

Vol.5	8001	S.P.
-------	------	------

SIXTY6
ON
K

We are Blok.

The soothing far-off bustle is below as your front door closes with that reassuring click you've known your whole life. It's quiet now.

You feel high above the world yet never disconnected from it, in your own succinctly thought out space where design's only purpose is to put you at the centre of your home. A place where aesthetics, practicality and intuition come together. Effortlessly. Seamlessly.

The time is now to once more live in a thriving neighbourhood you can call your own. An urban environment defined by creativity and energy. You're close to everything here. Because this is home.

A life curated just for you.

Defined by Blok.





Jacques van Embden Managing Director and Co-founder of Blok

I am proud to introduce to you Blok's fifth development, **SIXTY6ONK**. I am constantly inspired by the potential that a new development brings to a neighbourhood, but in seeking inspiration for this particular one, I found myself coming back to three elements: urbanism, location and the home.

As a Sea Point resident, I have been privileged to watch the regeneration unfold over the last 5 years at a seemingly exponential rate; Regent and Main Roads, which in my opinion, hold the potential to become Cape Town's High Street to rival London or New York's have encouraged locals and visitors to explore an entire world beyond their front door. Our city is a living thing, changing over time and evolving; Cape Town's urban landscape is becoming a well-considered medium-rise context and form and this increased density is where opportunity is fostered for niche businesses and experiences that offer a modern global urban lifestyle. As this evolution progresses, the urban fabric weaves together to change the face of an area. Urban schooling has also become a modern and global desire, and there's beauty in the simplicity of seeing children walk through their neighbourhood to school.

Sea Point as an address opens up a world of opportunity to live differently within an urban context. It's so easy to leave your car behind and set out on foot to plug into everything this neighbourhood has to offer, and this appeal is becoming increasingly valuable. There is a powerful sense of community that is tangible here. My father grew up down the road from **SIXTY6ONK** and still recalls his childhood memories by the names of the people he grew up around, from neighbours to shop owners. There is a resurgence in the value of these rela-

tionships today and the people who make up your neighbourhood will leave an imprint in your memory of a place.

And once we zoom in beyond the urban context and beyond the neighbourhood, we arrive at the home. A new type of urban fabric requires us to rethink the urban apartment. It is with this in mind that we have taken a bold step in inviting more life stages into apartment living. The 3-bed apartment invites a vertical opportunity that crosses lifestyles, whether it's a second child, a guest room, a home office or studio, the added space gives the home owner freedom beyond necessity. Our focus at Blok has been to create homes with this in mind while still thoughtfully detailing these apartments with the elements of a home, what we call the Third Spaces.

We continue to challenge ourselves with every development on aesthetics, form, functionality and detail. Hidden behind the street façade of **SIXTY6ONK** is the Northern sun, a communal pool and outdoor lounge and entertainment area beneath the dramatic cantilever of the upper levels. This modern façade was designed with respect for the beautiful tree on the boundary edge and to be a living element that can change with the seasons. This responsiveness to each site and its elements has become the golden thread in Blok's design process, and ensures we view each site and project in relation to its context.

I invite you to share our love and passion for all things urban living- from the city to the neighbourhood and the home- because together we can reshape the cities we live in one block at a time.



Marco van Embden Co-founder and Chairman of Blok

It gives me great pleasure to pen these remarks for the 5th Blok project – **SIXTY6ONK**. What a small world, I grew up on Kloof Road, a short 1 km down the road, literally opposite Weizmann school where my brothers and I attended as youngsters. We lived in a 3 bedroom apartment in Dunrobin Court, surrounded by houses, there were few apartments in those days.

Sea Point was a special neighbourhood, there was Louis, the corner café with the pinball machines, Aubrey's where we bought our fireworks, Nicki's the other corner café, and of course the Milky Way just down the road - best milkshakes and toasted sandwiches. And not to forget Putt-Putt, where La Perla now stands. My goodness, what a walk down memory lane.

The latest Blok project focuses on 3 bedroom apartments and incorporating both natural and green elements into the design. This apartment block will connect with its urban surroundings in a most significant way; a short walk from so many lifestyle activities and lovely things to do. This is also a family apartment building, with a superb pre - and primary school just down the road. A secure and convenient way to live in a suburb that has withstood the test of time and is on the threshold of a huge resurgence in style and value. This project gives me a really warm and comfortable feeling, which I know will be shared by each and every one of the 13 owners.

My compliments to Jacques, our MD, and his architects and design team for what looks to be a winner. Thank you, as always, for your confidence in our Blok projects. In turn, we aim to deliver on our promise.

SIXTY6ONK



Completely influenced by both the natural terrain of Sea Point and the neighbourhood itself, **SIXTY6ONK** is the latest development by Blok. Embracing as much of the natural visual aesthetic that surrounds it, we've purposefully designed **SIXTY6ONK** to seamlessly incorporate its environment, bringing some of the outside, inside. A pure example of this is the imposing ficus tree that has been incorporated into the architecture, creating a "treehouse" feel when looking outwards from the apartments.

The 13 apartments in **SIXTY6ONK** are divided into two sections, both with their own unique design styles. While the lower levels reflect a more grounded feel with earth-inspired design elements, the upper levels offer a sense of lightness, with the apartments almost floating, suspended in the air between Signal Hill, Lion's Head and the shining Atlantic below.

Family was also an essential consideration for **SIXTY6ONK**, given its proximity to neighbourhood schools- leading to the various layouts of 2 and 3 bedroom units, which brings the feeling of house living into an apartment space, making it ideal for any life phase.

Our buildings are more than the sum of their parts, with their details crafted perfectly to create the ideal urban home for you. Defining this approach to our thoughtful design is our unique "Third Spaces", which add a practical modernity to every apartment. Your new home also has a communal pool and outside deck area, perfect for those bonus summer hours afforded by the unperturbed pace of the sun sinking towards the sea.

Although unmistakably a Blok development by virtue of combining our unrivaled attention to detail and intuitive design language, **SIXTY6ONK**, can be described as having a distinctive Japanese feel, combining elegant wood and glass amidst organic greenery. Inside, bespoke interiors tend to warmer colours comprising of browns and greys, completing the feeling of being in a cozy home without compromising the natural feel of light and space. This is not just a new way of living, but also your new home.



Table of Contents

012

Architects Interview

032

Floorplans

014

Renders

058

Neighbourhood Overview

026

Green Technology

060

A Day in the Life

030

Apartment Overview

064

Neighbourhood Interviews

Wauw Factor

Photos by
Julia Merrett

Interview by
Kate Thompson-Duwe



“With each new Blok building brief, we are given the chance to explore our creativity and create urban architecture that is literally changing the face of an area,” says Eric van den Berg, one of the founders of WAUW Architecture and Urban Workshop.

The vast majority of the Blok team, from developers to builders and us architects, are urban apartment dwellers, and so we design with our own experiences and needs in mind.

For **SIXTY6ONK** the biggest influence on our design was the address; the primary factors here being the proximity to schools that gave us more focus and the views of Lion's Head and Signal Hill.

The site also presented us with a unique challenge in that the plot size meant some creative planning was required in order to maximize the allocated space and ensure each apartment is as expansive and comfortable as possible. The building is also based upon a slanted plot, a challenge in itself, and the design had to narrow to accommodate the upper levels' building restrictions and views.

The solution to the sizing challenge was for us to design the building in two distinct parts. The one being far more grounded and aligned with the street (lower 4 levels), and the top (5th – 7th) floors aligned with the boundary edges and twisted to fit the surrounding context, but with a far lighter, floating feel.

The angle of the plot's slant didn't allow for street level parking under the building, something other Blok apartments have, but instead

of focusing on the negative, this has given us the chance to design the first Blok garden apartments. A huge benefit for families.

The majestic tree at the front of the property has also influenced the warm earthy colour scheme and gave us a natural design feature to work with.

The overall building theme is solid with punctures and the top penthouse is timber, steel and glass, presenting a contrasting end design that gives off a rather Japanese-themed feel; lots of wood, filigree and finesse with a focus on greenery and planting.

“SIXTY6ONK will bring an elegance and understated class to Kloof Road, and, while we are steering clear of a Blok “signature” style, it'll be evident in the end result that all of the developments we're creating have a stamp of quality and creativity, and it is this that is becoming the Blok signature,” comments Eric van den Berg, WAUW.



Artist's Impression



Artist's Impression







Artist's Impression



The Third Spaces

Blok's design philosophy places emphasis on optimizing the valuable spaces in an apartment that make a house a home. Inspired by how our future homeowners will live in their Blok apartments, great care and consideration has been taken to ensure that your home is functional as well as beautiful.

We call these the "Third Spaces", which provide a retreat from the day-to-day, every day. Spaces created to become special moments of living in your home, where you can simply just be.

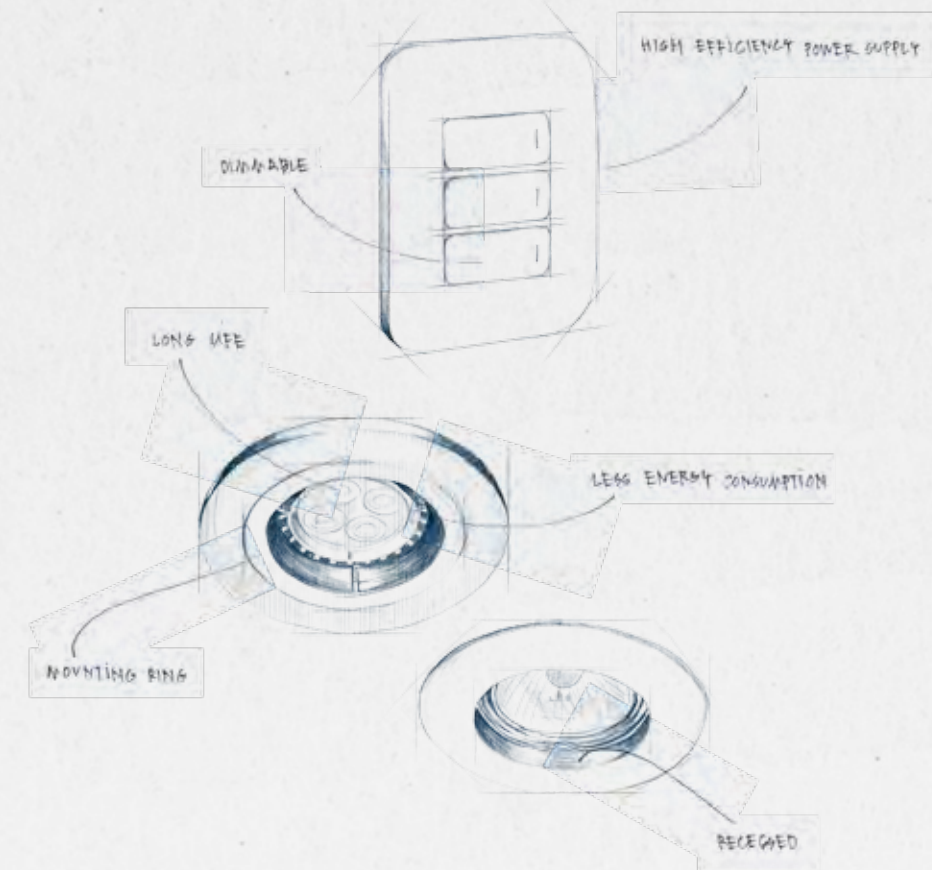
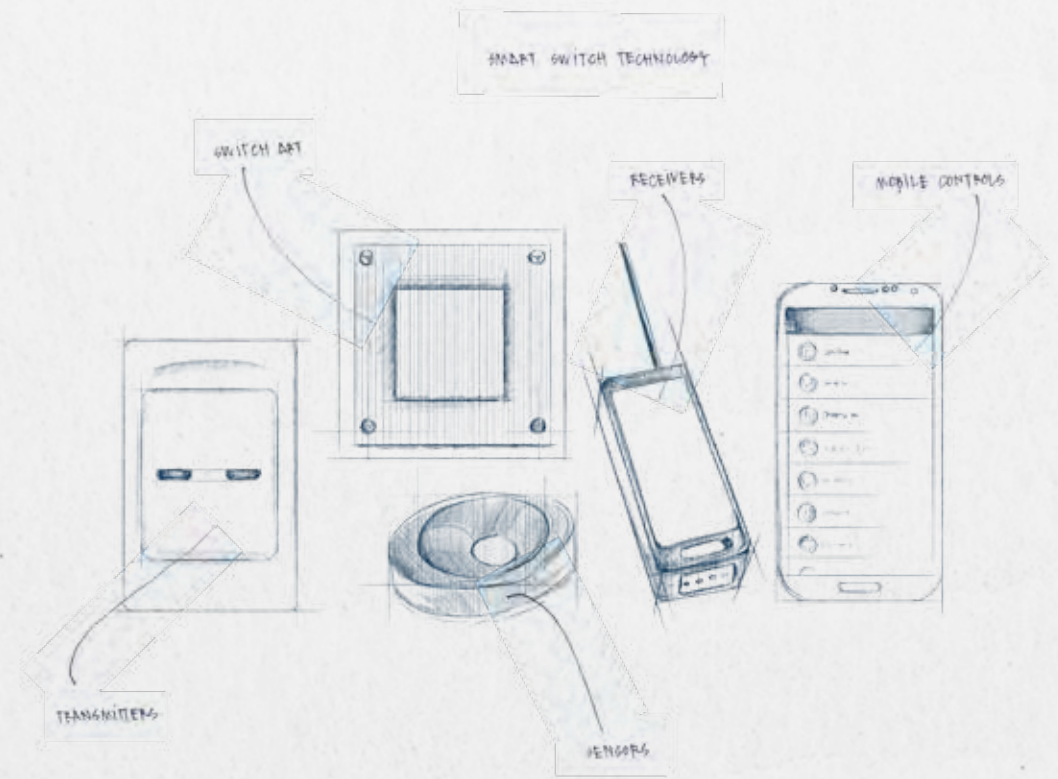
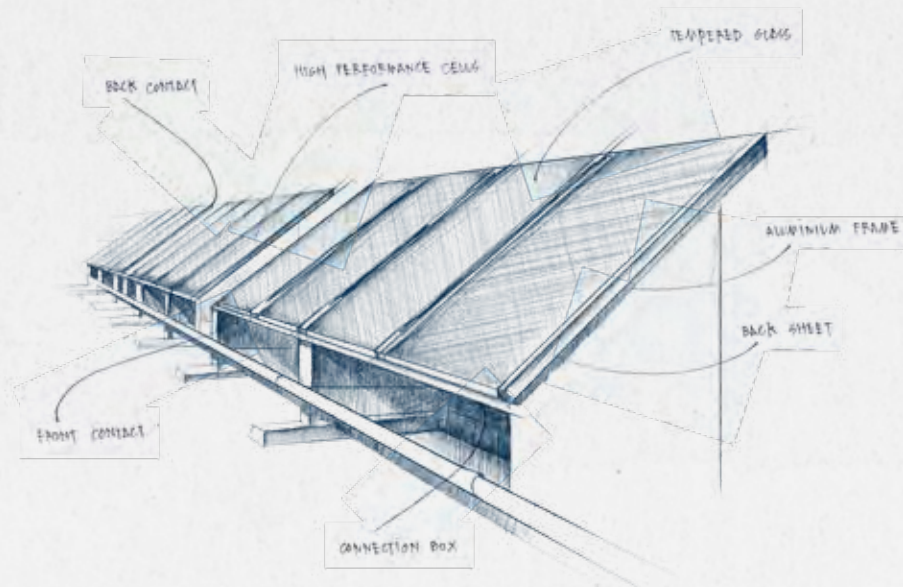
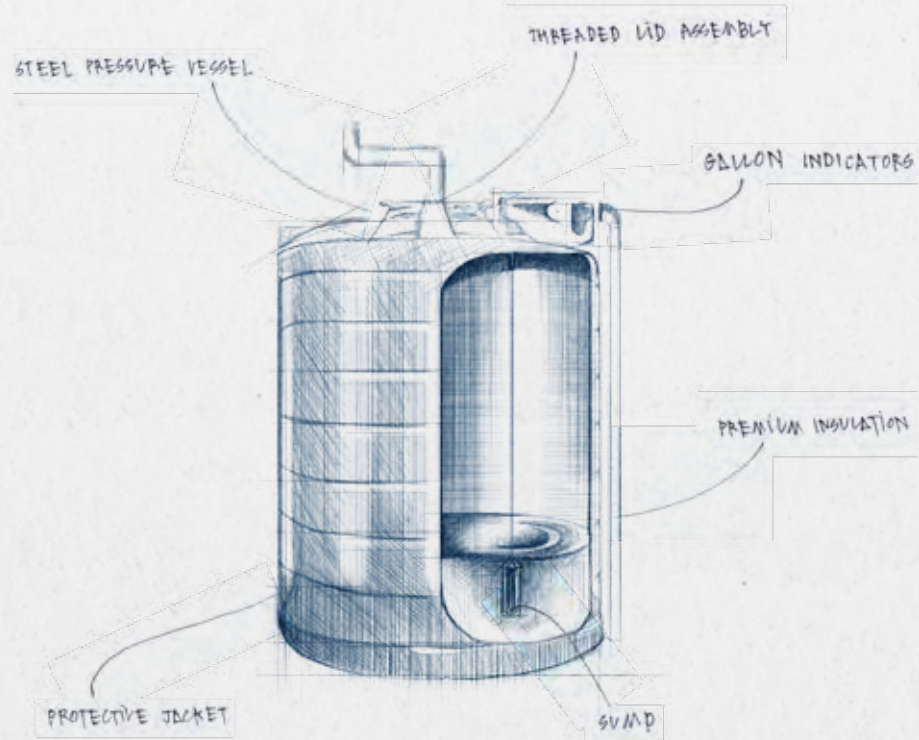
Drift away in thought or get lost in a great read on your daybed on a quiet afternoon. Fix yourself and friends a favourite drink at your perfectly positioned cocktail bar and revel in the good times. In your beautifully thought out home office, the world can cease to exist and you can simply get things done in your own time.

