

JOBURG EAST

GET IT

Boksburg's blossoming star,
LURÉ DELPORT
born for the limelight

**Kathryn
Saleem's**
gift to empower

OCTOBER

SPLENDOUR

with a new star, sky bar and celebrations galore!

SHOPPING, PEOPLE AND LIFESTYLE IN YOUR NEIGHBOURHOOD

OCTOBER 2019

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AND MARKETING bied aan:



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met *Wynand van Vollenstee*

Teks & Regie: Frans Swart



10 - 13 OCTOBER 2019

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Get It Joburg East



@GetItJoburgEast



Get It



October 2019

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COVER PHOTO

Tanya Borchers Photography, 082 962 8320

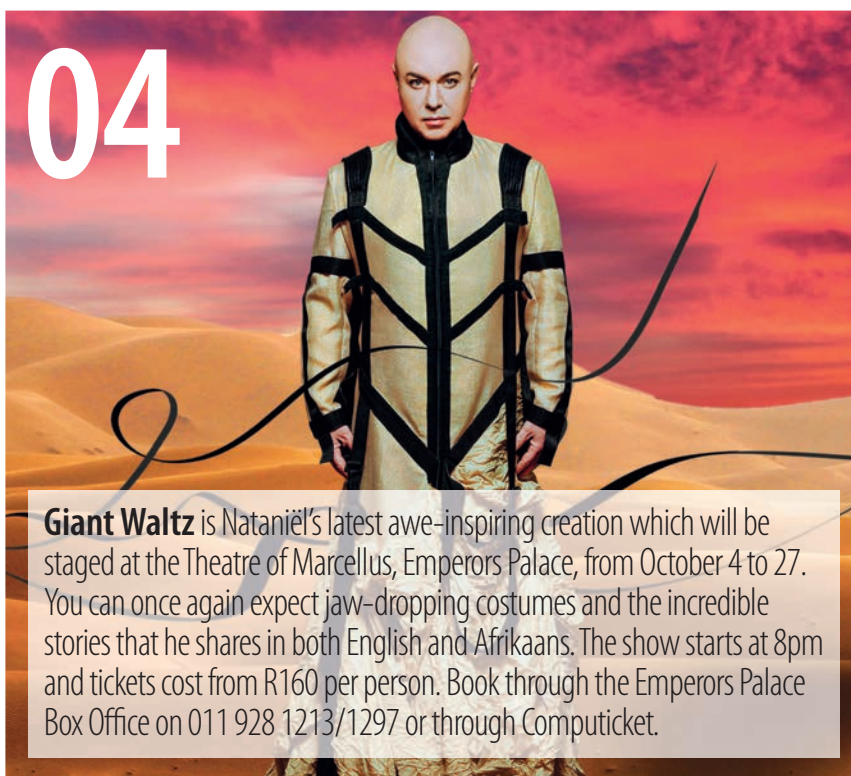
VENUE

Summer Place, Boksburg

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A hot date

Diary dates worth keeping



Giant Waltz is Nataniël's latest awe-inspiring creation which will be staged at the Theatre of Marcellus, Emperors Palace, from October 4 to 27. You can once again expect jaw-dropping costumes and the incredible stories that he shares in both English and Afrikaans. The show starts at 8pm and tickets cost from R160 per person. Book through the Emperors Palace Box Office on 011 928 1213/1297 or through Computicket.

04 The **Crafters Fair** will be on at Emperors Palace this weekend from October 4 to 6. The market with its 140 and more stalls offers something for the whole family. You'll find scrapbooking, jewellery, toys, décor items, etc. Entry is R10 per person and children under 12 free.

10 **Groet die Grotman 2** will be staged at the Mardi Gras Theatre at Carnival City from October 10 to 13. Tickets can be booked via Computicket at R180 per ticket.

12 The Rynpark Garden Club is having an **Open Garden Day** on Saturday, October 12 from 10am to 4pm in Rynpark 4, 5 and 6. Bring the family along to admire the lovely gardens. Refreshment points, entertainment, hand-crafted goods, displays and garden products will be available. Proceeds will be used to improve the lifestyle of all Rynpark residents. Tickets are only R30 and children under 10 free. Entrance to the garden will be at Rynpark 4 and 5, with secure controlled parking.

13 Ferrari fans can flock to Fountain at Emperors Palace for **Ferrari Day** when they will feel the passion and enjoy the sights and sounds of Ferrari's finest cars. There will be nine Show & Shine categories. Judging will take place from 9.30 to 11am. Entrance is free to the public and there will be a show-and-shine as well as park-and-view.

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19 Forget about politics and problems and enjoy an evening with **Jonathan of Radio Raps' Lank en Kort show** at the Big Top arena at Carnival City. Book tickets via Computicket at R150 per ticket.

22 The Barnyard Theatre show **'80s vs '90s** promises to be one big party! Get ready to rock, sing out loud and dance till you drop. The show will be staged at the Barnyard Theatre at Emperors Palace from October 22 to December 30. Ticket prices range from R140 to R195 and can be booked via barnyardtheatre.co.za

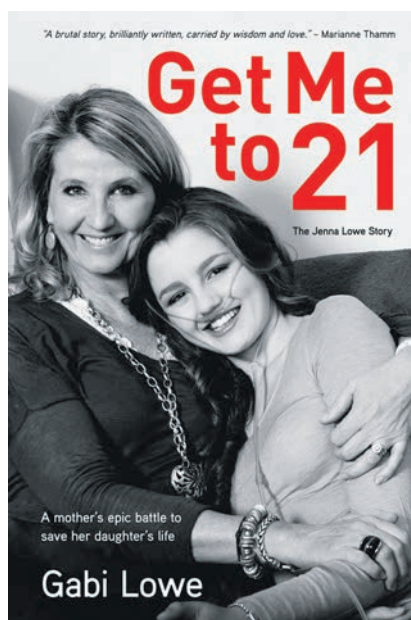
24 Benoni Northerns Athletic Club will host the **Rowlin Glow Run**, 5km, 10km and 15km. The run starts at 7pm, from Northerns, Brodigan Street, Northmead, Benoni. Enter online at www.enteronline.co.za. Pre-entries close on October 24, at-event entries taken from 5pm: R80 for 15km, R70 for 10km and R50 for 5km. All finishers will receive a medal. Details: 083 657 8885, bnacra-ceorganisers@gmail.com

26 Expect an evening of rock, blues and poetry when **Jan Blohm** takes to the Barnyard Theatre's stage at Emperors Palace. After six years he released **Die Liefde Album**. Come and listen to his husky voice singing the raw, honest lyrics from this new CD. The show starts at 1pm and tickets can be booked via barnyardtheatre.co.za at R150 per person.

