskeie celebs afgeneem, waaronder Bobby en Karlien van Jaarsveld, Hykie Berg en Bok van Blerk. Met watter bekende persoonlikheid het jy tot dusver die meeste geniet om saam te werk?

Dit klink soos 'n strikvraag. Ek dink ek sal die sertifikaat vir Kevin Leo moet gee. Nie net het ek en hy vriende geword nie, maar hy is altyd dieselfde. Of hy nou in *celeb mode* of in sy eie persoonlike spasie is, Kevin Leo is altyd dieselfde. Ek het so baie *celebs* al afgeneem, ek wens soms die mense daar buite kan hulle sien wanneer hulle net hulself is.

Wat is vir jôú die bestanddele vir 'n perfekte foto?

Lig, passie, emosie, 'n storie en dan daardie x-faktor wat mens net nie kan beskryf nie.

Wat is jou wenke aan vroue om mooi te voel en lyk voor die kamera?

Dit het my baie jare geneem om uit te vind wat die skoner geslag *sexy* maak en die antwoord is ongetwyfeld selfvertroue. As 'n kamera naby jou kom, dames, *strike a pose* en kyk met selfvertroue na die lens. Dit is alles in die oë.

Wat dink jy van selfies?

Nie geweet ek sal eendag 'n mening moet lug oor *selfies* nie...maar wag, laat ek dink. Ek dink my tienerdogter sal graag wil hê ek moet sê dit is *cool*. So my amptelike mening van *selfies*? Dit is *cool*.

Wat is heel bo-aan jou bucket list van foto's wat jy nog wil neem?

Charlize Theron. Dit is nou een vrou wat ek beslis graag wil afneem. Ek wil deur al die *ropes* gaan – grimering, *location*, hare, ongelooflike klere en dan om daardie *look* van haar deur my kamera te kan sien...dan kan ek maar doodgaan (grappie).

Wanneer jy nie agter die kamera is nie, wie is Albert? Wat geniet jy om te doen?

As ek nie 'n kamera by my het nie, dan is ek eerste die man van 'n *awesome* vrou wat baie *stunning* is (ek wens ek

kan haar meer afneem) en dan is ek pa van twee kinders, Aidan (7) en Danike (17). Ek is 'n internet *junkie*, *iphone addict*, baie slegte drawwer en dan om te ontspan is daar vir my niks lekkerder as 'n goeie fliëk nie. Ek is mal oor mense en om mense gelukkig te maak; ek vind verseker my geluk in ander se geluk.

Wat was jou mees onvergeetlike fotosessie nog?

Dit was ongetwyfeld die fotosessie saam met die vroue wat hul hare afgeskeer het vir hul vriendin, Gerdi Mckenna, wat aan kanker gely het. Al die gepaardgaande emosies wat tydens daardie fotosessie geheers het, en ook

toe die video *viral* gegaan het, is iets wat ek nooit sal vergeet nie.

**Get It* het in Augustus verlede jaar 'n storie oor Gerdi Mckenna gedoen. Gaan lees gerus die artikel op *Get It* se webtuiste pretoria.getitonline.co.za onder ''.



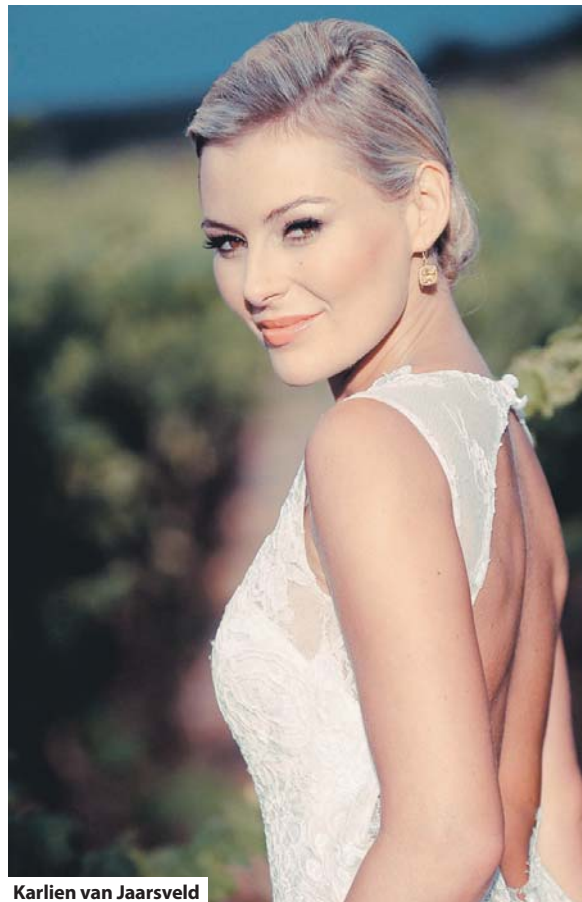
Charlize Berg en Kevin Leo

Albert sê:

- *Indien ek kon terugreis in tyd met 'n kamera sou ek... meer fotos van my eie kinders geneem het.
- *My vriende ken my as iemand wat...heeltyd die grense van die lewe wil uitdaag en toets.
- *Die beste ding van Pretoria is...die weer en die mense. Ons stad is beslis nie soos Johannesburg of Kaapstad nie.
- *As ek nie 'n fotograaf was nie, sou ek...graag 'n sielkundige wou gewees het. Daar is seker nog tyd, dink ek...
- *My slagspreuk in die lewe... is *Just do it!* (O heng, dit is eintlik Nike se leuse). Ek dink my motto is om vir almal op die aardbol 'n plekkie te gun en almal se menings te respekteer. Maak tyd vir ander.



Charlize Berg



Karlien van Jaarsveld

Artikel: Natasha Slabbert. Foto's: Albert Bredenhann.

GET **Caring**

Radiant role model

Mooikloof socialite Chantelle Bothma, one of the capital city's up-and-coming talents, is worth keeping an eye on. What sets this social butterfly apart from the crowd is her philanthropic heart, which is even bigger than her million dollar smile.



