

ISSUE 3 2018

# BLUE VALLEY NEWS

OFFICIAL PUBLICATION OF BLUE VALLEY HOMEOWNERS ASSOCIATION

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*This Is Home*



# ENGEL & VÖLKERS®

## Finest Real Estate - Blue Valley



### Blue Valley Golf & Country Estate

Set in the heart of the renowned Blue Valley golf estate, close to the second gate lies this gem which boasts 4 bedrooms upstairs all en-suite plus a study. Downstairs is a formal lounge, 3 living areas, dining room plus a separate granny flat with its own kitchenette and court yard.

ZAR 5,5 million

Web I.D ENV99359



### Blue Valley Golf & Country Estate

Newly renovated family home situated in a quiet cul-de-sac. It boasts 5 bedrooms, 5 bathrooms, 3 en-suite, study, 4 living areas, staff quarters and a double garage. Extras include a sparkling pool, underfloor heating, solar geyser, water feature and a spacious closed in patio/ braai area with aluminium folding doors.

ZAR 4,95 million

Web I.D ENV97572



### Blue Valley Golf & Country Estate

This inspiring new family home is situated in a secure golf estate, it boasts 5 bedrooms, 4 bathrooms, 3 living areas, an upstairs PJ lounge or study, staff quarters plus a double garage. The open plan kitchen has caesarstone tops, whirlpool gas hob and a Smeg oven plus a large scullery with space for all three appliances.

ZAR 3,95 million

Web I.D ENV102334



### Blue Valley Golf & Country Estate

This immaculate double storey home consists of 4 bedrooms (2 en-suite), 3 bathrooms, 3 living areas and a large sunny study. Extras include, staff quarters en-suite with kitchenette, underfloor heating, very neat landscaped garden, double garage with a store room and huge swimming pool facing the patio with a built in braai.

ZAR 3,7 million

Web I.D ENV103958



### Blue Valley Golf & Country Estate

This family Tuscan style home is situated on the fairway overlooking the 16th green, it is warm and welcoming and consists of 4 bedrooms, 3 bathrooms, 2 en-suite, 4 living areas, open plan kitchen with a spacious scullery, patio with a braai, PJ lounge or study upstairs leading out to an office or fifth bedroom. Extras include a huge pool, outside toilet, 3 air conditioners, fire place and a double garage.

ZAR 3,3 million

Web I.D ENV92666



### Blue Valley Golf & Country Estate

Modern family home boasts 4 bedrooms, 2 bathrooms, guest toilet and 2 living areas. All living areas have aluminium folding doors leading out to a patio with a built in braai. Extras include staff quarters, double garage, solar geyser, gebrut system for the toilets and porcelain tiles throughout downstairs.

ZAR 3,1 million

Web I.D ENV100687





# BLUE VALLEY NEWS

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## EDITOR'S NOTE

**T**he best part about winter to date is that it's nearly over. We South Africans sure are soft when it comes to the very short, colder months we experience here. Let's be honest, daily highs of 21 degrees °C Which means that there's no excuse to not enjoy the wonderful parks in the Estate of Blue Valley. Be sure to gather the kids on the weekend and head out, explore and enjoy the space in your "country" in the city!

This issue is packed with information! The serious stuff includes a refresher on the rules and regulations regarding pool safety, the AGM Report and news from the

Security Committee. News from the Social Committee and various interviews with residents in the Estate have brought the element of fun and lifestyle interest! There certainly is something for everyone.

How many of you are eco-warriors? I am. And while you are recycling and using electricity responsibly (or are you?), have you ever considered the effect your fur children (dogs and cats) have on your immediate environment? If not, have a read of the article called "Reduce Your Carbon Pawprint!" on page 22.

For the first time, we've included a competition for all residents to enter! Who doesn't love a night out for dinner with a loved one? You can find out how to enter on page 31. You could be the lucky winner of a restaurant voucher to the value of R500.

Don't forget to send us any photographs you've taken of the beautiful Estate. We'd love to include in future issues. **BV**

Best wishes,

*Debbie*

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# WE ARE HERE TO HELP



## We are your Pam Golding Properties Accredited Agents in Blue Valley Golf & Country Estate

We love property and we know that your house is not just a roof over your head, but your home. We would be happy to help you in any way we can, and we would love to meet with you and chat about the real estate market in your area over a cup of coffee.

We know that life doesn't only happen between 9 to 5, so feel free to get in contact whenever it suits you best.

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Join the conversation

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If you would like us to contact you by electronic means or not want to receive information about goods or services which we feel may be of interest to you, please contact the office number listed above.





# BLUE VALLEY AGM REPORT

The Blue Valley Golf and County Estate HOA NPC Annual General Meeting for the December 2017 financial year-end was held on the 25th of June 2018 at the Blue Valley Clubhouse.

This year the AGM documentation was sent out more than 21 days in advance and the notice was widely communicated with several reminders on all official communication platforms. This resulted in the presence of 150 homeowners either in person or by proxy which was well in excess of the minimum needed to form a quorum. This year a new electronic and immediately transparent voting system was in place which could allow for structured voting and verifiable results. The following resolutions were passed.

Approval of minutes of the previous Annual General meeting held on the 3rd of April 2018; proposal received from S Gouws, stand 4278 and seconded by The Jars Family Trust, stand 2337 and the 8th of May 2018 proposal received from J van Lear, stand 1228 and seconded by K Sedupane, stand 5287.


The audited financial statements for the year ending the 31st of December 2017 were also approved after proposals for approval were received from Blue Valley Stand 1850 CC and seconded by J van Lear, stand 1228.

Audprop Incorporated was reappointed as auditors of the Association for the next financial year – 31<sup>st</sup> December 2018

Voting for the Directors of the Estate was carried with the following results:

J Moela	96	79%
M Chaba	87	71%
D Govender	78	64%
D Janse van Rensburg	76	62%
B Khumalo	75	61%
N Searle	71	58%
R Naidoo	71	58%
C Duncan	61	50%
T Hassan	50	41%
A Saber	35	29%

The top eight nominees will serve as Directors of the Estate until the next AGM.

A special word of thank you to Cheryl Crabb who decided not to stand as Director during this AGM. 

