On POINT

WINTER 2015 EDITION



The light side of
LOAD SHEDDING

Know your coffee

HELP!
my winter body is driving me nuts

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EDITORS LETTER

CAPE TOWN WINTER HAS ARRIVED AND IS IN FULL FORCE.

We've packed away the flip-flops and beach wear and replaced it with boots, cosy jerseys, stylish coats and scarves. Sundowners at the beachfront have turned into hot chocolate in front of the fire while wrapped up in a fleecy blanket.

We've started spending more time indoors as we go into proverbial hibernation. Keeping warm is our number one priority, and we start indulging in soups, curries and hot drinks. This year especially, we are being challenged with an added hurdle to overcome – load shedding!

The good news is that we've dedicated this edition of On Point to discovering ways to not only survive but thrive during those awkward load shedding hours.

We give you tips on how to manage without electricity and provide you with some recipes for when you're caught in the dark. Read about which carpet will suit your home and lifestyle best, and find all your Father's Day shopping solutions right here in The Point Mall.

Join the exciting Bootlegger campaign and read all about the different styles of coffee before you order yours. Sit back and enjoy one of our warm winter drinks, all made with an extra kick.

Our beauty section gives you advice on how to manage the effects that winter has on your body and we show you how to 'Get the Look' from Label Collections. As a new resident, Liezel van der Westhuizen also shares her Sea Point secrets with us and tells us why she loves this busy suburb so much.

Settle into warmth this winter and indulge in decadence. May your homes be warm and your load shedding short.

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THE LIGHT SIDE OF L

Words by Barry Washkansky

"HELLO DARKNESS, MY OLD FRIEND, I'VE COME TO TALK WITH YOU AGAIN."

THIS FAMOUS SONG FROM SIMON AND GARFUNKEL IS ESKOM'S NEW THEME SONG AND ONE THAT SOUTH AFRICANS NEED TO TAKE QUITE LITERALLY.

Jokes aside, we've all been in this situation. It's early evening and you're at home with the family. You're cooking dinner while light jazz plays in the background. The youngsters are doing their homework and there's probably a load of washing in the machine. When all goes dark and silent. Your blissful, rather normal evening is now punctuated by a scramble for candles and torches while expletives ring out around your home. Of course, your youngest is on the loo at the time and is not happy about being stuck in the dark.

Overall, the evening is ruined and you go into 'survival mode'. Food, homework and washing are all put on hold until the load shedding ends. However, it doesn't have to be this way.

Load shedding is now an ever-present part of our lives, and unless Eskom gets its act together quickly, it makes more sense to be prepared than to be angry.

Here are some handy tips to make living with load shedding not only easier and less disruptive, but enjoyable too. Let's face it, we are all way to tech-dependent and when we are forced to live in the dark, so to speak, even for a limited period, it can be a really nice time to disconnect from technology and connect with the people we love.

Let's shed some light on making load shedding more manageable, workable, and fun!

BE PREPARED

These days there is no excuse to be left in the dark when it comes to load shedding. While Eskom can chop and change their mind like the proverbial weather, there is almost always some warning, and if you know the darkness is coming then there's no need to be surprised when it engulfs you.

There is a range of web and smart phone apps designed to give you ample warning before the darkness descends. These apps



LOAD SHEDDING



will keep you updated on the status quo and let you know when load shedding will occur in your area. This will allow you to prepare properly, and not be taken by surprise. It will also go a long way to making load shedding more manageable.

Here are some website links and downloadable apps to help you see the light. First, find your municipal area (Sea Point & surrounds are area 7) and start receiving alerts. This will let you know when the lights will go out, allowing you to prepare accordingly.

- **www.sharenet.co.za/loadshedding/**
- **www.loadshedding.news24.com**
- **www.itunes.apple.com/zaapp/loadshedding-notification id957742276?mt=8**