These are the Third Spaces.



The best designer on the planet is sometimes the planet itself.

Our apartment buildings are situated in some of the most picturesque locations in Cape Town. We're compelled by our drive for sustainability to design buildings that are environmentally responsible. From harnessing solar energy, implementing rain water systems and introducing low energy LED lights and smart switching home systems you can take in the view, without taking from it.





Apartment Overview



6a Triplex Penthouse

Fifth, Sixth & Seventh Floors
 Three Bed
 Three.5 Bath
 193 Interior

112 Exterior
 305 Total
 Three Parking

Apartment availability is subject to change. Please check with our sales team for updates.

blok.co.za
sales@blok.co.za
 +27 87 752 66 77

4a

Fourth Floor
 Three Bed
 Three Bath
 136 Interior

18 Exterior
 154 Total
 Two Parking

5a Duplex Penthouse

Fourth & Fifth Floors
 Three Bed
 Three.5 Bath
 169 Interior

153 Exterior
 322 Total
 Two Parking

5b Duplex Penthouse

Fourth & Fifth Floors
 Three Bed
 Three Bath
 162 Interior

158 Exterior
 320 Total
 Two Parking

3a

Third Floor
 Three Bed
 Two.5 Bath
 125 Interior

24 Exterior
 149 Total
 Two Parking

3b

Third Floor
 Two Bed
 Two Bath
 102 Interior

18 Exterior
 120 Total
 Two Parking

3c

Third Floor
 Three Bed
 Two.5 Bath
 116 Interior

25 Exterior
 141 Total
 Two Parking

2a

Second Floor
 Three Bed
 Two.5 Bath
 125 Interior

24 Exterior
 149 Total
 Two Parking

2b

Second Floor
 Two Bed
 Two Bath
 102 Interior

18 Exterior
 120 Total
 Two Parking

2c

Second Floor
 Three Bed
 Two.5 Bath
 116 Interior

25 Exterior
 141 Total
 Two Parking

1a

First Floor
 Three Bed
 Two.5 Bath
 125 Interior

38 Terrace
 52 Garden
 215 Total
 Two Parking

1b

First Floor
 Two Bed
 Two Bath
 102 Interior

8 Exterior
 110 Total
 Two Parking

1c

First Floor
 Three Bed
 Two.5 Bath
 111 Interior

42 Exterior
 153 Total
 Two Parking

SIXTY6ONK

Elevation

Ground Floor
Secure Parking
Lobby
Security

First Floor
Apartments
1a, 1b & 1c
Pool & Deck

Third Floor
Apartments
3a, 3b & 3c

Fifth Floor
Apartments
5a, 5b & 6a

Seventh Floor
Apartment
6a

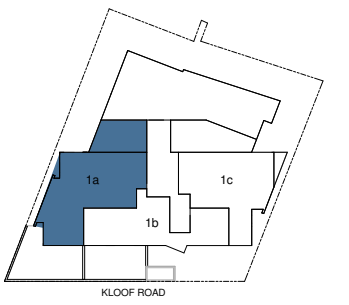
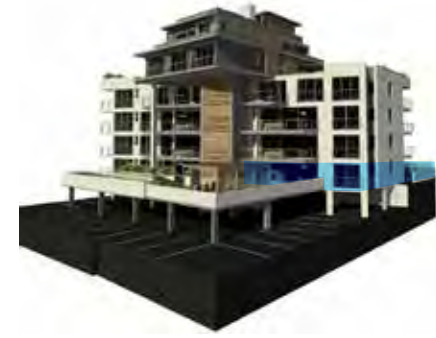
Second Floor
Apartments
2a, 2b & 2c

Fourth Floor
Apartment
4a, 5a & 5b

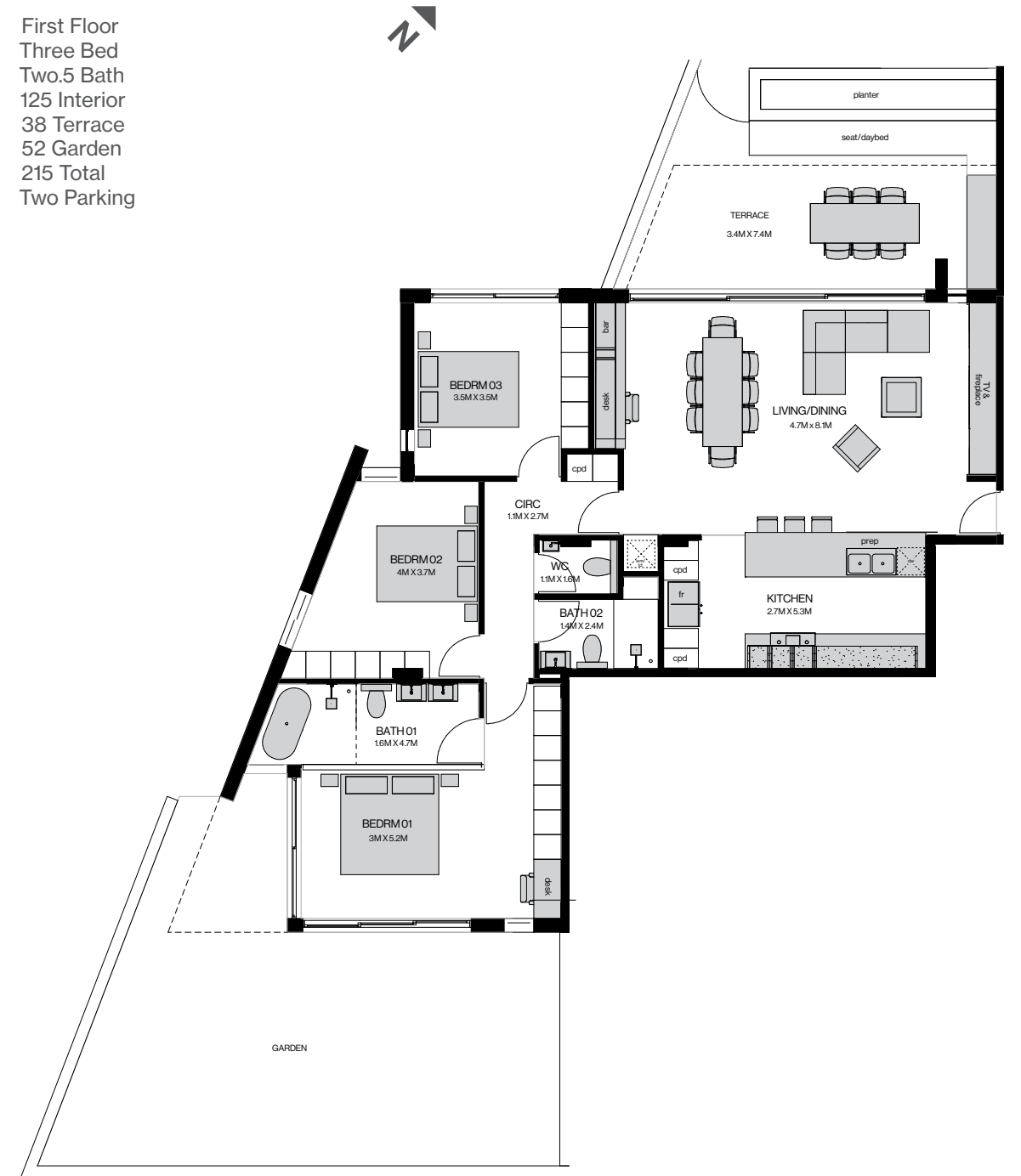
Sixth Floor
Apartment
6a



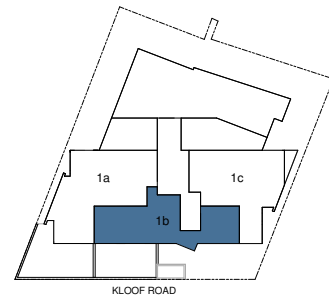
1a



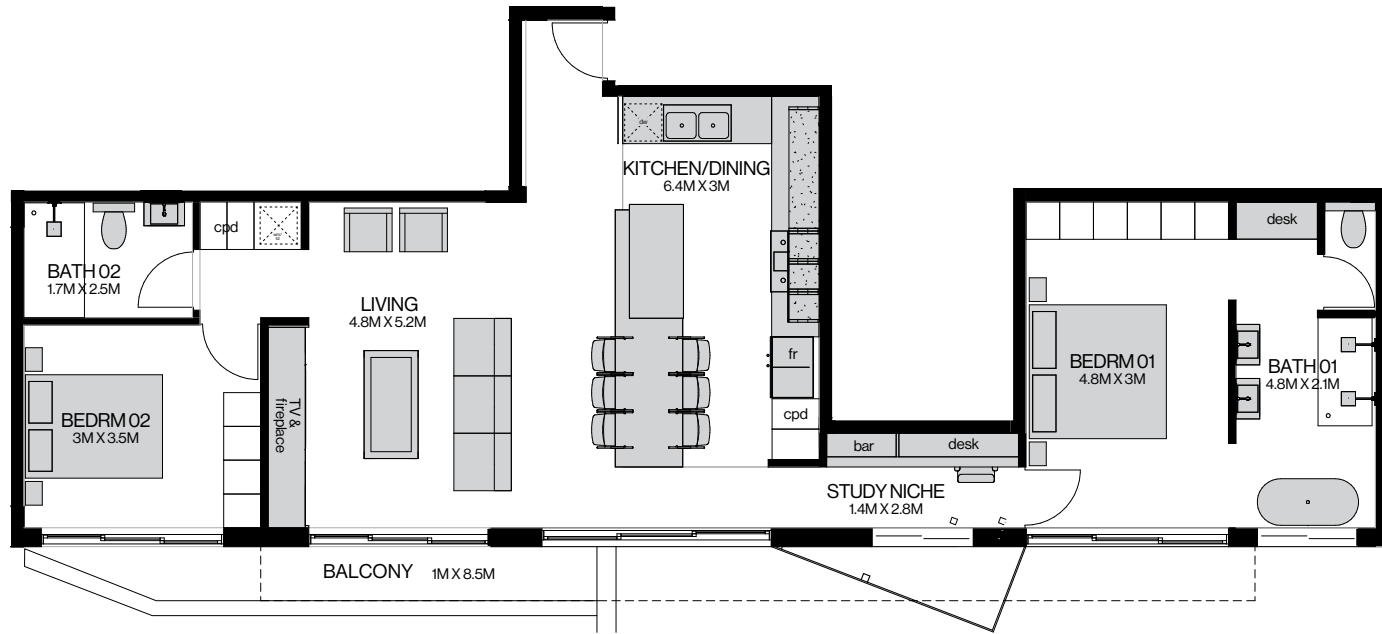
First Floor
Three Bed
Two.5 Bath
125 Interior
38 Terrace
52 Garden
215 Total
Two Parking