On the surface Chantelle Bothma might appear to be just another leggy model with a megawatt smile – the quintessential pageant beauty with big dreams of making it in Hollywood one day.

I believe that it's pointless
being a pretty package if you
are just an empty box.

Except that she's not. Although this model-cum-aspiring-actress (cum-the-list-goes-on) might move in these very social circles, her focus isn't on all the glitz, glam and stardom. No, her real passion lies with people and inspiring them – especially a younger generation.

"Perhaps that is why I've always felt that I'm not crazy about it when people refer to me as a model, because as soon

as someone hears you are a model, they tend to stereotype and place you in a box. And now I'm blonde as well, so they label me very quickly. They immediately think I'm this doll face, this *poppie*," she grins, with a twinkle in her eye.

"Which couldn't be further from the truth, I mean, growing up I was a tomboy who played in the dirt, baked mud cakes and climbed trees. My point is, there's so much more to me than just a pretty face who walks down a runway – that's why I don't want people to see me as a model, but as a role model."

The 24-year-old excitedly explains how she discovered this passion of hers. "As a child I was very shy and withdrawn. To draw me out of my shell, my mom enrolled me at finishing school. It was here where modelling, and later pageantry, first piqued my interest."

Over the years Chantelle met various young girls in the pageant industry,

soon realising there are plenty of insecurities behind-the-scenes. It was while comforting a young girl, who was heartbroken and in tears because she didn't win, that Chantelle had her big 'aha' moment....

"I realised that perhaps my purpose wasn't to walk away with a crown, but to inspire these girls and show them that you don't need a title to make a difference."

Today Chantelle, who also works as a part-time graphic designer and is studying a BCom in Marketing Management through Unisa, is devoted to a number of causes involving youngsters.

A young girl who lies especially close to her heart is Nelmarie Korff, who is fighting a rare cancer called Rhabdomyosarcoma. Chantelle came across the 8-year-old's story on Facebook and immediately felt drawn to the little girl. She and Nelmarie's mom, Chantel, soon struck up a friendship and when Chantelle, whose brother De Waal plays

in Bobby van Jaarsveld's band, heard that little Nelmarie was a huge Bobby fan, she couldn't wait to arrange a meeting between the two.

The blonde beauty is also currently assisting with a fundraising project for Nelmarie – a photographic competition called Magnificent Beauties 2015 where people can enter their photos in different categories like Magnificent Couple and Magnificent Bride and stand a chance to win great prizes. The proceeds will go towards Nelmarie's medical costs.

The charity work doesn't stop there; Chantelle is a proud ambassador for Child Welfare Tshwane (previously known as the Bramley Children's Home), an organisation she loves to bits for the great work they're doing for orphaned and vulnerable children and families in need of social, emotional and financial support.

In-between, Chantelle is also involved in various charity events, from fashions shows to shavathons, whether as a judge, MC or a model.

While she's talking about all these projects, it's quite evident from the huge grin on her face that she thrives in any role where she can make a difference. Which is why she feels her part in the upcoming feature film *SCARS*, from director Ferdinand Gerandt, suits her so well and is a great platform to encourage the youth.

"This teen adventure flick is about four teenagers who have superpowers, and contains a deeper inspirational message about how life's scars shape us. The message behind the film is that while some scars may be visible and others hidden, we all have them and it's your attitude towards these scars that determines your destiny. My personal take on scars is that you are stronger than whatever tried to hurt you."

It's easy to see how this social butterfly inspires everywhere she flutters, but who motivates her? Her answer is simple – the people in her life. She's got a great support structure in her parents and older brother De Waal, who've always been there for her, and boyfriend John Owens, a sales manager and former Mr SA who featured in *Get It* last year.

"I've been in a few bad relationships before, a real learning curve, which made me very cautious. But as soon as I met John I just knew there was something different about him. He has this way of making me feel special. It feels like God handpicked him for me." ▶

Article: Natashia Slabbert. Photos: Awrie Greyling.



GET *Caring*

When it comes to her own personal motivation, her faith also plays a big role. "My life isn't compartmentalised; God is the centre of everything I do and am – my heart is with Him. I think that is the very reason why I'm so content, because He's walking this journey with me. So I know that everything will work out as it should."

It seems that not even the sky is the limit for the philanthropist, who is truly living out her dream of making a difference while successfully standing her own in the fickle entertainment industry – did we mention on top of all her other achievements she also made it as a finalist in the Top Model SA competition recently?

So while there certainly is plenty of glitz and glam in this Mooikloof socialite's life, she's much, much more than just a pretty face sashaying down the runway.

Her favourites

***Top places to travel to:** I want to visit all eight World Heritage sites in South Africa. Our country is so beautiful and I haven't seen half of it... I would also love to visit friends in Australia, New Zealand, Canada and Switzerland.

***Favourite nail colour:** Depends on my mood! If I feel like blue, I'll go with blue, if it's time for pink, it's pink.

***Personal style:** My style consists of a bit of everything. One day I'll be all glammed up and the very next day I'll be in shorts and flip-flops.

***Best local designer:** Heinrich Greyling Couture, based in Centurion.

***Guilty pleasure:** I'm a coffee-holic. There's nothing as good as a freshly-brewed cup of coffee. I'm crazy about Isabella's in Parkview. Meet-on-Milner in Brooklyn is so charming and intimate, I love the décor.

***Life philosophy:** I believe it's pointless being a pretty package if you are just an empty box.



Photo: Dominique Rensleigh, Pro Image.

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We feature the latest on fascinating Pretoria personalities and celebs – their career highlights, personal struggles and everything in-between. It's their own stories as told from a behind-the-scenes perspective.

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LOVE VINTAGE

The ultimate in classy, luxurious sophistication, a modern vintage look works for all ages, all body types and all occasions. Here's how to style it to perfection.

1 Decide what era you're channelling

Whether you love the flamboyance of the 1920s flappers, a touch of Edwardian elegance a la *Downton Abbey*, or a look inspired by fifties sex symbol Marilyn Monroe, a good place to start is to decide what era you're working with. Vintage can quickly become 'costume-y' if you don't style it right, so it's best to avoid mixing decades. Choose one and stick to it.

