On POINT

Winter 2016

01 Recycling – Are you in or out?

02 Fashionable food in the age of Instagram

03 Stay on top of your finances

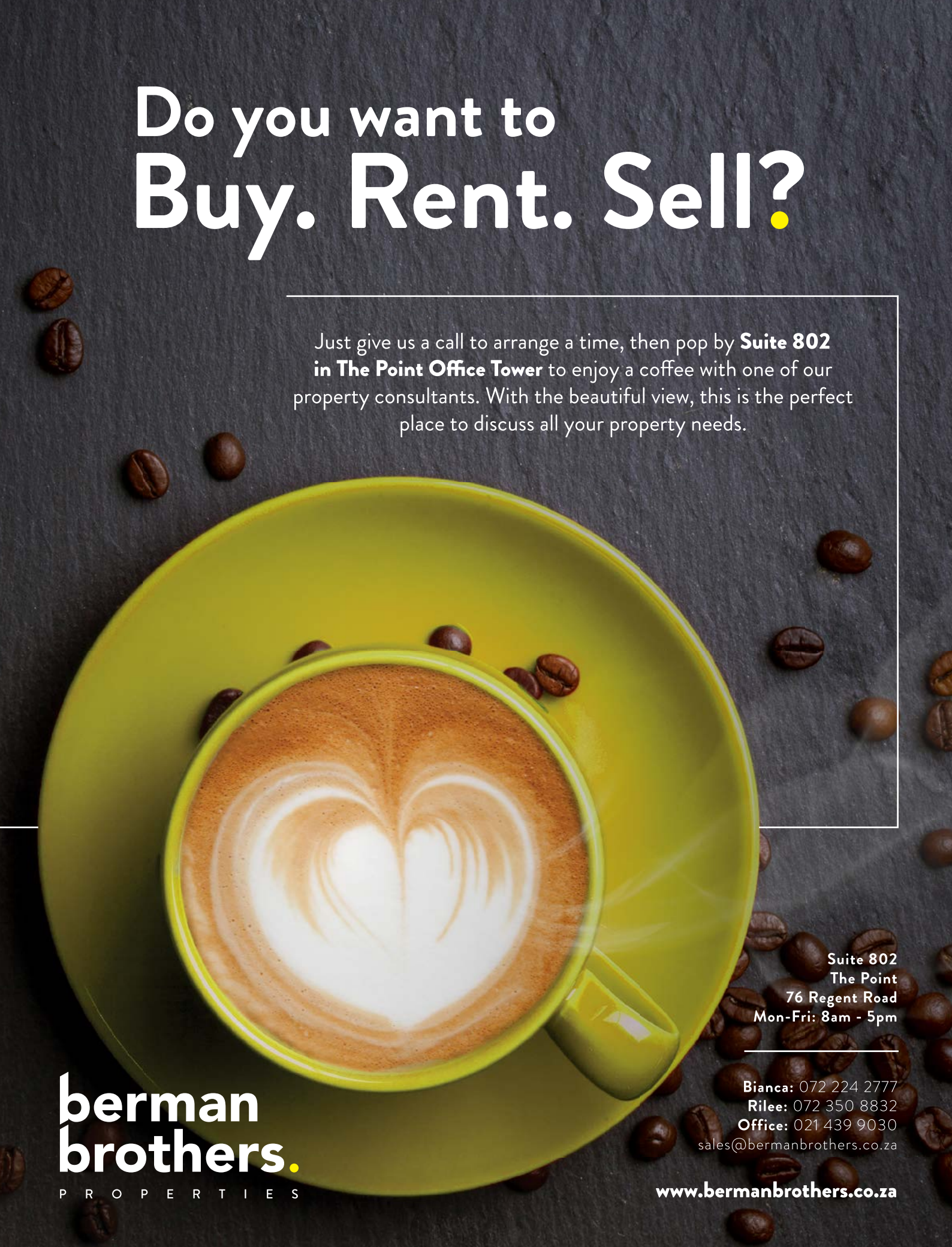


The Segal Brothers

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Blankets, food, series, hybernation - winning.

2016 is flying by with the midyear upon us. Doesn't it feel like yesterday you were celebrating New Years and enjoying the Easter holidays?

Now it's June and we're wrapped in warm blankets in front of the fire.

Even though we're experiencing midday cloud cover and darkness at 6pm, Cape Town in winter is still a special place to be.

What helps many people get through the cold is comfort food – enter On Point. This winter edition focuses on eating! Our handsome cover stars, Jarryd and Ariel Segal from JARRYDS, is talking about his restaurant and family, and there's a review about online grocery shopping on **page 10.**

Whether you're a millennial or not, can you really say that you've never photographed your food and shared it on social media? Our centre spread is dedicated to the phenomena that is **'foodstagramming'** – a practice that has been banned in some restaurants!

Comfort food isn't good for the body or the budget, so there are some **tips to keep you motivated** about exercising during the winter season on **page 17**, and a list of cool finance apps on page 20 to help you budget on the go.

Don't forget to add items from the **Hot Products feature** to warm you up, and while you're doing that, check out **page 19** for quick and affordable ways to make your home feel cosier.

One thing The Point Mall is passionate about, is the Sea Point community. Don't miss our Charity Check article focusing on Charity SA located on Main Road, and **learn more about the area's recycling habits on page 8**. We can all help out – every small contribution makes a big difference!

