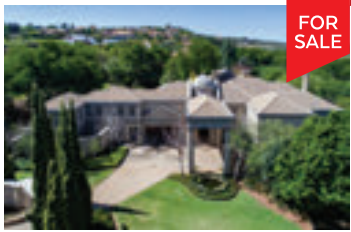


cornwall view



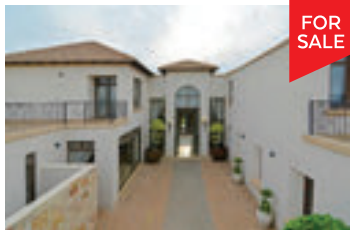
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• Cover photograph by Ivan Muller



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Dear Residents

These last few months were somewhat turbulent times on the estate.

We experienced the first security issues in three years when the fence was compromised, and some robberies took place.

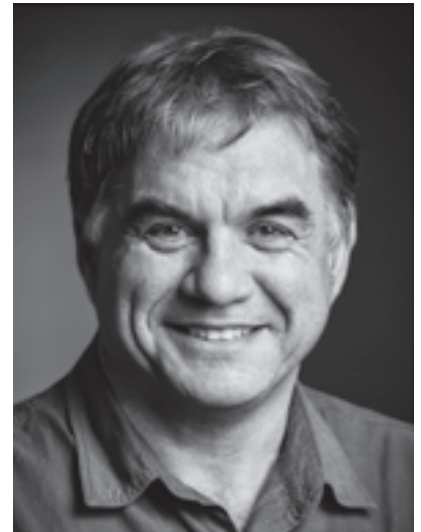
The directors responded with several measures regarding security. These include purchasing our own security bakkie as a replacement of the bakkie we rent from Protea Coin as it makes financial sense, but we also added two quad bikes to do more patrols and have a bigger visual presence.

We are also in serious discussions with service providers regarding fibre and thermal cameras on our perimeter. Residents will form part of final decision to be taken.

We have also experienced, and is still experiencing, many issues with stray dogs. If you are a dog owner, please take note that dogs are not allowed outside your stand if it is not on a leash and accompanied by someone.

It looks like many dogs run onto the road when someone enters or leaves a property. From the estate's side we fine perpetrators and communicate with owners when we know who the owner is. We are also involving the department of environmental health and the SPCA when needed, but it is the responsibility of every dog owner to make sure that his animal/s do not leave his property and becomes a problem for other residents and their visitors.

Any resident is welcome to bring any issue under my attention, but please do not ask the estate manager on the Facebook page for his reaction as I am not part of this group. Directors take decisions and when I inform residents of these decisions I need to do so in a formal manner. The proper manner to do so is per general email to all residents and tenants and not with a one-line answer on social media, read by only a few residents.



From time to time someone shows me some reactions of residents on the Facebook page that is simply not always true or show that the author does not have access to the full picture. It also sometimes looks like some residents intentionally want to undermine management on this page, which is a pity.

I simply fail to understand why some residents do not understand that all decisions taken by directors are aimed to manage – sometimes difficult – issues to make the estate a better place for everyone living here. All available information is obtained, then discussed and decisions are taken carefully. Directors are owners who volunteer their time to manage the estate.

The best way to communicate to me when you need to clarify something or if you have a complaint is to send an email directly to manager@cornwallhill.co.za or to Karina at reception@cornwallhill.co.za. Please be very specific regarding stand numbers and dates and times.

