

the Soapbox

Fashion | Food | Art | Design

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Vovo Telo

Rediscover the heart of Richmond Hill.

(theCollective)

NMMU Graduate Fashion Show.

Bushido Muay Thai

Finding your path to peace.

Uitnodiging na Marktfees

Kom neem deel, verkoop en kuier saam!

OnYourBike Fitness Studio

Steven Shirley talks about fitness.



© Salt Architects

If you go down to the Woods today...

Reserve your spot at Wedgewood before it's too late.

What are the factors that make for a good home? A good home needs to be accessible, as well as impeccably designed and built.

Security is another top priority. The sad reality of our current climate is that we hesitate to let our children experience the freedom and joys that we had in our own childhoods. A home and its surrounding environment needs to be safe.

Above all, we want to be assured that when we make our investment in this physical asset—that this asset will be safe from depreciation.

So where do you look to satisfy all these criteria? The answer: Golfing Estates.

At first glance a golfing estate may seem like a dedicated golfer's dream come true. On closer

inspection however, it becomes apparent that it should be your first and best chance at buying into the lifestyle of your dreams (even if you're no Ernie Els).

"If you buy a house in any of Port Elizabeth's suburbs, all you're really getting is a house with four walls and a fence around the property," explains David Mostert, of the Cardinet Group. "Wedgewood offers so much more than that."

When the original Wedgewood Golf and Country Estate at Greenbushes floundered in July 2009 it seemed as if the whole development's days were numbered. It was David Mostert and the Cardinet Group who stepped in at the eleventh hour to resurrect this important piece of Port Elizabeth's heritage.

"When we first arrived on the scene you would be forgiven for thinking that the entire development, started by the original Pinnacle group, was swallowed up by the bush. You could barely make out where the golfing greens started and ended," said David. "Where major creditors saw nothing but bush, we saw immense potential just waiting to be realised."

"As a Group we had limited time to make a decision before Wedgewood would have gone into final liquidation. We had a deep belief in Wedgewood's potential for success, based on solid numbers. We believed so much in the project that we funded a large part of the capital out of our own pockets."

The Cardinet group's plan of action is highly practical and strictly no-nonsense, without resorting to spartan austerity.

"With the Wedgewood Golf and Country Estate, what you see is what you get." Says Lynette

Lifestyle

Martin, Principal Real Estate Agent of IPC. "I can say with complete confidence that all the features we mention in our literature regarding Wedgewood are a current reality, not a feature that will one day appear. The Cardinet Group has made no false promises."

So what sort of lifestyle can you expect from the Wedgewood Golf and Country Estate? Calling it a part of the 'Garden of Eden' reborn may not be high enough praise.

"The development is currently home to small game. In fact, they have been known to become perfectly happy to co-exist alongside humans," explains Lynette. "Imagine having breakfast on your terrace while watching buck walking by!"

The waterways of the golf course flow through nine dams. They will form the primary source of water for the flora on the Estate and will not stress the City's already stretched water supply.

"Residents will be able to enjoy many afternoons fishing for Bass. The dams are being stocked with Tilapia, these tiny fish will become the baitfood for Bass. We are currently setting out various walking and mountain biking trails as well."

Wedgewood also boasts some sophisticated security measures designed to stop criminal or

unwanted infiltration onto the Estate by outsiders.

It is also not as far out of town as one may imagine it to be. "Wedgewood is practically on our doorstep," said Lynette. "I travel regularly from my offices in Newton Park to Wedgewood, at different times of the day. The longest I have ever taken in either direction was just 18 minutes. One must also remember that the new Bay West Mall is now a reality, and when completed will be easily accessible from Wedgewood."

A common concern of potential golfing estate investors is the sustainability of the golf course. "The course has been restored and expanded to international standards. It features the outstanding A1/A4 Bentgrass on its greens (Bentgrass has long been considered THE premier grass for putting greens the world over). It means that it is able to (and will) host high profile national-level golfing events. A modest course maintenance fee has also been worked into the resident's levies (which amounts to R800 a month), and together with the non-resident golf club member's fees, will ensure that the course will always be kept in the best possible condition."

You may be surprised to know that Wedgewood is also incredibly well priced. Prices in the Sectional Title 'Wedge' start at R840 000 for a

two bedroom unit. While prices in the 'Lifestyle Village' start at R999 000 (for a 2 bedroom, 2 bathroom and carport freestanding house), up to R1 250 000 (for a three bedroom freestanding house, with garage).

