

SAN LAMEER

The Good Life WINTER 2022



Winter Recipes

HEARTY MEALS TO WARM YOU UP!

**CONVERSATIONS
WITH ALEXANDER**

+

**Be one with the ocean
UNLOCK THE BENEFITS
OF SEAWATER!**

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San Lameer

The official magazine of San Lameer Estate

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By

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SAN LAMEER

JUNE 2022 EDITION



12

Country Club

Looking back on the recent floods and their effect on the Country Club and working on continually developing skills in the culinary industry.



24

Conversations with Alexander

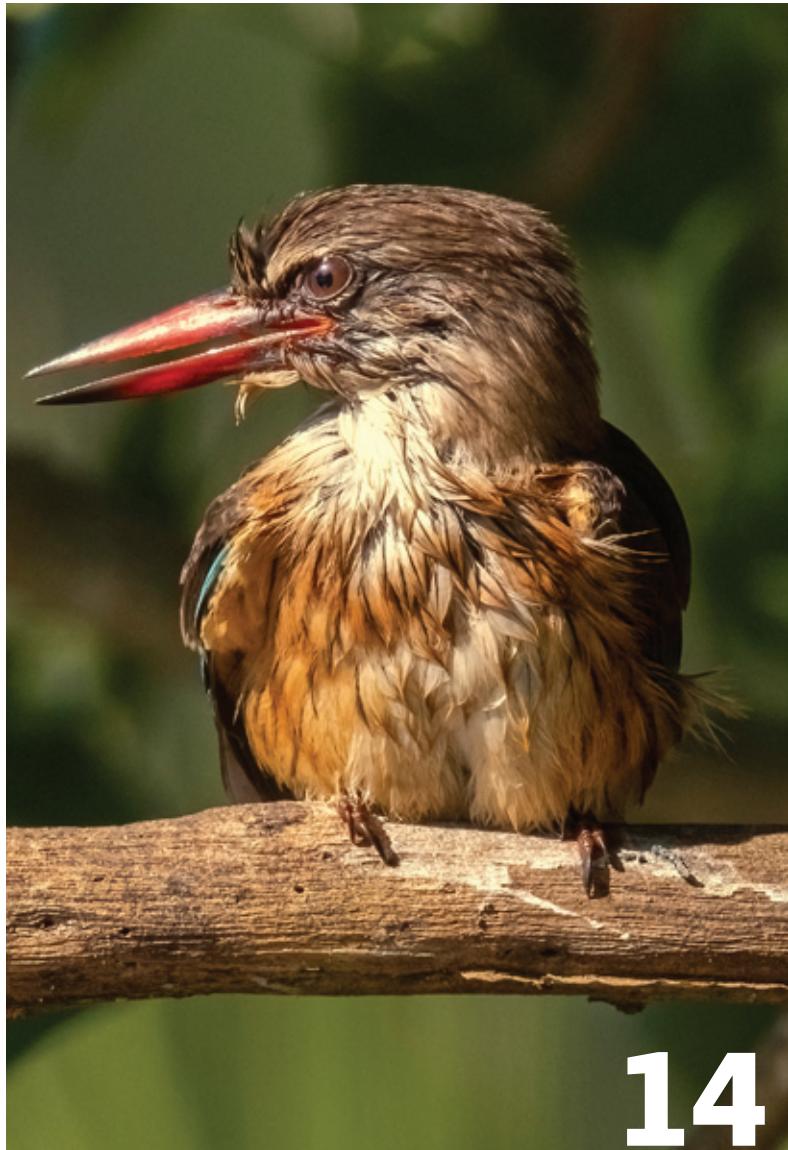
We have a rather interesting chat with our resident majestic mascot. He shares some of his thoughts and feelings about being an eagle living among humans.



30

Be One With the Ocean

We learn about the benefits seawater can have for you. This resource can help with your many ailments, from internal to external benefits.



14

Aftereffects of Climate Change

We take stock of the losses in plant life and environmental changes on the Estate after the floods, which had both positive and negative effects on flora and fauna in our area.



ON THE COVER

We have some courageous riders conquering our terrain on the off-road trails. Do you feel that spike in adrenaline? Come try them out!

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Sagree Pandaram

B.A(Law), LLB (UKZN), LLM (Unisa)
Cert. Deceased Estates Prac, (Unisa)
Conveyancer, Notary Public

Robin Petterson

B.Proc,LLM(Natal), DIP ADR (Pret)
Conveyancer, Mediator, Arbitrator

CONTACT INFO Telephone (039) 317 3094 | Facsimile (039) 317 3096 | 083 301 2296

ADDRESS 1st Floor, 98 On Marine, Margate, P.O Box 156, Margate, 4275,

Docex 10 Margate, Kwazulu Natal

conveyancing@rpplaw.co.za | nalini@rpplaw.co.za | estates@rpplaw.co.za

www.rpplaw.co.za





San Lameer

Contact Information

MANAGING DIRECTOR - PINE PIENAAR

082 854 6978

SECURITY MANAGER - DAWID MALAN

082 431 7444

MAINTENANCE MANAGER - DEON ROUX

082 336 8127

MARKETING MANAGER - JOLANDA CLOETE

039 313 0111

SAN LAMEER SECURITY 24 HOURS

082 831 0378

ESTATE OFFICE - SWITCHBOARD

039 313 0111

VILLA RENTALS - MARIETA BADENHORST

039 313 0450

marieta.villaren@sanlameer.co.za

ESTATE RECEPTION

039 313 0111

estatereception@sanlameer.co.za

VILLA SALES OFFICE - DEREK THOMSON / RENÉ SMITH

039 313 5146

COUNTRY CLUB - PIERRE VAN VUUREN

039 313 5141

SAN LAMEER RESORT HOTEL AND SPA

JAMES MCNICOLL

039 313 0011

gm@sanlameerhotel.com

PUBLISHER

lorinda@fabmags.co.za

GRAPHIC DESIGNER

evashini@fabmags.co.za

SALES EXECUTIVE

dhivashni@fabmags.co.za

SALES DIRECTOR

Lucille@fabmags.co.za

IN-HOUSE COPY EDITOR

PRODUCTION MANAGER

sharlene@fabmags.co.za

ACCOUNTS

accounts@fabmags.co.za

CONTACT FABMAGS

WEBSITE

ONLINE

PRINTED BY

COVER PHOTO



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FROM THE PUBLISHER

It's winter. It's almost laughable! We simply have THE BEST weather in KwaZulu-Natal - no doubt! We have just come back from being in Texas (Dallas area), and let me tell you, February was COLD - snow and all. We appreciate this lovely weather! We hope you enjoy this fabulous edition the management and the FAB team have put together for you. As always, we have "From the MD" on this important page. Pine speaks about fibre coming to San Lameer and how it could benefit the Estate. He expresses excitement about Sgodini Tours, which now offers transportation as an Estate shuttle service. He also touches on the rains from April and May, grateful that the Estate didn't suffer structural damage. All while remaining positive about the future!

Garden and grounds, the team speaks about natural disasters and how they have affected the natural surroundings. The Country Club mentions that the grass has had trouble transitioning between winter and summer, but they are working on restoring it. Pierre also mentions the food and beverage course he attended as part of a plan to enhance patrons' experience at the club. Jacques touches on the effects the rain had on the environment and how these events result from the accumulated effects of global warming and climate change and then discusses the abundance of life still found on San Lameer. There is even a quirky conversation with Alexander, the crowned eagle, about their species and what it's like being an eagle living in San Lameer.

