

W A T E R F A L L

ISSUE 7 2022



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WATERFALL**

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A message from

WATERFALL

Our safety and security at Waterfall has taken a major leap with the arrival of our very own fire brigade!

The private firefighters of Fire Ops SA have made Waterfall their home, and our main article this month features Fire Chief Wynand Engelbrecht talking about the crew and their insights into fire safety. Fire Ops SA only has six bases across Johannesburg, so it's a coup to have attracted them to Waterfall. The station has a full crew, a rapid intervention vehicle, a fire engine and a rescue vehicle. Enjoy the fascinating read about this welcome new service, providing us all with peace of mind in case of a fire or emergency.

This month, you can also read the fourth article in our infrastructure-focused series. We look at everything energy-related and how the Waterfall development is reducing carbon emissions across the residential and commercial ecosystems.

Co-working spaces have become popular in recent years, saving companies from having to run large offices and giving solo workers a handy place to congregate. A new flexi-working space will soon open in Waterfall City run by IWG, so read on if



you're a business owner looking for space or an individual wanting that 'go to work' feeling. With workspaces from five square metres up to 50 square metres, it's designed for small or medium-sized businesses and offers elegant boardrooms, a staffed reception, high-speed Wi-Fi and kitchen facilities.

While talking work, an article from our commercial partner Attacq, shares insights into why Waterfall is the perfect location for pharmaceutical companies to set up their operations.

On the leisure side of life, the Mall of Africa will soon host The Ultimate Shopping Weekend with some irresistible end-of-season winter sales. So put July 30 and 31 in your

diary and visit the mall to benefit from some great specials.

At Waterfall Corner, we welcome the latest tenant, Isabelina Décor and Interior Concepts. Their showroom of stylish furniture and décor includes an Interior Concepts Division offering design services. Products are sourced from proudly South African artisans who specialise in tailored pieces, and from other suppliers, to suit your style.

Our healthcare article looks at the troubling question of why viruses have become so prevalent. COVID restrictions may have finally been lifted, yet other respiratory viruses like RSV are still rife. The article covers the symptoms and preventative measures. Have a read to discover ways to look after yourselves and your little ones.

Finally, we encourage all avid runners to read the piece about the annual Waterfall City Half Marathon taking place on Sunday, 7 August 2022. With COVID restrictions lifted, this year's event will be the first fully in-person race involving over 2 000 participants – and it's a fundraiser for charities based in the Waterfall and wider-Midrand community. We hope you will join us.

Until next time, stay warm and healthy.
Waterfall Management

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INTRODUCING WATERFALL'S VERY OWN FIREFIGHTING SERVICE

Fire Ops SA, a private fire brigade service, has made Waterfall its new home!



We chatted with Fire Chief, Wynand Engelbrecht, about the role of Fire Ops SA in Waterfall and gained some valuable insight into fire safety.

What does Fire Ops SA do? With six bases across Johannesburg, we are primarily a firefighting service that has 21 vehicles and 60 full-time, highly trained firefighters, who are also rescue specialists

in extraction from vehicles and buildings. In addition, we offer fire consultations and fire equipment maintenance services.

Why have you set up in Waterfall?

The Waterfall area is poorly serviced by the Johannesburg Metro, so we were approached by the Waterfall Common Services Company to be on site 24/7 to provide fire and other emergency services to the entire 2 200ha Waterfall development.

Where on Waterfall are you based?

We are based on the Old Pretoria Road, in the old samosa factory. We have a complete 'Patch' (satellite fire station) with a full crew and three service vehicles, namely a rapid intervention vehicle which is the first responder, a fire engine, and a large, specialised rescue vehicle. The latter has everything you can think of: Jaws of Life, special cutters, cables, lifting equipment, lines, ropes and diving equipment. The fire engine



has breathing apparatus, ladders, fire hoses, and salvage sheets to protect furniture in the burning building – standard firefighting equipment of international standards.

Can you help with other emergencies? That's actually what we do. So we are geared for all situations, whether it is an earthquake, a snake in your home, your car swept away by storm water, or your roof being blown off by a hurricane.

What expertise do you bring to Waterfall? We have a highly skilled team of commanders and officers, all trained in municipal fire services, with over 300 years of service among them.

Can you assist with both residential and commercial fires? Waterfall has veld and brush, houses, blocks of flats, townhouses, single-family homes, multi-family homes, industrial sites, offices, warehouses – we are geared for all that. When we have a fire, we don't only dispatch our local Waterfall team, we send teams from at least three Patches simultaneously. In this case, it would be from Rosebank and Dainfern, so at any structural fire on Waterfall, there will be vehicles from at least three Patches in attendance.

How can residents or businesses contact the Fire Ops Team in an emergency? We are a phone call away on 083 622 6026. This number is already listed on the Go Waterfall app under emergency contacts. They can also download the LominaSOS Public App from the Apple App Store or Google Play Store and register using the organisation code f1r3ops. The app helps us to get the caller's coordinates, so that we can respond within minutes. In either case, our policy is that crews must leave their Patches within a minute of a report received during the day and within 90 seconds at night time, so we will be on site within 7 minutes or less in Waterfall.

If there is a fire in my house, how would Fire Ops SA tackle it? We have a unique fire attack philosophy. We use very little water but use extremely high pressure. We carry water on our vehicles, and once we arrive on the scene, we determine the location of the fire in the structure. The first attack is by two crew members, while other team members will be looking for pools, fire hydrants, and other water sources. Entry is normally gained through the front door. We request that people leave their homes if there is a fire and keep the door closed until we arrive. Next, we stretch

a line into the house and release about 100 litres of water in the shape of water mist or high fog. The flames and heat will absorb most of the moisture, so there is very little water damage to your property. If necessary, we will ventilate the fire by creating openings in the roof. This is an exercise practised by skilled firefighters.

What if a fire breaks out in one of the tall commercial buildings on Waterfall? Height actually makes no difference because we tackle the blaze internally. We go in using the escape stairwell and the fireman's lift, which uses auxiliary power. Any building higher than 30 meters has a fireman's lift fitted. The only time we fight a fire externally is if the roof has already collapsed upon our arrival, or in the event of a factory fire due to dangers within the building.

What are the general protocols for evacuating a building on fire?

While there are different approaches to evacuating a house, hospital, mall or office block, in all these cases, every minute counts!

In a family home setup, there are hopefully smoke detectors that will wake or alert the family to the fire. It is essential to have a practised evacuation plan. Exit the house through the front door and close it behind you. Don't worry about fire extinguishers - just get out. Fire spreads very quickly inside a dwelling. If gas cylinders are involved, let the firefighters handle them.

In an office setting, first evacuate the room that's on fire. Shut the door. Then evacuate that wing, the full floor, and then the floor above and below it. Firefighters will give further guidance. It is often unnecessary to evacuate an entire office block as it can cause more chaos.

Tips to contain or extinguish everyday residential fires quickly.

If you have a fire on the stove, throw a fire blanket over it. These are inexpensive to buy and work well. You can also use a dry powder fire

extinguisher, but often people don't know how to use it. If you direct the powder into the oil, the oil could splash out and spread the fire. Even if you have managed to extinguish the fire on the stove, call Fire Ops. The fire may be out but not cold. Sometimes the hot air can get into the ceiling void and may flare-up.

