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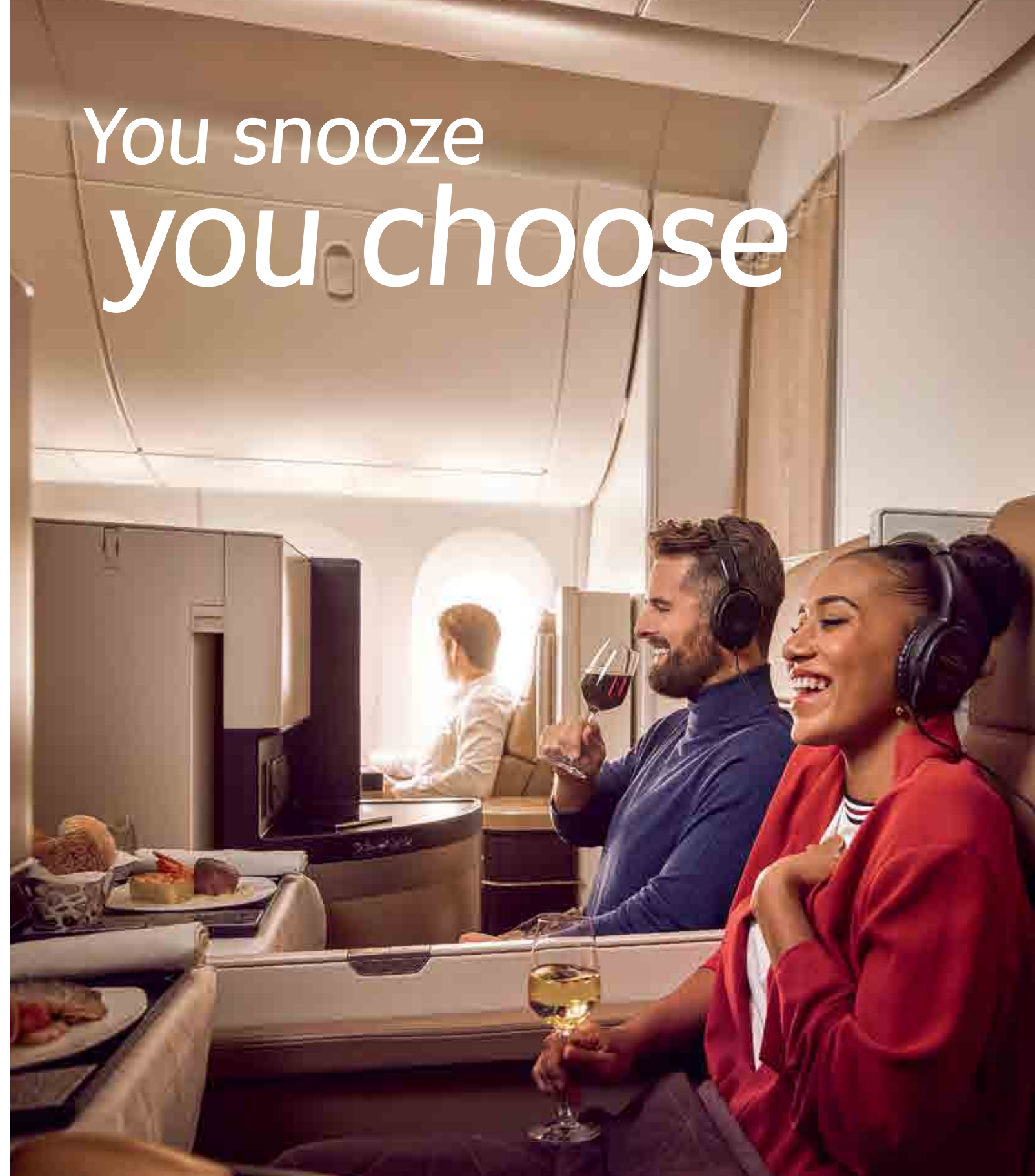


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Letter from the Managing Director of Premier Hotels

Dear Premier Guests

Welcome to another edition of *Concierge*, our in-house publication. This edition is filled with seasonal insights, Premier news, and thought-provoking editorial, all centred on the theme of green. From hybrid cars and managing food waste to getting your kids to eat healthier meals and tips for electrical independence, *Concierge* has all the details on living a greener existence.

In the wake of President Ramaposa's SONA address in February, I was left reflecting on the future of tourism in our beloved country. The President declared that all major tourist sites in SA will enjoy an increased SAPS presence in order to protect tourists from the petty crimes we have seen in these spaces in the past. He also pledged R700 billion to improving infrastructure throughout the nation, in a speech that left some optimistic about the future. President Ramaposa also debuted his plan to tackle Eskom, but the jury is still out on that one.

Despite the issues that South Africa has faced over the past ten years, our nation is one of hope. In the face of adversity, our people have proven to be resilient, passionate, and strong. Our approach to tourism is no different. South Africans want to share their stories, experiences, and traditions. For me, welcoming a guest to a Premier Hotel is like welcoming a friend into my home – and this is the benchmark by which I hope all tourists measure their visits to South Africa.

The Premier Hotels portfolio is always changing for the better. Our refurbishment projects in Umhlanga and Bloemfontein are still on track, while more plans are in the works for other properties under the Premier name. Our acquisition of Faircity Hotels has expanded our offering and helped cement us as one of the fastest-growing hotel portfolios in the country.

With every new project, we aim to engage the local community – to employ, upskill, and train individuals in the Premier way of doing things. Our hotel managers are always looking for ways to minimise our carbon footprint, water usage, and levels of waste production. The Premier brand is one that is dedicated to an eco-friendly future for hospitality, and aims to ensure that our hotels leave as little impact on the planet as possible.

Be sure to keep an eye out for our Easter and family specials. Enjoy the read and thank you for choosing Premier Hotels! 🍷

Samuel Nassimov
Managing Director
Premier Hotels & Resorts

CEO
Wilhelm Loots | wilhelm@tcbmedia.co.za

PUBLISHER
Bernie Hellberg Jr. | bernard@tcbmedia.co.za

EDITOR-IN-CHIEF
Deidre Loots | deidre@tcbmedia.co.za

EDITOR
Charlotte Rogers | charlotte@tcbmedia.co.za

DESIGN & LAYOUT
Leigh-Anne Gardiner | leigh@tcbmedia.co.za

MEDIA TRAFFIC
Chelsey Stain | chelsey@tcbmedia.co.za

ACCOUNTS
Nania van der Merwe | accounts@tcbmedia.co.za

ADVERTISING SALES
National Sales Manager (Business Development)
Chantal Barton | chantal@tcbmedia.co.za
National Sales Manager (Regional & SADC)
Bryan Kayavhu | bryan@tcbmedia.co.za

CONTRIBUTORS TO THIS ISSUE
Rosie Evans, Tracy Meyer, Phindiwe Nkosi,
Daisy Holder, Victoria Gianni, Tamara Avellan,
Wilhelm Loots, Shannon Correia, Jane Ogden.

PRINTING
Business Print Centre, Pretoria



TCB MEDIA

Cape Town: +27 21 945 3309
Pretoria: +27 12 425 5800
mail@tcbmedia.co.za
www.tcbmedia.co.za

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Premier Splendid Inn Bloemfontein now open!

Premier CHOICE



FLY THE ETIHAD WAY

Beach dweller, city hopper, or adventure seeker? Whatever your dream holiday looks like, there has never been a better time to fly to Abu Dhabi – or even further afield – with Etihad Airways. As of October last year, the Middle East airline proudly launched its new daily service from Johannesburg to Abu Dhabi. Aside from connecting the vibrant heart of South Africa to the bustling capital of the UAE, the new service sees the next-generation Boeing 787-9 Dreamliner take to the skies. The innovative aircraft features Etihad Airways’ all-new Business and Economy cabins, designed to offer even more space, comfort, and entertainment on board. For more information, visit www.etihad.com.

JUST ADD SUNSHINE



With its iconic setting on the scenic Franschhoek Pass, Haute Cabrière has been specialising in wines produced from the Chardonnay and Pinot Noir grape varieties since the brand’s inception in the early 1990s. Only the best Pinot Noir grapes were selected to produce the Haute Cabrière Pinot Noir Rosé 2019. Grapes were harvested with full-fruit in mind, so one can expect an elegant, dry rosé on the palette, with strawberries and rose petals on the nose. “The elegance and structure of this wine is evident in each sip” says second-generation Cellar Master Takuan von Arnim. This rosé is best served chilled, pairs particularly well with salmon, oysters, and sushi, or simply on its own – it is the perfect addition to lunch on a glorious summer afternoon. Haute Cabrière Pinot Noir Rosé 2019 is available online, from the tasting room at R79.00, and leading retailers and liquor stores nationwide. For more information, visit www.cabriere.co.za.



FOOD FOR YOUR SKIN

Having opened its doors later in 2019, EARTH soon created a buzz around Cape Town as the first nutraceutical restaurant of its kind, and the culmination of umbrella company The Skin Co., which launched in January of 2019. The menu has been designed with ingredients that promote healthy radiance from the inside out. Working with four ingestible cosmetic ingredients – Hyaluronic Acid, Collagen (using fish-based peptides), Resveratrol, and potent Phyto-Ceramides, all of which have countless benefits for the human body – these skin-loving actives are tasteless and can be incorporated into a variety of dishes on the new menu. Vegan options include their widely-loved omelette, waffle, crepes, and more. Delicious cold-pressed juices and skin shots finish off this well-rounded menu, with any of the four skin-loving active ingredients available to be added to your chosen drink and meal. EARTH is situated on 35 Main Road, Green Point, Cape Town. Follow EARTH on Instagram at [@erth_ct](https://www.instagram.com/erth_ct).



www.kanu.co.za

info@kanu.co.za

the BOND of TRUE love



Upon a visit to Kanu Wines, guests are often greeted by the energetic and friendly hounds, Romeo & Juliet.