27 A **Hair Thingy** is a bilingual one-man show that tells the story of the struggles of hair as told by Rudy Bessit. Four different characters are portrayed. The show will be held at the Mardi Gras Theatre. Book tickets via Computicket at R120 per ticket.

Book club

Brilliant books to keep you busy this month



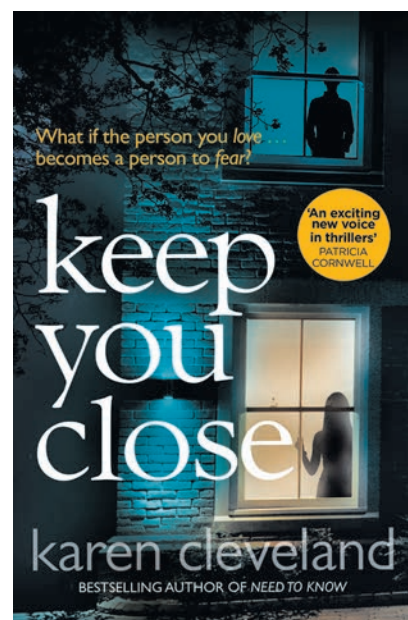
Painful. Honest. Utterly heartbreaking. You'll read every page of **Get Me to 21** – all 436 of them – with your heart in your mouth. It's Gabi Lowe's agonising, courageous story about trying to save her daughter's life. Jenna – who became the face of organ donors in South Africa with her #GetMeTo21 campaign – was young, bright, articulate ... and had a rare degenerative lung disease. Pulmonary arterial hypertension finally took her life in June 2015 ... four months before her 21st birthday. An extraordinary tribute to an extraordinary young girl, written by a brave mother who hopes the book will help others facing loss, pain, challenges and adversity. *MFBooks/Jacana, R265*

Also well worth reading ...

Having two autistic children is every parent's nightmare. **Saving My Sons** is Ilana Gerschlowitz's story, told with Marion Scher, of her determination to find a way to help her sons... Her tenacity bore fruit in the form of answers from international experts and she has gone on to greatly improve the lives of her own two boys as well as to help countless children facing learning challenges. Essentially, she discovered that autism is a treatable illness and that early intervention is vital. *BookStorm, R320.*



Jessica Pan was an unhappy introvert. She wasn't, she's quick to point out, unhappy because she was an introvert. But she needed to do something about the depression she was sinking into. When she found herself in a sauna – weeping, clutching a copy of *Men's Health*, 'dressed as an assassin, reading a guide to 8-minute abs' and screaming profanities at a spa employee, all to win a free gym contract, she knew something had to change. What would it be like if, for one year, she lived as an extrovert? Knowingly, willingly putting herself in perilous social situations ... those she'd usually avoid at all costs? **Sorry I'm Late - I Didn't Want to Come** is Jess's story of this painful, hilarious year. *Penguin, R320*



Steph is a federal agent ... one who knows her job. She knows how to interview people, and how to tell when they're lying. So when she finds a gun in Zachary, her teenage son's room and finds out he's been in contact with a terrorist group via email, she questions him, and is convinced he's telling the truth that he has no idea about what's going on. But who, then, is setting up her son? And why? Or is she just being a typical mum and not seeing the truth about her son? **Keep You Close** will keep you guessing ... a chilling read by Karen Cleveland. *Penguin, R290*

Another thriller for October ...

Megan Miranda's **The Last House Guest** keeps you on the edge of your seat from the very first page. Alternating between the summers of 2017 - when a young woman is found dead on the beach while her friends are celebrating at an end-of-summer house party – and 2019, when her best friend is still not convinced the death was an accident, this is a chilling thriller – with a wicked twist! *Corvus, R313.*

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Wish list

Everything new and trendy



The Lira Barbie

SA's singing sensation and born-and-bred East Rander, Lira (Lerato Molapo), has a Barbie doll made in her image.

"I am the very first African to be bestowed with this honour and I'm simply thrilled to be honoured in this way," Lira said.

The one-of-a-kind Lira Barbie doll is part of Barbie's 60th anniversary Shero campaign celebrating role models who inspire young girls to be all they can be.

After she was approached by the organisation, Lira had to send photos of herself and the outfits that she would love the doll to wear.

Lira was worried about her doll's hair because all Barbies have long hair but hers is short. "I am authentic and embrace my hair and skin colour, but the details of the Lira Barbie are perfect," she says. According to Lira, it took about 50 people to make the Lira Barbie.

Visit www.B Barbie.com/rolemodels for more information on the global role models and programme.

To learn more about the brand's commitment to the Dream Gap, visit barbie.com/DreamGap and join the social conversation with #CloseTheDreamGap.