The spa covers the benefits of seawater, ones that we didn't know! And recipe wise, you can't go wrong with the creamy mussel curry for an easy yet wholesome dinner, and the buttermilk pancakes for breakfast are a winner!

As always, the San Lameer fills our South Coast bucket, and we hope it does yours too! Keep well till the next edition,

Lorinda Scott
and the FabMags team

ATTENTION: PLEASE NOTE

Dear Homeowners

Please note that we only distribute the printed San Lameer Magazine on the Estate itself and not via post. An electronic copy will be forwarded to every homeowner via email. Should you want to receive a hard copy of the magazine, you are welcome to contact Jolanda Cloete at marketing@sanlameer.co.za and we will be happy to send you a copy via the post.

Scan Me



#THEGOODLIFE



From the *Managing Director*



Looking back at the past six months, the Homeowners Association has been very busy assuring that we provide you with Estate Living at its best! I can finally, with confidence, announce that Openserve is hard at work installing fibre on the Estate. By the time you read this magazine, this project will be more than halfway through completion. I believe that having fibre on the Estate will benefit every owner and increase the productivity of each division on the Estate.

If you thought having fibre in your San Lameer home was not exciting enough, the Homeowners Association received the amazing opportunity to partner with Sgodini Tours to provide an Estate Transport Shuttle operation for all private domestic workers, owners, and guests. This shuttle service will especially bring much relief to all domestic workers commuting from one point to another. Voucher coupons can be bought at the Estate office for 1,8,16 or 62 trips at an affordable fee. Contact Lizwi at the Estate Office for more information regarding this matter. As many of you know, the KwaZulu-Natal region received heavy rains in the week just before Easter weekend, which also affected San Lameer Estate. Over 500mm of rain was measured during that week, and I can gladly report that, to date, there has been no structural damage to any villas or common property buildings. However, we received a few reports on villa roof leaks and villas that were flooded, and the Estate Office has submitted these claims to the insurer. Unfortunately, the Golf Course had to close for more than a week to ensure that no further damage was caused to the greens, but it is

already well on its way to recovery. As I mentioned in the December 2021 magazine issue regarding the newly renovated Lagoon Day Spa and Wellness Centre that opened its doors in time for the season, I can with delight confirm that the brand-new spa brings so much value to the Estate. As I have heard from many owners and guests, you are definitely missing out if you have not yet visited them for one of the many luxurious treatments they offer. Go ahead and spoil yourself. You know you deserve it!

I would like to leave you with the following thought, "Choose a happy life. When you wake up each morning, take a moment to think about the kind of life you want to have. Consciously choose to have a happy life, one that is filled with love, laughter, good health and success. Then begin your day focused on the things you can do to make this your reality" – D. Bertolucci

Here's wishing you and your family many blessings in the month to come until the next issue. In the blink of an eye, it will be Silly Season, yet again!



Pine Pienaar
Managing Director



open serve Fibre



COMING SOON

Contact

marketing@sanlameer.co.za

for more info.



GARDENS AND GROUNDS

As the world declines into economic and political turmoil, our little piece of paradise just keeps bringing peace and tranquillity to those who visit it. I love this Estate's natural and man-assisted ability to rejuvenate itself so quickly after a disaster. I refer to the fire in 2019, the effects of the COVID pandemic, and the recent looting and storms in KwaZulu-Natal. The Estate is really a force to be reckoned with. I put this down mainly to the environmental and infrastructural planning, the financial dedication from all stakeholders and the relentless input by all involved in maintaining this beautiful biome.

The rainy season has been exceptional this year, and as we move into winter, the Estate is still beautifully lush and green. Although traumatic for many, the storms in KwaZulu-Natal did do nature several favours. Our river systems have been flushed clean, and water samples from our

waterways have shown much purer results which translates into happier fish, fauna and flora. The water tables are still relatively high, offering a better supply to our trees as we enter the dry season. Lastly, the siltation of the rivers has been washed away, and the flow in our streams is now more fluent.

On the downside, we lost a couple of *Syzygium cordatum* (waterberry), a *Trichilia emetica* (Natal Mahogany), and several *Strelitzia nicolai*. The invasive plant growth has been exponential, and this will become a large part of our focus during the winter months. Guavas have become a bigger problem than we normally encounter, along with Triffid (*Chromolaena odorata*) and lantana – all of which have a seven-year seed dormancy period, so it's a long removal process.

The drive to increase our indigenous flowering species on the Estate has been met with several positive comments.

We are pleased that, although slow, we finally got some colour in the ribbon bush (*Hypoestes aristata*) in lot 104. I am also pleased to admit that the tests we ran at the golf club on the Namaqua daisies have proved successful, and they are now in flower. A large area at lot 31 has been revamped with an array of indigenous flowering plants, and we hope that this will create a haven for bird and insect life.

In conclusion, I would like to thank you all for your encouraging comments after the storm and the constructive feedback I received, be it criticism or compliment. These observations keep us all on the same page and moving forward.

Colin Hurlbatt
Leitch Landscapes
Manager

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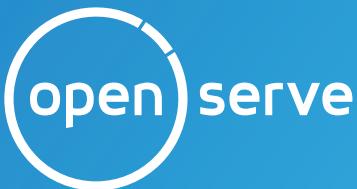


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Our out of season bookings nearly doubled the past year. More consumers blend business and leisure travel. Our biggest challenge has been stable internet/fibre at the villas in the past. This will be something of the past. We are hoping to have fibre activated by the end of July. All the villas in

our rental will have a fibre data connection available as a standard service. "Mini" or "Micro" vacations have been rising in the first six months of the year. All the public holidays and long weekends played a big role.

Calling all corporates and golfers

Show your employees the appreciation they deserve with a corporate event coordinated by you and held at San Lameer Estate.

Companies hold corporate events in a variety of forms and serve different purposes. To help show employee recognition, boost company morale, or build interpersonal relationships, all it takes is a bit of inspiration. The most common types of corporate events are golf and appreciation events, holiday parties, corporate team building

weekends, and a few others. We can customise your needs and give you the best deals on accommodation and golf fees. Villa Rentals have more than 150 villas in our rental pool ranging from one to five bedrooms. Give us the opportunity to impress you.

December bookings are open with limited spaces available. More and more clients are booking the first two weeks of December when out of season rates apply, and we are running a special where you book for seven nights and only pay for five, applicable 1-14 December 2022. WhatsApp, email, or phone us for a quote.

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Marieta Badenhorst
Villa Rentals Manager

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- ✗ Excessive water can cause mould, mildew



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Country Club

Dear Homeowners, Members and Guests,

I think it will be a fair assessment if I compare 2022 to a roller coaster ride. It's been a fun but terrifying experience thus far. We had a few laughs for the most part, but there were other times when we were upside down and flung around a little bit.

The main topic of discussion around the bar has been our greens and our struggles this year. It is well documented that we had difficulties transitioning between summer and winter grass. Due to a wet winter and cooler summer, the summer grass struggled to establish itself. We spent a lot of time and resources to get it back, and at one stage, it looked like we managed to do just that. Then came the 635 mm of rain in just five days. The devastation of the floods in KwaZulu-Natal was felt throughout the province.

