



# DAINFERN

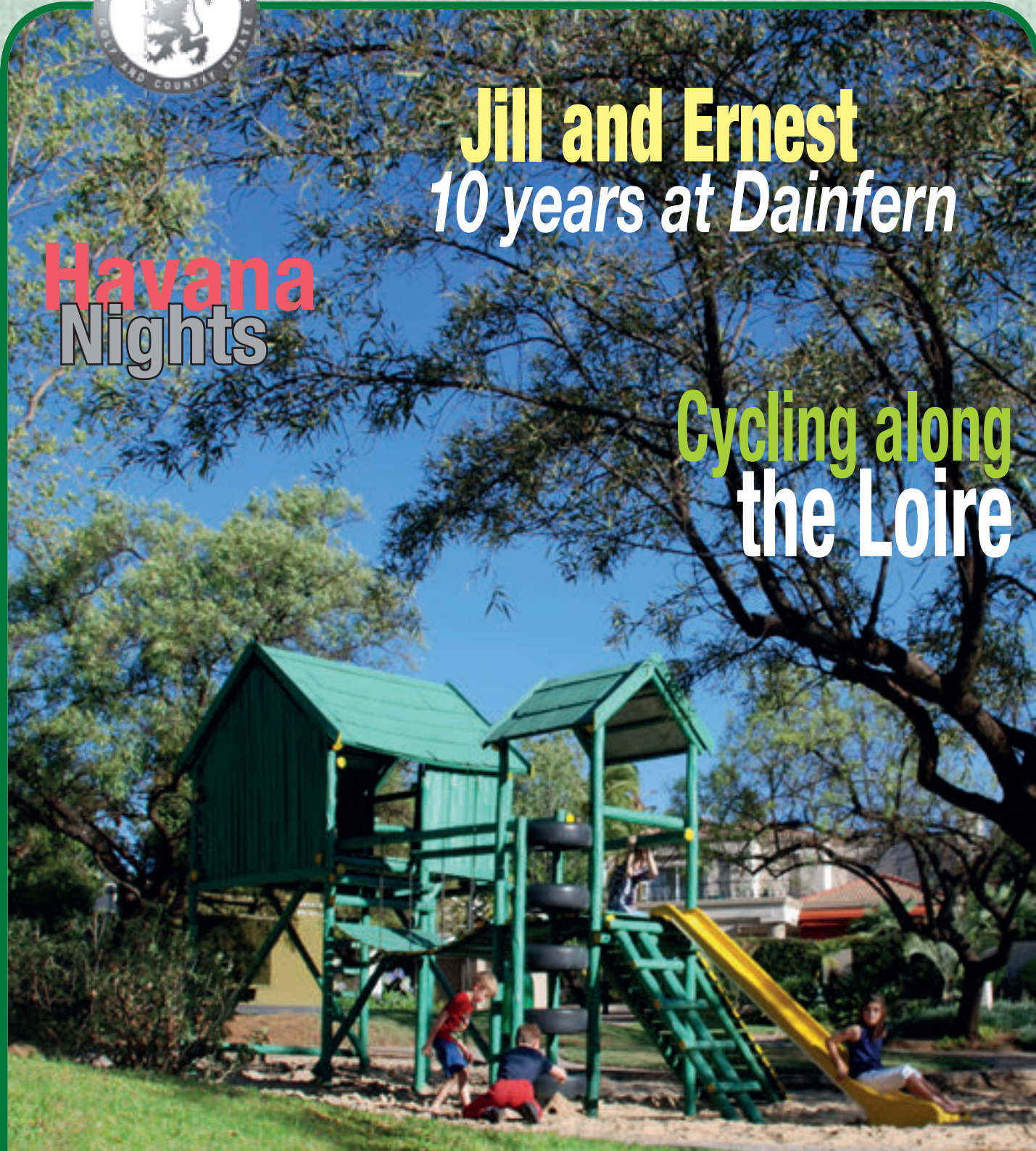
SECURE LUXURY LIVING ISSUE **11** 2015



**Jill and Ernest**  
*10 years at Dainfern*

**Havana**  
Nights

**Cycling along**  
the Loire



***National Sea Rescue Institute***  
saves Lives



A holiday wish from our family to yours.  
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Dainfern Magazine is published by EIA Publishing (Pty) Ltd on behalf of Dainfern Estate and in association with the Dainfern Homeowners Association. The opinions expressed are not necessarily those of the Dainfern Homeowners Association, the Estate, the publisher, nor of the companies themselves ● EIA Publishing Office: 011 327 4062 ● www.eiapublishing.co.za ● Publisher: Nico Maritz nicom@nowmedia.co.za ● Editor: Bev Hermanson 071 205 9502 bevh@tjmedia.co.za ● Marketing Manager: Martin Fourie 072 835 8405 martin@eiapublishing.co.za ● Advertising sales: Jeff Malan 079 369 9121; ● Production co-ordinator: Anna Sawa eiaads@nowmedia.co.za ● Design: Diane van Noort d2vn@mweb.co.za



MESSAGE FROM  
THE DAINFERN HOMEOWNERS ASSOCIATION

# Wishing you Happy Holidays



A busy year is almost behind us and we are looking forward to a relaxing break over December. We hope that you have a wonderful, peaceful holiday and from the Board of Directors, DCC Committee Members, Management and Staff we wish you a blessed and happy Festive Season.

The DCC Extraordinary and the DHA Special General Meetings were held on 16 November 2015 where the DCC General Committee vacancies and the DHA Board of Directors vacancies were filled as follows:-

The DCC General Committee is made up of the following members:-

- Mr Gabriel Reeder (Elected at meeting held on 7 October 2015)
- Mr Richard Attwell (Golf Chairman)

- Mr Andre Bam (Golf Captain)
- Mr Michael McBain (elected at the meeting held on 16 November 2015)
- The Chairman of the DHA Board of Directors (still to be elected by the Board).

The following members were elected to the DHA Board of Directors:-

- Mr Torbjörn Christensson
- Mr Mark Gilbert
- Mr JP Du Preez
- Mr Michael McBain

- Dr Bridget Orlop
- Mr Rob Scott.

The Chairman of Golf, Mr Richard Attwell, will serve on the Board of Directors, bringing the number of Directors to seven.

Please travel safely to your destinations and we look forward to welcoming you home in 2016. If you are not going away, enjoy the tranquillity of Gauteng! 🌍

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# A Decade of Service to Dainfern

Jill Terre'blanche and Ernest Mojapelo both received their 10 year service certificates last month.



Jill Terre'blanche

Having owned and run two successful businesses, spanning a period of 16 years, Jill was well qualified to take on the responsibilities of handling the admin at a large residential estate. For the first four years of working at the Dainfern Homeowners Association, Jill worked as an assistant to the Estate Manager. When he left, his duties were divided between Jill and the maintenance manager and she was given the title of Estate Administrator.

Jill is thoroughly au fait with the Rules and Regulations of the Estate and is the main contact person for the homeowners with regard to this information as well the Constitution of the Estate. She prepares booklets of the Estate Regulatory Documents for distribution to new residents and homeowners.



Jill with the Body Beat Team during the 80s.

She is also the person to contact about Building Rules and Regulations. All building plans are submitted to her to scrutinize before a meeting is arranged with the Architectural Review Committee. This saves much time if there are problems with regulations before the Estate architect sees the drawings.

One of her responsibilities is to ensure that the Estate rules and regulations are adhered to. She fields the complaints and does site inspections, sending out letters to Residents if anything needs to be attended to. She also has a good knowledge of the daily running of security and has worked closely with the different FSS security managers and has been involved with the tendering process of security and garden services.

She further puts together the show packs for the show houses and works closely with the accredited estate agents.

Jill went to Greenside High School. After matriculating, she was very active in the fitness industry, appearing regularly on television as one of the Body Beat girls on the SABC's early morning fitness programme that was aired in the 80s.

## ERNEST MOJAPELO

Ernest went to school in Alexandra Township. At school, he played soccer until, as a teenager, he discovered that golf was more to his liking. He started as a caddy at Parkview Golf Club in 1977 when he was 16 years old. After a few years, he got the opportunity to caddy on the Sunshine Tour - he caddied for 8 years on the tour, working with pros such as Peter Oosthuizen and Dale Hayes. He then went to Sun City, where he first spent a few years as a caddy before Sun City employed him as their Caddy Master. After 8 years there, he moved back to Johannesburg where he was involved with the Vodacom Caddy Foundation for 6 years. In 2005, he was offered the position of Caddy Master at Dainfern.

During his 10 years at Dainfern Country Club, Ernest has been involved in coordinating the caddies for many Golf Days, supervising as many as 80 caddies on a day. He says he has thoroughly enjoyed his time working at Dainfern and is especially appreciative of the golf club management team and the club members, who have always been very good to him.