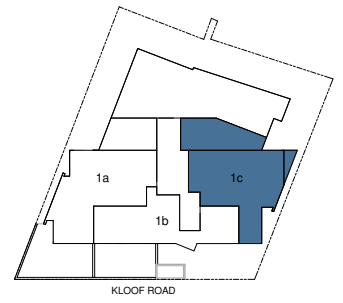
1b



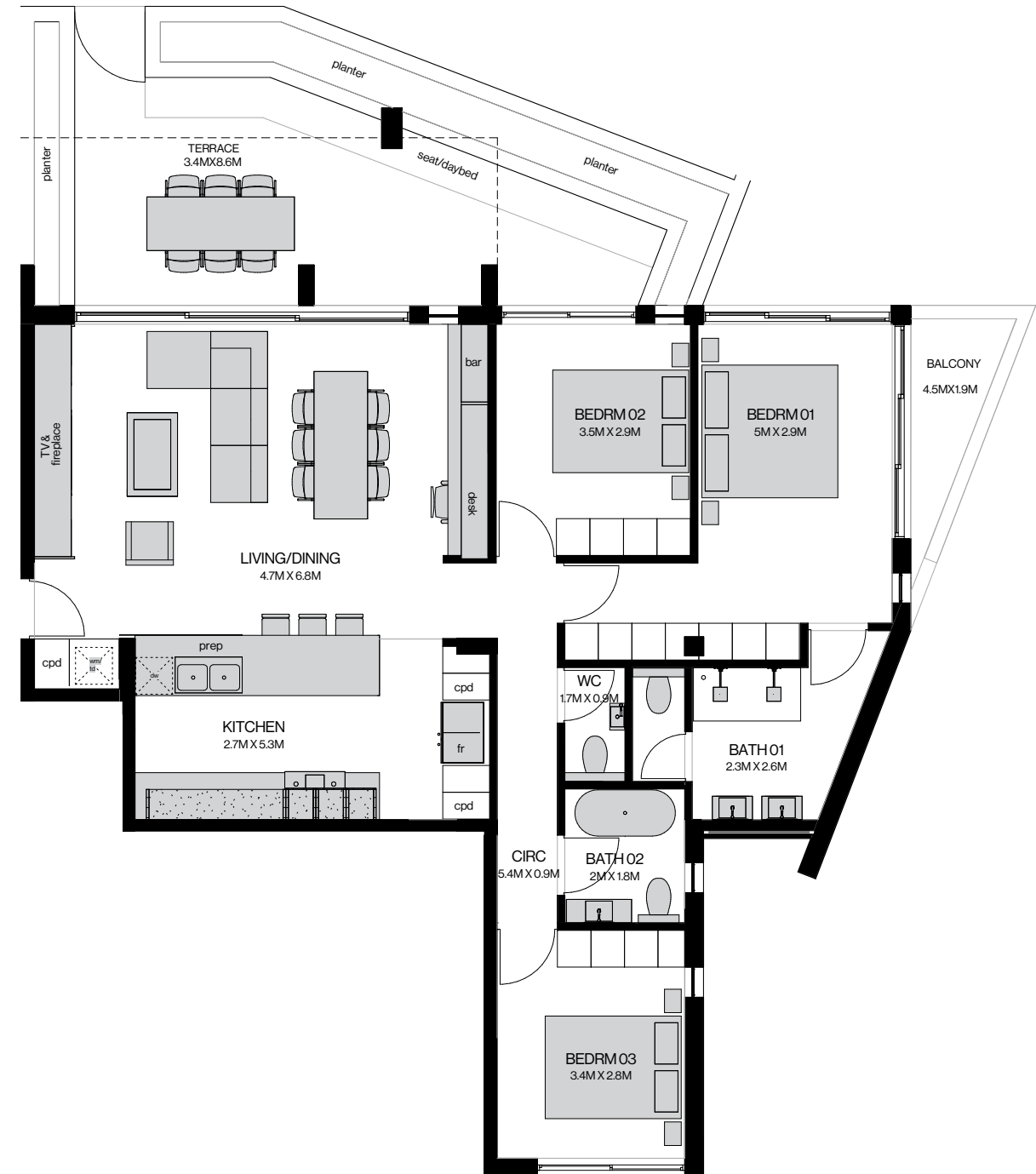
First Floor
Two Bed
Two Bath
102 Interior
8 Exterior
110 Total
Two Parking



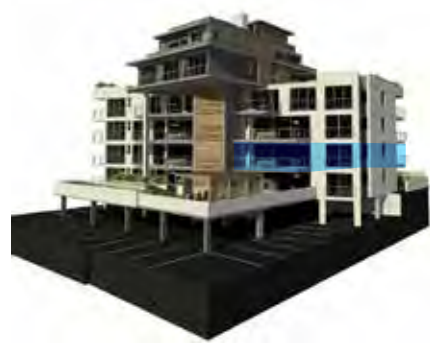
1c



First Floor
Three Bed
Two.5 Bath
111 Interior
42 Exterior
153 Total
Two Parking

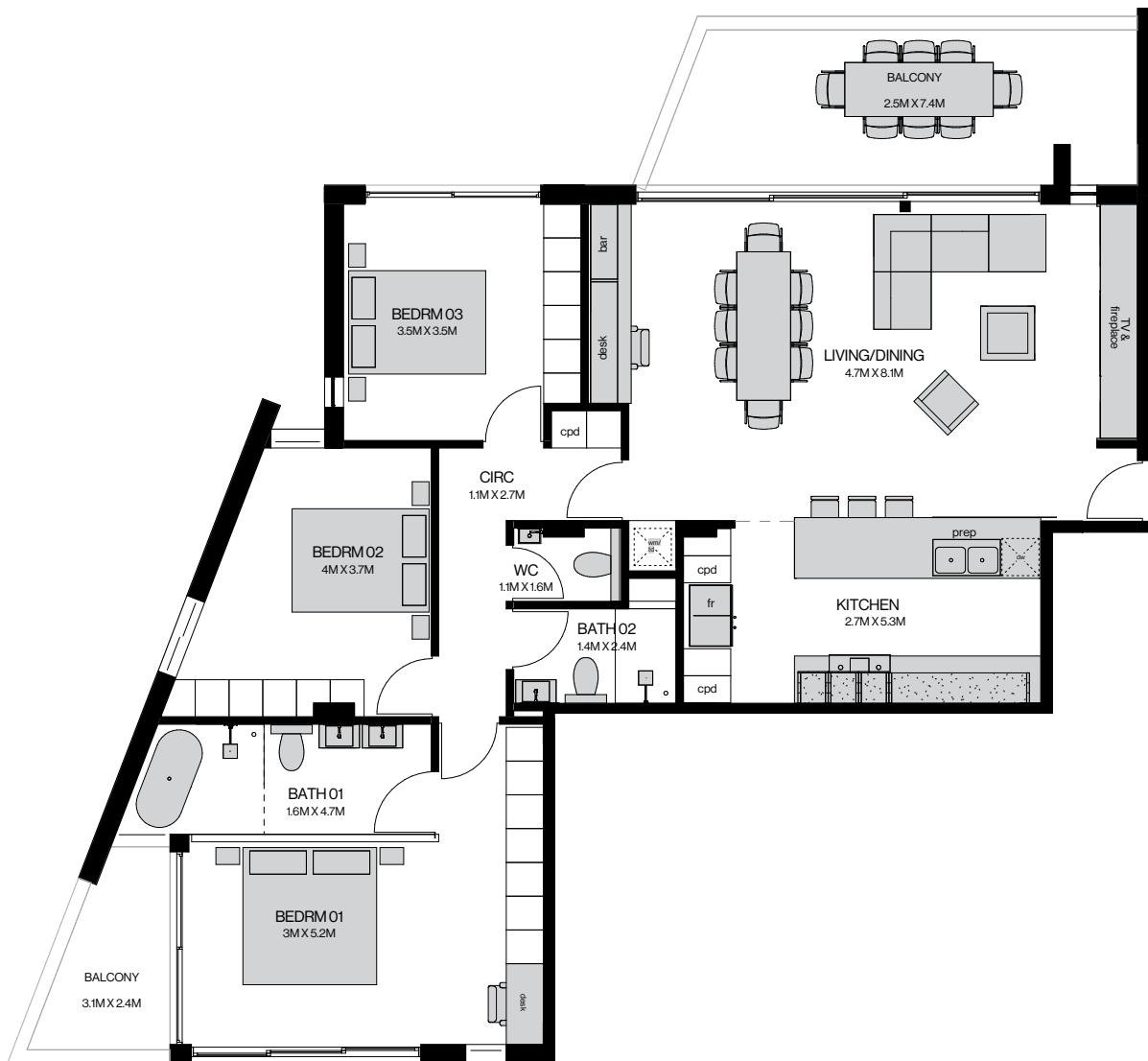


2a

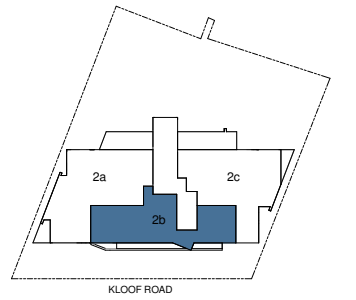


KLOOF ROAD

Second Floor
 Three Bed
 Two.5 Bath
 125 Interior
 24 Exterior
 149 Total
 Two Parking

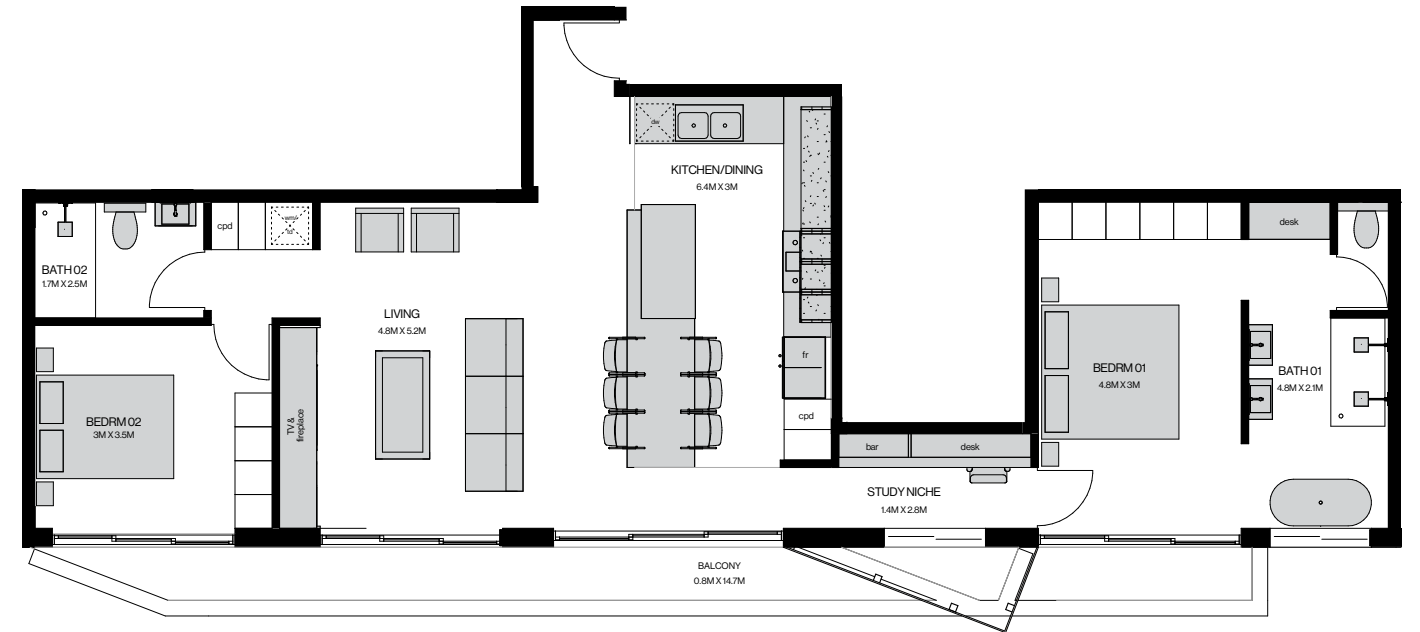


2b

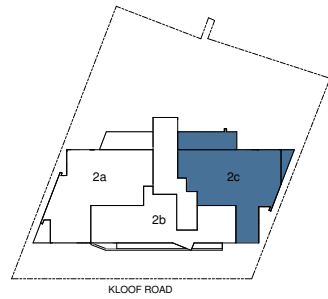
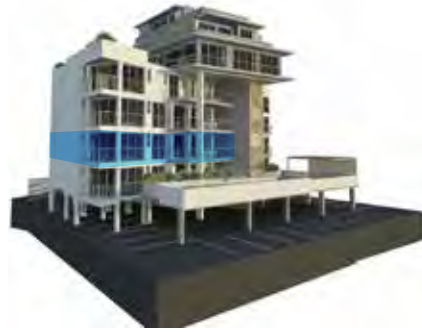