The voting results for the other resolutions are as shown in the table below:

Resolutions	Total Voted	Yes Votes		No Votes		Abstains		Voting Result
		No.	%	No.	%	No.	%	
Management and Conduct rules	121	94	74%	24	19%	8	6%	Approved
Access Control Procedure	127	107	84%	15	12%	5	4%	Approved
Residential Design Guidelines	124	93	75%	22	18%	9	7%	Approved
Contractors' Code of Conduct	125	109	87%	9	7%	7	6%	Approved
Estate Agents' Code of Conduct	122	97	80%	18	15%	7	6%	Approved
Non-Compliance Penalty Schedule	123	92	75%	21	17%	10	8%	Approved
Procurement Policy	121	97	80%	19	16%	5	4%	Approved
Gardens Guideline	120	95	79%	17	14%	9	7%	Approved
Contingency fund to be set at 50% of the levies	125	93	74%	24	19%	8	6%	Approved





**Sunday, 26 August 2018**

10:00 - 14:00

16 Village Road,  
Midrand

administration@bluehillscollege.co.za

(011) 318 7955



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**2019 GRADE 8 ACADEMIC BURSARIES:**





# BVHOA SECURITY UPDATE - JULY 2018

**B**lue Valley HOA has contracted the services of Elwin Watney from NSA to manage security projects. Elwin is very conversant with BVHOA security through his role in the generation of the NSA report and as the temporary Security Manager early in 2018. Unfortunately, Godfrey Moya, who was appointed a few months ago as Security Manager, resigned for personal reasons. Godfrey was quickly replaced by appointing Robert Hlongwane as Security Manager while temporarily remaining in his current role and position on Fidelity staff pending his permanent appointment to BVHOA. Robert is very conversant with BVHOA security after many years as the Fidelity Contract Manager at Blue Valley.

## **The activities of the security team during the last two months include the following:**

### **Updating the Information and Access for Blue Valley Residents:**

Maintaining accurate and fresh data on residents is critical to the convenience and security of the residents and the Estate. To that extent, the Security Committee is undertaking a project to analyse the information we already hold and to capture and update information from residents. This project will run for several months until the end of 2018.

### **Security and Access Control Systems:**

The contract for providing support and maintenance of all our security and access control systems was awarded to Fidelity – ADT division after adjudicating the tenders received from three companies, including the previous provider, C3SS. The HOA thanks the five-resident panel within the Security Committee who adjudicated the tenders.

### **Security of the Estate Perimeter:**

After removing the shopping centre, extension 39, from Blue Valley, the perimeter electric fence and camera surveillance systems were modified to cater for the changed shape of the perimeter. C3SS was awarded the contract to integrate the new shopping centre electric fence into the BVHOA security system. In addition, three quotes have been/are being obtained to install two cameras for the surveillance of the new shopping centre perimeter.

### **Use of Cameras within the Estate:**

The Security Committee has been in contact with Openserve to provide a fiber optic backbone for internal cameras at a few specific pilot locations. Quotes will then be sought for the supply, installation and integration of these pilot cameras into the BVHOA surveillance system.

### **Access to the Estate:**

All registered school transport drivers have now been issued with smart photo ID access cards. All regular contractor personnel and drivers have been issued ID access cards to improve security and expedite access

processes. Registered contractor personnel and residents will soon be able to use the turnstile at the contractors' gate with biometrics.

### **Progress on Previous Incidents of Thefts:**

There were no major security breach-related incidents for the months of June and July 2018. Fidelity investigations are active on the reported cases with SAPS. The information is sensitive. Disclosure of some aspects could compromise investigations.

### **Help Us with the Security of Our Estate:**

Some residents are leaving their garage doors open during the night. This can attract criminals. We also had cases of residents bringing in contractors over the weekends and holidays. In one case, a contractor was caught by security attempting to gain access by hiding himself at the back of a bakkie and covering himself with the building materials.

Please alert security of any suspicious activities within the Estate using the following 24-hour emergency numbers 011 512 0856 and 063 383 8468 or email us at [security@bvhoa.co.za](mailto:security@bvhoa.co.za)

**BV**



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# HOW SAFE IS YOUR SWIMMING POOL?

Many of us at Blue Valley Golf Estate have swimming pools within our properties. With the spell of cold weather we are experiencing, making us not even think of swimming pools, it is a good time to carry out whatever is required to ensure that our pools are safe to use for our children, our visitors and our Blue Valley community.

While the safety of our swimming pool may be considered a private matter for the owner, it is important to realise that there is a responsibility to others as well.

In a compliance audit by the HOA at Blue Valley, the HOA identified 12 cases where the

swimming pool within a private property posed a risk to the young children of other residents in the Estate. These are cases where the access to an unsafe swimming pool is from the side of an external pathway or from the side of the golf course. Such cases are in violation of laws set by the Council and by the Estate. The owners of these swimming pools were communicated with by the HOA to remedy these violations.

Unsafe swimming pools can be serious hazards especially for young kids. It is reported that a swimming pool is 14 times more likely to cause a death of children aged 4 years and younger, than a car accident! There are basic and straightforward tips to

make a swimming pool safe. These include having the pool fenced and the pool covered by a net as illustrated in the examples below:

Extracts from the National Building Regulations (NBR) and the South African National Standards (SANS):

- 4.4 Swimming pools and swimming baths
- 4.4.1 A wall or fence shall be provided by the owner of a site which contains a swimming pool or a swimming bath to ensure the no person can have access to such pool or bath from any street or public area or any adjoining site other than through:
- a) a self-closing and self-latching gate with provision for locking in such wall or fence, or
  - b) a building where such building forms part of such wall or fence

Other safety tips include the maintenance of the chemicals of the pool so that the chemicals are not harmful, proper supervision when the pool is used, knowledge of how to deal with a drowning situation and finally, a basic safe and common-sense way of enjoying the swimming to provide a good role model for children.

Let us hope that summer comes quickly to rid us of this cold weather and allow us to enjoy our swimming pools.

BV

*Thamir Hassan*





# THIS IS HOME

## GETTING ACQUAINTED WITH OUR GREEN BELT



In the previous issue of Blue Valley News, we touched on our many wonderful attractions that we have within the Estate. In this issue, we focus on the environmentally important areas of our Estate.

