

ONE *life*

VOLUME SEVEN • CAPE TOWN



LOCAL IS LEKKER - INTRODUCING ISOLA X MASA MARA - CELEBRATE VINTAGE 365 - ONE BLUE HEART - CATCH UP WITH OUR COLLEAGUES - YOUR CAPE TOWN CALENDAR - VENTURE THROUGH THE V&A - THE BIG 5 OF THE SEAS

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Volume Seven • Cape Town

ONE LIFE.

We are frequently told that there is something so special about One&Only Cape Town. It's more than just a place; it's a feeling—a comforting sense of home and a blissful resort 'bubble' in the city.

Certainly, our colleagues play a pivotal role in creating an inviting environment for all our guests (learn more about their recommendations and hidden talents on pg 18) but the true essence of our resort's uniqueness emanates from our privileged location within the V&A Waterfront. To be a part of the V&A Waterfront family is, simply put, a privilege. Not only does it grant us breathtaking views but also access to some of the country's most talented chefs, creatives and shopping gems. Read more about our new neighbours, the world-renowned Time Out Market and reacquaint yourself with the wonderous Watershed on pg 13-15. Then take the time to explore the fascinating world of our local marine life on pages 10-11—many of whom grace our harbour with their presence.

Not only has the V&A evolved but so have we. Following the success of our recent refurbishment, we continue to strive to improve, ensuring our guests enjoy only the very best that we have to offer. This summer, that meant a design refresh for Isola, at the hands of talented local designer Masa Mara (see the beautiful details on pg 4). Guests can enjoy the refreshed space, dine on some delicious poolside snacks and linger beneath the palm trees on our private island—a perfect ending to another day in Africa.

Kind regards,



Anne Scott, General Manager



This edition is a celebration of our location and all it has to offer. A place designed to enthrall, the V&A Waterfront has become a local and international favourite, the perfect combination of shopping, dining and recreational activities. With access to city tours, world-class stores, authentic creations and marine life, all within walking distance of the resort, there can be no better place to be for those wishing to make lifelong memories. An unforgettable location for an unforgettable vacation.

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MAY THE AFRICAN SUN ALWAYS SHINE THROUGH
YOUR EYES... AND THE SOUND OF ITS
DRUMS BEAT IN YOUR HEART.

anonymous



Design Karmen van Rensburg, LuckyFish studio Copy Michelle Monk
Cover image Daria Gatska, dariagatska_photographer

MASAMARA

The man, the myth, the master of the arts...

Never has the saying 'more than meets the eye' been quite as accurate than in the case of local designer Nyambo 'Masa Mara'. The world is his canvas and he is ready for everyone to see what he can do.



The Designer

Behind the impeccably dressed, soft-spoken, gentle man lies a creative mind constantly abuzz with ideas, questions, notions and concepts he is itching to try. Rwandan-born, he comes from a large family, with a total of 14 siblings; 13 biological and one adopted. When asked about his childhood as a part of such a large family, Masa Mara speaks mainly of sharing: sharing plates of food, of housing space, of family members time and attention.

He notes that whilst he used to be embarrassed about his unique upbringing, he now sees his big family for what they are: a large built-in support base that stand at the ready to cheer him on and motivate him. He speaks excitedly of their successes as they each progress in their respective field, including that of his brother Djafari Dusabimana, who just so happens to be the Chef de Cuisine of One&Only Gorilla's Nest in Rwanda. Dusabimana is a man of impressive culinary skill and who too draws inspiration from his birthplace to guide him in his craft. However, no childhood comes without its challenges and the close-knit family faced more than most when they were forced to flee Rwanda in 1994. A genocide broke out in the

personal legend. It was my destiny to go through it and be able to share it with others through my work."

Indeed, many of Masa Mara's designs are clearly influenced by and proudly showcase African prints, colours and designs, drawing on elements from the many different countries he has journeyed through, a testament to this tumultuous time in his life and the lessons it taught him. His fashion journey began at a young age, with his first exposure to the exciting world of design coming from his mother, who made her living by selling African fabric at local markets. A young Masa Mara would accompany her and her sisters, watching wide-eyed in fascination at the sight of all the dynamic colours, designs and patterns being haggled before him. It wasn't long before he began to experiment and attempt to create his own clothing, a talent he later learnt was inherited from his grandfather, who was a tailor himself.

"There wasn't much talk about life before my parents," explains Masa Mara. "When my grandmother saw me start experimenting, she said to me, 'Oh, your grandfather did the same thing.' He passed away long before my siblings

"I'm unknowingly carrying his DNA to the next level. It's become like my inheritance from him without even knowing him."

once-peaceful country, ending with over 800 000 Rwandans dead and an ugly stain on the country's history. The family found themselves as refugees and nomads, roaming through a total of ten countries in Africa in search of a new home. It was only in 2004 when Masa Mara and his brother arrived and settled in South Africa, putting down roots that lead to him completing his high school and university qualifications in design in the Cape before he went on to create his own brand. "This is my home now," says Masa Mara. "That life made me a nomad. Honestly speaking, I never thought I could find strength to go through it, let alone learn from it. I had to embrace my faith; my journey more than I ever had before. But as I start to understand what I endured, I realise that it was my

and I were born, and there were no photos or records of him. So, we never spoke about him but it's interesting – I'm unknowingly carrying his DNA to the next level. It's become like my inheritance from him without even knowing him". Masa Mara would go on to keep designing and creating into his teens, working odd jobs for material and tailors to help bring his creations to life, although it would only be in his twenties when 'Masa Mara', the brand, would fully emerge.