We had our fair share of damage on the course. The 3rd green was covered in sludge and had to be removed by hand. Our 9th and 10th greens were covered in water for days due to the overflowing of our water hazards. Cart paths and bridges were damaged, and we are busy with repair work. Luckily the paths and bridges are a quick fix, and we will have to be patient with our greens as we will have to follow the process to ensure that we get

them back to the San Lameer standard. In early April, I had the privilege to attend a Food and Beverage course in Cape Town. I am busy completing my Club Managers accreditation through the Club Managers Association of South Africa, so this was a wonderful experience to improve my skill set and learn from other club managers as well as food and beverage specialists in the industry. I am excited about our own food and beverage experience at the club. We are planning to make some positive changes that will enhance the entire dining experience at the Country Club. I hope to have more information for you towards the end of the year.

The Food and Beverage experience will fall in line with our 10-year plan. We are working on a plan to improve all aspects of the Country Club, including the pro shop, restaurant and golf course. This is a project that I am really excited about, and that will ensure that San Lameer continues to be a top golf and holiday destination.

We have some exciting events coming up for the rest of the year. Towards the end of May, we would have hosted the Senior Ladies National Championship. Coming up in August, the Men's 4x4 Team event and the SA Kids African Championship will take place. In September, we welcome the



Sunshine Tour back to San Lameer. It's been a few years since the tour has been back here, and I am sure our course will prove to be a good test for the best players on tour.

Lastly, I would like to thank every single one for your continued support. All of you are what makes San Lameer such a special place. It is probably my favourite thing about being involved at San Lameer, and that is the people whom we get to share this special place with.

Let's enjoy the rest of this roller coaster year with fewer twists and turns as we head towards the second part of the year.

Pierre van Vuuren
General Manager
San Lameer Country Club



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After-effects of Climate Change

WE LOOK AT THE LONG-TERM EFFECT OUR BEHAVIOUR HAS ON THE ENVIRONMENT

WORDS & PHOTOS JACQUES SELLSCHOP



Despite the severe weather conditions we have endured, a stroll through San Lameer produces a wonderful display of colourful, indigenous flowers.



The world has changed. Dramatically so. And the changes go beyond socio-economic issues like power outages, the petrol price, the ripple effects of the war in Ukraine and a government proposing to spend R22 million on a giant flag. While children around the country have no classrooms, preference is envisaged for the erection of a hundred-meter-long flag in Pretoria. It is expected to waft away all the remaining vestiges of colonialism. Those are issues thrust at us in our breakfast newspapers.

Perhaps less noticed, or indeed less acknowledged, are the changes that have manifested themselves in **nature** over the past decade. Global warming has become more than a campaign strategy by almost-president Al Gore. Here, in Natal, we have seen the devastating effects of hitherto-unknown levels of climatic turbulence. But their impact has affected more than roads and houses being washed away, with thousands of people dispossessed of

life as they knew it. Changing weather patterns have played havoc with our bird and animal life.

The last two years have recorded an alarming drop in the numbers of small birds previously recorded countrywide. The huge billboard at the Bird Hide Dam displays 50 species of birds that have been seen on the Estate in the past ten years. Today, that variety has significantly reduced, and numbers within each species have, in some cases, declined to zero. Studies of Crowned Eagles in Natal have revealed an increasing number of infertile eggs being laid, and even the San Lameer pair failed to incubate their eggs last year. This year I have monitored them since January, and their behaviour is puzzling even now. The pair have been building their nest and then disappearing, only to return a week or two later to start the process all over again. As I write this in the middle of May, they have not yet settled down to lay their eggs and incubate them. Severe storms that generated high



Despite the countrywide decline in the numbers of small birds, San Lameer's Bird Hide Dam still provides a home to several varieties of Kingfisher. This is a juvenile, Brown-hooded Kingfisher who followed his breakfast with a quick dip in the dam and now drying his feathers in the sun.



Our Crowned Eagles, Catherine on the left and Alexander on the right, have not yet indicated exactly when they will start the 2022 breeding season.

winds and unprecedented quantities of rain disturbed a breeding process that seemed about to start in late March and early April.

Yet, despite all this, those privileged to live on San Lameer or who are able to access it through rental and time-share mechanisms are very lucky indeed. Estate Management has been astute and dedicated to providing a sanctuary for residents and visitors who seek comfort and safety in an environment that is conscious of the fauna and flora of our natural heritage.

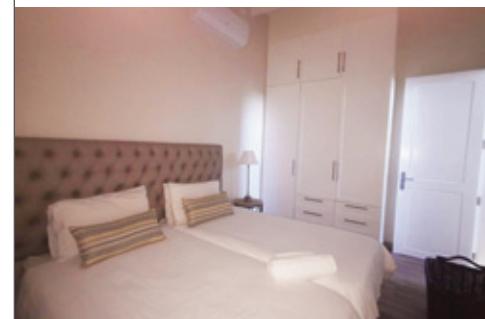
One must not forget the Estate's private access to a pristine beach serviced each morning at 5 am by the Shark's Board boat and its crew of five, who brave all weather conditions to make

sure that nets can protect bathers. The Bird Hide Dam and the Lagoon Viewing Deck continue to provide a facility for studying the changing patterns of birdlife. The herd of Impala that grazes on the Estate's lawns amplifies the tranquillity of a natural setting so scarce in the industrialised and urbanised world in which we live. And then, despite their unpredictable behaviour, the Crowned Eagles continue their iconic role of giving prominence to an Estate that offers protection to one of the most threatened species on the avian register. Add to that the colourful displays of flowers that appear seasonally all over the Estate, and the picture of privilege are complete. San Lameer continues to be a haven of natural beauty in a world severely impacted by the change.

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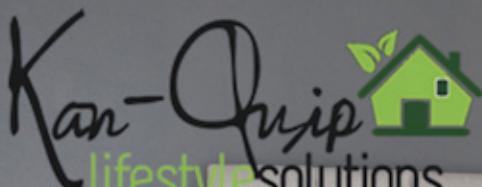
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Dear Homeowners and Guests,

We have put together a list of important and helpful contact details for when you might need to make use of these services on your stay at San Lameer.

SAN LAMEER

Important and Emergency Numbers

SAN LAMEER ESTATE CONTACTS

| | |
|---|-----------------------------|
| Estate Office | 039 313 0111 |
| Estate Reception | 039 313 0111 |
| Country Club: Pro Shop & Clubhouse | 039 313 5141 |
| Villa Rentals | 039 313 0450 |
| Villa Sales | 039 313 5146 |
| San Lameer Resort Hotel & Spa | 039 313 0011 |
| Security (Emergency / Snake removal) | 039 313 0111 / 082 831 0378 |
| Maintenance | 039 313 0111 / 082 336 8127 |
| LaMain Laundries & Cleaning Services | 039 313 5138 |
| Leitch Landscapes (Gardens & Grounds / Bee Removal) | 082 463 4611 |
| Eddie's Golf Cart Hire | 083 468 8332 |
| Superette | 081 748 0245 |
| Library | 039 313 0111 |
| Leisure Desk | 078 394 6102 |
| The Beach Bite Takeaway | 039 313 0011 |