The accompanying photograph is the very newest area in the Green Belt in ext 71 and 72 which forms an integral part of our walking route. This is a project making use of the indigenous flora and natural contours of the

valley. Residents come from across the Estate to enjoy the peaceful surrounds and play area for our young ones.

Our golf course is also fortunate to have access to water from the Rietspruit river and we must ensure that we utilise this scarce resource responsibly. Dotted around the Estate are many environmentally-sensitive areas, as well as open stands, that have been converted to parks and sporting facilities.

### About this issue

This magazine is an important communication channel and the current HOA has taken a view that this magazine should become the centrepiece of our communication channels amongst all the stakeholders in and around Blue Valley. Most importantly, we want to ensure that this becomes an inclusive magazine with important and interesting information for residents which compliments our other communication channels such as email, SMS and EstateMate.

In this issue we continue to cover many features including the 'meet our residents' feature. We would like to hear from you, the residents, on what type of information and content you would prefer to be included in this magazine. You are also welcome to submit articles on various subjects. All submissions should be in electronic format (preferably in MS Word) and emailed to [ops@bvhoa.co.za](mailto:ops@bvhoa.co.za).

In addition, we would like to encourage all amateur and professional photographers to submit interesting images taken in and around our Estate for review and publication in upcoming issues of Blue Valley News. We would appreciate the images in RAW or JPG format, and all images used will be given the appropriate accreditation. **BV**

We would like to hear from you.

*Dion Govender*

The table below shows the number of such areas per extension:

Ext 16	3	Ext 18	1	Ext 22	1	Ext 30	1	Ext 37	1	Ext 79	1
Ext 56	3	Ext 72	2	Ext 73	1	Ext 74	2	Ext 80	4	Ext 75	5

There are seven other stands still in the name of the Developer. Residents are welcome to enjoy and make responsible use of these public open spaces.

4371 - Park with jungle gym facilities.	1050 - Park with jungle gym facilities.
1888 - Park with jungle gym facilities.	2357 - Park with jungle gym facilities.
2408 - Park with jungle gym facilities.	4544 - Park with rest area.
1236 - Park with rest area.	4543 - Basketball court.
1189 - Soccer field	

The above parks can be located using the Blue Valley map. Copies of the map can be obtained from the HOA offices as it's too large to reproduce in print format in the magazine. Copies of the map are also available via email, should residents request it.



SPAR



# SPAR's estate living convenience

To residents of some of the most established and exclusive communities of golf estates in Gauteng such as the Blue Valley Golf & Country Estate and Midstream Estates, perks like lush landscaping, club house, 18-hole golf course and restaurants have become standard fare. SPAR, one of South Africa's largest retailers is bringing "quick trip" convenience in the form of its stores to these privately managed urban neighbourhoods and has created an entirely new retail format.

SPAR's new stores in Midstream and Blue Valley Golf & Country Estate, are honing in on discerning audiences in these private and protected estates. SPAR is a retail trailblazer in many regards and the launch of the large format stores tailored to fulfilling specific community needs is piece de resistance.

"We are seeing healthy growth in gated communities and it has opened up a unique avenue for our expansion. We believe buyers are not only buying a home when they choose to invest in a gated community but rather buying a lifestyle," says Craig Freeman, New Business Development Manager, SPAR North Rand.

From household essentials like - fresh groceries to deli and delicious breads, cakes and croissants to grab-and-go items, including sandwiches, salads, beverages, snacks and more; the store will also stock home, personal care and beauty products just a stone's throw away from the community's doorstep.

Kam Govender who owns the SPAR retail outlet at the Blue Valley Golf & Country Estate says, "We had to reimagine retail as this is a new concept for all of us involved. My background as a professional chef really helped - long hours, demanding customers, different tastes and being on my feet and on the double really schooled me for retail."

"Catering to a clientele that is discerning, conscious and well-travelled means they want you to meet their expectations. At SPAR we make every effort to deliver, so we stock international products like Cinnamon cereal, Dr Pepper drinks, as well as healthy alternatives like Boost juices, Fit Chef and Nature Choice products. It's what makes them come back."

These stores sit side-by-side to other amenities the brand offers like TOPS at SPAR, a retailer specialising in alcoholic beverages. TOPS at SPAR offerings include beers - craft, international and local, fine wines, award winning whiskeys, large selection of sparkling wines and champagnes to bar accessories and cutlery.

The retail landscape has changed drastically over the past few years and with that the view of "convenience" - while some consider availability of all products under one roof as convenient, others view ringing up purchases online for door step delivery as "convenient".

"The estate retail is a particular push to go after the growing strata of society, the upwardly mobile who present SPAR with a new segment to build its brand. It's also a segment where we are able to test ideas with, for example for orders over R250, we deliver products anywhere on the estate," adds Kam.

"Have we created a new category? Absolutely. We are excited to provide residents in these communities with a quick-trip shopping experience featuring the same quality and value shoppers have come to expect from SPAR. Trust is becoming an ever-more important and universal theme and we remain committed to the bond we share with our shoppers," says Craig Records, Retail Operations Director, SPAR North Rand.

The product strategy for these quick trip stores is consistent with the broader strategy across SPAR - offer the best products at irresistible value yet be curated to meet the needs and preferences of the communities.

"Having convenience retail at your doorstep in a charming neighbourhood saves you time, reduces interruptions on the journey back home and you are out of nothing when you have surprise visitors. It is a hassle-free lifestyle package that enhances your quality of life leaving you with precious time for family and friends. Having the store in the estate adds to the available amenities for residents and the surrounding community and influences property values," says Craig Freeman, New Business Development Manager, SPAR North Rand.

SPAR's footprint of stores extends to over 900 sites across the country and are within approximately five kilometres or less from most South Africans, delivering an experience that focuses on ease and convenience. SPAR continues to make meaningful investments in differentiating its retailing environment and shopping experience from others through better staffing and training to deliver elevated service and product expertise.

The launch of large format stores in much sought-after estates tailored to fulfilling specific community needs is piece de resistance and aligns to our corporate ethos. "For every kind of person, there's every kind of SPAR."



# SOCIAL COMMITTEE REPORT

I used to stand at my window, overlooking the golf course, wondering: "Where is everyone? How do we connect? How do we come together?"