The Design

The redesign of One&Only Cape Town's pool area, including Isola (the poolside restaurant) and the signature pool cabanas, would be a unique challenge to any designer, especially

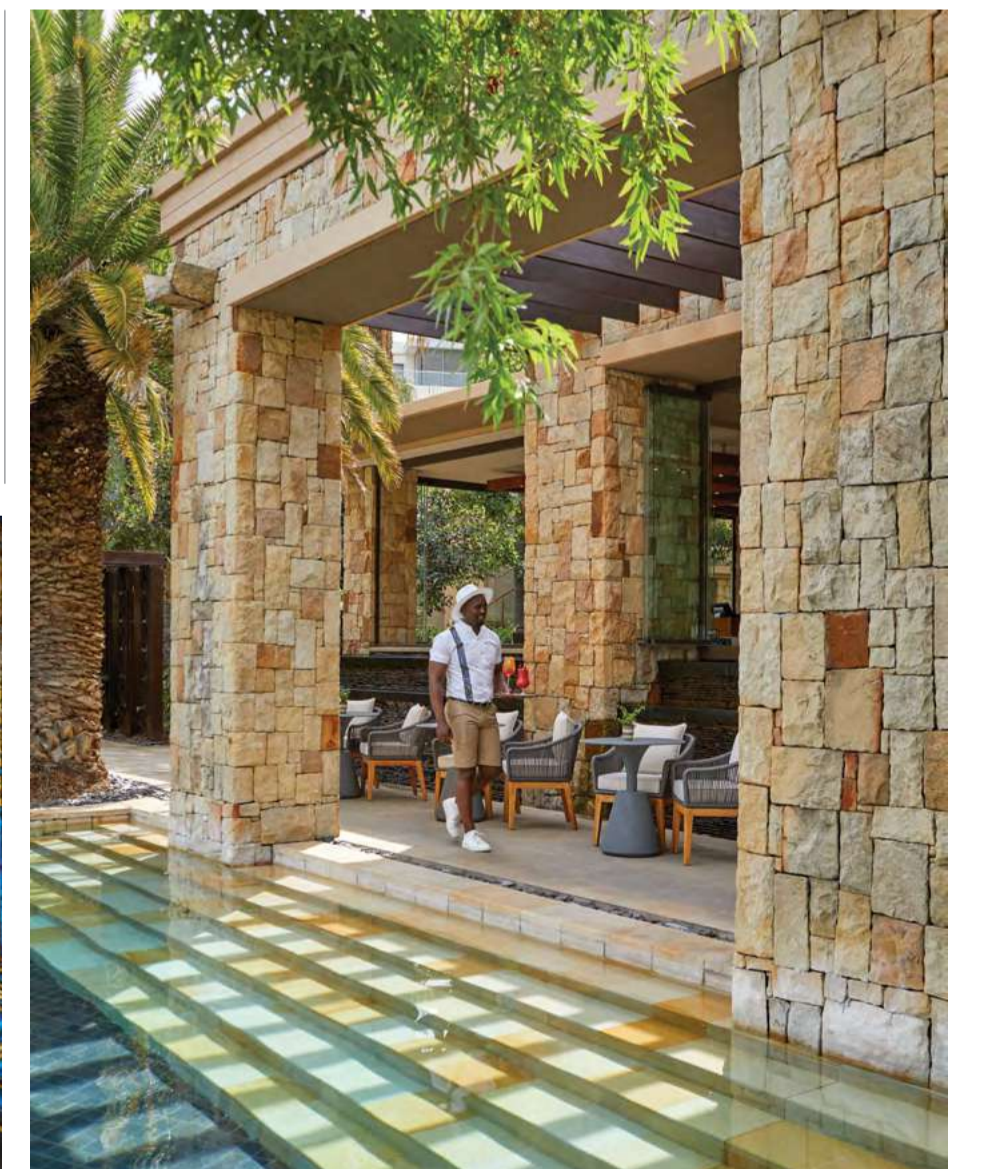


those not used to textile design and the multifaceted components of outdoor spaces. Not for Masa Mara, who eagerly grasped the new concept with excitement and a zest to bring a breath of fresh air into the space. Interestingly enough, the concept for the redesign of Isola began on a mild winters day, all thanks to the temperature of the pool. Whilst discussing the project with the team, Masa Mara touched the pool water and felt the warm temperature speak to him. "I started to notice warmth everywhere after that," he says enthusiastically. "I noticed the hand-on-heart greeting, the type of art in the building, the light shining through the greenery and the warmth of the water, which kind of gave me that warmth of a parent or a mother and it literally activated all these feelings, emotions and connections with everything that was surrounding me in that moment. So that's where I began."

The new design consists of four different colours, namely blue, gold, white and black, having each been chosen specifically for the meaning and story behind them. The blue was chosen to represent the sea surrounding Africa, invoking feelings of peacefulness and calm commonly associated with the crashing waves of the sea. The gold in the design speaks to wealth and riches in more ways than one. South Africa is known for its abundance of gold, for the wealth that lies beneath the soil of the land but the gold colouring was also chosen to represent another wealth of this nation;

its citizens, conveying the message of how Africa's greatest treasure are her people. Black is usually seen as being devoid of colour but in this instance, Masa Mara chose it for the opposite reason – not the absence of colour but rather the combination of every colour to create black. This speaks to South Africa's own people, an incredible combination of ethnicities, languages

Left Page: Masa Mara seated in the new Isola cabanas. This page: The new Isola cabanas and loungers, a server walking past Isola Restaurant.





Get to know the artist

What does his name mean?

"The phrase "AMARAMASA" in Rwanda means 'to be empty handed' or 'to come with nothing'. I was always inspired by that; the idea that even when you don't have anything, you will always have something to offer in you. So, I reversed the words and the meaning - now it means 'Something from nothing'. Because I have something to offer, my courage, my spirit to create a new world."

What was his first job?

"In 2012, I worked as a shop assistant. I told the gentleman that I worked for, "I'm trying to get some T-shirts. I have these ideas that I want to experiment, so let me work for you and you give me T-shirts as payment." After two months' work, he gave me the leftover unsold t-shirts and I basically recreated them. When I showed him what I had done, he was so in love with it that he offered to partner with me on my first T-shirt collection. The first round sold out (about 5000) and that's how I began!"

His plans for the future?

"We are looking to go international! Last year, we were introduced to a lot of shows through Portugal Fashion Week, Geneva Fashion Week, Milan etc. We're going to be doing a lot of pop ups in Europe, kind of introducing the brand and carrying that value of design from Africa. We're also going to launch our own space in Cape Town, leaning heavily on African storytelling elements. We are very grateful for being able to have created this brand and for the message it carries to be so well received from not only the continent but also the world."

His advice for others to follow in his footsteps?