KLOOF ROAD

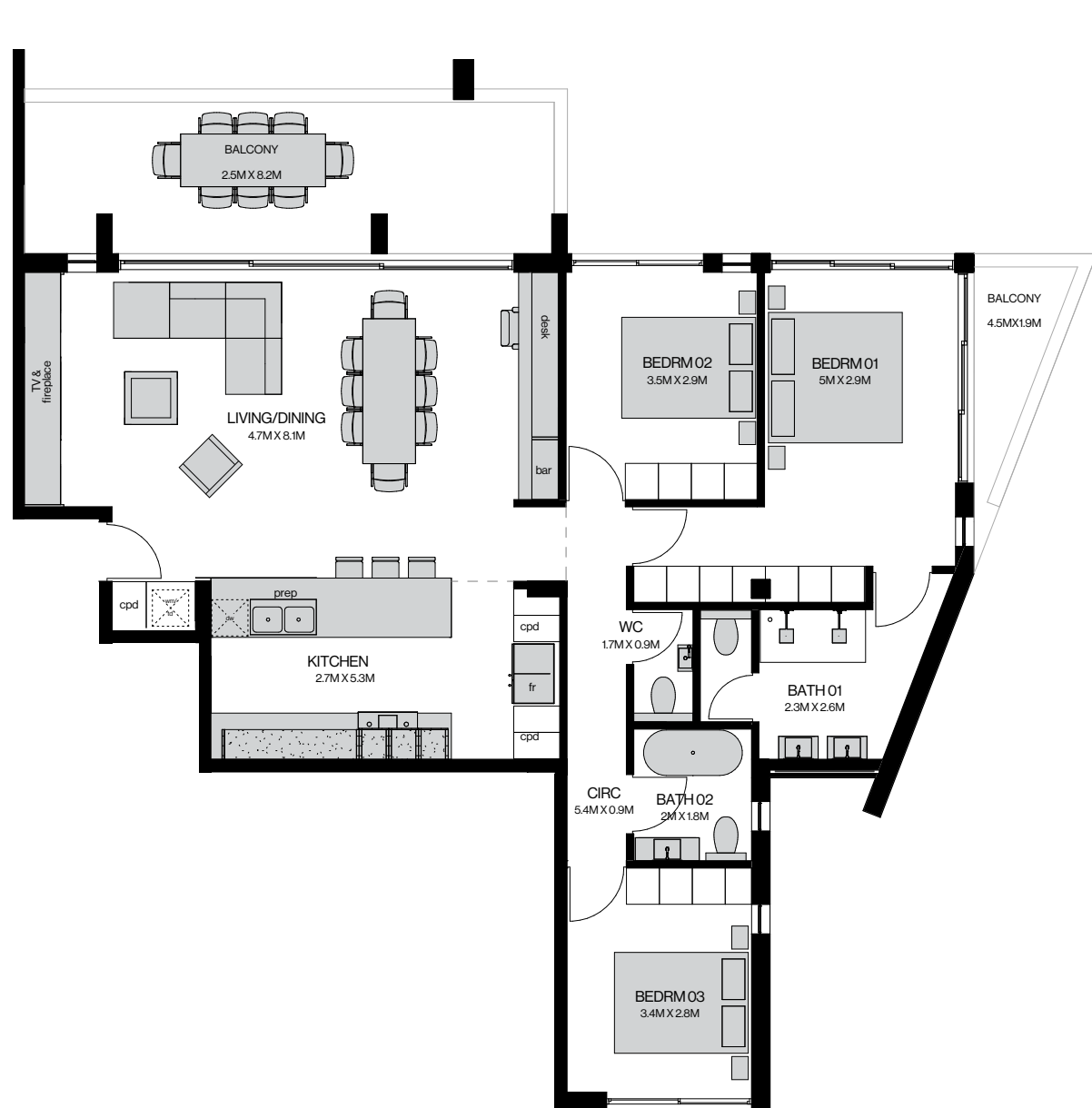
Second Floor
 Two Bed
 Two Bath
 102 Interior
 18 Exterior
 120 Total
 Two Parking



2c



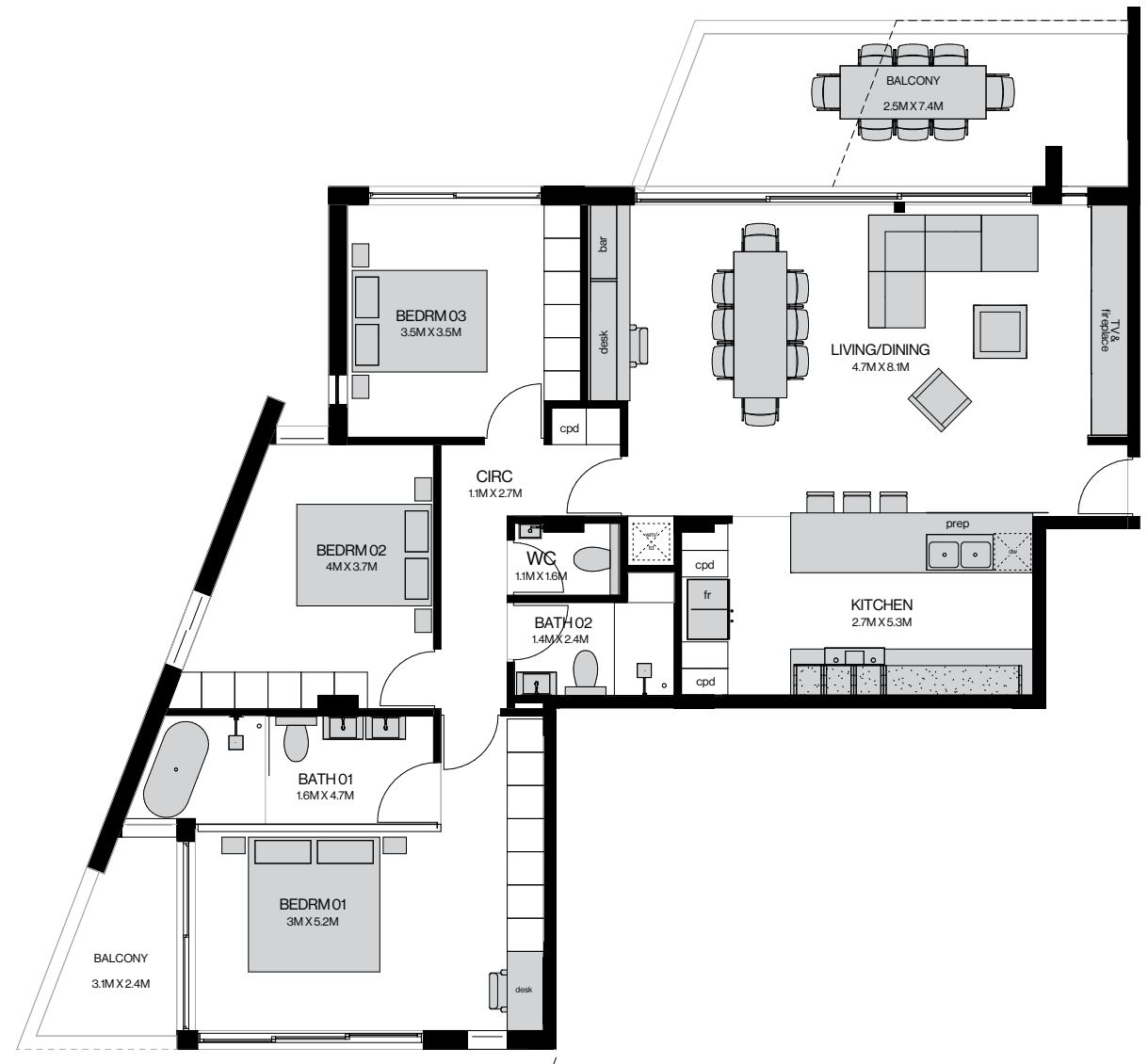
Second Floor
 Three Bed
 Two.5 Bath
 116 Interior
 25 Exterior
 141 Total
 Two Parking



3a

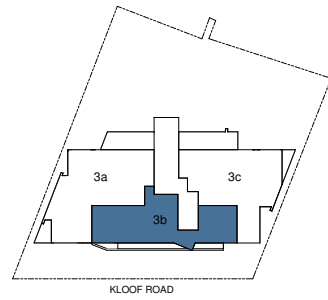


Third Floor
 Three Bed
 Two.5 Bath
 125 Interior
 24 Exterior
 149 Total
 Two Parking

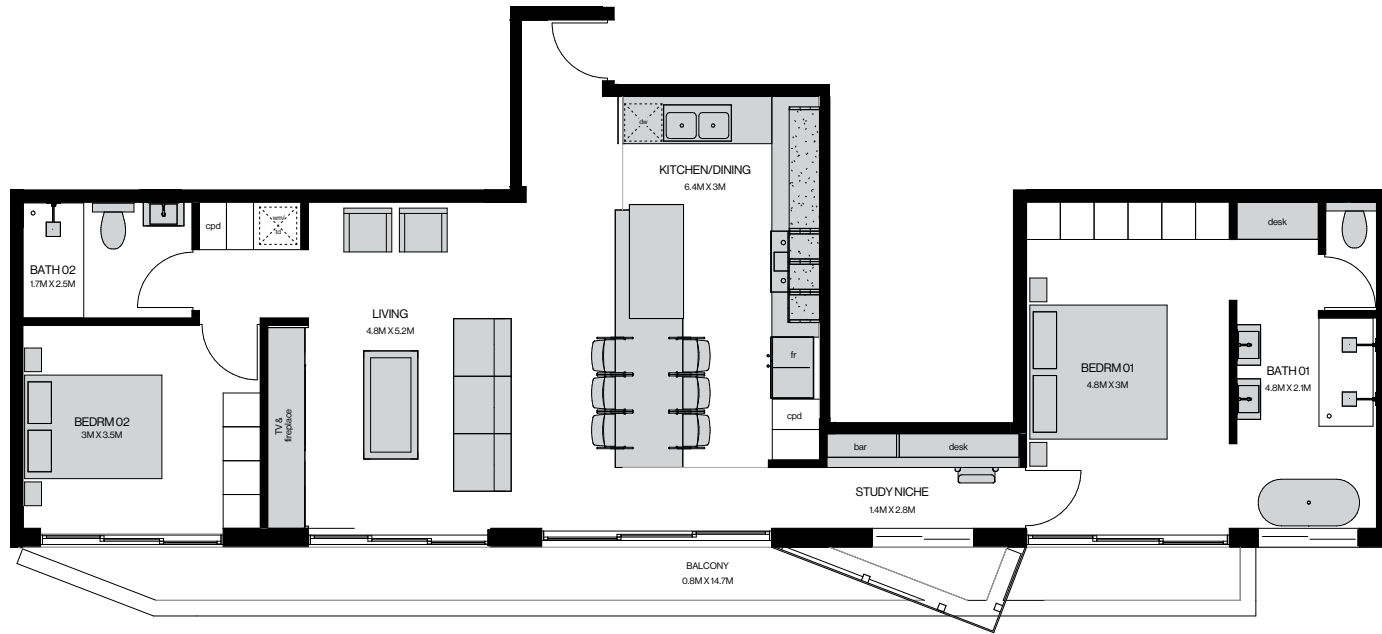




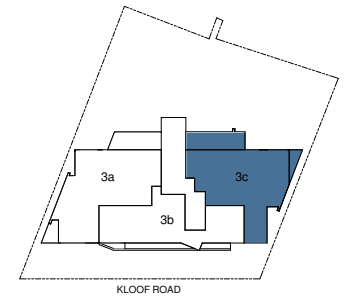
3b



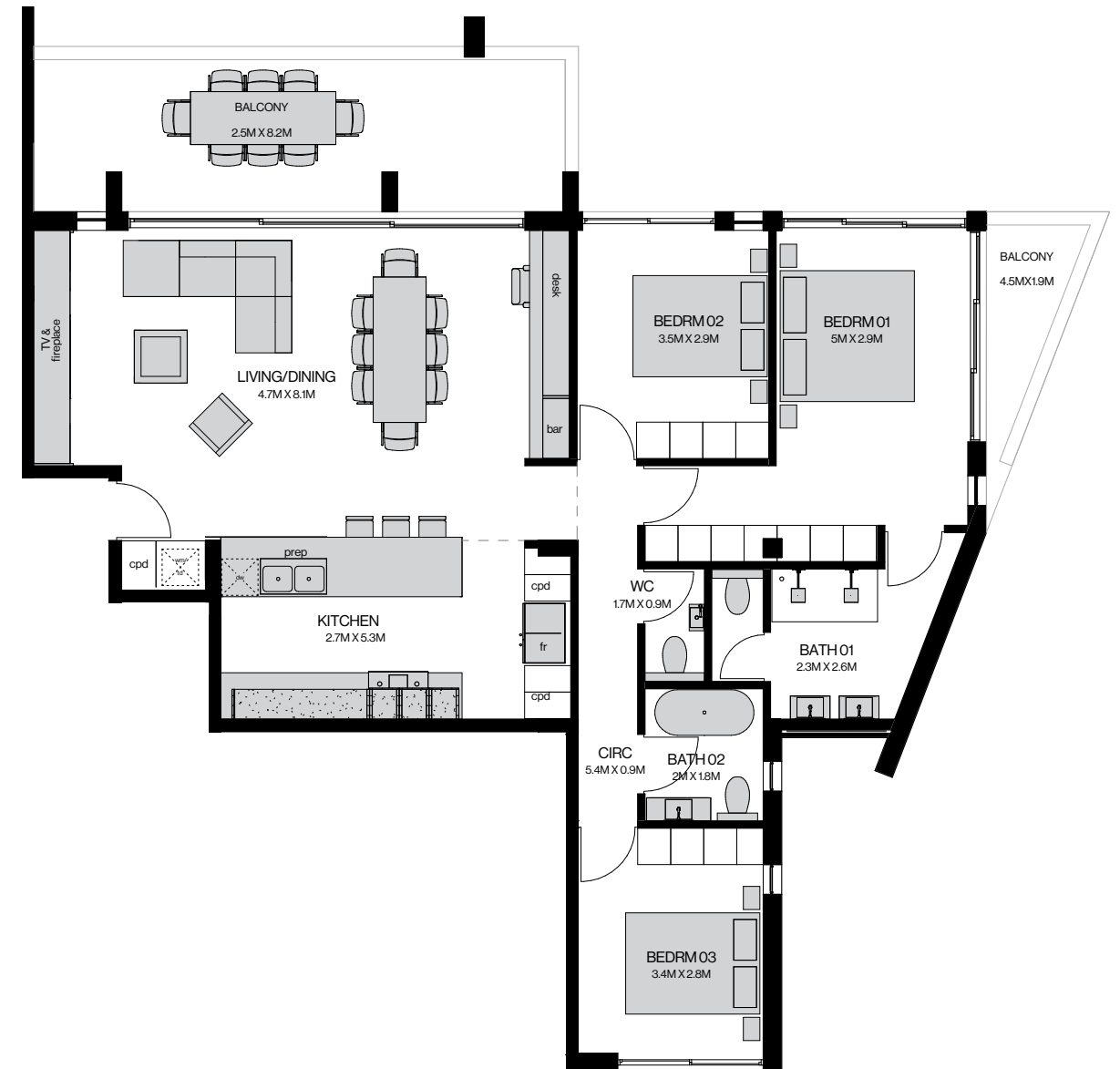
Third Floor
Two Bed
Two Bath
102 Interior
18 Exterior
120 Total
Two Parking