If you have an electrical short circuit, get to the DB board and trip the power. This usually trips on its own in a modern home. Then leave the house, shut the door and call Fire Ops. You'll be able to think clearer outside on the lawn than inside in the smoke. Smoke is dangerous. Always confirm that everyone is out. If we know everyone is out, we can start firefighting immediately. If we are unsure, we need to search and rescue first. Also, if we put water into a building, the smoke turns to steam, which can be even more dangerous for anyone still inside.

The most important thing to remember? **Evacuate and close the door.**

What should every house have in terms of fire prevention?

Smoke detectors and a fire blanket inside the house, and a 1.5kg dry powder fire extinguisher in the garage. The door between the house and garage is usually a fire door, so each area is protected. Keep a hose pipe connected to the garden tap; this is useful for refilling the fire engines.

In multi-level buildings, we recommend having a rescue fold-up ladder or rope ladder on the top floor with the knowledge of how to use it.

What is the number one mistake when handling a fire?

Opening doors and breaking windows. A fire must be compartmentalised so we can put it out in the room of origin.

Important advice?

Be vigilant. Know how to contact emergency services. Know which emergency contact you need for all traumas and have all the relevant information on hand. Feel free to practise on our app. Know your exits, and get to know all the procedures

before an emergency happens. Ask questions. Have these discussions at home and in your office.

Are there any costs involved when Fire Ops extinguishes a fire?

Waterfall pays us a premium for the protection we give. Still, home and building owners will be billed after a fire operation. It can be anywhere between R6 500 to R20 000, sometimes even higher. It depends on the size of the building and the construction materials. It also depends on the time scale. Then, the bill goes straight to the insurance broker. We give them a comprehensive report, including drone pictures. Insurance then pays the home or building owner, who pays us. Every bonded property has insurance, and each policy has fire coverage. In the five years of the company's existence, we have never had an issue with an insurance claim.

In conclusion, it is an honour to look after life, limb and assets on Waterfall. Our crew is on standby 24/7 in case of any emergency and we are proud to be your community fire service.

For more information, email: management@fireopssa.co.za, or visit: www.fireopssa.co.za



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WORKING TOWARDS A MORE ENERGY-EFFICIENT WATERFALL

This article marks the fourth in our series of articles where we delve deeper into the underlying infrastructure of the broader Waterfall development. Here, the spotlight turns to everything energy-related and how, together with our partners, our eco-friendly planning has identified ways in which the development can reduce carbon emissions across the residential and commercial ecosystem.

Given global concerns around the lasting damage fossil fuels are causing to the planet, it has been imperative for Waterfall to think creatively and leverage more sustainable resources as it moves towards a net-zero carbon footprint.

Willie Vos, CEO of the Waterfall Management Company, says it is important to use relevant technology to analyse how the development uses its energy infrastructure, and how to harness solar potential more effectively.

“The sun is a free energy source, but to benefit from it requires an integrated approach. Whether it is the passive climatic design of homes and buildings to maximise natural light and conserve energy, or using gas to provide an additional advantage, our specialists have considered a plethora of options,” says Vos.

FROM THE GROUND UP

At a fundamental level, Waterfall has adopted a strong environmentally-conscious approach to planning and development when it comes to energy. Given the greenfield nature of the development and how almost every building on Waterfall is, in effect, a new-build, it was an ideal opportunity to implement and encourage passive climatic design principles and introduce green innovation rather than trying to retrofit existing buildings later.

Many of the homes within Waterfall are thermally efficient, where lessees were encouraged to build using solar geysers and panels, energy-efficient lighting, and low energy consumption fittings and appliances. Such homes are proven to promote both energy- and water-efficient usage, are more comfortable to live in, have long-term cost benefits and much higher resale values. Developments such as Waterfall Country Estate, Waterfall Country Village Estate, Waterfall Valley and The Polofields also use piped LP gas as a highly effective alternative to traditional electricity.

A sustainable approach provides the golden thread across all residential developments within Waterfall. The intention is to keep the carbon footprint small, air pollution low, and energy efficiency high.

“Everything that is planned within Waterfall is focused on using as much alternative energy as possible. This also includes installing smart water and electricity meters to optimally manage the environment. New developments incorporate aspects like LED lights, double glazing, and insulation on ceilings and under floors, to improve energy consumption,” Vos adds.

TAKING CONTROL

In conjunction with Attacq, Waterfall’s commercial developer, the Waterfall Management Company is also looking at the possibility of buying its grid back from Eskom to start generating its own electricity. While it is still early days, given the complexities around the regulatory environment, everything done within Waterfall concerning energy is approached with this prospect in mind.

“Our intention is to use as little energy from the traditional grid as possible. Already, many of our billboards and most of our CCTV cameras are powered by solar. Furthermore, we have begun the process of changing the traffic lights within the development to solar,” says Vos.

Even so, Waterfall has been in the fortunate position to have worked closely with Eskom since inception



Waterfall News

to have its electricity supplied directly by the provider, resulting in a substantial saving for users.

“The entire electricity grid within Waterfall has been designed by our engineers and approved by Eskom. Once it was completed, ownership was transferred to Eskom to manage. As a key customer of Eskom, Waterfall has an excellent relationship with the incumbent,” says Lourens du Toit, Head of Sustainability, Infrastructure and Land at Attacq.

GREEN BUILDINGS

Kyra Rautenbach, Sustainability Manager at Attacq, says that working directly with Eskom means that Waterfall is on a low tariff. “The energy efficiency we are incorporating across the development, therefore, brings with it significant benefits from both commercial and residential perspectives. At Attacq, our focus has been on incorporating resilience into the commercial side to ensure a lower cost of occupancy. We have aligned our operational teams with the development managers, as everybody from the top to ground level commits to maximising energy efficiency,” she says.

To this end, the newly-completed Nexus 1 building was recently certified by the Green Building Council of South Africa (GBCSA) as Waterfall’s first Net Zero Building. Its efficient design and solar power system ensure that there is enough renewable energy to meet the building’s needs, resulting in zero operational carbon emissions.

To date, there are 27 green-rated buildings in the precinct. “This highlights the calibre of the buildings we are constructing within Waterfall. We are also fortunate that because our Waterfall portfolio is new, the energy infrastructure is working as well as it should be,” says Rautenbach.

PERFECT BALANCE

Rautenbach says that all aspects of building design have focused on energy efficiency. Passive



The Waterfall sub-station off Allandale Road.

energy measures like the building envelope and glass; and active systems, like lighting and heating, have been implemented to work in unison with one another.

“With these puzzle pieces in place, we can ensure everything is optimised, from an energy perspective. Solar becomes the last step in the process, where we offset the remainder of the usage when the building becomes fully operational,” adds Rautenbach.

It is not only new buildings that benefit from energy efficiencies but existing ones in the portfolio as well. One such example is the flagship facility, Mall of Africa, which was retrofitted with solar in 2018, following its opening in 2016. Today, the mall boasts an extensive rooftop solar PV/diesel integrated plant, the largest of its kind in the world. The installation covers most of the available roof space, approximately 45 000m², and the energy generated is used to power part of the Mall’s daily operations.