The Point Mall

76 Regent Road, Sea Point, 8005.
www.thepointmall.co.za
021 439 9030

Property Manager / Advertising Sales:

Bianca Arnsmeyer
bianca@bermansbros.co.za
072 224 2777

Team **On Point**

Editor
Megan Abels

Copy Editor
Mikhaila Crowie

Contributors
Barry Washkansky
Paola C-Fraser
Mikhaila Crowie

Account Manager
Louisa Oschmann

Art Direction
Titan Digital Design

Designers
Jacqueline De Beer
Mitchell D. Eva

@thepointmall

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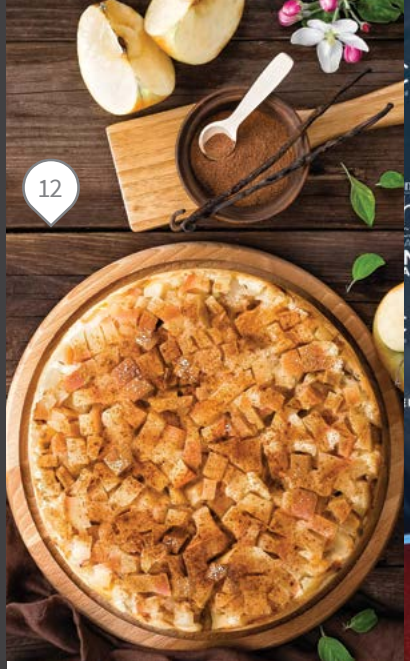


On the Cover

Jarryd Segal and his brother create the incredible vibes you feel when walking into JARRYDS.

They talk about starting and operating a successful business in Sea Point, as well as their strong family bond on **page 6.**

Cover and feature photography: **Michael Groenewald**





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09











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Fresh energy in Sea Point's food quarter

By Barry Washkansky

Jarryd is having a rough day and I didn't help. This 25-year-old, who together with his younger brother Ariel (21), is co-owner and founder of JARRYDS Espresso Bar + Eatery, is looking stressed.

I then started the interview by quoting one of the very few negative comments I had found on the web. This was from someone who clearly had an axe to grind and was using the web to express her ignorant take on JARRYDS. Nevertheless, I hit a nerve. "Jealousy is worse than leprosy, she's never even eaten here," says Jarryd. Enough said.

This is good reason to be annoyed, especially when the vast majority of their 120 reviews on Zomato glow with the after kick of their special coffee blend supplied by Espresso Lab.



Born in Cape Town, Jarryd and Ariel immigrated to Australia with their extended family as young boys before returning last year. Having both worked in the Sydney café industry, and loving coffee and good food, opening a coffee shop /restaurant was a natural progression for them.

Their experience in Sydney was a great learning ground, "The coffee culture is heavily ingrained in Sydney and we came back to a similar market over here."

They both live in Sea Point, so it was an obvious place for them to set up shop.

Jarryd:

"We believed there was a gap in the market place for an establishment like ours, it has been really well received so far and it's amazing how the presence of a high-end specialty coffee spot and eatery has led to a strong resurgence in the Sea Point area.

So much has happened so quickly since we've opened. **Clearly Sea Point is the new hot spot and we like to think we helped start the trend."**

The brothers took a chance on a venue that had changed hands multiple times, the courtyard of the Amalfi Hotel at 90 Regent Road. Full credit to them for transforming this white elephant into a warm and welcoming space and turning it into Sea Point's latest it spot. Although Jarryd is quick to stress that they are in it for the long haul. "We don't spend the year waiting for the season to hit, we are busy throughout the year and appeal to locals, many of whom have become regulars. The high season is just a bonus."

The brothers created the menu in conjunction with chef Scott Walker, and take pride in their innovative offerings, which contain "loads of crowd pleasers" as well as many new dishes. Think Avo Smash, Heart Smart Egg White Open Omelette, house made baked beans, feta, hash browns, Savoury Quinoa Breakfast Bowl, a Roast Salmon Salad, and you get the idea. The restaurant itself is more than just a breakfast and lunch spot. They have their own on-site artisan sour dough bakery, which bakes all their own bread, as well as supplying guest houses and other establishments in the area.

There is also a juice bar, squeezing out refreshing and healthy smoothies, and of course their espresso bar.

The boys are only getting started and a 'Jarryd Nights' is also on the cards, they are just waiting for their liquor license. They also have plans to open new establishments in the future, but are not revealing too much at the moment.

Besides their food and drink offerings, the boys seem to be attracting a lot of female attention, with one blogger writing a particularly funny post, speaking of "throbbing loins and having Jarryd for lunch." I questioned Jarryd about this, trying to make up for the earlier quote I mentioned He gets quite embarrassed, saying only that he "wished she had raved about the food as much as she did about the service." And, if you are wondering, both boys are taken.

Time will tell whether JARRYDS can survive the notoriously tough Sea Point restaurant industry, but with their passion for great food and coffee, and devotion to making JARRYDS a great place to hang out, I wouldn't bet against them.