SOME DEVICES TO MAKE LOAD SHEDDING EASIER TO MANAGE

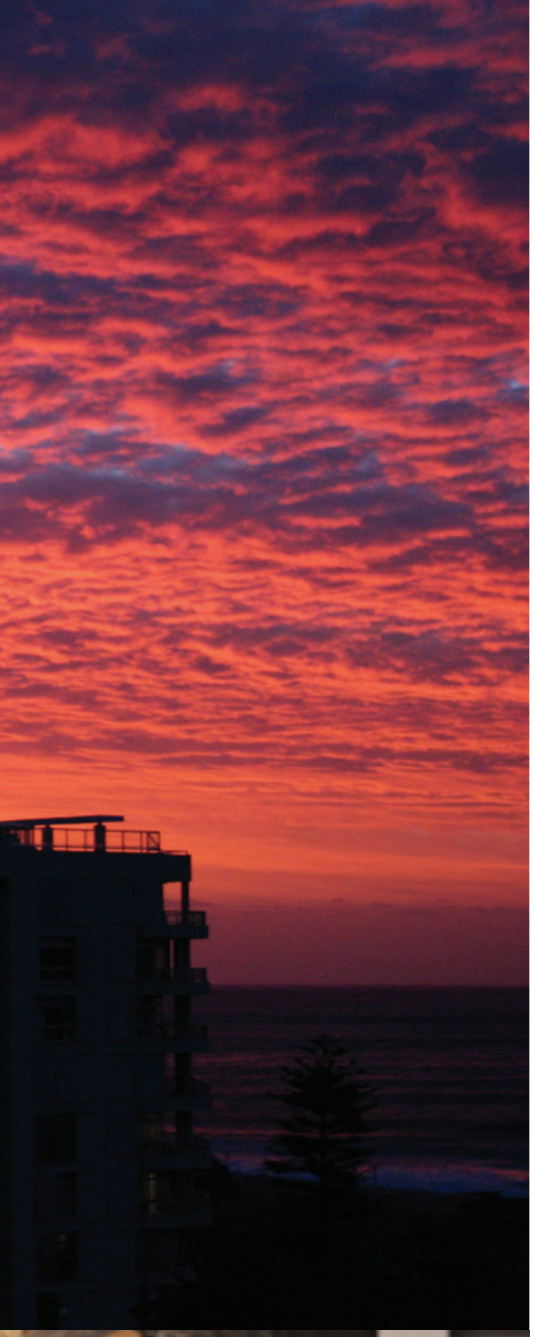
Buying a few non grid-reliable appliances and gadgets will also help to make the load shedding easier to bear.

RECHARGEABLE BATTERY-OPERATED LIGHTS

Look, we don't have to live in the dark ages anymore. It's not necessary to start scrambling around for candles and your kid's torch when the lights go out. Buy a light that is battery operated, and can be recharged when the electricity is on. It provides enough light for an entire room for a good few hours and is great for reading, homework, playing 30 Seconds or hanging out when the grid is down.

HEADLAMPS

Get a headlamp. This allows you to operate hands-free around the house. Prepare a meal with your gas cooker (see below), pack school





lunches for the next day and move around your home without stubbing your toes or knocking over stuff.

GAS COOKERS & HEATERS

Obviously gas cookers are unaffected by load shedding and your gas heater will keep you warm on those chilly nights when your electric blanket and heater stand idle.

EATING OUT

So you haven't prepared a meal in advance, don't feel like a sandwich and really want a decent hot meal or drink. Don't stress, The Point Mall is equipped with a generator so you can satisfy your craving – load shedding or not.

SOME SEA POINT OPTIONS FOR EATING OUT WHEN LOADING SHEDDING HITS

- The Point Mall has two generators keeping all electricity on including at: Knead, Bootlegger and NV-80 restaurant.
- La Vie on Beach Road
- La Mouette next to The Point Mall
- Craft Burger Bar
- El Burro in Green Point
- Pepenero in Mouille Point

SAFETY TIPS FOR YOUR HOME & APPLIANCES

Good, you've downloaded your app and you know exactly when the power will go out. What should you do?

Switch off and unplug all computers, appliances or devices that might be adversely affected by a surge when the power returns. You can buy a surge protector to ensure your appliances are not affected by this huge flow of energy.

For safety's sake try not to use candles, unless you're having a romantic candle-lit dinner of course. If you do light candles, please ensure they are all extinguished before you leave your home or go to sleep.

Know where your headlamps and non-electric lights are and make sure all rechargeable batteries are fully charged and easily accessible.

Make sure your electric fences or security gates have a backup battery to ensure regular operation during off-grid time.

If you must have technology, then ensure all phones, tablets and laptops are fully charged before lights out.

Last but certainly not least, make sure the beers are put in the fridge well before load shedding starts.

THINGS TO DO AT HOME WHEN THE LIGHTS GO OUT

Okay so your battery-operated technology will still work but why not make this downtime tech-free?

- Talk, communicate and connect with each other without devices
- Play chess
- Have a braai – if the weather and your space permits
- Read
- Draw
- Take long exposure shots of the sky, where millions of stars suddenly appear when the lights go out

WHY WE HAVE LOAD SHEDDING

This is not an easy answer. Suffice to say that Eskom has mismanaged the coal supply and also seem to have mismanaged the diesel supply. There also appears to be a lack of expertise in this highly complex environment. Eskom is not exactly forthcoming on what the problems are, but do say that their equipment and infrastructure is old and needs repairing, and they do not have the capacity to always supply the entire country with power. This was predicted several years ago by many experts but Eskom officials seem quite comfortable to take their big salaries and not deliver.



THE DIFFERENT STAGES OF LOAD SHEDDING

CAPE TOWN RELATED

STAGE 1

Eskom needs to shed 1000mw and chances are, you will suffer a blackout every second day or so for about 2½ hours at a time, excluding Sundays.

