

the Arundel

ISSUE 2 - 2016

VILLAGE EXPERIENCE



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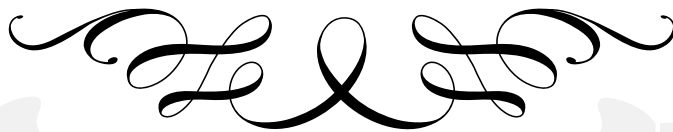
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Editor's Note



We welcome our readers to this our Christmas edition of the Arundel Village Experience Magazine. A big thank you for all the over whelming support which the magazine gained, from our readers both on the African Continent and beyond.

Christmas is a time of giving, and sharing, particularly with the elderly and underprivileged in mind.

Please keep an eye on our Facebook page for the various Christmas activities that we will be holding at Arundel Village, with a view to raising funds for the underprivileged. AVSC will be holding a Christmas Fun Day on the 19th November 2016 and proceeds collected will go to chosen Charities. Our specially commissioned Nativity scene will soon be on display at the Village. From all of us at Arundel Village we wish to extend our appreciation and heartfelt gratitude to the artist, Mr Gerald Kadonzvo, who designed and crafted these amazing works of art.

Several of our shops have included discount vouchers/coupons in this issue, so be sure to look out for these great specials.

We invite you to join us at Arundel Village to do all of your shopping in a safe friendly environment. We have over 86 retail outlets from big brands to new outlets so we are sure to have what you are looking for. For those of you who are feeling somewhat pucky after your shopping trot along to one of our three fine eateries for some well deserved sustenance.

From all of us here at Arundel Village we would like to take this opportunity to wish you and your families a happy and blessed Christmas and extend peace and good will to all over this festive season. May 2017 be a positive and prosperous year for us all and let's join together in achieving this.

Something to ponder over; the 5 "C's"

CHRISTMAS

CASH FOR CHARITY

CARDS

CANDLES

C - THE ROMAN SYMBOL FOR 100%

Priscilla Babiolakis

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SUMMER DINING

Special Menu

Served for Dinner Only

\$20 for 2 Courses
or \$25 for 3 Courses

Starters

Crumbed haloumi & crumbed mushroom combo
 Served with a sweet chilli sauce & a tartare sauce

Spinach & feta ravioli
 Served with a spicy tomato sauce

Devils on horseback
 Mushrooms wrapped in bacon, pan fried in garlic butter

Main course

Medallions of prime beef fillet
 Topped with garlic mushrooms

Chicken lollipop dippers
 Served with spicy fried rice and a creamy lemon
 & parsley dipping sauce

Escalopes of pork
 Served with a chunky mushroom sauce

Prawn curry
 Served with rice, sambals and a papadum

Potato rosti florentine

*all above served with vegetables in season
 And starch of your choice. (salad available
 for those who don't want starch)

Dessert

Crunchy crème caramel's

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How to
COOK & GLAZE
HAM

for Christmas

with Tudely Butchery

GUIDELINE FOR BOILING XMAS HAMS

VERY IMPORTANT: DO NOT SOAK THE HAM
it is salted to perfection. It will have no flavour if you soak it.

To cook the ham, you will need a pot big enough to
cover it completely in water.

Cook it on a very low heat and top the pot up with
water as you go along if needed. The water temperature
should be around 80 degrees Celsius.

It takes approximately: 1 hr per kg / 30 mins per pound.
Internal temperature of the ham should be 70 degrees Celsius.

GUIDELINE FOR GLAZING THE HAM

Once the ham is cooked and cold, skin the ham
by running your fingers under the skin leaving
the fat behind on the ham. It comes off very easily.

Score the fat into diamond shapes

Make up a thick glaze:

300g old brown sugar
2 heaped tsp mustard powder
3 tbsps honey
pineapple juice which you add slowly until you get
the right consistency (not too runny).

Spoon the glaze over ham and grill until golden brown.

Add extra glaze if you want to as you go along.



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wish yourself dead,**
Married in Green,
ashamed to be seen,
**Married in Blue, you will
always be true,**
Married in Pearl, you will
live in a whirl,
Married in Yellow,
ashamed of your fellow,
Married in Brown, you
will live in the town,
**Married in Pink, your
spirit will sink.**

A brief history of the

Wedding Dress



Evidence of wedding dresses can be traced back to ancient times. Roman brides were dressed in softly pleated white robes as a tribute to the God Hymen, symbolizing fertility and marriage. It was also said Hymen was partial to the colour white.

A knotted cord was included to ward off evil. A red cloak was worn over their dresses, and a thin saffron coloured veil was held in place by a crown of laurel leaves. The Roman brides also wore metal necklaces and sandals the same colour as their veil.

In Greece white was also a popular choice for brides. White was indicative of celebration and was generally worn as an emblem of joy. They wore simple tunic-like dresses which, like the Roman brides, were tied around the waist with a cord. The cord indicated that they were brides in waiting and no longer free women. On their wedding day, a simple laurel crown was placed on their heads. The laurel plant represented Aphrodite, Goddess of Love. Some brides wore rosemary, the herb believed to be a gift from Aphrodite and symbolizing fidelity.

During Byzantine times gowns were usually made from red silk, richly embroidered and encrusted with semi precious stones. Arab brides also crafted their white wedding gowns with gold and silver embroidery. A gold belt was fitted to the waist and was elaborately designed with precious gems. A crown of orange blossoms, symbolizing fertility, was worn with a veil.

During the 15th and 16th centuries only members of royalty and the rich managed to wear elaborate coloured gowns. However, when Ann of Brittany married Louis XII of France in 1499 she was the exception - she chose to wear a white gown.

Wedding dresses and gowns have however changed dramatically through time and their styles are largely influenced upon culture and religion and era.

During medieval times dresses often portrayed social status. More often than not the marriage was a matter of a union between families, a marriage for political or business reasons. In some cases the marriage was a union of countries and was very rarely about love, especially among the nobility and higher social classes.

In these instances, it was important to adorn the brides in very expensive fabrics such as silks, velvets and furs. Bold arrays of costly and fine colour were used and woven into magnificent and elaborate pieces of art. The lower income groups tried their best to copy these rich ideas. However they could not use expensive fabrics, trimmings and jewels. Their dresses were very simple and usually worn after marriage for better wear.



incorporated into her gown. Portraits of the newly wed King and Queen were widely published and brides took to wearing white in honour of their Queen.

Over the years brides continued to dress according to social status and what was in fashion at the time.

During the 1920's wedding dresses were typically short in front with a long train at the back. This style was

complimented with a cloche style veil - "cloche" is the French word for bell. The veil fitted close to the head, low down on the forehead and tied at each side thus giving the look of a bell.

The 1940's reverted to long full skirted designs taken from the Victorian era. Traditionally, all wedding gown styles are based on this era.

Before the Victorian era brides wore any colour wedding dress except black, which was a symbol of mourning at the time. Red was also not a good choice as it suggested immorality and prostitution. The one exception, however, was Finland - during the 19th century dark colours, especially black, were a popular choice among brides. Blue gowns represented purity.

Prior to the white wedding dress becoming "traditional" an old poem (which seems to favour blue) sang the praises or woes of various colour choices.

SEE POEM ON OPPOSITE PAGE

Green was the colour considered the most inappropriate. A green dress was thought to imply grass stains that resulted from the wearer "rolling around in the hay". The only time a green wedding dress was considered lucky was if the bride was Irish!

Today, western wedding dresses are usually white, but include shades of eggshell, ivory and generally any other shade of off white. In present time, white is the most traditional colour and popular choice, but not necessarily a statement of virginity.

Here's a disturbing fact - Live Aid's Sir Bob Geldorf's first wife, Paula Yates, wore a red wedding dress. She died of a drug overdose a few years after the end of their marriage.