Quick Questions



ARIEL



JARRYD

Winter eating advice, tips?	Loads of coffee, red wine and 'one pot' dishes. We love our slow food with beautiful rich developed flavours; roasts; curry and stews.	
Cars?	Renault Clio Sport 182	Honda Civic Type R
How do you take your coffee?	Lots of it. Black as espresso, and white in the form of the original JARRYDS Magic.	
Ideal date?	A day out on the water.	Bottle of wine and picnic in Kirstenbosch Gardens.
Favourite coffee shop in Sea Point besides JARRYDS?	Our parents place, they have an awesome espresso machine setup which means we get to use our amazing Espresso Lab coffee and drink as much as we like.	
Beer, wine or whiskey?	Gin.	All three!!
Summer or winter?	Winter all the way.	Can't beat a sunny winter's day.

"The coffee culture is heavily ingrained in Sydney and we came back to a similar market over here"



Are you too lazy to recycle?

The lowdown on recycling in Sea Point.

By Barry Washkansky

When it comes to recycling, Switzerland tops the world scale by recycling 52% of all its waste, followed by Austria, Germany, Holland, Norway, and Sweden, who incidentally, dispose of less than 1% of all their waste into landfill sites. So, Europe leads the world in recycling, the USA is at 34%, and South Africa sits low down the list recycling approximately only 10% of all its waste generated.



With this in mind, I decided to take a look at recycling at a local level, in Sea Point and its surrounding suburbs. Now, in Cape Town – home of the bunny hugger – you would think we would take our recycling seriously, and some basic research suggests we do.

There are a number of recycling initiatives going on in the Atlantic Seaboard, some run by private companies, some by local government. But in real terms, how much this equates to is unclear. What is clear, is that it's not difficult to recycle, and does not take a huge amount of effort, but it appears that a small effort is too much for some.

A snap survey among my colleagues showed that only about 50% recycle what they can from their home waste. This is hugely disappointing, especially as they are a young crowd who should know better. My recycling-lazy colleagues aside, there are at least a number of active recycling projects on the go in the region.

Think Twice (www.thinktwice.co.za) is the city of Cape Town's recycling initiative, run in partnership with Mandla Recycling. This is a free door-to-door recycling project. Residents and businesses are asked to implement a two-bag system for their waste disposal, one for recycling and one for disposable waste. This is designed to make it as simple as possible for people to recycle. Last year (2015), this project managed to collect an average of 270 tons of recyclable waste per month in the Atlantic Seaboard area where it operates. Wasteplan, a private company, also collects recyclable waste from various sites, apartment blocks and businesses in the Atlantic Seaboard area. They collected a total of 137 tons in the first three months of this year; this is in addition to a number of other collectors of recyclable waste in the region.

While these numbers are not insignificant, it's difficult to judge our recycling credibility without more general stats on how much recyclable waste in the area is disposed of in landfill sites.

I popped round to the Tramway Road recycling depot, at the end of Sea Point, to see how busy it is. The place is clean and well maintained and they have put together some fun displays, using some of the waste that gets dropped off on a daily basis.

> "A snap survey among my colleagues showed that only about **50% recycle** what they can from their home waste."

While I was there, a few cars popped in, dropped off their recyclables and left. It is not a massively busy recycling hub, and I'm struggling to work out how much of a difference they are making, as opposed to what difference they could be making.

Having said that, this depot is easy to access with friendly, helpful staff. You don't even have to get out the car, you can pop the boot and they will remove it for you, although, I do suggest you take five minutes to look around. The questions I am asking are: are Sea Pointers, or Atlantic Seaboarders, taking recycling seriously? Is it just a small percentage who does their best, without the critical mass needed to make a tangible difference to the environment?

When we started recycling at home, we were amazed at how much we now throw into the recycling bins and how much less we throw into the waste. A rough estimate would say that for every bag of waste we now throw away, we put about five into recycling.

Locally, it appears that there are still many South Africans who need a mindset change. If more people could be persuaded that with very little effort, they can collectively make a huge difference to the environment, the change could be huge.

The Point Mall itself has two waste removal areas, one of which is used exclusively for recyclable waste.

They use a well-established waste removal company, who then separates the different types of waste, and sells it to recycling manufactures. Yet every time we have an after-work party, I still see colleagues throwing their bottles into the ordinary waste.

It's sometimes just too easy to throw everything away without giving it a second thought. Once we take a minute to think about it and realise that with minimal effort, we can make a big difference.