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2 Look for classic pieces

Items like a blazer, trench coat, A-line dress, full skirt or peep toes lend themselves easily to a vintage look. A nipped in waist is a silhouette characteristic of the fifties, and can easily be created with a basic waist belt. It's a good idea to build a strong foundation of timeless pieces that can be paired with almost anything in your closet, so you're not tied to one look. Then you can pair them with more vintage-inspired pieces to create a look that's a modern throwback to your favourite era.

Compiled by: Dominique du Plessis.



Earrings, R349, Accessorize



Dramatic Eternity ring, from R9 999, American Swiss



De La Creme coat, R4 400, Du Sud SA



Clutch bag, R699, Accessorize



Marsala flare dress, R2 200, Du Sud SA



Stiletto sling-back heels, R499, Step Ahead



3 Creative colours and textures

Classic looks are usually associated with black, white and neutrals, so to keep your look fresh and up to date, look for the opposite – vintage shapes in a bright, seasonal colour. For example, a full skirt, traditionally a vintage piece, gets new life in a vivid pink or chartreuse. Or do the opposite by pairing your neutral-coloured, classic skirt with a bright, printed top. Unusual textures can also make for a unique vintage look, since classics usually come in structured but simple materials. For example, a classic A-line skirt in textured leather could pair well with a soft, 'vintagey' lace top.

Long-sleeve shirt
R299, Woolworths



Chunky necklace,
R499, Accessorize

Leather tie skirt,
R899, Woolworths



Classic tote bag in tan,
R699, Accessorize



Chara heels, R1 100,
Errol Arendz



Classic pearl necklace, R1 299,
American Swiss

Wild Rose dress,
R599,95, Billabong



Chort heels, R1 100,
Errol Arendz



Madison small dome bag, R1 395, Polo

5 Spice things up with modern accessories

The key to pulling off a vintage look is getting the right balance of old and new. Weave in modern pieces to create an up-to-date style. Add a bold, statement necklace or chic, structured ankle boots to give a vintage dress or basic skirt a modern, fashion-forward twist. However, avoid piling on too many trends and busy details, as your accessories can easily overpower your look and leave you looking more like a frumpy extra on an old movie than a fabulous fifties-inspired fashionista.

Trimmed waterfall blazer,
R2 600, Du Sud SA



Red link necklace,
R280, Zuri



PU Dirndl skirt, R699,
Woolworths

Ankle boots,
R2 499, Dune London



4 Make vintage your focal point

If your main piece is particularly exuberant, say for instance a busy, printed A-line dress or a polka dot midi skirt, embrace it as the focal point of your outfit, and keep the rest of your accessories toned down and simple. You want to highlight the piece by adding only basic accessories that won't draw too much attention. Good choices are a simple but stunning silver or pearl necklace, halo ring or solid-coloured heels to complement the look.

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GET Trendy

Berry lips

Whether it's a soft, ravishing raspberry or a deep shade of mulberry, this season sees traditional reds make way for more luxurious berry hues on lips. Carolina Herrera and Burberry sported vibrant strawberry-coloured stains, while it girl Kendall Jenner stunned at Dolce & Gabbana with a deep berry lip. Marc Jacobs rocked the (fashion) boat with dark, blackberry-inspired lips – a decidedly bold look that seems to be a burgeoning trend for this year. Opt for matte over gloss for a sophisticated look that screams opulence and glamour.



Clarins Rouge Eclat lipstick in Passion Red, R270



GOSH Velvet Touch lipstick in Boheme, R100



Essence long-lasting lipstick in On the Catwalk, R44.50



Essence lipliner in Soft Berry, R18.95

BEAUTY REVOLUTION

Looking for a little beauty inspiration? We've rounded up the best makeup trends for fall as seen on the catwalks of the fashion capitals around the globe.

Twiggy lashes

Big, doe eyes accented by Twiggy's iconic playful, clumped lashes is a trend we're loving this season. Models graced the catwalk with this eye-catching trend at Marco de Vincenzo, Prada, Gucci and Saint Laurent, among others, lending a retro mod vibe to the collections. Spice up a minimalist look with this touch of glam, and be sure to keep the rest of your look clean and simple for maximum impact.



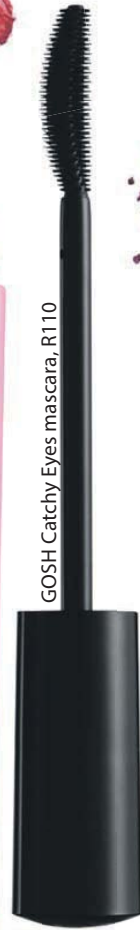
Essence white liner pencil, R18.95



Clarins Wonder Volume mascara, R265



GOSH Catchy Eyes mascara, R110



Compiled by: Dominique du Plessis.

Eastern inspiration

Shimmering shades of burgundy, deep browns and muted blues and greens told the story of a lux world traveller at shows like Donna Karan and Nicole Miller. This look is all about dramatic, smokey eyes that take inspiration from the colours of fall and an eastern-ethnic vibe. Keep the rest of the look natural, including lips and cheeks.



GOSH Mono Eyeshadow in Aubergine, R99



Stila Smudge Stick waterproof eyeliner in Peacock, R235

Graphic liner

Interesting variations of arrowed liner and the classic cat-eye trend made for a bold, graphic look on the catwalks of Anna Sui, Marc Jacobs and Jean Paul Gaultier. Ranging from uber-feminine to modern and edgy, this look is a must-try for the season. For a fresh take on this trend, break away from classic black for a flick of crisp white liner or go bold with a shimmering blue line (another trend seen on the catwalks). Designer Mara Hoffman turned the look upside down with Egyptian-inspired arrows outlining the lower lids, while Cushnie et Ochs went retro with a look inspired by Parisian beauty Brigitte Bardot's classic thick upwards flick.



essence liquid eyeliner R44.50

essence liquid eyeliner R44.50

CLARINS PARIS instant liner, R250



Stila Magnificent Metals eyeliner, R295

Metallic accents

For a more glammed up look, try on the metallic accent trend as seen on the runways of Rodarte, Badgley Mischka and Chanel, among others. Bronze took centre stage in the form of gorgeous smokey eyes, while silver accents were seen at Donna Karan and Chanel. Bronzed eyes bring warmth to the face and make for a beautiful complement to a berry-coloured lip, as well as accenting the natural look perfectly. Cooler, silvery-blue shades of shimmer lend an air of wintry sophistication to a clean, pared-back complexion.