EMERGENCY SERVICES & DOCTORS

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|------------------------------------|-----------------------------|
| AA Breakdowns | 0861 000 234 |
| Police | 10111 |
| Margate Police Station | 039 312 9800 |
| Hospitals | |
| Margate Netcare Hospital | 039 312 7300 |
| Hibiscus Private Hospital | 039 688 9960 |
| Shelly Beach Hospital | 087 087 6115 |
| Port Shepstone Government Hospital | 039 688 6000 |
| Ambulance | 10177 / 039 688 3647 |
| Kwazulu Private Ambulance | 0860 247 911 / 082 882 0911 |
| Netcare Ambulance | 082 375 5939 / 082911 |
| Medi-Evac | 082 940 1590 |
| Fire Brigade | 039 682 5555 |
| NSRI Sea Rescue | 082 990 5950 |
| Pharmacists | |
| Ramsgate Spar Pharmacy | 039 314 9822 |
| Clicks Hibiscus Mall | 039 317 2050 |
| Chiropractors | |
| Dr Wood, Shelly Beach | 039 315 5996 |
| Dr I von Senger, Shelly Beach | 039 315 0674 |
| Dr R Wise, Uvongo | 039 315 6081 |
| Physiotherapist | |
| Grace Hughes, Southbroom | 039 316 6479 |
| Dentists | |
| Southbroom Dental | 039 3166 110 |
| Dr Ranjith, Port Edward | 039 311 1381 |
| Dr P Viljoen, Shelly Beach | 039 315 0680 |
| Doctors | |
| Dr Stewart, Southbroom | 039 316 8046 |
| Dr Pillay, Shelly Beach | 039 315 0275 |
| Dr C Thompson Margate | 039 317 3221 |

AIRPORTS & TRANSPORT

| | |
|--------------------|--|
| King Shaka Airport | 032 436 6758 |
| Margate Airport | 039 312 0560 |
| Avis Car Rental | 039 312 0910 / 078 488 7538 |
| Southern Shuttle | 081 475 7575 / 079 571 9900 |
| Margate Mini Coach | 039 312 1406 |
| | www.margatecoach.co.za |

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Important and Emergency Numbers

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| Comfort Cool | 082 379 0917 |
| Ace Cote (Appliance Repairs) | 082 586 0824 |
| Just Chill | 039 681 2559/076 530 5635 |
| Appliance Care | 081 493 5271 |
| Proline | 083 561 8402 |

refjustchill@gmail.com

Architects

| | |
|----------------------|--------------|
| Erni & Favre | 083 254 3022 |
| Bergenthal | 083 455 2483 |
| Theunissen Jankowitz | 039 682 7911 |

Awnings & Blinds

| | | |
|----------------|----------------------------|------------------------|
| Danie's Blinds | 079 522 5562/ 039 312 2754 | danie.blinds@gmail.com |
| Windovert | 072 234 6039/ 039 315 0987 | |
| Roll a Fold | 039 315 5451/2 | |

Aluminium Balustrades

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| L&L Aluminium | 082 447 0204 |
| Margate Glass & Aluminium | 039 317 4276 |

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| | |
|---------------------------|--------------|
| Build IT / Margate | 039 312 1000 |
| Builders / Manaba | 039 312 2506 |
| Builders Trade / Marburgh | 039 682 2420 |
| Doug's Hardware | 039 312 1756 |

accounts@dougshardware.co.za

Construction / Maintenance

| | | |
|-------------------------|--------------|---------------------------|
| JD Construction | 076 722 1411 | info@jdconstruction.co.za |
| CHA Construction | 082 774 0860 | |
| A&B Maintenance | 082 328 9051 | |
| Gary Martin Maintenance | 082 530 0609 | |

Carpeting

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|----------------------|--------------|
| Carpet Contracts | 039 685 5426 |
| South Coast Flooring | 039 312 0038 |
| Top Carpets & Floors | 039 312 1210 |

Carpentry

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|-------------------|----------------------------|
| Eddie's Carpentry | 083 284 2051 |
| Edglo Sundecks | 076 922 3686/ 039 317 3425 |

Cleaning

| | | |
|------------------------|--------------|--------------------------|
| Value Cleaning | 083 458 1828 | info@valuecleaning.co.za |
| ELQ Cleaning Solutions | 073 738 0552 | |
| Chem-Dry Hibiscus | 072 735 9065 | hibiscus@chemdry.co.za |

Computers & IT

| | | |
|---------------|--------------|------------------------|
| Key Computers | 039 315 7044 | info@keysoftware.co.za |
| SCT Group | 087 236 6370 | |
| DS-Tech | 076 949 3462 | doug@ds-tech.co.za |

Electrical

| | |
|--------------------------|--------------|
| Derek Chapman Electrical | 083 458 1833 |
| Electrical Installations | 082 449 6536 |

Engineers

| | |
|-------------------|-----------------------------|
| Kantley & Templer | 039 315 1519 |
| Bragge & Francis | 082 467 5020 / 039 695 0104 |

Gas Installations

| | |
|-------------------------|--------------|
| Gas-Mart - Shelly Beach | 039 315 0580 |
| C-Side Gas | 039 312 1212 |

Garage Doors

| | |
|-------------|--------------|
| Geomar | 079 279 6423 |
| Roll a Fold | 039 315 5451 |

SAN LAMEER

Important and Emergency Numbers

Glass / Glazing

| | |
|----------------------|-----------------------------|
| KG Glass & Aluminium | 039 317 4213 / 082 551 8996 |
| PG Glass | 039 315 6475 |

Golf Cart Services

| | |
|----------------|--------------|
| Piet Pretorius | 083 982 8484 |
| Ron | 082 550 0335 |

Granite

| | |
|---------------------|--------------|
| South Coast Granite | 039 317 2522 |
|---------------------|--------------|

Gutters

| | |
|------------------|--------------|
| Gutter Man | 039 312 0281 |
| Hibiscus Gutters | 039 317 1082 |

Kitchens & Built-In Cupboards

| | | |
|-----------------------------|---------------------------|---------------------------|
| Coles Kitchens | 039 312 0650 | |
| Homestyle Living by the Sea | 039 312 0356/072 442 6218 | kitchenlivin@telkom.co.za |
| Convictea Kitchens | 039 317 2997 | admin@convictea.co.za |
| Kitchen Express | 072 666 4839 | |

Interior Decorating

| | | |
|------------------------------|-----------------------------|---------------------------|
| Homestyle Living by the Sea | 039 312 0356 / 072 442 6218 | kitchenlivin@telkom.co.za |
| Ria Hackland Interiors | 039 695 0083 | info@roystonhall.co.za |
| Urban Y yuppie / Katie Allen | 039 315 5164 / 083 991 8429 | katie@urbanitylife.com |
| Karin Kanquip South Coast | 083 701 5120 | |
| Fathima's Curtain | 039 317 3115 | mys786@mweb.co.za |

Locks

| | | |
|-------------------|--------------|------------------------|
| The Lockmaster | 039 315 1722 | |
| KZN Safe Lock Key | 082 893 8298 | kznsafe@vodamail.co.za |

Panelbeaters

| | | |
|----------------------|--------------|----------------------|
| JL Panelbeaters | 039 317 3336 | ida.jl@mwebbiz.co.za |
| Margate Panelbeaters | 039 312 1079 | |

Pest Control

| | |
|----------------|--------------|
| Rentokil | 039 315 1202 |
| Pest Crusaders | 082 096 1957 |

Pools

| | |
|------------------|--------------|
| Little Pool Shop | 039 319 1787 |
| Poolwize | 083 254 4174 |

Plumbers

| | | |
|----------------------|--------------|-----------------------|
| KC Plumbing | 083 258 6249 | kylecollyer@gmail.com |
| South Coast Plumbing | 082 774 0870 | |
| Drain Experts | 039 685 4311 | |