It's raining **deals!**





















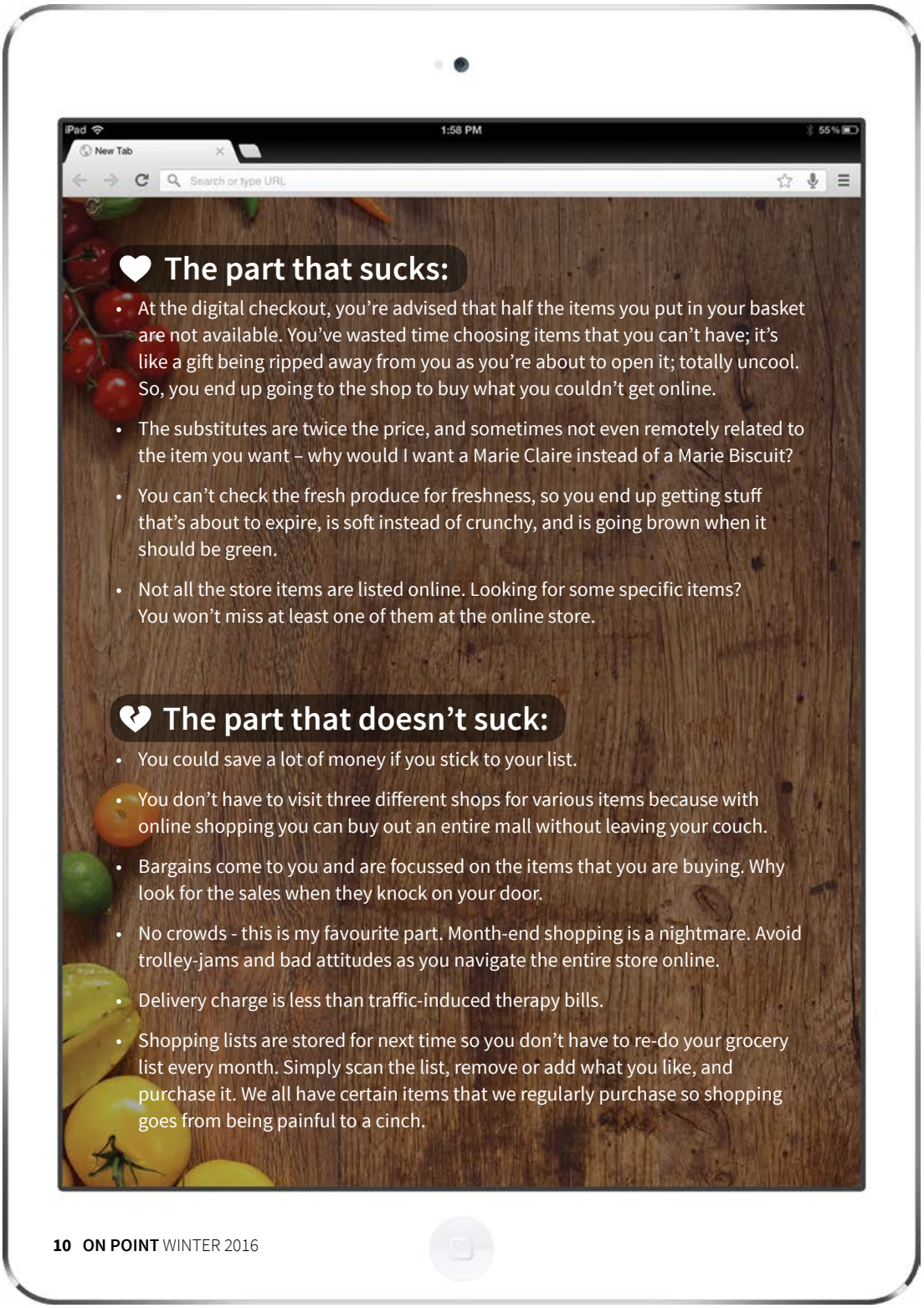
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9. Sportsmans Warehouse BaseLayer Cold Long Sleeve Top **R480.00** **10. Mica Cosmetics** Face & Body Bronzer **R1169.07**

Online grocery shopping. Is it for you?

BY PAOLA C-FRASER

So your life is hectic and you're looking for the ultimate convenience factor to help reduce the stress knocking at the door. It's easy to assume that something like online grocery shopping would be stress-free and a cinch. But is it really?

As a run-off-the-feet, full-time working mother, who puts on makeup while packing school lunches, time for grocery shopping is almost nil. I needed a solution that worked for my mad life. So I decided to shop online.



Okay, so the pros appear to outweigh the cons, but now, I have a love/hate relationship with online shopping. I love that I can buy only my meat online from my favourite store. I hate being overcharged, not getting what I ordered and being told that, "We came by but you weren't in. Please contact us for another delivery day."

For some, the cons are not too much of a big deal and, admittedly, it works for business deliveries and small grocery orders. But for me, the cons were painful. It's a growing industry that requires polishing. So the bottom line is that I will buy my meat online, but go in-store for everything else, including human interaction.



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The POINT



Picture-perfect

Food

By Mikhaila Crowie

Food now has a good side. Recently a group of us had lunch, and as our meals arrived, we immediately whipped out our phones and snapped away with the intention of uploading our photos to Instagram. We spent time finding the best filter for the image and hashtags to document this experience: #food #yum; all before tucking into our meal.

Later, I opened my Instagram, browsed #food and was greeted by a feast of delicious cakes, perfect salads and the most delectable foods imaginable. My stomach growled as I kept scrolling and began to wonder when we became so obsessed with Instagramming our food?

INTRODUCING 'FOODSTAGRAMMING'

Walk into any restaurant today and you'll spot people taking pictures of their coffee or sandwiches. The term is called 'foodstagramming' and social media experts warn that it won't slow down anytime soon. On the app, food pictures are soaring with pizza and sushi being the top instagrammed food globally. So why are the rest of my followers so interested in the burger I posted on Instagram? Do they approve of what I'm eating? Well, actress and singer Hilary Duff posted a picture of a fried egg and it received loads of 'likes'; what does that tell you?

Why do people 'like' certain things more than others on social media? I've posted a badly exposed picture of a waffle and ice-cream and this image received more likes than any of my family pictures.

THE KINGS AND QUEENS OF FOODSTAGRAMMING

Love them or hate them, the millennial generation own social media and they make up 77% of Instagram users. They want visuals, not text, and Instagram is perfect for this. It's their beautiful visual world. What better way of showing the world how on-trend you are than posting an aesthetically pleasing image of a pineapple or perfectly lit salad. Foodstagramming is a phenomenon. It's a way of bragging about where and what we eat. This digital food revolution has given birth to accounts dedicated to cuisine and providing recipe information, and blogs offering advice on how to capture the perfect foodstagram.