Nip + Fab Instant Radiance Wrinkle Fix, R334.95



Catrice Nude Illusion makeup, R132.95



Catrice Prime and Fine Anti-Red base, R79.95

Barely there makeup

Clean, natural-looking skin made an impression on the runway this year, with big names like Vera Wang, Dolce & Gabbana, Diane von Furstenberg and Michael Kors all working a variant of this look. Rosy, natural lips and flushed cheeks are the main accents, with the emphasis on a fresh complexion – you should look like you just took a brisk, wintry walk. Perfect the look by using a primer to create a smooth, even-toned complexion before applying foundation.

you can be POSITIVE SUCCESSFUL CONFIDENT *DYNAMIC*

Confidence is the key to getting where you want to be in the workplace – whether it's a promotion you've got your eye on or you're looking to take over the CEO's seat. Pretoria East expert Anri van den Berg gives us a few tips for kicking butt in the workplace and being your best, most confident self.

Confidence is one of the most important factors in career success. Whether you're the quiet employee who's been stuck in the same position for years or the new guy or girl trying to fit in, if you want to work your way up the corporate ladder, you need to work at promoting yourself and bettering your abilities.

So says Anri, an expert in counselling psychology and owner of Vita Nova

Counselling Services in Elardus Park.

If you are just starting out, she says, don't be too hard on yourself. Accept your failings for what they are – a learning curve.

"You have only just started the journey – you are still gaining experience," she explains.

Stay positive, with practice and experience you will gain the skills you need.

Knowledge can go a long way to helping you feel confident in the workplace. Read as much as you can on different topics and issues that are current in your line of work, and keep up to date with advances in the field.

Anri also suggests attending workshops and courses.

In the words of Dale Carnegie, renowned writer and motivational speaker, 'Action breeds confidence and

courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy! Many companies offer to pay for their employees to go on courses that will better their ability

Stay positive, with practice and experience you will gain the skills you need.

to perform well in their jobs.

Another tip Anri has is to ask for help and advice when you need it.

"Someone you trust in your field with more experience than you who can act as a mentor will be a great

asset," she says. If there is no such person, there's always the internet. We live in a digital age and there are many forums and networks specifically for professionals that can give you the insight and advice you need.

Lastly, be proud of your achievements and don't eat too much humble pie.

Keep a log of all the things you've achieved in your job so that when you're feeling down, you can look back on

these achievements and feel confident in your abilities.

Learn to accept compliments.

Rather than shyly responding with 'It was nothing,' acknowledge what you've achieved and be proud of it.



Go to pretoria.getitonline.co.za for more tips.



Article by: Dominique du Plessis.

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Curb comfort *cravings*

April is synonymous with Easter eggs and chocolate bunnies. With all these treats on offer, it can be tempting to eat for all the wrong reasons. Here's how to say no to emotional eating.

This month there are plenty of leisurely long weekends spent with friends and relatives to look forward to. Think indulgent family lunches, Easter egg hunts and more chocolate bunnies than you can count. However, these family affairs can be quite emotional – and it can be tempting to eat for all the wrong reasons. Top dietician Ajita Ratanjee from Easy Health Wellness studio in Moreleta Park sheds some light on the issue and provides simple advice on how you can resist falling into the trap of emotional eating.

What is emotional eating?

According to Ajita, emotional triggers are the underlying reason why many

women aren't able to see the results of successful weight loss efforts.

Eating due to emotional triggers, referred to as 'emotional eating', is when eaters seek comfort from food instead of relief from physical hunger.

"The problem is the relief experienced from eating that piece of cake, ice cream or potato chips is only temporary. Furthermore, you'll experience feelings of guilt and remorse after bingeing, which will lead to negative thought cycles and hinder you from getting back on track."

The most common emotional triggers are feeling bored, lonely, anxious, frustrated, depressed, angry or stressed. Other triggers can run much deeper and as far back as a childhood





experience, or even something someone said.

There's good news though

The good news is that you can learn how to cope with these emotional triggers so that you're not constantly reaching for that chocolate slab or bag of chips when you're feeling down.

A good place to start is to figure out what triggers your eating behaviour.

When you know what situations and emotions prompt you to eat, you can come up with ways to steer clear of those traps. According to Ajita, emotional food triggers typically fall into five main categories.

The five food triggers (and how to sidestep them)

*Social

Beware of social situations where you might be encouraged to overeat simply because you're unconsciously copying others or trying to fit in. Be conscious of this trigger whenever you're in social surroundings. The best advice is to listen to your body and eat accordingly.

*Fatigue/anxiety

This entails eating in response to unpleasant feelings like fatigue and anxiety, or to fill the void due to loneliness. Instead of trying to solve the

problem with food, go to the emotional root and sort that out. Feeling anxious? Pack away the potato chips and brainstorm a practical solution to your problem instead.

*Negative thoughts

A negative self-image and a constant barrage of negative thoughts can make you want to reach for that guilty pleasure. Again, the trick here is to focus on the emotional issue at hand. Refuse to listen to that negative voice and rather replace any negative thoughts with positive ones.

*Situational

In this instance, one eats simply because the opportunity is there, like when you pass a bakery or do certain activities like watch a cooking show. If you know you're at a place where you're struggling with emotional eating, avoid walking past the bakery and take an alternative route instead. And skip the *Barefoot Contessa's* version of a mocha chocolate cake and tune into a riveting dramedy instead.