STAGE 2

Eskom needs to shed 2000mw. Expect a daily dose of darkness of about 2½ hours.

STAGE 3

Once again, this could double the amount of load shedding and could include up to 3 – 4 hours a day of power outages, including Sundays and nights.

STAGE 4

4000mw need to be shed to keep the national grid from collapsing. This basically means the power will go out whenever is necessary. The last time we encountered this stage was in 2008. This is an emergency option that Eskom uses to prevent a complete blackout.

STAGE 5

Eskom sends technicians to your house to blow out your candles and take away your torches. (Just kidding)

Worst case scenario

The reason we have load shedding is to protect the national grid from collapsing completely, in which case the power to the entire country would go out. While this is highly unlikely, it is not a complete impossibility. Should the national grid collapse, it could take anywhere from one to three weeks to bring us all back online. So yes, load shedding is a pain, but it's nothing compared to the worst case scenario.

There you have it – thrive instead of survive. Disconnect from your tech and connect with your family. Make this time useful and productive in other ways; it's better than lying around cursing Eskom while you drink your cold coffee or warm beer.

Q&A with Liezel van der Westhuizen

Words by Barry Washkansky

Liezel van der Westhuizen may have grown up north of the Vaal River, but today her feet are firmly planted in the sands of The Atlantic Seaboard. Liezel, well known to South Africans for her TV and radio presenting, is also a huge sports lover having completed a full Ironman and a Dusi Canoe Marathon among her many sporting achievements. Liezel is a new Sea Point resident and can't stop raving about living here. We managed to track her down and ask her a few questions about her chosen suburb.



How long have you lived in Sea Point?
Six months, after living in Green Point for three years

Favourite restaurants in Sea Point?
Craft Burger Bar, Lamouette, La Boheme, Richards Bistro and Duchess of Wisbeach

Favourite coffee places in Sea Point?
Bootlegger and Knead

What do you love most about living in Sea Point?
I love swimming at Saunders Rock Beach, walking the streets and bumping into people I know, as well as meeting and chatting to the variety of people who live here. I love the fact that people in Sea Point are friendly, and that there is Wi-Fi almost everywhere I go.

What would you like to see changed in Sea Point?
Sea Point needs more recycling bins, more art on the promenade, and the construction on the promenade needs to be completed.

Best kept secret in Sea Point?
The Backyard

Are you a regular at The Point Mall?
Yes, I do high altitude cycling training and yoga at Concept Studio, eat chocolate croissants at Knead, drink coffee at Bootlegger and shop at Checkers.

What exactly do you do?
I'm a TV and radio presenter and I do sport for fun and exercise, I'm not the fastest sportswoman but I am the most social. I also MC corporate events.

Favourite sport
SUPPING – Stand Up Paddling

Local celebrity crush
Siv Ngezi

International celebrity crush
Chris Evans

Favourite item of clothing
My Steve Madden Iggy Azalea heels

LOAD SHEDDING RECIPES

Words by Jolandi Morkel

TUNA SALAD

If you can't use the stove, microwave or braai then your only option is to whip up a salad. Try our no-cooking tuna salad.

Ingredients:

- 1 iceberg lettuce, washed and shredded
- 1 small punnet of cherry tomatoes
- 1 cucumber
- Avocado
- 200g feta cheese, cubed
- 1 can of tuna chunks in brine, drained
- 60ml green olives
- 1 tin of corn kernels, drained
- Olive Oil
- 2 tbsp of Mayonnaise
- Salad dressing

Directions:

1. Place the lettuce in a salad bowl and drizzle with olive oil.
2. Slice the cucumber, and add it with the tomatoes and corn kernels to the lettuce.
3. Mix the can of tuna with the mayonnaise and place into salad bowl.
4. Top it off by adding olives, feta and avocado.
5. Drizzle with salad dressing and enjoy.

FLAME GRILLED BURGERS

When it comes to cooking in the darkness, it would seem that braaing is the way forward. Luckily, that's more a pro than a con for a South African. Why not try homemade flame grilled burgers next time your cooking aspirations are nipped in the bud by Eskom.

Ingredients:

Patty:

- 500g lean beef mince
- 1 tbsp parsley, chopped
- 1 tbsp coriander, chopped
- Salt and black pepper to taste
- 2 tbsp Worcestershire sauce
- ½ onion, finely chopped
- ½ tsp dried chilli flakes (optional)

- 4 – 6 burger buns
- Lettuce
- Sliced tomato
- Sliced cheese
- Gherkins
- Ripe avocado
- Mustard

Directions:

1. Combine all the burger patty ingredients in a bowl and mix well. Cover with cling wrap and place in the fridge for about ½ hour (The fridge should still be cold).
2. While the meat is in the fridge, slice the buns in half and butter them. Also prepare your added ingredients. Slice the tomato, gherkins, cheese and avocado.
3. Take the meat out of the fridge, divide into 6 equal portions and roll into round balls.
4. Press them flat with the palm of your hand to create patties.
5. Braai them on each side for a few minutes, depending on whether you prefer them medium or well-done.
6. Take them off the grill and place on the burger buns. Add your garnish and mustard, and serve.