Queen Mary of Scots, one of the most fascinating and controversial monarchs of the 16th century, was the first distinguished Queen who wore white when she married Francois II of France on 24 April 1558. At this time white was not considered a traditional colour and was considered inauspicious at the time, particularly by the French because white was the official colour of mourning in France.

It was Queen Victoria who really set the style for white wedding gowns in 1840. It was this Queen who made the dramatic decision to shun the traditional dark rich colours and opt for a white gown because it was considered to be a symbol of purity. White subsequently symbolized great wealth. Orange blossom was incorporated into the train of the gown which at the time was significant and prophetic. In the Mediterranean orange blossom was a symbol of fertility. The Queen would later give birth to nine children. When she married Albert of Saxe-Coburg it was her instruction that she wanted some of her personal white lace



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GREEK STYLE RECIPES

With Cafénion

Christmas Kourabiethes (Greek Shortbread)

INGREDIENTS

- 1 kg butter
- 1 1/2 cups sugar
- 1 Greek coffee cup brandy
- 2 teaspoons vanilla essence
- 1 cup chopped almonds
- 1 egg
- 1 1/2 to 8 cups flour



The Secret Method:



1 Beat butter & sugar very well



2 Add all the ingredients, but not all the flour and knead



3 When you have the right consistency (not too soft) make into shapes

4. Cover base of biscuit tin with wax paper

5. Bake at 350/180 degrees for approximately 20 minutes

6. Remove from oven and baste with ouzo or rose water.



7. Roll in icing sugar while still hot.

8. When cool, sprinkle icing sugar

9. Enjoy!



Don't feel like baking? You can still enjoy yummy kourabiethes at **Cafénion** with a delicious coffee!

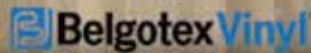
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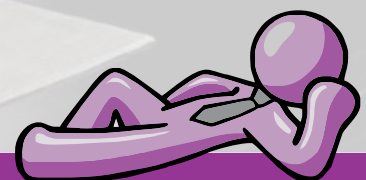
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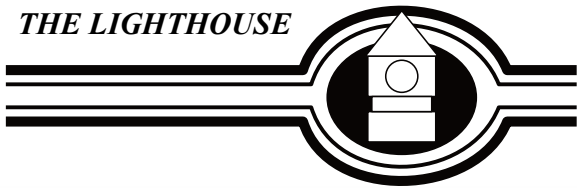
First of all, however, it's important to note that regardless of how your solar-powered system is configured, solar power is still a fantastic choice for alternative energy needs. It's just within the last 20 or so years that solar panels, inverters and batteries have evolved from an efficiency standpoint to the point where we can now create homes that are entirely powered by the sun.

OFF-GRID SYSTEMS

Off-grid systems take solar panel technology to a new level. Essentially, they use the same solar panels as grid-tied systems, except they actually *store* the power they make, usually in batteries. This is an important distinction; the off-grid solar power user isn't interested in generating power for some faraway utility; he or she is interested in keeping the power that is produced. The way the power is retained is by storing the output of the solar panels in an appropriately sized battery bank, and this provides another benefit most people don't realize: *You can use the solar power you generated during the day – at night.* As the solar-powered system soaks in the sun's rays during the day, it funnels this electricity into a purpose built battery bank which then can be drawn from at night or on overcast days, meaning that the off-grid system will be able to bank or save its output, whereas the grid-tied system will be running at a reduced capacity, or perhaps not at all.



THE LIGHTHOUSE



For info on how you can choose a beautiful lighting setup for your home, visit The Light House at Arundel Village. They always have the latest and trending lighting options, and are known for their specials, discounts and value for money. The Light House is in the main mall, upstairs directly above Glamourize.

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CORRECT DENTAL HYGIENE IS SO IMPORTANT AND OFTEN NEGLECTED

Everyone loves a dazzling smile that shows off those "Hollywood" perfect white teeth. We might not be able to render a carbon copy of this aesthetic look, but more important is your oral hygiene which promotes healthy gums and teeth.

Teach your children from the earliest possible age how to take care of their teeth and this will prevent unnecessary dental visits over and above those mandatory six monthly checkups.

Good oral hygiene is essential to prevent

dental decay and gum disease, and with the proper daily use of dental hygiene tools, a low level of oral bacteria can be easily achieved. A daily oral hygiene regiment is needed to remove dental plaque which causes tooth decay and gum disease. This results in a reduction of bad breath, fewer cavities and a healthier gum tissue that does not bleed. Should gums become infected with periodontal disease, harmful bacteria may actually enter the bloodstream making its way to other parts of the body.

Studies have linked poor oral health

with cardiovascular disease, low birth weight babies, lung infections and even cancer. People whose immune systems are compromised, for example those who are taking immunosuppressant drugs, are especially susceptible to systemic effects of poor oral health and must have clean mouths in order to avoid systemic complications such as lung infections. It is a good idea that you talk with your dentist or allied dental health care provider and apprise them of your general health condition and which medications you are taking. It is a good idea to try and follow these general steps in order to conduct a complete and thorough oral hygiene instruction session. These steps may be modified, according to each patient's individual needs.

A simple daily routine consisting of flossing followed by brushing your teeth in the mornings and last thing at night is essential. In addition you may make use of a mouthwash for that extra protection and fresh mouth and breath.

A tip for the ladies - Choose a medium coral or light red lipstick as these colors make your teeth look whiter, when compared with lighter-colored lipsticks that tend to bring out the yellow in teeth.

Author : Maxi St Andrews



What is Low Vision? with the Eye Attic

This is not the same as blindness. Unlike a blind person, a person with low vision has some useful residual sight. Low vision usually interferes with the performance of daily activities, such as reading or driving which affects ones quality of life.

What Is Low Vision?

Low vision is a reduced level of vision that cannot be fully corrected with conventional glasses or contact lenses.

One is considered visually impaired when the best corrected visual acuity is less than 6/18 (20/60) and/or the visual field is 20° or less in the better eye.

Symptoms

- Difficulty recognizing objects e.g. street signs and faces at a distance
- Difficulty differentiating colors
- Difficulty seeing up close e.g. reading or

cooking

The symptoms described above may not necessarily mean that you have low vision, if you experience one or more of these symptoms, contact your eye care practitioner for a complete exam. Your eye care practitioner is able to tell the difference between normal changes in vision related to age and changes due to eye disease.

Causes

Common causes of low vision include Macular degeneration, Glaucoma, and Diabetic retinopathy.

Tests and Diagnosis

The examination for low vision differs from a typical eye examination. During a low vision examination, your eye care practitioner may administer the following tests:

Refraction (which assesses your vision

and determines the prescription for your glasses, provided these would be of benefit) Visual field (to assesses your peripheral vision)

Low vision examinations may involve a variety of tests, which are often more time consuming than standard examinations.

Treatment

Low vision specialists embrace a multi-disciplinary approach comprising ophthalmologists, optometrists, dispensing opticians and occupational therapists who make up the team of health care professionals. They will work with you starting with your vision examination, and continuing with you to identify treatment options, which include:

- Low Vision Aids-Optical devices such as magnifiers, telescopes, or closed-circuit televisions.
- Techniques to help you utilize your remaining vision.
- Sensory replacement skills enable you to use other senses e.g. sound instead of vision.
- Adaptive non-optical devices, such as large-print cookbooks and talking watches.

Where vision impairment is recognized early on, treatment can be more effective enabling people to maintain as much independence as possible.