Immortalised in this limited-edition release, these two lovers will no doubt avoid the tragic downfall of Shakespeare’s star-crossed lovers.

The Romeo & Juliet limited-release is available at the Kanu Tasting Room, Stellenbosch, and makes the perfect addition to your wine collection.

Visit The Star-Crossed Lovers on Our Farm

Premier CHOICE



MORE THAN TRADITION

Auchentoshan is the only triple-distilled Scottish whisky with a modern edge – the brand caters for all and wants drinkers to enjoy whisky the way they want to. Auchentoshan whisky, pronounced ‘OK-Ken-TO-SHan’, is the only triple-distilled scotch with heritage dating back to 1825, which has the effect of softening the flavour and achieving a resulting reputation for being ‘light’. The result is a light-bodied whisky that is delicate in flavour, but by no means bland. This triple-distillation, as Auchentoshan states, is not just tradition, but is employed because that is what it takes to create a delicate flavour unlike any other, “allowing more of the spirit character from the distillery to come through,” says Ron Welsh, Auchentoshan’s master blender. For more information, visit www.auchentoshan.com.

IN THE SPIRIT OF OMOTENASHI



Roku Gin, the latest Japanese gin to hit South African shores, invites gin-lovers to experience more than a simple G&T and engage in the spirit of Japanese hospitality, *omotenashi*, where people are encouraged to pour each other’s Roku Gin as a part of the refreshing Japanese ritual to share the spirit with friends. Roku Gin attributes its subtle flavour profile to the seasons of Japan and harvesting their botanicals at the precise time in which they blossom and bloom. Prepared with precision, the brand’s perfect-serve Japanese gin & tonic is created with ice and generous slices of fresh ginger to balance the Yuzu top notes, and should only be mixed with a good-quality tonic. Roku Gin is available at all major liquor retailers nationwide. For more information, follow Roku Gin on Instagram (@suntory_rokugin).



LIFESTYLE AT LOU LOUS

If you’re looking for the perfect restaurant when enjoying the shores of the Mother City, head on down to Lou Lou’s for a good time. Situated in Greenpoint, it has a diverse menu offering of fusion cuisines, from Asian to Italian. The food is all about simplicity, freshness and the use of seasonal ingredients. There is an unmistakable feeling of the French way of life here, as you sit with ample opportunity to people-watch while tucking into something delicious. There is charm and elegance in the décor, from the wooden deck with greenery to the leather upholstery and distinguished feel inside. Lou Lous is home to a fine selection of whiskeys, single malts, fine wines, champagnes and imported spirits. For more information, visit www.loulous.co.za.



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Great Mediterranean cooking is something to be savoured, treasured and remembered. For no other cuisine can match the exotic, yet subtle flavours that make up the favourite dishes of the region. Fortunately East London is blessed with Grazia fine food & wine, a perfect venue with a superb view over the Indian Ocean just as you might expect from a world-class restaurant with a reputation for serving the finest authentic dishes, accompanied by a wide selection of wines.

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Premier LIFESTYLE



LET THE NEW TIMES BEGIN FOR CREATION

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With the exciting launch of Creation's first gins the question can be posed: gin from one of South Africa's top cool-climate wine estates? Carolyn Martin explains: "The possibilities of what to drink with what you eat are fascinating. And so are the choices of an uplifting drink after one's meal. Although gin is often enjoyed as an aperitif we also love drinking it as a refreshing pick-me-up after the meal – especially on a warm summer's night." Well, when a master distiller and a multiple award-winning winemaker merge their considerable skills, you can expect magic. And so only the purest gin, small batch-distilled with extracts of the finest quality Italian juniper and local botanicals, is matured in second-fill chardonnay or pinot noir barrels. The result? An infusion of delightful delicacy, yet with remarkable depth. Offering two varieties – Pinot Noir Gin and Chardonnay Gin – Creation is on their way to their next success story. For more information, visit www.creationwines.com.

FROM BEAN TO BAR

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Chocoholics, say hello to your new favourite brand – Valor Chocolates. Hailing from Spain, Valor offers chocolate-lovers a wide and diverse offering of flavour and composition. Unique to Valor, they offer gluten, lactose and sugar-free options which do not compromise on flavour. Using only the finest cocoa beans from two of the finest cocoa regions in the world – Ecuador and Ghana – Valor have ensured that their products are of the highest quality. The Valor No-Sugar-Added range is sweetened with Stevia – a plant extract – and does not compromise on taste and indulgence. All the flavour, with less sugar – it's a win-win! Valor Chocolates will be available at Dis-Chem stores around the country, and in a few select regions through the Checkers and Spar groups. For more information, visit www.valor.es/en/.



BYE BYE HYPERPIGMENTATION!

<

The newly-debuted Correctives Brighter Serum from Lamelle is the first product that manages hyperpigmentation and soothes inflammation while supporting the skin's barrier function, making it ideal for managing melasma and skin barrier impairment. New studies have found that in hormonally-pigmented skin, a significant amount of skin barrier damage is taking place alongside the hyperpigmentation. Researchers found a change in the skin's pH level, especially over dark marks and spots, and tests show that applying products that are not formulated to support the skin barrier over these areas can cause skin irritation. Correctives Brighter Serum contains improved pigmentation-reducing ingredients that also calm irritation and inflammation, as well as antioxidants that protect skin cells from free radical damage (which might also drive pigment cell activation). All combined in a naturally-derived anhydrous base, the product keeps the ingredients stable without the need for preservatives.

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KVV CRUXLAND GIN WINS BIG – AGAIN



Gin fever has swept the globe with the masses thirsty for new and exciting versions of this popular spirit. KVV Cruxland Gin followed suit and crafted the only gin in the world to feature the rare Kalahari N'abbas, affectionately known as 'the Kalahari truffles'. Add to this nine signature botanicals and it's no wonder Cruxland has secured multiple awards on the international stage winning Best South African London Dry Gin for the third consecutive year. Presented with the award in January at the prestigious 2020 World Gin Awards ceremony at Glaziers Hall in London. The rare 'Kalahari truffles' bring an earthiness to this coveted gin, while the flavour profile is lifted with lemon, herbaceous coriander and a signature blend of spices.

For more information, visit www.kvv.co.za.

DISCOVERING SA'S HERITAGE WITH JOHNNIE WALKER



Acclaimed Scotch whisky brand Johnnie Walker, part of the Diageo stable, is thrilled to unveil the new limited-edition Johnnie Walker Blue Label NOMAD. The new brand pays homage to the beauty of South African heritage. Its unique packaging displays the rarest discoveries of the Motherland and uncovers the rich artistic history housed by this beautiful country. The Blue Label NOMAD series maintains the tasting notes of the well-known whisky, marrying the rarity and quality of the prestigious brand variant with a limited-edition packaging that uncovers and celebrates the rare discoveries, exploring cities and the diverse cultures of South Africa. The Johnnie Walker Blue Label NOMAD retails for R2,999 per bottle at select liquor outlets across the country, including Norman Goodfellows, The Bottle Shop and Whiskey Brothers.

For more information, visit www.johnniwalker.com.



BUILT ON MASTERFUL WINEMAKING



Situated in the picturesque Nuy Valley, Nuy Winery has built their legacy on masterfully crafted wines inspired by their exceptional terroir and fine winemaking skills. It is also this inheritance of fine wine excellence on which their wine selection is based. The selection is comprised of the Inspiration, Mastery and Legacy wine ranges and also includes Nuy Copper Potstilled Brandy, two Craft Gins and the award winning Celine MCC. Buy this 'Wine of True Character' directly from their new ultra-modern tasting room and restaurant, Nuy on the hill, situated on the R60 between Worcester and Robertson. Wines can also be purchased online.

For more information and to shop online, visit www.nuywinery.co.za.



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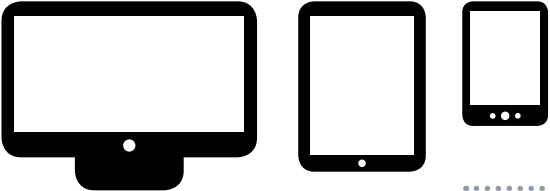
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Escape the City for a Weekend

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Drakensberg



Premier Resort Sani Pass



Sani Pass



Knysna

It's that time of year – we're already weary and ready for our next holiday. Most of us haven't accumulated enough leave yet to head off somewhere international, but a long weekend away is more than a just a great idea – it's one that's *good* for you! Scientists agree that taking a break once in a while is beneficial for your mental health, overall happiness and your physical health. But where to go?

It can sometimes be overwhelming when you're inundated with choices. First, identify who is going with you. If it's you and your special someone, then an intimate weekend getaway is just the ticket – somewhere secluded and romantic is ideal for two lovebirds! If you're travelling with kids, you're going to want to make sure that the destination you pick has plenty on offer to keep the little, medium and big ones busy for a good few hours everyday. Travelling with older people can also be tricky – you need to focus on accessible places, without too much walking on the cards.

Okay so ... at this point, you've decided who you're going with, but perhaps the destination is still somewhat of a mystery. We've gathered a few of our favourite spots for a weekend getaway. Thankfully, there's a Premier Hotel or Resort in each one of these areas, so you can stay with and share the experience with a brand that you know and love!

SOUTHERN DRakensBERG

The Southern Drakensberg has so much to offer those looking for a little rest and relaxation.

With stunning natural scenery, wide open spaces and enough fresh air to banish all of those cobwebs, this area is an ideal distance from Durban and makes an ideal city escape.