3c



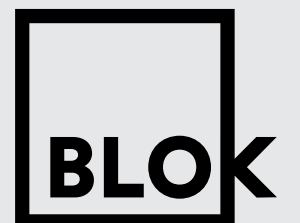
Third Floor
Three Bed
Two.5 Bath
116 Interior
25 Exterior
141 Total
Two Parking



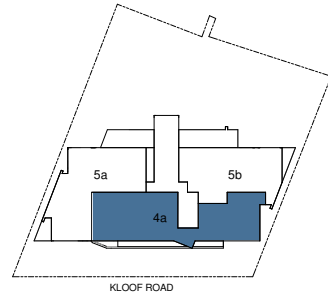
Wake up and smell the award-winning, freshly ground coffee.



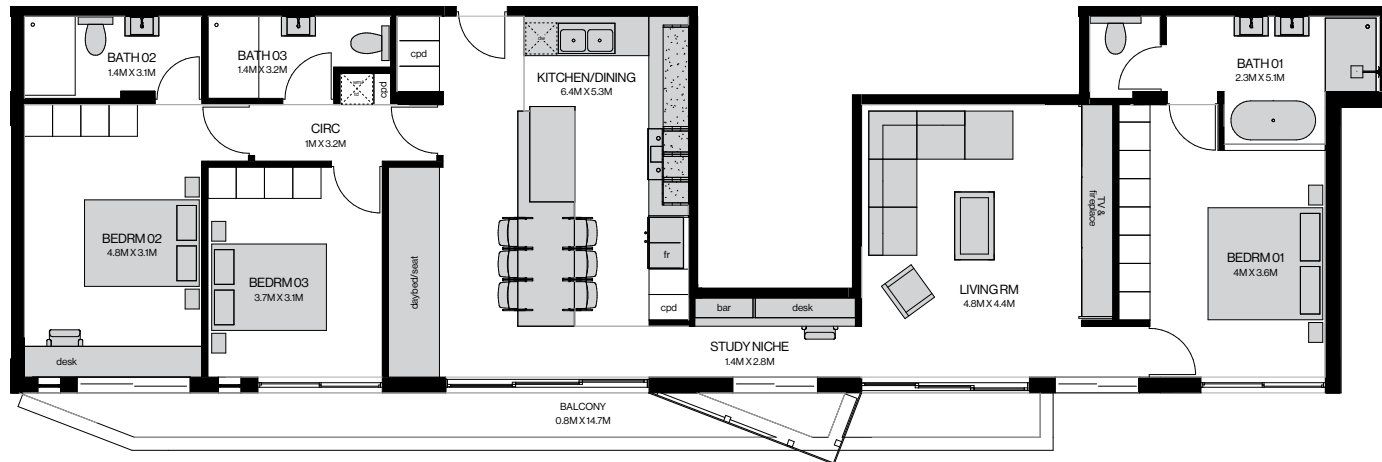
The comfort of your Blok apartment should always extend into the neighbourhood that surrounds you, because that aspect of the Blok ethos is as important as the detail and thoughtful design we pride ourselves on. If the neighbourhood is an extension of your living room, then Bootlegger is your coffee table away from home. With its own roastery in the back, the smell of freshly roasted coffee fills the street with the aroma of hand selected coffee beans. And all of this is a mere 329 steps from **SIXTY6ONK**, making Bootlegger the neighbour you've always dreamed of and their baristas some of the neighbourhood heroes that make every Blok community so uniquely special.



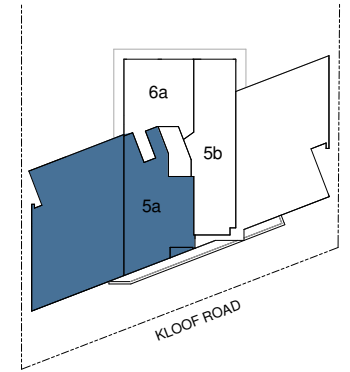
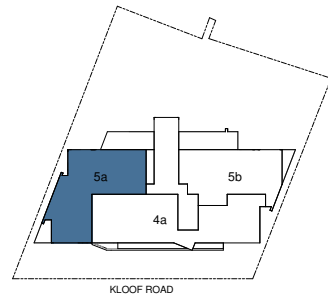
4a



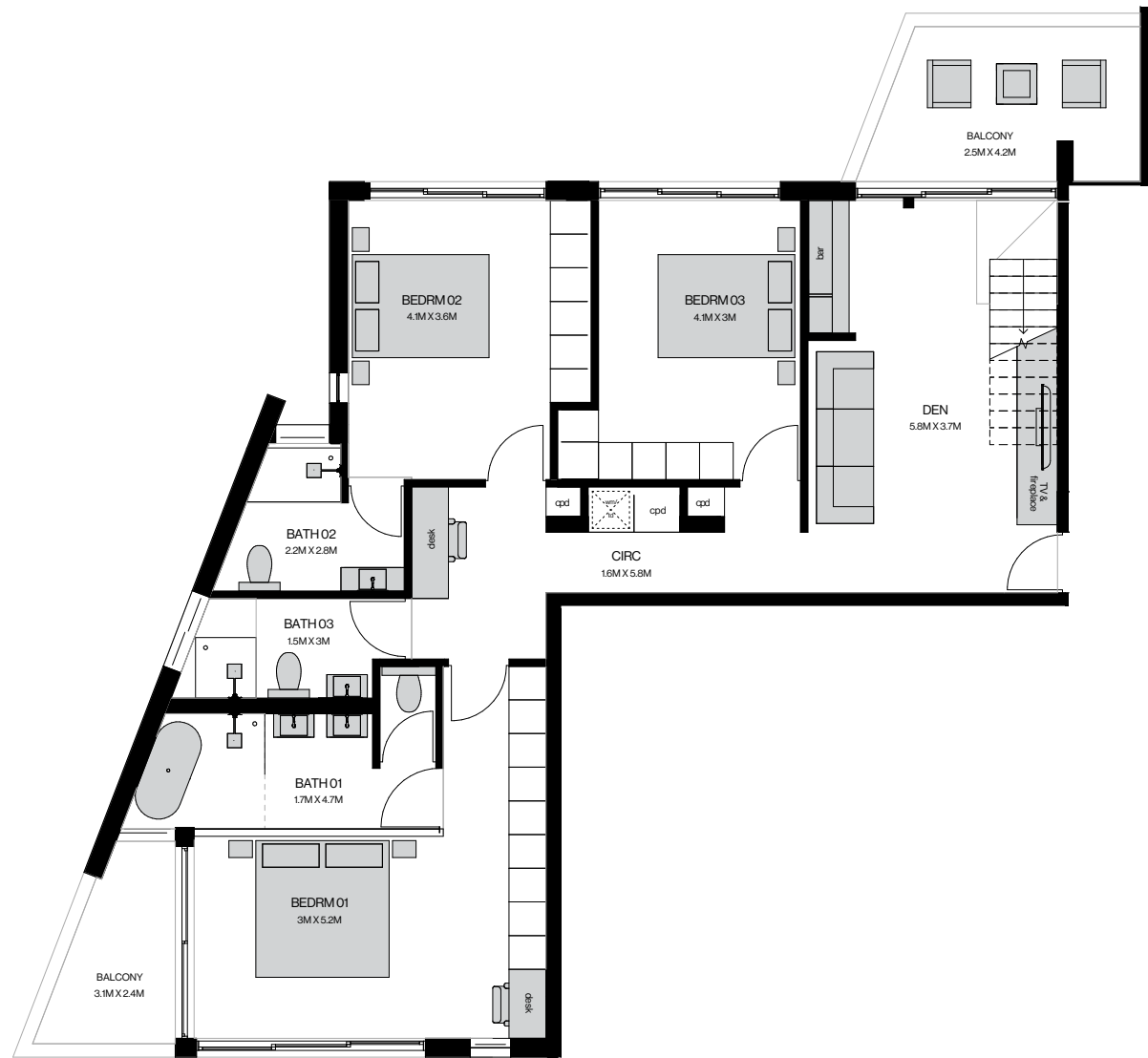
Fourth Floor
Three Bed
Three Bath
136 Interior
18 Exterior
154 Total
Two Parking



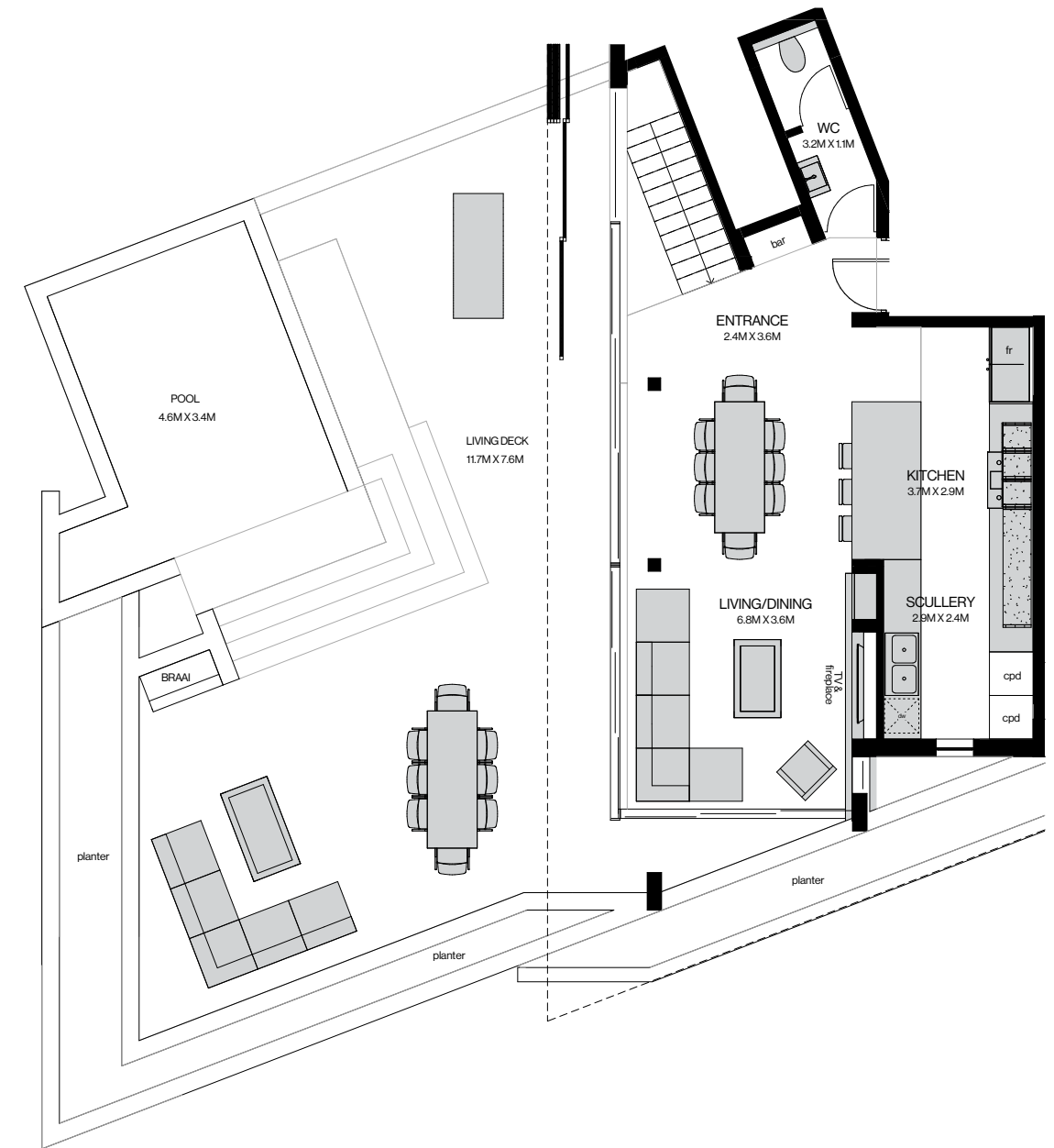
5a



Duplex Penthouse
Fourth & Fifth Floors
Three Bed
Three.5 Bath
169 Interior
153 Exterior
322 Total
Two Parking