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SEA POINT | CAPE TOWN

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"I have measured out my life with coffee spoons."
-T.S. Eliot

Words by Jolandi Morkel



Someone once told me that they "don't trust anyone who doesn't drink coffee". That pretty much sums up the way I feel about it too. Nothing comes close to that rich aroma of coffee first thing in the morning. I can barely function before my breakfast cup of Joe, especially since I wake up at 5am. I've had to make peace with the fact that I'm never gonna be a morning person. This means that some days I have more caffeine than blood running through my veins.

Coffee also seems to be synonymous with writers, so it's somewhat part of our job to differentiate between different kinds of coffee. If you're not in the coffee loop, we feel like it's our responsibility to bring you up to scratch with the difference between a flat white, cappuccino and the rest of the coffee gang.

Espresso

This is for those straightforward people who can handle a strong shot of caffeine. Espresso is brewed by forcing hot water under pressure through finely ground coffee. The result is a thicker consistency of concentrated coffee that has a light layer of foam on the top called the crema layer. It's typically served in a small cup and a single shot espresso will normally be 30ml. The pressure process captures more caffeine and flavours than other ways of brewing coffee. You can also order a double or triple shot of espresso, depending on how much of a caffeine boost you need.

Americano

The good old classic cup of coffee. An Americano is simply a shot of espresso with hot water added to it and no milk. You can decide the strength of your coffee by choosing the amount of espresso shots you want in your cup. The Americano is probably the cup where you'll get the best taste of the specific coffee beans your coffee has been brewed from.



Coffee beans from different parts of the world have different flavours and characteristics. In general, Costa Rican beans have a medium body and sharp-acidity character while Brazilian beans have more of a clear, sweet, medium-bodied and low-acidity taste. Ethiopia, the legendary origin of coffee, grows beans that are full-flavoured, earthy and full-bodied while Vietnamese beans are mild with a good balance and are great for blends. If you're craving coffee during summer, simply pour your Americano over a glass of ice – trust me on this one.

Cappuccino

If you swear by your morning cappuccino then bless you. No really, the cappuccino has a religious background getting its name from the monks of Capuchin. The 'sacred' drink's ring of crema, encircled by the dark colour of the espresso, resembles the brown hooded cloaks and shaved heads of these monks. A cappuccino is made from ⅓ espresso, ⅓ steamed milk and ⅓ milk foam, with the importance on the heat of the milk and froth. Many coffee shops will serve it with some cacao powder drizzled on top but personally, I prefer it without.

Flat white

Lately, this 'newbie' has been spreading some confusion in coffee circles and coffee shops. The question on everyone's mind is, "what is the difference between a flat white and cappuccino?" Let's clear that up, shall we. The flat white originated somewhere in Australia or New Zealand and is served in a smaller 150 – 160ml ceramic cup.

A flat white consists of an espresso or two, topped with steamed milk or, as baristas call it micro foam, which gives it a velvet smooth texture. Many people have started playing around with latte art on flat whites, creating shapes and impressive pictures on the top layer of the foam.

Café Latte

A Café Latte always makes me think of a mature, elegant lady. It's a big favourite among those who enjoy a lot of milk in their coffee. This drink originates from Italy and literally translates to 'coffee milk'. A Latte is made of ⅓ espresso and ⅔ hot milk topped with a layer of foamed milk.

Lattes should be served in a long glass cup, setting it apart from its coffee peers. A great tip to keep your Latte warmer for longer is to pour hot water into your glass first to warm it up, then pour it out and use the heated glass cup for your Latte.



Café Mocha/Mocha Latte

If you're a sweet tooth, what can be better than a combination of chocolate and coffee? A Café Mocha or Mocha Latte as the French call it, is a variety of the Café Latte with chocolate added to it. Some people add hot chocolate, others add chocolate syrup and if you're lucky you could find a few pieces of real chocolate blocks in your drink. It's also topped with milk froth and some coffee shops serve it with a dollop of cream on top.

The name Café Mocha derives from the coastal town of Mocha in Yemen where coffee was exported from since the 15th century. Their coffees had a distinguished chocolate taste so the word 'mocha' was used to describe the action of 'intentionally add chocolate to coffee'.

Now that you can talk the talk, go order your favourite coffee at your nearest coffee shop and impress the barista with your coffee knowledge. After all, as writer Cassandra Clare once said, "As long as there is coffee in the world, how bad could things be?"

DID YOU KNOW?