Enjoy the natural splendour of the Maloti Drakensberg Park, a World Heritage Site, and all that the park has to offer. Hiking trails are second to none in this area, boasting diverse flora and fauna, as well as dramatic vistas and secluded lookout points. Fishing enthusiasts can dive into the wilderness by trying their craft in the Mkhomazana River, while photographers snap some amazing pictures and birders keep a keen eye out for one of the rare species that call this region home.

The Southern Drakensberg is also home to a selection of historic San rock art which have been preserved with the utmost care, offering visitors a glimpse into the past. It's not hard to imagine what the San people must have seen all of those thousands of years ago as the landscape remains untouched and undisturbed by human development.

No visit to the Southern Drakensberg would be complete without a trip over Sani Pass. As the only road link between KwaZulu-Natal and Lesotho and the only road to cross the high summit of the Drakensberg, Sani Pass features some awe-inspiring scenery.

If you're looking for a base from which to launch your Southern Drakensberg adventure, look no further than Premier Hotel Sani Pass. With a picturesque setting, sensational service, and comfy accommodation, our Premier Hotel Sani Pass is just the ticket for your adventure.

Whether you opt to head off on 4x4 excursions, hit nine or 18 holes of golf or relax in the fresh mountain air, Premier Hotel Sani Pass represents the very best in Premier Hotel pedigree.

For more information and to make a booking, visit www.premierhotels.co.za/hotels/kwazulu-natal/sani-pass/.

KNYSNA

Sitting pretty on the iconic Garden Route, Knysna is only five hours from Cape Town and three from Port Elizabeth, making it an ideal weekend away destination for those living in the Cape.

After the devastating fires only a few short years ago, Knysna has emerged stronger than ever with residents rallying to welcome each tourist that brings investment into their seaside town. Like most places in SA, Knysna offers visitors the opportunity to get back to nature and enjoy the natural scenery. Hop on a mountain bike, jump on a canoe or pull on those running shoes because there's no better scenery to enjoy while exercising than the surroundings of Knysna.

Once in town, you'll have an extensive pick of restaurants, bars, shops and local hangouts. The annual Oyster Festival is also a great event to visit as the entire town comes alive in celebration of good food, great wine and even better company.

Just down the N2 from Knysna sits Sedgfield and their famed farmers market. Wild Oats Farmers Market attracts people from across the region with promises of delicious food, fresh produce, live music, delicious coffee and locally-

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World Class Africa



Premier Hotel East London ICC



Premier Hotel The Winkler



Kruger National Park



Premier Resort The Moorings

made trinkets. As a bonus, the market is also kid and dog friendly.

If you're thinking of making Knysna your next weekend escape, why not stay at Premier Resort The Moorings? The Moorings is located between the ocean, the Knysna estuary and the beautiful indigenous forest that lines the coast. Suitable for the entire family, The Moorings is a great choice for those travelling with kids. Enjoy the views, relax in the pool and explore all of the excitement that Knysna has to offer from the comfort of Premier Resort The Moorings.

For more information, please visit www.premierhotels.co.za/hotels/western-cape/knysna/.

EAST LONDON

Perhaps not always the first destination that pops into your head, East London is often overlooked and actually a great choice for a holiday. Nestled on the coast of the Indian Ocean, East London is ideal for those living in PE and looking for a break from their usual scene.

East London has some of the most picturesque beaches in the country and boasts South Africa's only river port. Most of the activities in East London involve water of some description, with tourists enjoying the warm waters of the Indian Ocean. Surfskis, canoeing, surfing and SUPing are hugely popular in this area and makes East London an ideal choice for an active family break.

With city attractions including the East London Museum, Ann Bryant Art Gallery, the East London Zoo and Hemingways Casino, there is something for everyone to enjoy in East London.

Those with a taste for exploring can head off to Hood Point lighthouse and enjoy the views with a picnic and the sounds of the ocean in the background. Sounds like the ultimate weekend escape, right?

Our Premier Hotel East London ICC is one of our signature properties. Located just across from the East London International Convention Centre, our modern hotel offering is ideal for those visiting to experience the action of this seaside city. The Emerald Spa is always a good idea with their broad treatment offering and relaxing spa packages. The hotel's 260 rooms all provide a quiet oasis after a long day of exploring.

For more information, please visit www.premierhotels.co.za/hotels/eastern-cape/east-london/el-icc/.

Our second East London property, Premier Hotel Regent is perfect for those looking for a little more seclusion and relaxation. Located just 15 minutes from the city, Premier Hotel Regent tempts their guests with panoramic views of the glittering Indian Ocean.

For more information, please visit www.premierhotels.co.za/hotels/eastern-cape/east-london/regent/.

WHITE RIVER

The Kruger National park is one of South Africa's great achievements. The dedication and determination to conservation is the envy of the world over. Tourists from across the globe flock to the Kruger every year to experience the magic of this national park. Filled with wildlife and

conservation efforts, the Kruger is a triumph of South African dedication.

White River, located just 30 minutes outside of Kruger, is a great travel destination. The area is quiet and known mostly for farming, with most producing vegetables, flowers, tropical fruits and timber.

A small town on the surface, White River has a lot more to offer than you might think. The White River History and Motoring Museum is perfect for history buffs who love learning more about the areas they visit. Wine lovers can enjoy a tasting at Rottcher Wineries – one of the only wineries in the region.

Of course, the big draw for White River is its proximity to the Kruger National Park. Hop on a safari vehicle and enjoy as an experienced guide takes you off into the wilderness to get up close and personal with some of the biggest, rarest and more iconic animals in the world. Enjoy a bush breakfast, a sunset drive or both as you try to get the most out of your weekend getaway!

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For more information, please visit www.premierhotels.co.za/hotels/mpumalanga/white-river/the-winkler/. 🍷

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Moving to Greener Pastures

Text: Tracy Meyer | Images © iStockphoto.com

There are many plus sides to living on an estate – open spaces, lush greenery, and an intangible sense of community. Lifestyle estates, predominantly mountain and golf estates, are a hot commodity in South Africa, due to all of the natural beauty which surrounds them and the security they can offer residents. While young adults and those in their early thirties tend to opt for more central, smaller housing options, there is no denying that when it comes to families looking for a place to live, secure estates are the top choice. Here we look at the basics of estate living, the pros and cons, and why they have become so popular locally in recent years.

Let's start with the benefits of estate living:

SENSE OF COMMUNITY

While it is certainly possible to find a safe and secure house, flat, or cottage for a good price, those who seek out estate homes are often looking for something different altogether. It is the sense of community that comes with living in an estate that sets this type of lifestyle apart. Due to the fact that residents within a security estate share many amenities such as playgrounds, swimming pools, and clubhouses, residents tend to naturally be more involved in the community of the estate and are more inclined towards neighbourly engagement.

SAFETY

When looking for a place to live, there are certain criteria that most of us look for. Security, location, and price are at the forefront of most people's minds when considering where to buy or rent. For families, however, it is the former

that often takes priority, and understandably so. Parents want their families to feel safe, but not to the detriment of a good quality of life. In this sense, residential estates tick all the necessary boxes. Aside from the fact that estates as a whole are enclosed, there are the added security benefits such as access-controlled entrances, on-duty security guards, and alarms managed by third-party companies, which provide that extra sense of security. It is this peace of mind that often only comes with estate living, making this lifestyle so sought after.

DESIGN UNIFORMITY

Most estates have somewhat strict building and aesthetic restrictions. Due to visual uniformity being a defining feature of estates, it is important for estate management to ensure that the aesthetics of the houses remain similar throughout. To ensure consistency, residents are often restricted to certain colours, structural designs, and even vegetation. It is important to make sure that you are aware and happy with these rules before committing to living in a specific estate.

AMENITIES

The amenities that come with living in an estate are also a big part of why estate living is so desirable. For example, having a restaurant or clubhouse on site makes it convenient and easy to sort out a meal when you don't feel like driving too far for a bite to eat. The same goes for kid-friendly activities. Similarly, communal playgrounds and walking trails within these estates afford parents the luxury of not having to venture very far to find somewhere for

their children to play outdoors and prevent them from being stuck inside all day. Another amenity which makes living in an estate so desirable is that they often have gyms or fitness centres which residents have free access to. It is all of these bonuses that come with living in a gated community that make it that much more appealing.

However, although all of the above benefits are great, there are also drawbacks to living within a residential estate. Let us examine them:

LOCATION

A further drawback of living in a residential estate is the location element. Although many people who desire estate living do so in order to lead a somewhat quieter suburban life, this element can still be problematic. Because residential estates are often characterised by the fact that they have a lot of open space and are surrounded by nature, this means that most of the time they are far from the city centre, where most corporate offices and business activities are located. That being said, it is sometimes for this exact reason that homeowners tend to seek out estates. Ultimately, it all comes down to personal preference.

In South Africa, residential estates are developing at a rapid rate. The desire to live in gated communities is constantly on the rise and real-estate developers are doing their best to keep up with this demand. However, as with most things in life, estate living comes with both pros and cons. It is important to consider both the advantages and disadvantages of living in a residential estate before making this long-term commitment. 🍷





From Zero to Planet-Saving Hero

Text: Maxine Volker | Images © iStockphoto.com



The zero-waste movement has really taken off in recent years. From reusable straws to environmentally-friendly shopping bags, the entire world has jumped on board with this important eco-conscious trend. Although the zero-waste movement exists in a multitude of areas, gastronomy is one area in which it is especially prominent – and critical. Consumers, chefs, and restaurant owners around the world are constantly on the lookout for new and innovative ways to reduce waste in the kitchen. So, what exactly does zero-waste in food look like?