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The story that I am about to relate actually happened to me whilst in Sydney, Australia, a few years ago. I had been at a conference in the city and was walking back to my hotel. Coming towards me was a man who was certainly not in control of himself. He was staggering and holding on to the shop windows, his breathing was rapid as he bumped into several people on the pavement. I heard a man say 'Oh he's drunk' to which the man tried to raise his hand in denial. As he did this, I noticed something flash in the sunlight on his wrist and was immediately curious so stopped to try and assist. The man was wearing a stainless steel MedicAlert emblem and on it was engraved "Insulin Dependent Diabetic" to which I said "No he is not drunk, he is a diabetic and I think he is in trouble" The man who had said he was drunk came over to us and apologised and immediately wanted to help. I told him that I was not a registered medical practitioner in Australia and had nothing on me to assist but to call 911 for an ambulance and in the meantime to give the poor fellow a sugary sweet or drink which another bystander duly did. The ambulance arrived quickly (very efficient in Australia) and the poor fellow was taken to the casualty department at the North Shore Hospital. I was able to contact the hospital later and was told that the patient had been admitted and stabilized and would be discharged the following day.

Had this man not been wearing a MedicAlert emblem he might well have been left for drunk especially since the acetone breath from the chemical diabetic changes of diabetes do smell similar to alcohol, and he could well have died. MedicAlert helped this diabetic but there are many other common conditions which could prove fatal in an emergency if not managed quickly such as allergies to drugs or other substances, implanted pacemakers, artificial joint replacements (often a problem with airport security round the world which is always being

tightened up) and many more. MedicAlert speaks for you when you cannot and this is very true. In a casualty department the doctors can immediately find out the patient's chronic medical conditions, what medication they might be taking as well as who their regular practitioner is and how to contact relatives.

The International Headquarters are in California, where Medic Alert came into being over 50 years ago in 1953. Dr. Marion Collins and his wife Chrissie had a daughter Linda. She cut herself badly whilst playing with a toy gun and was taken to the local hospital, where she was given a dose of anti-tetanus serum to check her reaction to the drug. She reacted violently to the test dose, collapsed and lay in a coma for three days. Fortunately after further medication she recovered. Dr. Collins was so concerned by what had happened to their daughter that he decided that from then on she should carry some form of identification, advising of the allergy, should she become unconscious from another accident. Dr. Collins eventually devised a bracelet for Linda to wear, which was engraved "ALLERGIC TO ANTI-TETANUS SERUM".

HOW MEDIC ALERT PROTECTS.

In view of what I have already mentioned, it is recommended that people with hidden medical conditions wear an alerting device either on their wrist or as a necklace. With the following service, patient's lives have undoubtedly been saved.

*An alerting emblem such as a bracelet or necklace and engraved with the
*Patient's medical condition(s),
membership number and the number of the Medical

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* A 24-hour Emergency Response Centre that provides detailed emergency medical information about the Medic Alert member.

In emergency situations, knowing the medical data of the patient is extremely important and will provide the information required to treat that patient.

TYPES OF MEDICAL DATA ENGRAVED ON THE EMBLEM.

The most common medical conditions engraved on the emblem are : allergies, diabetes, hypertension, clotting disorders, seizure disorders, angina and implanted devices such as pacemakers etc., allergies to certain medication, and those on treatment for hidden disorders. These are just some of the data that may be engraved on the emblem; there being numerous others depending on the medical condition of the member.

BENEFITS.

Information obtained from the emblem can be of great assistance in respect of the following:

- * Speed assessment and determine treatment options.
- * Safe emergency treatment by warning the hospital or patient's doctor of conditions requiring special medical care
- *Provide identity and address information about the patient.
- *Provide family doctor contacts.
- *Peace of mind.

Medic Alert came into being in Zimbabwe in 1968 and is supported by Lions Clubs in Zimbabwe. The office is situated at No1 Van Praagh Avenue, Milton Park and the contact numbers are 704488 and 704489 Membership application forms are available at this office as well as at doctors' rooms, pharmacies and opticians. There are foundations in America, Canada, South Africa, Australia and New Zealand to name some of the countries worldwide.

The Foundation carries a range of emblem types on bracelets and neck chains, including stainless steel, silver and gold infill

Membership is in excess of 44,000 members and continues to grow albeit slowly in these difficult financial times. The office is under the control of the Director who may be contacted on email- medalert@africaonline.com. The MedicAlert website is www.MedicAlert.co.zw

The Arundel Village Shopping Centre has continually supported the MedicAlert Foundation of Zimbabwe when collection and promotion days are held and we truly appreciate their assistance. MedicAlert is a registered "Not for profit" organization in Zimbabwe

"MedicAlert speaks for you when you cannot"





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IS A BETTER YOU



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+263 772 496 395
drugzone@mweb.co.zw



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+263 774 110 609
eternity@mweb.co.zw



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& GET A FREE
L.A. LIP PAINT**





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our new**

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Wrapping paper | Fairy lights
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Christmas sweets for stocking fillers
Serviettes | Plates | Cups





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Accessorize Your Style!

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www.glamourize.co.zw | arundel@glamourize.co.zw

BREAK FREE



SHOW OFF
YOUR
BEACH BODY

SWIMWEAR &
BIKINIS

NOW
AVAILABLE
IN STORE



**"Spend \$50 or more
from 1 NOV 2016 to 7 JAN 2017
AND ENTER OUR
Win Lingerie
FOR A YEAR"**

Here's a chance to glam up your underwear drawer
with designer underwear - From Bare Basics!!
TERMS & CONDITIONS APPLY

WINNER TO BE ANNOUNCED 8 JAN 2016.

Bare Basics is Harare's leading retail shop for underwear, shapewear, lingerie, sleepwear, swimwear, party dress up outfits and everything in between!! We are every woman's paradise as our huge shop is just so yummy with something for everyone!!! We stock international designer brands with a team of fun professional ladies to assist you get the right fit!!!! PS. Tell a friend... We are apparently the best kept secret

LIKE US ON:



VISIT
OUR
STORE

Do you know your
BRA SIZE?