Regards

Dirk Heyns

Estate Manger

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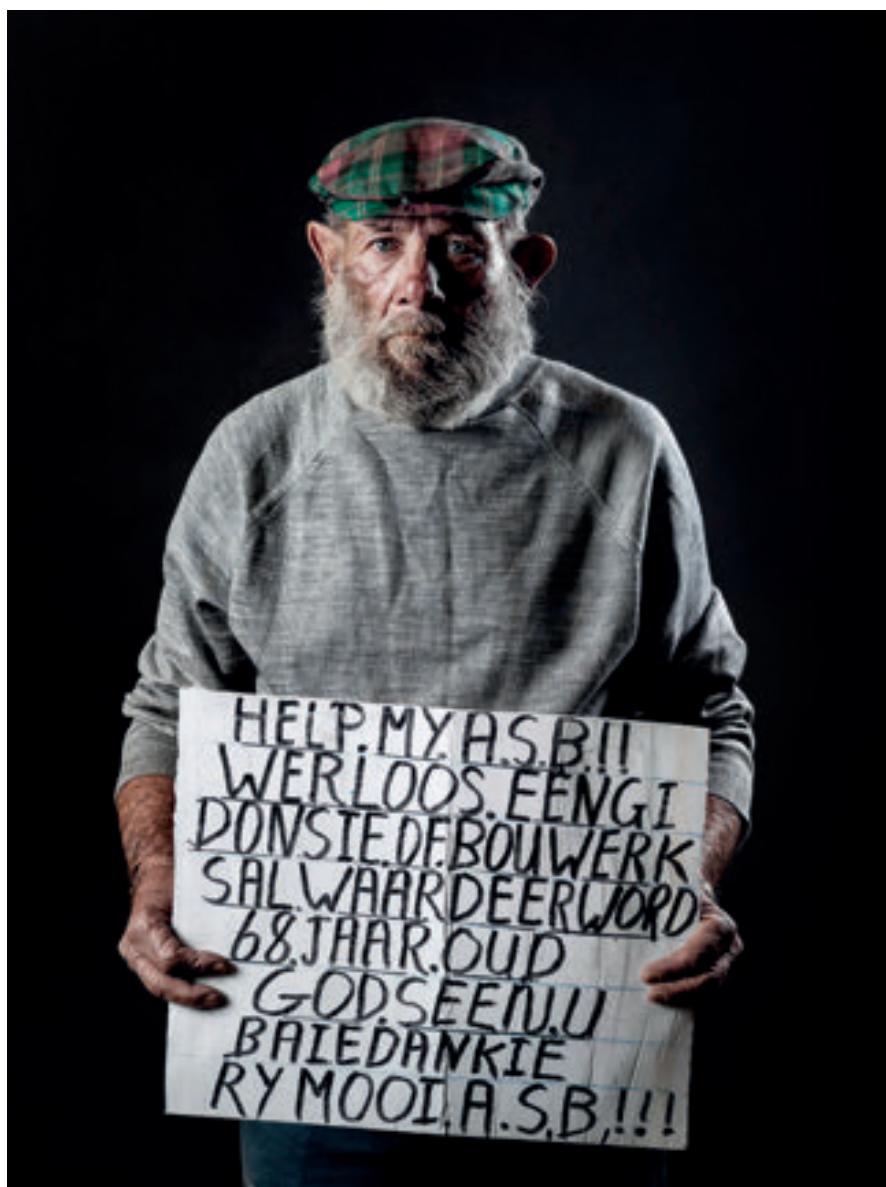
BY IVAN MULLER



These photographs are for illustration purposes only and does not infer any substance abuse by the individuals portrayed here

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Every day I drive past numerous people begging on the streets. This has been so for as long as I can remember. The public's reaction to this has been quite varied, from 'they are just too lazy to get a job' to displaying great sympathy for people that find themselves in a situation beyond their control, because even Jesus said that 'the poor you will always have with you'.

A few years ago I got to photograph a few of these street beggars in my studio. Talking to these people I came to the conclusion that they all had some 'problem' that they could not manage, that a normal life was just too difficult for them and, that in a way they had given up and eventually landed up on the streets. That they were just 'too lazy to work' did not ring true because from where I was sitting in the luxury of my air

conditioned car, standing in the sun for hours a day humiliating myself for a few cents from the public looked like very hard work to me...

PERCEPTION VERSUS THE FACTS, AND A REALITY CHECK

But of course it turns out that the facts are completely different from our perceptions. In the Tshwane area alone there are about 6000 street beggars and they earn between R300 to R3000 each per day and for more than 80% of them all of it goes to support a drug or alcohol dependency.... This can total up to an average of R 4 million per day! Many of these street beggars are also pushers, which makes the problem even worse. There is a vast network of drug dealing on almost every street corner in Tshwane. Where does this money ultimately go to? Lining the pockets of the drug dealers of course. This is quite a statement to make and you may well ask where do I get this





info from and how accurate is it?

'N BOER MAAK 'N PLAN

Solidarity's Helpende Hand initiative has done the research and has been involved with our city beggar problem for a number of years. He knows the facts, the scope of the problem and most importantly they know how to effectively deal with it. Anton Smit, the chairman of the Centurion branch of Solidarity's Helpende Hand, tells me that these people land up on the street because of their drug and alcohol addiction and the public are keeping them there by our irresponsible cash and other donations.

WE ARE PART OF THE PROBLEM!