Originally, coffee was eaten. African tribes mixed coffee berries with fat, which formed edible balls that they could eat to provide them with energy.

Red Eye is a filter coffee to which a single espresso shot has been added to give it a much higher caffeine content.

Black Eye is a filter coffee with two espresso shots added.

Dead Eye is a filter coffee with three espresso shots added.



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Father's DAY

Words by Paola C-Fraser

We all know that when dad disappears to his man cave with his friends, it's to show off his cool new toys, brag about his heyday as a first-team rugger boy and put up his 'no girls allowed' sign.

Forgive him for that sign, and help make his space even cooler by spoiling dad this Father's Day with a few more man cave accessories. Even if he doesn't have a cave, he still deserves any one – or three – of these awesome gifts.

We've taken the stress out of finding the ideal present because that's what we do at The Point Mall. No matter what surprise you're looking for, unique, creative, active, comfortable, quirky or tasty, The Point Mall has it all.



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From: Banks, R310.10



Viva Water carafe with Chiller Stick 1L
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Men's Fleecy dressing gown
From: Pick n' Pay R210



Warm Winter Drinks

Words by Jolandi Morkel

It's a stormy winter's night and you're all wrapped up in blankets with your hands clasped around a warm hot chocolate. It's cosy, but it just doesn't seem to be enough. That's when you need an added shot of something to your cup of cocoa to give you some extra comfort.

We've found some warm boozy drinks to help you drown out the cold and beat those winter blues.



Irish Coffee

Ingredients:

- Hot coffee brewed strong
- Sugar cubes / Sugar
- Irish whiskey
- Fresh whipping cream

Directions:

1. Pour hot water into a tall glass mug to warm it, and then empty the glass.
2. Pour hot, strong coffee into the mug until it is ¾ full.
3. Add two sugar cubes or two tsp of sugar into the hot coffee and stir it until it dissolves.
4. Pour one shot of whiskey into the coffee.
5. Hold the spoon over the mug and pour freshly whipped cream into the glass by slowly pouring it onto the back of the spoon.
6. You can finish it off with another blob of whipped cream or serve without it.



Mulled Wine

Ingredients:

- 1 bottle of red wine
- 1 peeled and sliced orange
- A few shots of brandy
- 6 – 12 cloves
- 2 tbsp of sugar or honey
- 3 cinnamon sticks
- 1 tsp fresh ginger or 2 tsp ground ginger

Directions:

1. Combine all the ingredients in a large pot and gently warm on medium heat for about 20 – 25 minutes.
2. Stir occasionally to dissolve all the sugar or honey.
3. When it's steaming and all the ingredients are blended and dissolved, it's ready to serve.
4. Garnish with a piece of orange peel and serve.



Kahlua Hot chocolate

Ingredients:

- 2 cups of milk
- 2 tbsp sugar
- 1 ½ tbsp unsweetened cocoa powder
- ¼ tsp cinnamon
- 1 shot of Kahlua coffee liqueur
- Mini marshmallows
- Chocolate syrup

Directions:

1. Heat up the milk, sugar, cocoa and cinnamon on the stove for 2 – 3 minutes until warm.
2. Remove from stove and add in the shot of Kahlua.
3. Pour into a tall glass mug and garnish with marshmallows and chocolate syrup.



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My winter body is driving me nuts!

Words by Megan Abels

If you fear winter every year because of the toll it takes on your body, don't. Kick your winter worries to the curb with these beauty hacks to caring for your body.

Winter blues are for real. You often find yourself withdrawing into your own cocoon with less motivation to exercise or even socialise. Basically, you spend your days in a dry heated room where your skin, hair and nails are deprived of essential natural elements – moisture and sunlight.

If you're asking yourself the question, "why does my body change in winter?" The simple and obvious answer is, because it's cold. It gets more technical though. Your skin becomes thinner, nails grow weaker, muscles are tense and damaged hair has joined the party. You can attribute all these issues to the combination of dry indoor heat, low humidity, icy winds and long hot showers.

As soothing as you think a hot shower is, the extreme change in temperature wreaks havoc on your skin, hair and nails. Well-known dermatologist, Jessica Wu, describes in detail what happens to your skin during winter. "The cells become more visible and aren't able to retain moisture, leading to dry skin. It becomes itchy, red, and irritated." This is not a good look or feeling, which is why you need to take extra precautions in winter when it comes to your beauty regime.

Take control with two options, you can use professional beauty treatments for a long-term result, or give yourself an emergency DIY treatment for a quick fix to get your body out of the winter blues. Either way, your body will need some much-needed TLC to treat those harsh winter effects.