VISIT
BARE BASICS
any time and get a

FREE
EXPERT BRA FITTING



Bare Basics

Arundel Village Shopping Centre

+263 772 266 216

barebasics@zol.co.zw

TO 2nd STREET EXT

NORFOLK ROAD

109 Norfolk Road
Arundel Village West

XIMEX
GS8

G15-1

PENSIONERS AID

GUARDS

A1
A2+3
A4-A4B

9
NB2
NB1

K5
K4
K3
K2

3S3
3S2
3S1
GS1-2



G13-14
G12
C1 G11

C2 G10
G8-9

G6-7
G5

NB3

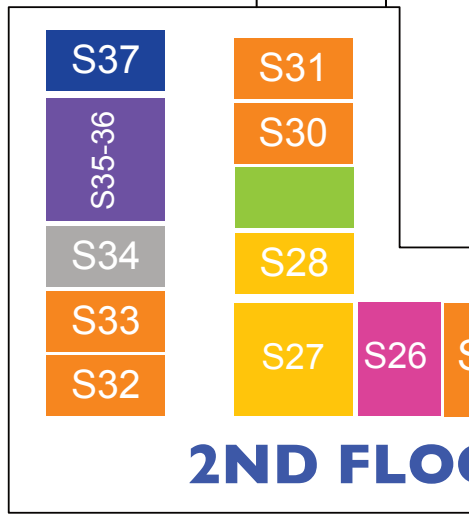
FOREST ROAD

EMERGENCY MEETING POINT

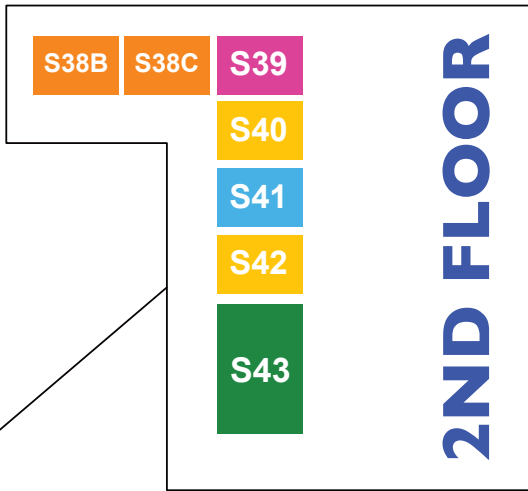
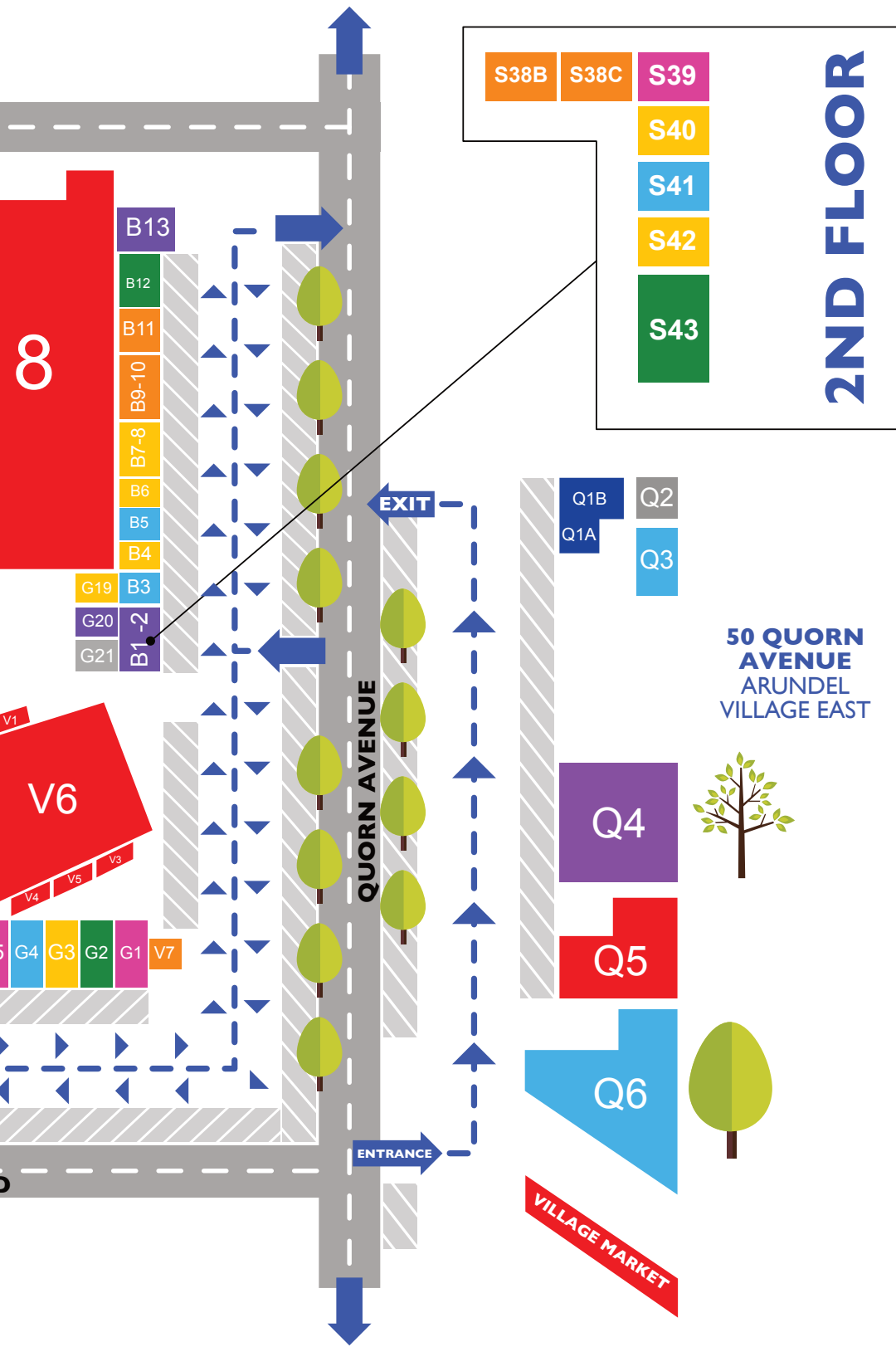


ARUNDEL VILLAGE STRUCTURAL MAP

Please refer to directory for colour codes and shop contacts.



TO PENDENNIS



TO THE CHASE



COLOUR CODE KEY	
■	Food, Café & Dining
■	Services
■	Technology
■	Beauty
■	Travel & Tourism
■	Gifts & Accessories
■	Homeware
■	Clothing
■	Sports, Health & Outdoors



DRY CLEANERS

Dry Cleaning and Laundry Depot
Ecocash & ZESA Tokens

Cell: +263 772 815 404 | +263 772 457288
kafesugertrude@gmail.com

B12



Inspiration
Zimbabwe

For all your travel needs

+263 4 369 447
+263 777 223 460

info@inspirationzimbabwe.travel

Q1A



Official stocklists of well known brands of sports
equipment, apparel and footwear for the past 43 years

Tel: +263 4 301 987 | Cell: +263 772 264 281
Email: sales@mmsports.co.zw
Web: www.mmsports.co.zw

GS1/2



For all your stationery, books, cards,
gift wraps & other novelties.

Tel: +263 4 301 540
Email: info@folio.co.zw
Web: Folio Bookshop

B1 - 2



Your international link
to higher education

Tel: 0867 710 8799
+263 771 490 454
trudymhlanga@inteduconnect.org
www.inteduconnect.org

S38c



Photocopying, printing & typing services.

Tel: 04 338 852
+263 773 560 542
Email: marsprinting@gmail.com

S31



Boutique selling women's clothing, shoes and handbags.

Cell: +263 773 606 898
barbarachamba3011@gmail.com

B6

KAPOTO KADIKI

Kitchenware and accessories

+263 771 643 238
kapotokadiki@gmail.com

B3

MAXIMUM LIFE ELECTRICAL

Repairs to lawnmowers, generators,
boreholes and swimming pool pumps.

Cell: +263 772 979 023
Email: umasinire@gmail.com

Q3



Boutique specialising in stylish fashion accessories.

Cell: 0782 300 663
sales@glamourize.co.zw
www.glamourize.co.zw

G20



Cell: +263 712 601 920

B11



Sales, letting & evaluating residential
commercial and industrial property

Tel: +263 4 369 681/4
Website: www.meritrust.co.zw

S42



Stockists of uniforms for primary & secondary school.

Tel: +263 4 338 351
Cell: +263 779 714 597
Email: glenabbeyzim@gmail.com

A4-A4B



Menswear.

Cell: +263 772 316 997
mwadaine@gmail.com

B4

MODEL MANAGEMENT

Retailers of cosmetics & make-up,
make overs, modeling training.

Email: mmit@zol.co.zw
Website: www.vaultcosmetic.com

S25



Unisex hair studio

Cell: 0772 275 090
Email: adnawuk@gmail.com

GS7



Your friendly florist with quality flowers
for every occasion.

Tel: +263 4 369 915
thomasj@scanlink.co.zw

G10



Quality bags and suitcases

Cell: 0772 212 170
Email: moscape2010@hotmail.com

B13



+263 772 419 757
Email: dthorny@zol.co.zw

S26



Retailers of designer fragrances and
cosmetics from the world's leading brands

Tel: +236 4 301 861
+263 731 786 404

G4



Offering a wide range of plants
and gardening products.