To educate the public into giving correctly Solidarity's Helpende Hand launched an initiative called #geereg. The aim of this initiative is for the public to give money to the organizations that are there to help and have the experience in how to help effectively, rather than putting money, clothing or food in the hands of the street beggars that they will sell for drugs and alcohol. How do we give correctly?

By buying a meal voucher. Each voucher can be exchanged for a meal and this gives Helpende Hand the chance to interact with the individual, build up trust and eventually cultivate them for rehabilitation. Most of the people helping at the food stations are ex drug addicts that have been rehabilitated through the efforts of this initiative.

REHABILITATION

Once these lost souls are ready for rehabilitation they start a tough rehab programme at Moeggesukkel (a non-profit organization in



Raslouw) which endeavours to help people break free of drugs and poverty. Even if there is a relapse Moeggesukkel has a special programme that caters for this.

Right from the start of the rehabilitation programme the individual is placed in a work team to maintain the facilities and afterwards is placed with specific companies that support Moeggesukkel and understand how to handle these ex-drug addicts.

Since 2015 more than 160 beggars have been rehabilitated and placed with companies where they now earn money, are off the streets and have a much greater measure of self-respect.

WHERE CAN I BUY A VOUCHER?

1. Image Profile: 21 Estcourt Street, Wierda Park
2. Moeggesukkel: 114 Erasmus Ave, Centurion
3. Eldoraighne Slaghuis - 57 Mulders Mile, Eldoraighne
4. Charity shop van Helpende Hand: 86 Bothalaan, Lyttelton
5. Maretha Skooluitrusters in Clubview
6. Fish2Go in Lyttelton winkelsentrum
7. NG Kerk Wierda Park
8. Kerksondermure
- 9 & 10. The Reformed Churches in Centurion and Rooihuiskraal

So there you have it. Give money to the street beggars and the chances are 80% that it will keep them on the streets as drug addicts or give correctly and we can start to become part of the solution. Helpende Hand and Moeggesukkel have more worthwhile initiatives and I will be featuring them in future issues of our magazine.

Website: <https://geereg.co.za/> tel: 012 644 4390 e-mail: geereg@helpendehand.co.za

Moeggesukkel Rehabcenter 073 329 5174

The Cornwall Hill estate directors recently decided to purchase a Ford Ranger bakkie as well as two 250cc Honda quad bikes.

The bakkie will serve as security vehicle and will replace the bakkie that we are renting from Protea Coin. Over the long run it is more cost effective to purchase our own security vehicle than to rent such a vehicle.

We branded the vehicle with our estate logo and added four spotlights what help when inspecting the perimeter fence when we drive outside and the walls and fences of residents when we use it inside. It is parked at the main entrance for easy access as well

as to act as a deterrent for possible perpetrators.

The purpose of the two quad bikes is to do more patrols outside of the fence – especially after the spate of incidents recently. They do not replace the patrol vehicles that Protea uses.

Johan Visser and his team cleared a large area of vegetation on our eastern border to help with visibility at night. They also build steel structures over the two storm water pipes in front of the military achieve next to our eastern perimeter wall so that our patrollers do not have to use Nellmapius road while doing patrols. Even the bakkie can drive over these structures.

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Tlou Manaka & Sipiwe Ntombeni

SECURITY



Peace Moncho & Jacob Tekane

VEHICLES

the big picture

ZION CITY

Moria near Polokwane.

The Zion Christian Church (ZCC) is one of the largest churches in Africa with a membership estimated at more than 15-million. This aerial photograph was taken on the Easter weekend in 2012.

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SA EXTREME

BRENDAN
CROFT
STUDIOS



Renzo Venturi is a former Cornwall Hill College student and Cornwall Hill resident

After matriculating in 2015, Renzo and his twin sister, Sabrina, went travelling to England and Europe for the best part of 2016. Their very limited, self-funded experience meant eating the cheapest food they could get their hands on and this was definitely not the healthiest.

"We were working in London at the time of our birthday, and one of our food highlights would definitely have been an entire parma ham leg... bone in... hoof on... arriving via a courier service on our doorstep. This was compliments from mom, who found a GROUPON special in Spain and had this delivered to us (from Spain with love). We ate parma ham for weeks on end... not a healthy option either but, oh, so delicious".

When they returned to South Africa, rather out of shape, they both hit the gym armed with a healthy eating programme and soon started reaping the rewards. This transformation was just what Renzo needed as encouragement to keep pushing with his dream of entering a fitness competition. Renzo is not a big lad so 'body building' categories are not really for him, but he has always been athletic and decided that an 'athletic'

category would be most suitable. Once this decision was made and his target competition event identified, the hard work really kicked in. Besides the obvious, regular (try daily) workout sessions, the six weeks leading up to the competition date were really tough.