Plastic's not fantastic

Did you know that the average plastic shopping bag is used for 12 minutes and takes 1 000 years to decompose? Edenvale resident Kate Rademan has a passion for environmental awareness and started Lulubag in 2018 to provide shoppers with a reusable shopping bag that folds up small enough to carry in your handbag. It is available in funky colourful prints. The Lulubag costs R69. Details: www.lulubag.co.za



Art in the kitchen

We love pretty kitchen towels and you would be hard-pressed to find a more colourful and special one than the Abstract Still Life tea towel from Poetry, R99. Add a quirky element to your kitchen by hanging art on your towel hooks.



This pretty Nilissa scarf shouts summer with its beautiful bright colours. Wear it around your neck or arm or tie it to your handbag for extra sassiness! R399 from Aldo. Details: aldoshoes.co.za



Pretty Gendadda rubberised floral button studs with diamanté and gold centres, R149 from Aldo. Details: aldoshoes.co.za



Bright and cheerful

Zhoosh up any outfit with this exquisite orange and nude bag – perfect for the woman who makes a statement with her clothing and wants to have a little bit of fun with her style. R2 390 from Folli Follie.

Details: follifolliesa.co.za



Make teatime extra special with the Gaia cup and saucer set, R250 from Poetry. This beautiful piece is a timeless addition to the Gaia collection.



Operations executive Clive Tavener, Peermont deputy CEO Thabo Mokoena, Peermont hospitality executive Dave Milne and Peermont CEO Nigel Atherton



Vanessa de Waal and Dirk Bisschoff

East Rand's new hot spot

The **Olympus Sky Bar** on the rooftop of the Metcourt Hotel at Emperors Palace promises to become the new hot spot on the East Rand. Enjoy the panoramic view over the airport, glorious sunsets, music and designer drinks and indulge in a tapas-style menu. The Sky Bar is open to the public from Fridays to Sundays, a day prior to a public holiday and on public holidays. This fabulous venue can also be booked for special functions, accommodating up to 120 guests. To book an event, call 011 928 1103 or email events@emperorspalace.com



Sean and Chantell Wittstock



Priscilla and Cuen Joubert



Bianca Cronje, Tamlyn Koopman, Pedro Magos, Bongiswa Mhlom and Kirsten Francis



Anthony Leeming and Thabo Mosaladi with a Carnival jester



Frans and Hannelie Schwartz



Kurt Darren, Willem Botha and Leah

20 years of fun

Carnival City's 20th birthday was celebrated with a spectacular circus-musical extravaganza, *Dis 'n Sirkus*, which was specially created for this joyous occasion. The launch of the show took place in the Rio Room, where VIP guests and artists could eat, drink and mingle. The event featured musical performances by well-known artists such as Kurt Darren, Gerhard Steyn, Jay and more. Each performance was paired with a jaw-dropping circus act.



Kirsty Watt, David Fortune, Werner van der Walt and Brian Abrahamson



Anthony Leeming, David Muirhead, Ryan Richardson and Annemie Turk



Jan and Richard Worries and JJ Botha



Tandi Potgieter



Gabriella Le Roux



Chefs Mathapelo Montsho and Yolanda Nomoyi



Lillian Boyce and Michelle Pearl

Cooking up a storm

A cooking workshop with celebrity chefs **Mathapelo Montsho** and **Yolanda Nomoyi** was held at Leroy Merlin, Greenstone, recently. The idea behind the workshop was to demonstrate that food can be prepared on a germ-free surface painted with Versus Anti-Bacterial Paint.



Sophie Ferreira



Kauta Sijako, Yolanda Klemp and Bridget van Niekerk

Lemongrass celebrates

One of Benoni's most popular eateries, the **Lemongrass Restaurant** (the pretty yellow golden oldie in Russel Street) celebrated its 20th anniversary. It was a perfect spring day and guests enjoyed a lovely lunch outside under umbrellas. A live performance by Stevie C and music by the live band Euphonics added extra joy to the occasion. To enjoy Lemongrass' tasty and authentic Dutch-Indonesian cuisine, book on 011 422 6741.



Front: Les Godwin, Sandy Godwin and Helen Featherston.
Back: Yvonne Taylor, Jonathan Featherston and Jennie Howarth



Janette Lawrence and Howard Barratt



Dennis, Scott, Sue and Janette Robertson



Yvonne Taylor (owner), Travis Taylor, Vaughn Dyssel and Gerhard van der Stelt



Sharon Prangley, Nikki Claasen, Stevie C, Jackie Nofal, Gisela Gold, Jason Nofal, Ruby Gold and Tayla Nofal

Luré blooms in the **LIMELIGHT**

“I hardly know the girl I used to be . . .” confesses Luré Delport, the stunning winner of Apprentesses 2018 and TV presenter on *Ster-Status*. We chat to the bubbly winner about her journey of transformation.

To be an Apprentesses winner one must comply with the following criteria: you need to be a talented individual who is driven and organised; self-motivated to work hard and use all the opportunities available to become successful; be confident and comfortable with speaking; be a future influencer and . . . drum roll . . . Luré (29), a born-and-bred teacher from Boksburg, ticked all the boxes! Ever since she can remember, Luré had the strong desire to entertain, inspire and uplift people. Her first experience in the limelight was when she was crowned as Miss Personality at Potchefstroom Univer-

I enjoyed living out the very definition of who I am, for the first time in my life.

sity. Afterwards she participated in many pageants, such as Miss SA Eco, Miss Earth SA and Miss Universal SA in 2017, when she represented SA in Georgia, Europe in the top five.

“Apprentesses, however, gave me the confidence to be so much more and also equipped me with the right tools to be successful. It was an easy decision when I was approached to enter and participate in a programme which strives to educate, inform and enrich women, with platforms within the industry. It was a way to get involved with different criteria, which gave me the opportunity to decide which route to pursue,” Luré explains.

Since 2014, Apprentesses SA has been helping women between the ages of 20 and 35 realise their dreams of finding their place in the spotlight, whether as an actress, model, singer, television presenter, businesswoman, journalist, celebrity or social media star. However, it is not as easy or glamorous as it appears, and it takes a lot of hard work and the right contacts to get a foot in the door. Participants are introduced to the entertainment industry through workshops, training sessions and various other challenges. The programme also encourages them to give back to their communities by doing charitable work.