ON-PREMISES SUB-STATIONS

Further enhancing the energy environment is the fact that there are three sub-stations within Waterfall dedicated to commercial users, two sub-stations for residential users, and another sub-station focused on Vantage Data Centers’ first-ever African campus currently being built within Waterfall. In total, these six sub-stations see Eskom supplying Waterfall with 180MW (megawatts) of power.

“The overhead electricity lines running from the Waterfall sub-station, located off Allandale Road, into Megawatt Park are being upgraded. Due for completion at the end of the third quarter next year, this upgrade will not only benefit Waterfall, but the surrounding community as well. The additional capacity supported by these upgraded cables will inject further efficiencies into the environment,” adds du Toit.

However, the work on energy optimisation is far from done. Says Vos: “We will do whatever we can to reduce our reliance on fossil fuel. Already, we have the capacity and the ability to make a significant difference in improving our energy usage.”

Piet Joubert, GM of the Waterfall Management Company, agrees. “Pioneers like Waterfall always face teething problems. We have the expertise to harness the likes of solar and other alternative energy measures, but throughout this process, we must keep in mind that whatever is done must be economically feasible. On an individual residential level, it might not be a problem. When it comes to doing something on the scale of a city, then regulations must be taken into consideration, to create a truly world-class infrastructure environment. Sustainability has been integrated into every aspect of Waterfall, ensuring that every development, be it commercial, logistics or residential, is efficient, cost-effective and eco-friendly,” he concludes.



‘ EVERY WINTER HAS ITS SPRING ’

- H. Tuttle



Time for new beginnings



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MEETS LIFESTYLE

WATERFALL: A HEALTHY CHOICE FOR PHARMACEUTICAL COMPANIES

Optimised infrastructure and service excellence foster operational wellness

The pharmaceutical industry is a dynamic and progressive sector delivering innovative solutions that make a meaningful impact on the health, well-being, and livelihood of all people. Companies in this segment are known for being cutting-edge, pushing scientific boundaries to not only treat illness but to support optimal human health and wellness.

With such a focus on optimisation through innovation and efficiency, pharmaceutical companies are highly selective when it comes to where they set up their operations, choosing to partner with business destinations that can meet their complex needs, including enhancing the quality of work-life for their employees. For these organisations, Waterfall is clearly the 'healthiest' choice.

A STRATEGIC INVESTMENT IN FUTURE-FIT PHARMACEUTICALS

Deciding on a location is no longer just about square meterage and cost. A company's location has become a critical part of the business strategy that contributes to collaborative thinking, connectivity, employee retention, logistics planning, carbon footprint, reputation and future-proofing. With the sector expected to deliver R73 billion in sales by 2025, and local manufacturing capacity and capabilities continuously being developed, pharmaceutical players require space that is flexible, adaptive and able to integrate multiple usage proficiencies. This entails a location that will not only meet the current physical space requirements but will also be suitable to support the life cycle changes and growth of the business.

Waterfall, the award-winning 2 200ha precinct, has a compelling value proposition for pharmaceutical companies at its collaboration and logistics hubs. Their strategic location, with easy access to national logistics routes in Gauteng, makes them not only hassle-free for businesses to extend their customer supply chain proposition, but also easily accessible for employees, whether they choose to use private or public transport.

Consistent and stable power and water supply are critical business continuity enablers, especially in South Africa with its overburdened infrastructure. Water and energy security are imperative in manufacturing, no matter the sector, and Waterfall has prioritised ensuring that systems have been



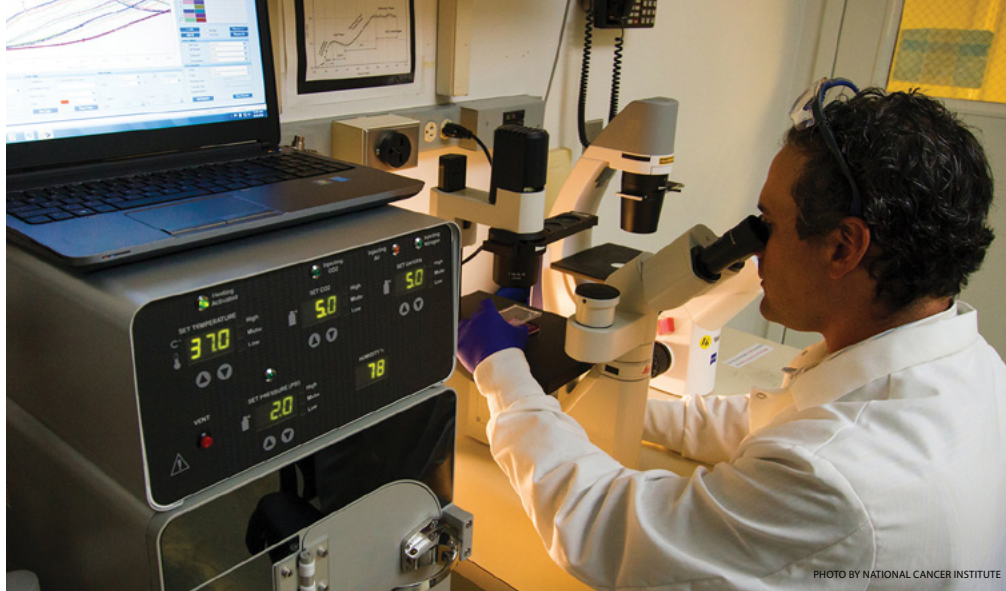


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delivers beneficial opportunities for collaboration, shared resources, and convenient accessibility, to partners and stakeholders with common goals. It is a location that promotes quality of work-life, infrastructure efficiencies, as well as commercial optimisation and operational success.

mindfully put in place to limit water and power supply downtime. The innovative city employs energy and water stewardship technologies, such as self-sufficient water supply systems, and 24-hour generator power. Such initiatives reflect Waterfall's commitment to ensuring its clients can focus on their core business without having to worry about keeping abreast of load-shedding schedules or (un)planned water shortages.

NO MORE WORK-LIFE BALANCING ACT

Employees of pharmaceutical companies, like those of any business, require a reasonable work-life balance. These individuals dedicate themselves to delivering industry-leading scientific advancements and, as such, need to

maximise both their professional and personal time. Waterfall's collaboration and logistics hubs are advantageously close to residential properties and other amenities, such as schools, excellent shopping facilities, hospitals and restaurants. This unique live-work-play value proposition truly addresses the employees' need to lead healthier, happier lifestyles, where quality of life, wellness and family sit comfortably alongside access to workspaces that deliver optimised workflow, hyper-connectivity, employee engagement and enhanced productivity. It's a win-win scenario.

As the location of choice for pharmaceutical companies, Waterfall connects sector players to a like-minded community of shared interests and goals. This

A COMMUNITY OF PHARMACEUTICAL EXCELLENCE

Many pharmaceutical companies, including Boehringer Ingelheim, Cipla, Dis-Chem, Novartis, Organon, and Zimmer Biomet, already call Waterfall home - and use the precinct's many benefits to underpin their daily business operations and strategic goals.

We invite you to become part of this community that not only has your business' interests at heart, but already understands its needs and offers versatile and custom-built working spaces to support them. Give your business the edge and your people the work-life experience they have been asking for; come and join a community of peers at Waterfall.