The Social Committee has provided an invaluable platform for me to not only answer these questions for myself, but to be part of the solution. The work we are doing is important, the work we are doing is necessary. It is the work of imagining, building, strengthening and celebrating our community in all its diversity.

Some of the notable activities of the past two month include setting up an ongoing community service drive. We hope to assist you by making it easier for you to make a difference. We now have a Collection and Distribution point on the Estate. You can deliver charity donations such as books, baby items, canned food, clothing, toys, toiletries etc. to Jackie at the HOA office ext 37.

## Blue Valley Youth Forum

We established a Blue Valley Youth Forum to create space for inter-generational dialogue. This enables us to tune in to the needs of our substantial youth community and to begin a process of engaging with them. We aim to do this in a variety of ways, whether it is through opportunities to socialise and network amongst themselves or through development programmes and mentorship. We hosted our first Butler's Caterers-sponsored youth event on Youth Day 16th of June.

## Celebrating Madiba at Blue Valley

Mandela Day was remembering that charity can begin at home and that sometimes those who need you are right there with you. This year, Blue Valley Support Staff across the board including garden service, security and catering to name a few, were treated to a light lunch and a take-home hamper filled with home necessities and goodies for the children.



Youth event



Staff with their lovingly-packed hampers



If you would like to partner with the Blue Valley Social Committee for some of our initiatives, please do get in touch with us. We need your support, your ideas and your expertise. We will be placing a suggestion box at the Clubhouse reception, please leave us your cards and your thoughts.

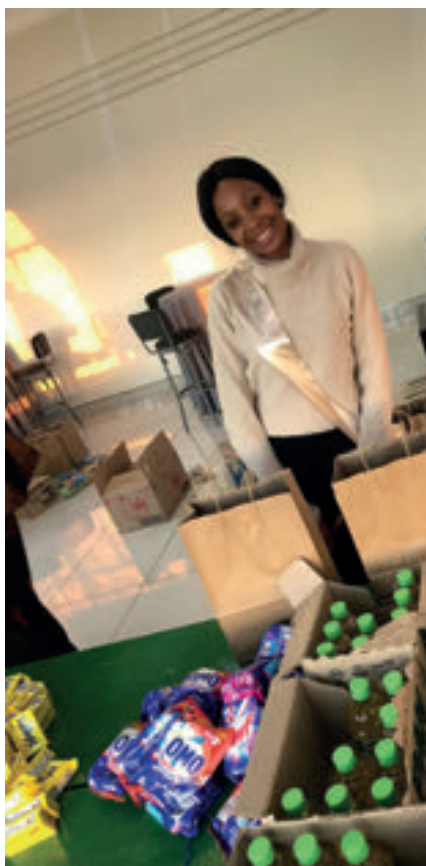
We invite you to join our BV community groups and stay in touch with the many activities that are happening. There may be something that interests you. Or perhaps you would like to initiate something – let us know.

Thank you to the HOA for your continued support.

We look forward to hosting all of our Blue Valley Mbokodos at our Women's Day Dinner taking place at the Clubhouse. It will be something special. Don't forget to book on 082 992 6777.

BV

*Mbali Vilakazi*



Madiba hampers



### Cheese and Wine Evening

On Friday 6th July Butler's Caterers hosted a cheese and wine evening featuring red wines from a family owned specialist red boutique cellar.

My favourite wine was Cape Cross 2009 which is a blend of Pinotage, Merlot and Cabernet Sauvignon, matured in French barriques for 20 months. It is a full-bodied wine with smooth juicy fruits, pepper and cherry flavours. Certainly a blend which can be stored for four to six years.

The cheeses were delicious to say the least. We were enticed by tasters of Gorgonzola on crisp bread, sweet Gouda, garlic cheddar and bought copious quantities of all three!

The next event will be a dinner and wine pairing – watch this space!

BV

*Cheryl Crabb*



A variety of cheeses





Winda Austin-Loeve

# NEWS FROM THE BLUE VALLEY LADIES' GOLF CAPTAIN



## Farewell

It was with regret that we had to say goodbye to two of Blue Valley's prominent players, Richard Grundy and Pam Martin, who moved to Howick. They will be missed.



## GNGU Ladies' Saturday League Results

Congratulations ladies for finishing 4th out of nine teams competing in the GNGU Ladies' Saturday League matches.

**H**ow fast did the first half of 2018 speed by? But the sudden cold made me realise that spring can't be far off now.

## Ladies' Knockout

The draw for the ladies' singles knockouts has taken place. Please make timeous arrangements to play matches. Best of luck ladies!

## Funeral of Eric Langton

It is with sadness that we said our final goodbye to Blue Valley's inaugural Men's and League Captain Mr Eric Langton. He passed away on Monday 25th June 2018. Our thoughts and prayers are with his wife, Eve and his family in this difficult time.

## Membership Growth

We would like to expand our ladies' division and welcome newcomers to the game. The owner of the Club will accommodate special rates for ladies for the second half of 2018. All ladies interested in joining please feel free to contact Andrew Sheppard at [bvgolf@icon.co.za](mailto:bvgolf@icon.co.za).

We will also be enrolling our programme for "Bunnies" in summer by presenting a golf clinic for beginners for a period of seven weeks. (See advertisement).

We invite all the Bunnies to join us once a month for a 9-hole round of golf with an experienced golfer to settle into the game. The Mad Mix will be hosted after the winter cold to accommodate beginners and non-

golfers in a fun round. Dates will be confirmed in the next issue.

## New Handicap System

The new handicap system will be in effect on Monday, 3rd September, and these changes will align South Africa's handicaps with the USGA method.

You will then have a Handicap Index (expressed to one decimal point) instead of a handicap which would be less than your current handicap.

In the new system, the word "course" has been re-defined to reflect which tee you'll be playing from. Most golf layouts (18-hole courses as it's known today) will be three courses for men (i.e. yellow, blue and white) and two courses for women (i.e. white and red).

The biggest change affecting golfers lies in the fact that your Course Handicap has to be obtained prior to playing by swiping your card during registration. This Course Handicap will be calculated based on which course (tee) you'll be playing.

A benefit of the new system is that no adjustments are necessary when golfers compete against each other playing off differing tees.

P.G. Wodehouse said: "Golf... is the infallible test. The man who can go into a patch of rough alone, with the knowledge that only God is watching him, and play his ball where it lies, is the man who will serve you faithfully and well."