What was the most difficult assignment for you during the competition?

The most difficult assignment for me was to enter this difficult and sometimes extremely cruel yet very rewarding industry. If you do not have what it takes to withstand all the pressure and setbacks that come with being an influencer in the industry, then rather opt for another line of work within the industry that's behind the scenes. I definitely had to toughen up in a big way.

What did you enjoy the most?

I enjoyed living out the very definition of who I am, for the first time in my life. I was born to be in front of the cameras and I absolutely flourished. This journey brought me many opportunities and gave me a platform to inspire. I get to meet interesting and influential people on a daily basis from whom I can learn to be the best I can possibly be.

What stood out the most during your Apprentesses journey?

My absolute transformation! Apprentesses gave me the confidence to be so much more and also equipped me with the right

tools to be successful. I am the person that I knew I could be.

You are the winner – how did that change your life?

Being the winner of Apprentesses changed my life for the better. I have been taught the foundation of how to be successful in this industry, which I will use to my benefit. I also feel privileged to be a source of inspiration for younger women. By being real and true to myself within this journey, many opportunities have opened up for me.

It is your passion to educate – how will being the winner influence your passion?

I love educating and nothing will change that. Being the winner assisted me in achieving new heights in what I love. I aspire to start my own kindergarten school in which I can be a source of safety and hope to the less fortunate. The Apprentesses journey has taught me how to make any project a success and has also introduced me to influential people who could be helpful in my pursuit of success.

What advice can you give young women to empower themselves?

Hold on to hope – I am living proof that hope is stronger than hunger, that hope is stronger than fear and that hope is enough to break through. All you need in order to change the world is courage and a lot of kindness and love. I believe we are all born with a destiny written within our being. The following verse never fails to give me goose bumps: “For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and hope.” Jeremiah 29:11.



Text: Ina Gouws. Photo: Tanya Borchers.



Text and photo: Ina Gouws.

Kathryn's special **TALENT**

She is a writer and an intuitive coach – but her biggest passion is to heal and empower people. Kathryn Valdal Saleem (42) is an international clairvoyant medium who returned to SA two years ago . . . and one of her reasons is that she feels she's much needed in her country of birth.

I met the eccentric and stylish Kathryn to chat about her journey as a clairvoyant. "I didn't choose to be a clairvoyant," she says. "It chose me! I enjoy my work and believe it is a calling and my life's purpose."

She left SA with her ex-husband for France in 2001. A couple of years later, after her divorce, she moved to the UK with her daughter, where she lived and worked as a business writer and editor and later as a psychic medium. Kathryn returned home after 17 years abroad and now lives in Cyrildene.

Since childhood she had premonitions which she considered was normal and thought that everyone else had similar experiences. "Since I can remember, spirits and guides have connected with me to deliver key messages and guidance to those around me and to help me on my life's journey. I was sensitive to the energies of people and places from an early age," says Kathryn. In an attempt to understand these experiences, she started to explore the supernatural.

"I continued to have strange experiences and encounters with spirits. This included hearing people and seeing images in my mind's eye. When I imparted information to people, they confirmed that what I had channelled was accurate. It proved to me that this was for real and there was a much greater force in the universe than ourselves in the physical realm," she adds.

Kathryn's maternal great-grandmother read tea leaves and her mother had good

intuition. "But my mother decided not to develop it, mostly due to fear and a mistaken view that it is against Christianity. She tended to get angry over my premonitions instead of listening to them and taking them as warnings of events that we can avoid. Into my teens and adult life, my mother hoped that my interest in the supernatural was just a passing phase," she remembers.

She always considered her readings as a hobby and never thought of it as a job. However, Kathryn felt guided to do more meaningful work and to change her life. She left her safe corporate job in 2014. "I advertised and got my first clients. People just kept coming to me and referring others. Nothing I had ever done had flowed so easily or grown so fast."

After 17 years overseas she realised that she is South African at heart. "I suddenly missed that in-your-face, direct and honest South African way."

Kathryn believes in the following truths:

- We are not alone: Help arrives in unusual ways and miracles happen every day.
- Intentions are everything: If you live your life with pure and honourable intentions and an open heart, great blessings will flow to you.
- There is always hope: There is always a solution to every problem or a way forward. If you are feeling stuck, lost or burdened, keep the faith because the solution is there; you just can't see it yet.
- Trust your intuition, as well as the signs

and guidance that you receive: The biggest mistakes you'll make are when you fail to listen to your inner guidance. Remember that God increases his guidance to those who follow his guidance.

- You can change your future: Life is what you make it; learn from your past, make good choices today and live life without regrets.

Your goals for the future?

I will continue my work as a psychic medium, making a difference in people's lives, playing my role in healing lives and empowering people. I also want to write and publish a book about the other side. It will be a novel that tells the story of my spiritual path and development through a thought-provoking and racy series of real-life events. It will be a life-changing book that will transform how one views human potential and one's spiritual path.

What do you predict for the East Rand in 2020?

Although more families will move overseas between November and January, the East Rand will prosper socially and economically in 2020. We can expect to see nuggets of positive growth in many areas across the East Rand, including Alberton and Springs. Despite recent riots affecting Johannesburg and the East Rand, property prices will increase nicely in key areas and a big new mall or leisure centre will give the area an excellent economic boost.

Details: www.guidancefromspirit.co.za

Edgy spring attire

Celebrate spring in a comfy yet smart-casual style. We love the combinations of denim blue, turquoise and pink.