COLLABORATE, CREATE, INNOVATE

in Waterfall City's new co-working spaces

In exciting news, Attacq's various commercial and SME tenants will soon be the beneficiaries of the latest collaboration between IWG (the holding company for Regus and SPACES) and Attacq, as an all-new flexi-work offering will imminently be opening in the Waterfall City precinct.

This follows on from the successful launch of Regus in Lynnwood Bridge, which is an Attacq owned property. SPACES was the pioneer of this work zone in Waterfall City and thanks to its successful track record, we will soon be welcoming Regus to Maxwell Office Park.

Business owners looking for short- or long-term, high-end commercial office space in Waterfall City will be able to enjoy all the benefits of a dynamic, collaborative work environment, which forms part of the broader enhancement offered at Waterfall City. In addition, this precinct will also cater to larger multi-national commercial tenants looking for wide-ranging, tailored, green-rated office space.

IWG is the leading global provider of hybrid work solutions with approximately eight million people currently working at thousands of locations across more than 120 countries. The Waterfall City site can accommodate professionals in workspaces ranging from five square metres, suitable for individuals, up to larger, tailored office spaces of 50 square metres, ideal for small or medium-sized businesses.

The partnership is particularly fitting for Attacq, the developer behind the



innovative Waterfall City precinct, which includes the iconic Mall of Africa as well as landmark commercial buildings such as The Ingress, Corporate Campus and Nexus. Attacq believes strongly in the concept

of integrated mixed-use working that leverages the best in urban design architecture, best-in-class sustainability principles, and the latest in green technology, to drive safe and sustainable urban development.



NEW WAYS OF WORKING

The COVID-19 pandemic accelerated the global trend towards remote and hybrid ways of working. South Africa is no different, and we have seen a fundamental shift, on a broader level, in how both entrepreneurs and large businesses regard the nature of work, as well as from a commercial perspective, what companies truly want from their office spaces. In addition, the national lockdowns have allowed business leaders to reassess the nature of the workplace and re-evaluate how flexible office spaces can enhance productivity and employee engagement.

IWG's new site at Waterfall City features all the amenities one has come to expect from premier remote work offerings, including beautifully furnished, shared boardroom facilities, a permanent front-of-house reception area and receptionists, as well as additional features such as mail handling, highspeed Wi-Fi, and kitchen facilities.

Like the Regus Lynnwood Bridge premises, IWG's Waterfall City site offers a scalable workspace, which is customisable to match the tenant's brand. These co-working spaces can also facilitate growth in one's network through regular engagement with like-minded, vibrant, and ambitious professionals.

If you would like to find out more about this exciting new work opportunity, please get in touch with Gregory Davis, Business Development Director Africa, +27 72 444 7412, or email: Gregory.Davis@iwgplc.com





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ISABELINA ADDS STYLE TO WATERFALL CORNER

The new Isabelina Décor and Interior Concepts showroom at Waterfall Corner showcases their latest furniture designs in a relaxed and beautiful setting.

Isabelina epitomises elegance, luxury, refinement, quality and exclusivity through their bespoke collection of décor and furniture. A dedicated Interior Concepts Division offers clients a range of services, from small commissions to complete interior design projects.

Taking decorating and design to a new level, the personal touch makes Isabelina unique. Their experienced and skilled designers work across many disciplines, including projects for 5-star hotels and high-end residential and commercial clients.

Isabelina believes in a holistic approach to interior design and decorating, marrying colours and textures with new furniture and existing pieces - and adding lighting according to your individual needs. Design is personal and emotional, which is why they offer their services every step of the way, to make the process stress-free and enjoyable.

The team is proud to provide a turnkey service, which is as focused on the design and the outcome, as it is on the administration of projects, assisting with important steps like budgeting, specifications, installation and logistics, to name a few.

With a world of textures, fabrics and natural elements available, Isabelina's furniture, lighting and décor ranges are conceptualised and created across the globe, and locally manufactured by select, proudly South African crafters who specialise in tailored pieces. Isabelina's designers also go to great lengths to source décor, furniture, fabrics, wallpapers and lighting from suppliers to suit your style and space. So, let Isabelina help you realise your dream interior.

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GET FIT AND DO GOOD



PHOTO BY SMACPIX

Get your blood pumping this winter with the first fully-fledged Waterfall City Half Marathon, taking place on Sunday, 7 August 2022.

Waterfall City Athletics Club is inviting you to challenge yourself at this fun and inclusive race event. Last year's inaugural half marathon was successfully held as a hybrid event that offered participants the opportunity to run virtually or along the race route. Excitingly, this year's event will be fully in-person, starting and finishing at Waterfall Park, giving you the chance to connect with the vibrant Waterfall City community while getting active.

Held in association with Waterfall Management Company, Attacq and the Mall of Africa, the half marathon forms part of this year's Central Gauteng Athletics race calendar, alongside events like the Comrades Marathon. Taking part in the Waterfall City Half Marathon will give runners the chance to do a final long run before tackling the ultimate human race.

If you're a novice runner, don't feel intimidated – try your hand at

the 5km or 10km race options, costing only R80 and R150 to enter respectively. Are you a regular on the race scene? Push yourself with the 21.1km, at R220 to enter.

Along with Waterfall City promoting a healthy and socially responsible lifestyle, Discovery Vitality members have a chance to earn between 300 and 1 500 vitality points, depending on the distance entered. Additionally, all Team Vitality Running Club members will receive 50% of their entry fees back after the event!

For that added motivation, the cumulative prize money across all distances and categories is R26 500. Even if you don't nab a cash prize place, we have partnered with incredible sponsors, such as Asics, Athi Health, Waterfall Management Company, Attacq and Mall of Africa on board to treat you with goodie bags and a range of other great prizes.

Taking part will also give you the

opportunity to do good while having fitness fun. The Waterfall City Athletics Club is utilising the race to fundraise for charities based in Waterfall and surrounds. Funds will also be used for the Club's development team members, most of whom come from disadvantaged communities.

Whether you choose to make a cash donation upon registration or to donate non-perishables or personal care items on race day, you have a chance to make a difference while getting healthy.

If you don't feel like breaking a sweat or just want to support a friend or family member taking part, come along and enjoy the food market at Waterfall Park for a fun-filled family day!

Enter at <https://waterfallcityac.co.za/> or at the Sweat Shop in Dunkeld.

For race-related queries, please contact Thabiso Mavuso or Samantha Ntuli on communications@waterfallcityac.onmicrosoft.com or via WhatsApp on 076 538 0832. Follow Waterfall City Athletics Club on social media for more details.

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RESPIRATORY SYNCYTIAL VIRUS IN PAEDIATRICS

Why the upsurge?

By Dr Alicia Lazarus, Paediatric Pulmonologist



Dr Alicia Lazarus

As the country takes a breath, with COVID restrictions having finally been lifted, everyone is eager for life to return to normal. We are seeing more and more people venture out and there are days when COVID really appears to be a thing of the past. However, what most people aren't aware of is that hospitals and clinics are still packed to capacity with patients infected by respiratory viruses, and COVID is not the culprit this time.