Printers

| | | |
|--------------------------------|--------------|--------------------|
| Printco Printers / Ramsgate | 039 3144 853 | printco@lantic.net |
| Screens & Signs / Shelly Beach | 039 315 5000 | |
| Postnet Margate | 039 317 2273 | |

Surveyors

| | | |
|--------------------|--------------|--------------------------|
| Hudson Naude Kirby | 039 312 0080 | admin@hnkgeomatics.co.za |
|--------------------|--------------|--------------------------|

Television & Aerials

| | |
|--------------------|----------------------------|
| Margate Aerials | 083 269 4603/ 039 315 6909 |
| Martin Electronics | 082 880 7008/ 039 317 2222 |

Waterproofing

| | | |
|---------|--------------|---------------------|
| Wilcote | 083 986 7071 | roryp@wilcote.co.za |
|---------|--------------|---------------------|

Special Occasions - Party supplies

| | |
|---------------------|--------------|
| Silvernights Events | 062 0011 213 |
| Elle Events | 078 543 8629 |

SAN LAMEER

Important and Emergency Numbers

RESTAURANTS

| | |
|--|--------------|
| San Lameer Hotel Lagoon Bar & Grill | 039 313 0011 |
| San Lameer Clubhouse Restaurant | 039 313 5141 |
| Blue Lagoon Restaurant / Ramsgate | 039 314 4149 |
| C-Bali St.Michaels | 072 546 1898 |
| Flavours Restaurant / Margate | 039 314 4370 |
| Waffle House Restaurant / Ramsgate | 039 314 9424 |
| Trattoria Restaurant / Southbroom | 039 316 6162 |
| Mariners Seafood Restaurant / Marina Beach | 039 313 0448 |
| Breakers Uvongo | 039 315 6174 |
| La Capannina Italian Ramsgate | 039 317 1078 |

ACTIVITIES

| | |
|---|--|
| Beaver Creek Coffee Farm & Tours | 039 311 2347 |
| Wild Coast Sun Casino & Wild Waves Water Park | 039 305 9111 |
| Ster-Kinekor Movie Theatre | 087 055 0084 |
| MacBanana | 039 319 1033 |
| Oribi Gorge Zipline | 033 845 1999 |
| Pure Venom Reptile Park | 082 492 8256 |
| Riverbend Crocodile Farm | 039 316 6204 |
| Butterfly Farm | 072 235 3688 |
| Must-Byt Ocean Charters | 082 777 7324 |
| Selsdon Park Estate - Horse riding on the beach | 083 301 2941 |
| Lake Eland Game Reserve | 039 687 0395 |
| Giant South Coast | 082 443 4198 |
| Landers Dive centre | 039 978 1045 |
| | www.macbanana.co.za |
| | www.crocodilecrazy.co.za |
| | selsdonpark@telkom.co.za |
| | wayne@giantssouthcoast.co.za |
| | johnmiller@sharkcagedivingkzn.com |

SERVICES

Hairdressers

| | |
|---------------------------------|--------------|
| Sands International Hair Salon | 039 315 7636 |
| Redzz / South Coast Mall | 039 315 6765 |
| Leandri Hattingh Hair & Make-up | 076 257 6066 |

Courier companies

| | |
|---------------------------------|--|
| Postnet / Margate Hibiscus Mall | 039 317 2273 |
| The Courier Guy | 039 315 1352 |
| Nanami Nursery | 082 781 3261 |
| Petterson & Pandaram Attorneys | 039 317 3094 |
| | braamdj@putco.co.za |
| | www.rpplaw.co.za |

SHOPPING CENTRES

| | |
|------------------------------------|--------------|
| Shelly Centre Mall / Shelly Centre | 039 315 1304 |
| South Coast Mall / Izotsha Road | 039 315 7515 |
| Hibiscus Mall / Margate | 039 312 0680 |

GOLF COURSES

| | |
|-----------------------------|--------------|
| Southbroom Golf Club | 039 316 6051 |
| Port Shepstone Country Club | 039 695 0141 |
| Margate Country Club | 039 312 0571 |
| Wild Coast Sun Country Club | 039 305 2799 |
| Scottburgh Mall | 039 976 1045 |

MORE THAN CROCODILES

A family visit to the South Coast wouldn't be complete without experiencing the crocodile feeding show and snake demonstration on a Sunday at 2.30pm at **Riverbend Crocodile Farm**, Southbroom. Howard Kelly a member of the International Crocodile Specialist Group shares his fascinating knowledge and experiences of one of the planets oldest living creatures. Offering more than crocodiles, Riverbend's Snake House is home to some of South Africa's most beautiful and deadliest snakes.

Riverbend's reputation as a regional birding hotspot

has been amplified by the permanent residence of a pair of Palm Nut Vultures who are currently nesting for the third year in succession. Beautifully landscaped crocodile have attracted other notable species that can be seen regularly during winter months.

The **Crocodile Café** which is licensed offers wholesome family breakfasts and light meals including various crocodile dishes. A well stocked curio shop offering an array of quality items including, clothing, leatherwear and toys is complimented by **Riverbend Art and Wine Gallery**.



039 3166204 | WWW.CROCODILECRAZY.CO.ZA | OLD NATIONAL ROAD SOUTHBROOM
CROCODILE FEEDING: SUNDAYS AT 3.00PM | OPEN: DAILY 9.00AM - 4.30PM OPEN



RIVERBEND
ART & WINE
gallery

A must for art and wine lovers!!!



QUALITY ART FOR ALL TASTES

Riverbend Art Gallery has showcased the works of leading South African Artist since it's establishment in 1983. Besides paintings Riverbend Art Gallery also exhibits the exquisite bronze pieces presented by leading sculptor Marke Meyer. Associated art and décor pieces such as Nguni skins and tableware compliment the art and "The Gift Parlour "offers personalised gifts.

THE COAST'S FINEST WINE SELECTION

Riverbend's wine Cellar has established itself as the leading outlet for quality wines on the coast. A selection of premium wines from more than 60 leading wine estates are offered in our cellar, an absolute treasure trove for wine lovers! We offer personalised wine tastings and wine delivery to San Lameer. Riverbend Art and Wine Gallery will host the annual South Coast Spring Wine Festival, showcasing more than 140 wines from 35 premier wine estates on Friday 19th August.

Tel: 039 316 6204 | Web: www.crocodilecrazy.co.za | Open daily 9.00AM – 4.30PM
Situated at Riverbend Crocodile Farm - Southbroom

SPRING WINE FESTIVAL
Friday 19th August 2022
Phone 039 316 6204
for tickets and information



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www.ramsgatespar.co.za

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pharmacy@ramsgatespar.co.za
@RamsgateSpar



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What can we say about TOPS at SPAR that you haven't heard before? Yes we're a liquor store, but then again, we're so much more. Priding ourselves on providing great value, convenience, and an amazing range of the finest spirits, wines and beverages. At unbeatable prices with warm and friendly service, you can't "top TOPS".