Food waste is food that is lost during any of the four stages of the food supply chain – producers, processors, retailers, and consumers. During the initial stages, crops can be subjected to pest infestations and severe weather, which cause losses before harvesting even begins. Further along the chain, food waste occurs when produce gets damaged during transport or is thrown out by retailers after reaching its expiration date. However, it should be noted that over-buying and over-prepping are some of the most common ways in which produce is wasted. In his 2017 documentary “Wasted! The Story of Food Waste,” renowned chef and documentarian Anthony Bourdain shone a light on the global food-waste epidemic, revealing that 1.3 billion tonnes of food are thrown out each year.

So, what is zero-waste cooking? Pretty much exactly what it sounds like. Although getting rid

of all waste is sometimes unrealistic, the purpose of zero-waste cooking as a practice is to get as close to this ideal as possible. Unsurprisingly, this process begins with reducing the amount of food bought in the first place. The idea here is to only stock ingredients that you will actually use. From here, you will need to put in a bit more effort. The time between when you bought your ingredients to when you eat them is vital. Properly storing ingredients and accurately measuring temperatures for foods that spoil quickly are the two main ways in which produce longevity can be boosted. Additionally, the zero-waste movement places emphasis on crafting menus that utilise as many of your ingredients as possible. So, if you buy a specific ingredient for a specific dish, think about how you could use the rest afterwards, as opposed to throwing the by-products away.

It is not only consumers that have started making a concerted effort to reduce food waste. Zero-waste cooking is becoming one of the biggest culinary trends in restaurants as well. One establishment that is particularly committed to sustainable dining is Silo Brighton in the UK. The zero-waste restaurant has no bins in the kitchen and all leftovers are composted and returned to growers. In another example, the team at the Fairmont Hotel Vier Jahreszeiten in Hamburg uses glass storage jars instead of plastic bags wherever possible, and also repacks produce into reusable plastic boxes

on site. The hotel further emphasises waste-control by collecting coffee grounds to give to local hobby farmers for fertiliser.

Some forms of food waste are largely unavoidable. A simple example of this would be the skins you peel off your carrots and potatoes when preparing a wholesome winter stew. Although the skins *are* edible (and very nutritious), many people prefer to cook without them, usually for aesthetic and hygiene purposes. Technically, this is considered waste, although that would be looking at it from a highly pedantic standpoint, as no one considers you an environmentally-unfriendly monster for throwing out the skins of your veggies. In light of this, the zero-waste food movement encourages finding creative ways to use these residual products. Some examples might include using bones or scraps from vegetables to create broths, or frying potato skins to be served over other dishes. Orange and lemon rinds can be used in cocktails, and coffee grounds can be used to flavour ice cream.

As with most things in life, these tactics are easier said than done. Committing to the zero-waste food movement requires constant consideration, innovation, and compromise. However, if we all do our bit, we will all reap the rewards. There is no shortage of successful restaurants employing innovative methods to reduce waste, meaning that the rest of us have no excuse. 🍴

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Cutting-Edge Artificial Intelligence Trends

Text: Phindiwe Nkosi | Images © iStockphoto.com





Artificial Intelligence (AI) assisted bookings with personalised comforts? Check. Improved customer satisfaction with AI-infused chatbots? Check. Automated robotic waiters, voice-command room features, and AI concierges that work and play with guests and hoteliers? Check! With the age of AI upon us, you may be wondering what is next. Here are some ground-breaking AI trends that are going to shake up the South African business travel market like never before.

Those that have been in the industry long enough can testify that just because something was done in the United States of America's tech-savvy Silicon Valley or other pioneering locations, does not mean that it will produce the same sterling results in the rest of the world. While automation is key to AI, there has got to be a level of personalisation that is tailor-made for that particular guest. Blanket approaches simply do not cut it, particularly among esteemed business tourists across the African continent. It cannot be business as usual, or merely adopting AI because the Fourth Industrial Revolution is upon us. Here are leading AI trends that are handpicked for business travellers navigating the South African terrain.

SAVING APPS

Apps, no matter how sophisticated or user-friendly, are not new. AI-powered apps are already being adopted within South African perimeters to open hotel doors and pre-arrange personalisation options like room temperature and bar-fridge preferences, as well as to find nearby attractions, book them, and pay for them. These apps can additionally be used to book a rental car, change flight dates, order specific meals for conference attendees, and attend to almost any concerns and special requests.

The most recent universal trend is to not just create apps that thrill and offer unmatched convenience, but for the apps to partake in saving the world. Apps can be used to instigate interest in environmental issues and to combat global warming in one way or the other.

In some cases, although mostly on the international front, guests can use these apps to request buckets which they can use when showering, in order to restrict excessive water usage. From saving water to recycling towels and

highlighting environmentally-sourced organic food, these helpful apps – and their endless possibilities – are trends to watch out for this year.

ROBOTIC SELF-DRIVING SUITCASES

For too long the misconception that AI in the travel space was primarily for digital usage has been perpetuated by the ill-informed. In as much as AI was seen as a digital catalyst of note, its uses in the real world were questioned – that was, until various AI-inspired innovations breathed new life into robotic suitcases that made the load lighter for travellers (pun intended).

Although many are in the prototype stages, the phenomenon of self-driving suitcases is one that has rattled the space. Take Travelmate Robotics' bag for instance. It is a fully autonomous suitcase and robot that follows you, as the traveller, around, thereby allowing you to keep both hands free. It can charge your phone, move vertically or horizontally, and functions rather impressively even in a crowded place. Not to forget its onboard LEDs and how its GPS locatable feature offers peace of mind knowing your belongings are traceable.

Another self-driving suitcase worth mentioning is the Puppy1 by Chinese firm 90Fun. This Segway-powered, self-balancing hard case puts up an impressive show by following the leader via the use of a remote control. Receiving great reviews, and definitely something to watch out for, is the model by ForwardX Robotics called the CX-1. It is equipped with a front camera and is also homed in on a special wristband that is worn by the traveller that it is following.

ONE STEP FOR [MARGINALISED] MAN

The struggle for job creation and employment in South Africa is not a new one. It is known across the world that we have among the highest unemployment rates in the world, particularly among the youth and minority groups. There is, however, good news for people living with disabilities on the job front, thanks to emerging technologies. Gartner, the well-known research firm, has predicted that by 2023 AI and emerging technologies will have helped to create three times more jobs for people living with disabilities. This is also due to AI helping to minimise the prevalence of barriers that prevent equal job access.

As it stands, there are various case studies across the world wherein people living with

severe disabilities were taught to operate automated robotic waiters from remote beds, using sophisticated eye-tracking technologies. This helps to create jobs for those who need them most, and can also add to a sense of self-worth, as it allows all people to somehow interact with the outside world, even from hospital beds. AI is raising various forms of employment within the hospitality sector to offer job opportunities to the marginalised.

FROM THE INTERNET OF THINGS TO THE INTERNET OF BEHAVIOUR

Business traveller trends are drifting away from the obvious types of AI, and leaning towards competitive intelligence. There is a quest for more, particularly in the area of artificial emotional intelligence (AEI), which is being pursued by bigger companies in an attempt to better understand their customers through the accurate detection of people's emotions and how this influences their buying decisions.

Thanks to added emphasis in the market on the advancement of computer vision – which has to do with AI identifying, interpreting, and navigating physical environments – business travellers can expect more emotional recognition and tangible encounters with AI-inspired creations.

Leading accommodation establishments are forecasted to zoom in on facial recognition, facial expressions, location tracking, and big data – to link individual behaviour to digital (or physical) actions like opening the curtains, switching off the light, or buying a plane ticket. The Internet of Things (IoT) – which has to do with physical things being directed to do certain things based on observed operating parameters – is now being explored and transferred to people. This rising concept is better known as the Internet of Behaviour (IoB).

All in all, state-of-the-art AI trends to look out for, particularly within the business tourism segment, are those that offer solutions to individual and global challenges. Prepare for a terrain where AI seamlessly overlaps with the digital and physical spaces. Expect “personal” encounters, where objects follow you around, and a breath or eye movement can trigger physical or digital actions to the thoughts you may not have even voiced out yet. AI trends are shifting towards offering business travellers intimate and helpful encounters to elevate their business trips, and leave you wondering: “How on earth did it know that?” 🙄

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The Importance of Electrical Independence

Text: Daisy Holder | Images © iStockphoto.com



If we're all honest, technology means *a lot* to us. We use something electrical almost every minute of almost every day and some will say it's a plight of the younger generations, but alas, load-shedding has been a far-reaching annoyance. In light of this, we got to thinking about how we can wean our homes off the national grid, and supplement our power usage with solar panels, inverters, batteries to store grid power or even a sneaky invention from Elon over at Tesla.

Here is what we found out...

First, let us identify the biggest electricity users in most homes – geysers, pool pumps, ovens, and dryers. All of these applications (except perhaps the dryer) are fairly essential, and having them powerless is frankly annoying – and even costly in the long run. There have been reports of power surges damaging the thermostats on older geyser models, and honestly, who needs that extra expense and admin? Replacing a geyser is no easy or cheap task. The appliances that are most affected by power surges are televisions, routers, and cables boxes (such as DSTV), and we all know how hard it can be to get certain service providers out to your property to fix an issue.

The solution is simple – get your home off the grid, even if just in part. There are plenty of viable alternative energy solutions that can see your home work either completely or partially independent of the national grid in no time at all.