SO WITH FOODSTRAGRAMMING ON THE RISE, WHAT DOES THIS MEAN FOR RESTAURANTS?

In the US, some restaurants have banned the use of flash photography while others have banned pictures of food altogether. Why? They say it ruins the experience. Momofuku, a two Michelin star New York restaurant, has banned picture taking completely. The ban was instated once the owner saw how distracted and uncomfortable other diners were when a phone was whipped out to take pictures. One can sympathise with him. Imagine after a long week, you're heading out to grab a drink and a bite to eat with friends; your food arrives and you're just about to tuck in when one of your friends stops you. Going as far as standing on a chair, your friend proceeds to take an aerial shot of all the food on the table before you are allowed to start eating.
It's enough to make you lose personality, right?

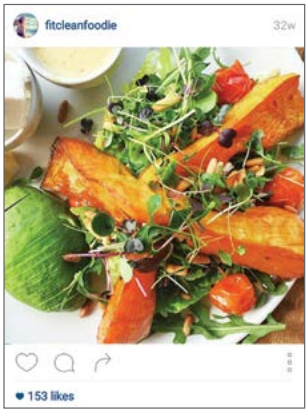
WHAT IS SOUTH AFRICA'S STANCE ON THIS?

It is divided but not enough to instate a ban. However, there is some noted annoyance. Acclaimed South African chef Reuben Riffels, has not banned food photography at his restaurants, but has a definite issue with people documenting their food without eating or interacting with guests. Other restaurant owners just hope that diners will post flattering images of their food, and thus attracting new visitors.

ANY PUBLICITY IS GOOD PUBLICITY

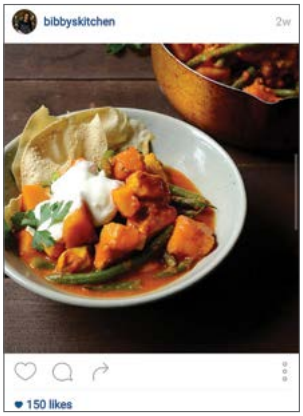
On many occasions, I have tried a restaurant based on foodstagram posts. If the pasta in my feed looked delicious, you would definitely spot me there at some point. Believe it or not, this is how many people are selecting their next restaurant outing, and this is why many South African restaurants are hesitant on banning foodstagraming.

Foodstragramming may be irritating and distracting for some, but it is real and here to stay. Don't forget these words by French philosopher, Jean Anthelme Brillat-Savarin, "Tell me what you eat, and I will tell you what you are".













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Turn up the heat

Affordable tips to make your home snug this winter.

Add scatter cushions to your furniture

Choose cushions in cotton or knitted fabrics for extra warmth. Scatter (no pun intended) them throughout your home, even on dining room chairs – your home will exude warmth.

1



Throw a few blankets over your couches

Don't cover your lounge suite completely, just casually drape the blankets over the edge. This will instantly create a warm atmosphere and your guests can use them if it gets too chilly.

2



Purchase a rug or two

You don't need an expensive shaggy rug. Depending on the size of your home, put one or two average sized rugs in key living areas like the TV room, lounge or bedroom.

3



Purchase a portable heater

If you don't have a fireplace or wall-mounted heater, a fan or electrical heater will work just fine, and the best part is, you can store it away when the weather warms up.

4



5 *Incorporate warm tone colours*

Spruce up your décor to include colours from the warm palette group such as burgundy and plum or even bottle green. Colours have a psychological effect on us; warm tones can be represented in candles, picture frames and table runners.

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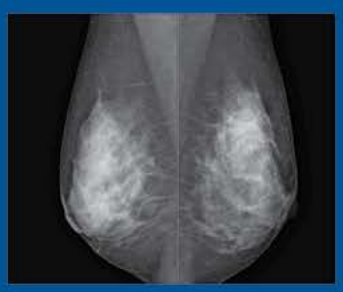


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LOVE life this winter



The sky turns grey and so does your mood. You loathe wearing 50 layers to stay warm, there's only so much soup you can eat, and you hate rain on your face. Welcome to winter!

If you're a summer baby with a penchant for sunshine and cool refreshing drinks then chances are good that you're also a seasonal depressant, and spurn winter. As the ice queen looms with her frosty temperatures, gale force winds, and heavy rain, it's easy to feel down and out and look at life through grey tinted glasses.

Believe it or not, there are a few things you can do to ensure you stay a little upbeat this winter. Try these to get you through the season of aloofness:

Exercise

Exercise promotes happy feelings and helps you forget winter wetness. Join the gym and start planning your fun in the (eventual) summer sun as you work towards the ultimate beach body. Getting into shape during winter is great for the confidence, and the activity is known to reduce depression because it releases endorphins.

Social networking

If you're not socially active in winter and tend to stay indoors, then you may start to feel isolated and down. Stay connected with friends over social media and you will find a lot of them are also indoors under the covers, eating soul food and socialising via Skype. It's completely acceptable to live vicariously through your computer during the anti-social months of winter.

Vitamin boost

Magnesium boosts melatonin, which is naturally produced by the body and helps you sleep well. If you're feeling down, you won't sleep well, which means your body is under-producing melatonin. You can eat a ton of nuts and seeds and green veggies, but who wants to cook in winter; we all want to hibernate. Use magnesium spray or take a supplement, and get back to a solid night's rest.