BV

**HAPPY GOLFING!**



Eric Langton

## Ladies' Clinic

- Starts: 13 October – every Saturday for the next seven weeks
- Time: 11:00 – 12:00
- Where: Blue Valley Driving Range
- Price: R800 for 7 lessons

Ladies who are interested are welcome to contact Adriaan Nell at [adriaannell00@gmail.com](mailto:adriaannell00@gmail.com).



**C**hildren playing on the jungle gyms donated by BVHOA to the Bathabeleng Day Care Centre in Ivory Park. They were transported and installed by Glad Mkhomi and Four Seasons personnel. Bathabeleng staff expressed their gratitude to all concerned. Thank you BVHOA! **BV**

## COMPETITION

# LUCKY DRAW WINNERS!



**A**s you're all aware, in the last issue of *Blue Valley News*, Linda Yende, a resident of our Estate and accomplished author, gave us copies of his book for a Lucky Draw giveaway.

The lucky winners were: From left – Tamlin Gouws and Sandra Graziani.

Congratulations! And thank you to Linda for his prize.

**BV**





# RUNNING THE COMRADES!



**M**eet BV resident Mervyn Shanmugam. He ran his second Comrades marathon this year.


Congratulations on your wonderful achievement! This is certainly not a race for the faint-hearted.

We salute you and all others who completed this arduous and challenging run covering approximately 90km between Pietermaritzburg and Durban.

**Well done!**


**BV**

*Pictures courtesy of Suren Reddy*



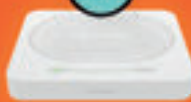
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# LADUMA! SUNDAY SOCIAL SOCCER GATHERINGS AT BLUE VALLEY

*Pictures courtesy of Miles Fumo*

**S**occer is more than simply scoring goals and winning matches. It offers numerous health benefits, it grants opportunities to forge friendly relationships and strengthens communal bonds. These perks can be experienced by participating in the Sunday Social Soccer Gatherings at the soccer pitch at Blue Valley.

**“Everyone is welcome, from children to parents!”  
– Selby Lukhele**

The gatherings are organised by Selby Lukhele, a BCom Accounting graduate who studied at Pearson Institute for Higher Education. The soccer matches are informal, allowing for residents of all ages and genders to freely participate. They take place every Sunday from 4:00pm until sunset (around 5:30 – 6:00PM).

Participants who do not know how to play soccer, or are concerned about their skill level, need not fear! In fact, their presence is welcomed and encouraged. Selby is keen to teach and accommodate participants of all skill levels. Inexperienced soccer players can improve by training with more skilled participants. This is especially beneficial for younger participants who practice sports at school.

At the end of intense matches, participants described their overall experience as “refreshing and relaxing”. According to Selby, the rigorous activities amount to a week’s worth of exercise because participants run continuously for two hours. The purpose of the gatherings is to create an environment where everyone is free to socialise and form new friendships.

As much as the participants enjoy the sport, they are faced with some challenges. There is limited lighting which is insufficient, especially after dark. No taps, hence no water, and there are no toilet facilities. Participants are hoping that the HOA can install some of these key and necessary facilities in the near future.

For more information on Soccer Sundays or if you would like to join any of the following groups (tennis, squash, running, residents chat group), please feel free to contact Amina on 082 882 2420. **BV**

*Miles Fumo and  
Amina Laber*



# THE CARLYKE STREET CHAMP



**O**tto Van Buynder, who recently turned 19 years old, recorded his maiden win on the Big Easy IGT Tour. His opening round of 61 was nothing short of spectacular. Anecdotal, proud father, Bart, stated that he felt that Otto was “close” to winning. Well-called Bart. According to the IGT Golf Tour website, Otto came close to producing the first 59 in Big Easy or IGT Challenge Tour history in the first round of the fourth Big Easy IGT Challenge Tour event at Randpark, but the amateur had to “settle” for a brilliant 11-under at the Firethorn on Monday. The 19-year-old from Blue Valley Golf Estate was in irresistible form as he compiled an eagle and nine birdies in the space of 15 holes to set up the chance of shooting golf’s magic number.

“We don’t want to arrive in the US all rusty; we want to take some form with us, so it’s really great to have a circuit to play competitively,” said Van Buynder. “That’s what I like about the IGT Challenge Tour and the Big Easy IGT. There is just so much more competition; it gets you a lot sharper. “You have to be on your game. The guys that are competing for those 10 cards on the Sunshine Tour mean serious business. I’ve actually shot 61 twice this season, but both times in practice rounds on the amateur circuit at Waterkloof Country Club and Rustenburg Golf Club. But to shoot 61 under this kind of pressure is pretty special.”

In April, young Otto also won the World Amateur Open tournament organised by the

French Golf Federation at Golf de Bassia Bleu in Reunion which pushed his world ranking up.

Blue Valley is very proud of his personal achievements and can truly say that Otto is an absolute credit to the game, his family and Blue Valley in general. We wish him great enjoyment and success as he starts his exciting new chapter – taking up a golf scholarship in the US in ULM Monroe, Louisiana. His new golfing mentor at the ULM, Coach Baldwin, described Otto as an exceptional student-athlete and is focused on putting his best effort in for overachieving on the golf course and in the classroom.

Otto has a terrific golf swing, plenty of power and the ability to go low. Otto had several Top 10 finishes this past year, including many rounds in the 60s. Otto will devote much time in the new year playing a national amateur schedule in preparation for making an immediate impact upon his arrival to Monroe in August 2018. Otto remarks, “To be honest, I never thought I would play college golf in the US. I dreamed of college golf but decided to rather compete on the local amateur circuit and take it from there. That was until this opportunity came up. Now, it’s real! For me, this is the first big step into becoming the best golfer in the world and it means everything to me to be able to play for such a great University. I can’t wait to devote all my time and energy into reaching new heights, both for myself and our team.”

Hopefully in the not too distant future we can see Otto on SuperSport teeing it up against the best in the world. No pressure, Otto. No pressure. **BV**





# A REAL GEM IN OUR MIDST!

## AN INTERVIEW WITH BLUE VALLEY RESIDENT, DAVE GRAZIANI

### How did your passion for golf start?

My sporting interests didn't start with golf. My first passion was football, as an ex-Wits University player. I also earned National Colours in two different disciplines for ice hockey and bicycle motocross (BMX) but as I got older I eventually took an old friend's wise words to heart "you need to start playing golf". I now play off a 3 handicap and enjoy playing, watching and helping develop golf.