"PE used to be the only major City in South Africa without a golfing estate of its own. Not anymore. The Estate is currently over a third full!" said Lynette. "Such is the rapid demand for plots from South Africans, and from international buyers. Our first new sales registered on Friday the 27th of September, confirming what we achieved in this relatively short space of time."

"Wedgewood," says David Mostert, "is an opportunity to live a life that is truly different from the norm. It is an opportunity to experience a lifestyle that exists only as a dream for many. You're not just choosing a spot to build a home. You're choosing a golden opportunity."

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Principal Real Estate Agent:
Lynette Martin : 082 449 0911
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AFDA, Africa's premier film school, needed their site to contain a high volume of information, yet still be able to captivate school-leavers and their parents as well as post-graduate students. With a focus on visual communication we created graphic-based menus and large headings for smooth navigation and ease of use. Find out more about AFDA here: www.afda.co.za

Find out more about what we do here: www.media-axis.co.za



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Marktfees Uitnodiging

7, 8 & 9 November 2013

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RELDA: 083 321 5118 | SONJA: 072 519 4474

Marktfees - Setting the scene

'Marktfees' is the brainchild of Relda Schoeman and Sonja Harrison. In its second year, this popular market aims to give the public something both different, and special.

"South Africans are exceptionally creative people so we wanted to showcase the outstanding creativity and craftsmanship of our amazing local artists, through the Marktfees. We feel that it is something totally different from your normal markets found locally." Said Sonja.

'Marktfees' is one of those wonderful things in life

that takes on a life of its own. "Sonja and I had known each other for years," said Relda, "but we lost contact when Sonja moved overseas. We resumed our friendship when we bumped into each other again at a local coffee shop."

Soon, the two ladies began to formulate the innovative idea that would one day culminate in the Marktfees.

"Both of us love creativity. We hit upon this idea of showcasing the exceptional work of local artists, but we really didn't know what to expect." said Sonja. "It was hard work last year, but well

worth it when all the positive feedback started coming in. The success of the first 'Marktfees' exceeded our wildest expectations! "

"We both enjoy 'different to the norm' decor," explains Relda. "So the market revolves around beautiful set-piece tables which we create from our stall holders' products. All the articles on the tables will be for sale. The aim of the display is to give the public an idea of what can be done with articles/goods in their home. The tables are laid out in such a manner that not just the food is stunning but, the overall ambience is a 'wow' factor for everyone present. People need to feast with their eyes as well!"

"On the topic of food, we have some wonderful cuisine on offer, so stop by for Brunch or Lunch." said Sonja. "Special thanks go out to both our husbands for all their fantastic support during the long development of our project."

Don't miss the next Marktfees;
7th & 8th November (from 10am-6pm)
and 9th (10am-3pm)
4th Avenue Walmer, between Heugh and
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BUSHIDO MUAY THAI

The Way of the Warrior

There are many paths to inner peace. Sometimes you choose the path, and other times the path chooses you. Such was the case with Jordan Vevers. He explains his own path through the Art of Muay Thai. "The essence of what I do, is to teach people a better way of dealing with themselves, and others," he said.

Muay Thai, commonly referred to as 'Thai Boxing', is known for being highly physically demanding. Finding peace through what, at first, appears to be highly accelerated brutality, seems to be a massive contradiction in terms.

"During my training, I received so much from other people in the field. I grew as a person. As a result I feel that now is the time for me to move to the next stage and start giving back to others. I want to give people back their sense of benevolence and honour."

"True Muay Thai is about learning to treat your fellow human beings with respect, as well as discovering a profound sense of humility within yourself. It is not the stereotype of broken

bones and unrestrained aggression. When you get all your aggression out, there is nothing left to be aggressive with. Yes, there are fighting techniques involved but they are there to teach you about control, not how to injure someone."

Jordan, a certified Muay Thai trainer, has big plans for the future. "We are currently building a facility in Newton Park, and it will become the base for traditional Muay Thai locally. It will house two boxing rings; weight training equipment; cardio equipment; changing facilities; a nutrition bar as well as a 'fight store' that will be stocked with quality name branded equipment such as Fairtex; Twins; King and Windy."