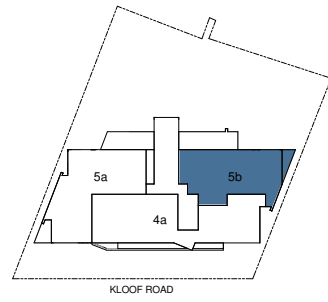
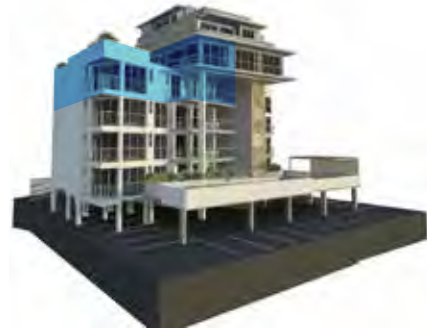


Floor One
108 interior
16 exterior

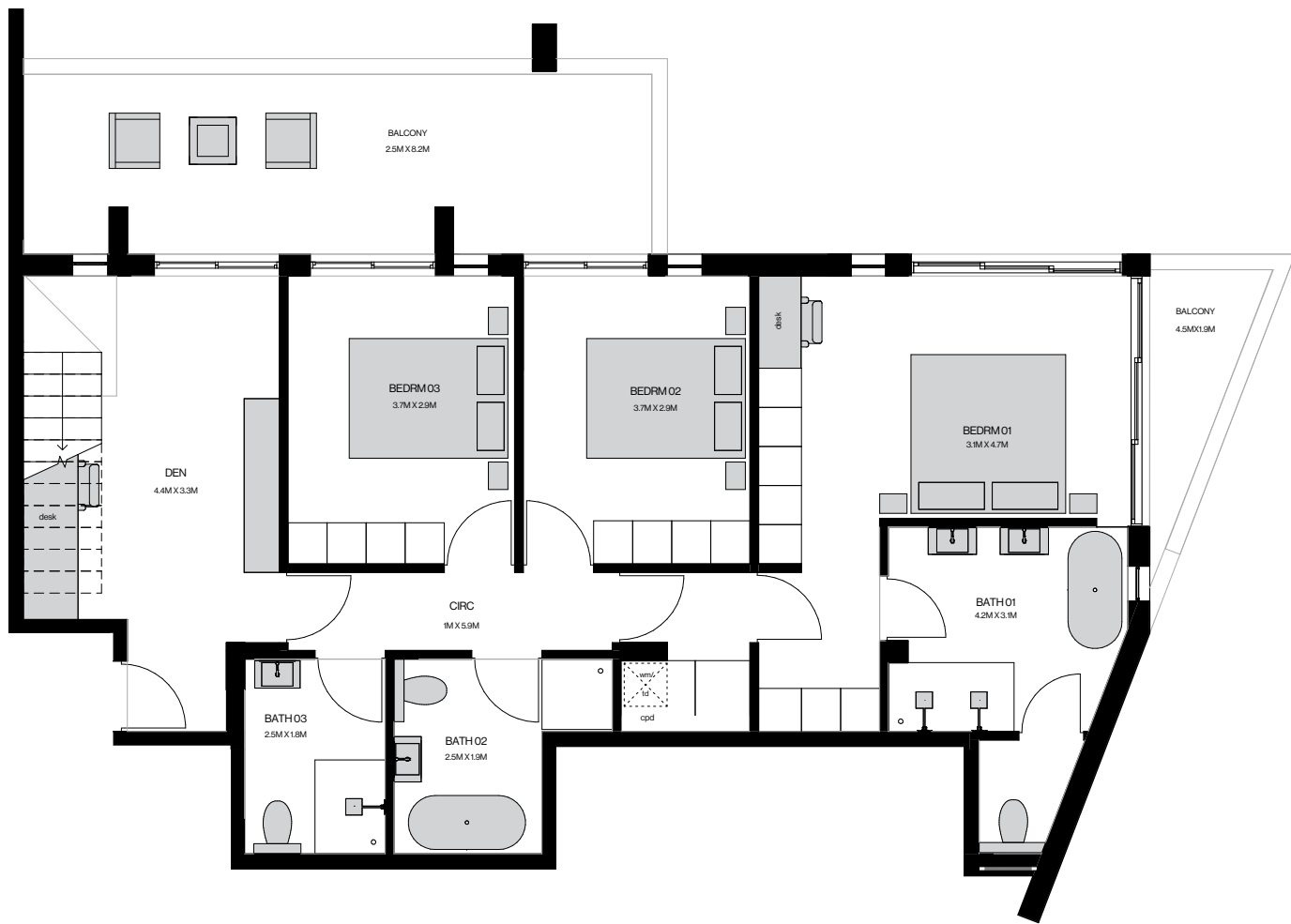


Floor Two
61 interior
137 exterior

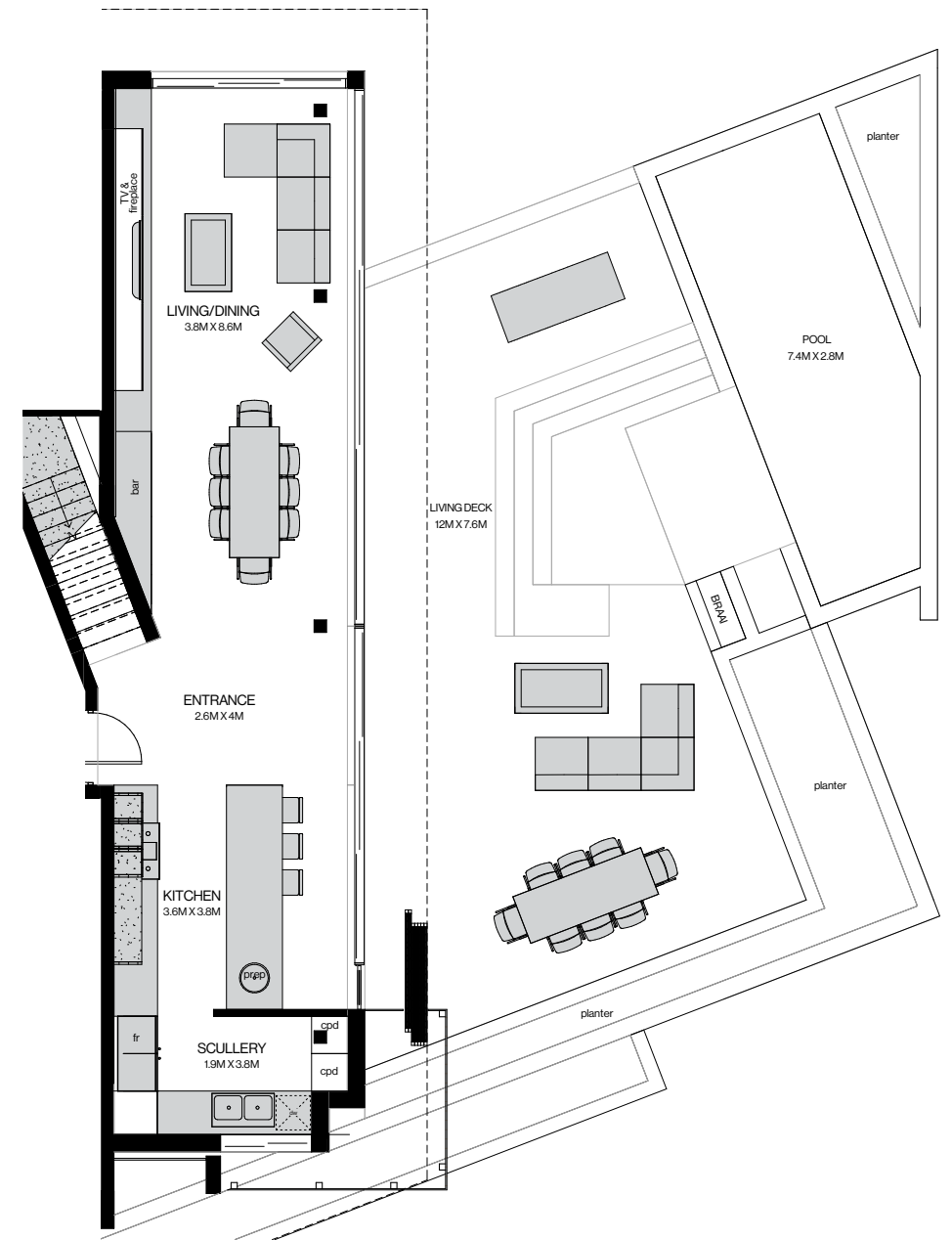
5b



Duplex Penthouse
 Fourth & Fifth Floors
 Three Bed
 Three Bath
 162 Interior
 158 Exterior
 320 Total
 Two Parking



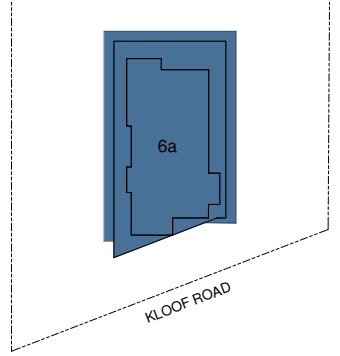
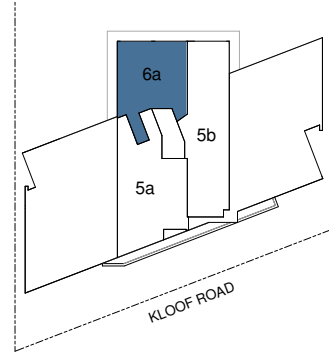
Floor One
 94 interior
 25 exterior