Light it up

Too much darkness creates depressing attitudes and atmospheres. Light is a natural mood booster and having all the blinds and curtains open to let in the light can really lift the spirit. But, if the sun is being bullied into submission by grey clouds, then invest in daylight bulbs. These are designed for Seasonal Affective Disorder (SAD) sufferers whose retinas don't take in as much light as non-sufferers.

If you think none of this will help, just be grateful you don't live in the Northern Hemisphere where darkness rules the day for 363 days of the year, and smiles are as rare as unicorns.

How to exercise in winter when you don't feel like it.

There is a saying that often pops up in winter, "There's no such thing as bad weather just bad clothing". This is good advice for those who tend to exercise like crazy in summer, but suddenly become couch sweet potatoes when the weather cools down. #bantingvibes.

Just because you've packed your bikinis and speedos away for the winter, does not mean you need to lock your bike or running shoes away as well. Exercising in the winter months requires a positive mindset, a slightly thicker skin, and some good winter gear to keep you warm.



Here are some tips to keep you fit during the chilly months

1 Exercise indoors

If you hate the winter chill that much, exercise indoors. Whether it's running on the treadmill at the gym or doing laps in a heated indoor swimming pool. If you're into something a little more creative join a dance class, or do yoga or Pilates. As a last resort, buy a Wii or Xbox and play some of the more active games with your kids or friends.

2 Wait for the good weather

Winter might be our cold and rainy season, but there are more than enough sunny days in the season to get you outdoors. So, the moment you see blue skies and sunshine, get out there. Walk, run, swim, or play soccer or tennis, but make hay while the suns shines, and it will.

3 Get an exercise buddy

This is always a good solution. Find a friend who enjoys similar exercise to you and make a regular plan to exercise with them. Even better, find more than one or join a club, whether it's cycling, hiking or salsa dancing. Misery loves company and company dispels misery. Exercising in a fun social environment makes it far easier to get your lazy ass off the couch.

4 Embrace winter

You may not enjoy it, but winter is a special time. The mountains are almost spiritual, with raging rivers, torrential waterfalls and water seeping out the earth like a sponge. The promenade is also fun. You might not get those hot summer days or early sunrises, but the wild Atlantic Ocean crashing against the rocks, and the salt water spray in your face will immediately invigorate you.



Tamara Metrowich
Funky Fotos

Celebrating the art of film and fashion

Tamara Metrowich is an acclaimed South African blogger, PR guru, radio fundi and voice-over artist. If you need to know anything about the country's hottest events, just get a hold of her.

With her beautiful presence leaving a mark wherever she goes, it's no wonder she is a memorable figure at public events. I caught up with her recently to get the lowdown on the recent Mercedes-Benz Bokeh Fashion Film Festival.

This prestigious event marries fashion, film and art in what can only be described as a weekend of glamour and celebration of the arts. Every year, teams or individuals enter to create short films, which are showcased on the night, and winners are announced.

Celebrities and the who's who of South African entertainment all attend and are dressed to the nines. Needless to say, this is an invite-only event, but you can get a glimpse of what it would be like to be there through the eyes of Tamara. Here's what she had to say…

A HUGE congratulations to the team that pulled together an amazing showcase of our local talent over the weekend!

"The Mercedes-Benz Bokeh SA International Fashion Film Festival certainly lived up to its bespoke theme and I'm so happy that I could be there to see it all unfold.

This year, I decided to attend the second and final night of the festival. I'm not going to lie though, I had FOMO on the first night… but with the craziness that comes along with planning a wedding I wanted to spend some QT with my main squeeze.

I was blown away by the creativity of the fashion films that were featured in this year's festival! Congratulations to each and every person who were part of these works of art! But as they say, there can only be one winner. Well done to Edward and Ashley Avis-Winters who came tops in the Mercedes-Benz category, which meant a $10 000 cash prize!! My gorgeous sister joined me at the Avenue in the V&A Waterfront which was the venue for Bokeh.

To set the tone for the night, guests were greeted by a number of photographers and videographers as they walked the red carpet – and man, did our local hotties represent SA fashion!

*As fate would have it, I entered a competition that highlighted the amazing creations of SA designers on Tracy-Lee Rosslind's Instagram page a few weeks ago. I was over the moon when I won a custom made silk dress from Aimmea – and it arrived just in time for Bokeh *happy dance*!"*

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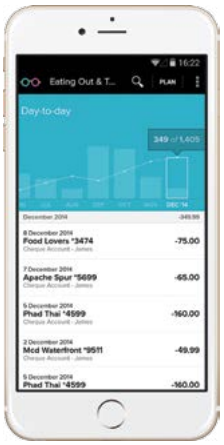
Where did all my money go?

How much did I spend? *Sound familiar?*

Budgeting is no easy feat because we all spend a bit more on food here and make a last minute shoe purchase there, plus add an extra bottle of wine every weekend – it all adds up. Then comes the exhausting, debilitating task of manually logging every expense into your excel sheet budget; deducting and re-allocating finances as you go.

Now you can turn your phone into your personal financial advisor with your entire budget right in the palm of your hand, whenever and wherever you need it. Your Android or iPhone will monitor your spending and notify you of any suspicious card activity.