*Physiological

This food trigger, eating in response to physical cues, such as a headache or an appetite increased because you skipped a meal, is perfectly normal. No need to sidestep this one.

More practical tips

An effective way to refrain from

emotional eating is to form new thought patterns. "A great way to do this is to keep a diary of what you eat and jot down your accompanying emotions next to it," suggests Ajita. Patterns will soon emerge from this basic exercise.

The next step is to break the habit. When you reach for food in response to an eating trigger, try one of the following activities:

- *Go for a walk or jog.

- *Do deep breathing exercises.

- *Talk to a friend.

- *Distract yourself with a fun activity like reading a good book or magazine, listening to music or doing a crossword or Sudoku puzzle.

The urge to eat will soon pass. As you practice better coping strategies and curb emotional eating, remember to reward yourself. By patting yourself on the back for a job well done, you increase the likelihood that you'll maintain your new healthy habits.

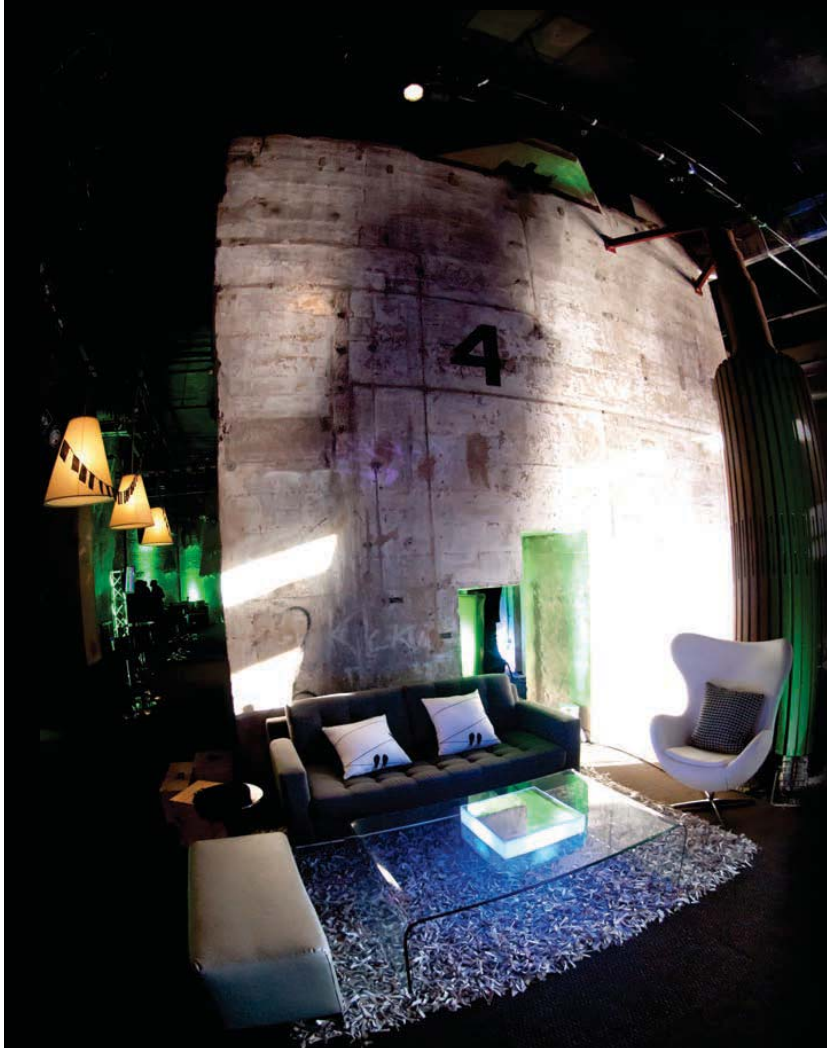
It might also help to write down ten reasons why you want to lose weight. "This is a great tool that I usually recommend to my clients. It helps them focus on the benefits they'll experience from weight loss and reminds them why they started," says Ajita. Should you still find yourself on an uphill battle, counselling might be the next step.

For more information on emotional eating or health-related workshops, visit www.easyhealthwellness.com or email Ajita at info@easyhealthwellness.com.



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As soon as you step into the charming coffee shop and restaurant For the Love of Food, you can sense you've stumbled across something special.

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Think duck and cherry pie, to-die-for Belgian chocolate brownies, signature homemade quiches, biltong and Gorgonzola salad and so much more...

We adore the menu for its exciting variety – whether you are more of an adventurous foodie type or prefer traditional tastes, there's a culinary creation that will keep you coming back for more.

While the food may be grand and the ambiance quite lovely (keep an eye out for the magical décor, which changes every so often) we suspect this is not their only secret ingredient to success...

Because as soon as you step inside For the Love of Food, your first impression, apart from the mouth-watering smells wafting from the kitchen, is a warm welcome reminiscent of a bygone era.

While it might be rare these days to pop into a coffee place where the owner knows you by name, it's second nature for owners Leon and Lynette Uys – who we believe are the real secret ingredient behind For the Love of Food's success.

The married couple, whose son Reghardt and daughter Annika also love helping out in their spare time, have a sincere passion and love for food – hence the name of their deli. Therefore it's only natural for this passion to spill over into the way they treat their customers, who they value like friends and family.

"We want to spoil people, offer

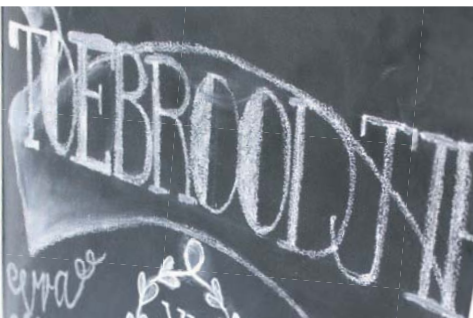
We want to spoil people, offer them a magnificent experience and make them feel at home

them a magnificent experience and make them feel at home – like they're *kuiering* in a dear friend's kitchen, which is probably why everyone, from the guys in the kitchen through to the front of house staff, feels like family," Leon chuckles.