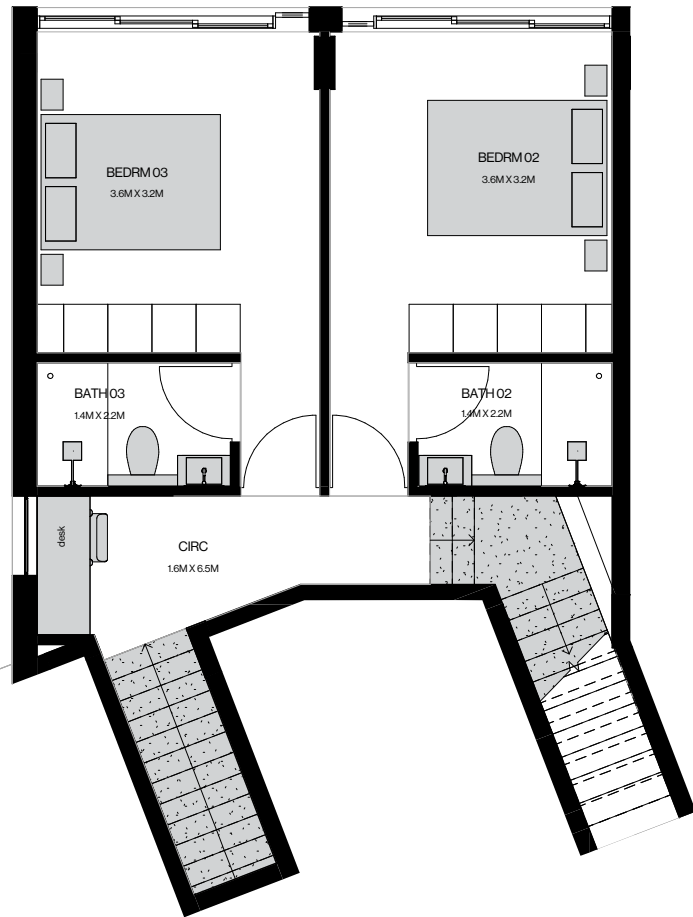
Floor Two
 68 interior
 133 exterior



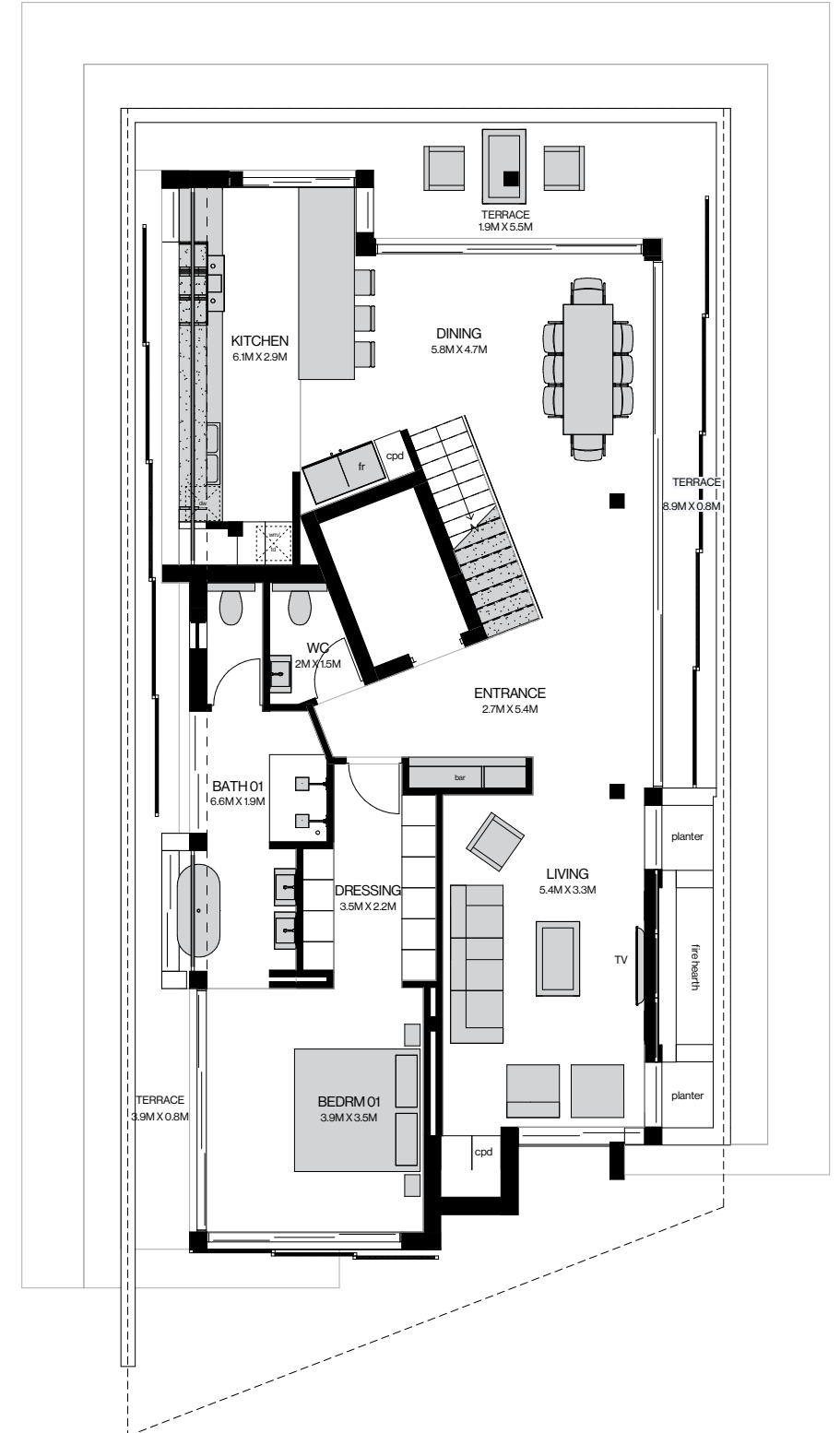
6a



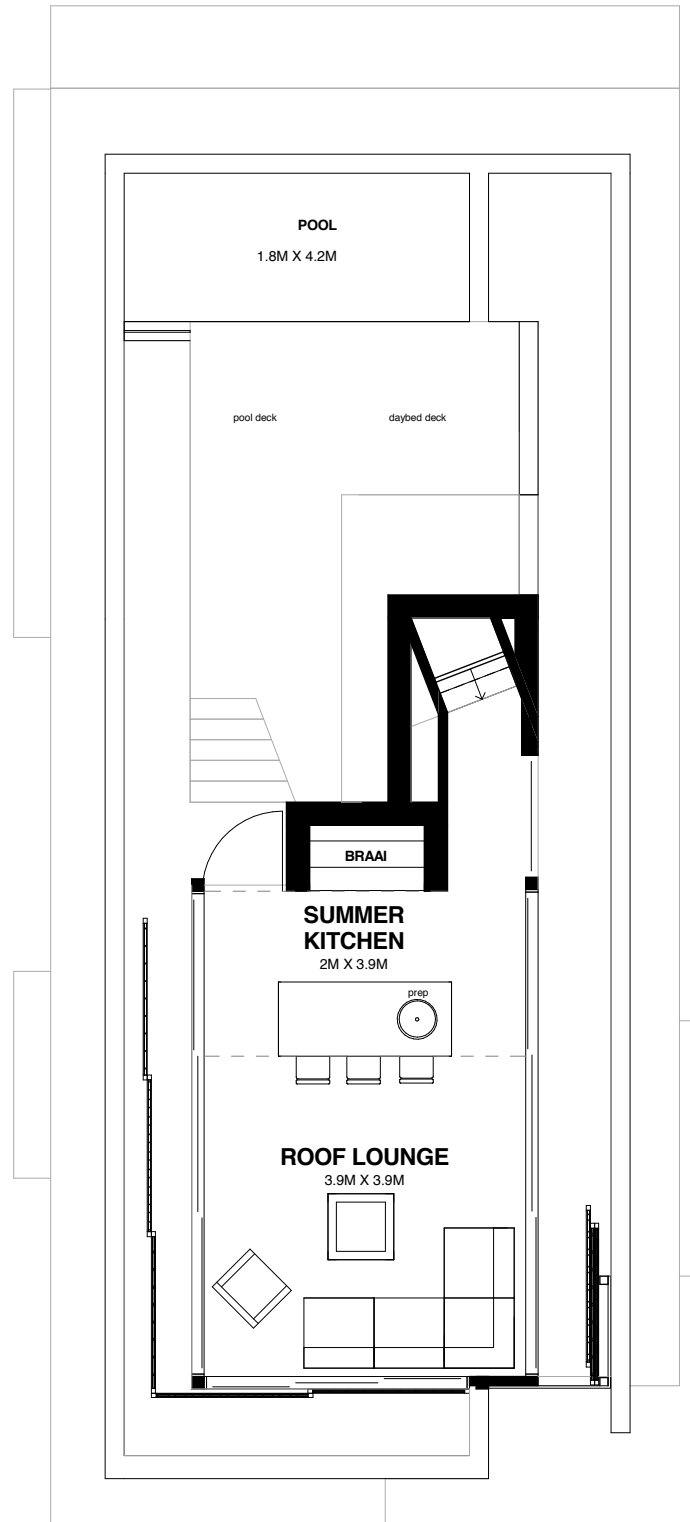
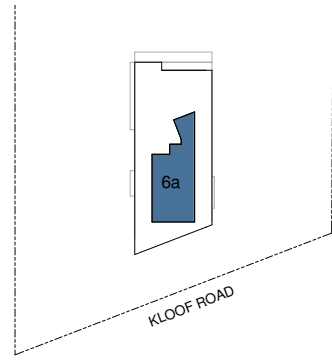
Triplex Penthouse
Fifth, Sixth & Seventh Floors
Three Bed
Three.5 Bath
193 Interior
112 Exterior
305 Total
Three Parking



Floor One
52 interior



Floor Two
111 interior
48 exterior



Floor Three
30 interior
64 exterior





Rediscover the neighbourhood, and yourself.

With the entire suburb, from the mountainside to the ocean cascading downhill via avenues and tucked-away roads, Sea Point is aptly named. Hugging the Atlantic seaboard and only a few kilometres from the Cape Town CBD, it thrums to an energy all of its own as it somehow manages to capture the spirit and character of a quaint coastal town, while embracing the rhythm and buzz of big city living.

Beyond the quiet of your new home at **SIXTY6ONK**, the neighbourhood basks in colour and sound and you'll soon be finding your new favourite haunts, seeing familiar faces and exploring its open urban spaces.

SIXTY6ONK is ideally located near schools and is in browsing distance of a myriad of boutique stores as well as an eclectic mix of restaurants and public spaces, creating an intriguing cityscape just waiting to be discovered. At night, this coastal gem's pace seems to quicken; even in comparison to its usual daylight hustle and bustle. Every conceivable type of bistro, café and restaurant - from old family favourites to the latest on Cape Town's social scene - can be found along Sea Point's iconic Main and Beach Roads, which are also peppered with a seemingly endless array of bars, pubs and clubs, embodying the vibrancy of the area.

You can't talk about Sea Point without mentioning its famous promenade or "The Prom" as the locals fondly call it, which attracts fitness fanatics, strollers, pet lovers, and families alike who all come to enjoy the fresh spray and air of the Atlantic. And that - at the heart of it - is ultimately the point of Sea Point. There's always something to do here, even if you just want to sit and do nothing at all.

A day in the life of **SIXTY6ONK**

01 Sea Point Promenade
Imagine starting each day with a gentle walk next to the ocean as the sun is rising in the sky... The Promenade makes this as simple as taking a meander from your front door until you can hear the waves crashing and dogs barking. Ah, bliss.



01

02 Promenade Kiosks
A promenade walk, no matter how gentle, is bound to build up a thirst. The kiosks that are a permanent fixture next to the pools can quench that thirst with a fresh, seasonal juice, or skip the juice and head for the adjacent ice cream kiosk for the more sweetly-inclined.



02

03 La Perla
One of our all-time favourites in Sea Point, La Perla consistently serves fresh seafood and crisp wine year round to the hordes of locals that can't stay away. In winter take a left at the front door and settle into the bar with a glass of red to watch the game on the big screen.



01

04 Health Matters
If all of that ice cream and wine has made you feel guilty, swing past the health shop behind Sunset Pharmacy for a detoxifying juice or some guilt-free snacks.

06 Ellerman House
It's about time that that 2nd glass of wine is starting to weigh on your mind, so why not journey up Kloof Road to the magnificent Ellerman House. The wine cellar has recently been revamped and there are few places better in Cape Town to sit and enjoy a fine wine than Ellerman's lawns. Salut!



06

07 La Mouette
An unexpected paradise on the main road of Sea Point, La Mouette has been open since 2010. It's hard to believe that one is in the heart of Sea Point once you enter the fairy light strung courtyard and relax into a delightful fine dining experience. A must for anyone in the area.



05



02



05 Rotary Park
Another major perk of living so close to Beach Road is the Rotary Park on the promenade. Jungle gyms, trike tracks and slides, all with the ocean just a few metres away, mean that kids and parents alike can lose countless hours in this nipper Nirvana.



07



Blok doesn't stop at the front door

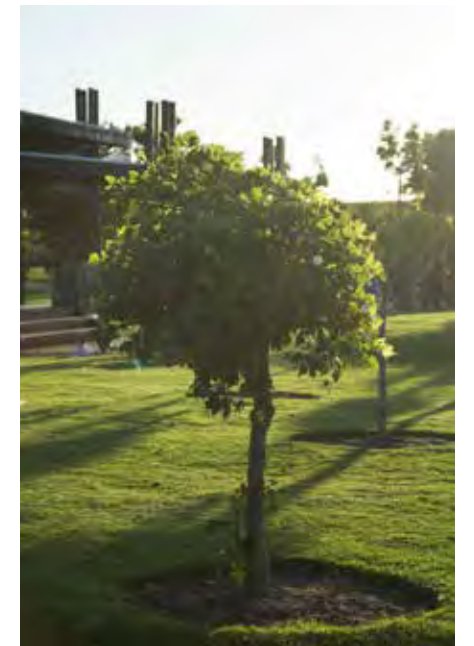
Blok is passionate about urbanism and the development of our city, and this we believe requires active urban citizens.

We take our role as property developers very seriously and are intrinsically conscious of the immediate impact we have on the neighbourhoods and the communities in which we develop.

We have committed to forming meaningful and long-lasting relationships with the stakeholders of the Atlantic Seaboard and City on its crime and grime initiatives. By collaborating in this way we will unlock huge benefits together such as increased security and exposure to much needed resources. We are particularly excited to be involved in the leading edge License Plate Recognition (LPR) Program.

Blok is also extremely passionate about greening the urban landscape, and our most recent project with the City of Cape Town involves breathing new life into an otherwise forgotten community park. Public Open Spaces are often seen as the heart and soul of urban communities, and it is crucial that people see these as safe and desirable extensions of their own homes.

A new approach to urban development presents a multitude of opportunities to enhance city living. Not only for Blok homeowners, but their neighbours too.



The Teacher

Anyone moving into Kloof Road, Sea Point will become familiar with the joyful sound of children laughing and playing at Alon-Ashel, situated at 40 Kloof Road. Cheryl Lazarus has been Principal at the school for 14 years and is a warm and familiar face to many parents in the area.



How did you become Principal at Alon-Ashel?

I started my teaching career at Alon-Ashel teaching 3 - 4 year olds, and returned to the campus after teaching Grade R and heading Vered Pre Primary School in Camps Bay. The school group has been in existence for 60+ years and everyone that is a part of it feels like a part of one, very big and well spread-out family!

Since you've been at the school, how has Sea Point changed?

There is something timeless about Sea Point. While the facades of the shops and houses may change, the smell of the sea air and the gentle quality of the light, together with the presence of the mountain, gives Sea Point its central identity.

The biggest change that I've noticed is not in the area but rather in the way parenting takes place. Fathers are much more involved in their children's lives and parents are having to cope with the challenge of finding a balance in their own and their children's lives.

What do you see as the most special quality that this area has?

Definitely the wonderful sense of community that we notice especially at the school. We are at hand to watch relationships form and flourish with time. The proximity of our learners to the school, allows children to come back to school in the afternoons for extra murals, and the school then becomes a community centre. We have a very active Parent Teachers Association who assist with fundraising, outreach work to the greater community and tasks around the school. Last year the PTA upgraded the Transit Lounge and crèche at Somerset Hospital and there are more programmes in place, all reminiscent of the warmth of the people in this area.

For parents considering Alon-Ashel and Weizmann for their children, what do you believe is the most compelling reason to send their child there?

We view children holistically and aim to cater for their social, physical, cognitive and spiritual needs. We are constantly evaluating our programme and environment to ensure that we are offering the very best for the youngest members of our community, and we never forget that at the end of the day, a lap, and a warm hug, go very far in making a little person feel relaxed and well loved.

The Doctor

Mike Levy is a legend in Sea Point; GP to more than half of the local community by day, rocking lead guitarist for the very successful local band, The Rudimentals, at night. A visit to his practice sees one sitting amongst stethoscopes, guitars and dream catchers, something that undoubtedly takes the fear out of a visit to the Dr. upon arrival!



How long have you practiced in Sea Point?

I have been in practice since 1980 and have amassed a loyal patient-base in that time. By far the majority of patients have been with me for more than 20 years, many for over 30 years.

Is there a dominant demographic group within your patients, or do you attract people of all ages and cultures?

My practice ranges in age from 3 months to 100 years, (I have 2 centenarians in my practice at the present time), and is about a 50/50 split gender-wise, and covers all races and religions. Being a musician and a surfer, and having lived in the area my whole life, I see everyone from the surfing community, many of the very affluent "mountain people" from Fresnaye and Bantry Bay, lots of musicians, and a host of down-and-out "bergies"... my practice is described as being extremely colourful, and I wouldn't have it any other way.

What are the pros and cons of living in Sea Point?

The area has a village kind of feel to it, which can be great on one hand, but also a living nightmare on the other. Everything is familiar and really accessible, and the biggest plus for those who need to drive to work is the fact that traffic is never a real problem.