039 314 9758
peter@ramsgatespar.co.za
@RamsgateSpar

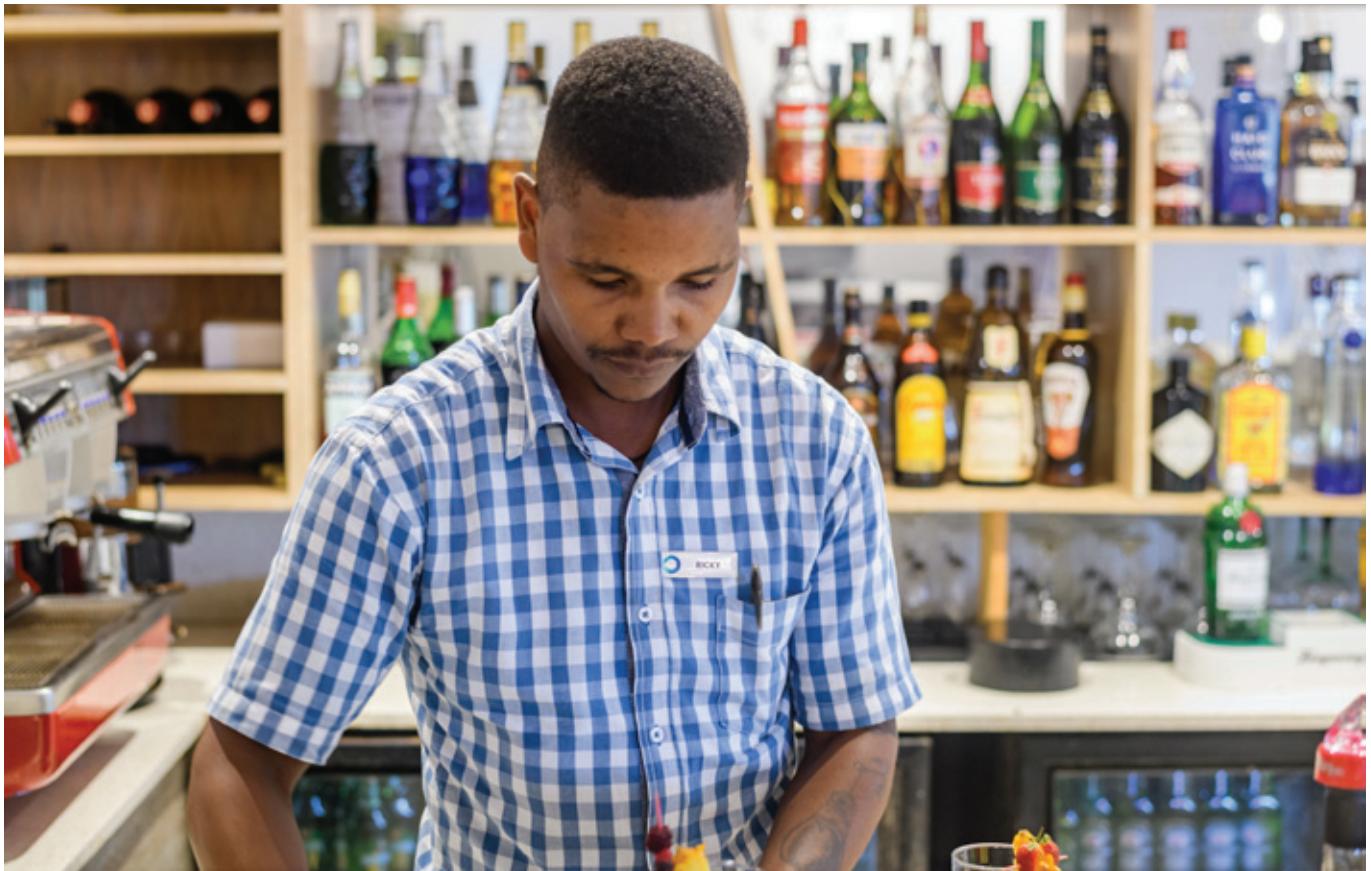
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@MyKWIKSPARSouthbroom
Gilbert Road, Southbroom



HOTEL & SPA



Greetings from San Lameer Resort Hotel & Spa

It is hard to believe that we are almost halfway through 2022! The Sardine Run is almost here, which always brings much excitement and the most amazing display of sea birds, whales, dolphins and much other game, fish and marine life - it truly is a sight to behold!

This is also the time that the hotel has planned to begin with upgrading the roof, which will include the Library, Sassy's, and the San Superette. Coupled with these facelifts, the entire hotel will be painted. Our goal is to minimise the impact on hotel operations by upgrading the roof and painting in stages. This will ensure that our guests will not be affected or inconvenienced during their stay, and our Food and Beverage operations will resume as per the norm. The time frame is May to August 2022.

We have started redoing all the directional signage at the hotel, and it looks amazing! We hope to have all internal hotel directional signage complete by the end of June 2022. Executive Chef Talent is creating mouth-watering specials for the winter months. Please keep a lookout for these specials, and we hope to welcome you to the Lagoon Restaurant to enjoy his delicious creations!

If you have not yet visited the beautiful Lagoon Day Spa & Wellness Centre, Monya and her expert team have come up with fantastic winter warmer specials to treat and pamper you. For more information, visit our website www.sanlameerhotel.com

Nicci le Roux
Assistant General Manager





Conversations with Alexander, the Crowned Eagle, San Lameer's very own Eagle Mascot

WORDS & PHOTOS JACQUES SELLSCHOP



What is your full name? "It is Alexander the Great. But you can call me Alex if you like. My friends do."

What is your wife's full name? "She is actually Catherine the Great. You should Google both **Alexander the Great** and **Catherine the Great** to learn where our names came from. We are named after two prominent people in History."

Are you two married? "You can say so. Crowned Eagles pair for life, and we have been married for many years."

Have you always made your home on San Lameer? "Yes. We have lived here for more than 20 years. It's such a lovely, safe place to stay."

You must be quite old. How long do you expect to live? "No one actually knows that about us, but Crowned Eagles usually live for about 38 to 50 years."

How high is that pine tree in which you have built your nest? "It is very high. Our nest is about 95ft off the ground. In modern speak, that is 32 meters."

Did you and Catherine build the nest? "Yes. Mostly I collect the branches, and then she arranges them to make the nest."

Is the nest comfortable? "Yes, it is very deep for protection and lined with soft leaves to make it comfortable."

How often do you make a baby? "We call it a chick. Crowned Eagles usually hatch out one every second year. But where there is a lot of food available, we often have one every year."

How many eggs does Catherine lay each time? "She always lays two. Just in case one does not hatch."

How long does she have to sit on the eggs to make them hatch? "We call it incubation. She incubates the eggs for 48 to 52 days before the chicks are ready to hatch."

How do they get out of the shell? "When they are ready to emerge, they cheep cheep inside the shell, and Catherine breaks it to let them out."

Why is there always just one chick growing up if two chicks hatch out of the eggs? "Unfortunately, chicks grow very quickly. They need a lot of food, and we cannot feed more than one. So, the weaker one just does not get food and unfortunately dies."

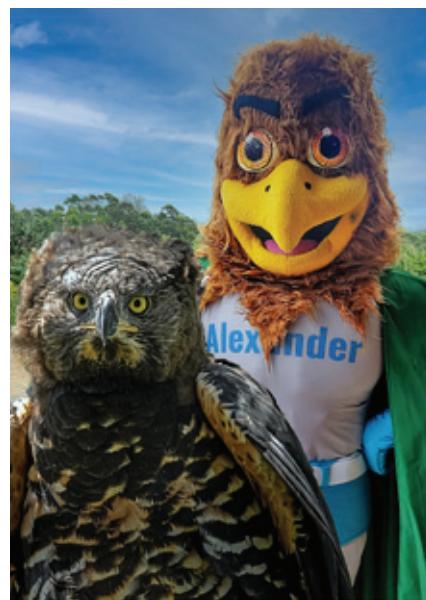
How quickly do they grow? "Oh, very quickly. After only five weeks, the nest is not big enough to hold more than one chick."