### What made you decide to invest in Blue Valley Golf Estate?

Fourteen years ago, I thought what better place than in this beautiful and tranquil lifestyle Estate with a game that you will play for the rest of your life. The whole package that comes with living in Blue Valley including the Estate layout, security and easy access to the main centres attracted me. That was just the beginning. My kids were born and as time went by, they picked up a club and golf became a family pursuit initially only for social and family quality time reasons. After some time had lapsed I was approached by the ex-captain of Blue Valley (Trevor Currie) who urged me to start up the only thing missing at Blue Valley, and our Junior League was born. With little resources, but plenty passion and perseverance, our juniors grew quickly to eight players from across our Estate and we began to develop our competitive appetite against the other clubs in the Gauteng North Golf Union (GNGU).

### What drove your passion to develop our youngsters?

I could see the tremendous spirit and dedication these youngsters showed through practicing on the range for many hours as well as keeping up their academic side of things. Golf demands a lot of time from these youngsters and they taught me a lot about persistence. In the short space of four years, these eight players have won the Provincial title twice and have been runners up twice. This is a phenomenal achievement in a highly competitive golf union. Many of the juniors also compete in the scratch league which is the highest level a club golfer can play. In this league our youngsters can punch well above their weight. Our Club Champion, Otto van Buynder, has also been selected to compete in the USA on a golf scholarship, which shows that anything is possible with passion, patience and perseverance.

Our youngsters are indeed very thankful for the overwhelming support from the parents and from the golf committee and I thoroughly enjoyed assisting them to reach their potential. No task was ever too big.

### What about your other interests?

My family is my first passion, but I also have an interest for creating and crafting using raw materials. This started with sitting on a bench of 1 400mm x 700mm, as a qualified goldsmith. I love to create and manufacture fine hand-crafted jewellery; and using our



Dave Graziani

local diamonds and gemstones to create something beautiful out of nothing. It is probably the most rewarding and satisfactory gift that I could ever be blessed with and in a way, resembles the work that I did for the junior golfers: polishing up these fine young diamonds.

BV



# EAT BETTER, TO SLEEP BETTER

BY AJITA RATANJEE

A good night's sleep is wonderful for the body, mind and spirit. Waking up refreshed and feeling energised rather than tired and lethargic is a huge bonus and a vital element that improves quality of life.

**M**any people I know struggle to get a good night's sleep. There are various reasons this may be happening to you. Did you know that your diet can influence sleep quality?

Sleep is one of the most important needs in life. A lack of sleep results in both physical and mental exhaustion. Our ability to think, our creativity and general alertness are all diminished due to a lack of sleep. It can also result in moodiness and grumpiness - and nobody likes being around moody, grumpy people.

Some big dietary culprits that may be causing you sleep deprivation are:

- **Caffeine** – Coffee, chocolates and sodas late in the day or before bedtime are not a good idea.
- **Spicy foods** – These can cause heartburn, which can wake you up or prevent you from falling asleep, as lying down increases the chances of having heartburn.
- **Alcohol** – It may relax you for a short while, however it is disruptive to sleep patterns and deters you from reaching deep sleep.
- **High fat meals** – Fat triggers the digestive processes and causes a build-up of stomach acids which, while lying down, can creep into the oesophagus causing discomfort (heartburn). A high fat diet also interferes with the production of orexin, one of the neurotransmitters that helps regulate your sleep/wake cycle along with melatonin.
- **Heavy meals consumed before bedtime** – When eating a huge portion of food before bedtime, falling asleep can be much more difficult. There is discomfort and heartburn as your body is still processing the digestion of food. Eat lighter meals, especially if you are eating a late dinner.

## THERE ARE FOODS THAT ASSIST SLEEP QUALITY

**Tryptophan:** Tryptophan is an amino acid that, when ingested, gets turned into the neurotransmitter serotonin and then converted into the hormone melatonin. The best food sources of tryptophan:

- Dairy products (milk, low-fat yogurt, cheese)
- Poultry (turkey, chicken)
- Seafood (shrimp, salmon, halibut, tuna, sardines, cod)
- Nuts and seeds (flax, sesame, pumpkin, sunflower, cashews, peanuts, almonds, walnuts)
- Legumes (kidney beans, lima beans, black beans, split peas, chickpeas)
- Fruits (apples, bananas, peaches and avocado)
- Vegetables (spinach, broccoli, turnip greens, asparagus, onions, seaweed)
- Grains (wheat, rice, barley, corn, oats).

**Magnesium:** Magnesium is a powerful mineral that assists in achieving good quality sleep. It is a natural relaxant that helps to deactivate adrenaline. A lack of magnesium can be directly linked to difficulty going to and staying asleep. Magnesium is often referred to as the sleep mineral.

Excellent sources of magnesium:

- Dark leafy greens (baby spinach, kale, collard greens)
- Nuts and seeds (almonds, sunflower seeds, Brazil nuts, cashews, pine nuts, flaxseed, pecans)
- Wheat germ
- Soybeans
- Bananas
- Avocados
- Low-fat yogurt
- Fish (salmon, halibut, tuna, and mackerel).

**Calcium:** Calcium is another mineral that helps the brain make melatonin. A lack of calcium can cause you to wake up in the middle of the night and have difficulty going back to sleep. Calcium-rich diets have been shown to help patients with insomnia. Dairy products that contain both tryptophan and calcium are among the best sleep-inducers.

Sources of calcium include:

- Dark leafy greens
- Low-fat milk
- Cheeses
- Yogurt
- Sardines
- Okra
- Broccoli
- Soybeans
- Fortified cereals
- Fortified orange juice
- Enriched breads and grains
- Green snap peas.

**Vitamin B6:** Vitamin B6 helps to convert tryptophan into melatonin. A B6 deficiency has been linked with lowered serotonin levels and poor sleep. A deficiency in B6 is also linked to symptoms of depression and mood disorders which can lead to insomnia.