The easiest way to get through the first 4 weeks was to eat the same food day in and day out, prepared the same way day in and day out.

"I felt as though I spent my entire day in front of the stove," says Renzo.

"Breakfast was cooked oats and plenty eggs. This was followed by a mid-morning snack of tuna and a bit of mayo. Lunch time was cooked fish, vegetables and sweet potato, and an afternoon snack of cottage cheese and baked potato... and just in case he hadn't eaten enough for the day, dinner followed with beef fillet and mixed vegetables... "and by 8pm I was looking for something else to eat – eating every two hours had become the new norm".

The final two weeks made swallowing difficult... basically the same food as the first 4 weeks but... NO SALT... NO SPICES... NO OIL ... NEVER ANY SUGAR.

The time had arrived, the competition

was two days away and he wanted to withdraw!

The sudden realisation that many athletes use performance enhancers and that he would probably be the smallest kid on the block was driving him to just throw in the towel before even competing. His family, friends and trainer Jean Louw Kuun provided the necessary encouragement. After all that disciplined eating and determined preparation, there was no way he could quit!

Competition day had finally arrived in earnest...

The SA Xtreme competition (affiliated with the International Federation of Body Builders) was held in Pretoria on the 16th June.

Renzo entered the Men's Athletic Fitness category for over 178cm, was placed first and then went on to win the Overall Men's Athletic Fitness title after competing against the other first place winners.

"I had no idea what to expect from this competition, I went there to enjoy the experience and learn from it. Winning the two titles was an awesome bonus".

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FAT LOSS & EMS

If you've ever seen one of those low-rent infomercials that punt hand-held electrical muscle stimulation (EMS) devices as an easy, convenient approach to literally shocking your way to less fat, all from the comfort of your couch, then you'd be forgiven for being sceptical.

While there's certainly no easy way to achieve the body of your dreams, don't dismiss EMS out of hand. In fact, *COMMERCIAL EMS TECHNOLOGY HAS THE POTENTIAL TO DRASTICALLY REDUCE THE AMOUNT OF TIME YOU NEED TO COMMIT TO EXERCISE EACH WEEK*, while delivering results that exceed those many achieve with conventional training. Don't be fooled, though, you'll still need to work extremely hard during an EMS training session, but the returns on the time and money you invest can be exponential.

MORE ACTIVATION PER REP

The reason why EMS is so effective is its ability to stimulate involuntary muscle contractions. Depending on the strength of the current and its duration, an EMS machine has the ability to fire all the motor neurons in a targeted muscle simultaneously to create an intense contraction.

These involuntary contractions are

very different to the voluntary muscular contractions that we use to move our bodies during exercise. Voluntary contractions are controlled by the brain and tend to undulate through a muscle in a wave to generate a coordinated, directed force. Very seldom, if ever does the brain allow the body to work at or very near its maximum capacity during these types of muscle contractions. This is part of our innate survival response – the brain always tries to keep some energy in reserve and seldom activates our full physiological potential, unless we find ourselves in a life-threatening situation.

For these reasons, maximal EMS-induced involuntary contractions can be up to 30% higher than a maximal voluntary contraction from conventional training, according to various independent studies. This is made possible because the direct stimulation of muscle with an electrical current bypasses the brain and central nervous system.

TARGETED BENEFITS

EMS has an additional benefit on cellulite and other areas commonly plagued by stubborn body fat. It's often poor circulation that inhibits our ability to lose fat in certain areas, as well as an inability to directly target those areas with exercise. EMS addresses both issues as it improves circulation.

In terms of cellulite, it is a build-up of oestrogen and collagen under the skin that causes that unsightly lumpy effect. Every woman knows how difficult it can be to get rid of this, and losing weight or body fat does not always guarantee that your cellulite will disappear. In fact, for some the appearance of cellulite often gets worse following significant weight loss. With the EMS device we can precisely target these areas to break down the collagen fibres. Added to this is the fact that the muscle activation induced by EMS boosts testosterone, which improves a women's testosterone-to-oestrogen ratio. This can have a dramatic effect on the appearance of cellulite, in addition to a whole host of other metabolic and muscle-building benefits.