Well, hats off to this family who manages to pour plenty of passion, creativity and love into their Faerie Glen eatery. It shows in the cosy décor, friendly ambiance, freshly baked, indulgent desserts and mouth-watering savoury dishes bursting with flavourful combinations. No wonder For the Love of Food is such a treat.

*For the Love of Food is famous for their specialty sandwich of the day. They share one of their favourite gourmet sandwich recipes with us:

Reghardt, Lynette, Leon and Annika Uys



Pear & Roquefort open sandwich

(Serves 2-4)

Ingredients:

4 slices of health or rye bread
200g sliced, smoked pork neck
2 ripe desert pears, halved, cored, and thinly sliced
100g Roquefort cheese, very thinly sliced

Method:

Toast the bread. Cut the smoked pork neck in thin slices (cured ham such as prosciutto is a great alternative) and cover each slice of bread. Divide the pear slices equally between the bread and place the cheese slices on top. Place the bread in the oven at 160 °C for two minutes until the cheese melts and bubbles. Serve with a smile.

Find For the Love of Food at:

Dis-Chem Centre, c/o Solomon Mahlangu Drive and Haymeadow Crescent, Faerie Glen.
Contact: 012-991-3686 or visit their Facebook page 'For the Love of Food'.
Hours: Open daily from 07:00 - 18:00 (closed on Good Friday, 3 April).



Article: Natashia Slabbert. Photographer: Alicia Lewis.

April 2015 Get It Pretoria 37

DELICATE BEAUTY

Summer is lingering languidly in the air and winter's chill is not quite here yet, making April's autumn weather perfect for a little rest and relaxation in the garden. Give your garden a touch of old-school romance with a few stunning April roses in shades of delicate pink, soft cream and a tinge of peach.

Roses have long inspired poets and lovers from around the world. Their wonderfully intense, sweet fragrance is intoxicating, and few flowers can compete with this queen of the garden.

Gentle colours, romantic appeal and a profusion of beautiful blooms make roses the ideal flower to fend off the winter blues and add some life to a dull garden.

"Nothing is more romantic than the full-petalled, old-fashioned roses of yesteryear, and that is the charm of the Antico Moderno roses. They are a mix of old and new, combining nostalgic flower shapes with the vigour and disease resistance of modern roses. Most have soft colours and a noticeable fragrance," says rose grower extraordinaire Ludwig Taschner from the well-known Ludwig's Roses just north of Pretoria.

The blooms of Antico Moderno roses are carried upright on strong, straight stems and their petals are firm and will not drop off with the first wind or rain.

These flowers are long lasting, both on the bush and in the vase, says Ludwig.

He suggests two varieties in particular for maximum impact: the Fragonard, a cup-shaped pink rose that has won several awards for the best perfumed rose, and the Relais and Chateaux, which boasts beautiful shoulder-high blooms in shades of cream and a delicate tinge of pink flowing into a soft peach.

"Our mild autumn weather is ideal for planting roses because they focus on making new roots, even if frost arrives in May, and they will be well-established flowering plants by October," he says.

Ludwig warns that gardeners should water their new roses with care.

"During April and May water the roses about twice a week, reducing this to once a week in June. There is no need to fertilise, because roses go dormant in winter, so are not affected by frost. Winter prune in mid-July, fertilise and as it gets warmer, increase watering. Roses planted in April should only be lightly pruned."

Not sure how to use your roses to decorate your home? For a vintage look, arrange blooms loosely



in antique glass bottles, bowls, tea pots and jugs. "Don't forget to add foliage. Trailing variegated ivy and asparagus fern are delicate enough and add a relaxing note of green. Sprigs of lavender or rosemary add an interesting texture as well as fragrance and a country garden appeal," our expert explains.

For more tips and tricks to perfect the art of rose growing, visit Ludwig's Roses in Haakdoornlaagte, just a stone's throw from the capital, or www.ludwigsroses.co.za.

If you're feeling inspired to do a little rose planting of your own, be sure to keep the following in mind:

- Roses need at least 6 hours of sun, so don't plant them in an overly shady spot of the garden.
- Prepare the new bed or individual hole a few days before planting. Shovel the top 30cm of soil to the side and mix

in compost, organic material, a little fertiliser and a handful of bonemeal.

- Loosen the subsoil (the soil lying immediately under the surface) to a depth of 20-30cm, adding more compost, organics and bonemeal.
- Return the enriched topsoil to the hole. The level of the rose bed you've prepared should be about 10cm higher than it was before. Water this thoroughly and leave for a few days.
- When you're ready, place your plant in the hole, making sure the bud union (point where the plant has been grafted, usually indicated by a small, knoblike growth) is only 5-6 cm below the level of the bed.
- Once the plant is positioned correctly, fill in the soil and firm it to get rid of air pockets. Form a basin around each plant and water with about 20 litres. After 3 weeks, level out the basin and apply mulch (decaying leaves, bark, or compost used to enrich and insulate the soil) to the bed.



Article: Dominique du Plessis. Images: Ludwig's Roses.