Boob tube dress
by Khosi Nkosi,
YDE, R999



Wide-brim straw
visor, Woolworths,
R180



Country Road flap-over cross-body bag,
Woolworths, R599



Colourblock
slingback
stiletto sandal,
Woolworths, R399





Flower crown headband, Woolworths, R140



Bloom bliss rose gold-plated hoops, Folli Follie, R1 290



Crop top, Mr Price, R69.99



Rainbow Time big case rubber watch, Folli Follie, R2 190



NGiselle denim midi dress, Forever New, R899



Maxi skirt by Khosi Nkosi, YDE, R699



Multicoloured woven handbag, Zara, R659



Melissa Lady Dragon, Melissas, R2 499

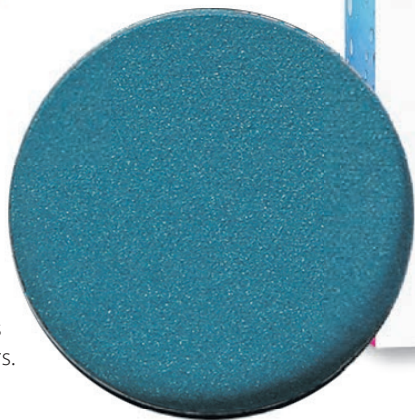
Details: Woolworths: Greenstone Shopping Centre, Edenvale; Melissas: Eastgate Shopping Centre, Bedfordview; Zara: Bedford Centre, Bedfordview; YDE: East Rand Mall, Boksburg; Forever New: East Rand Mall, Boksburg; Folli Follie: follifollies.co.za

For bright, fresh, summer fragrance, we love **Elizabeth Arden Sunflowers Sunlit Showers**. They boast it's iridescent, playful and dewy ... think juicy mandarin, sparkling bergamot, summer peach and magnolia. If you like floral, fruity scents, this one's for you. Equally delicious is **Elizabeth Arden Green Tea Pomegranate** ... a sparkling scent with pomegranate and granadilla notes. They're R460 each, and you'll find them at your local department stores and pharmacies.



You don't get much brighter than South Beach Pink - these little **Mavala Minis** are affordable enough to stock up on a host of summer shades. R87 from Dis-Chem.

Build colour in the blink of an eye with silky soft **GOSH The One Eyeshadow**. Shades are highly pigmented and long-lasting, and create explosive, eye-catching looks. Colour glides on and stays put all day. We're wearing Mermaid this season. R78 from Edgars.



Trust us. Pink on eyes is massively flattering. We use this **PINKtastic Catrice Art Couleurs Eyeshadow**. Pretty and affordable ... what more could you want? R54.95 from Dis-Chem.

If you're a little shy to go bright on your eyes and lips, you can go wild with nail colour. **Morgan Taylor's** nail lacquers last (and last and last) and boast a brilliantly bright selection ... think bright aqua (Feeling Swim-sical), cyan (No Filter Needed), orange (You've Got Tan-gerine Lines), violet (Tokyo A Go Go) and these two ... emerald (Go for the Glow) and lemon (Glow Like a Star). R163 from Woolies.



Add dramatic colour with just one stroke. **Clarins Waterproof Pencil** accentuates and opens up the eyes. There are six eye-catching shades to choose from. R335 each. Oh ... and try the new **Wonder Perfect Mascara 4D**, too. Stunning volume, endless length, incredible curl, high definition and rose wax which makes lashes longer, stronger, thicker. R360.

Go bright or go home

Massive hits of solid, bright colour ... we're going big, bold and very beautiful this summer



Amp up the colour to match your mood. **Clarins' Joli Blush** is a strong-hold blush for a truly colourful experience. With special tint pigments, it's airy, fine, soft and lightweight (allowing your skin to breathe), and smooths the skin's texture by blending into the surface. Irresistible cheeks in four cheeky shades. R470.



JOCKEY

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Clearwater: Shop LM034, Clearwater Shopping Mall
Umhlanga: Shop F103, Gateway Theatre of Shopping
- This voucher may be used on merchandise according to the original voucher offer.
- Unless specifically stated, it may not be used on sale goods, reduced or promotional discount merchandise.
- This voucher is non-transferable and may not be exchanged for cash.
- The saving from this voucher can only be redeemed once on presentation of this original voucher, or a photo thereof.
- Only one voucher may be used per purchase: You may not accumulate vouchers or use on multiple purchases.

Outdoor CHIC

Springtime means spending long, lazy hours on the patio with friends and family. Turn your patio — the halfway station between house and garden — into an oasis of relaxation.

The latest patio furniture is absolutely gorgeous. Add carpets and cushions for comfort and plenty of plants for ambience.



A stunning three-seater Ella patio couch (R15 499), a Kravitz coffee table (R9 999) and Bindi stools (R1 699 each), zhooshed up with scatters, patio carpet and plants, and voila! – an inviting setting where most of summer will be spent. Details: Coricraft, East Rand Retail Park, 113 North Rand Road, Bartlett, Boksburg.

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An array of hanging planters, R199 to R399 from The Storer. Details: thestorer.co

Cotton rope hammock, R595. Details: Weylandts, Village View Shopping Centre, Bedfordview



Poppy swing chair with stand, Block & Chisel, R18 995



Basket weave chenille throw 140x180cm, Woolworths, R399



Printed leaves scatter cushion, R159.99 from Mr Price Home, and ochre tribal scatter cushion, R349 from Coricraft



Parel pot from Block & Chisel, R195, with sunflowers from Mr Price Home, R29.99 per single stem. Details: blockandchisel.co.za



Mini seagrass succulent, Mr Price Home, R69.99 each

Avo delish

Avos are power food . . . good for your brain, eyes, heart, gut and blood pressure. So, next time when you braai a chop, swap the braai broodjie for a delicious, healthy avo salad.