METABOLISM BOOST

The intense involuntary isometric contractions stimulated by EMS technology improves conditioning by increasing muscle volume and density over time, which improves tone and body composition. EMS training also helps to boost a person's metabolism, helping them to burn more fat, even at rest. By recruiting and activating more muscle fibers during each session, and building more muscle over time, a person's resting and active metabolic rate increases, which means they burn more calories throughout the day. EMS also boosts the metabolism of intramuscular fat to fuel those intense contractions. This happens because the fast twitch muscle fibers that are activated to the greatest degree with EMS training have much greater energy demands. As such, we find that body fat levels tend to drop a lot quicker when using EMS. *THIS EFFECT ALSO IMPROVES AESTHETICS DIRECTLY AFTER A SESSION, MAKING IT A POPULAR TOOL FOR THOSE LOOKING TO IMPROVE THEIR APPEARANCE FOR A SPECIAL OCCASION.*





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The Meadow Green Restaurant has also enjoyed some attention with an extension to allow for additional guests whilst still retaining its romantic, luxurious feel.

To the right of the restaurant is a gorgeous new conference room with its own deck overlooking the beautiful lake? Seating up to 220 guests, African Pride Irene Country Lodge, AUTOGRAPH COLLECTION® is looking forward to welcoming existing and many new clients to enjoy this state-of-the-art facility.

Nestled on the edge of the Lodge's natural forest, 48 new Superior Rooms boast the creature comforts that the Lodge is renowned for with relaxing forest facing views. With a new total of 123 rooms, African Pride Irene Country Lodge, AUTOGRAPH COLLECTION® is excited to welcome more guests to enjoy this haven of peace and tranquillity.

Pop in for a visit or better yet, book an overnight stay. Experience the royal treatment first hand.





Visit to Tower Bridge



UK CRICKET *Tour*

The UK cricket tour is a totally unique experience!

We are extremely privileged as a Cornwall Hill u/13 cricket team to have travelled abroad.

I loved this tour, as I got to go and play the game I love in different conditions and formats. We explored different cities and traditions and overall it was just absolutely amazing. It was the best time of my life and something I will treasure forever.

We were hosted by such awesome families and that is probably one of the best parts of the tour, because you get the chance to make lifelong friends. The people I was hosted by I have kept contact with since I left the UK. In this tour there were times of nervousness, pain, fun and pressure, yet that's what made this tour this tour. It wouldn't be fun to look back and say everything was fine, but it wasn't... it was purely amazing.

I would like to emphasise again that we were very fortunate to be selected to go for our school, our Province and our country. The reason I say that, is when they asked where am I from, I would say, South Africa. The way we acted would reflect on all of those things I mentioned. The memories made on this tour were incredible, because when will I ever have the chance to go play cricket with my friends overseas in one of the greatest countries to ever play cricket again.



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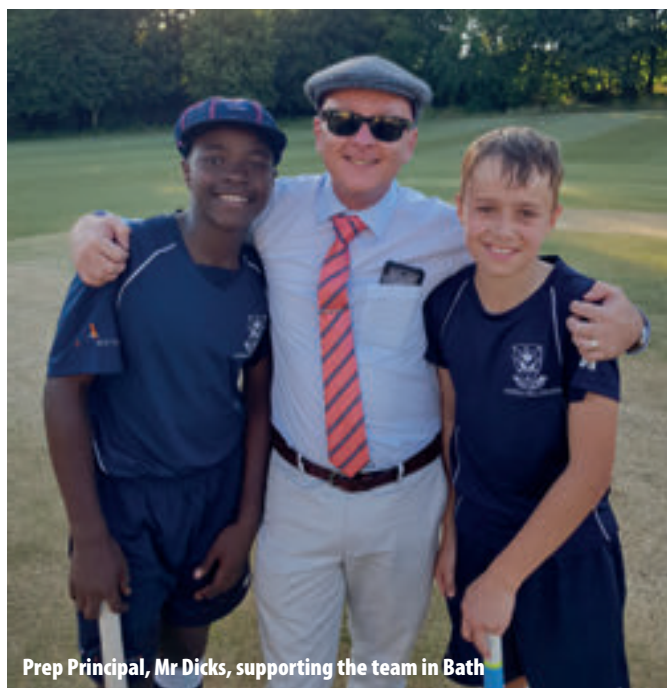
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Match 1 vs Bedford School in Bedford. Alastair Cook's former school.



Prep Principal, Mr Dicks, supporting the team in Bath

The places we went to were amazing. We went to Thorpe park where there was a massive roller coaster and I will never forget that because I went with Coach Brownie, Reice, Luke and Thebe. They were all so thrilled to go on this ride, although Reice and I were scared to death. What a experience is all I can say... We visited the home of cricket as well and learnt about the history of this game and everything about the ground.