"I am also planning on bringing out two exceptional Muay Thai trainers from Thailand who will live on site (Banlot Lahota [known as Tim] and Chanasak), and act as the Gym's in house trainers. Both are originally from Fairtex and are title holders in their respective classes. I have seen both these humble men in the ring, and I can tell you that they are the best of the best.

Keep watching my Facebook page and The

Soapbox for more details on this exciting upcoming development."

Jordan's current facilities are located in the upmarket suburb of Lovemore Heights. His fully equipped gym takes on groups of students; or private clients who wish for more personal, one-on-one instruction. "Besides offering Muay Thai, I also focus on K-1 Kickboxing; Boxing and Cross Fit Circuit Training."

Membership rates are divided into Bronze; Silver and Gold packages. The Bronze package starts at as little as R250 a month.

Whether you are 8 or 80; whether you are planning on training professionally or just to keep in shape, there will be a place for you at Bushido Muay Thai.

"You get two types of people in this life. You get either takers or you get givers. I want to be a giver," said Jordan.

Jordan Vevers : 082 804 7707
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"If you've been inactive for a long time, seeking the advice and services of a professional is highly recommended." says Former Pro Iron Man Triathlete, Steven Shirley. Most people fail in their attempts to turn over a new leaf by jumping into a strict diet and heavy exercise program straight away. It's a huge shock to the system to suddenly have to wake up at 5am to go to the gym for a hectic workout! So then the obvious happens where they give up 2 weeks later because they are sore and tired from over-training and fed up from not eating what they are used to."

"People need to understand that fitness is not about drastic lifestyle change, but about gradual lifestyle modification. If you trim down what you are doing rather than eliminating it outright, you'll have a much better chance of sticking to the changes you have already made."

"I love to incorporate the local environment into my client's workouts as it keeps things fresh and exciting. I like to incorporate different disciplines like weight training; yoga; cardio training; boot camp style workouts and core training (to mention a few) to really achieve a general fitness first before concentrating on specific areas. My motto is "never the same workout twice".

My services are geared specifically towards helping the average person to enjoy a healthier way of life with the intension of using their new found fitness for longevity as well as achieving a specific goal whether that is to complete an IRONMAN or just to look great in a swimming costume.

Join Steven Shirley for a workout in his spectacular new Richmond Hill Gym with great indoor, and roof-top training areas overlooking the City.



- COFFEE & TEA SPECIALISTS -

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Teaming up with the Chipembere Rhino Foundation!

We're extremely proud and excited to announce that we're teaming up with the Chipembere Rhino Foundation through a lasting partnership in an effort to raise much needed funding for the work that they do in Rhino Conservation throughout Africa!

As you know the plight of the Rhino in South Africa and on the African continent as a whole is of growing concern, with poaching having resulted in massive population decline over the last few decades. This decline is now sharpening, with over 620 Rhino having been poached within South Africa's borders so far this year!

We've been fortunate enough to meet the people behind CRF, and learn about their work first hand. Realising that we were in a position to help, we're releasing a new coffee blend called "Chipembere Blend", with R5 from every 250g unit sold being donated to Rhino Conservation through Chipembere Rhino Foundation.

More information or contact details for Chipembere Rhino Foundation; please contact them directly should you feel that you or your company would like to get involved!

www.chipembere.org

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Lovers of Wine Review

New wines in Port Elizabeth!

PE has a growing wine drinking culture and as a result new wine estates are recognizing us as a potential area of growth. Winemakers are visiting our city regularly and the rumour is spreading!

For the Love of Wine has accepted the challenge and we are happy to release our new wine list with 40 new labels to try and they are all fabulous!

Enjoy exclusive brands by winemakers Nicolas van der Merwe, Jasper Raats, Louis Nel and Lucas Wentzel. Ranges from Demorgenzon, Post House, MAN Vitners, De Waal, Groote Post, Stark-Condé and many more, all soon to grace our weekly tasting list! This Spring try something different and experience more of what the South African wine industry has to offer.

Thank you to all the Lovers of Wine that have put Port Elizabeth on the wine map. For the Love of Wine would not be the success it is without you.

Cheers!



For the Love of Wine: Cnr of Stanley & Bain Str. Richmond Hill
Robyn Martin : 072 5662 692 / robyn@ftlow.co.za



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October is National Breast Cancer Awareness Month.

We at the Soapbox hate being killjoys, but we felt that it was vitally important that you take the time to consider the facts about breast cancer.