Let us consider the financials. Firstly, you need to adjust your mindset – moving away from the grid is not meant to be a quick fix. Instead, look at it as an investment similar to

that of a new kitchen. Why? This is a unique selling point, and you will be able to add plenty to the asking price in reward for being ahead of the curve. Your average 300W solar panel ranges between R1,900 and R3,000 – of which you will need several. For an average two-bedroom house, you are looking at around 20 solar panels which, on an average South African salary, does not look that possible.

In South Africa, complete power independence is expensive, and most opt to simply supplement their usage with solar panels and batteries, plus inverters to store that extra power. When looking for your battery capacity, you need to look at your usage in peak hours. Even when there is no load shedding, my pool pump, geyser, oven, and tumble dryer are never all on at the same time. My house would likely explode. Even so, calculating your battery needs by using your peak electricity usage as a guide is a good start – better safe than sorry when it comes to power outages.

Tesla, as they do, came up with a winner when they developed the Powerwall. Intended to act as a home energy-storage system, the Powerwall can store solar energy for consumption, back-up power, and off-the-grid use. Priced at \$14,100 for two Powerwalls and the supporting hardware – which works out to over R200,000 – having a back-up power system designed by Tesla will certainly attract the high-end buyers that most upmarket property developers are looking to attract. However, the majority of us will have to wait for a few knock-off versions to hit the market before we dive into the world of the Powerwall.

Even if you do not have solar panels, inverters are a good starting point for surviving load shedding. Starting at around R1,500 and going right the way up to over R10,000, there is an inverter solution for everyone. Some are just strong enough to power a TV and a fan (essential during summer) while others can keep your lights, TVs, and internet on – it all depends on your budget.

Back-up generators are another property value addition, but probably the messiest of the options. Usually burning petrol, generators are loud and often not allowed on residential estates because they disturb the peace. Generators are a better solution for commercial properties or bigger plots where sound pollution would not be an issue.

Pool heating, while not a concern for everyone, can also be weaned off your electricity bill through a simple system running water into black pipes exposed to the sun. These systems are easy to install and maintain, and really do work in the long run. They are incredibly effective and can make a real difference in your electricity bill every month. Plus, it is a great selling point!

Property investors, sellers and owners all have something to gain by making a decided effort to take a step away from the national grid. There is also the environmental aspect that South Africa, at present, generates electricity by burning coal – which is undeniably terrible for the planet. Do some research of your own and get innovative with your ideas, just be sure to turn to the professionals for instillation. 🙌



Hinged on Local Knowledge

Text: Phindiwe Nkosi | Images: iStockphoto.com

Nature knows best – in nurturing, survival, and sustainability. It is against this backdrop that nature-inspired African indigenous knowledge, practices, and ingredients can by no means be sidelined when it comes to setting the trends for production of sustainable and locally-made cocktails and spirits. If the food and beverage industry is to have a shot at greener initiatives for the sake of our environment, both the service providers and consumers need to work together to make lasting sustainable changes, one sip at a time.

Savvy modern-day consumers are no longer interested only in taste and appearance, but dare to call for greener footsteps. Product origin, fair trade, ethical values, and sustainability are concepts that the food and hospitality industry can no longer walk away from. In a time like this, there has never been a greater call for local

indigenous knowledge, practices, and ingredients to set the standard on trending cocktails, spirits, and drinks.

PURPOSEFUL DRINKING

Nature is not just about looking pretty – everything is intentional. This is the line of thinking that is adopted by those who opt for an indigenous education. Rather than serving cocktails filled with artificial flavours and no nutritional value whatsoever, the trend is to have drinks that do more than just quench the thirst – they nourish the body in one way or the other.

This can be done by leaving out artificial flavour enhancers and adding more fresh ingredients – for example, squeezing out fresh lemon juice from the fruit instead of adding drops of fake lemon flavour. Toxic artificial colourants can also be discarded, because while they may help

to entice the eyes, they harm the body. Indigenous knowledge upholds the stance that, while cocktails can be appealing, the human body is not just for enticing with artificial ingredients and quick-fix sparkle that harms the living and the earth.

REDUCE BAR WASTE

Sustainability is an all-consuming lifestyle. The trend is to not only think of one or two “greener” cocktails, but to incorporate indigenous knowledge into preparation methods and the way ingredients are sourced, and thinking of sustainability in every aspect of coining new and improved beverages.

The reduction of bar waste comes about when resources are used in a smarter way, such as through the infusion of more edible garnish, using fewer ingredients, or serving room-temperature cocktails. The mindset is one founded on going further than the here

and now, to thinking of ways to do no harm (perhaps even do less damage) to self, others, and the environment.

LET NATURE IN

Indigenous knowledge is hinged on a holistic approach – using that which is, by opting for nature rather than the natural. It is about embracing diversity, receiving from the earth, and thinking of sustainability that will outlive us and continue in generations to come. This thinking can also be extended to cocktails through the use of more seasonal ingredients that are in abundance.

The buzzing trend when it comes to sustainability-focused cocktails and spirits centred on indigenous knowledge is to have an on-site beehive. For a less sticky tip, one can opt for fresh herbs and produce from an on-site organic garden or from local green-

thumbled, small-scale farmers. This not only lowers the cost but can lead to the use of fresh ingredients, and perhaps even job creation.

FOOD-INSPIRED COCKTAILS AND SPIRITS

There is a fine line between food and cocktails – thanks to the rising trend of food-inspired cocktails and drinks, things can get a bit blurry, but also oh-so delicious! Elite bartenders are moving away from your typical lemon, mint, and cucumber gin cocktails, and captivating the distinguished palate with more crunch, such as with the incorporation of popcorn into cutting-edge cocktails. Food-elements are interrogated and repackaged – for example, opting for dramatic candy floss instead of your typical sugar granules.

You also get the bartenders who dare to go a more natural route, through practices such as

incorporating African concepts like the bone broth of hand-raised fowls and Nguni cattle into cocktails. Beloved African favourites like curdled sour milk and sorghum maize drinks are also finding expression in the growing trend of food-inspired drinks with local-favourite tastes.

According to Forbes, mushrooms are also a popular food infused in drinks; a trend to look out for when it comes to cocktails. They are nutritious and add interesting flavours to form exciting new concoctions. As it stands, bartenders are already using them to spice up cocktails, fungi Irish coffee, sparkling wine, and vodka.

If one thing becomes clear from this debate, it is that it should not just be the end product that trends, but the entire process, which is hinged on indigenous knowledge aimed at a more sustainable outcome. What seeds are you planting to answer the call for more sustainable drinks? 🌱

CLASSIC & CONTEMPORARY FRENCH FUSION

The newest addition to the Franschhoek scene is a restaurant truly designed for Franschhoek. Both in concept and in name, the aptly named Le coin Français, the French derivative of Franschhoek, embodies the essence of the valley in heritage, cuisine, art, and wine. Featuring cutting edge methods that meet time-tested French elegance in cuisine, Le coin Français offers two structures of fine dining tasting menus for dinner – both with excellent pairing options – as well as an a la carte menu for lunch which enables people that are less adventurous (in mind and in pocket) to experience the same caliber and sophistication of cuisine in a more casual and approachable setting. Bookings are essential at least 2 weeks in advance, and can be made online at www.lecoinfrancais.co.za



Fashion's Saving-Grace Fabric

Text: Shannon Correia | Images © Jacobus Snyman



MARUTSCA.COM is a fashion brand that represents the best of the future in fashion. It is rooted in sustainability, presenting micro-collections of the finest linen clothing. We spoke to the two names behind the brand: Marutsca Breitenmoser herself and her partner Simon Heesom-Green. The duo heads up the planet-friendly company and is excited to share its philosophy and products.

Marutsca has always been creative. “Art, texture, architecture, and design have always fascinated me,” she says, adding that, for her, “becoming a designer was a natural process.” Since her start in the industry, she has accumulated 32 years’ worth of experience – her studies and the work she did thereafter took her from home in Cape Town to vibrant London and Zurich.

Simon’s journey in fashion also began in the city of Cape Town, where he met and worked with Marutsca. He also has a three-decade-long history in the fashion industry, manufacturing garments. “In between I started a sewing training school in Paternoster to help create

an alternative source of income for the local women,” Simon says. “I was delighted when Marutsca contacted me in February last year regarding teaming up to design and produce beautiful, relaxed, pure linen garments.”

“Good design really means less of everything. Less, but better, because we concentrate on the essential aspects and our products are not burdened with unnecessary details – pure and simple,” says Marutsca. “Confidence requires knowing yourself and wearing what you feel best in. Minimal is chic; I have the talent to erase details and bring you the essence. I love linen because it goes with every season of the year.”

MARUTSCA.COM’s tagline is “Considered design. Consciously made. Comfortable fit.” In order to achieve this, all designs are trialed and tested before going into production. During this time, garments are worn, washed, and lived in, resulting in feedback for the brand. Furthermore, the brand is all about being kinder to oneself and the planet, in times of marketing onslaught and an overwhelming amount of consumer decisions.



The brand began with an understanding of what is needed from a garment when designing items. “The question of what you want to own is actually a question of how you want to live your life,” says Marutsca. “They must be easy to put on, comfortable, and geared to combine with what is already in your cupboard... It has to be comfortable and practical, not boring.”

MARUTSCA.COM offers a staple collection which is always available. These are the classic styles and form the basic range. There are also more detailed garments in new designs, which are introduced on occasion. Marutsca says these are “produced in a complimentary linen and in limited quantities. Once it is sold out, it’s not repeated.” These items have been designed to wear as complements to the basic collection.

“Smaller, planet-conscious businesses have an opportunity to enter the market and be part of making a consciousness shift in the fashion industry” notes Marutsca. The brand has a ‘boardroom to beach’ philosophy, in which their designs aim to have universal appeal. The concept centres on having versatile garments, thereby requiring you to have less. “It also speaks to the timeless quality of the designs and fabrics and that you can wear them everywhere and anytime.”