Respiratory viruses are defined as

common, contagious viruses that cause infections of both the upper and lower respiratory tract. This article will highlight RSV (Respiratory Syncytial Virus), briefly look at the reasons for the upsurge in severity and list measures that can be taken to protect your precious children.

CONTAGION AND TRANSMISSION

RSV will present with symptoms within four to six days of contracting the virus, and you can be contagious for up to eight days. RSV is the most frequent

cause of bronchiolitis in infants and young children. There are seasonal outbreaks each year throughout the world, but this year, our season has not followed its normal trajectory (we have seen a prolonged season).

RSV affects many infants in their first year of life, but certain groups are at risk of being more severely affected – premature infants, children with congenital cardiac disease, those younger than three months, sufferers of BPD (lung disease associated with prematurity) and children that have a

compromised immune system, as well as children with Downs Syndrome. Certain groups will have prolonged shedding of the virus, which means they can spread the virus for longer.

This virus is spread by droplet transmission, such as coughing and sneezing.

SYMPTOMS

Bronchiolitis is a virus-induced lower respiratory tract infection, presenting mostly in children under two years of age, especially in infants. Clinical symptoms can vary depending on age, comorbidities (other medical problems), environmental exposures (pollution, smoke) and a history of previous infections.

Signs and symptoms include congestion, rhinorrhea (runny nose), and sneezing, along with a low-grade fever (temperature between 37.5 and 38.5 degrees Celsius). The condition then progresses within one to two days to involve the lower respiratory system (lungs) causing wheezing (whistling breathing), hyperinflation, fast breathing and signs of respiratory distress (difficulty breathing) as well as a cough. A child may present with a mild or very severe respiratory illness.

DIAGNOSIS

The virus is diagnosed by obtaining a nasopharyngeal swab (yes, that dreaded, painful nose swab we've all had to undergo when testing for COVID). Normally no chest radiograph (X-ray) is needed but it will be done in severe cases or prolonged or atypical presentations. Sometimes the doctor will check the oxygen saturation levels to assess how sick the child is. Other signs of severe disease are lethargy, and inability to feed.

TREATMENT

Treatment is largely supportive (hydration, pain control and lots of love). However, if oxygen levels are low, then admission to hospital

is needed to give supplemental oxygen. Severely ill children may need more intensive care and higher degrees of respiratory support.

When should you seek help or be concerned when your child is ill?

- If there are any signs of dehydration or poor feeding/refusal to eat.
- If there are signs of respiratory distress (flaring of the nostrils, fast breathing, using accessory muscles to breathe, blue/pale colour).
- A newborn or infant with a temperature of more than 38 degrees Celsius.
- And as always – a parent knows best, so if you are very concerned, it's better to seek medical advice and have your child assessed.

There has been an upsurge in respiratory viruses and prolonged seasons of respiratory virus activity. This has emerged after periods of lockdown and little to no exposure to viruses, leading to little to no immunity, especially in young children. In general, viruses which may have had asymptomatic or mild presentations are resulting in more severe symptoms, most likely due to our waning immunity. We will have to monitor trends in seasons to come and see if this changes.

HOW CAN ONE PREVENT INFECTION?

Prevention involves the washing of hands, cough hygiene, restricting day care in RSV season (especially in the high-risk groups), and avoiding environmental exposures (pollution, tobacco smoke). If your child is sick, please keep them at home to avoid further spread of the disease. Immunization (a costly monthly injection) is available, but this is reserved for high-risk groups.

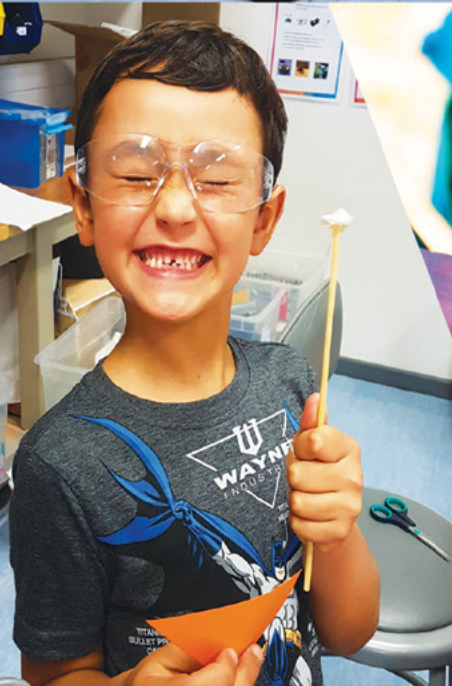
As we transition out of this global pandemic, we need to acknowledge that there are other threats out there. Viruses have not changed but

our susceptibility has. With all the restrictions placed on us for over two years, we have not built up the required immunity needed as a group, leaving our little ones especially susceptible to our more common strains of viruses. Children, who are generally magnets for all sorts of bugs, have gone for months without interacting with other children or anyone outside their home, and when they do, it is often in a sterile, masked environment. Even babies born during the pandemic may not have received antibodies in the womb as their mothers were isolated and sheltered from being exposed to any viruses during this time.

The disruption to our day-to-day lives caused by the pandemic has prevented much-needed antibodies against viruses from being generated by our young children who are now being exposed with the lifting of restrictions. Prevention is key during these times!



IMAGE BY ANNA SHVETS



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79 

**DIFFERENT STUDENT
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4 

PILLARS:
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28 

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21 

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NATIONALITIES**

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HOLD MASTERS
DEGREES**

2 

SEMESTERS.
NORTHERN HEMISPHERE
CALENDAR - AUGUST TO JUNE

174 

CO-CURRICULAR ACTIVITIES
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PARENTING THE GIFTED CHILD



Nicola Killops is mom to James, a twice-exceptional 18-year-old, and she lives in Johannesburg. Nicola specialised in gifted education and taught at the Radford House School for gifted children for many years. She recently left teaching and is now a writer, focusing on supporting parents and teachers of children who are 'different,' according to mainstream views.

Through a series of articles, Nicola hopes to reach those moms and dads who need to hear that their experiences with having children who possibly don't fit into the 'norm' are not alone.

There may be an explanation for their experience as a family. With understanding and information, they can set their children on a path where they are understood, nurtured, and allowed to be everything they can be.

We asked Nicola to elaborate more on her own experiences.

Q: You mentioned that your son is twice-exceptional. What does that mean?

NK: Twice-exceptional refers to a person that is intellectually gifted but also has learning challenges like ADHD, dyslexia, sensory processing issues, or autism. Therefore, they are referred to as 'twice-exceptional', or 2e, as they have exceptional abilities and disabilities at the same time.



dyslexia and high functioning autism, the school system had focused so much on his challenges that there was no space for his incredible mind. So, I spent years researching and discovering ways to nurture his intellect while the system was obsessed with him grasping phonics.

Q: What was the first thing you discovered when you began teaching gifted kids?

NK: I was probably only one day into my new job when I realised that gifted children are not always what the world expects. When one hears the term, it conjures images of prodigies and mini scientists who get 100% for every test and read their first copy of the *Lord of the Rings* at age three.

While those children do exist, there is so much more to what constitutes a gifted child. And what I didn't realise was that I was about to embark on an eight-year journey that would ignite a flame in me, making me most passionate about the parts that the world just didn't get. My insight as a mom also made me understand the challenges of parenting a gifted child and how isolating it can be.