Highest food sources of B6 are:

- Sunflower seeds
- Pistachio nuts
- Flaxseed
- Fish (tuna, salmon, halibut)
- Meat (chicken, tuna, lean pork, lean beef,)
- Dried prunes
- Bananas
- Avocado
- Spinach.



**Melatonin:** Many of the vitamins and minerals that are on this list are there because they help aid in turning serotonin into melatonin. However, there are a few excellent sources of naturally occurring melatonin in foods:

- Fruits and vegetables (tart cherries, corn, asparagus, tomatoes, pomegranates, olives, grapes, broccoli, and cucumber)
- Grains (rice, barley, rolled oats)
- Nuts and seeds (walnuts, peanuts, sunflower seeds, mustard seeds, flaxseed).

## DRINKS THAT ARE GREAT FOR SLEEP

It's not just foods that are great for sleep. Many drinks contain essential vitamins and minerals that help aid good sleep. A few of the ones to try are:

- Warm milk
- Almond milk
- Chamomile tea
- Passion fruit tea
- Peppermint tea.



A few changes in your diet can get you well on your way to a good night's sleep. Food is a great healer of the body, choose your foods well!

BV

[www.easyhealthwellness.com](http://www.easyhealthwellness.com)



Almond milk is full of essential vitamins and minerals that help aid good sleep



# OWL BOXES IN BLUE VALLEY

**P**art of the nature-rich life we have in Blue Valley, means we are regularly visited by a number of owls in our Estate. To encourage these beautiful birds to make our Estate home, EcoSolutions placed boxes in trees for them to occupy.

It is interesting how much detail goes into to placing a box for an Owl to occupy!

The most important component in an owl box is not its design, its colour or even its location. It is the substrate within the box. This substrate allows owls to form a "cup" in which to lay their eggs and raise their young. Without it, the box will not be used by owls and is really just a box high up in a tree.

Another interesting aspect of placing an

owl box is the box orientation. Apparently, there is no perfect answer for that but the majority of boxes successfully occupied by owls are either oriented towards the north or the south.

Let's hope that the owl boxes in Blue Valley are occupied soon. The experts say that this can take from two weeks to five years! **BV**

Previous garden verge winners run by Four Seasons



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2nd place



3rd place



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#### Bronze: Third Winner

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- Horticultural Book



## HOW TO ENTER

Fill in the entry form or send your details to [info@fsgroup.co.za](mailto:info@fsgroup.co.za) or call Natalie 011 763 2925. Prize giving will be held at the clubhouse at the next AGM - time will be confirmed.

**REMEMBER! The deadline for entries is the 24th of August.**

## ENTRY FORM

**Entrants Name:**

**Address/Stand Number:**

**Email Address:**

**Phone Number:**

**Home Gardener Details (name and surname):**



# REDUCE YOUR CARBON "PAWPRINT"!

DEBBIE WALTON

**P**ets are part of our family and household too, so it's important to consider them when "greening" your home and your lifestyle. You love your pet. You care about the environment. But what do the two have to do with each other? More than you may realise, as it turns out. How you treat your pets, how you feed them, and how you clean up after them all have a sizable impact on the environment and the wildlife we share it with.

Here are a few tips to reduce your carbon "pawprint".



## Think Before Binning!

Many items that your pet no longer uses or has grown out of might still be able to be put to use at a shelter. Call your local animal shelter to see if they need any of the items, or organise a swap with friends and neighbours.

## Where Does the Doggy-doo Go?

Instead of using plastic bags to pick up after your dog or clean the litter box, use biodegradable bags. They typically break down in about one month as opposed to an estimated 1 500 years for a plastic bag in a landfill. There is talk out there that you can compost your pet's poo, but I can't get my head around that just yet... I am investigating a flap of sorts that connects to the vent valve of your home's drain pipe so that you can "flush" your animal's doodoo down there. I'll keep you posted.

Cat litter is available in all-natural and biodegradable forms, too!

## Adopt, Don't Buy

Adopt a pet from a shelter or rescue facility instead of buying. This has a cascading effect: Puppy mills will have reduced demand, fewer animals will be bred for profit, and much-needed available space will open up in shelters — where many pets are being euthanised every day simply because there isn't enough room for them all. Remember puppies are cute and lovable until they grow up! Make sure you understand the responsibility that comes with owning pets.

## Check the Labels

Do your existing products use eco-friendly materials and packaging? Check the labels to see what is inside the product and if the bottle or container is recyclable or made of biodegradable materials. Stuck with plastic? Recycle after use.







### Bulk Up

Buy in bulk to reduce packaging waste and trips driving to the shops. Check the expiration dates on large quantities to make sure it will all be consumed before it goes bad.

### Spay and Neuter

Choosing to spay or neuter your pet will help prevent unwanted litters, reduce overpopulation and ease shelter overcrowding. Shelters may offer reduced-cost or free services from time to time.

### Cut Out the Chemicals

Reduce the chemicals in your home by making your own cleaners and deodorizers. Instead of spraying over a pet smell, you might already have everything you need right in your pantry.

### Where's the Beef?

Beef production reportedly uses more resources than other forms of protein, such as chicken or rabbit. Switch to a pet food based on proteins other than beef.



### Check Your Flea and Tick Medications

Like you do for your human children, the same should apply to your fur children. Make sure to choose medications that pose the least risk to the health of your pets and your household. This will help prevent or reduce health-care costs.

### Natural Grooming

As we know, regular shampoos and conditioners are filled with harmful chemicals that can harm your dog's skin as well as the environment. These chemicals can cause allergic reactions and can cause water pollution when flowing down the drain. Use

eco-friendly, biodegradable, free from chemicals, colouring and preservatives.