Cell: +263-771-052-748

Arundel

Q6



Books • Stationery • Gifts • Cards

Cell: 0772 422 823
Tel: +263 4 369 696
Email: innov@arundel@gmail.com

G12



Home of exquisite bed & bath linens

+263 775 757 788 | +263 772 803 378
info@linenandextra.co.zw

MT. PLEASANT COMMS

For all computer consumables, cellphones,
cellphone repairs and accessories

Cell: +263 772 275 090
Email: adnawuk@gmail.com

S33



Tel: +263 4 332 440
Cell: +263 772 262 767
insideoutgiftshop@gmail.com

Q4



Stockists of clothing for babies

Tel: +263 338 155
Cell: 0772 220 175
Email: thokosau@yahoo.com

B7-8



Stockists & suppliers of carpeting
and curtaining, carpet tiles & linen

Tel: 04-369-886

G4

NEMCHEM

Please contact the Ximex Management Services office
04 369018 / 19

SOLUTION Centre

The cutting edge destination for the digital generation.

0785 766 376
arundel@solutioncentre.co.zw
www.solutioncentre.co.zw

C1

The Cellar

For all your fine wines & wines for everyday drinking.

Cell: 0772 500 055
Email: thecellaratarundel@gmail.com

Pick n Pay

A top supermarket where you can purchase all your grocery needs.

Tel: +263 4 301 928 / 301 606 / 301 382

G15-18

Standard Chartered



For all your home lighting needs & accessories

+263 773 369 828 | +263 4 369 897
lighthousearundel@gmail.com

S41



Charity organization providing aid for pensioners

Tel: +263 (0) 4 495809 | Mobile: +263 772 513 884
Email: pensionersaid@gmail.com

STERLING CRAFTS

Silver jewellery, gold jewellery & gemstones

Tel: +263 4 369 678 / 9
Email: sterling@africaonline.co.zw

S35-36



Cell 0772 206 252

Email: thepigeonholearundel@gmail.com

V4

POLICE

Please contact the Ximex Management Services office
04 369018 / 19

K2

STRACHANS

Specialist photographic retail and printing shop

Tel: +263 4 369 839/ 369 842
Email: photo@strachans.co.zw
Web: www.strachans.co.zw

G21



Stockists of Green Cross Shoes and accessories.

Cell: +263 772 368 996

G19



Financial Services

Chartered Accountants, Tax, Consulting, Bookkeeping and Finance

Email: johan@quotient.co.zw

GS6

SU'S BOUTIQUE

Designer boutique selling imported nearly new and brand new clothes, shoes & bags.

GS3

Timeless BEAUTY SPA

For all your massages, facials, manicure, pedicure, make-up eyelashes & hair requirements.

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eternity@mweb.co.zw

S39



Unisex hair studio

Cell: 0779 715 323 / 0714 843 216 / 04 301038

Email: root2tipstudio@hotmail.com

3S3



Sybrin Imaging Solutions

email: colsen@imgsol.co.zw | web: www.sybrin.com
tel: +263 4 369060 - 3 | mobile: +263 772 600024

S34



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04 335 372/ 04 335 246
tudelybutchery@zol.co.zw

V3



A Zimbabwean label "Rungano Rwedu" to identify Zimbabwean clothes.

Tel: +263 4 369 522
Email: eternity@mweb.co.zw

S28



Engraving services and personalization of gifts.

Tel: +263 4 338 612
salestachisengraving@gmail.com

S38b



The home of quality furniture and home appliances.

Tel: +263 4 369791
tvsalesarundel@tvsales.co.zw

G6-7

SASSY SECRETS

Suppliers of hair & beauty products including Mary Kay, Immac, Victoria Secrets, Zuri.

Cell: +263 772 268 225
Email: flotama35@yahoo.com

G1

TAILOR

Eve - 0772 846 173
Foster - 0775 081 285
Charles - 0773 981 620

K4



Retailers of Belgian chocolates, croissants, cakes and continental pastries.

Tel: +263 4 301989
Email: info@veldemeers.com
Website: www.veldemeers.com

V1

Shabby Chic

Stockists of elegant casual wear for ladies.

Cell: +263 772 565 651
Email: kisskiss@gmail.com

3S1



YOUR NUMBER ONE CHOICE IN FOIL BALLOONS

Cell: +263 783 836 984
Tel: +263 4 301 401

3S2

VILLAGE JUNCTION

All types of giftware for weddings, birthdays & special occasions

Tel: 04-369-883

G8 - 9



A restaurant beautifully set in delightful surroundings.

Tel: +263 4 369 198
+263 773 265 933
Email: aloalolesley@gmail.com

A1

CABS

Arundel Branch number 04 369471

NB3

ECONET

Wireless

Econet Dealer and a registered Ecocash dealer.

B9-10



VILANCULOS, MOZAMBIQUE

For all your travel needs

bookings@archipelago-resort.com
+263 772 371 776
+263 8677 114 795

Q1B

Café Veldemeers

Restaurant offering a Belgian style cafe menu.

Tel: +263 4 308315

Email: cafe@veldemeers.com

Q5



Supply of pool chemicals, pool equipment and water purification...

+263 4 305207
Website: www.eezipool.com

NB2



Hardware store

GS4



Greek restaurant & Café

Cell: 0773 686 867
08677 132 779

Email: cafenion@outlook.com

V6



Complete range of LEGO, Cheatwell Games, Top Trumps and other quality novelties.

Cell : 078 570 1756
Email : enchantedzone@gmail.com

C2



ARUNDEL VILLAGE PHARMACY

Retailers of all your pharmaceutical, health & beauty products.

+263 778 496 395
+263 4 369 688 | +263 4 369 690
Email: drugzone@mweb.co.zw

G13-14



Entrance on
109 Norfolk Road
Arundel Village West

Cell : 0772 240 479 / 0712 588 928
Email : Norbert@cavendishlloyd.com
jjayu@cavendishlloyd.com



Retailers of DVDs and gaming equipment

Cell: +263 864 406 9225 | +263 772 336 642

B8



Retailers of local, regional and international music.

Cell: +263 772 972 929
+263 772 970 981
Email: sibandalun@gmail.com

K5

CELLULAR BOX

For all cellphone repairs, accessories, spares and batteries, unlocking & flashing.

Cell: +263 772 738 865 | +263 712 753 187
Email: stannyvee@gmail.com

Q2

Eternity Timeless Apparel

Elegant women's clothing

Tel: +263 4 369 522
Email: eternity@mweb.co.zw

G3



A DSTV agent.

Cell: +263 773 154 152
marshall@autosat.co.zw
Website: www.autosat.co.zw

S31

COBBLER

For all your shoe repair and adjustments

Praymore – 0774 648 320

K3



Authorised Dealer for
Columbia RBK

G2

Bakers World

Ingredients & equipment for baking, and cake decorations

Cell: +263 8677 133 383

GS5



Bicycle sales, repairs, rebuilds, spray jobs and refurbis,

Cell: +263 773 218 395 | +263 712 767 007
+263 773 357 290

G58



Suite 29, Arundel Village
Mount Pleasant, Harare
Tel: +263 4 369635/7
Cell: +236 779 043 635

attic@theeyeinstitute.org

S29A/B



V5

DECO LANDSCAPES

The official landscaping and gardening partner for Arundel Village.

0772 922 999
decolandscapes35@gmail.com

EYESIGHT SECURITY

Please contact the Ximex Management Services office
04 369018 / 19

K1



Stockists of ladies underwear & swimwear, lingerie, men's underwear & swimwear.

Email: barebasics@zol.co.zw
Cell: 0772 266 216

S27



Dental Surgeon

Dr. Risto Mazalovski
Tel: 04 338 211/2
drristo@syscom.co.zw

S22-24

FABRIC XPRESSIONS

Clothing boutique which stocks women's clothing & accessories.