Avocado, naartjie and caramelised pecan nut salad with poppy seed dressing

Salad ingredients: 6 ripe avocados, peeled and sliced; 1 sliced red onion; 2 naartjies broken into segments; 100g caramelised pecan nuts

Dressing ingredients: quarter cup honey; quarter cup cider vinegar; quarter cup poppy seeds

Method

Make the dressing by combining all the ingredients in a screw-top bottle and shake to combine. Pour in a small bowl and add onion. Marinate for 5 to 10 minutes. Arrange the avocado on a platter, with the naartjies and nuts, pour the dressing and marinated onions over the salad. Serve immediately.

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Herby avocado salad

Salad ingredients: 6 large ripe avocados, peeled and quartered. **Dressing ingredients:** 30g Italian parsley; 30g chives; 6 spring onions; quarter cup lemon juice; half cup olive oil; 1 tbs. wholegrain mustard.

Method: Combine all the dressing ingredients in a food processor. Toss the avocado with the dressing and arrange on a platter. Season with sea salt and freshly ground black pepper. Serve immediately.



Avocado braai salad

Halve avocados and toss gently with cherry tomatoes, grilled sweetcorn, kidney beans, chopped chives and Peppadews. Serve with a squeeze of lime juice and freshly ground black pepper.

Avocado and artichoke salad

Ingredients: 4 ripe avocados, peeled; 100g cherry tomatoes, washed; 100g artichokes; 100g olives; 200g mozzarella cheese, 30g flat-leaf parsley

Method: Cut avos in chunks and arrange on a serving platter. Tear the mozzarella balls into pieces, toss with the remaining ingredients and combine with avocado on the platter. Drizzle with olive oil, season with sea salt and freshly ground black pepper. Serve immediately.



Taste beer like a • connoisseur

South Africans are a beer-loving nation. We have more than 100 different styles of beer to choose from. Here are a few great tips on how to taste beer like a pro.

The SAB has prepared a step-by-step guide on how to become a connoisseur beer taster by observing the colour, inhaling the aroma, releasing the volatiles (swirling) and, finally, taking a sip of a beer.

Cleanse your palate

Cleanse or refresh your mouth with water.

Observe the colour

The colour will represent what type of brew it is – pilsners are a pale straw, while American and English ales have a golden hue. Porters and stouts are amber brown and black.

If you are going to taste several different beers, it is better to taste from light to dark.

Get a quick whiff of the aroma

Move the glass past your nose once or twice – this action is known as “the drive-by”. Your nostrils and taste buds work together, so your sense of smell will give you vital clues about the type of beer you taste. You should be able to pick up roast notes typical of malts; or pine, citrus, pepper and fresh-cut grass from the hops; or perhaps even hints of yeast.

This is when you would detect undesirable aromas, which are called off flavours. The most common one is a sulphur-type flavour which can be tasted in beers which have been exposed to too much light.

Give it a swirl

Swirl the glass gently – this releases the volatiles, which are trapped and

concentrated in the glass. Swirling knocks some of the CO₂ out of the solution, causing it to foam slightly. Allowing the beer to mix with the air provides the drinker with a stronger scent of the various aromatic components, such as hops and malt.

Take another deep sniff

This whiff should differ from the previous one, as now you’ll be able to get hints of the aroma:

- Malts: should smell honey, biscuit, caramel or baked bread flavours, but can contain hints of roasted coffee or in the case of stouts, a hint of dark chocolate.
- Hop aromas: these are generally citrusy, floral or perhaps grassy in nature.
- Yeast aromas: these will be fruity or sulphurous in nature.

And taste . . .

Take a small sip, enough for it to run across your entire tongue, and then let it slowly roll over your tongue for a few seconds before you swallow and breathe out gently. At this point you’ll taste both broad and subtle flavours, the former being what you mainly taste while the latter will be a hint of a flavour. Broad flavours range from sweet or salty to acidic or simply bitter, while subtler flavours can range from cloves, fruit, caramel, coffee, nuts, chocolate, oak and many more.



Cheers to rhinos & ellies

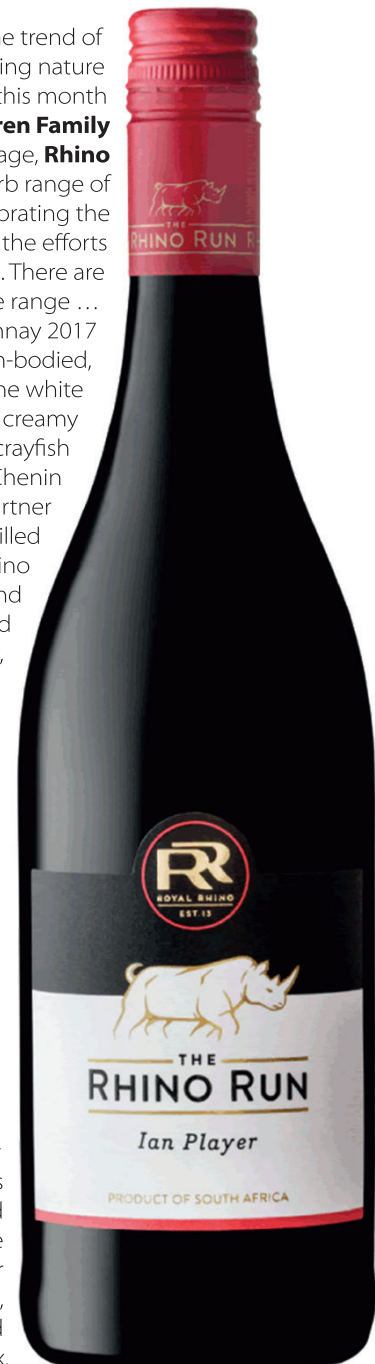
You know we Get It girls love a safari ... and are passionate about our wildlife. And we're not averse to a glass of wine either. So when we combine the two ... bliss. This month we're raising our glasses to wineries that embrace conservation. Cheers!