"For me, I had to know myself. I had to know my strengths, my weaknesses, and most importantly, I had to know what it is I really wanted to do. By understanding this, I understood the price I was willing to pay. It doesn't matter how big your dreams are, if that's your dream, that's your dream. But now think about how you're going to achieve it. What are your steps? Where are you going? What are you willing to sacrifice? Are you willing to put in that effort? If you know this, you'll achieve whatever you set your mind to."

and cultures found nowhere else in the world. Finally, the white was chosen to represent a vision of Africa that Masa Mara and many like him hold dear to their hearts - a land of peace. A place without conflict, without discrimination, without segregation. An Africa he firmly believes will come one day.

Beyond the colours, there are other elements in the design that each also play an important role. For example, Proteas can be spotted in-between depictions of small glass beads, representing the national flower and the art and crafts from the people of South Africa respectively. Triangles, with their long, defined structure were added to represent masculine energy, frequently seen in nature in the shape of mountains and valleys whereas the diamonds scattered throughout are more feminine and play homage to "African women and how they become diamonds because of their circumstances." Finally, patterned wavy lines represent water zig-zagging throughout, depicting the energy that flows between everything; man, woman or nature as well as the rivers and streams of the land. Masa Mara elaborates, "It goes back to what I thought when I first came here, touching the pool water, the warmth, the kindness, the greeting from the people. I was trying to get the feeling of the One&Only, the source of love you feel, which guided everything. Everything came from that warmth, that love, and that's what I feel when I look at this design."



The Location

Every guest stepping into Isola has unknowingly stumbled into one of the most serene oases nestled in Cape Town's dynamic landscape. This chic retreat offers a tranquil escape from the city's hustle and bustle, inviting guests to unwind and relax beneath the African sun. Here, indulgence takes centre stage, with exotic, delicious cocktails and poolside culinary delights, ranging from crispy calamari to delectable meze platters. These tapas-sized family style dishes are designed to be enjoyed in the company of loved ones, curated for shared moments in an idyllic setting.

At the helm of the Isola Kitchen is Sous Chef Azania 'Aza' Mana, a culinary maestro in her own right. Whilst blessed with a skill range that scales from crafting the perfect salad to delivering immaculate fine cuisine, she maintains her masterpiece dish remains her lamb gyros (a must-try for all guests!). The Isola team, under her expert guidance, work diligently to ensure every poolside guest enjoys unbridled satisfaction in this beautiful resort setting. Enhancing the Mediterranean ambiance, are the newly redesigned cabanas, offering a touch of exclusivity to an already luxurious setting. Normally reserved for Signature Suite guests, these vibrant retreats can now be booked for either a half or full day, by any guest who wishes to while away their afternoons, shaded from the African sun and enjoying a perfect poolside experience.

2024

From world wonders to gastronomic journeys, here's a guide on where to go and what to do when in Cape Town!

JANUARY

All month
Wine harvest season
Wander through the winelands as a curated experience with Luvo, our Resort Head Sommelier.
06 - L'Ormarins King's Plate
A day of regal elegance and competitive horse racing, local music and guests dressed in white and blue.

FEBRUARY

02 - Wine Birthday
Celebrate the day the first wine was bottled on local soil.
16-18 - Investec Art Fair
A glorious space to gather and enjoy local and international art.
23-24 - Cape Jazz Festival
A renowned event, showcasing a diverse lineup of international artists.

MARCH

All month
Master of Malt Japanese Whiskey & Wagyu
Get to know Japanese whiskey and world-class wagyu.
16 - Cape Town Carnival
A fun-filled family day!
17 - Cape Epic
Elite cyclists from around the world navigate demanding trails and picturesque landscapes.

APRIL

All month
A Taste of the O&O Culinary World
Curated menus from the other One&Only properties.
13-14 - Two Oceans Marathon
A renowned, scenic 56km route for runners.
16 - One Blue Heart
Annual gala hosted by the Two Oceans Aquarium and One&Only Cape Town.

MAY

All month
Nobu 4-Course Menu
A reduced Omakase menu, paired with exquisite South African wines.
Cab Franc Carnival
Savour a diverse range of this wine varietal in a festive setting.

JUNE

30 (- 9 July) - Knysna Oyster festival
A celebration of the iconic shellfish with music and beautiful landscapes.
27 - Masters of Malt Event
World-class whiskey paired with a lavish dinner.



CELEBRATE
Vintage
365

This year South Africa celebrates 365 years since the vinification of the first bottle on local soil. We mark this milestone by exploring the world of wine at our fingertips.

2

THREE OF OUR BEST WINELANDS

STELLENBOSCH

This charming town is a haven of natural beauty, art, culture and renowned winelands. Established in 1679, it boasts historic Cape Dutch Architecture, lush vegetation, majestic mountains and serves as home to over 200 wine producers and 106 cellars. Affectionately known as 'Stellies,' it is the second oldest town in South Africa, intertwined with a rich history of wine. It also houses the prestigious Stellenbosch University, the country's oldest educational institute which offers a unique degree in viticulture and oenology.

PAARL

Not far from Stellenbosch lies the picturesque Paarl, around 50 minutes from the City Centre. Its name is derived from the Afrikaans word for 'pearl', thought to reflect the glistening granite mountains. Paarl features landmarks such as the Afrikaans Language Monument, the Spice Route and esteemed wine estates, including the historic Laborie Farm which was established in 1690, a mere 31 years after wine was first created in South Africa.

FRANSCHHOEK

A delightful blend of French history and renowned wines, Franschhoek is known as the culinary capital of the Cape. Derived from the Dutch word for 'French Corner', the name reflects its first settlers; French refugees escaping the religious persecution occurring in France in the late 17th century. Guests can experience the winelands via the Franschhoek Tram, a vintage-style tram and bus stopping at many of the oldest and most distinguished wine farms in the country.

THE BIG SIX – OUR VARIETALS

SAUVIGNON BLANC

South Africa's most consumed wine varietal is known for its green, grassy notes and thrives in cooler climates. This dry white, originally from Bordeaux, pairs well with fish and poultry dishes and is celebrated annually on May 6th around the world.

CHARDONNAY

A versatile white grape varietal, Chardonnay is highly favoured by winemakers for its adaptability and used in a variety of blends. Frequently aged in oak barrels, notes of vanilla, butter and honey are most common although citrus, spices, and nut-like aromas are frequently smelt too.