You learn very quickly that concert days and soccer days make travel a no-go, and that your village gets annexed by tourists from Dec to Feb every year. But that is a very small price to pay for the peace, tranquility and beauty you can find right on your doorstep.

Describe your perfect day in Sea Point.

It would start with a late breakfast at one of the places opposite the lighthouse, a solo surf at one of the more treacherous spots between Queens beach and the hotel school, sundowners at the Winchester Hotel or sunset at any beach in fact. I'd probably sneak in a few of my favourite "secret spots" in Sea Point; the bakery at the total garage opposite my surgery must rate as one, the contour path behind my home, which goes all the way to Clifton, and up to the top of Signal Hill is another, and definitely the ice cream place in the Cape Royale Hotel in Green Point.

Tell us about your musical career, and how you manage to balance two full-time careers?

I have been playing with The Rudimentals since 2002. The band has been an integral part of my life since then, and I have approached the band with the same passion and dedication that I do with my patients. I am very conscious of time management,

and for that reason I can fit both into my timeframe.

I consult from 7am to 7pm, and I am at the studio from 7pm till late! I do not think it adds or detracts from my practice, but I do think that being a broadminded person with other interests besides medicine can only make you a better person.

Occasionally a patient is a little surprised to see me on the Espresso morning show or a poster advertising a show, but generally no one minds. I have one of the largest group of over 80 groupies in the country, that is for sure, and they appear at many of the day concerts en masse!

Tell us a short anecdote from your years in Sea Point.

One evening I was getting out the water at Sollies after a surf, and an old Sea Point bergie, called Aubrey, was very drunk, and hassling the hell out of me while I was trying to change in the car park. I turned to him and told him I was going to give him a big klap; to which he replied that if I did, he would come to my surgery and I would have to treat him for free...and went on to say that he would also come onto the stage at the Waterfront that night (posters were up everywhere), and "skop my amp stukkend". That is Sea Point...too small to hide, or be anonymous!

The Provider

Sababa, meaning 'awesome' in Hebrew slang, has been the worst kept culinary secret in Sea Point for over 5 years.



Tal Smith, owner and founder, is no stranger to most of the Sea Point community; anyone with a hankering for delicious food knows her tucked away corner of Piazza St. John with its table laden with fresh, seasonal produce. Each dish a celebration of good food and a good life. Their more recent second branch, run by Tal's sister Nirit, is in Bree Street and the two sisters have also launched a very successful cookbook called "Sababa: Middle Eastern and Mediterranean Food", with a 2nd cookbook in the pipeline.

Tal, how did Sababa come to be and what makes it so successful?

We cook what we eat at home, so each dish is made with love and the same consideration I have when thinking about what to feed my kids and husband. Growing up, my family celebrations (and commiserations) revolved around food, and to this day when family members return from overseas trips, they don't bring clothes and shoes, they bring food! It is this love of flavours that we bring to Sababa, and I think what makes us so well received.

Why did you choose the location you're in, one that is pretty hard to find if you don't know it already?

The location seems unusual, until you understand how much of our clientele are busy Moms that, having called in and pre-ordered their meals, can park directly outside our door (we are next to the parking entrance at Piazza St. John) and run in to collect their food. Having said that, we do need more space and are currently looking at a bigger location in the same area.

Why Sea Point, and how does the clientele here differ from Bree Street?

Sea Point is home! It's the sense of community and loyalty that keep me here, I have clients that I see each week, more than once, who's names I know; theirs, their kids, their parents, and vice-versa. It's a special feeling when life is so busy and one sees so many new faces each day to know that there are pockets of one's day that are so familiar.

What can one expect from a visit to Sababa?

We offer Middle-Eastern Mediterranean cuisine, recipes which stem from our family. My mother is Israeli-born and learnt most of the family recipes from her Libyan immigrant mother-in-law. But whilst living in Israel had numerous other cultural influences and

ingredients affect her meals, and it is these meals that we eat at home to this day and that one can expect from Sababa. Being Jewish, we also cater for Shabbat and the various Jewish High Holidays, and our biggest sellers are our daily lunchboxes. All ingredients are seasonal with fresh produce used and a focus on salads, which change weekly on rotation.

Tell us about the cookbook and plans for the next one?

Sababa the cookbook has approximately 80 recipes and, I've been told, is easy to follow and uses ingredients that one can easily find in Cape Town and SA. The plans for the next one are still secret, so make sure to visit Sababa often so you're first in line!

The Trainer

Martine has trained clients in Sea Point to get fit and into shape since 2003.



The secret to her success is that she utilises the area that she trains in, and many Sea Point residents are familiar with the sight of Martine, panting client in tow, marching along the Promenade and up Kloof Road hill in the early mornings, making full use of the area's terrain as a natural athletic playground.

What attracted you to train from First Principles Gym?

First Principles has a very homely feel to it. It offers my clients a more personalised and comfortable gym experience in a convenient location. All of the trainers there have been there for years, we offer weight training, boxing, yoga and for my clients, the benefit of outdoor training in the most beautiful part of our gorgeous city.

Is most of your clientele new or mainly people that you've trained for years?

My first client still trains with me today and I've been training him for over 12 years. I do get clients that come and go but the majority of my clients have been with me for at least a year or more. The fact that my training regime is quite different to most, means that those clients that enjoy my style stick with me.

You walk on the prom every day; what is it about that walk that you love so much and as a trainer how has being so close to the prom influenced the way you train people?

I have always loved the outdoors and walking. I enjoy my walks so much that it doesn't even feel like exercise and my day is not complete without a walk. Being so close to the Promenade means that I can walk with my clients instead of indoor sessions.

How have you seen Sea Point change in your years of exploring it on foot?

I've seen a lot of new developments coming up and old buildings being restored. There is also more law enforcement and I notice them every day when I'm walking.

Why would you recommend Sea Point to someone considering moving here?

You never have to leave Sea Point - everything you need is here. You don't even need a car if you don't mind walking like me! It's convenient, it's well maintained, there is good security, and the setting is incredible. Every time I walk the Promenade I'm reminded about how special it is, a neighbourhood in front of the sea with the mountain as a backdrop, what more could one want?

Home shouldn't stop at the front door

01 THE FRENCH SCHOOL OF CAPE TOWN

You couldn't be prouder as you hear your son shout "Maman je vais à la promenade avec mon skate, pour manger une glace," as he heads out the door. The internationally recognised diploma he is earning from The French School of Cape Town is starting to pay off.

02 BLINK

You've been invited for dinner at your new neighbour's place. You probably should take them something. But what? Blink always has locally crafted, unique little gems. Swing by the shop on Sea Point Main Road. No need to rush though. Dinner's in 30 and you're only a few steps from home.

03 VETPOINT

Now that your human kids are off to school, it's time to take care of your animal child, Lord Fauntleroy. He's been wheezing since Sunday when he returned from his latest adventure and now you're off to Dr. Reena Cotton's friendly practice – Just under 600 steps from **SIXTY6ONK**.

04 WEIZMANN SCHOOL

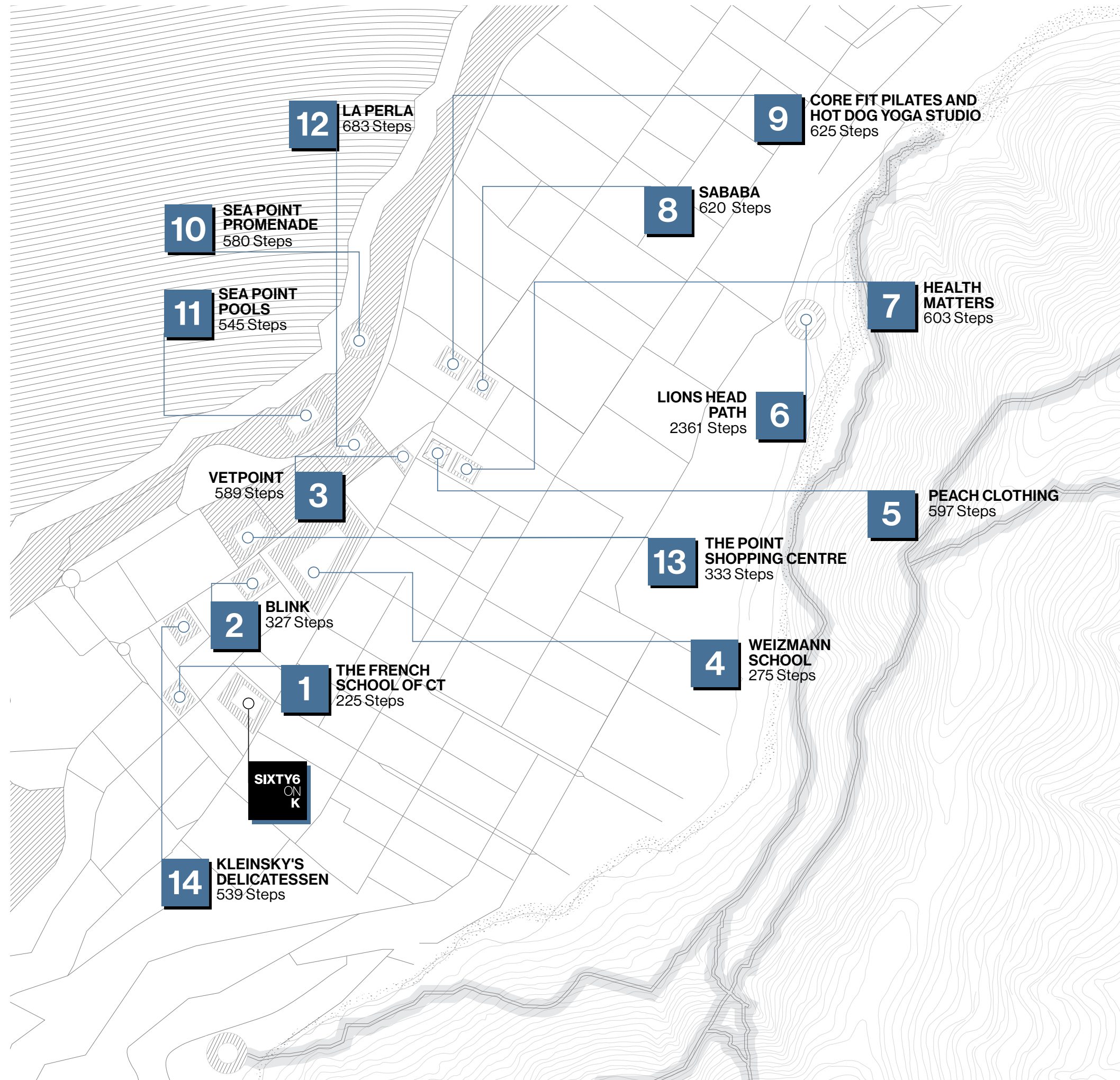
The Weizmann Preparatory School with its reputation for high standards of teaching and discipline, will not only provide the kids with a solid educational foundation, but being within walking distance from your front door, will get you out of those early-morning school runs and give you a chance to enjoy a bit of a lie-in.

05 PEACH CLOTHING

Fashion, clothing and accessories from the farthest corners of the globe. Stay on trend with a little something special from Peach. Perhaps you'll wear it tonight for drinks or show it off at the weekend when you're painting the town red.

06 LION'S HEAD PATH

Throw together a small platter of eats and take in the most spectacular sunset on the planet or join a few other adventurous kindred spirits on a hike during Full Moon – all a little more than a stone throw from your front door.



07 HEALTH MATTERS

Ever wonder why your nose runs and your feet smell? Health Matters could help you with that, offering everything from healthy treats to sound advice and is ideally located in the Sea Point Medical Centre – near medical practitioners healing any ailment from your nose to your toes.

08 SABABA

Sababa's Middle Eastern and Mediterranean-influenced meals are the kind you'd cook regularly if you had the time and the decades of family-secret recipes passed on from generation to generation. If you throw out the containers before the family gets home, you just might be able to take credit for it.

09 CORE FIT PILATES AND HOT DOG YOGA STUDIO

Core Fit Pilates and Hot Dog Yoga Studio are conveniently located, a mere 254 Ardh Virabhadrasanas or 424 Toe Taps from your front door and boast a jaw-dropping view of Lion's Head. Now, breathe in the fresh sea air, hold-two-three, breathe out the stresses of the day.

10 SEA POINT PROMENADE

Whether you're starting your day off with a quick jog to fill your lungs with fresh ocean air or taking in the last rays of sunshine holding hands with the one you love, the Promenade has something for everyone – from a round of Putt-Putt with the family to a quick workout with a buddy at the outdoor gym.

11 SEA POINT POOLS

When the sun comes out to play, you'll find a mix of locals and tourists soaking it up around arguably the most breathtaking public swimming pool in the world. Swim a few lengths in the Olympic-sized pool while the kids splash about in the two splash pools.

12 LA PERLA

Located on the Sea Point beachfront, this Cape Town landmark has become famous over the years as the first port of call for visiting celebrities. Take in the ever-changing menu of carefully curated art as you dine on Italian seafood cuisine or simply revel in the nostalgia this typical seaside Italian restaurant offers you, right on your doorstep.

13 THE POINT SHOPPING CENTRE

The Point conveniently offers the essentials, and then some. Whether you're grabbing a legendary steak from NV-80 or picking up the latest gadget to beef up your kitchen from Banks Kitchen Boutique, you won't have to look much further than a few steps from your new home.

14 KLEINSKY'S DELICATESSEN

Enjoy a coffee by Deluxe Coffeeworks as you wait for your sweet rugelach pastry at Kleinsky's, a New York-style deli that gives Jewish cultural cuisine a hip, trendy twist. The Klein Brothers are taking the Cape Town foodie culture by storm - taking the foods they grew up with and making them appeal to anyone and everyone.



blok.co.za sales@blok.co.za +27 87 752 66 77