Last but not least, we would like to thank our parents, Mr van Velden and Coach Brownie for this amazing opportunity.

- Cameron Walker



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5 beds, 3 baths, 4 living areas, a study with loft, spacious outdoor entertainment area overlooking sparkling pool, double garage & staff quarters.
R3 990 000
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MIDSTREAM ESTATE



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It is important that you understand and agree to these Terms and Conditions in order to make use of the 3 Months Free C-Fibre With black Winter Promotion (the "Promotion"). Customers signing up for C-Fibre during the Promotional Period will receive the first 3 months subscription for free. Cell C's C-Fibre Terms and Conditions also applies to the Promotion. The 3 Months Free C-Fibre with black Winter promotion will offer customers uncapped fibre, 3 months free subscription, a free black Set Top Box and 3 months free access to 2000+ Premium entertainment package on black with access to over 60 TV channels, local and international movies, series, music videos, HD shows, documentaries and much more. The Promotion will run from 1 June 2018 to 31 August 2018 (the "Promotional Period"). The Promotion only applies to 20Mbps line speed services and above. Subscribers that sign up for C-Fibre on a 25Mbps line speed and lower will not qualify for the C-Fibre with black Winter Promotion. Upon successful application for C-Fibre with black Winter Promotion, Cell C will deduct an equivalent of one month's subscription fee (plus any other applicable costs) immediately from the customer's credit card, as an upfront payment for the C-Fibre with black Winter Promotion service. The C-Fibre with black Winter Promotion is not applicable to the C-Fibre Connection tariff plans and any future bundled services offered on C-Fibre. The Promotion is only available to new C-Fibre customers that sign up for C-Fibre during the Promotional Period. The Promotion is valid across all the fibre networks where C-Fibre is commercially available. Customers that subscribe for the C-Fibre with black Winter Promotion will not be allowed to downgrade their line speed. The Promotion will apply for 90 days from the date when the C-Fibre service is activated. E&OE applies.

smalls

This is a free estate-related service to residents only and only for personal use. If residents would like to advertise their businesses, please refer to Service Providers. Please note that we require all ads to be re-submitted for next issue. Send your smalls to gerdie@eiapublishing.co.za or contact 082 556 9663.

• CORNWALL HILL SHUTTLE BUS

Do you know that there is a 22 seater CORNWALL HILL SHUTTLE BUS that ferries our domestic staff to and from Irene station daily?

The shuttle runs weekdays from 06.15 - 8.30 fetching staff at Irene station, and delivering them to various points close to your home within Cornwall Hill.

In the afternoon, the bus again collects from near your home and delivers to Irene station, 3 trips, starting at 15h00.

The bus is also available for trips on the weekends or evenings for functions, and to Johannesburg or surrounds.

For more info, please call Peter Morey or Hannelie on 012 667 1676, or email us at photoman@icon.co.za, or visit us at 1 Middle Hill Road, Cornwall Hill.

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Contact Solly on 072 195 0147, or Kimon on 081 354 0779 for a reference.

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Contact Suzanne Swanevelder at 083 2541 903. Stand 631, Cornwall Hill Estate.

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Pretorius Park x13, Pretoria East.

• PART-TIME GARDENER

William, cell 073 0529485, is looking for gardening work on Wednesday, Friday and/or weekends. William has been our gardener for 16 years in Irene and in the Centurion Golf Estate. Please contact Sue at 082 959 6316 for a reference.

• HANDYMAN

House painting, roof painting, tiling building, electricity, plumbing, general maintenance etc. Please contact Gift 071 831 9038.

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Security: Click on	060 975 2214
Security: Emergency Only	079 575 4472

Estate Management and Administrative Office	
Estate Manager: Dirk Heyns	082 306 5767
Telephone:	012 667 2938
Facsimile:	012 667 5749

Maintenance Manager:	
Johan Visser	083 660 2518

EMERGENCY NUMBERS

JOC (sector 3 joint operations centre)

079 528 1630

Unitas Hospital

012 667 8000

Lyttelton Police

012 664 5201

Electricity (After Hours)

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Water (After Hours)

012 358 2111

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- Grenada has a source-based taxation system.
- Citizens who are tax resident in Grenada are not subject to Grenadian tax on their foreign income, nor do they pay any wealth, gift, inheritance or capital gains tax.
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Tel: 0828923275 Email: Oosthuizen@kawanabay.com.**