These budget apps can get you started on the road to financial savvy:



22seven FROM OLDMUTUAL

Currently voted the best financial app, 22Seven is a free tool that has received rave reviews thanks to its comprehensive features. It's a responsive app that integrates with your other devices. You can manage your money with a personalised budget that is designed to organise your spending, monitor expenses, help with investments, reminds you to pay bills, alerts you of unusual spends, and automatically updates your budget. It does all the work for you. Available on iTunes and Google Play, it's winning all popularity contests in the world of budgeting apps.



Prosper Daily

If you're tired of opening your statements or online banking only to see random charges sucking your account dry, then Prosper Daily is for you. A finance security app that tracks spending on cheque, credit and debit cards, monitors charges on accounts – based on past activities and transactions – and alerts you of suspicious activities or charges. The data-breach alert feature also notifies you of where a breach occurred. It's your financial security guard – available on iPhone and Android.



GOODBUDGET™
Formerly EEBA

Remember the days of splitting your money amongst a few envelopes? Well, the old-school method just went digital. Goodbudget is a digital envelope that syncs with your budget and all your other devices, and saves all information to the cloud, for future reference. The application also helps you to plan a savings budget. Available to download to iPhone and Android, the basic subscription is free, but as your budget evolves and grows bigger, the subscription moves from free to quarterly payments that are well worth the expense.

Every cent counts with today's high cost of living. With the right app you can start controlling your money instead of your money controlling you.

Helping the **rural child**

There is nothing better than the feeling of a book in your hand, especially if it's a second-hand one. Wondering about previous owners, their margin notes – all this adds a certain element of mystery to whatever piece of literature you're about to dive into.

Imagine a place where you can find the best classic novels, great vintage finds and amazing bric-a-brac? The good news is that you can while still helping with a great charitable cause.

Economic and infrastructural progress in urban areas is very different to the development in rural areas. To help eradicate poverty in these areas, Help the Rural Child Trust was born.

Established in 2006, Help the Rural Child is a registered charitable trust and NPO. They operate six charity shops in the greater Cape Town area, including Sea Point.

Their main aim is to make a sustainable contribution towards improving the lives of vulnerable rural children and to support rural development.

How do they do this? With the funds generated from the charity shops and all additional non-shop trade and fundraising efforts.





THE SHOPS

The shops sell a wide range of good quality, **well priced books, clothing, bric-a-brac and furniture,** which are all donated by the public.

The Sea Point shop sells good quality second hand books, CDs, DVDs and PC games. So pop around, you might find a classic gem while browsing.

HOW TO HELP

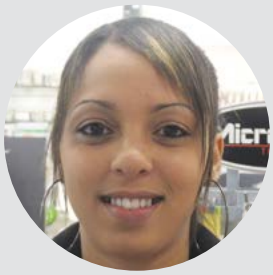
Grab a few friends or your kids and spend some time in the shop and browse a wide range of genres including fiction, non-fiction and educational books.

If you're looking to donate, **collect a Help the Rural Child donation bag** at your closest local shop or use boxes and black bags, fill them up to and drop your donation off at the shop. Alternatively, you can **phone them on 021 689 8392** to arrange a collection.

The shop is always looking for volunteers to lend a helping hand. If you have four hours a week to spare, join their wonderful team at any one of their charity shops. **Contact 021 689 8392** to get involved.

Visit www.goedgedacht.org/help-the-rural-child for more information on how you can help this good cause and give rural children a chance to escape the poverty trap.

PEOPLE OF THE POINT



Clarissa
EMPLOYEE AT BANKS

What do you like about winter?
Nothing

Your favourite winter dish?
Soup

Coffee or cocktails?
Coffee

What is your idea of a great night in?
In my PJs, watching all my series



Umweni (from Malawi)
VISITOR TO THE POINT

What do you like about winter?
I really don't like winter.

Your favourite winter dish?
I love salmon with salad and mashed potatoes.

Coffee or cocktails?
Cocktails.

What is your idea of a great night in?
A glass of wine does wonders for me.



Aqeelah
EMPLOYEE AT PNP CLOTHING

What do you like about winter?
Movies and hot chocolate.

Your favourite winter dish?
Stew and soup.

Coffee or cocktails?
Coffee.

What is your idea of a great night in?
Movies, duvet and popcorn



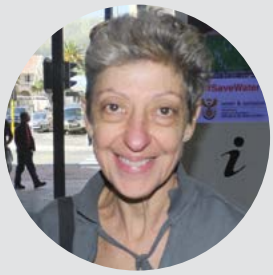
Phillip
EMPLOYEE AT MYOG

What do you like about winter?
Not being in the sun a lot.

Your favourite winter dish?
Phad Thai – hot spicy Thai dish.

Coffee or cocktails?
Coffee.

What is your idea of a great night in?
Classic old time movie, coffee, blanket and family.



Mattie
VISITOR TO THE POINT

What do you like about winter?
Feel more energised

Your favourite winter dish?
Lentil stew

Coffee or cocktails?
Coffee!!!

What is your idea of a great night in?
Crackling fire, good wine and chocolate.



Cheslyn
EMPLOYEE AT SPORTSMANS W.

What do you like about winter?
It's nice and cold, with wet weather. I am not a fan of the summer heat.

Your favourite winter dish?
Lamb curry

Coffee or cocktails?
Coffee

What is your idea of a great night in?
A nice romance movie with popcorn & hot chocolate with my wife and kids.



Innocent
VISITOR TO THE POINT

What do you like about winter?
Feel more energised.