Ernest lives in Soweto with his wife, Margaret, and their 3 sons.

Congratulations Jill and Ernest! 🎉



Ernest Mojapelo



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# NEW MEN'S GOLF COMMITTEE

The Men's Golf AGM was held on Wednesday the 4th of November and the following members were elected as the new Golf Committee:

- Richard Attwell (Chairman)
- Andre Bam (Captain)
- Shaun Thornton (Committee Member) and
- Alan Rex (Committee Member).

We would like to congratulate them and wish them all the best in their newly elected positions.



Richard Attwell



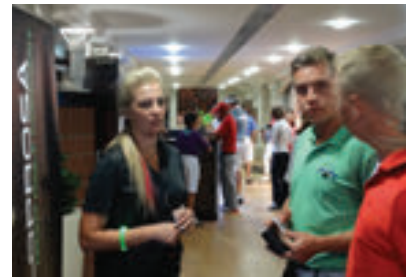
Andre Bam



Alan Rex



Shaun Thornton



## NIGHT GOLF

The Night Golf held on the 6th of November was an evening to remember. Hosted by GloProSA, the Night Golf Company, the event is planned to become an annual occasion, which is open to Dainfern Golf Club members only. The format was individual IPS and the event proved to be such a hit with the members that it was booked out within 3 days.



The theme for the evening was **BRIGHT**, **BRIGHT** and **BRIGHT** and players were advised to bring head lamps and torches.

After registration at the Concierge Desk, the ladies from GloProSA did a quick briefing to explain how the balls worked and the different colours on the course.

At 18h45 all the members went out to their respective holes for the 19h00 shot

gun start. Some members battled in the beginning as the lights from the golf carts made it difficult to spot the balls. The field was also a bit slow due to a doubling up on every hole but the members still enjoyed every minute of the event. Congrats to the winners of the evening:

Winner:	Nick Botha	19 pts
Runner up:	Ryan Spaith	19 pts c/o
3rd:	Jaquui Maharaj	18 pts c/o





# *Seasons Greetings*

*and a Happy New Year*

We would like to extend our gratitude for your valued support.

Wishing you and your family a blessed and joyful Festive Season and may you travel safely.

Let 2016 be filled with peace, love, joy and special family memories.



**The agents you'd recommend to a friend**

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# Christmas Gifts For Runners



## For The Shoe-Obsessed Runner..

### Running Shoes!!!

What better gift for a runner than a pair of trainers!?! That said, when it comes to running, footwear is a very individual choice, so selecting what to buy can be a veritable minefield. Reputable sports stores such as Sportsman's Warehouse can offer individual advice and gait analysis to help you find the perfect shoe. Sites such as [runningshoesguru.com](http://runningshoesguru.com) can also help with shoe reviews and recommendations. Perhaps the update to Nike's top selling zoom franchise, the cushioning and supportive Nike Zoom Odyssey is for you? Or maybe the bouncy and responsive Adidas Ultra Boost? Look out for new colourways in store in December. Plus don't forget, there's 10% off running shoes at Sportsman's Warehouse with your Dainfern Running Club membership card.

If you're looking for something a little cheaper as a gift idea, try sneaker balls designed to freshen up those smelly tekkies, or some new or coloured laces which can transform any shoe.

Christmas is almost upon us, but what to buy for the athlete in your life? Not to worry! Dainfern Running Club has a variety of hassle-free gifts for every type of runner 'wrapped up'.

## For The Long Distance Runner..

### Running Belts

Long distance often means 'things to carry' such as keys, gels and money. Running belts or pouches are therefore a given. There are numerous available, but my personal favourites are by RUNBAGS. Soft, pliable, durable, made in South Africa and from only R140. Visit [runbagsa.co.za](http://runbagsa.co.za).

## For The Organised Runner..

### The Nedbank Runners Guide 2016

Affectionately known as the 'Runners Bible', it contains comprehensive details of hundreds of races. 2016 will be the 25th edition. An ideal planning tool. Available at all major book and sports stores.

## For The Road Runner..

### ID Bands

For all sports enthusiasts, but road runners in particular, ID bands are the perfect gift idea. [Iceid.co.za](http://Iceid.co.za) can offer customised ID bands containing personalised details in case of emergency. They look great, give peace of mind and have saved lives.

## For The Dedicated Dainfern Runner..

### Vests, Shirts and Buffs

Dainfern Running Club still has club vests (R150), shirts (R100) and buffs (R90) available. Email: [dainferncr@gmail.com](mailto:dainferncr@gmail.com)

## For The Sentimental Runner..

### Pictures and photos

What about framing that special race number, image of a race map, favourite race picture, or even a motivational



quote taken from the internet? All you need is the image, and a frame to fit which you can buy from almost any store. Alternatively, any photographic store such as Kodak in Broadacres can help with printing and framing. Just make sure you leave enough time!

## For The Lapsed Runner..

### Gift Voucher

What better way to get someone back on track than a gift voucher?

They are available in all denominations from almost all retailers including Sportsmans Warehouse. What could be easier?

## For The Triathlete..

### Massage

With all those disciplines to take into account, a triathlete has to be in need of some TLC. How about a muscle roller, or even a massage as a gift?

Trigger Point can offer the latest in massage rollers of all shapes and sizes, designed to work with the biomechanics of the body and mirror a real massage experience. Available at Sportsmans Warehouse.

A sports massage itself is also an easy 'win' for any runner. Try Peaches & Cream just by the Cedar Road entrance to Dainfern.

## For The Social Runner..

### Runner's World Subscription

Keep your 'social runner' up to date with all the latest happenings by subscribing to SA's best selling running magazine. Visit [www.runnersworld.co.za/subscriptions/](http://www.runnersworld.co.za/subscriptions/) for details on 2016 subscription offers. At the time of going to press offers were available for Vitality Discovery members, and there are some free books when you sign up.

## For The Racer..

### Race Entry and/or a Race Pack

How about entering your runner for their favourite race, or maybe a qualifying race?



Have a search online (try [runnersworld.co.za](http://runnersworld.co.za) or [runnersguide.co.za](http://runnersguide.co.za)), or try the Runners Guide book for all the latest race information.

Alternatively, what about putting together a nice race pack? Pack energy gels, plasters, energy bars, jellybeans, wet wipes, Vaseline, energy drinks, toilet roll or water – whatever it is your runner likes to take to a race - to make an easy and much appreciated gift.

## For The Stylish Runner..

### Running Apparel

There's no excuse to let fashion slip when you're pounding the streets. Prints and brights are IN for 2016. For women, there are some fabulous printed tights and shorts. Try Adidas for some fashion forward print ideas. For men, try the Nike Miler printed running tee or vest. Alternatively, Asics has a variety of bright running tees to get yourself noticed. They are available at Sportsmans

Warehouse and all good sports stores. Prices vary.

## For The 'Techie' Runner..

### Polar Activity Bands

There are an increasing number of technological tools available to runners. Polar is a trusted name, however, they are having a new product launch just in time for Christmas. The Polar Loop 2 Activity Band looks good, and tracks daily activity, workouts and sleep. Look out for two new colours in late November, and one new colour in December at Sportsman's Warehouse.

## For The Trail Runner..

### Headlamp

With the increasing number of night trail runs in Gauteng, a headlamp is becoming something of a necessity. The name Petzl is synonymous with quality headlamps, offering a wide range to cater for every need. Try the classic Tikkina from R720 available at all good sports stores.

This is by no means the end of the gift ideas - what about tickets to a sporting event, bags, caps, socks, water bottles, reflective bands, sweatbands... The ideas are almost endless.

On behalf of Dainfern Running Club, have a very Happy Christmas and see you in 2016.

Happy Running!!  
(for more information visit our facebook page, or email [dainfernrc@gmail.com](mailto:dainfernrc@gmail.com))



# 2 Ways to sharpen your natural instincts



Nature Enthusiast Course

1

This is a part-time course designed for working business professionals and wildlife enthusiasts who are keen to learn about the bush from some of South Africa's leading experts.