Balance, the quirky range of generous everyday wines, has been relaunched after a stylish makeover ... and besides looking (and tasting) good, also supports desert elephant conservation. With Hank the elephant as the wine's mascot, Balance has adopted the Elephant Human Relations Aid (EHRA) as a corporate social investment initiative. For every bottle sold, a contribution is made to fund the EHRA PEACE project, an educational programme promoting the peaceful cohabitation of local communities with desert elephants in southern Africa. Taking the project even further, the wine's packaging uses digital technology linked to an exciting online game to support this initiative ... play and you can win Balance Bucks to buy more wine, and a donation is made on your behalf. There are two ranges ... the affordable **Classic** easy-drinking range and the **Balance Winemaker's Selection** range ... all really lovely wines for a summer celebration. Available from your local bottle store or online for between R47 and R67. *Details: Play the game and buy the wine on balance.wine*

We're rather loving the trend of winemakers supporting nature conservation ... and this month we're drinking **Van Loveren Family Vineyards'** latest vintage, **Rhino Run** wines. It's a superb range of great quality wines, celebrating the magnificent rhino and the efforts being made to save it. There are five great wines in the range ... the Rhino Run Chardonnay 2017 (slightly wooded, medium-bodied, created in honour of the white rhino, and ideal with creamy pasta dishes, grilled sole, crayfish or chicken); Rhino Run Chenin Blanc 2018 (the perfect partner to herbed mussels, grilled chicken or pork); The Rhino Run Ian Player 2016 (a blend of Cabernet Sauvignon and Merlot ... all ripe berry, cassis and redcurrant); The Rhino Run Cabernet Sauvignon 2017 (enjoy with rich meat dishes, pork or venison) and The Rhino Run Pinotage 2017 (perfect with red meat, rich stews, curries and smoked foods). Prices from around R60 to around R71.

For a real treat, look for the sixth wine ... a limited release collector's item, The Last One Shiraz 2013. Only 1 215 bottles were released ... they sell for R1 215 each and each is hand-bottled, waxed and labelled, featuring the signature of cellar master Bussell Retief on the label, and beautifully presented in a rhino-inspired box.



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October splendour

October is the most beautiful month of the year when spring flowers transform your garden into a kaleidoscope of colour. Add accents of velvety rich colours with pretty pelargonium 'Novita' and beautify your patio with cute sweet orange peppers in pots.



We're planting . . . regal pelargonium 'Novita' for its knockout colours and neat, bushy growth. It looks good anywhere – in large containers, in coastal gardens and in the garden in full sun or semi-shade. It doesn't get leggy like older varieties used to do and it is a great bloomer. The colour range is purple, violet, dark red with a purple eye and a pink bicolor. The medium-sized flowers cover the bush. Plant in well-drained fertile soil and protect from the frost in colder areas. Garden plants need regular watering, but allow the soil to dry out before watering again. Plants in containers need watering more often. Fertilise monthly with Vigorosa fertiliser.

Perfect for patios . . . snack-sized sweet orange peppers are easy to grow in pots on the patio or on a sunny window-sill. 'Sweet Snack' pot peppers produce loads of crunchy, delicious fruit, about 25 to 30 fruits in two flushes. It's a healthy snack for kids and good for chopping into salads, platters and stir-fries. The more you pick the better they produce. The plants are just as pretty and stay compact (50cm high). They just need regular watering, plant food once a week and a warm, sunny spot. *Details: www.ballstraathof.co.za*



Iceberg in the limelight

October is rose month and the most popular, best-selling rose is the Iceberg in white or burgundy colours, with its free-flowering blooms. Iceberg roses come in varieties as a standard rose, a bush rose and as a climbing rose. Plant living mulch around rose trees such as ground covers and perennials to add extra colour and beauty to your rose garden.

October garden tasks

- Plant summer colour. Annuals that grow quickly and easily from seed are alyssum, cosmos, lavatera, portulaca, California poppy and nasturtium. They all do best in full sun.
- Trim back invasive groundcovers to give other plants room to grow.
- Renew containers. Replace the potting soil and fill with summer annuals, trailing groundcovers or grasses.
- Fertilise perennials with Vigorosa or granular fertiliser 3:1:5 or 5:1:5, and annuals with a liquid fertiliser. Use either pink or blue hydrangea food for hydrangeas.
- Water regularly and spread a layer of mulch over beds to conserve water and keep the roots cool.
- Mow lawns at least once a week, but if it is very hot and dry mow less frequently and set blades higher.

Spring Open Garden

October is the month when gardens are at their most gorgeous. It's also the month to visit the beautiful private Garden of St Christopher in Hyde Park, Sandton, Johannesburg. The Spring Open Garden in collaboration with SA Guide-Dogs will be held on October 20 from 10am to 4pm. Tickets are R150 and can be bought via gardenofstchristopher.com. Bookings are essential as tickets are limited. No tickets will be sold at the gate. Entrance includes sparkling wine and a bite to eat. Proceeds will go towards the SA Guide-Dogs. Enjoy a lovely spring day surrounded by stunning gardens together with man's best furry friends.

PROMOTION

Meet the Face of SPAR Women's Race runner-up

She's a student and a Highland dancer with a sweet tooth, and seriously green fingers when it comes to her succulent collection. We chat to Alicia Chelsea, our Face of the Race finalist.

Alicia's no stranger to the running game ... nothing clears her mind (and gives her some inspiration for her graphic design assignments) than hitting the road for a two, to five-kilometre jog. But that's not the only way Alicia keeps fit – we were surprised to discover that she's also a talented Highland dancer! "Highland dancing is a style of competitive solo dancing developed in the Scottish Highlands. I'm proud to say I've been the South African Highland Dancing Champion for two consecutive years!" With the SPAR Women's Challenge, she's taking a leap from sprints and dancing to long-distance running. "I've not done the SPAR Women's Challenge (or any other marathons) before, so this will be a first. I haven't run competitively since high school. What excites me most about the SPAR Women's Challenge is being part of a race that's giving back to the less fortunate. Running a charity drive to put shoes on children's feet is important and though it may be a small act of kindness, I believe it will make a huge difference."