Cell: +263 772 311 428

G11



Stockists of high end clothing and accessories.
Tel: +263 4 301 023 | +263 772 220 827
sales@vicenzovalli.com
Website: www.vicenzovalli.com

NB1



Providers of healthy food alternatives

Cell : 0771 930 480
Email: cbsbuying@gmail.com

S43



Email : stanley.musara@zapgroup.com
Cell: +263 774 165 178
Office: +263 (4) 301635 / 301665
www.zapzap.mobi | www.zapper.com

S29/40

ZILALA Travel

For all your local and international travel needs.

Tel: 369741-4 | Cell: 0772 756 756
Email: maureen@zilala.co.zw | ingrid@zilala.co.zw

S37

COLOUR CODE KEY

- | | | | | | |
|---|---------------------|---|---------------------|---|---------------------------|
|  | Food, Café & Dining |  | Travel & Tourism |  | Homeware |
|  | Technology |  | Gifts & Accessories |  | Clothing |
|  | Beauty |  | Services |  | Sports, Health & Outdoors |

25% OFF

EVERY PURCHASE | Valid until December 31 2016

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www.glamourize.co.zw | arundel@glamourize.co.zw



CHRISTMAS DISCOUNT

CHRISTMAS VOUCHER

Our gifts to you



Shop B13 Arundel Village | 0772212170



SPEND \$50-\$100
AND GET A FREE
COOLER LUNCH BAG



SPEND OVER \$100
AND GET A FREE
GYM BAG



DRY CLEANERS

PROMOTION COUPON

Spend \$10 or more
and get a 20% Discount or
Bring a minimum of 2 Suites
and get 20% off.



Prepaid Electricity Vouchers Available

Spend \$100-00 or more
on electricity token and get a chance to win
a free \$10 electricity voucher.

Promotion runs from 15 Nov to 31 December 2016 : Terms & Conditions Apply

Shop No: 12 / 51 Quorn Ave, Arundel Village, Harare - Our Contacts : Getrude 0772 815 404 Mrs Gomo, 0772 457 288

Cut off



Inside
GIFT SHOP **Out**

Stockists of unique gifts for all occasions. Proudly Zimbabwean.

0772 262 767 | insideoutgiftshop@gmail.com

04 332 440 | Arundel Village East, 50 Quorn Avenue, Mt. Pleasant

ARTIST

Gerald Kadonzvo

Many of you may have seen our beautiful Nativity Scene which is currently being displayed in the mall. Gerald Kadonzvo is the artist behind this stunning creation.

0773 458 940



Gerald began his artistic career in 2000 and is well known in the flea markets for his original and amazing creations. Gerald is happy to take commissions and keeps a constant smile on his face whilst he works.



*Beautiful
right?*

Home of Exquisite Bed and Bath linens:

- Bed linens in cotton percale,
Sateen and Egyptian cottons
- Quilts
- Duvet Inners and pillow inners
- Scatter Cushions
- Bath towels
- Bath Mats and Rugs

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WITH YOU AND GET 10% OFF
YOUR PURCHASE

we go the extra mile...

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Shopping Centre
Cell: 0775 757 788
0772 803 378
E-mail: info@linenandextra.co.zw



Linen & Extra
we go the extra mile...




Pensioners' Aid

Pensioners' Aid is a charity focusing on pensioners in Zimbabwe who have been left destitute through circumstances beyond their control. They may be ex farmers who were evicted from their farms, people who have lost their savings or pensions through economic collapse, hyper-inflation and devaluation. Many of these people thought that they had made adequate provision for retirement only to discover that their savings were worthless when the Zimbabwe dollar collapsed and the country adopted a multi- currency economy.

Pensioners' Aid is different from other charities in that it does not provide bulk aid but assists individuals according to their needs. Aid is provided in various forms. It might be assistance with medical expenses, frail care fees, retirement home fees, or simply help with living expenses. The charity also works closely with medical practitioners many of whom provide their services freely or at reduced rates. Every dollar raised goes directly to the pensioners who are on our books and each one of them is known to us personally.

The charity has a dedicated, professional team who interview and assess each individual who seeks

assistance. Those who qualify are given a very personal and discreet service. Beneficiaries are often encouraged and supported in their own homes or nursing homes. The charity has not only saved the lives of countless pensioners but also helped to put dignity back into their lives. The charity supports between 600 and 700 pensioners at



any one time unfortunately as funds are limited, there is a waiting list of those seeking help.

Whilst much of the funding for this worthwhile cause comes from overseas this has declined over the years and therefore local fundraising has become more necessary in order to meet demand. The recent collapse of sterling has seriously affected our ability to help all of those in need. To this end the Pensioners' Aid charity shop was opened to raise money

locally. The charity shop is situated in Arundel Village adjacent to Alo Alo restaurant or opposite Su's Boutique and sells quality goods at bargain prices. The shop relies on donations of clothing, china, glassware, books, CD's DVD's, sports-ware etc. which it then sells with all proceeds going to help destitute pensioners. Donations of merchandise can be dropped off at the shop which is open Thursdays and Fridays or at the charity office in Chisipite.

WHAT YOU CAN DO.

- Donate your unwanted items to the charity shop.
- Volunteer to help in the charity shop.
- Visit the charity shop in Arundel village. Lots of bargains and Christmas presents.
- Donate through our bank account. Details below.

For further information regarding the charity please contact the office on 495809 or 0772 513 884 or 0772 262 614.

Donations of money can be deposited in the Zimbabwe Charity Alliance bank account at:
CABS Chisipite Branch Account number 1004052782. Reference - Pensioners Aid.



MERRY CHRISTMAS

12 days of Christmas Spoil your loved ones this Christmas.



Apple iPod Nano
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JAM Classic 2.0
\$40.00



Apple TV
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64GB - \$390.00

Goal Zero Torch 250
\$110.00



Brother Labeller
\$75.00



Onetto Easy 1 Touch Mount - \$35.00

Romoss Solo 3 Battery bank
\$30.00



British Audio Wraps
\$40.00



BOSE Soundtrue Headphones
\$245.00



Marley Chant Mini
\$105.00



Amplify selfie stick
\$15.00



Goal Zero light-a-life 350
\$55.00



SOLUTION
Centre
ARUNDEL SHOPPING VILLAGE

THE SHOE COMPANY
SHOP NUMBER 19
ARUNDEL VILLAGE
CELL 0775280736

T.H.E
SHOE
COMPANY



Seasons
Greetings

froggie

GREEN  CROSS

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We are experts in fine engraving, and we are gaining a reputation for our precise and moving personalising.

Bring any gift to us, and we will add a little touch of you.

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tachisengraving@gmail.com
SHOP 38B, Upstairs in the mall
Arundel Village

I love you
more every
second.
03.21.12
J+J

tachis
Engraving

Identity matters. Let's make yours shine.



The Perfect Meal.