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FGASA Level 1

2



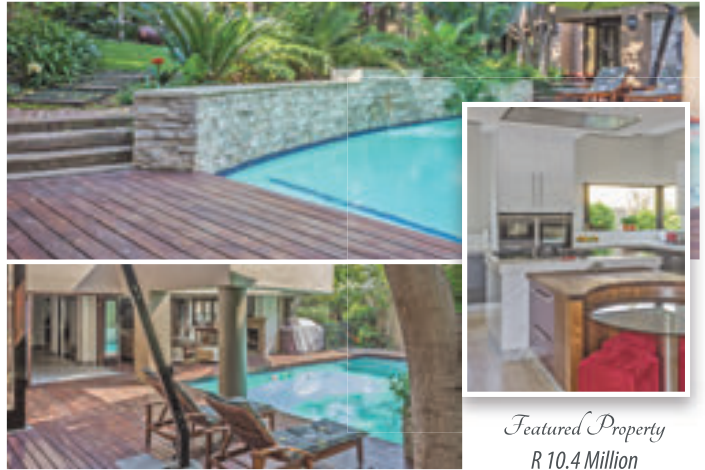
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# Gaye Cawood realty

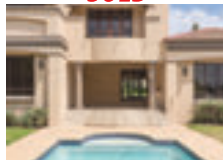


Featured Property  
 R 10.4 Million



Exotic, modern and luxurious  
 R 7.495 Million

**SOLD**



**SOLD**



**SOLD**



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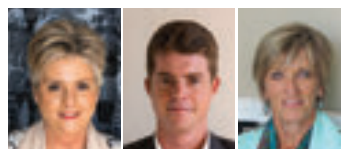
Since life is better with options, the freedom series let you choose between a low-emissions, 13.5-hp petrol power engine and a quiet, zero-emissions 48-volt electric drivetrain. With innovative features like the RXV's highly efficient AC drive and automatically applied parking brake, you'll have more flexibility on the road. So climb in. And let the excitement begin.

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 Gaye Cawood Realty would like to wish all the Residents and the Estate Office Staff a wonderful festive season!



# The Dainfern College Foundation community - enabling the spread of Christmas cheer

The Dainfern College Foundation is a positive driver of change, both within Dainfern College as well as the broader education arena, as it multiplies the impact of the College on the world around us.

The Foundation raises funds to ensure that Dainfern College remains at the forefront of independent education in South Africa. It has a fundraising strategy, known as the 'Celebration Campaign', to support three strategic areas:

- Our Community: to improve the lives of vulnerable and less fortunate children via education, an established feeding scheme and other outreach initiatives.
- Our Campus: to enhance College facilities to be a benchmark, world-class school reference over the long term, with a particular focus on sustainability.
- Our Continuity: to create a capital platform to sustain ongoing projects from investment returns.


The Dainfern College Foundation has two focus initiatives for 2016:

- To raise sufficient funds in order to increase the number of orphaned and vulnerable children the Feeding Scheme provides with food parcels and to supply them with these parcels



twice a month. The Scheme currently supplies food parcels to the children once a month.

- To initiate a higher consciousness on how we (individually and collectively) affect our environment and planet and how important it is to make small contributions to decrease our carbon footprint for the benefit of the world.

You are invited to join Dainfern College on this challenging but exciting journey of making the 2016 initiatives become a reality. The Foundation welcomes assistance in any form to make these goals a reality, whether it is your expertise, time or financial contribution. The more people on board, the more the impact of this education facility will impact on the world around us. 





For further information, please contact Mrs Tracey Blyth at [traceyblyth@dainferncollege.co.za](mailto:traceyblyth@dainferncollege.co.za)

The Dainfern College Foundation is a registered trust with Public Benefit Organisation status and is overseen by a competent Board of Trustees.

Contact: Mrs Deidré Proxenos, Marketing Manager: 011 469 0635 or [dproxenos@dainferncollege.co.za](mailto:dproxenos@dainferncollege.co.za).



**DAINFERN**  
*College*



Foundation

FROM THE GOLF PRO

# Scramble a Good Score

Part 2

Fairways are rarely dead flat and your ball has only to miss its intended landing area by a few yards to find a tangled lie in the rough or be blocked out by the trees. Even hitting the fairway is no guarantee of a perfect lie.

## AVOID WEDGES WHEN PLAYING FROM HARDPAN LIES

Tommy Horton recommends that, when playing from hardpan or a bare lie, you should avoid using a club with a wide or heavily flanged sole, such as a pitching or sand wedge, and instead use a club with a straighter-faced leading edge and thinner sole.

## FADE THE BALL FROM A FLYER LIE

“Weather and wet ground conditions invariably produce ‘flyers’ – shots that travel farther but bite less quickly than normal, due to reduced backspin caused by moisture on the ball and clubface,” notes Jack Nicklaus in *Jack Nicklaus’ Lesson Tee*. “One obvious way to counteract this is to take less club, but a more sophisticated and reliable way is to fade the ball into the green. The extra height and spin resulting from a straight out-to-in cutting action will generally counter-balance the effects of a wet ball and clubface.”

## STAND TALL WHEN THE BALL IS ABOVE YOUR FEET

Because the ball is actually a little closer to your upper body when you are playing a shot with the ball above your feet, you must adapt your posture a little to compensate. Tiger Woods says that a really great tip he uses is to think of himself as standing tall throughout the swing. This is crucial in helping you to keep your balance through the shot. Tiger also aims right of the target to allow for the fact that the ball will move from right to left from an uphill lie.

## IMPROVE FAIRWAY BUNKER PLAY IN STAGES

Tommy Horton recommends that you should improve your fairway bunker play in stages, starting with hitting the more forgiving lofted clubs out of the sand before progressing to the straighter-faced clubs.

## STOP AT A 4-IRON FROM FAIRWAY BUNKERS

From a fairway bunker, Tiger Woods advises amateurs against using anything longer than a 4-iron unless the ball is lying perfectly on the sand and sitting up nicely.



## USE KNEES AS SHOCK ABSORBERS

When the ball is below your feet, Nick Faldo says that you should try to use your knees as shock absorbers to create a solid setup and also to ensure that your shoulders can turn back and through comfortably.



Reference: The Best Golf Tips Ever by Nick Wright

You can contact Ed Holding on 011 469 0040, email: [edlin@telkomsa.net](mailto:edlin@telkomsa.net), or visit the Pro Shop on the lower level of the Clubhouse.



# Join us in celebration



25th December – Christmas Day  
Time: 09h00 to 10h00  
Venue: The Pavillion  
Contact: [dainfernfriendship@gmail.com](mailto:dainfernfriendship@gmail.com)



## funky adventures



### CHILDREN'S CHURCH

**Sundays**  
**10am – 11am**  
**Dainfern Clubhouse**  
**Hall A (meeting point)**



[dainfernfriendship@gmail.com](mailto:dainfernfriendship@gmail.com)

# FESTIVE SEASON SPECIAL

The Festive Season Package will be available to use from 15 December 2015 – 15 January 2016

- Purchase a package at R880.00
- A package enables you to play 4 rounds of golf on any weekday (including Mondays) and weekends during the Festive Season
- A great time of year to get in your additional rounds and improve your handicap
- No sharing allowed



Contact Vanessa on:  
[vanessa@dainfern.co.za](mailto:vanessa@dainfern.co.za)  
for additional information

• Bookings on 011 875 0421/2



# SEASON'S GREETINGS

Established 51 years ago, Seeff has grown from a small family business into one of the largest property companies in South Africa.

2015 was a very successful year for Seeff Sandton. We could not have done this without our clients, agent and administrative staff and thank all of you for your continued support during the past year. May you have a blessed Christmas and a Happy New Year, spent with family and friends.

**We all look forward to a super 2016!**

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JP Kriek 082 888 0005 | 011 467 3233

Rentals

Kerry Engelbrecht 071 966 8462 | 011 467 3233

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**Seeff**

# Havana Nights

Saturday 14th November 2015

The Cooking Club comprises a group of ten women of diverse nationalities. They meet each month to exchange cooking techniques, recipes and culinary experiences. Over the past 10 years, the ladies have pooled their skills and resources and organised successful fundraising events wherein they have cooked and entertained in total over 1200 guests and they have raised over R800 000!

The Cooking Club's current members are:  
Carrie Soverall, Caroline Thomas, Carolyn Pettit, Inna Shestopalova, Loubna Combalat, Lianne Scher, Dominique Pirard, Annemieke Keijzers and Sonia Desai.

In celebration of the club's 10th anniversary this year, a highly successful



event was hosted by Hitesh and Sonia Desai. All the cooking was done by the Cooking Club, following the theme, Havana Nights, which gave the cuisine a distinct Cuban character. Guests dressed to match the theme – the men in their

white linen suits and hats, the ladies in all sorts of colourful attire.

The event was supported by the Dainfern Men's Cooking Club who set up the cocktail and cigar bar.



In addition to the raffles sold by the enthusiastic young waiters and waitresses, there were silent auctions, a spinning wheel of fortune and some "guess the contents" competitions.

They raised over R300 000 this year, with 200 guests attending.

In the past, the Cooking Club has supported:  
Africa Ablaze, Witkoppen School, Vuselela, Witkoppen Health & Welfare Center and the Diepsloot Combined School. This year, they supported Vuselela Ulwazi Lwako and Little Eden. 🌍



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# Christmas cheer with Edu Fun



*Some of the Edu Fun Volunteers.*

The volunteers at Edu Fun got a head start in spreading the Christmas cheer when they hosted a party for the Diepsloot Combined School Grade 3 and Grade 4 learners of 2015.