Problem: Damaged/frizzy hair

Expert solution: A moisture treatment is the best answer to repairing dry hair and split ends. The tips of your hair become especially damaged thanks to extended exposure to harsh winds. Winter is the perfect time to invest in a Brazilian blowout. This popular hair treatment locks in the keratin, making your hair soft, smooth and frizz free. It adds life to your hair for up to 12 weeks, and guarantees an entire season of good hair days, which makes it the ideal winter hair-care package.

DIY fix: Homemade hair treatments are simple, budget friendly and fun. Two effective combinations are banana plus olive oil, and pumpkin plus honey. Mix the two ingredients until it looks like baby food (you don't want to comb out food chunks), apply the mixture to your hair and let the natural ingredients work its magic for 30 minutes. After you wash it out, continue with your normal shampoo and conditioner routine.

Problem: Dry skin

Expert solution: A good quality moisturising cream is the order of the day, and don't skimp on the SPF – harmful sunrays are still active in winter, even when it's cloudy. Sorbet has many products available to boost your skin's moisture level such as Dermalogica's Intensive Moisture Balance and the Hydro Skin selection from Sorbet's in-house brand.

DIY fix: Invite some girlfriends around and have a facial slumber party! Let each friend bring one of the following ingredients, avocado, honey, banana and cooked oats.



You don't even have to mix anything – each of these ingredients is a facial mask on its own. You'll have a lot of fun trying out the different masks, all while keeping your skin hydrated.

Problem: Chapped lips

Expert solution: We all want that kissable pout and it can easily be achieved with high-intensive, moisturising lip-gloss. Choose lipstick with a higher oil content than usual – you don't want the colour to crack before you get to your car. Visit Dischem for a variety of brands specialising in lip care.

DIY fix: Brown sugar and oil is the perfect combination to exfoliate your lips and get rid of all the dry skin. Apply some at night and leave on for about five minutes. After you wash it off, apply some Vaseline and you will wake up with soft, chap-free lips in the morning.

Problem: Brittle nails & rough hands

Expert solution: Sorbet's Power Hour Mani will be your best friend in winter. This treatment includes a full manicure (nail buffing, filing, cuticle clipping and painting), exfoliation and a moisturising massage.



DIY fix: The best tip to keep in mind for winter is to wear gloves when braving the cold weather. This will protect your nails from weakening and breaking. Moisturise your hands as often as possible, especially before bed to keep your cuticles and skin soft and hydrated.

Problem: Tense muscles

Expert solution: Our muscles are naturally less elastic and tighter in cold temperatures, so we need to keep moving around to keep them warm and relaxed. To help with this process, Sorbet has a wide variety of massages to choose from that will leave you feeling tranquil, and tension free. Whether you're a Swedish fan or a Hot Stone devotee, your body will love you.

DIY fix: Gowns and blankets are the perfect way to wrap up your body and relieve the tension in your muscles. Fan heaters dry the air, which is bad for your skin, so pretend to be a burrito for an hour, wrap yourself in a toasty blanket, and have a good stretch when you get up. Your muscle pain will be non-existent.



GET THE LOOK

Words by Megan Abels

The 2015 winter season has been full of trends that are perfect to wear day and night. Whether you're into fringe detail, warm parkas, classic polo necks or wide-legged pants, we've got the scoop on how to 'get the look' this season. One thing is certain, head gear have made a sterling comeback so whatever outfit you choose; make sure it includes a chic wide-brimmed, floppy hat or a cute pom-pom beanie.



R 1495
From: Label Collections



R 499
From: Label Collections



R 649
From: Label Collections



R 295
From: Label Collections



R 499
From: Label Collections



R 1085
From: Label Collections

KEEP TRENDING ALL WINTER

- Sports lux is still a hot trend – pair jeans with a blouse and sneakers, and throw on a waterfall or trench coat.
- For a stylish look, pair jogger pants with a blouse, blazer and heels.
- A waterfall cardigan or coat adds panache to any ensemble.
- Grey, camel and beige are the must-have colours this season.
- A fringe is not just for your hair. Fringe detail has been incorporated onto bags, shoes, jackets and jerseys, but be careful – only one fringe item at a time!

SOMETHING TO GLOW ABOUT

11 - 30 JUNE



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what we do

We supply a full range of flooring, bathroom and kitchen fittings, ironmongery, frameless glass as well as a variety of innovative blind options for windows and doors. Our interactive workspace aims to connect trendy designers, experienced developers, reputable suppliers and discerning homeowners.

Our in-house installation teams are highly skilled artisans and our 5-year workmanship guarantee secures our clients peace of mind.

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Dress your floor for winter

Words by Paola C-Fraser

Add texture and personality to your tiled floors this winter with beautiful natural rugs that are making a huge décor comeback.

You get out of bed in the middle of the night, place your feet on the icy tiles and feel a cold chill that runs from your toes to your temple and saps your soles of all feeling. Sure, your trendy tiles look good but they're cold and make you more susceptible to the flu. You dress for the cold so why not dress your floor for the winter.