Your favourite winter dish?
2-Minute Noodles

Coffee or cocktails?
Hot chocolate

What is your idea of a great night in?
Chilling with family.



Marcé
EMPLOYEE AT TITAN DIGITAL

What do you like about winter?
Fireplaces

Your favourite winter dish?
Prawn Malay Curry

Coffee or cocktails?
Cocktails at Asoka

What is your idea of a great night in?
Great conversation & wine.



What's **on**

June

Whale Watching
June – Nov 2016
Hermanus

2016 Kamers Market
1 – 5 June 2016
Castle of Good Hope
www.kamersvol.com

District Six – Kanala
Until 6 June
The Fugard Theatre
http://bit.ly/1SPOCV2

Wacky Wine Weekend
2 – 5 June 2016
Robertson Valley
www.wackywineweekend.com

South African Wedding Show
6 – 7 June 2016
Cape Town International Convention Centre
www.thesaweddingshow.co.za

Seal
16 June 2016
Grand West Arena
www.computicket.com

July

Children's Magic Festival
1-4 July 2016
College of Magic
www.collegeofmagic.com

Pick n Pay Knysna Oyster Festival
3 – 12 July 2016
www.oysterfestival.co.za

Disney on Ice
6 – 10 July 2016
GrandWest Arena
www.disney.co.za

Berg River Canoe Marathon
14-18 July 2016
Berg River
www.berg.org.za

Cape Town Street Food Festival
31 July 2016
Slide Street Studios
streetfood@studio-h.co.za

Cape Town Fashion Week
28 Jul – 30 July 2016
afi.za.com

August

Slipper Day
5 Aug 2016
www.slipperday.co.za

My Fair Lady
Until 7 Aug 2016
Artscape Opera House
www.artscape.co.za

Jive Cape Town Funny Festival
11 July – 7 Aug 2016
Baxter Theatre
www.eddycassar.co.za

SA College of Music Symphony Concert
9 August 2016
Baxter Theatre
www.baxtertheatre.co.za

Open Design Cape Town
10 – 21 August 2016
www.opendesignct.com

Joseph and the Amazing Technicolor Dreamcoat
12 Aug – 5 Nov 2016
Theatre on the Bay
www.pietertoerien.co.za

BUSINESS LISTING

RETAIL

B	Personal Laundry		082 459 9933
	Stop Wash		087 150 9000
G			
	Checkers	Shop 1	021 430 4680
	Checkers Liquor Store	Shop 1 A	021 433 2768
	Cellucity	Shop 2	021 439 4595
	Myog	Shop 3	021 433 2110
	Knead	Shop 4	087 353 9671
	Discovery	Shop 5	021 527 1038 021 527 1050
	Bidvest Bank	Shop 10	021 439 752
1			
	Dischem	Shop 6	021 430 2100
	Pick n Pay Clothing	Shop 7	021 439 7032
	NV-80	Shop 8	021 439 7112 021 439 7114
	Sportsmans Warehouse	Shop 9	021 439 7172
2			
	Lorna Jane	Shop 11	021 434 0412
	Stanley Abramson	Shop 12	021 439 5472
	Banks Kitchen Boutique	Shop 13	021 433 2448
2	Yemaya Spa	Shop 14	021 439 2266
	Label Collections	Shop 15	021 434 1599
	Florstore On Trend	Shop 16	021 439 6685
	Sorbet	Shop 17	021 433 1306 083 275 8162
	Carla Zara	Shop 18	074 688 5222
	Manfred Jewelers	Shop 20	021 434 5551
	Bootlegger Coffee Co.	Shop 21	021 434 0060 083 287 9581
	Nedbank	Shop 24	021 430 9200
3			
	Biodynamics Institute	Suite 301	021 434 0126
	OptiSmile	Suite 303	087 702 6886
	BUC / S.W.E.A.T 1000	Suite 305	021 439 9903
	Bergman Ross and Partners Radiologists	Suite 306	021 110 5777
	Atlantic Chiropractor	Suite 307	021 439 8898
	Pathcare	Suite 308A	021 434 3006
	Dr S Brophy	Suite 308B	021 001 3308
	Virtus Health Medical	Suite 309	021 439 1555
	Concept Studio	Suite 310	021 434 2266

BUSINESS CENTRE

4	RSA Web	Suite 401	087 470 0000
	The Bureaux	Suite 405	083 325 3322
	Grid Co	Suite 406	021 434 0531
	Multi QS	Suite 407	087 740 5270
	EOH	Suite 408	021 045 0900
5	Enertronica	Suite 501	078 803 4440
	The Bureaux	Suite 502	083 325 3322
	Andros Foods	Suite 503	072 343 0858
	Hilton Greenbaum & Co	Suite 506	021 434 9930
6	Edit Microsystems	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 8668
7	Touch Down Group	Suite 701A	011 518 8000
	Trace Therapy	Suite 701	021 433 4009
	Titan Digital	Suite 702	021 020 0150
	Magnetic/IMC	Suite 704	021 180 4119
8	HCI	Suite 801	021 481 7560
	Berman Bros	Suite 802	021 439 9030

Business Centre entrance in Cassell Road.

jewellery by

MK MANFRED KARNER



T: 021 434 5551 | E: manfredk@mweb.co.za | www.manfreds.co.za

SHOP 20 | THE POINT | 76 REGENT ROAD | SEA POINT

jewellerybymanfredkarner