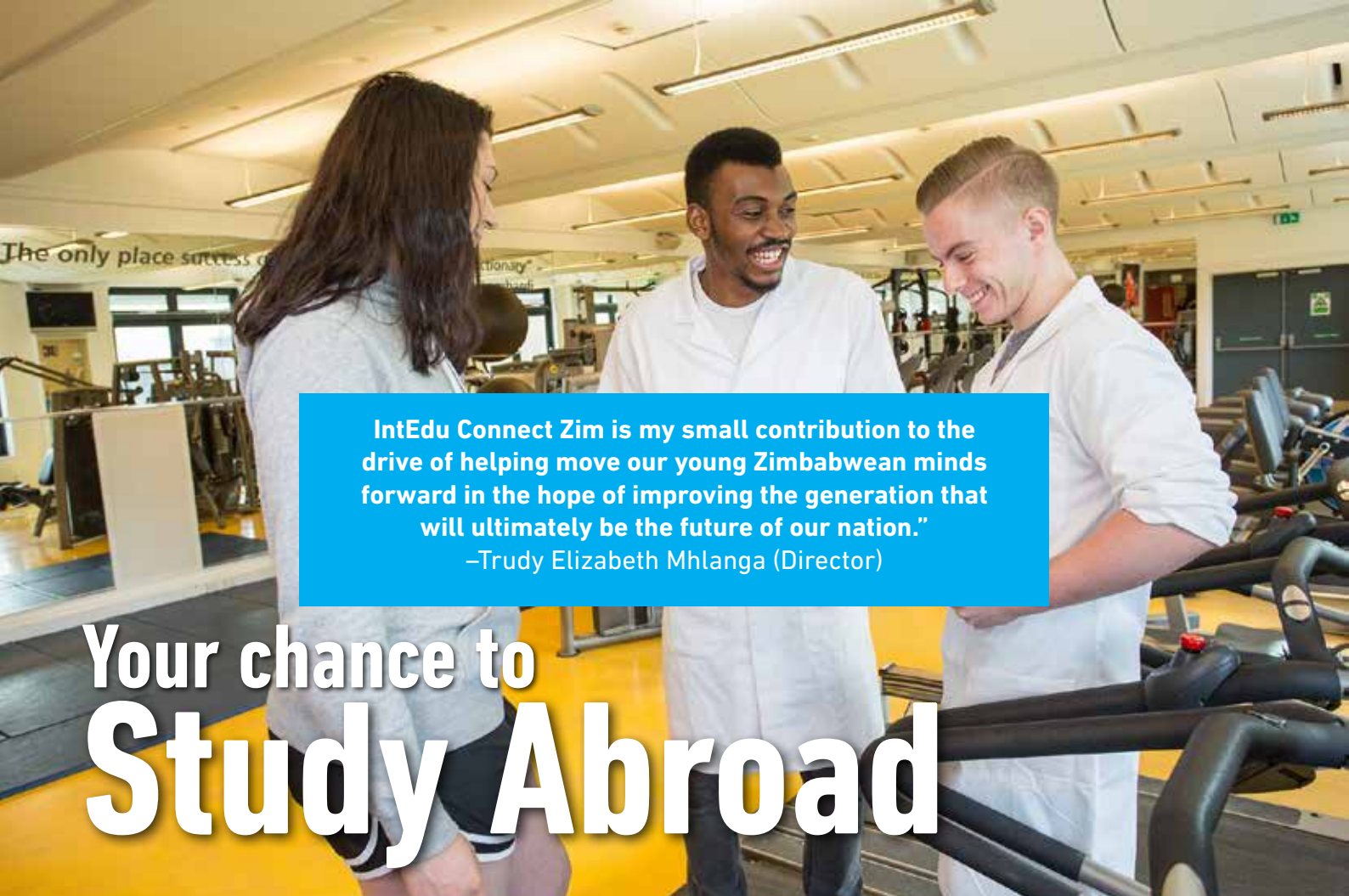
Café Veldemeers

COFFEE – BREAKFAST – LUNCH – CAKES – LIGHT DINNER – LICENSED CAFÉ



Veldemeers
HANDCRAFTED BELGIAN CHOCOLATE

The Perfect Gift.



IntEdu Connect Zim is my small contribution to the drive of helping move our young Zimbabwean minds forward in the hope of improving the generation that will ultimately be the future of our nation."

–Trudy Elizabeth Mhlanga (Director)

Your chance to Study Abroad

When I finished completed high school in 1995, the world of Higher education was an entirely different beast to what it has become in our country today. The notion of any hand-holding in the daunting process of identifying a career path and then a suitable place to study was a virtual myth. The very idea of 'studying abroad' was rare and it was a lucky few who mysteriously vanished overseas reclaiming birth rights soon after high school whilst it was a fore gone conclusion that neighbouring South Africa awaited some and while the rest were destined to join the rat race for the University of Zimbabwe, NUST or the local Polytechnic colleges.

How far the country has come in 2 decades! 20 years ago the expected thing to do in most families was to follow in the footsteps of an admired family member who was deemed to have found 'success' in a safe and acceptable career choice. The world has evolved and now recognises that young people are not all cookies cut to uniform perfection destined for university. Every child is unique thankfully society recognises that some people are more academic and others are more vocational, all requiring a different approach. The world needs doctors, economists and politicians but what are we without teachers? Or firefighters? Or chefs? Indeed how dull would the world be without screen-writers and musicians?! To me the most important way in which Zimbabwean society has evolved is in realising that the quickest

route to seeing your child 'succeed' is in giving them room to discover what they are passionate about, identifying how that passion can have a relevant impact and contribute to the society in which they live and then supporting them wholeheartedly in the pursuit of making their dream a reality. That is where IEC Zim steps in.

You may be one of the sceptics sitting on the side-lines wondering whether this 'International Education' which has become an overnight obsession in Zimbabwe is all it's cracked up to be. Is an education sought abroad the only one of any worth nowadays?

In a sector which has become increasingly commercial, we at IntEdu Connect Zim pride ourselves in staying as close to the organic model of 'international education' as possible.

What this means is that we advise and guide prospective students in making a decision about their future by identifying a globally recognised qualification as this is the most vital asset you can arm yourself with in the competitive job market that our world has become. For us it is not about simply promoting a pipe dream of going to some far off country which we have never

been to, which is offering an 'unbeatable price' for desperate Zimbabweans trying to escape challenges of the socio-economic challenges we face today. IEC Zimbabwe focus primarily on return on investment, this being measured by assessing how well recognised your qualifications are globally. This is the true meaning of an 'international education'; how well recognised it is on the international stage. Therefore whether you study in Zimbabwe or wish to pursue your studies outside our borders we will be able to help you through identifying institutions that we can confidently promote as we have visited them ourselves. Central to our service is the preservation of the pursuit of not only a locally recognised but also a globally recognised qualification, be it Zimbabwe, South Africa, Europe, Asia, Australia, America or Canada that you seek to further your studies ... be assured you may trust our services in guiding and assisting you in making the right choice.



**Tel: 0867 710 8799
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**trudymhlanga@inteduconnect.org
www.inteduconnect.org**

WINTER MORNING

with

Enchanted Zone

Complete range of LEGO,
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and other quality novelties.