PINOTAGE

Originating in South Africa, this distinctive red wine is crafted from a cross of Pinot Noir and Cinsault grapes and was created by the country's first viticulture Professor, Abraham Izak Perold. Pinotage offers notes of leather, chocolate, coffee or even banana, making it a perfect pairing for red meat dishes such as those from the braai (BBQ).

CABERNET SAUVIGNON

Another varietal with Bordeaux origins, Cabernet Sauvignon remains the most planted red wine varietal in South Africa. Typical notes can range from berries, liquorice and chocolate to lighter notes such as green pepper. This varietal plays a key role in many red blends but is also popular as a single varietal.

SHIRAZ

A local staple, Shiraz is the second most planted red varietal, renowned for its smoky and spicy flavours and full-bodied taste. Whilst known internationally as 'Syrah', locally 'Syrah' refers to a wine style rather than a varietal. Bernard Podlashuk, the "Father of Shiraz" in South Africa, bottled the first Shiraz in 1957, setting the stage for its prominence in the region.

MERLOT

Merlot is recognised as the lightest and therefore, arguably the most drinkable red. Overgaauw Wine Estate was the first to release a single varietal Merlot in the early 1980s, with the name being derived from a French term meaning 'little black bird,' inspired by the small fowls who frequented the vineyards.

5

FIVE FUN GRAPEVINE FACTS

#ONE

In South Africa, the harvesting season starts from the end of January until the beginning of April. Our Vine to Wine Experience takes you along for the harvesting journey, from picking the grapes to drinking the wine.

#TWO

Most of the 18 official wine routes – and two brandy routes – are within an hour's drive from Cape Town.

#THREE

The first vineyard planted in the Cape was in 1655 and the first recorded vintage was released in 1659. We celebrate 'South Africa's Wine Birthday' annually on 2 February with a wine festival on resort, with 2024 being the 365th birthday of South African wine!

#FOUR

Did you know, the action of 'toasting' began in Roman times when the Senate decreed that Augustus, the first Roman emperor, should be honoured with a toast at the beginning of every meal. A piece or crumbs of burnt toast were added to a glass of wine to reduce the wine's surplus acidity and then all in attendance would raise their glasses to the emperor or honoured guest, a practice (minus the toast) which is still carried out today.

#FIVE

Wine grapes are generally smaller, more thin-skinned and fragile than table grapes, which are larger and sturdier, bred to withstand harvesting, packaging and transportation. Wine grape skins and tannins create a different flavour profile versus the sweetness you may experience eating table grapes.

6

Illustration by Patrick Latimer

Big Five

From voracious Great White Sharks to graceful Southern Right Whales, South Africa's marine world is a captivating tapestry of biodiversity.



AFRICA IS KNOWN FOR its extraordinary nature; its mountain ranges and deep blue seas, its wild fynbos and fauna and for every creature that call it home. The most well-known of Africa's land mammals are the Big Five, namely the enormous African Elephant, the mighty Lion, the stealthy Leopard, the powerful Rhino and the boisterous Buffalo. But in the icy coastal Cape waters you can find some of the world's most beloved marine animals; South Africa's (unofficial) Ocean Big Five.

Whales
The most common whale seen in South Africa is the Southern Right Whale, one of the largest whale species in the world. Commonly seen in pairs or small groups of three or four, these mystical creatures can reach staggering lengths of up to 16m long and weigh up to an astounding 70 tonnes, a striking physical contrast to their remarkably acrobatic swimming style. They're easily identifiable by the callosities (clusters of rough skin and barnacles) seen on their backs and the presence of their double blow holes, which are akin to that of a fingerprint, allowing for easy recognition for researchers and enthusiasts alike. They are commonly seen from June to November around the Western Cape, particularly in Hermanus, which has been recognised as one of the world's best whale-watching spots. Playful and curious, Southern Right whales are very inquisitive and have been known to approach and even interact with passing boats. Unfortunately, their friendly disposition made them vulnerable to hunters, being heavily hunted throughout the early 1900s and continuing until a ban in 1935 allowed for the population to recover and grow significantly once more, leading them to become a prominent and cherished presence in South Africa during whaling season.

Dolphins
Perhaps the most well-known of the dolphin species, the Bottlenose Dolphin can frequently be seen along Cape shores. Identified by their distinctively elongated snouts and curved dorsal fins, these intelligent creatures can be seen travelling in pods ranging in size from ten, to a couple hundred and can grow to 2.5m long and weigh upwards of 250kgs. Renowned for



their intelligence and sociable nature, Bottlenose Dolphins are among the most captivating inhabitants of the ocean, regularly showcasing their remarkable acrobatics by joyfully leaping in the surf or alongside the bow of passing boats. Their highly developed social structure allows for intricate communication and cooperation within the pod, including communicating in echolocation. These beautiful animals are under protection in South African waters and lucky travellers can enjoy spotting them on early morning kayaks or sunset cruises around the V&A Waterfront.

Penguins
With their distinctive black and white plumage, these marine birds are the 'best-dressed' of the ocean, their charming appearance and mannerism effortlessly capturing the hearts of all who encounter them. Endemic to South Africa, the African Penguin can be found along the Western Cape coastline, including a well-known wild colony at Boulders Beach in Simon's Town, which has evolved into a major tourist attraction. Remarkably, Namibia and South Africa stand as the only two countries in the world that still have wild African Penguin colonies. Despite being known as the 'Jackass Penguin' (because of the donkey-like braying sound they make) they have many endearing qualities. This includes being mated for life, sporting freckle-like spots on their bodies and their sweet waddle – a direct contrast to their graceful swimming style. Unfortunately, their endangered status is exacerbated by oil spills, lack of food from overfishing and habitat modification and loss. This stems partly from a demand for their droppings, known as 'guano', which requires large machinery for extraction, and the ongoing threat of habitat de-



All sharks share traits such as a keen sense of smell, extraordinary intelligence, and unique skin called placoid scales which feel like sandpaper to the touch. Sadly, all sharks are under threat of extinction with as many as 100 million being hunted annually and over a 90% decline in their population numbers. Anyone looking for a once-in-a-lifetime experience can look to do shark cage diving, offered along the Western Cape with the best spots to do so being Gansbaai, False Bay and Mossel Bay, providing a thrilling encounter with these majestic predators.