For how many months do you have to feed it? "After 100 to 120 days, the chick can fly. So, when it is eight months old, we stop feeding it so that it is forced to go out and look for the food itself."

What do you Crowned Eagles eat? "Our most common food is dassies and monkeys, of which there are a lot on San Lameer. But we do like venison, so we sometimes catch small buck. At other times we eat birds and even reptiles like "likkewaan"

How do you catch them? "We have very powerful claws with four sharp talons on each foot. Instinct has taught us to use the squeezing power of 800lbs per square inch (that's what the scientists call it!) when we dig our talons into our prey and kill it quickly so that it does not suffer."

Don't you feel bad about killing other birds and animals? "Nature has balanced the world with something called the Food Chain. All living creatures have to eat. The Herbivores eat plants, grass and leaves. Like lions and leopards, Crowned Eagles are Carnivores, which means they eat meat. Nature's food chain makes it necessary for us to kill to stay alive, so we cannot afford to be sorry for what we do."



Are you much bigger than most birds?

"Yes, we are. But you must remember that Crowned Eagle females are always bigger and heavier than their male partners."

Really? How much do you weigh?

"I am an average male Crowned Eagle and weigh about 4 kilograms. Catherine is an average Crowned Eagle female, and she weighs about 5 kilograms."

Don't you, and particularly the chicks, get very wet when it rains? "We do, but Nature has given us a layer of oil in and under our feathers, so the rain does not come through to our skin. If it rains before a chick has feathers, Catherine carefully sits on it, shielding it from the rain with her oil-protected feathers."



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San Lameer Villa Sales

Dear Homeowners, Clients, Guests, Staff, Family and Friends.

Being your dedicated sales team on the Estate, we feel privileged to be able to represent all our Homeowners with their most prized possessions. The Estate Sales Team man and operate the Estate Sales Office 7 days a week throughout the year with the exception of Christmas Day and New Year's Day. Not all of you might know the history of your dedicated Estate Sales Team or our pedigree, which is why I would like present you with a brief overview of our history in real-estate industry.

The Estate Sales Office is represented by two experienced and qualified principals, a qualified agent as well as an intern all registered with the PPRA (Property Practitioners Regulatory Authority). Derek Thomson has been selling real-estate since 1986 and was placed at San Lameer by Pam Golding Properties head office in Cape Town after having been nominated their top performing sales agent in Kwa-Zulu Natal for three consecutive years. Derek holds his National Certificate: Real Estate: Level 5-MPRE and is the Principal of San Lameer Sales Office. René Smith holds her National Certificate: Real Estate: Level 5. René has been selling real-estate since 1992 also having worked in the upmarket area of Southbrook for 7 years with Realty-1 where she proved herself by achieving record sales before joining our team on the Estate in 2016.

Estate Focused Marketing. Working for you on the Estate we represent and focus all our attention solely, and only on marketing San Lameer. We have been representing you our owners as well as all prospective purchasers on the Estate 24/7 for the past 25 years.

We do extensive and continued marketing focused exclusively and only on San Lameer. Although Social and Online marketing has become the accepted norm where all agents advertise the same properties these days, we believe that hard copy advertising by means of single and double page full colour adverts in National as well as International magazines are still extremely effective for us and the Estate. We are more than happy to share this information with you in person should you want more detailed information.

Everyone knows that San Lameer is a unique and special gem, one which all prospective purchasers and visitors to our Estate should, or want to own. With our experience gained over the past 26 years on this magnificent beachfront Estate along with our professional advice, we hope to continue assisting our sellers and prospective purchasers for many years to come!



Price: R4 000 000 to R10 500 000

STAND ALONE
These Villas are a home away from home. This category of Villas offers you a selection of amazing Settings, Sizes that vary from 3 Bedrooms to 5 Bedrooms, modern internal Finishes as well as a choice of Views to suit everyone's needs. Most of our standalone homes are situated around the Golf Course or have the most spectacular Sea Views.

FACILITIES AVAILABLE AT SAN LAMEER

- 2 Blue Flag Beaches
- Lifeguards & Nets
- Beach Bites & Viewing Deck
- 18 Hole Professional Golf Course
- Club House & Viewing Deck
- 9 Hole Mashie Golf
- Driving Range
- Golf Cart Hire
- Tennis & Squash Courts
- Paddle Boats & Canoes
- 2 Swimming Pools
- Catch & Release Dam
- Bowling Green
- Hiking Trails
- Kiddies Play Parks
- Camelot Day Spa
- Clothing Boutique
- Library
- Superette
- 9.7km MTB Trail
- Villa Rentals Self-catering Accommodation
- Cleaning Service
- 4 Star Resort Hotel
- Conference & Wedding Venue
- The Lagoon Grill Restaurant
- 24 Hour Access Control
- Security Patrols
- State-of-the art Electronic Security System
- Bird Viewing Dam
- Lagoon & Sea Viewing Decks
- WiFi

VILLAS, STANDS AND SHARES AVAILABLE

Estate Appointed On-Site Sales Team

Derek Thomson | 082 774 7784 | derek@sanlameersales.co.za

René Smith | 082 571 1789 | rene@sanlameersales.co.za

Villa Sales: 039 313 5146 | www.sanlameersales.co.za



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– travis@sanlameersales.co.za



Price: R715 000 to R4 000 000

An exciting option when Purchasing a Holiday home in this category would be to turn it into a business when not being used. Villa Rentals make it very easy for homeowners as they specialise in managing the Letting for your home. Just letting a Villa for anything from 28 days (1 Bedroom) to 21 days (3 Bedroom) in Season pays all your basic costs for the year.

VILLAS



Price: R350 000 to R3 300 000

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Pricing your Home Correctly

A professional estate agent from a reputable agency has the in-depth market knowledge, resources and the ability to value your home at its true value. This is essential if you want to sell your home for the best price in the shortest time possible. It is vital to choose an agent with a proven track record. A good agent will ensure that your property is marketed to the right target audience with maximum exposure, which is essential to the success of the sale transaction. It is also important to work with someone you can trust and feel comfortable with.

One of the largest financial decisions a person will ever have to make is buying or selling a property. Surprisingly, few people give finding the right real estate agent as much thought as it deserves. Sheryl Schilz is an industry leader in her field and has been awarded multiple sales performance and customer service awards in her exceptionally successful career during the past twenty years. Sheryl's most coveted and notable award is the RE/MAX International

Lifetime Achievement Award which attests to her vast knowledge and experience in real estate. Sheryl is one of the top producing and most knowledgeable agents in KwaZulu-Natal and is consistently ranked in the Top Ten Re/max Sales Associates in KwaZulu-Natal.

HOA has approved Sheryl as an external agent and will strive to provide investors and sellers at Sam Lameer Estate with superior service. Sheryl operates from the exclusive RE/MAX Coast and Country Southbroom office.

The RE/MAX brand is one of the strongest in real estate Internationally and is the number one agency in South Africa. With one of the strongest agencies and one of the best agents, your choice is simple. Go with the best to get the best!