The official LEGO shop

**NOW OPEN AT
ARUNDEL VILLAGE**

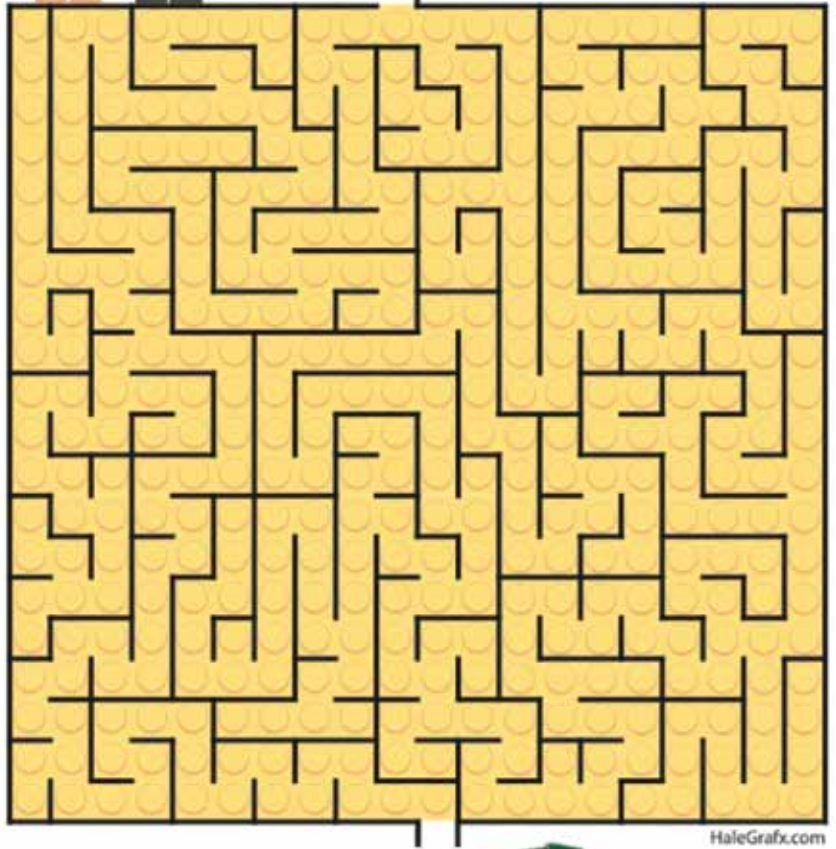


Cell : 078 570 1756
Email : enchantedzone@gmail.com

LEGO MOVIE

KRAGLE MAZE

Help Emmet & Wyldstyle find and stop the kragle!



HaleGrafx.com



The LEGO Movie Word Search

words may be horizontal, vertical, or diagonal

S	S	K	L	V	U	N	I	I	B	I	Y	D	W	B
P	Y	U	R	E	B	G	U	L	C	E	W	E	A	E
E	T	V	T	A	E	P	S	P	I	D	N	T	C	D
C	T	W	A	W	G	S	N	G	U	A	M	N	D	V
I	I	Y	N	L	E	L	B	N	S	A	V	E	Y	I
A	K	L	U	N	B	E	E	I	N	E	D	M	E	T
L	I	D	I	G	P	A	W	B	C	Y	G	M	Y	R
A	N	S	I	B	B	Y	W	V	P	W	C	E	E	U
A	U	T	L	A	W	E	S	O	M	E	S	T	V	V
B	P	Y	P	D	G	I	M	P	V	B	G	B	E	I
V	A	L	U	C	Y	B	G	M	L	E	S	E	Y	U
E	P	E	E	O	N	N	I	U	S	B	B	N	L	S
M	E	V	S	P	A	C	E	S	H	I	P	N	B	B
M	M	E	T	A	L	B	E	A	R	D	P	I	C	A
U	S	E	P	B	L	V	R	E	D	L	I	U	B	L



- | | | |
|---------|------------|-----------|
| Awesome | Business | Unikitty |
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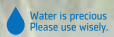
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The original Fisherman's Corner situated upstairs in Arundel Village is now under ownership and consequentially new management. It has been rebranded 'Hooked' Fishing Shop and Man Cave. The new owner / manager / coffee maker and well-known Zimbabwean fisherman, Darren Thornton, has many years' experience in the world of bass and all species fishing. Darren offers his customers sound advice and a complete service, when selecting the right rod, reel, and terminal tackle. He is very proactive in support of junior angling and is always ready to spend time helping young, up and coming fishermen.

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such as Yamamoto, Big Bite, Itty's Secret, Shimano, Kistler, Zoom and McCarthy. They stock an assortment of knives and Leatherman tools, life jackets, keep nets as well as Contigo Mugs and Atlasware Flasks. Complimenting this you will find a wide range of gift items for both men and women. Whether it be for a birthday or Christmas present you are sure to find something exciting and unusual even for those who have it all.

Hooked is a well-stocked shop, with a spacious and welcoming environment. The coffee pot is always on for those who would like a cuppa, be they patient wives waiting for their husbands or equally patient husbands waiting for their wives in Bare Basics lingerie shop next door. If we do not have what you are looking for Darren will do his level best to obtain it for you in the shortest possible time.



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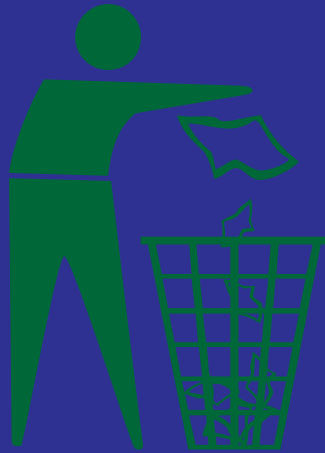
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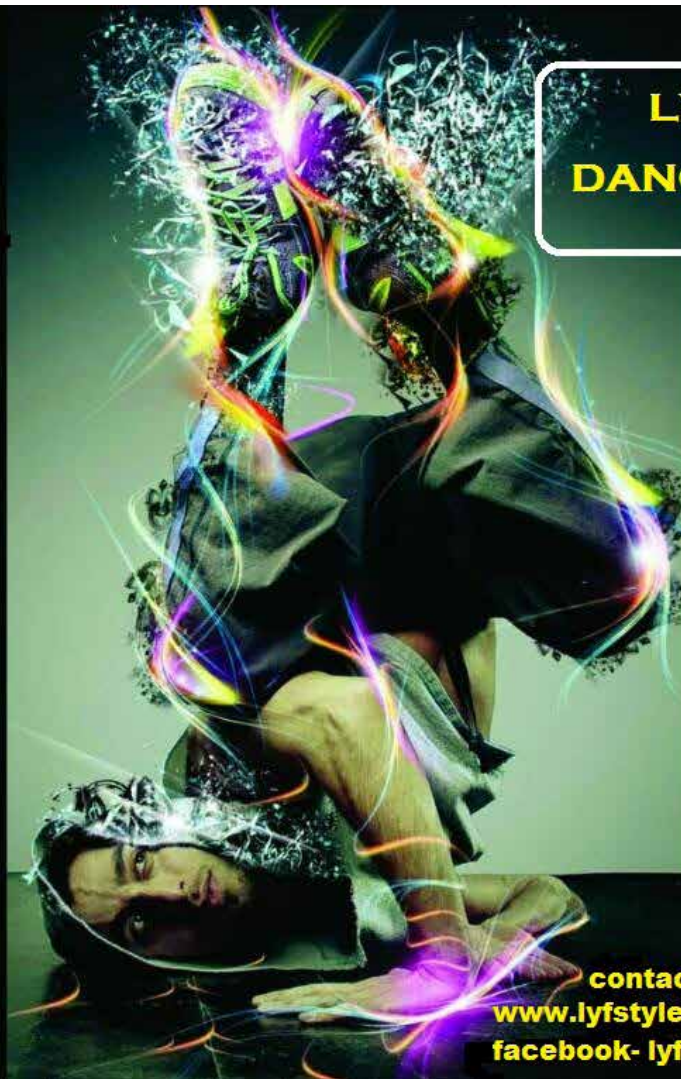
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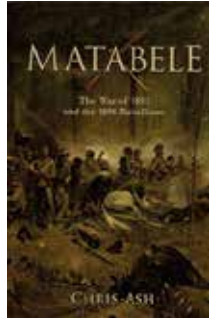
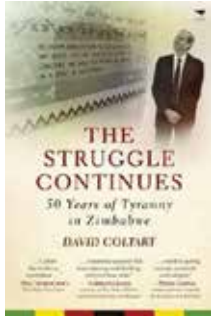
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SECURITY GUARD OF THE MONTH

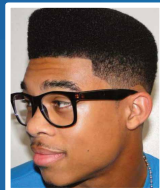
Our security guard for this month is Ephraim, who has proven to be helpful and cheerful always, come rain or shine!

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