Seals
For guests fortunate enough to have a harbour room, the sight of wild seals is a delightful daily occurrence. The Two Oceans Aquarium has created a safe haven for wild seals in the harbour, adjacent to the resort and the aquarium.

“Similar to dolphins and whales, seals have ‘communities’ who assist with pup care in nurseries.”

struction as societies expand. However, the Two Oceans Aquarium along with other organisations are working to save them and many other species by drawing attention to their plight. Guests can see these magnificent creatures up close and personal at the aquarium, getting to know them in a faux natural environment, complete with feeding times and guided discussions.

Sharks
The coastal waters of South Africa are home to a diverse array of shark species, including the Cow or 'Sevengill' Shark, the Bronze Whale Shark, the Ragged Tooth Shark and of course, the Great White Shark, the last being the most widely recognised apex predator in the ocean and frequently seen in the cold coastal waters. Unfortunately, the media's tendency to portray Great White Sharks in villainous roles have contributed to misconceptions about these creatures, despite their pivotal role in the ocean's ecosystem – focusing instead on the very rare attacks on humans. They have an impressive lifespan of up to 70 years, can reach lengths of 4-6 meters, and have up to 300 teeth.

This haven serves as a resting place, where they eat and socialise, creating a stunning scene that's easily observable from the balconies of the harbour rooms or even more closely from the wooden viewing platform alongside the resort. The most common seals in South Africa are the Cape Fur Seals. With a lifespan of around 21 years, these unique seals play a prominent role in the vibrant marine life along the coastal waters, eating small fish, jellyfish and other marine animals before sunning themselves once more on the harbour platform. These unique creatures have the remarkable ability to sleep in water, have exceptional underwater eyesight, can hold their breath for almost 8 minutes and have a quick, agile swimming style. Similar to other mammals such as dolphins and whales, seals have 'communities' who assist with pup care in nurseries within the colony. These colonies can extend to impressive sizes, providing a lively presence not only in South Africa but also along the shores of Angola and Namibia. Males can weigh up to 350 kilograms whilst females reach around 150 kilograms making them one of the largest members of the Fur Seal family.

LOCAL IS *Lekker*

Explore a uniquely South African community known for its cobbled streets, brightly coloured homes and some of our most famous local dishes.

ON THE SLOPES OF SIGNAL HILL, THERE is a neighbourhood that goes by the name 'Bo-Kaap' (Afrikaans for 'above [the] Cape') whose culture, people and cuisine are as diverse and lively as the homes that adorn the hill.

In the 17th century, Bo-Kaap was originally called the 'Malay Quarter' and was occupied primarily by the Cape Malay people. These were slaves brought from around the world, such as Indonesia, Malaysia and other parts of Africa to aid in the increased development of Cape Town. Dutch Colonists began to develop the area in the late 17th century, building "huurhuisjes" (translating to 'rental houses' in Afrikaans) for the local community to rent as family homes. The homes were strictly monitored and each had to be painted white as a sign of uniformity. It wasn't until 1994 and the end of Apartheid that the new homeowners began to paint their homes bright, eye-catching colours as an expression of their independence and freedom from the monochromatic appearance, representative to them of the country's formerly repressive regime. The area became renowned for the houses unique, Dutch-style architecture,

colourful appearance and coveted city views, drawing in locals and tourists alike, and quickly become a tourist attraction in the years after.

A primarily Muslim area, Bo-Kaap holds a significant amount of culture and history along its cobbled streets. This includes the first Muslim Mosque in South Africa, which was built in 1794 and called Auwal Masjid as well as the Bo-Kaap Museum, which is housed in the oldest building in the community, having been built in the 1760s. Bo-Kaap and its residents were not averse to the effects of Apartheid and under the Group Areas Act of 1950, the area was declared a residential zone exclusively for Cape Muslims, forcing families and individuals of different religious and ethnic backgrounds to relocate.

Today it remains a melting pot of people, language and food, credited with the creation of many culturally significant, beloved South African dishes. Cape Malay cuisine is engrained with a long history and preserved through ongoing tradition, with recipes and cooking techniques being passed on from generation to generation. The dishes themselves are usually aromatic with distinct flavours from several oriental ingredients. Spices including turmeric, cumin, coriander, cloves, cardamom and cinnamon are commonly used in a myriad of dishes, often paired alongside

dried fruits, such as raisins and apricots to bring balance to the dishes.

Traditional Cape Malay dishes are on offer as part of the breakfast spread at the resort for all guests to enjoy, with the story of Bo-Kaap and a short explanation of the dish engraved on a board alongside each one. Colourful wooden houses, each bearing the name of a street in Bo-Kaap are a subtle way in which to pay homage to the heritage of the city. Guests can try dishes such as pickled fish, bobotie, koesisters and biryani, creating an authentic South African dining experience from the comfort of the breakfast table.

Bo-Kaap is a five-minute drive away from the resort, located between the chic De Waterkant neighbourhood and the edge of the City Centre. Guests wishing to explore the area can look forward to seeing the iconic houses for themselves, complete with personalised walking tours, which take place along the cobbled streets as a guide teaches the history of the area. Those wishing for a more culinary-inclined adventure can enjoy an authentic cooking class, learning how to make traditional meals from the 'aunties' of the community. These ladies will invite you into their homes to get your hands dirty, teaching you recipes and techniques for cooking traditional dishes such as samosas and rotis (a type of flat bread). Those wishing to stay on resort can enjoy a similar experience alongside our pastry team, who teach the techniques and recipes necessary for baking the sweeter, local dishes including *Koe-* and *Koeksisters*.

location, location, location.

Every step in the V&A Waterfront brings with it a fresh and distinct experience, a vibrant tapestry woven together with the threads of local history.