Q: Why did you stop teaching?

NK: Last year, I took a massive leap and decided to leave the classroom - not because I was no longer passionate about gifted children and their journey, but because I wanted to reach beyond my classroom through my writing. I want to reach parents who are raising gifted children and struggling to find an ally when raising a challenging, misunderstood child. Many parents are dealing with the challenges and haven't yet discovered that their child is gifted because it is so much more complex than many realise.

So, my writing is for the moms and dads (and teachers) of the children that many may think are just that little bit odd. Those who feel that no one understands their child, or can't understand why their children become so overstimulated, are incredibly justice-driven and despise school because they are just so bored.

Q: Are you a gifted education specialist?

NK: I am not a doctor or a psychologist - I am just a mom and a teacher. So, my writings are based on my experiences, and not clinical trials or academic research - but what I know, I learnt on the ground. That is where I believe the magic happens. So yes, I believe that my experience does make me a specialist.

Q: What is the one thing you wish everyone knew about gifted kids?

NK: Being gifted does not necessarily make a child an academic. Bright children are often academic and know all the answers, but the gifted child is the one who asks all the questions. They can be bored or overwhelmed

Q: How did you come to discover so much about gifted children?

NK: In 2013, I began an incredible journey of discovery when I left the government school system and joined the staff at Radford House. Radford House was founded in 1995 and is one of very few schools in South Africa that caters specifically for gifted education. Initially, I was terrified, wondering how on earth I was equipped to take on such a responsibility and offer anything of value to kids with such advanced intelligence. But I soon realised that they were there to teach me just as much as I was there to teach them.

Q: How did this tie in with your own parenting experience?

NK: At the time, I was having a tough time finding a way for my 9-year-old son to find his place in the world. I knew he was incredibly bright, but because of his severe

Waterfall **Today's Child**

by a cut-and-dried curriculum, and their giftedness becomes apparent when you delve into their insight, their thirst for knowledge (not just facts, but the 'how' and 'why' of everything), and their deep sensitivity.

Q: Why do so many parents/teachers become frustrated with gifted kids?

NK: It is a paradigm shift for parents and teachers to be open to debate and accept that a child can know more than they do. But gifted children just want an opportunity to be heard and to express their views. In addition, gifted children are incredibly justice-driven and will act out if they believe they are being treated unfairly.

As a parent or teacher, you need to realise that the child may well be more intelligent in some areas, but they rely on us for wisdom. The wisdom guides them to engage respectfully, be open to other opinions, and feel that a healthy debate is safe.

Gifted kids want to learn actively – not just be bombarded with meaningless information. They want to theorise, question, and go down the rabbit hole.

Q: What are some of the challenges faced by gifted kids?

NK: One of the biggest challenges is that they are often overwhelmed by anxiety. They overthink everything and can be in a perpetual state of panic as a result.

The anxiety can lead to poor performance at school for many reasons. Sometimes the child 'who just refuses to do the work' is such a perfectionist that the fear that it won't be perfect paralyzes them – so they just don't bother.

They also loathe repetition – for them, it is soul-destroying. When faced with 20 long division problems, there is a strong possibility that they won't bother even if they could easily do them if they wanted to. This is often the root of poor academic performance – boredom, and disinterest.

When your brain works in hyperdrive, it goes beyond intelligence. Gifted kids have heightened senses that can easily be overwhelmed. Bright lights, noises, and a scratchy shirt can lead to a severe sensory overload.

Q: So in conclusion . . .

NK: My goal is to teach the world about these incredible little humans who are so often misunderstood. I want to be their voice and their advocate. And I want to reach their parents and families. As a mother of a gifted child and having worked with parents for many years, I realise how challenging it can be, especially when dealing with anxiety, overexcitabilities, insomnia, and social challenges. Moms and dads need as much support and understanding as their children do.

Look out for more from Nicola in forthcoming editions of the magazine.



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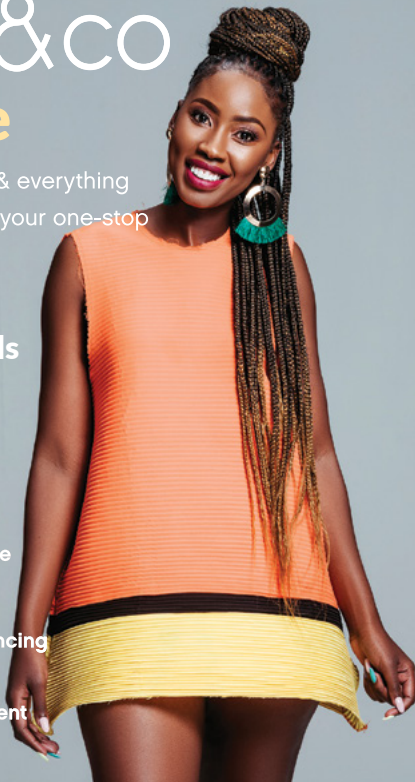
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FIVE TIPS TO GO (partly) OFF THE GRID IN SOUTH AFRICA

By Justin Killops

South Africans are finally united as a nation. However, this united front has nothing to do with politics, religion, opinion or allegiance to any particular set of beliefs. What unites us is our universal discontent when we hear the simple words: 'load-shedding!'

We all face the same collective annoyance and inconvenience or worse – loss of income, business interruptions and cold, dark, sometimes hungry nights. We roll our eyes, shake our fists, stub our toes in the dark and are never really certain which 'Stage' of load-shedding to expect next.

Candlelit dinners are not quite the same when you aren't having them by choice. After all, you can get too much of a good thing. And sadly, not all of us can afford the (roughly) R250 000 starter kit it takes to move a modestly-sized home entirely off the grid.

It's not all bad news, though. With a few small, relatively inexpensive touches added to your home, you can dial down the disruptions brought about by our ailing power utility. Here are five tips to beat load-shedding without breaking the bank.

1. Rechargeable globes

Perhaps these little gems won't come as a huge surprise. On the other hand, I only discovered them very recently, and they were an absolute revelation. Rechargeable LED globes are readily available online or from most reputable hardware, DIY and lighting stores, and even in some of the bigger supermarket chains.

These adorable rays of light come with a built-in battery that charges when the power is on. They generally require between four to six hours to charge and should provide between two and four hours of light during power outages, depending on the type of globe you get.

2. Wi-Fi mini-UPS back-up

Generators and/or inverters with enough capacity to power your entire home during outages don't come cheap. But if you consider the essentials for any given working day or quiet evening at home, you don't need to sell a kidney to power them.

If you work on a modern laptop, you'll get between one-and-a-half to four hours' battery life, depending on the brand and battery capacity. If you're at the higher end of that scale, you've probably found that your laptop generally outlasts load-shedding, which is usually between two and four hours at a time.

While your laptop can power itself, your Wi-Fi router can't. But if all you need is light, a laptop and an internet connection, just switch on your rechargeable globe, make sure your laptop charges when the power is on and add an affordable mini-UPS or inverter into the mix to run your router.