**E**du Fun has been operating within Diepsloot Combined School (DCS) since 2003 and the registered NPO now has a number of ongoing projects. One of them is helping Grade 3 and Grade 4 learners in various ways and the end of the academic year is the perfect time to reward them with Festive Season cheer.

All the Grade 3 learners were treated to a special visit by Santa and enjoyed a

morning of party food, face painting and gifts, made possible by the generosity of donors and the volunteers.

Twenty Grade 4 learners were treated to a party meal and a juice to kick off their celebrations. No party would be complete without games, and the highlight for many of the children was playing 'pass-the-parcel'. Rapt faces eagerly awaited the pause in the music

and their turn to unwrap another layer of the giant gift. The excitement was electric as the surprise contained in each layer was revealed. The learners had also requested a game of bingo, a firm favourite used in learning throughout the year, and they were not disappointed.

Each child received a set of coloured pencils in a pencil bag as well as certificates of achievement to reward



*Pass-the-Parcel*





them for their hard work this year. This was also made possible due to generous donations.

During 2015, these grade 4 learners attended a weekly session of one hour with the Edu Fun volunteers. The main aim of these sessions is to boost their literacy in English, to facilitate their studies of all their school subjects. Oral, written and reading activities are used to consolidate the key concepts, usually within a fun theme or the context of a story.

The whole Grade 3 class has a one hour English session on a weekly basis, as do 20 carefully-selected Grade 4 learners.

Other Edu Fun projects include a sewing group which mends school uniforms as well as a health screening group. The latest and very exciting addition to the Edu Fun portfolio is the Further Education Project (FEP). Launched in 2013, it provides support for high school learners from DCS who wish to pursue further education and training on passing Grade 12.

In addition to raising finance for student living expenses (bursaries or sponsorship cover tuition fees), the FEP provides these fledgling university students with mentoring, help with applications, sourcing of laptops, clothing, bedding and towels. The FEP team also works closely with DCS high school staff to provide careers guidance for learners in Grade 12.



*Christmas party treats.*

Edu Fun has a great team of volunteers and donors. Thank you to all those who have contributed this year, either by giving your time or through financial or material support. We wish you a wonderful holiday season.

New volunteers and donors are always

welcome. Teaching or healthcare experience is useful, but not essential. If you are interested in volunteering or making a donation, please contact Avril Donnelly at [edufun@mweb.co.za](mailto:edufun@mweb.co.za) or check out the facebook page ([www.facebook.com/EduFunSa](http://www.facebook.com/EduFunSa)) or website ([www.edufunsa.co.za](http://www.edufunsa.co.za)).



# FEATURED HOMES



**R8,350,000** WEB REF: 21DN-1223  
NEWLY BUILT WITH TOP FINISH

Magnificent new Dainfern home with modern sleek lines. Sensationally different with expansive open plan living areas and aluminium stack doors. 4 large bedrooms, 4 bathrooms and a potential 5th bedroom or study. Lovely gourmet kitchen with caesarstone tops presides over the living areas. Double garage and staff suite. Gabion stone baskets and cladding complete this beautiful picture. Simplistic design for you to add your furniture. A home that is refreshingly different!



**R5,300,000 incl VAT** WEB REF: 21DN-1404  
4 BEDROOMS EN-SUITE. GREAT POSITION

Superb family home in secure Dainfern, positioned close to estate entrance and local school. Large kitchen, dining room, family room and separate formal lounge. Great patio and pool and established garden. 4 bedrooms en-suite and a large study or work-from-home office ensure there is space and privacy for all. Garaging for 4 cars and good staff quarters. This home offers good value and there is no transfer duty payable as it is a VAT inclusive sale.



**R6,450,000** WEB REF: 21DN-1233  
FOR THE EXECUTIVE COUPLE. FAIRWAY POSITION

A Dainfern home for the buyer who values style and elegance and desires security and privacy. Masterfully built with good finishes and positioned in a beautiful position overlooking the fairway, this is the perfect home for the executive couple. Spacious reception areas and a luxurious patio preside over a lush garden and sparkling pool. Offering 2 superb en-suite bedrooms, study, wine cellar, great staff quarters and 3 garages. This is a low maintenance home that is light and bright and is a rare find that will stand the test of time.



**R4,250,000** WEB REF: 21DN-1448  
EXCELLENT 4 BEDROOM HOME

Great Dainfern Ridge home offering 4 bedrooms, 2 bathrooms, study, 3 reception rooms, great patio and garden. Good kitchen with granite counters and ample cupboard space flows onto living areas and an excellent entertainers' bar is positioned adjacent to the patio, which has an area of wooden decking for extra room for entertainment. Great pool and established garden. A home situated close to the entrance of the estate and within walking distance of Dainfern College. Also offering 3 garages and staff quarters. An excellent opportunity to buy into this superb estate and to enjoy the top lifestyle it provides!



**R4,250,000** WEB REF: 21DN-0244  
SUPERB 4 BEDROOM HOME WITH DISTINCTIVE FINISH

Tucked away in the middle of Dainfern Ridge, this gem of a home exudes a feeling of quality and space with impressive high ceilings and high quality finishes. A lounge and dining area has a double sided gas fireplace and leads onto a neat gourmet kitchen. The 4 bedrooms and 3 bedrooms (2 bathrooms with travertine finish) lead onto a pleasant garden. A great north-facing patio overlooks the garden and pool. Also featuring a wine cellar and staff quarters plus double garage. A home offering something out of the ordinary - a must see!



**R7,900,000 incl VAT** WEB REF: 21DN-0514  
MODERN AND STYLISH. WITH SELF-CONTAINED FLAT

This family home is positioned in the beautiful Helderfontein Eco estate on an elevated corner stand with great views. 3 spacious sunny bedrooms, 2 modern bathrooms and in addition there is a superb self-contained flat (that could constitute a 4th bedroom) that is self contained. Four reception rooms in total with the downstairs areas arranged in a modern open plan manner, allowing for easy living and entertainment. A superb entertainers' bar is positioned adjacent to the patio. A pool and good sized garden are north-facing and private. 3 garages and staff quarters. Newly built and with fresh appeal, this is a must see! No transfer duty payable as it is a VAT inclusive sale.

**André Marx**  
083 411 7674

**Anne Copley**  
083 600 0566

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# End of Season Awards



Seniors Club Team of the Year winners of the Auto & General Trophy



Junior Under 9 Club Team of the Year winners

## The 2015 season has come to an end.

Not only did we have a great year end prizegiving thanks to our very loyal sponsor, namely Auto & General, who kindly offered to treat all our members and their parents to a lovely spit braai after the event, we had a record attendance this year and every kid received a trophy.

Our seniors side were presented with the Auto & General Floating Trophy as the best team in the club and the under 9s were awarded the Junior Team of the Year trophy.

Each of our 3 sponsors received a framed Dainfern Lions Shirt displaying their corporate logo as well as a plaque visible

in the frame with their company logo engraved on it.

The 2016 Season's registration opens on the 4th of January. This year, we have made it simple and both existing members and new members can register online. Visit our website [www.dainfernlions.co.za](http://www.dainfernlions.co.za) and follow the links on the home page.

To Contract Car & Truck hire, thank you for offering to provide the club with transport to take our under 17s and seniors to their away games. This is such a blessing as we really struggled this year and often forfeited points as a result of the lack of transport available as well as the cost associated with it.



Dave Kirner, Luke Cochrane and Chris Ochwat. (Luke, although only 8 years old, competed against under 9 and 10 year olds. He received the prize for the best player in his group).



Gavin Louw, Vice Chairman (left) and Nic Papas, Chairman (right) – Dainfern Lions FC



Kesiah Kodilinge with Danial Reece. (Kesiah received the prize for the best player in the under 13 division).

Mark White Nissan played a big role in sponsoring the football clinic during the July school holidays.

On behalf of the entire club, we would like to wish each and every one of you a peaceful holiday season, follow us on Facebook, be safe wherever you are going and happy holidays.

Cheers for now. 🙌





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# There's no place like Hommes



Motoring in Europe too expensive? James Clarke suggests an easy family cycling holiday along France's Loire River.

The Loire basin in north central France, downstream from the city of Tours, is essentially flat and an ideal terrain for the sort of coarse cycling that I and my five companions do on our annual *Tours de Farce*. Our mission statement compels us to explore Darkest Europe and to bring back to Africa tales of the funny natives there.

The landscape of the lower Loire River Valley has been smoothed over by millennia of periodic flooding and is famous for its splendid wines as well as pleasant little villages whose folk are forever cooking cordon bleu stuff.