A cornucopia of activity, there is always something exciting occurring around every turn. Live performers sing and dance to a marimba band's melodic beats, metallic men perform as animatronic statues, freezing and unfreezing as delighted children nearby giggle and dance away from the 'funny gold men', and a never-ending sea of dining options lie before every patron as they wonder along the cobbled, harbour-adjacent streets. Once a humble jetty built by Dutch settler Jan van Riebeeck in 1654 to provide passing ships with food and water for their travels, the Victoria & Alfred Waterfront grew over the centuries to become as it's known today; one of the oldest functioning harbours worldwide and a diverse cultural destination in the Western Cape. In 2009, One&Only Cape Town established itself along the busy Dock Road, cementing its role in the iconic space as a symbol of luxury and a beacon of sophistication. The hotel's presence became a reflection of the substantial growth that the Waterfront was experiencing, thereby adding its own chapter to the narrative of the maritime historical area, one that continues to develop today.



a maker's dream

The Watershed

Creative. Colourful. Crafty. Canary yellow? A fusion of colour, creativity, charm and plenty more. The Watershed is a place of art and design like no other. It is a space of craftsmanship, of storytelling and inspiration, and each in a multitude of forms and mediums. With well over 300 brands and over 150 small businesses to showcase, guests of The Watershed can browse through an array of products, including high quality fashion garments made by local designers, expertly crafted ceramics, hand woven bags and baskets, unique jewellery, larger-than-life paintings and sculptures or curios of every shape, form and colour to take back home as a memento of their time in South Africa.

Originally an electrical repair workshop, this ideally located industrial structure was also once utilised as a warehouse, before becoming a craft market and wellness space, affectionally known as 'the Blue Shed'. In 2014, The Watershed underwent an extensive renovation, emerging with a new street-style interior layout, crafty vendors and work hubs leading to it instantly becoming a jewel on Dock Road. Co-working spaces such as The Design Lab and Workshop 17 joined later, providing spaces that act as incubators of creativity and structure for small businesses to grow and develop, with The Design Lab placing emphasis

on design and creativity and premier co-working spaces for Workshop 17. On the ground floor of The Watershed lies a structured layout of craft and design vendors, each proudly displaying their wares for passing shoppers to peruse, each item tied to a story. One of the craftsmen featured is a man named Davis Ndungu, who founded the 'Recycled Flip Flop Sculptures Studio' (RFFS). As made evident by the name, David and his team collect and recycle old flip flops, moulding the discarded footwear into structured pieces of art and everyday objects, such as planters, jewellery and stationery items in an effort to aid the environment and create a more sustainable world. These flip flops are either donated or sourced

"Originally an electrical repair workshop, this industrial structure was once utilised as a warehouse"

from ocean and beach clean-ups before being melted down and fashioned into a desired shape. RFFS have worked alongside brands such as Nike and Havanas in sculpting creative brand structures and this past festive season, created custom-made Christmas baubles for the guests of One&Only Cape Town. Shoppers looking to see more of RFFS's work can look out for their iconic rubber elephant heads which are large, multi-coloured and ever so eye-catching. "I became a designer as I believe that it is the one thing I am truly good at and am able to carve a living from" says Davis. His passion for sustainability is evident in every piece he creates, and

he goes on to note that, in his opinion, "sustainability is the future of the economy". He and the other patrons of The Watershed have the shared joy of meeting new people from around the world daily, getting the opportunity to showcase their art and communicating the core message of their brands to both a local and international audience.

Time Out Market

Step out the other side of The Watershed, and you'll happen upon the first in Cape Town (and indeed, Africa as a whole), Time Out Market. The new kid on the V&A block, this market was created to encapsulate the concept of tasting a city under one roof, the launch of which signifies the start of a beautiful love story between locals, visitors and the cuisine of the Mother City. In fact, the very first Time Out Market began in Lisbon in 2014, in a historical marketplace and was met with such roaring success, that it led to the team branching out to other countries and cities such as Dubai, New York, Montreal, Chicago, Boston, Lisbon and now, Cape Town. "The food scene in Cape Town and across South Africa has really evolved in the last few years and we have created this amazing place to present the rich, diverse culinary and cultural vibrancy and the very best home-grown talents,"

says Russ Meyer, General Manager of Time Out Market Cape Town. "We will be offering guests an experience that is unique yet accessible as we open our doors at the V&A Waterfront as a meaningful addition to this city and our neighbourhood."

Diners can expect a modern, industrial-chic aesthetic, with each outlet sporting the brand's iconic look and feel, adding to the feeling of community and structured elegance that is Time Out. What was once The Old Power Station Building at the V&A Waterfront, now houses a collection of local cuisine outlets ranging from acclaimed chefs and brands such as John van Zyl's The Melting Pot to beloved up-and-coming local favourites, such as Kapoochka, who's unique twist on Indian street food is spearheaded by Chef Hitesh Panchal and his two sons. For the meat lovers amongst us, the mouthwatering, juicy cuts from Carne are definitely worth a try, whereas the seafood aficionado will love the delicately arranged sushi from Sushiya, (the brainchild of renowned Chef Peter Tempelhoff and Chef Shin

Takagi). If comfort food is more your speed, look no further than De Vrije Burger's gourmet burgers, masterminded by Chef and TV Personality Bertus Basson. Neighbours to them is Yard, a pizzeria that is an extension of the cheeky Dogs Bullocks restaurant in Gardens, who boast a range of dough styles and toppings that will have even the most seasoned pizza-lover salivating. "Our guests will get a true taste of the city and our local vendors - who all have their roots right here - the opportunity and the platform to showcase their skills to a wide audience, proudly presenting Cape Town as a leading culinary and cultural hub," says Sandy Hayek, Time Out Market's Co-CEO of Operations.

Look out for standouts amongst the crowd such as MLILO, led by Chef Vusi Ndlovu who looks to explore the flavours, dynamics and use of fire in his dishes. Playing off the concept of a 'shisanyama' (meaning burned meat in Zulu and commonly used when describing braai or braai food), Chef Vusi showcases the different ways in which African countries utilise fire for their meals, 'serving Africa on a plate' through endemic spices, culinary traditions and braaiing style. From Africa to Asia, market-goers can explore sensational Asian street-food with How Bao Now, serving exclusive combos and flavours such as Cape Malay crayfish, Wagyu Sabdo-bao or Kimchi pork, all stuffed into a fluffy bao bun and carefully crafted by dynamic chef duo Matt van den Berg and Carla Schulze.