PHOTO BY VUE VIJENDRANATH ON UNSPASH

Small UPS units, made exclusively to power internet connections, range in price from around R700 to R2 000, depending on their capacity. And they're available from most tech specialist retailers.

3. Small-scale solar

A solar-powered geyser is a great start. Getting one installed will probably cost you between R15 000 and R20 000. But you don't need to go quite so large to take advantage of solar power. You can do it in smaller ways.

Start with the outdoors. Solar lights that soak up the sun in your garden are affordable and readily available at garden centres and DIY retailers. You can also use a touch of solar power to keep your TV, computer, cell phone and a light or two on using a small UPS.

These vary in size and cost. For a small, solar-powered 84W/h kit from Ellies (found on loot.co.za), you're in for around R1 300. This type of unit is good enough for light but won't power major appliances. Around R700 - R800 more will get you a similar unit with enough juice to charge your laptop.

For around R3 000 (Takealot), you can get a TG 1500 W sine wave inverter, which can be charged via mains or solar panels and will power bigger appliances.

4. Got gas?

Gas appliances are relatively affordable and come in many shapes and sizes. You can pick up a two-plate gas burner stove for under R400 at most major retailers for basic cooking purposes. Gas lighting is also affordable and easy to set up. You'll find loads of options online or in camping shops.

If you want to take it one step further, consult an expert to see which of your appliances can be converted to gas. Certain fridges and geysers, for example, can run on gas. It might be worthwhile to take stock of everything you need to power and consider a combination of gas and solar energy if you're on a budget.

5. Go camping

Even if roughing it isn't really for you, camping gear can be pretty helpful during power outages. Portable power stations – like the Jackery Explorer 250, for example – carry enough power to charge your smartphone, tablet, computer and small appliances. And there's no installation of any kind needed because all the power points you need are on board. You can pick one up at a camping store for between R6 000 and R7 000.

LED lanterns, also available at most reputable camping shops, are excellent light sources powered by lithium batteries. Certain brands also come with built-in USB ports, which are handy for charging your cell phone. And most LED lights are easy to charge via USB or (in some cases) they come with optional solar attachments.

Let the light shine

Other than our load-shedding-driven discontent, we South Africans are also known for our resilience and resourcefulness. With those attributes driving us to find simple solutions to complicated problems, we can equip ourselves to set aside the annoyance and take back the power (no, that's not a metaphor)!

It's the little things that count.



WHAT TO EXPECT WHEN ADOPTING A RESCUE DOG

By Sybie Loftwing

From separation anxiety and irrational fears to having a nervous bladder, you never know what could be on the cards for a rescue dog once you bring it home. Don't be discouraged by uncertainty, take on the journey and you might just find yourself with the greatest companion you could hope for.

Nothing is more exciting than meeting your dog for the first time and taking it to its new forever home, but there may be some surprises in store if your new dog comes from a shelter.

Animal shelters give abused or otherwise neglected animals a second chance at life when they find new, loving homes. Many dogs that end up at shelters have gone through traumatic experiences, or they may have severe injuries or illnesses when rescued.

Coming from an environment dominated by abuse could have long-lasting effects on anyone, and it's important to remember that dogs can suffer from depression, anxiety and even PTSD (post-traumatic stress disorder) related to any traumatic experiences they may have had before being rescued. However,

there's a lot we can do to help our new dogs if we see them struggling.

For the first few days, they may just want to be left alone and that's fine! Remember, they don't know where they are or what's going on, so just give them some space and let them explore surroundings in their own time. Try to feed them at the same time every day – this will help to build a routine – and make sure that fresh water is always available. In fact, fresh water should always be accessible, especially after they've been on a car ride or they've experienced any exciting event.

Try to keep loud noise, commotion, and guests to a minimum at first because this can be overstimulating and overwhelming for an anxious dog. As exciting as having a new pet is, small children especially should try extra hard to give the new pup some space, particularly if the dog is



nervous or fearful – the last thing we want is an accident to cause a child to develop a life-long fear of dogs.

After an adjustment period of a few days, your new dog should be able to settle in just fine. If your pup is full of energy and willing to play when it arrives at its new home, make sure you have some toys available.

There are some other things to consider as well, like general potty training and teething for puppies, as well as the fact that most shelter dogs are mixed breeds, so it's sometimes difficult to tell how big your puppy will eventually get. A good way to estimate the adult size is to look at your puppy's paws – bigger paws mean a bigger dog.

However, something that's guaranteed with a rescue dog is that it will make the sweetest, most loving, and most entertaining canine companion you could ask for. No one should be discouraged from considering adoption but be prepared for any surprises that may come your way.

Most pet stores should be able to help you with general items such as food, toys, harnesses, collars, and beds. Puppies and senior dogs require special food as their bodies are different from adult dogs. Puppies require more protein and fat in their food, while senior dogs require less. If you're not sure, you can always consult with the shelter or a vet as to what food would be best suited for your dog.

Sterilisation and immunisations are included at shelters, these are so important and are done to ensure the health and safety of the animal as well as everyone the animal comes into contact with.

If you're considering adoption, do some research on nearby shelters. You can contact any local shelter and talk to them about what you might be looking for. You can also help out at any shelter by donating and volunteering, as shelters are full of animals that could use all the help they can get. Who knows, you might just find your new canine best friend while you're at it.

Pets are long-term investments and getting one should always be thought through and discussed, but it's definitely worth it. Rescue dogs show an incredible amount of compassion and love and bring so much joy. They really make the most wonderful companions.

DOG SHELTERS NEARBY

- 4Paws - Diepsloot: 083 377 3219
- Kitty & Puppy Haven - Midrand: 010 224 0760 / 010 224 0763
- Midrand SPCA, Glen Austin: 011 265 9935

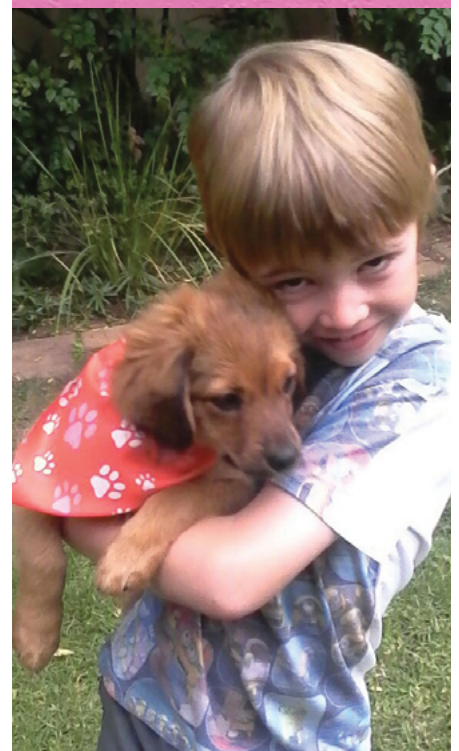
PET STORES NEARBY

- Petzone Polofields Crossing, Woodmead Drive: 010 055 0420
- Petzone Waterfall Ridge, Waterfall Ridge Shopping Centre: 010 055 0481
- Absolute Pets, Mall of Africa: 069 513 1608



Our rescue pup was much anticipated; we were so excited to finally bring her home. Don't be deceived by her sweet face: she's a ball of mischief one moment and a cuddle monster the next.