During the train journey from Paris towards the valley I recalled an email accusing us of taking performance-enhancing drugs. It read in part: "Many of us have long been puzzled that a band of men with an average age knocking seventy can cycle for days across Europe quaffing wine and

sinking beers without any performance-enhancing substances." This was at the time when the *Tour de France* drug scandal broke and threatened to sink that famous race as surely as that iceberg sank the Titanic with Kate Winslet on board. This would leave our six-man *Tour de Farce* as Europe's premier cycling event.

As one of our companions pointed out, bicycles, like any other form of transport, need fuel – and as our stomachs are the bicycle's fuel tank we have to take in substances. Thus, a banana or a beer contains performance-enhancing substances. Peter Sullivan said that a banana will propel a bicycle for 12.7 km while a poached egg will be good only for 10.2 km. Sometimes I suspect he makes up these statistics.

We collected our hired bikes at Chinon on the Loire whose main square is dominated by a twice life-size statue of Joan of Arc in full body armour, riding a

plunging steed whose nostrils are flared like a rocking horse. Joan's sword points south where once the dreaded English twirled their moustaches provocatively.

It was in Chinon, in 1429, that 17-year-old Jeanne d'Arc managed to convince the future King Charles VII of France that he would defeat the English who then ruled France. Charles did in fact defeat them but it was only halfway



One of the quaint villages to be found in the Loire Valley.



*The cycling path along the Loire.*

through the Hundred Years' War which went into extra time – 116 years. Poor Joan was burned at the stake. She is now France's major saint.

The weather was perfect (it was May) and the scenery was gentle with lots of deep beech woods, open fields with young crops, vineyards, delightful little towns – often with open-air markets selling fat strawberries, shining vegetables, magnificent cheeses and fresh fish.

Our second night was spent in Saumur, an interesting and strung-out town along the Loire. Like so many towns in this region, it is dominated by an imposing chateau, this one owned by the dukes of Anjou. Our hotel, Anne d'Anjou, was splendid and the dinner was nothing short of excellent and we declared Saumur's sparkling Crémant de Loire brut excellent, too. In fact, we tended from then on to stick mostly to sparkling Saumur wines – vin mousseux – for they were light and reasonably priced.

Saumur distinguished itself during World War II when, on 10 June 1940, the French government fled Paris, quartering itself in the various chateaux along the Loire valley. Most of the chateaux were unconnected by phone,

so to say the government was in disarray would be an understatement. The Germans began bombing the towns to dislodge the French leaders. Winston Churchill flew in hoping to persuade the French to put up a fight and found nobody in authority. De Gaulle, radioing from London, pleaded with the French to put up some resistance. Alas, they fled even further south – except in Saumur, where the Ecole de Cavalerie under Colonel Daniel Michon with 3 000 cadets held out against 18 000 Germans for three days. The Germans, after France surrendered, publicly saluted the



courage of the Saumur cadets saying they were the only Frenchmen for whom they could feel any respect. (Where was Joan now that the French really needed her?)

Our third day was spent cruising along country lanes in warm sunshine deliberately taking a long way around to our next destination. We followed the Loire for a time before heading away from it and into the hills, pedalling through mixed woodland filled with birdsong and busy with squirrels. One couldn't really get lost even though there were many choices of routes.

After some time, we rounded a corner and saw the huge sixteenth-century farmhouse where we were spending the night – Le Vieux Chateau, just beyond was the village of Hommes, though the village is almost non-existent. There was more infrastructure on the farm and around its adjacent moated fort than in the entire village.

Our ride to Langeais the following day (36 km) was so short we were there by mid-morning, well before our luggage. We decided to do a 30 km detour to visit Villandry's famous garden with its hectares of horticultural geometry – a symmetrical patchwork of precisely designed flower and vegetable beds – even the cabbage patch was as geometrical as a chessboard. I couldn't help wondering how the regimented vegetables were utilised because the removal of just one cabbage for dinner would wreck the whole symmetry. I



surmised that the castle owner, Henri Carvallo, popped out to the shops whenever he needed a cabbage.

We ended our week by heading back to Chinon and staying at a charming hotel named the Diderot whose garden was a horticultural delight. There, we shared a couple of bottles of Chinon wine with Raymond, a lecturer in French at Bristol University, who is also a representative of *Cycling for Softies* who organise some of our rides.

He had flown in to meet us, for we were, apparently, the first of the season's cyclists. Our conversation drifted towards what we had learnt about coarse cycling and Rex Gibson, last editor of the *Rand Daily Mail*, who at the outset in 2002 said the whole idea of a retired editor cycling around Europe was "insane and ludicrous in the extreme", felt that our *Tour de Farce* experiences had borne him out. "Certainly riding a bike makes me feel younger," he said, "but getting off it makes me feel older." 



The intrepid cyclists with the hire bikes from Chinon.



James Clarke (standing) with four of his *Tour de Farce* companions.



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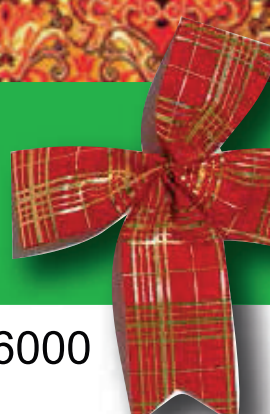
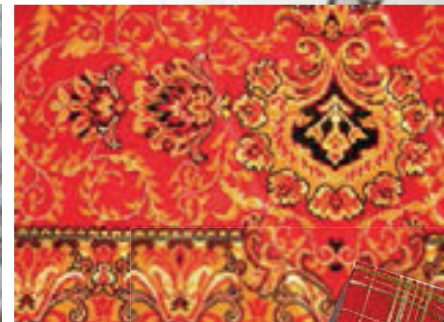
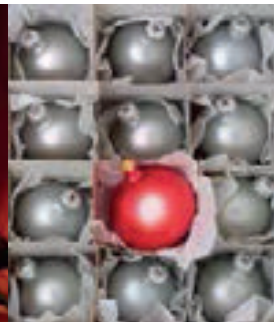
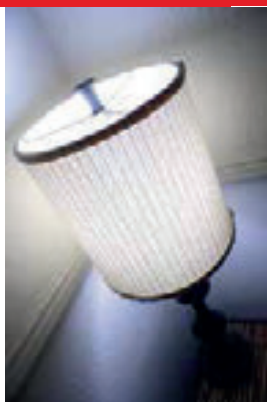


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# Secrets of the Garden

Selling or buying?  
What makes one house  
a head turner and  
another not noticeable?

**S**tudies report that the magic word in making a house attractive these days is “green” and it might just do the trick to get that offer signed. Spend enough time looking and you’ll see that all the best examples have things in common, like a fine front door, a pleasing colour scheme, and landscaping that softens the hard edges. Then there’s the subtle details like the right roof, windows that work with the house’s style or the way the walkway welcomes you. Together, these features can make a home stand out on the street, giving you a sense of pride, whether you decide to showcase your home or call it your own.

“Budget-conscious and low maintenance enhancements in the garden have the added benefit of increasing your property



value,” says Craig Hutchison, CEO of Engel & Völkers Southern Africa. Top of the list could be to install a borehole for water supply to make sure there are no extra costs added to the household water bills every month, or a steel front gate with a vintage rustic finish that will never need repainting. Even by adding the right elements to a property with no garden, you could add value and make it so much more appealing than “the place next door”.

Craig noted that the latest trend for small properties is to have a vertical garden. These gardens cover vertical surfaces, making use of previously unsightly or unused space. They have a positive environmental impact and are useful as an architectural feature.

Vertical gardens are great for small patios and sun rooms. They can even increase the flow of fresh air. The latest product to hit the shelves from Modiwall creates an easy-to-use vertical garden system that scales easily to any size. Panels slot together to form a 1m<sup>2</sup> unit that is easily fastened to any wall or hung from beams. This system comes with self-irrigating pots that one clips onto the front panels. Creativity has no limit, since panels have a swivel action that allows for curved gardens. Water supply works by a capillary system that minimises waste and maintenance. These panels have a long lifespan and are made with durable recycled UV-resistant plastic.

Paul Smit, one of the founders of Modiwall notes that their vertical garden system has proven exceedingly popular with homeowners that have limited space available but want to green their everyday living space. Modiwall is all about easy installation, low maintenance and bringing green closer to home.



Quality upgrades continue to add value. Home prices may vary and never stay stagnant, but the return on remodelling investments remains strong. According to Craig, depending on the upgrade, you can achieve significant returns on the investment. There's never a wrong time to make your home more of a haven.