One of the most harmful industries to the environment is fashion. Since this sentiment has been popularised, the word ‘sustainability’ has become a buzzword which has lost its meaning. MARUTSCA.COM addresses the concept in five different ways: taking care of its workforce with fair trade and decent payments; using the most eco-friendly fabric possible; producing in small quantities; adopting conscious style with basic ranges and limited editions; and ignoring trends to focus on quality and consuming less.

Customers who sign up for the MARUTSCA.COM newsletter on the website receive a special offer to purchase a ‘Survival Kit’ – the quintessential travel buddy. It is a linen drawstring bag, which can double up as a bread bag. Inside is a pareo, or a large wrap. “Wrap yourself in it; it’s a dress, a sarong, a towel, a scarf, or a sheet when the nights are too hot,” says Marutsca.

Everything in the bag serves multiple, incredibly useful purposes. There is also an eye bag infused with Ylang Ylang from Seychelles for tired eyes, headaches, or power naps. It can be warmed in the microwave and used as a hot-pack for sore muscles, stiffness, or cramps. These are often ailments from

travel and/or work, making this kit one that is very useful.

All of MARUTSCA.COM’s products are “designed for people who are travelling a lot, for de-stressing, for survival in this chaotic and stressed-out world, for being kinder to ourselves and looking after ourselves within the spaces we have available to us, be it in hotels, guesthouses, planes, cars, or at the office,” says Marutsca.

For more information, please visit www.marutsca.com. 🛍️

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A Dedication to the Female Form

Text: Victoria Gianni | Images © Nanette Ranger





Starting off in a creative household, local artist and sculptor Nanette Ranger went on to study artistry and build a successful career based on it, which she has been working on for the better part of three decades. Inspired by nature and everyday happenings around her, Ranger's artworks begin with a simple concept which evolves as the work develops, both consciously and subconsciously – "I think more about the work and express that process through the sculpture, so the work communicates back to me. The process is often more of a feeling or an emotion – a two-way dialogue between myself and the work," explains Ranger. Morphing from original concept to end result, Ranger lets the materials and the creative progress itself guide the development of each and every piece.

Ranger works long hours with a dedicated and skilled sculpture team. "I also run my own art school because I enjoy interacting with people and sharing my knowledge with other art lovers. Having a dual stream of income such as this is often crucial for creatives to achieve some type of financial balance in the volatile and unpredictable art market. Making a living with your art is very possible, but it's certainly not easy," says Ranger.

Ranger's main focus in her work is that of the female form. "As a woman, I relate to it directly – it feels authentic to me. I love combining the female body with natural textures and forms: small creatures, birds, lizards, chameleons, and so on," she explains. When discussing the meaning of her work, Ranger explained that her "work seeks to explore and reflect on the natural

world and the metaphysical power gained from a personal immersion in said natural world. It considers the duality of this connection and the possibility of reconnecting with an intrinsic self."

Ranger's medium of choice for her sculptures is bronze. It took a long time before she could start using the medium, as it is expensive, but she always loved the look and feel of bronze sculptures. "It is such a great material to use, with an innate beauty, strength, and durability, and through the process one can achieve such detail with it. I really feel that the sky's the limit with this sculpting process, and there are so many ideas that I still aim to realise with this medium," says Ranger.

Ranger is currently working on larger-scale pieces for sculpture gardens and public spaces. "My work is primarily aligned with

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environmental issues and themes and the interplay between those themes and humanity.” The artist has chosen to create beautiful sculptures to engage and draw people into a work that may, upon closer inspection, reveal a message that may be difficult to confront. “I am a firm believer that a small spoon of sugar makes the medicine go down,” explains Ranger, adding: “My sense is that it is easier to embrace a difficult paradigm through the portal of beauty than to be confronted with its stark and immediate reality and, potentially, your own culpability in that reality. I really think that a

softer approach allows people time to gently reflect, realign, and integrate their thinking with a new current of change. Lasting shifts in consciousness happen through attraction, awareness, thought, quiet introspection, and personal volition to make the change.”

Ranger has also been working with Creation Wines in Hermanus on a collaborative exhibition. The conceptual premise of respect and connection with the earth resonates with both the artist and the winemakers. “For the past year, we have been constantly working at creating a synergy between art, wine, and food.

In addition to my sculptures being exhibited in their beautiful garden and tasting room, I have also made moulds and cut-outs for the food produced for their fine-dining menu, reflecting the shapes used in my sculptures,” says Ranger. The staff members working in the tasting room have been well briefed about the art, and they benefit by receiving a commission from each sale made. “This project has taught me how one can grow beyond oneself by collaborating with others. Working with someone as positive, creative, and efficient as Carolyn Martin has been a real privilege,” concludes Ranger. 🍷

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How Recycled Water Could Revolutionise Sustainable Development

Text: Tamara Avellán (Research Fellow – Water Resource Management Unit, United Nations University) for TheConversation.com | Images © iStockphoto.com

By 2025, water scarcity will be a daily reality for an estimated 1.8 billion people. In a world where vital resources are increasingly scarce, nations cannot afford to flush them down the drain. But, sadly, that is exactly what we do. After we use water in our homes and businesses, it is washed away, and takes many valuable resources with it.

Wastewater is rich in carbon and nutrients and, if collected and treated properly, it could provide new water, fertiliser, and energy. A number of nations and major cities have already built sophisticated wastewater treatment plants that effectively recover nutrients and bioenergy, and produce “new water” that can be reused. But more than 80% of all wastewater still currently flows into natural ecosystems, polluting the environment and taking valuable nutrients and other recoverable materials with it.

THINK SMALLER

While wastewater systems in large cities are often effective, they are also very expensive to construct and costly to maintain and operate. This is still better than the situation in smaller cities. There, you frequently find badly adapted systems that lack the necessary staff to perform the needed maintenance and operation.

In Latin American countries, those living in small and medium-sized cities have, at most, onsite treatment, in the form of septic tanks that lack regular and proper maintenance.

This is even more problematic if we consider that, according to the United Nations

Population Fund, the populations of small and medium-sized towns will double in Latin America over the next 15 years and double again in the coming 30 years. And yet, most efforts to improve wastewater management focus on the region’s big cities.

SAVING TREES

Imagine that outside one of these small cities lies a lovely piece of land: on the surface it is aesthetically pleasing and provides refuge for local wildlife. Beneath the surface is a wetland that treats wastewater and produces energy. The energy produced saves families from having to resort to using firewood collected in the wild or manure for cooking purposes. What’s more, the outflow of this wetland can be used safely in crop irrigation.

This is not a dream scenario. It is called a “constructed wetland environment” and is already in practice on a small scale worldwide.

As part of a team looking into the potential of constructed wetland environments, we have analysed 800 examples of biomass in more than 20 countries. We found that, depending on climate and the type of plant used in the construction of this type of wetland, up to 45 hectares of land could be irrigated using wastewater on a daily basis. This would reduce the need for fresh water for irrigation and energy for pumping.

Under this system, a hypothetical community of 60 people would require a wetland area of about 420 square metres. And this wetland could supply the community with 630 kilograms per year of dry biomass, which could go on to produce ten gigajoules per year of energy.

To put that in perspective, an average household in Ethiopia requires about seven gigajoules for cooking and there are about five people per home, so the annual energy requirement for cooking in this community of 12 homes is about 84 gigajoules.

The biofuel produced by the wetland can therefore supply about 12% of the cooking fuel needs of the village. And by reducing cooking fuel needs by 12%, this village can save half a hectare of forest per year on average.

WE CAN STOP WASTING WATER

Another solution is constructing decentralised wastewater treatment plants in affected communities. Unlike city wastewater treatment plants, in decentralised plants, raw wastewater is treated directly where it is produced instead of being confined in the sewer system. In rural areas, this setup can provide ready access to clean water and reduce environmental pollution.

Due to their relatively small size and low carbon footprints, the negative impact these plants have on the environment is lower than traditional plants. Another bonus is that each site can be tailor-made to suit local climatic conditions, aesthetic requirements, water quality demands, and intended use of the water.

There is no longer any good reason to waste any type of water. Collecting and exploiting wastewater is both technically feasible and financially justifiable.

If properly managed, the water we have already used stops being an environmental hazard and becomes an affordable and sustainable source of energy, nutrients, and other recoverable materials. 🌱



THE CONVERSATION

Lean, Green Porsche Machine

Text: Wilhelm Loots | Images © Porsche SA





The first car designed by Ferdinand Porsche in 1898 was an electric car, so the history of Porsche begins with the electric drive. More recently, Porsche has made it very clear that its future will also be electric and, turning its words into actions, the iconic sports car manufacturer recently unveiled the all-new, all-electric, all-wheel-drive, four-door Taycan.

As part of the global unveiling and introduction of the eagerly anticipated Taycan, Porsche invited 365 members of the world's media to drive it from Oslo to Stuttgart in what Porsche billed as the Taycan Roadtrip Europe. Media from 46 countries took part in the expedition, driving a total of 87,930 km between them. That equates to more than twice round the world. We were afforded the opportunity to drive the Taycan from Berlin to the Porsche factory in Stuttgart on the final two days of the 19-day road trip, that navigated nine countries in total.

PORSCHE PEDIGREE

Breaking new ground in the best Porsche design tradition, the new Taycan is an emotionally charged, four-door sports saloon that carries the unmistakable Porsche design DNA. Its side silhouette is defined by the sporty roofline sloping downward to the rear – called the “flyline” by the Porsche designers – and like the Porsche 911, the front and rear silhouette shows the unmistakable small head on large shoulders. The highly sculpted side sections are also characteristic of Porsche's design philosophy. At the same time, with its clean, pure approach and innovative elements such as the Porsche lettering in glass-effect in the rear light bar, the sports saloon signals that, at first glance, a new era has begun.