For those with a sweet tooth, vegan, handcrafted ice cream experts Un-framed offer exotic flavours such as lemon-infused olive oil & white chocolate, beetroot chocolate & ginger or classics such as passion fruit and salted caramel, all of which are sure to hit the spot. Not only will guests get to enjoy dishes from a wide range of options but there are also three bars available on site, including craft-beer specialists, Pump-house Bar and cocktail bar Studio Bar, on the mezzanine level. Not to mention, the well-loved Culture Wine Bar also makes an appearance, showcasing some of the best wines the country has to offer as well as offering wine tasting of exotic wines from Italy and California too.

Differing from other food markets, all dishes are served on branded china and trays with communal tables set up in the open-plan central space, allowing ease of movement and easy-flowing conversation. For diners and guests wishing to explore the arts and culture that the V&A is known for, can proceed to the mezzanine level, where a stage awaits, ready for local acts and performances to take place. With all this on offer, there is only one question to be asked - dinner and a show, anyone?

1: Davis Ndungu, in his 'Recycled Flip Flop Sculptures Studio' 2: Kapoochka at the Time Out Market; 3: Shoyu ramen from Ramenhead; 4: Hitesh Panchal from Kapoochka; 5: Fried Squid and Black Risotto from The Melting Pot; 6: Ashley Moss from Ramenhead; 7: Chef Vusi Ndlovu from Mlilo; 8: Omakase Nigiri from Sushiya; 9: John van Zyl, from The Melting Pot





Devin Prall Photography

ONE BLUE HEART

Introducing the 'blue carpet' event that raises funds for the Turtle Conservation Centre and upcoming, state-of-the-art Marine Wildlife Rescue Hospital



On 16 February 2023, the first One Blue Heart Gala was held – an evening filled with awe-inspiring art, finely dressed guests and an underlying theme of sustainability throughout. The mission? To raise awareness and funds for the Turtle Conservation Centre at the Two Oceans Aquarium and their upcoming, state-of-the-art Marine Wildlife Rescue Hospital, soon to come to the V&A Waterfront. Hosted at One&Only Cape Town, the

event saw 130 of the city's most philanthropic and like-minded individuals, including local celebrities, thought leaders, media, CEOs, conservationists and activists enjoy a night of revelry. "While this event is focused on turtles, I think the greater message around sustainability issues that we are dealing with at the waterfront and around clearing up plastics in our environment, all really tie in together very well," said Donald Kau, Head of Communications at V&A Waterfront.

Indeed, the function worked to highlight more than just turtle conservation, going so far as to touch on themes of zero-waste, slow fashion, sustainable art and the impact of a community united. Upon arrival, guests were welcomed and strutted down the long blue carpet, a stroll culminating in the ballroom foyer, which was filled with art of various sizes, colours and mediums and all by local artists. Once seated inside the ballroom, attendees enjoyed a three-course zero-waste menu, carefully crafted by the One&Only Cape Town culinary team,

with each ingredient used top-to-toe in the dishes served. When discussing the thinking behind the menu, One&Only Cape Town's Executive Sous Chef Gianluca de Quintal explains, "Whenever we waste food, we also waste all the energy, water and resources necessary to grow, harvest, transport and package it. In the end, we waste life, which is our one greatest gift."

Guests were kept entertained with a number of incredible speakers throughout the evening. These included Pulitzer Prize winner Dele Olojede, who spoke on the role of mindfulness in some of today's most pressing global and sustainable issues, the delightful free diver Zandi Ndhlovu, affectionally known as the "Black Mermaid", and recognised for her foundation's work with underprivileged communities as well as being an ocean conservation advocate and South African musician Zolani Mohale, whose powerful voice reverberated around the room, causing feet to tap and guests itching to dance. Many in attendance wore accessories or outfits that were

sustainably sourced, made or designed by local designers, further highlighting the role slow fashion can play in today's current social and economic climate.

The Turtle Conservation Centre works as a veterinary centre, rehabilitation, and sanctuary for injured and rescued turtles' country wide, with hundreds of turtles being rescued and arriving at the Centre year on year. "In the last year alone [2023], we received 157 hatchlings into our Rehab Centre, and 12 beautiful adults" says Ann Lamont, Executive Chairperson of Two Oceans Aquarium Foundation.

"We are getting more and more turtles every year. 71% of those are there because they have ingested plastic or been entangled by ghost fishing gear or nets." Plastic ingestion (because of increased ocean pollution) is one of the leading causes in the active extinction of turtles, resulting in the already dwindling numbers of these sea creatures to drop even further annually.

"When we waste food, we waste life, which is our one greatest gift."

For the youngest of the species, the struggle tends to be even greater as they battle to survive their first year against all odds. Every year, turtle hatchlings wash upon the Western Cape shores, having been swept up after navigating the warm currents of the Agulhas Current and journeying from KwaZulu-Natal where they originally hatched. Concerned local citizens often find and help them, passing the small creatures on to a member of the Turtle Rescue Network - a collaborative network of individuals and businesses dedicated to the rescue and release of sea turtles, who ensure the hatchling is handed over to the Conversation Centre for further inspection and care. Often these hatchlings arrive at the Centre in poor health, commonly being dehydrated, famished and cold from the chilly Cape waters and spend a few months carefully monitored and coaxed back to health by the team.