Here are some tips when considering renovations:

- Be a tree hugger: If an old yellowwood tree is obscuring the front of your home, don't cut it down. Hire an arborist to trim it, instead. Eighty-three percent of property specialists say that mature trees enhance the value of a home.
- Plant for all seasons: Your landscape should be eye-catching year-round, even in the dead of winter, so choose a mix of plants to provide 4 seasons of interest - spring and summer flowers, bright fall foliage, and colourful berries or shades of bark in winter.
- Do sweat the small stuff: Potted plants are inexpensive and go a long way toward dressing up an entrance.
- You can never be green enough: Plants do play a major part in any property. Nature is your most important and inexpensive marketing tool. Ensure that you make the property a retreat for the

next owner.

- Remove the rubbish: From that old garden tool you keep meaning to throw out to those items that are being kept for a rainy day, homeowners who are serious about selling need to get rid of any rubbish from their garden. If you leave rubble lying around it will make your garden look sloppy and give off an unkempt first impression. So if you're looking for a sale, keep the rubbish out of sight.



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# An easy choice for Banting dieters



Gary Beardsley-Nel, the new owner of the PRIMEGRILL at Cedar Square.

Based on a traditional grill house, PrimeGrill, located at Cedar Square in the heart of Fourways ensures a dining experience that is truly extraordinary.

The Banting Diet certainly has made huge waves in the dieting and fitness industries. I was somewhat late to the starting blocks and am still finding my feet in the confusion of what's allowed and what's off limits.

When dining out, one has to be very selective about the genre of cuisine – pizza and pasta houses are definitely OUT – certainly the good old steakhouse is more appropriate.

I popped into the PRIMEGRILL in Cedar



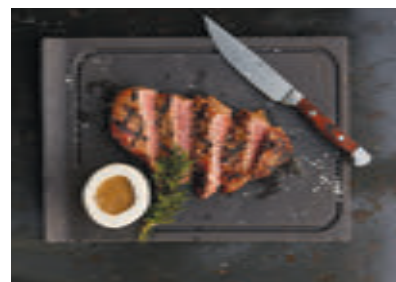
Some of the booths at PRIMEGRILL.

Square to challenge them to rise to the occasion and wow me with Banting fare and they more than exceeded my expectations.

New owner, Gary Beardsley-Nel, has all sorts of interesting stories and information right at his fingertips – from how they mature their meat, to what's on offer in their butchery and what you can and can't eat on the Banting diet (although he professes he's not a complete expert).

You can get free range beef fillet and a whole selection of steaks on and off the bone, from 200g and 300g to 400g cuts. They also serve lamb and pork chops and spare ribs, oxtail, a choice of chicken dishes, duck and venison. If you're a seafood lover, don't despair, as they serve langoustines, prawns, salmon and kingklip as well as fish of the day, such as sole and butter fish.

Feel like something light and fresh? Try one of their salads with peppered fillet, chicken or prawns. For side dishes, they serve cauliflower mash, plain and creamed



Beef fillet with gravy.

spinach and seasonal veggies that are suitable for Banting and the Atkins diets.

While they are great on wine pairing and serving cocktails and other drinks to accompany your meal, most of these refreshments are too full of calories – however, I'm told that whiskies are fine and Gary served us an interesting Monkey Shoulder Whiskey which is a mix of three single malts – Balvenie, Kininvie and Glenfiddich – smooth and easy to drink with or without water or ice.

The PrimeGrill has a number of sections inside and outside suitable for different types of dining – from an intimate table for two, to private dining areas and their exclusive wine cellar downstairs, to the elevated glass-encased whiskey lounge that doubles as a conference venue or function venue.

**READER COMPETITION:**

Enter for a chance to win a voucher for 2 to dine at PrimeGrill. Simply answer the following question and put your stand number and estate name in the subject line: Where is PrimeGrill situated? Email your answer to Pam Moodley at [pamm@nowmedia.co.za](mailto:pamm@nowmedia.co.za). Winners will be notified by email. Terms & conditions apply.

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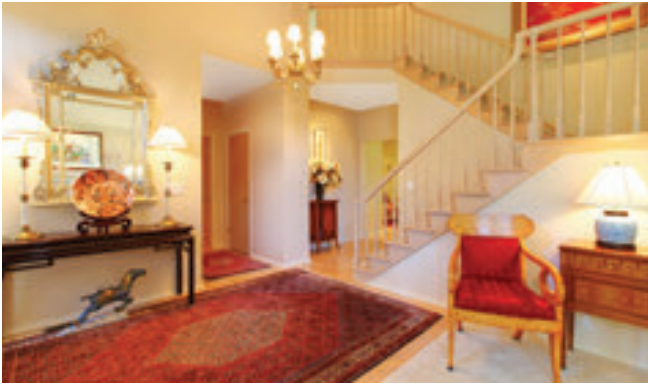
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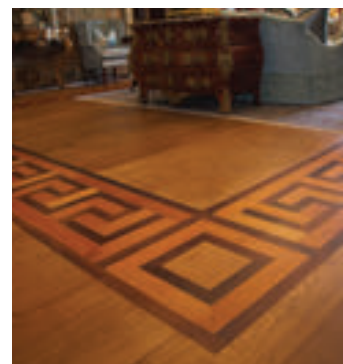
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# PLATINUM JUKEBOX - 10 Decades of Song & Dance



Platinum Jukebox is a journey of music, song and dance starting with the gramophone in the 1920s and ending with the iPod in the 21st Century.

If you're looking for some jolly good family fun, be sure to make your way over to the Barnyard Theatre in Rivonia. You'll be treated to ten decades of hit songs while you enjoy your dinner and refreshments and, for those of you who can't resist, you can kick off your shoes and join the dancing.

They start the journey in the 1920s, when music from **Louis Armstrong** and **Fred Astaire** were the platinum hit songs of the time. **The Charleston**, **The Waltz** and **The Tango** were the dance crazes of the time and this was known as The Golden Era. In the 1930s and 1940s, both the 33 $\frac{1}{3}$  rpm record and the 45 rpm single records were invented in a period of peace, depression and then war.

Here, they celebrate the sounds of **Glen Miller** and **Marilyn Monroe** and dance crazes such as **The Swing**, **Tap Dancing** and **The Foxtrot**. Jukeboxes gained popularity in the 1950s with rock and roll music topping the charts. Soon they were doing **The Jitterbug**, **The Hand Jive** and the **Rock and Roll Boogie Woogie** to

the beat of **Elvis**, **Little Richard** and **Bill Haley & His Comets**. The 1960s and 1970s saw the mass production of stereo albums, and turntables became affordable.

Soon the world was doing **The Twist**, **The Loco-Motion** and **The Funky Chicken**

to songs like *Let's Twist Again*, *Shout*, *These Boots were Made for Walkin'*, *I'm a Believer* and *Proud Mary*. In the Seventies, everyone was **Disco Dancing** to songs such as *Stayin' Alive*, *You Should Be Dancing* and *Disco Inferno*. In the 1980s, cassette tapes and compact discs were the music format, along with dancing styles such as **The Moonwalk**, **Breakdancing** and **Latin American Dancing** to massive selling icons such as **Michael Jackson** and bands such as **Frankie Goes to Hollywood** and **Miami Sound Machine**.





In the 1990s, there was **The Macarena** and **Line Dancing** to everything from *Cotton Eyed Joe* and *Achy Breaky Heart* to *Shania Twain's Man! I Feel Like a Woman!* - while the compact disc remained the flavour of the day. In the 21st century, the iPod has become the flavour of the day, with downloading taking the place of compact discs.

Modern dance crazes and music still rule the world, with songs such as *Gangnam Style* by **PSY** and *Hey Brother* and *Wake Me Up* by **Avicii**.

**Platinum Jukebox** is a journey of song and dance that covers every dance craze in the history of recorded music. Times have changed and so has music and fashion, but the songs live on forever! The show runs until 31 December 2015.

### ENTER AND WIN

Two lucky couples can win tickets to a Barnyard Production at Rivonia Barnyard between 15 December 2015 and 29 February 2016.

Simply answer this question: **Where is the Platinum Jukebox showing?**

Email your answer and the name of your Estate, along with your stand number to: Pam Moodley at [pamm@nowmedia.co.za](mailto:pamm@nowmedia.co.za).

Terms & conditions apply. Winners will be notified by email.



## All Directions: A Tribute to the music of One Direction and friends

**A**ll Directions is a tribute to the music of the British pop boy band, **One Direction**. Also on the bill are artists who share the airwaves, charts and award winning nominations with the group. Listen out for **Pharrel Williams, Robin Thicke, Miley Cyrus, Rihanna, Avicii, Taylor Swift** and many more.

**One Direction** rose to fame in 2010 by finishing third in the British televised singing competition *The X Factor*. Propelled to international success, **One Direction** has taken the world by storm with number one albums and singles throughout the world.


*All Directions* features a 12- piece cast

with Barnyard musicians, singers and dancers that pay tribute to the **One Direction** songs *One Thing, Live While We're Young, Best Song Ever, Story of my Life, Steal my Girl* and many more. So get ready for a show with electrifying catchy pop tunes that will have you up on your feet screaming for more!