BACK TO BASICS

Inspired by the original Porsche 911's cleanly styled dashboard from 1963, every detail has been reduced to the essentials, as the Taycan's driver-

focused cockpit kick-starts a new era with its clear structure and a completely new construction. All user interfaces have been completely redesigned and, very impressively, the number of classic hardware controls such as switches, buttons and dials has been greatly reduced. Instead, control is intelligent and intuitive, using touch operation or the voice-control function, which responds to the command, “Hey Porsche”.

The innovative instrument cluster consists of a curved 16.8-inch screen with the rounded look that is typical of Porsche, and offers four display modes for the instrument cluster. The wing-shaped upper and lower sections of the dashboard stretch across the entire width of the car, with a central 10.9-inch infotainment display that forms an integrated glass band in a black-panel look, thereby blending in visually with the interior.

All vehicle configurations for the Taycan, as well as a host of apps, can easily be set via a clearly structured and customisable home screen. Apps include navigation, telephone, media, comfort and Porsche Connect. And for the first time, front passengers in the Taycan have the option of their own touch display, allowing them to easily alter settings without distracting the driver.

The sloping centre console intensifies the feeling of a low seating position, as you would expect from a Porsche. It features a large 8.4-inch touch panel with haptic feedback, which is a welcome addition to touch-screen technology as it allows for “blind” selection of certain controls.

HIDDEN UNDER THE HOOD

During the historic road trip, we had at our disposal two derivatives of Porsche's new electric sports car: the Taycan Turbo and the Taycan Turbo S. Both derivatives are fitted with Porsche's 93.4 kWh Performance Battery Plus, with a range of 450 km for the Turbo and 412 km for the power-hungry Turbo S, calculated using the rather optimistic WLTP standard. Both derivatives are motivated by two permanently excited synchronous motors,

front and rear, with a two-speed transmission installed on the rear axle. The first gear ensures better acceleration from a standing start, while the long second gear ensures high efficiency and power reserves even at very high speeds.

Breath-taking acceleration, superior traction and continuously available power output are the basic requirements for a true sports car. The new Taycan meets all of these requirements and more. The top-of-line Turbo S version of the Taycan can generate up to 560 kW overboost power in combination with Launch Control – enough to accelerate from 0-100 km/h in a blistering 2.8 seconds and on to a top speed of 260 km/h.

The Taycan Turbo delivers up to 500 kW for an equally impressive 0-100 km/h in just 3.2 seconds, and the same top speed as the Turbo S. The Turbo S reaches the 200 km/h mark in just 9.8 seconds, while the Turbo takes 10.6 seconds, placing both of these four-door, all-wheel-drive sedans squarely in the supercar arena.

Linear acceleration and instant torque from the Taycan's two electric motors make for brutal acceleration, even when accelerating from a constant speed, whether from 120 km/h or 200 km/h. And unlike most other electric cars, the Taycan can do multiple Launch Control starts from 0 to 200 km/h without the battery overheating or the car going into limp mode. In fact, the driver will more than likely tire long before the Taycan needs a recharge. Be prepared for a slew of YouTube videos of the Taycan blowing away internal combustion supercars on drag strips across the globe.

Still, the Taycan is everything but a one-trick drag-strip pony. From uncompromisingly sporty to comfortable, the chassis of the new Taycan offers a broad spectrum, with the choice between the precise handling of a sports car and the long-distance comfort of a saloon. Porsche uses a centrally networked control system for the Taycan chassis, effectively adding a fourth dimension to the various chassis control systems. This includes active suspension management, adaptive air suspension, active roll stabilisation

and torque vectoring – all of which ensures electronically controlled response times up to four times faster than comparable hydraulic systems in non-electric cars.

As a result, and as we experienced first-hand, the Taycan glides effortlessly and silently through city streets, rakes in the miles on the derestricted autobahn, and exhilarates with its pinpoint accuracy and stability on the winding, undulating roads through the forest of Bavaria. Even in inclement weather, as we experienced on our second day in the hills of Bavaria, the Taycan perfectly demonstrated its all-weather capabilities. On cold, wet, slippery roads through the forests – made even more treacherous by a carpet of fallen leaves – the all-wheel-drive Taycan showed that it can cover any ground swiftly and securely thanks to the genius of Porsche engineering. More than anything, the Taycan proved that it is a true Porsche in every way.

ON THE TRACK

Optimised for a combination of street, track and endurance performance, a pre-series production Taycan set a new record for four-door, all-electric sports cars on the Nürburgring-Nordschleife in a time of seven minutes and 42 seconds.

And to showcase its endurance qualities, a pre-production Taycan successfully completed an endurance run over 24 hours, covering a record-breaking distance of 3,425 kilometres for an electric car as part of a test at the Nardò high-speed track in Italy. In sizzling temperatures, with outside temperatures peaking at 42°C, the Taycan averaged a speed between 195 and 215 km/h. Similarly, a pre-series production Taycan set another record for electric cars as it accelerated from zero to 200 km/h no less than 26 successive times down an airport runway, averaging a time of less than 10 seconds per run, and a difference

of just 0.8 seconds between the fastest and slowest acceleration runs.

CONVENIENCE AT HOME

In addition to exciting cars, a customer-friendly charging infrastructure is the key to the lasting success of electric mobility. Like all electric cars, the Taycan can be fully charged overnight in the comfort and security of a home garage using a standard 240 V outlet. On the road, the Taycan benefits from the vehicle's 800-volt technology and Porsche's ingenious temperature control strategy for the battery.

The Performance Battery Plus allows the vehicle to be charged from five to 80% charge in just over 22 minutes, with a maximum charging capacity of 270 kW. And for a quick splash-and-dash, the battery can be recharged for a range of up to 100 kilometres in just five minutes, also using a DC rapid charger like the Ionity chargers we used along our route between Berlin and Stuttgart.

According to a Porsche forecast, approximately 80% of charging will be at home overnight, which means that the Taycan driver wakes up with a fully charged car each morning, with no need to ever stop at a filling station or charging station during a weekly commute. Range anxiety, or more accurately, range planning, only applies for distances in excess of about 350 km in the Porsche Taycan. This can be managed with ease when the necessary charging infrastructure is in place, as is the case in Europe, North America, and most parts of Asia. With a slew of charging stations being rolled out at a frenetic pace across the globe, range anxiety may already be something of the past.

INVESTMENT VALUE

Pricing of the Porsche Taycan for South Africa will be announced later, but interested buyers can expect a price that should be slightly

more than the Porsche Panamera derivatives. The Panamera 4S is currently available from R1,829,000, and the top-of-the-line Panamera Turbo S e-hybrid available from R3,163,000.

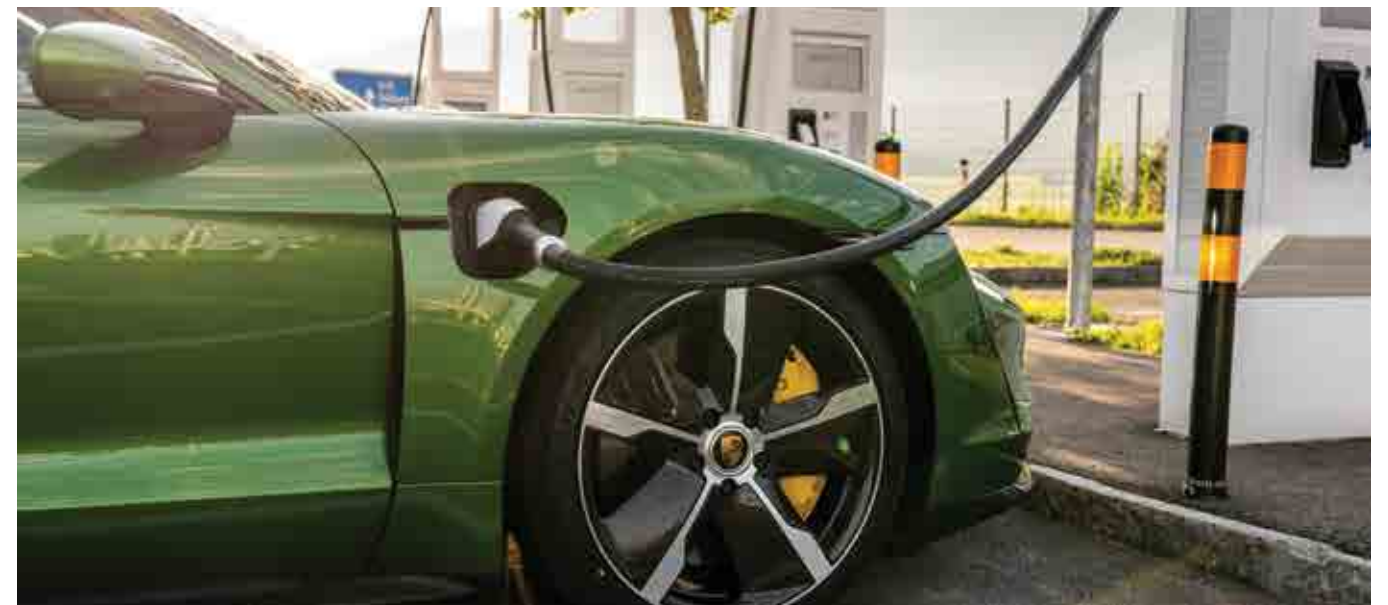
With the Taycan offering better performance, lower maintenance costs, and significant savings on the cost of electricity as compared to that of petrol and diesel, this should be a compelling buy even if it comes with a slightly higher price tag. And besides, the Taycan is the first-generation model of a whole new electric era for Porsche, so there may well be some investment value to be unlocked in the future.