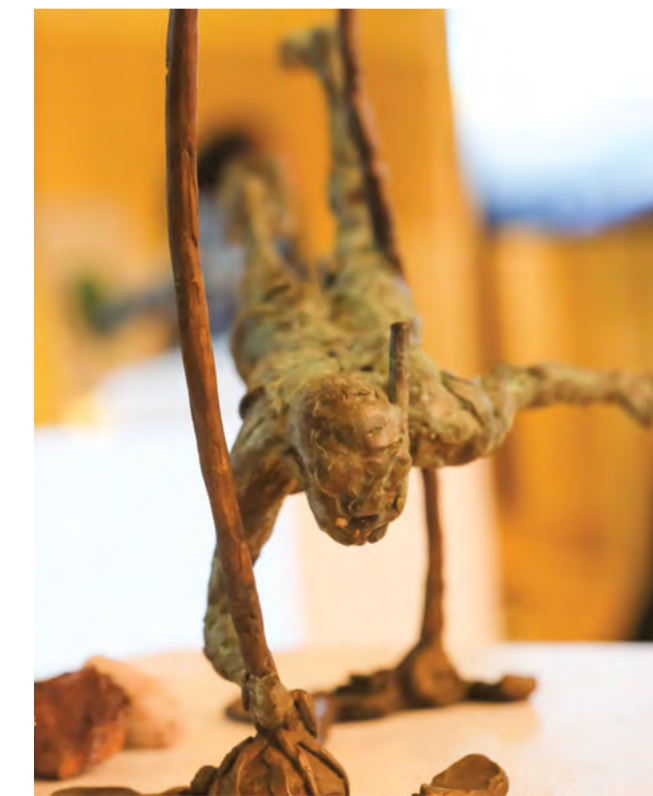
Adult turtles are no exception either, with the majority washing up along the shores suffering from health issues or extensive physical injuries often caused by boats or fishing nets. Many adult turtles stay in rehabilitation far longer than the hatchlings so as to fully recover and ensure they are fit and healthy enough to be released. Some of the turtles being prepared for release can be seen in the I&J exhibit at the Aquarium, where researchers monitor their progress before they are released back into the wild. Amazingly, the Turtle Conservation Centre currently has a release rate of over 85% of the turtles taken into their care. The care needed for each turtle costs thousands of rands, which includes veterinary services, specific dietary requirements, monitoring and constant care to ensure these beautiful animals remain on the mend. In partnership with the Two Oceans Aquarium, One&Only Cape Town has pledged to



donate the rand equivalent of USD 350 to the Turtle Conservation Centre for every stay in the Presidential Suite, one of two Signature Suites and whose interior design and décor reflects the underwater oceanic beauty. By doing so, not only do guests get to enjoy an exquisite suite during their stay, but they are also actively participating in the conservation of these ancient creatures, as well as adopting and naming a hatchling. After the rousing success of the first event, One Blue Heart is set to be hosted again in April 2024, once more in One&Only Cape Town's luxurious ballroom. The 2024 gala looks to lay emphasis on an audiovisual experience, incorporating far more immersive elements, including lighting, sound and colour for guests to go on a sensory journey as part of the event. Slow fashion, a three-course dinner and mesmerizing

art all remain prominent parts of the evening with renowned South African actor and presenter, Maps Maponyane hosting the event and local singer/songwriter Zolani Mahola set to return as the primary entertainer. When asked about the impact of such an event at the 2023 gala, Zandi Ndhlovu said it best. "I feel like this is a collective dream. It is how we partner with each other towards the world we want to see together. And so, to be a part of this is to remember that we are a community and together we can make absolutely anything possible, including, building a better tomorrow for our turtles."

Above: A partygoer in traditional wear. Right: Free diver Zandi Ndhlovu being interviewed; Below: art by Robert Rorich. All photos were taken at the 2023 Gala.





Clockwise from top left: Mary; Grant; Lungi; Mickey; Charles; Wade

MARY

Spa Receptionist

Calm, cheerful and creative, Mary also happens to be a fashion designer, working on her own clothing line.

Favourite thing about our location I love the big wheel at the V&A. You can see the whole of Cape Town from there, it's one of the best views in the city.

What would you recommend in the area? The best way to explore is from the sky - try a helicopter ride! It's amazing and such a unique way to experience a new city or location.

Fun fact about you I studied medicine before hospitality and now make African print clothing, with patterns imported from Nigeria and Ghana.

GRANT

Nobu Sommelier

Grant is a savant of wine information and a favourite amongst Nobu patrons for his expert pairings and in-depth discussions around fine dining.

Favourite thing about our location The atmosphere of the V&A; charming, calm yet filled with so much energy. A true embodiment of multiple African cultures co-existing and thriving.

What would you recommend in the area? The Watershed. Anyone visiting has to check it out to get a feel of what Cape Town is about.

Fun fact about you I don't forget anything I hear and read. It's almost like my brain is waiting for an excuse to use the information when the time is right...

LUNGI

Waitron

Tiny yet mighty, Lungi will guide you through an Afternoon Tea in Vista, advise on the best lunch spots or simply enjoy a chat.

Favourite thing about our location We are so close to everything. The mall, paddling, eating, it's all right here! I love the convenience.

What would you recommend in the area? For an authentic African experience - Marco's African Place. It's in Bo-Kaap, serves local dishes such as game meat and there's traditional drumming and dancing too.

Fun fact about you I'm a great chef! I regularly make my own recipes and host meals at my house.

MICKEY

Barista / Bartender

With his big smile (and freshly squeezed juices), Mickey is hard to miss at the morning buffet. He gets along with everyone and will ensure you have the best breakfast possible!

Favourite thing about our location Our beautiful environment. With Table Mountain in front of us and the city surrounding us, we are in the most beautiful spot in Cape Town.

Recommendation in the area Quay 4 Restaurant has some of the freshest, best fish around! It's a great, informal spot for any seafood lovers.

Fun fact about you I love meeting new people from around the world and I make a mean green juice!

CHARLES

Doorman

Gentlemanly and kind, Charles treats each guest like a member of the family. He is always at the ready with recommendations, assistance, or just a good ol' chat!

Favourite thing about our location The Aquarium is a personal favourite as it's perfect for family time with the kids. Coupled with Belthazaar and you have a family-friendly afternoon of fun!

What would you recommend in the area? If you are a meatlover, Butcher's Shop & Grill in Mouille Point is always a winner.

Fun fact about you I really enjoy fishing, specifically shoreline fishing. I find it very relaxing and my wife loves fresh fish so it's a win-win!

WADE

Fitness Instructor

Wades' love for fitness began as a nationally recognised swimmer in his youth, evolving into a deeper passion and then career. Now he helps guests to train, grow and enjoy fitness, even when on holiday!

Favourite thing about our location The energy at the V&A is always exciting! There's always an array of performers showing what they can do.

What would you recommend in the area? For sport lovers, Tiger's Milk. It's classy with great food but is also a sports bar with a good energy.

Fun fact about you I make a great malva pudding!



HOME IS WHERE THE WINE IS.

anonymous



JANUARY 2024

One&Only

ONE ZA'ABEEL

Dubai