**All Directions is showing on 19 December 2015 at 14:00 – Tickets are only R100pp.**

### BOOKINGS:

Contact The Barnyard Theatre Rivonia on 087 236 3088 or book online at: [www.barnyardtheatre.co.za](http://www.barnyardtheatre.co.za)

Disclaimer: The Barnyard Theatre reserves the right to change any shows, dates, prices, cast members & show content without notice. 



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# National Sea Rescue Institute

In 1966 at Stillbaai on the East coast, just below Mossel Bay, 17 fishermen drowned after three fishing boats sank in a terrible storm. There were four boats out that day and only one came back. Oom Gerhard Dreyer, now deep in his '80s, was the skipper of that boat and remembers how he, and his crew, threw everything that they could, including the fish that they had caught, off the 'skuit' ... making it as light as they could. He then turned the bow into the storm and headed out to sea. In the small hours of the morning, as the storm was abating, Oom Gerhard turned back to shore, and amongst the wreckage of the other boats he found a lone survivor from the other three 'skuits.' It was fisherman, John Aries, who was clinging to a life ring, and was so shocked that he could not talk.

Following this tragic incident, Miss Pattie Price (whose own life had been saved by a RNLI lifeboat in the English Channel) began a committed letter-writing campaign to motivate for the formation of a sea rescue organisation in South Africa. Captain Bob Deacon and Ray Lant were the first volunteers to respond to this call and, in 1967 the South African In shore Rescue Service (SAISRS) was born – its first rescue craft – a 4.7m inflatable boat called Snoopy was donated by the Society of Master Mariners. Soon, the SAISRS became the National Sea Rescue Institute (NSRI) and today, this organisation carries on the proud tradition of volunteering to save lives. All rescue crew of the NSRI are still unpaid volunteers.

The National Sea Rescue Institute (NSRI) is a charity that has over 1000 unpaid volunteers who respond 24/7/365 to save lives in South African waters. They also teach disadvantaged children about basic water safety through their proactive educational initiative, the WaterWise Academy.



SAISRS' first inflatable rescue boat, known as Snoopy.

From that first inflatable boat, manned by two men who sometimes had to strap it to the roof of their vehicle and drive it to where it was needed for a rescue, the organisation now has over 1000 highly trained volunteers at 31 bases around the coast and on 4 inland dams.

A massive organisation, with phenomenal support from the community, the National Sea Rescue Institute has an annual running cost of over R73.4m that is used to run 96 rescue craft, 38 rescue vehicles, 16 quad bikes and 11 tractors.

In 2006, the NSRI's proactive educational initiative, the WaterWise Academy, was launched.

According to the Medical Research Council, those most at risk of drowning are children from poor communities – peri-urban and rural. The highest incidence of drowning is in fresh water, farm dams and rivers. The WaterWise Academy targets disadvantaged youth and, since its inception, is very proud to have taught over 800 000 children about basic water safety.

The Academy's 12 Instructors and 9 volunteer Instructors are based around the country and visit the classrooms of





*The Spirit of Dawn.*

previously disadvantaged schools. The lessons are done on school premises at no charge.

Their job is to teach children how to avoid danger, what to do in an emergency and who to call for help. The programme further gives the children the confidence to initiate basic bystander CPR while they wait for an ambulance to arrive.

## WAYS TO SUPPORT THE NSRI

### Become a member:

Your personal annual membership fee of R100 goes towards the NSRI's running costs and you, in turn, will receive the Sea Rescue magazine three times a year. You could also take family membership for R300 per year. You can pay online or Email [laurad@searescue.org.za](mailto:laurad@searescue.org.za) or call 021 434 4011.

For Corporate Partnerships please email Alison Smith at [alisons@searescue.org.za](mailto:alisons@searescue.org.za) or call her on 021 434 4011.

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### Donate online

When you donate to Sea Rescue, 100% of your donation is used to

equip their rescue crew with essential equipment, medical supplies, fuel and training. Their rescue crew are all unpaid volunteers and they do not draw salaries. All administrative costs are funded through specific sponsorship programmes and interest from the institute's investments.

Your donation will earn you a tax rebate (since the NSRI has been awarded SARS 18A status) as well as points for your company BBBEE scorecard, if you are making a corporate donation. It is important to note that SARS does not allow rebates on entry fees to events or competitions.

The PBO number for the NSRI, that you are required to fill in on your Tax Return, is 130000028

Natasha Lindeboom will be able to assist you on 021 434 4011 or [natashal@searescue.org.za](mailto:natashal@searescue.org.za)

Whether your contribution pays for a WaterWise course, life jacket, maintenance for a rescue base or fuel for a rescue operation, you can be assured that it will help them to continue saving lives in South African waters.

### Sponsor a Boat

Without boats, there could be no rescues. The NSRI has a range of boats in its fleet. Their prices vary from R140 000 to

R12 million. A sponsorship from a company or family will ensure a lasting gift by naming the boat for the lifespan of its service (around 11 years).

You will notice that in all the NSRI's media reports they use the name of the boat involved in each rescue. This ensures that the sponsors get their fair mileage in terms of publicity, and the rescue boats are "floating billboards" with the added benefit of genuine goodwill.

If you would like to sponsor a craft, please speak to your local NSRI base or call head office on (021) 434 4011 and ask for Alison Smith.

### Volunteer your time

It takes a special kind of person to give up their time and to risk their life. Sea Rescue is run by over 1 000 unpaid volunteers around the country. Even its board of directors are volunteers.



*Zanele teaching CPR to a group of school children.*

It is most useful to have new recruits who are familiar with the sea, radio operation, navigation or first aid but, whatever your talent, they can put you to good use. Training is done after hours in the evening or on weekends. Standby for rescues is a 24/7 commitment, and best suited to people who live 10 minutes from a rescue base.

Volunteering is not glamorous work. There is a lot of training and a whole





Towing a boat to safety.

**Some facts:**

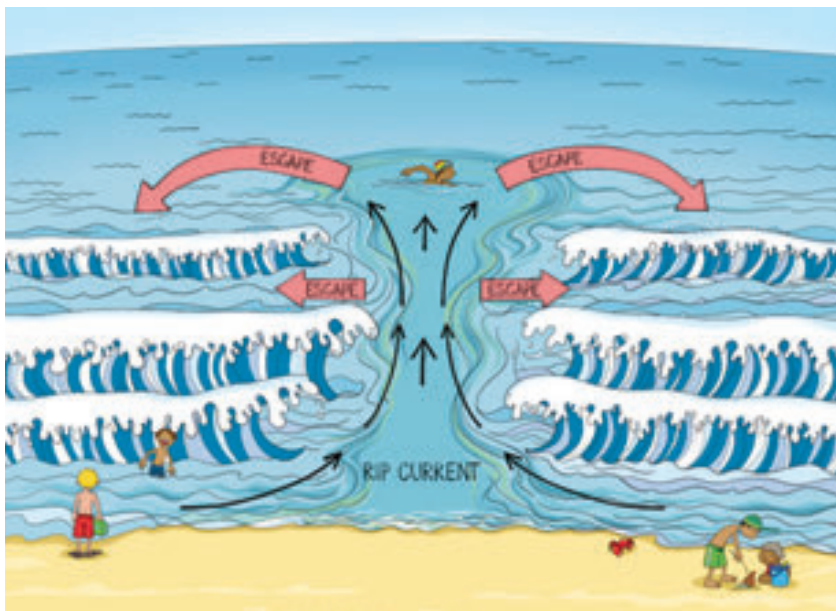
Deaths from drowning during 2010 in South Africa numbered 1 428 (Medical Research Council) which constituted 5% of non-natural deaths (29 768). Many (almost half) of these fatalities were children and most occurred in fresh water (rivers, dams, ponds, pools).

The rate of drowning in South Africa, 2.7/100 000 population, hasn't improved in the last ten years (2004). The incidence of near misses, often resulting in severe disability (brain damage from hypoxic injury), is probably several times this rate and at least double the number of fatal drownings.

The incidence of drowning increases with age being 1 - 2% of all causes of death in the 1 - 4 year age group, 2 - 5% in the 5 - 9 year age group and 3 - 8% in the 10 - 14 year age group, although the greatest number of

drownings occurs in the 1 - 4 year age group. Boys (80%) outnumber girls in those succumbing to drowning. Most drownings occur in the summer months and more than 40% of adults who drowned had positive blood alcohol levels.