I needed a rug for my long passage that seems to echo with every breath and could easily be mistaken as a wind tunnel for ice-cold air. I started to investigate the variety of materials that could take a real beating and still look good.

My first stop was Florstore Ontrend in The Point Mall; they sell a range of stunning Sisal, Hemp, Coir and Sea Grass made-to-order rugs. These rugs all look beautiful and classy, promise to keep the warmth locked in, and won't cause middle-of-the-night circulation problems in my lower extremities.

Deciding on a rug wasn't as easy as I thought it would be. My new rug had to suit my taste and look good but also had to withstand my heavy-footed children who drop food, liquids and sugary sweets everywhere, not to mention the dog hair my husband keeps complaining about. I was armed with my list of conditions, but what is the difference between all these rugs and which fibre would meet all my needs?

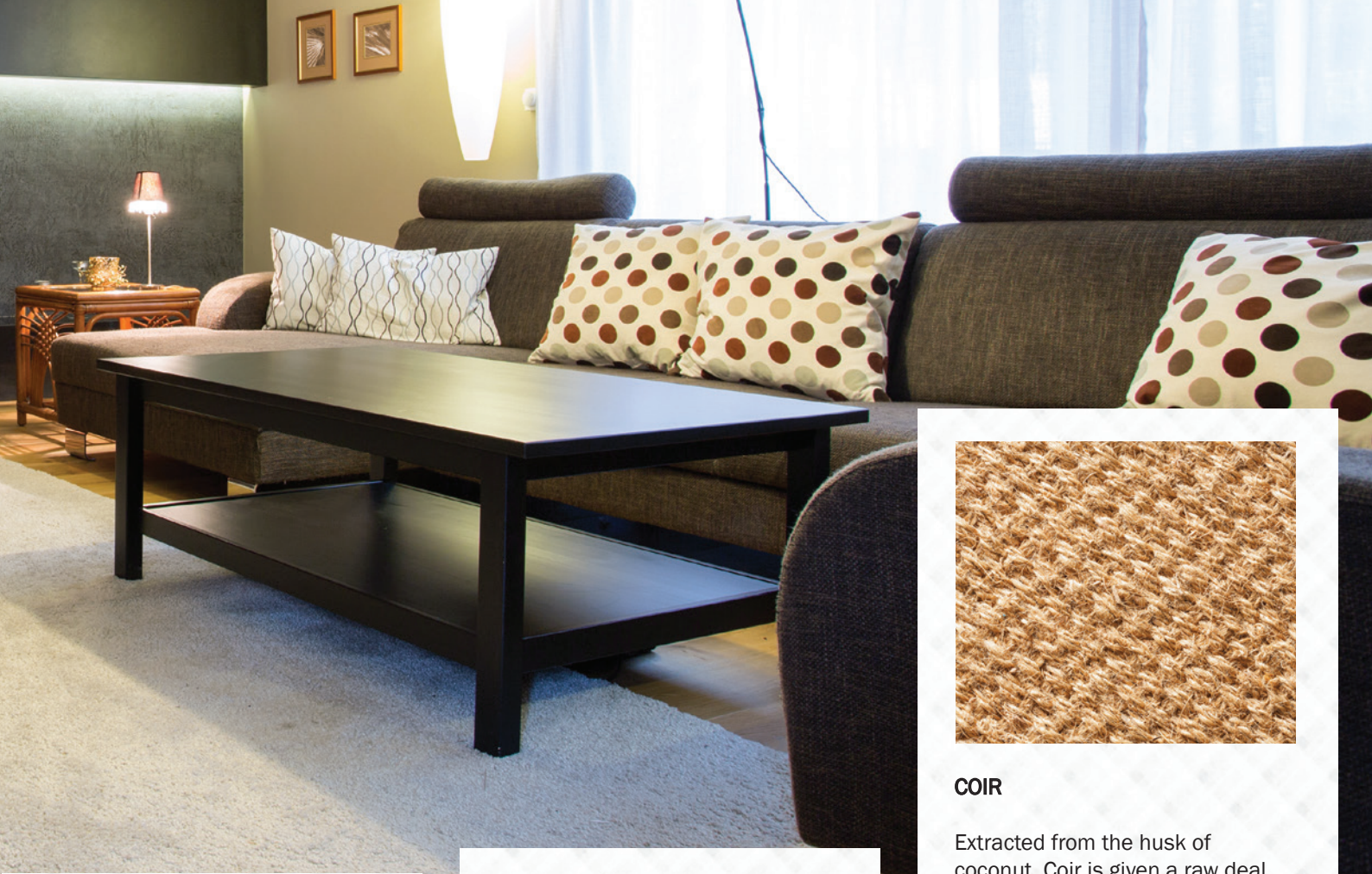
I decided to investigate these natural fibre rugs a little further since they all vowed to be warm, stylish, eco-friendly and able to withstand a beating from my little foot soldiers.