See, breast cancer is one of the most common cancers among women in South Africa. While breasts have always been seen as symbolising the femininity of women, and the thought of losing a breast makes most women very uncomfortable, don't let the fear of breast cancer get the better of you. While extremely serious, there is a strong chance that it can be treated successfully if detected in the early stages, allowing you to continue leading a long and active life.

About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages. So go get checked. The earlier the detection, the more options you'll have for treatment.

This issue is dedicated to those currently fighting this scourge; as well as to those who have survived. Don't be afraid to share your story with others. You could be saving someone's life.

We salute your courage, Ladies.

Upcoming gigs at The Music Kitchen

Tuesdays: Trivia Night - EAT DRINK & THINK
Wednesdays: Sing for your Supper (Muso's Only)
Thursdays: Four Winds Music Club - Local is Lekker

11 Oct - Cotton Fields
12 Oct - Wendy Oldfield - R80
18 Oct - Lou'nDale - FREE
19 Oct - TMK's 2nd Birthday
25 Oct - Tim Sedso - R50
26 Oct - Hugo Kleinhans - FREE
30 Oct - Comedy Night with the Fly - R30

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An Oasis of Deliciousness

Sojen Walter on the next chapter of the Vovo Telo story.

Can you remember the very first time you visited Vovo Telo in Richmond Hill?

What struck most people was its elegant simplicity. Just sandwiches and coffee, nothing else. Vovo Telo proved decisively that it wasn't how many items you had on the menu that counted, it was how well you managed to execute your offerings.

Soon everyone in Port Elizabeth had heard of the Vovo Telo story: that it was the brainchild of a man called Matt and that the cafe's inspiration came to him while on a trip to Madagascar. It revolves around a picture of an elderly man with a bicycle basket full of fresh bread that is still displayed in the Richmond Hill branch ('Vovo Telo' incidentally translates roughly into something like 'The place of my Father', the name of the pensione that Matt was staying in at the time.).

Vovo Telo continued to set the standard for coffee shops around the City, as we know it today. Then one day, it was announced that our beloved Vovo Telo was to be bought out by a big national chain. Matt's hard work finally paid off. Like the exciting climax of an adventure movie, the plucky underdog rides off into the sunset, having gotten the girl and a sack full of treasure. And for many folks, that's where the Vovo Telo story ends.

The nice thing about stories is that when one ends, another begins. As the Vovo Telo story ended for Matt, so it began for one Sojen Walter. Sojen is the current owner of the Richmond Hill branch of Vovo Telo. Her story is one of romance; reality and new beginnings.

"Back when I was working in the field of bargaining councils, Vovo Telo was like my second home." She explains.

One day, Sojen decided that it was time to get out of the high-pressured corporate environment and to start doing something she really loved. "To own Vovo Telo, to be a part of its awesome dynamicism, was my dream. So when it came up for sale, I jumped at the chance. Little did I know that I was trading the frying pan for the fire!"

"In the beginning, I was like many people out there. The idea of owning an eatery or restaurant seemed like such an idyllic lifestyle. The truth is that it's a tough, tough business to be in. I, like many other first time restaurant owners, discovered that you have to be 100% hands on in the day to day running of the establishment. Standards must be kept and quality needs to be maintained above all else. Most eateries fail if you take your eye off the ball."

Now that Vovo Telo belongs to a large corporate, has the essence of the business been lost? "Initially, there was that public perception that the brand was going to lose its identity, but I'm very happy to say that we are still the same Vovo Telo you know and love. Our joint venture partners really understand what we are about, and work hand-in-hand with us to ensure that we never lose the identity that made us stand out from the rest."

Like all things, there are ups and downs. "One thing I have lost is the ability to just sit back; relax and enjoy myself when eating out. I don't see the establishment as an extension of the home anymore, like most people do. I view it like I view my beloved Vovo Telo. I am continually trouble-shooting the establishment I am in, on a subconscious level," she laughs.

"On the other hand, I have gained something equally as precious. Vovo Telo is forever deeply embedded into the fabric of Richmond Hill. I have made many wonderful friends because of Vovo Telo. You get to know the clientele who come in and you soon get a running commentary on their lives, updated each time they visit. For me, it is a great privilege to have that personal relationship with my regulars."

So the next time you're in Richmond Hill, treat yourself to something delicious at Vovo Telo and become the latest part of its ongoing story.

**Cnr. Raleigh & Irvine Str. Richmond Hill
041 585 5606**