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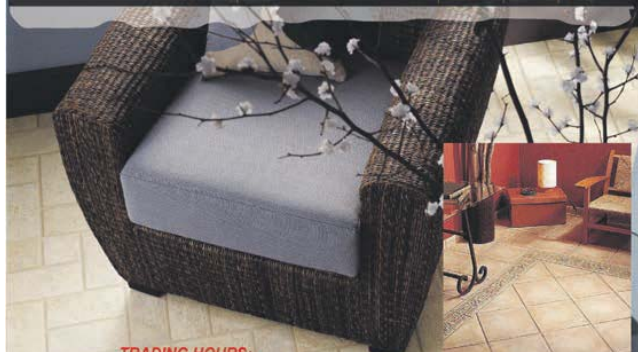
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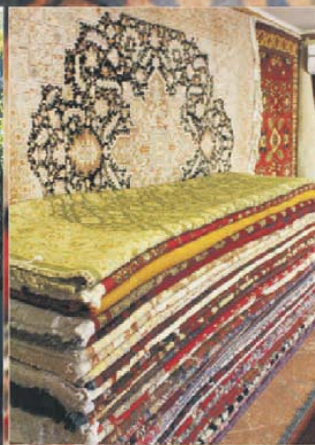
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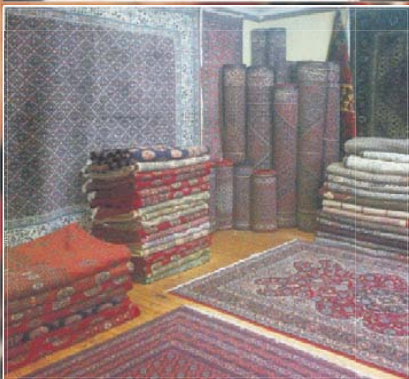
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GRAPHIC DESIGN SCHOOL

Advertorial

Elsche Sion has 30 years of experience in the Graphic design industry.

She has won 13 design awards including a Spada, Loerie and a London international award. She was responsible for the initial Nando's corporate feel which included the interior of the shops, menu designs, packaging designs and the famous London taxi designs and many more. Even Nelson Mandela owned a creative piece of work designed by Elsche.

The design school is a new concept to help you build a creative portfolio within 6 months to find a job in the graphic design world.

Individual attention will be given once a week and the rest of the projects will have to be completed at home.

You will learn Adobe Photoshop, Illustrator and InDesign. Training will be once a week from 10am - 4pm. Price R9 000 paid in full, or R10 000 if paid off monthly.

- 6-month course, part time or full time
- Individual attention
- Build a creative portfolio to ensure a career in the graphic design world. Learn Photoshop, Illustrator, and InDesign
- Training by award-winning graphic designer, Elsche Sion
- Limited space

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Dr. Marcel C. Niemandt

MBChB (Pret), FCOphth (SA)

OFTALMOLOG / OPHTHALMOLOGIST

What is an ophthalmologist?

An Ophthalmologist / eye specialist is a qualified medical doctor who specializes in diseases and other conditions of the eye



Patients with any of the following eye related problems are welcome:

- Poor vision
- Double vision
- Childhood eye disease
- Cataracts
- Glaucoma
- Diabetes / Hypertension
- Painful / Itchy eyes
- Red / Dry eyes
- Eyelid abnormalities
- Refractive problems including:
 - Keratoconus
 - Myopia / hyperopia
 - Astigmatism

Why consult an ophthalmologist.....?

Some of the most common causes of blindness in South Africa include:

- Cataracts
- Diabetic retinopathy
- Glaucoma
- Corneal infection/ disease
- Age related macular degeneration

Fortunately most of these conditions, if detected early, can be treated.

With the correct diagnostic equipment and therapeutic intervention a patient's visual condition can be prevented from getting worse, or even improved, leading to an overall better quality of life.



We are offering the latest in diagnostic equipment including digital imaging of the eye. Glaucoma screening equipment is also available, as well as diabetic laser treatment.

Minor procedures can be done in our procedure room, while other surgical procedures can be done at the nearby day hospital.

Please feel free to contact my office to make an appointment:

Office: 012 809 6027

Cell: 071 251 0660

Email: info@drmcniemandt.co.za

Web: www.drmcniemandt.co.za

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for clear nails in patients with onychomycosis

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How Does The Laser Work?

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- There are no side effects
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- Socks and shoes can be worn immediately after the procedure
- Nail polish can be applied after the treatment
- There is no tissue damage and therefore no healing required



Before 6 weeks 6 months clear nail

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www.fixyourfeet.co.za

Mommy, can I have a puppy?
Daddy, can you come to my sports day?
Daddy, can I have an i-pad?
Mommy, can I go on a school trip?



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NO!
NO!**

Do you feel you don't have the time or the money to give your children all you would like?

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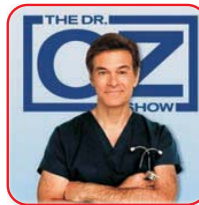
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Dr Oz's "Holy Grail" of Weight Loss!

See what Dr OZ says on our website about **Garcinia Cambogia**



Free

With the two months worth of TopSlim (yes 2!! since it's on Special at the moment), you also get for **FREE**:

- Over 100 pages of **Easy Recipes, Menus** and even **Weekly Shopping Lists** for a Month. Fast & Easy to make, using everyday food, and the **whole family will love it!**
- **Lifestyle adjustment plan** designed by faculty physicians from **Harvard Medical School!!**
- And a **100% money back guarantee** *

Is this for real!?

Yes it is! It's based on the research of some of the most respected scientist in the world!

SmartSlim contains **Garcinia Cambogia**, which is the only weight loss ingredient that has **EVER been fully tested in multiple double blind clinical studies over many years.**

Garcinia Cambogia is derived from the **Gambooge fruit** that is native to Indonesia. The fruit has been used to treat a host of maladies and well researched evidence has shown the extract to have enormous **Appetite Suppressing, Fat Burning and Energy Boosting** properties.

Garcinia Cambogia also does something **completely unique!** It inhibits fat synthesis. In other words it **Stops the Creation of Fat** - the transformation of the carbs you eat into fat! **This is totally new and unique to Garcinia Cambogia** and this on it's own makes SmartSlim a such a sought after weight loss miracle.

All you have to do is to take 1 capsule per day an hour before your main meal and use our **FREE Healthy Eating Program.**

Finally: Fast weight loss that is scientifically proven

For the 1st time ever the world's most renowned scientist and leaders of the nutritional and weight loss research came together and combined their efforts to find the **fastest, safest and most permanent weight loss solution ever!!**

Riaan Burger from Empangeni lost **48 kilos in just 21 weeks!!!** Over 2 kilos per week! He says: "Nothing is the same. Everything has changed. This is a dream! I could have lost a lot faster, but I was cheating a lot... My wife and my doctor says **you saved my life.**"



Healthy Eating Plan - The Best Ever!!!