### And last but not least... Tag 'Em

Be sure to either microchip your pet, fit her with a very comfortable and name disk with all your information on it – just in case your baby gets lost. A microchip is easily scanned and if your contact details are on the pet identification disk, you're just a phone call away. These options are far more cost-effective and eco-friendlier than printing out a "lost pet" flyer and sticking them all over your neighbourhood! BV





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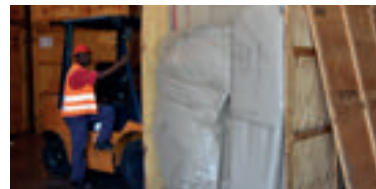
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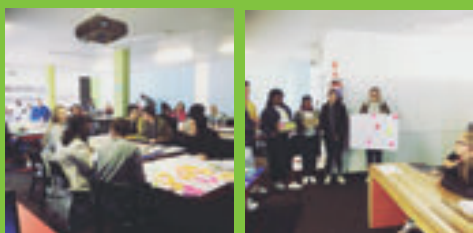
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Vanessa Pillay	Century 21	082 419 3698	vanessa.pillay@century21.co.za
Bev Meerholz	Engel en Voelkers	082 443 2952	bev.meerholz@engelvoelkers.com
Liesl Maddock	Pam Golding	082 411 9888	liesl.maddock@pamgolding.co.za
Lizinda de Beer	Remax Jowic Centurion	082 903 8843	lizindadebeer@remax.net
Tuula Laycock	Seeff	082 859 7819	tuula@live.co.za
Skoko Sebola	Leap Frog	082 682 9242	skoko.sebola@leapfrog.co.za
Fleur Franco	RE/MAX Central Midrand	082 300 6134	fleur@remax-central.co.za
Ray Pasteris	Sothebys Realty	082 577 6389	rayp@sothebysrealty.co.za

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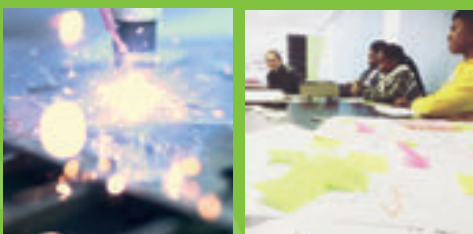
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# THE PEN IS MIGHTIER THAN... WELL... ANYTHING ELSE.

KELLEY BLOEMINK, HEAD OF ACADEMIC SUPPORT –  
CORNWALL HILL COLLEGE

**In a world that is largely governed by technology, it is no surprise that education is at the mercy of the electronic device. But is technology in the classroom really making our children smarter?**

**I**n many schools, textbooks are no longer available in hardcopy and most learning material is now accessible in a digital format. Whilst this sounds globally favourable and creates the image of students' preference for technology, it does not necessarily translate into better learning outcomes.

Many parents are sold on the educational punt of "preparation for the future" (which is simply a marketing technique) whereas the basis of education still relies on the creation of conducive learning environments that encourage interaction with learning material. The onslaught of technology into schools has been explosive: Many schools are not prepared for the demands of technology and try to implement programmes and structures that extend beyond the realm of what is

necessary or relevant to real teaching; and some schools misinterpret the function of technology in the classroom and tend to over capitalise on its ability and expectation.

The investment in classroom technology sometimes surpasses the traditional purpose of education: to teach. Many teachers idealise the use of technology in their classrooms as a means to an end, and praise the iconic device for its supposed ability to boost the learning experience. This leads to complacency and the very possible demise of the presence of a human teacher. If learning digitally is so prolific, why are we not creating more intelligent students?

There is undoubtedly a place for technology in the classroom, but total reliance on it is not advisable. Education seems obligated to maintain the advance of technology, but fails to advance itself. How can we expect our world-wise students to tackle an "old" curriculum using new technological principles if we fail to teach them how to

use these devices favourably? We live in a society that has advanced phenomenally but education has stood somewhat still. Essentially, many of us are teaching old principles to a new-age student. Technology is most definitely here to stay but the concept of "too much, too soon" is unfortunately a reality within many educational institutions.

More so, teachers are often on the back foot when it comes to the expectations of school management and policy makers. Teachers are expected to simply implement digital learning in response to an outdated curriculum. More so, teachers cannot teach effectively if they, themselves, are not given the tools to function in a digital classroom. Often, the onus is on the teacher to explore digital learning and create meaningful inclusion of electronic material. It would seem that the invasion of technology into the classroom has not quite mastered the art of actualisation.

The art of teaching students HOW to learn is influenced by the tools we give them. If we give them a pen, they will write; if we give them a keyboard, they will type. Does it matter what tools we give them in order to learn, or can we safely say that they will be able to learn, no matter the equipment? Much research is underway in exploring the differences between reading print and digital media, and it would be wrong to assume that students will automatically receive improved education by digital reading simply because we believe it to be so.

Learning is a spontaneous activity and generally happens without conscious thought. We learn through a variety of mediums and experiences and often pay little attention to the new knowledge we are acquiring. Studying, however, is an active process and requires conscious thought. It demands more engagement with the learning matter and deeper comprehension. The ability to comprehend study material is influenced by the medium: the environmental reason for going paperless is noble but the demise of the printed word endangers our students' ability to meaningfully engage with information.







Because studying is an active process, it requires physical manipulation of information. Reading is passive and if students are simply reading digitally, they are not necessarily retaining information. Students learn better when they have access to tangible sources and are able to interact with the study material using their own hand. This is true for the classroom experience as well as the preparation for tests and exams. When students type their notes in class, they tend to type verbatim, shutting off the brain's desire to listen for meaning. Learning then becomes passive because the student loses

attention. An essential component of note-taking requires summarising, paraphrasing and concept mapping. Typing is simply copying.

Creating one's own study notes through palpable interaction with the material, assists in encoding the information, which improves the ability to process and retain new knowledge. When students study using printed books, they are able to page back and forth, make notes in the margin, colour-code and implement various other active processes. This in turn, leads to the creation of

unique and original study notes which make sense to the brain in which they were created. In order to learn optimally, one has to "own" the information and therefore, make it one's own: writing longhand allows the student to better conceptualise, understand and apply information. Long-term storage is thus achieved and students are able to retrieve information more readily.

Typed notes are often verbatim and far more extensive than longhand, demanding more reading time in order to wade through the "notes". Effective studying requires students to break information down into smaller, more workable chunks so that increased meaning and understanding is achieved. According to a research study by Mueller and Oppenheimer at the University of California (2016), it was found that longhand notes had superior processing, storage and encoding functions.

It seems there are still advantages to doing things the old-fashioned way, and until the human brain rewires itself to think and learn more digitally – and education revamps itself to address the digital status quo – the demise of the printed word and personal penmanship is most certainly not on the wane. In response to the vast amount of research being undertaken across the globe on the use of digital media, e-books and electronic learning in education, many new technologies are being developed to support digital learning, but until we are able to foster the same learning potential from a device as from our hand, viva the pen!

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