SEA GRASS

Paddy fields are flooded with seawater during the Chinese crop season and the reeds soak up the salty water. After harvesting, this naturally durable and fibrous reed is sundried, spun, treated and then woven into silky rugs, which are generally more cost effective than other natural rugs. This kind of fibre is hard to dye, making it suitable for high traffic areas but not great for colourful rooms.

Sea grass is smooth, so avoid placing it close to stairways as it can become slippery. On the plus side, it does absorb stains and won't leave too many marks.







HEMP

A high for your feet. Hemp has been grown for thousands of years, it's a durable material to work with, and it's comfortable to walk on. A beautiful fibre that is twisted and woven to create a soft material that is aesthetically warm and feels soft under your feet.

It's a great addition to your kids' bedrooms because of its softness and durability, Hemp rugs can stand up to wet patches, dirty feet and a lot of hard traffic.

SISAL

Made from the Agave Sisalina plant, Sisal is more durable than Coir or Hemp, and is both fire and stain resistant. It's also ideal for homes with allergy sufferers, but should not be used in wet spaces because they're thirsty rugs and absorb moisture. These rugs don't contain chemicals, and will make your study or living room warm, inviting and comfortable.

Sisal can be can weaved with other natural materials such as wool or sea grass, turning it into a soft and comfortable underfoot experience.



COIR

Extracted from the husk of coconut, Coir is given a raw deal because it is slightly harder underfoot. Even though it is not always the preferred choice for interior area rugs, do not dismiss it just yet. The perfect fashionable addition to your home, it will keep your floors cool in summer and warm in winter, when it retains the heat from your fireplace or the sun.

Coir is suitable for front door mats, and floor mats in the kitchen and bathrooms, it's also an ecological success story, because it's biodegradable and 100% cleaning friendly.

I'm still making up my mind but if you want to take the chill out of your home this winter, then why not throw a rug in it; I may just do the same. Even better, go natural and choose one of Florstore's organic fibre options. Available in various patterns and natural colours, these organic décor items are all the rage these days; they're stylish, functional and will keep your home on trend for years to come.

RETAIL

B

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Stop Wash		087 150 9000

G

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1

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3

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(Entrance in cassell road)

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5

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The Bureaux	Suite 502	083 325 3322
Andros Foods	Suite 503	072 343 0858
Barbour Group	Suite 504	081 809 3070
Hilton Greenbaum & Co	Suite 506	021 434 9930

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Edit Microsystmes	Suite 601	021 433 2520
The Bureaux	Suite 602	083 325 3322
Surelife	Suite 603	021 434 6745
Metric Designs	Suite 605	082 300 8281
Platinum Hospitality Holdings	Suite 606	021 430 5000

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Trace Therapy	Suite 701	082 297 2156
Titan Digital	Suite 702	021 020 0150
Magnetic/Lava Lamp/IMC	Suite 704	021 180 4111

8

HCI	Suite 801	021 481 7560
Berman Bros	Suite 802	021 439 9030



NV-80 Back to Basics

Words by Megan Abels

When brothers Victor and Naldo Gonçalves started out in the restaurant industry, they weren't particularly interested. Today, after 38 successful years, they realised it was their destiny after all, and have enjoyed a life of hard work, passion and love for food and people. I sat down with Victor and asked him a few questions about the newest notch under their belt, NV-80, and the demanding life of being a restaurateur.



Victor credits his mother's good cooking as the reason he became involved in the restaurant business. Being Portuguese, hard work and a love for food come naturally. The brothers started as waiters, but quickly took a liking to the industry, and in 1980, their journey took off. After working their way up, they began purchasing and selling restaurants, and made their name in the industry with the Villamoura and Pigalle Groups.

The concept of NV-80 is based on, "Back to Basics". Victor envisioned the restaurant to be an everyday destination consisting of honest





food, with great ingredients. Running with the basics theme, the name of the restaurant has real meaning behind it – Naldo and Victor (NV) since 1980 (-80). It is simple and true to the owners. The menu offers something for everyone with steak being the focal point. For the health conscious, the restaurant also offers 'SWEAT 1000 Approved' meals with the assistance of SWEAT 1000 owners and brothers, Andrew and Paul Rothschild.

Victor admits that working with family is not always easy and they have had their fair share of disagreements, which is expected after nearly 40 years in business together. The brothers grew up in a humble, close-knit family, and what keeps them successful is the respect and care they have for one another.

When I asked Victor about his perfect menu choice for winter, he didn't hesitate. So, on your next visit to NV-80, take the advice of someone who knows.

Starter: Prawn Soup
Main: Lamb Rump (medium-well) with Risotto
Dessert: Apple Tarte Tatin with Chai Ice-cream



The POINT Mall

The Point Mall

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