JUDGEMENT TIME

While many pundits were quick to announce the new Porsche Taycan as the first true Tesla killer, the truth is that the Taycan looks set to become a fossil-fuel slayer. While Porsche acknowledged that they used the Tesla Model S as a benchmark, the true benchmark of the Taycan was always going to be every Porsche that has ever been produced. And to this extent, Porsche succeeded in producing a true Porsche with an electric drivetrain that is about four times more efficient than any internal combustion engine, along with numerous other advantages that come with a fully electrified car.

After driving both derivatives for more than 700 km in two days on routes that had been carefully chosen to offer a mixture of city streets, back roads, motorways, and sections of the derestricted autobahn, our verdict is simple: The Taycan is nothing less than an exceptional Porsche, and it will most certainly become the basis for the best that Porsche has to offer in future.

The best Porsches ever are now littering the design studios in Zuffenhausen, and they all promise to be electric, clean, and more capable than every Porsche that went before. Here's to the next 121 years of Porsche – and to them leading the charge in the electrification of the automobile. 🚗



Premier Hotels' Load-Shedding Survival Guide

Text: Supplied | Images © iStockphoto.com



Load-shedding, as annoying as it may be, is here to stay, and the question needs to be asked – what are we supposed to do when load-shedding strikes while we're on holiday? If you're on holiday and having a great time, no doubt you're staying at a Premier Hotel (good choice, by the way) so we've devised a survival guide for load-shedding at each and every Premier Hotel property.

HEAD OUTSIDE

This one is season dependent, but when the lights go out, head outside and enjoy a sundowner. Sure, we might not be able to blitz up all of our cocktails, but a G&T is more than doable and our outdoor spaces are great places to spend a balmy SA evening. If you're in Cape Town, pop in to Premier Hotel Sea Point and enjoy sensational ocean views from our newly opened sunset deck overlooking the famed Promenade!

EXPLORE LOCAL SPACES

Load-shedding pushes us all to look up from our phones, turn off Netflix and stop watching that series we've probably seen about eight times anyway. See load-shedding as an opportunity to get out, walk around and explore the local landscape. Most of our properties are located right in the action or only a few minutes away from the main hustle

and bustle of the area. Grab your loved ones and head out on foot to engage with the local population and enjoy the delights on offer. As is normal in SA, always be cautious when wandering around at night and never venture outside in the dark alone.

RECENTRE YOURSELF

Yoga might not be for everyone, but meditation really is. There is no better excuse to not reply to emails, phone calls and WhatsApps than "my power was out". Take that time and relax on your exceedingly comfortable Premier Hotel bed and just *breathe*. Breathe in all of the positivity and work on unravelling those stresses that seem to be constantly simmering in the back of our minds. Once you feel that weight lifted off your chest, try to clear your mind completely and allow your body to reach complete homeostasis.

SAMPLE LOCAL

Get a taste of South Africa by sampling one – or five – of the lovely local wines that we stock across our Premier Hotel properties. Whether Stellenbosch, Franschhoek, Paarl or beyond, South Africa has sensational wine regions and we've produced wines that people love all over the world. Take a wine tour from the comfort of a Premier Hotel bar and sample one wine from

every region – or even better, every varietal from every region.

HAVE FUN

Load-shedding when on holiday with kids might sound like a nightmare but with a few simple tips, it can be no more stressful than normal. First step is to make sure all of your devices are charged – the little ones will not forgive you if their iPad dies halfway through Frozen 2. It may be worth getting yourself a mobile internet router, which gives you access to the internet even when the lights go out. Pack interactive board games or learning activities and toys to keep the little ones busy. It gets slightly more complicated when the kids increase in age, but the motivation stays the same – activity is key – and nothing makes load-shedding drone on more than boredom.

TUCK IN

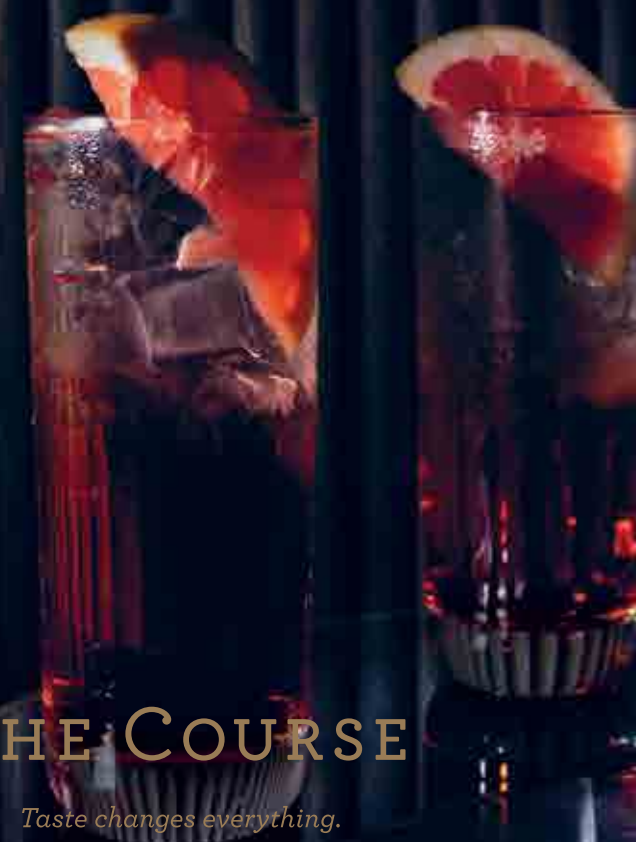
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A young girl with dark hair tied in a bun, wearing a blue shirt with white stars, is sitting at a wooden table. She has her hands covering her eyes, appearing to be crying or hiding her face. In front of her on the table is a white plate with a variety of vegetables, including broccoli and tomatoes. The background is a blurred indoor setting with a window and some furniture.

Eight Sneaky Tricks to Get Your Children to Eat Healthy Food

Text: Jane Ogden (Professor of Health Psychology, University of Surrey) for TheConversation.com | Images © iStockphoto.com



THE CONVERSATION

A child's diet should be high in fruit and vegetables, high in complex carbohydrates – such as brown bread, brown pasta and brown rice – and relatively low in fat and sugary foods. It should also be low in salt. But, as many of us know, getting children to eat what is good for them is easier said than done. So how do you get your child to eat a healthy diet? Eating is essentially a learned behaviour – so here are eight simple tips to encourage better eating.

1. GET A FRUIT BOWL

Buy fruit and bring it into the house. Children like to graze and grab food when they are hungry. If there are bags of crisps around, they will grab them. But, if there is fresh fruit out on display, then this is what they will find when they are hungry. So, when you're doing your next grocery run, buy grapes, satsumas, small bananas and apples and place them in a fruit bowl. Put the fruit bowl in a central place where your children can reach it whenever they feel hungry.

2. USE MINDLESS EATING IN A GOOD WAY

Where you are when you eat makes a difference to how much you eat and what you might eat, and distraction can certainly be used as a tool. Throw a box of grapes into the back of the car or try giving your child a bowl of chopped up fruit or carrot sticks when they are watching the TV and watch it disappear as they make their way through it without thinking.

3. BUY WHAT YOU WANT THEM TO EAT

You are in charge of the money, the shopping and the cooking. They are not. So buy vegetables, brown bread and fruit and bring them into the house and give them to your children at meal times. They cannot eat vegetables if they are not on offer. They will also only eat white bread if that's what you buy.

4. USE PEER PRESSURE

Children may well not eat cauliflower/broccoli/beans/brown pasta at home but strangely will wolf them down when at a friend's house. So when they are going to a friend's for supper never say "they don't like X" and if you're asked "what do they like?" just answer "feed them whatever you were going to cook". Likewise when you have children back for supper, give all the children the same food and even use it as a time to cook a meal that you know your child says they don't like. If their friend eats it, then in all likelihood, they will eat it as well.

5. PERSIST

Persistence is always the key. Children like what they know and know what they get. Most don't like change. But if you just persist, very soon what they know will shift and so will what they like, particularly if you eat with them and show them that you like the food you want them to eat. One day they will just eat it without all the fuss that you're used to.

6. DON'T MENTION IT

At its simplest, if you don't mention that the pasta/rice/bread are now brown then children won't notice the difference. They actually don't taste that different particularly when covered in sauce or toasted and buttered.

But, if you feel that your children are more sensitive to such things then mix it up for a while. Cook pasta that is half white and half brown and see how they get on. You could mix it in with orange, green and brown pasta so it is all just a different colour and the chances are they will eat it. Nowadays there is even wholemeal bread that looks white that you could use.

7. BE A GOOD ROLE MODEL

Eat with your children as much as possible and comment on how nice the vegetables are. Instead of saying "eat your beans, they are good for you", try saying "have some beans, they are really yummy". Then make an effort to be seen eating and enjoying your vegetables.

8. SAY THE RIGHT THINGS

Don't say "we're going to eat brown bread as it's healthier". Health doesn't really work as a motivation for children as its too long term and they live in the present. Be positive and say "this bread is much more filling" or "this pasta goes much better with this sauce" or even "this rice is much less mushy than the other rice" or just "oooh this is lovely". Then eat your food with pleasure in front of them. 🍴



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FOR MORE INFORMATION PLEASE CONTACT

KERYN DALEY
M: +27 (0) 72 310 5377
E: keryn@brucelittle.com

BRUCE LITTLE
M: +27 (0) 83 507 8941
E: bruce@brucelittle.com

www.brucelittle.com