Yes you will have to change your eating habits. But we will make it extremely easy for you. We give you everything: Menus, Recipes and even Shopping Lists! Over 100 pages - All for **FREE!**

We do it all for you: Weekly Menus with all the food you need to stay Full the whole day while losing weight. **No more hunger or dieting!**

The Menus include everything: **Breakfast; Mid Morning Snack; Lunch; Mid Afternoon Snack; Soup; Salad; Main Meal and Desert.**

Recipes that Taste So Good your family is going to Love you! No strange or expensive food and most recipes take less than 30 minutes!

You Will lose weight and seriously enjoy the food while doing it!

You can get examples here:
http://www.smartslim.co.za/menu_etc_intro.html

SPECIAL
2 for the price of 1

Only R279 for 2 Months Supply!!

*and if you don't lose weight we give you your money back! **

Safe

Garcinia Cambogia has been **tested exhaustively over many decades** and has been found to be **100% natural, safe and effective.** It has no side effects and contains no stimulants that can harm the heart or increase blood pressure. It is completely safe to use with any medication including medications for diabetes and high blood pressure. **You will lose weight fast, naturally and safely!**



Reinette Groenewald from Krugersdorp: "I'm quite short and I'm down to my goal weight of 62. **In the first month I lost 13 kilos from 89 to 76!** I won't even try and explain how that felt! And this was in December with all the parties!!"

How do I get it?

Go to our website, e-mail, whatsapp or ph us. Delivery anywhere in SA within 3 working days. To your door: R105; To nearest Post Office: R85. Outside SA: 2 to 3 wseeks

Cel: 0722-512-538 0722-883-866
sales@smartslim.co.za
whatsapp: 0722-883-866

* See website for T&C

www.smartslim.co.za

GET Treated



Suite dreams

We're thrilled at the thought of spending a long weekend in April in absolute luxury and leisure. De Hoek Country Hotel is the perfect retreat for a relaxing long weekend away.

We can all do with an occasional time-out to escape the monotonous rush of fast-paced living.

The long weekends that lie ahead in April and May offer the perfect opportunity to pack one's bags and stop the clock (even if it's just for the weekend) and escape the madness of it all.

What better way to re-energise than by soaking up quality leisure time in peaceful surroundings?

Five-star De Hoek Country Hotel, just over an hour's drive from Pretoria, is just the setting if you're looking to unwind. Think fresh, country air, rolling green lawns and an atmosphere of deep tranquility.

The hotel is tastefully and classically decorated with careful attention to detail and offers 32 rooms, including two penthouse suites, with separate lounge areas and a private dining room.

All rooms have satellite TV, a Nespresso machine, mini bar and iPod docking station to ensure you're as comfy as possible.

Apart from the cosy accommodation, foodies are in for a real treat with

Swiss-trained chef Michael Holenstein and his team pulling out all the stops to make sure guests' wining and dining experiences are a real spoil.

Guests can look forward to sumptuous five-course dinners complete with elegant crystal and silverware.

Think flavourful food in the French-continental style, paired with carefully selected wines from the Cape vineyards.

Each meal is a culinary experience that will have you savouring the gourmet delights on offer.

The new Bridge Bistro Restaurant offers a less formal experience with the same exceptional quality.

The menu includes starters like a prawn consommé with wontons and delectable mains such as pepper steak with red wine butter and fat chips.

For dessert lovers, tarte tatin with vanilla bean ice cream will become a favourite.

The Bistro is perfect for day visitors wanting a special Sunday lunch with a touch of style.

De Hoek also boasts a variety of relaxing activities, including archery

in the magnificent Magaliesburg mountains setting, clay pigeon shooting, croquet, wine and whisky tastings and tranquil mountain walks, to name a few.

Those looking for something more adventurous can try activities such as horse riding, hot-air balloon trips and elephant interactions, which should be booked in advance.

Themed evenings, think murder mystery nights, which take advantage of De Hoek's beautiful surroundings and landscaped gardens, are available as well.

If you're looking to savour the delights of slowing down and want to unwind from head to toe, De Hoek Country Hotel is the place to go.

*For more information, visit De Hoek Country Hotel's website www.dehoek.com, phone 014-577-9600 or email reservations@dehoek.com.

* You can also follow De Hoek on social media:
Twitter: @DeHoek
Instagram: [de_hoek_country_hotel](https://www.instagram.com/de_hoek_country_hotel)
Facebook: De Hoek Country Hotel

Compiled by: Natasha Slabbert. Images supplied by De Hoek Country Hotel.



“ Think fresh, country air, rolling green lawns and an atmosphere of deep tranquility ”



GET Spoiled

April Spoil

Beautiful bridesmaid dresses for your big day.

If your daughter or bride-to-be bestie is planning her wedding and she didn't get to go to The Wedding Expo recently, the last thing she should be worried about is choosing dresses for her bridesmaids. This can be a daunting task – from choosing the perfect design to getting the exact right colour.

Luckily, local fashion label Gelique offers a range of gorgeous bridesmaids dresses. With the ability to customise each design and choose from over 50 colours, picking bridesmaids dresses couldn't be easier.

Gelique's extensive collection has dresses to suit every body shape and size, and dresses can also be custom-made according to the client's measurements to ensure the dress

fits each bridesmaid perfectly on the big day. Bridal parties can book a private consultation with one of their experienced sales consultants, where Gelique's collection can be tried on while enjoying a glass of sparkling wine.

Other options include visiting one of Gelique's stockists (see their website for more details) or placing an order online and having the dress delivered to your doorstep. Precise instructions on how to take the measurements required are available online. For more information or to view Gelique's collection online, visit www.geliqueonline.com.

WIN: One lucky bride-to-be can win a R3 000 voucher courtesy of Gelique and The Wedding Expo to spend on bridesmaid dresses from Gelique.



To enter, SMS the word Gelique and your name to 42282. SMSs cost R1.50 and free SMSs do not apply. The competition closes on 24 April. Winners will be notified telephonically.