Once she settled into her new home, all Koko wanted to do was snuggle in with us after a long day of digging up our garden.



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WHY THE STORY OF THE MEAT YOU EAT IS IMPORTANT

It is hard to defend being a meat eater to those who graphically describe the inhumane treatment animals suffer on the way to your plate.

But all that falls away if the animals have had a life worth living and a humane end.

Justine Reardon's remarkable story of how she transformed herself from a third generation fashion designer, cutting and trimming material for dressing Joburg's young social set, to cutting and trimming meat, has a foundation in ethics and healthy living.

According to Justine, raising the bar for the humane treatment of animals in the food system began in 1965 when Irish zoologist Francis Brambell researched a basic set of standards for all animals under human control. He recommended five freedoms.

These are the Five Freedoms that have since been developed and adopted by organisations and authorities in Europe and the USA:

- Freedom from hunger or thirst
- Freedom from discomfort
- Freedom from pain, injury or disease
- Freedom to express normal behaviour
- Freedom from fear and distress

These are not only good for the animals destined for the table, they are good for the people consuming the meat. "At the butchery where I worked in Morningside, you could tell



PHOTO BY SVEN BRANDSMA

the difference when an animal was slaughtered whilst in a fit of adrenaline-induced fear. The adrenaline changes the colour and smell of the meat and it is much tougher," says Justine.

But the Five Freedoms are a problem. They lead to 'humane washing' through the unethical practice of marketing with misleading claims. Their weakness is they are vague and open to interpretation. So while factory farms might provide the appropriate facilities, they barely consider the animals' well-being.

The USA-based Humane League points out that the Five Freedoms minimise

the negative but they do not promote the positive and it leads to animals surviving rather than thriving.

In line with this, Justine believes that the suppliers to the Food Club she is forming should be moving toward providing animals with a 'life worth living'.

As the Humane League puts it, in addition to providing the essentials they need to live, farms that rear animals should do their best to give animals positive experiences during their lives.

It is a global movement and it is

making headway fast – 32% of hens in the USA are now cage free, double the number of just three years ago.

So if you would like the meat on your plate to be tender and delicious, coming from animals that lived a life worth living, turn to page 45. You can help Justine design a Food Club for your estate and put yourself in line to win half a free-range lamb.

“Win half a lamb
– design a Food
Club”



PHOTO BY BRETT JORDAN

From Fashionista to ‘Blokvrout’ to Food Club

Justine Reardon wishes to find out what residents want in terms of eco-minded produce and meat.



3rd generation dress designer, Justine Reardon, in her new element

Who is she? In her own words . . .

‘Blokvrout’ is the story of my journey with meat. It was a big shock to some, when I abandoned a career in fashion to follow my heart’s calling whilst training and working in a well-known butcher shop. I had developed a passion for the art of butchery.

Each day, as I watched and worked with the butchers, I grew more and more eager to learn and cut. I revelled in practising how to break down the carcasses into their primary and secondary cuts, deboning lamb legs, refining my knife skills, mixing spices to create sausages, boerewors and biltong.

Butchery is a skill that anyone can learn but it is largely dominated by the perception

that it is ‘man’s work’. The world over, I am discovering many female butchers who defy what others think a woman’s ‘role’ should be. These are the women that continue to inspire me, women who have found the courage to walk their own unconventional paths.

As I journey further into the world of meat, it is becoming clear to me that issues around food availability and self-sustainability are increasingly important to me.

I would like to collaborate with like-minded people who are interested in these issues – and this is how the idea of the Food Club came into being.

‘Hakie’ Giovi, Justine’s grandmother and mother customised dresses for Joburg’s elite like Miriam Makeba



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Ambulance/Fire/Metro Police 011 375 5911
Ambulance/Fire Midrand 011 847 4600
Carstenhof Clininc 011 655 5500
Crime Stop 086 001 0111
Midrand Trauma Support 076 979 9017
Netcare Emergency/Ambulance 082 911
Netcare Sunninghill Hospital 011 806 1500
Netcare Waterfall Hospital 011 304 6600
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Police Midrand 011 347 1600

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SPCA 011 265 9935
SPCA Midrand Emergency 083 441 1564
Sunninghill Village Vet 011 803 1221

WATERFALL CONTACTS

Capacity	Name	Contact Number	Email
Acting Estate Manager - Waterfall Country Estate and Waterfall Village	Johnny de Carvalho	072 621 3812	johnny@waterfallcountry.co.za
Estate Manager - Waterfall Equestrian Estate	Alwyn de Bruin	078 800 8177	alwyn@waterfallequestrian.co.za
Estate Manager - Waterfall Hills Mature Lifestyle Estate	Shae Braithwaite	081 810 0770	shae@whra.co.za
Estate Manager - Waterfall Valley Mature Lifestyle Estate	Mel Adams	064 958 7091	estatemanager@waterfallvalley.co.za
Property Manager - The Polofields, Waterfall	Theo Marais	060 759 1580	estatemanager@polofieldswaterfall.co.za
Property Manager - Kikuyu, Waterfall	Tahirah Johnston	067 707 9755	estatemanager@kikuyuwaterfall.co.za
Property Manager - Munyaka, Waterfall	Eugene van der Merwe	068 012 6326	estatemanager@munyakawaterfall.co.za
Property Manager - Ellipse, Waterfall	Branden Lizemore	081 482 7831	estatemanager@waterfallellipse.co.za
Property Manager - Waterfall View	Mpho Masikhwa	072 104 3547	waterfallview@elgaruwaterfall.co.za
Security Manager	Shawn Benningfield	076 144 8197	shawn@waterfall.co.za
Sustainability Manager	Ruan Spies	060 966 4211	ruan@waterfall.co.za
Attacq Leasing	Justin Smith	082 362 0800	justin@attacq.co.za

COVID-19 TEST STATIONS IN WATERFALL

Name	Contact	Location	Other info
Ampath Laboratories	011 304 7897	Netcare Waterfall Hospital	Open 24 Hours
Hamadi Clinical Laboratories Mobile Testing Units	011 312 0717; Emergency: 076 824 0476	Mall of Africa entrances 3 and 6 BP petrol station, Waterfall Drive	Open 7 days a week Mall of Africa entrance 6: 09h00 – 18h00 Mall of Africa entrance 3: 09h30 – 18h30 BP: 08h00 – 17h00
Lancet Laboratories	011 304 7904	Netcare Waterfall City Hospital	Mon - Fri: 07h00 - 17h00 Sat - Sun: 08h00 - 15h00 Closed on public holidays.

Waterfall Competition

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JULY RESTAURANT COMPETITION

for our Waterfall residents

The question for this month's competition:

How many bases does Fire Ops SA have across Johannesburg?

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WINNER

CONGRATULATIONS TO: Natalie de Sousa
who wins the R500 voucher



Terms and Conditions:

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as "change".
3. Service charges/gratuities are not included, regardless of any balance left over after the meal.
4. Bookings need to be made in advance with the restaurant detailed on the voucher. Please provide your voucher number when you make your reservation.
5. The competition is open to all Waterfall residents over the age of 18.
6. Indemnity: The publishers, Waterfall and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.
7. The winner will be notified by email.

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