Although Alicia loves to indulge in chocolate, her go-to meal before a race is mashed potato, veggies and chicken. For breakfast, she always has baked beans on toast for that added boost. Looking (and feeling) fabulous comes easily to Alicia ... her best-kept health secret is to steer clear of diets! "I've managed to stay in shape without starving myself. I don't believe in changing your entire eating routine to lose weight. I eat smaller portions and exercise regularly to maintain a healthy lifestyle. This way I don't have to cut out any food and can still have a few sweet things here and there." When Alicia's not studying, jogging or maintaining her succulent collection she helps to sell beaded jewellery in aid of anti-bullying and raising funds for the Hillcrest Aids Centre Trust.

"The beads are made from recycled plastic in a factory on the North Coast of KwaZulu-Natal and from there, the bracelets are beaded by a talented young man at the Hillcrest Aids Centre Trust. The fundamental concept is that every bracelet is different, which represents everyone's individuality, while at the same time, focusing on the joint initiative to end bullying in schools and across all platforms."

It's obvious no challenge is too big for Alicia and that there's no limit to what she can achieve. We wouldn't be surprised to see her flaunting her moves on *Dancing With The Stars* before long...

Photographer: PETER WHITFIELD. Make-up: GOSH COSMETICS. Hair: PELAGIE. Clothing: ALCHEMY HYDE PARK.



Alicia's ultimate smoothie recipe

Adding avocado to smoothies creates a wonderfully thick and creamy texture ... and try to avoid sugary fruit juices!

Ingredients:

Between 500ml and 1litre cold water; 125ml strawberries; 1 banana; 60ml yoghurt; 60ml avocado/ pawpaw.

Method:

Mix all the ingredients and you're ready to enjoy your creamy smoothie!

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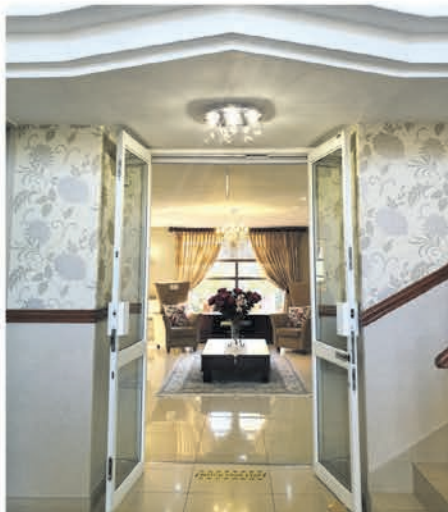


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Let's be honest ... French women really do always seem to get it right. And one of their favourite ranges is ours, too. We adore the NUXE range of products, and can't live without the French cult multi-purpose dry oil, *Huile Prodigueuse*, which has botanical oils that nourish, repair and protect your face, hair and body. Each of the NUXE *Rêve de Miel* creams is joie to use ... from the *Ultra Comforting Body Cream* and *Hand and Nail Cream* to the exceptional *Ultra Rich Cleansing Gel* for face and body. We've just discovered the honey-scented *Super Skin Repair Balm* which works wonders to soothe areas which need it the most (think windburned chin or sides of the nose, dry elbows and heels) ... and though we're not often keen to share our creams, this one really does work for the whole family. The products, which cost between R370 and R695, are available from Woolworths, Truworths, Edgars and Foschini stores. We're giving away a hamper of these NUXE products ... to stand a chance of winning, simply visit our Facebook page (Get It National) and like our October French Spoil post. Entries close on October 25.



GET IT GETS RESULTS REACH YOUR TARGET MARKET PEOPLE • SHOPPING • LIFESTYLE

Testimonials:

Dear GET IT Magazine Team

We would like to thank you! Marketing is one of the key elements insuring good sales in any company. We would like to take this opportunity to thank your Get-It team for making us look as great as we make others feel. Not only did we reach our target market, you also shared our values with the public.

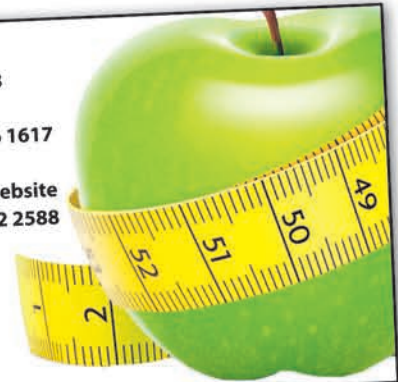
We hope to see ourselves in your magazine more often, reaching more clients and making a difference in their lives.

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Dear GET IT Magazine Team

I would like to express how fantastic the Get It magazine is and has supported me since its inception. The staff in particular, Ina, your editor and Natasha for their SINCERE understanding and handling the businesses in the form of advertising.

Warm regards

Ivonne Taylor

(Owner of Lemongrass and Tajine)

Dear GET IT Magazine

We would just like to take this opportunity to Thank You for all the feet brought to our store by advertising in your beautiful Magazine. We have reached a vast range of people from different areas and even tourists, all mostly buying customers who would otherwise not have known about us. We are more inspired to put our best foot forward and look forward to walking many more miles with you!

We do appreciate you helping us reach more feet for our Vellies...

Friendly Vellie Greetings
The Vellie Boutique Team

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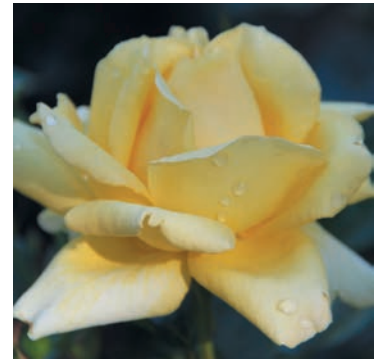
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