Are you thinking of selling your Villa? Contact Sheryl for a free valuation. Give her a call on **082 5577 199** or e-mail at **saschilz1710@gmail.com**



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Be One With the Ocean

To understand the therapeutic virtues of the seawater, we will start with the following two facts:

1. The medicinal use of seawater dates back to the 4th century B.C. when Hippocrates first used "thalassotherapy". This word comes from the Greek Thalassa, meaning water, and therapia, meaning to cure. Known also as the father of modern medicine, Hippocrates was the first to use seawater for healing purposes.
2. Seawater contains the same 84 vital elements also found in the human body. These elements include vitamins, mineral salts, trace elements and amino acids. But seawater is also rich in living microorganisms that produce beneficial antibiotic, antimicrobial and antibacterial substances. Human beings have the natural ability to easily assimilate all these elements, for our bodies' mineral constitution, as mentioned above, is very similar to that of seawater. Seawater contains almost the same concentration of minerals and trace elements as the human blood plasma.

SEA WATER SKIN BENEFITS

It is well known that spas worldwide use sea salt in their beauty and massage treatments. Why?

- The salt in the seawater helps remove toxins from the skin and acts as a natural exfoliator – it removes dead cells and encourages the production of new ones.
- Seawater replenishes our skin with minerals. Magnesium, in particular, improves its hydration and its overall appearance.
- One of the most important seawater health benefits lies in healing damaged and irritated skin.

- Sea water can reduce inflammation and help cure many skin disorders such as atopic dermatitis, rosacea, psoriasis and eczema.
- It has great antiseptic properties, very useful in healing minor wounds, cuts, rashes and abrasions – salt and potassium chloride seem to be majorly responsible for these beneficial, mending effects.
- All in all, seawater greatly improves skin texture, increases its elasticity and alleviates and heals many skin discomforts.

SEA WATER AND THE IMMUNE SYSTEM

Swimming in seawater can greatly contribute to our overall health. A study has shown that sea water-grown cherry tomatoes have more antioxidants than those grown using fresh water. The study has further found that these tomatoes can improve the body's defences against heart disease and cancer. But this is not all!

- Being so rich in vital elements, seawater can activate the body's healing mechanism and boost the immune system. It opens skin pores, allowing them to absorb sea minerals while helping them expel harmful toxins responsible for numerous diseases.
- It also increases the oxygen level in our bloodstream and thereby the number of beneficial elements needed by the blood to fight off free radicals.
- Sea air and sea mist are full of negatively charged hydrogen ions, potent antioxidants. Inhaling sea mist can therefore improve the immune system and enhance the overall health of every cell and organ in our body.
- The iodine in seawater supports our immune system function and boosts

thyroid activity. Being a great natural antiseptic, it also considerably increases our body's ability to fight infections and kill parasites, bacteria and fungus.

FIVE MORE BENEFITS

- Seawater improves blood circulation due to its high concentration of minerals.
- Thalassotherapy increases blood circulation by replenishing our body with essential minerals, depleted due to different internal and external factors.
- Seawater can also relieve cold and flu symptoms and cure bronchitis and sinusitis. Inhaling sodium chloride, or salt from seawater, helps loosen mucus and treat pulmonary problems.
- Lithium, for example, is a medication that is often used to treat many psychological problems, especially bipolar disorder.
- The high magnesium content in the seawater can efficiently help reduce stress, relax muscles and nerves, and induce calmness. Minerals contained in the seawater are, in some way, natural hypnotics that promote good quality sleep and help cure insomnia.

In conclusion, seawater is an excellent treatment for many nervous problems, and it can considerably increase the sense of well-being and relaxation.

Visit Lagoon Day Spa & Wellness Centre, where we offer a wide variety of marine-based products and treatments. Allow Lagoon Spa and the ocean to change your quality of life.

Monya Ashburner
Lagoon Spa Manager



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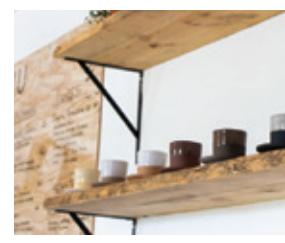
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 Call or WhatsApp 060 756 3661
 The Earth Shed, Old National Road
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Creamy MUSSEL CURRY

Fatima Sydow

✓ SERVES: 4

We moved from Manenberg to Rocklands in Mitchells Plain in the 1980s. Our house was a mere 15-minute walk from the beach at Mnandi, so we spent many summer days there sunbathing and swimming. The rocks were covered in mussels, thick blankets of purple-black shells. On days when the cupboards were bare, my mom would send us to the beach to pick mussels off the rocks. It was so much fun; we would race to see who could collect the most the fastest. We would walk home with satisfied smiles, excitement starting to build, because we all knew what was coming next...Mom's mussel curry! I've tweaked her recipe a bit and I'm certain she would have loved it.

INGREDIENTS

- 45 ml (3 tbsp) oil
- 1 medium onion, finely chopped
- 10 ml (2 tsp) dried crushed chillies
- 5 ml (5 tsp) turmeric
- 15 ml (1 tbsp) paprika
- 15 ml (1 tbsp) garlic and ginger paste
- 30 ml (2 tbsp) masala mix
- salt and pepper, to taste
- 1 kg mussels on the half-shell
- 250 ml (1 cup) fresh cream
- 125 ml (½ cup) chopped fresh coriander, plus extra for garnish
- lemon juice, to taste



METHOD

1. Heat the oil in a large pan on medium heat, then fry the onion and crushed chillies until the onion is golden brown. Add a little water, about 125 ml (½ cup), to the pot and braise for 10 minutes.
2. Next, add the turmeric, paprika, garlic and ginger paste, masala mix, salt and pepper and 125 ml (½ cup) warm water and allow to simmer until the spices are cooked. Add the mussels, fresh cream and coriander and a squeeze of lemon to your taste. Cover with the lid and heat through.
3. Sprinkle with some chopped coriander and it's ready to serve with basmati rice, toasted baguette or rolls.

TIP

Instead of dried chillies, you can use fresh chillies.





Buttermilk PANCAKES

✓ SERVES: 6-8

The sweet syrup drizzled over freshly made, warm buttermilk pancakes begs you to take one big happy bite. Although we sometimes enjoy them as dessert, our favourite time to eat them is actually on Saturday mornings, when everyone is relaxed and ready for the weekend. I often make these treats for breakfast and sometimes brunch, depending on what time we wake up. A winner, every time!

INGREDIENTS

- 330 ml (1½ cups) cake flour
- 15 ml (1 tbsp) baking powder
- 2.5 ml (½ tsp) salt
- 30 ml (2 tbsp) sugar
- 250 ml (1 cup) buttermilk
- 1 egg
- 15 ml (1 tbsp) vanilla essence
- 60 g (4 tbsp) butter, melted extra butter, for frying

METHOD

1. Sift together the cake flour and baking powder into a bowl, and add the salt and sugar. Set aside.
2. In another bowl, whisk together the buttermilk, egg, vanilla essence and melted butter. Fold this mixture into the dry ingredients. Do not over-mix or the batter will become rubbery.
3. Heat a lightly buttered frying pan over low heat. Spoon in about 60 ml (¼ cup) of batter for each pancake.

4. Flip the pancakes over when small bubbles appear on the surface and continue cooking until golden brown.
5. Serve with butter and golden or maple syrup.



*Fatima is a cook and former caterer and known as the Cape Malay cooking queen. In **FATIMA SYDOW COOKS**, she is back to share easy, accessible recipes, her fondest food memories and a few surprises.*

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