The sea isn't the problem. It is the individual who doesn't understand the sea or doesn't respect the sea who is at risk of drowning. This includes people who can't recognise a Rip Current, those who think that the Lifesavers' flags are just there so that the lifesaver doesn't have to work the whole beach but just a short section and even the person who assumes that the part of the beach with the smaller waves is the safest place to swim. When it comes to sea rescue, the NSRI's quest is to teach children, and adults, about Rip Currents, as those are the most dangerous aspect of the sea, not sharks.



lot of cleaning up involved. It can take anywhere from 6 months to 12 months before you will be ready for a real-life rescue. So, if you are thinking Baywatch, then you will have to think again. Team effort is essential.

Coast watchers (usually retired folk who have a good view of the ocean from their homes) are an important part of the team as they act as "spotters". Special training and equipment is supplied.

In terms of fundraising – it may seem a mindless task, but a street collection can raise around R40,000 for one morning's work. If you are humble enough to join in and shake a tin, the NSRI would love to have you.

**Remember the NSRI in your will**

Making provision for giving in terms of your will can provide significant relief from estate duty. The value of any bequest or legacy to an approved charity (PBO) will be deducted when the dutiable value of an individual's estate is calculated after death.

Even a hundred rand can help to save a life.

The NSRI's bequest officers are also available to give talks to clubs and societies.

To join their Life boat Circle for retired people, call Janet Burgess on 083 366 3055 or email [janetb@searescue.org.za](mailto:janetb@searescue.org.za).

**Contact**

National Sea Rescue Institute  
GPS: 33° 54' 32" S 018° 23' 53"E

1 Glengariff Road, Three Anchor Bay, Cape Town, 8005

P.O. Box 154, Green Point, 8051.

Company Reg. No: 1967/013618/08  
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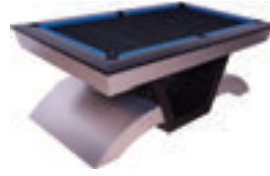
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# Avoiding an Affair with Food

Navigating the tricky path of Festive Season celebrations.

Once again it's that time of the year when we drop our wheels for landing after the long haul of a year's hard work and sacrifice, both in and outside the gym. We reflect on our fitness goals, appreciate the hard work we've invested and, most importantly, remember the commitment we made to honour ourselves with good exercise and food choices. A few things, however, may make us vulnerable to unravelling over the silly season. Acknowledge them and you may be able to avoid having an affair with food and falling back into old bad habits.

First and foremost, be on your guard. We know the festive ground is slippery well before our landing gear descends. Put aside thoughts of "I've earned a reward," "Obesity will never happen to me," and "Everyone else is doing it, so I can too." The truth is, if you have worked hard, you are already enjoying the ultimate rewards by way of improved strength, endurance, resilience and a well-placed sense of accomplishment. Your current level of fitness, which has taken you all year to achieve, can disappear if bad habits take hold and excuses replace exercises. New gym memberships soar in January, but you may be the only one of your friends still training by March. Make the choices that are right for you, regardless of what everyone else seems to be doing.

Take ownership of your body. Your body is your servant, and you the master. Don't allow weaknesses of appetite and laziness to override control of the mind. Deceptions like temptation and eating out of boredom must be checked. The illusionary satisfaction of indulging in holiday misdeeds are usually short lived,



non-existent or never as good as you imagined. A moment of weakness can lead to months of pain. Live a principled life, not one of emotion.

Failure, in this regard, is not fatal, nor final but is certainly avoidable. Enter the Festive Season with foresight and realise that, by avoiding a food affair, you are avoiding a cycle of regression, disappointment and self-doubt. Alas, we all are human. If, come January and the return of your dutiful self, you review your year end behavior and conclude it resembles more of a crash landing than a smooth one, claim it and move on.

End the affair, buckle down, re-commit yourself and, by all means, avoid known triggers of weakness. Soon it will be a new year and you will be clear for take off again.

Safe travels, in all regards. 🌍

Marlaina A. Balaban is an accredited Personal Fitness Trainer, Group Exercise Instructor and 1st Dan Black Belt, SA JKA Karate. She can be reached at 084 506 2424, or by emailing: [Marlaina.balaban@gmail.com](mailto:Marlaina.balaban@gmail.com).



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# Swimsuits - How to Make a Splash!?

All too often, with the pleasure of sundrenched vacations comes the worry that you may not be quite swimsuit-ready!

**F**inding a swimsuit that will make you look and feel great can feel like an overwhelming task. All one really wants from our bathing costume is to look good and not be embarrassed by revealing accidents or bottoms that ride up! The perfect swimsuit will support your bust, camouflage problem areas and lift and sculpt in all the right places.

First things first: try on last year's swimsuit – if it doesn't fit or if it looks worn out or saggy, it's definitely time for a new one.

Now look at your wardrobe. Which colours and styles do you prefer for summer? Bright pink? Halter neck tops? It's quite likely these are the colours and styles that suit you best, so look for something similar in your new costume.

Consider when you'll be wearing it. Sunbathing? You'll want something that minimizes tan lines. Swimming laps? You'll need something sensible. Lounging in hot-tubs? The heat ruins the lycra, so don't spend too much of your budget on a swimsuit you'll soon need to replace.

#### Here are a few suggestions when shopping for the perfect swimsuit:

- Give yourself plenty of time to try on lots of swimsuits;
- Spend as much as you can afford;
- Make sure you can bend, stretch and sit comfortably;
- Always try the next size up in swimwear



- this will give you added length, not width;
- Your swimsuit should draw the eye towards your best features;
- The most slimming style has moderately cut legs;
- Black is safe and slimming, but suits with dark panels at the waist will trim your midsection;
- Vertical or diagonal stripes or prints slim and lengthen your body;
- Use light colours in areas you want to

- feature and dark colours in areas you'd rather conceal;
- Don't drape hips, breasts or legs in extra fabric if you are trying to reduce their appearance;
- Shiny fabrics draw attention to your body and highlight any lumps and bumps;
- Diagonal features (like dark stripes or a sarong-style wrap) and tummy control panels will help disguise a bulging tummy.



**If you have particular areas of sensitivity, consider the following:**

If you have a **boyish figure** - create curves with high cut legs and a low neckline. A one-piece suit with a print, a dark stripe or belt around the middle or darker curving panels at the sides will help you look curvaceous, while a high-waisted bikini, or one with ruffles or ties at the hip will help your hips look fuller and give the illusion of a waist. Patterned or embellished tops will add body to your bust. Avoid bandeau tops and plain, one-piece suits in dark colours or with detail around the waist.

If you have a **tummy** - minimise it with a brightly coloured bottom with a high waist and high-cut legs. A tankini top in the same bright colour with a darker coloured pattern, a one-shoulder suit, a plunging neckline or spaghetti straps over shapely shoulders will also draw the eye away from your middle. Avoid pleating or embellishment near your hips as this will emphasise your waist.

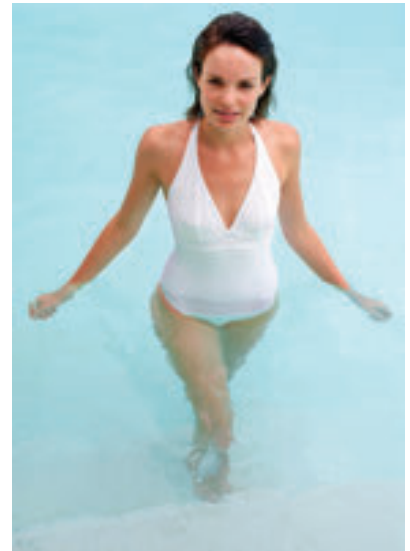
If you have a **small bust** - choose a top either in a bright colour or with embellishment. Padded or push-up tops and under-wiring can also help enhance your assets and a tie front top, tightly tied, will give you cleavage. Avoid bandeau tops as they will flatten your bust further.

If you have a **large bust** - hidden or



underwire support or a wide strapped halter neck will give you a flattering lift and make you appear slimmer. Wrap styles in a dark or jewel colour will also be flattering. Avoid suits that lack structure and support. Triangular tops could lead to unflattering overflows, and ruffles will add bulk.

If you have **wide hips and thighs** - a striking patterned top with a dark coloured bottom or a block coloured swimsuit will draw attention away from your hips. High-cut legs with full back coverage will make your legs look longer and your thighs slimmer. Avoid boy-shorts as they'll create a horizontal line



across your hips, which will make them look wider.

If you have a **long body** - one piece suits with large patterns, bright colours and textured fabrics work best. Gathers, folds and cut-outs can help break up your long lines.

If you are **petite** - an under-wired top will give you some lift and shape. Pair your top with a dark bottom so that the eyes of those surfer dudes will be drawn to the top of your body, making you look taller – especially if your top plunges! Avoid boy shorts, big patterns, bandeau tops and wide bands at the waist or under the bust as these will overwhelm your shape.

Finally, kaftans and sarongs are perfect for hiding bulges and making you look slimmer, and a wide-brimmed beach hat will not only keep the sun off your face but also make your lower half look smaller. 🧢

If you need help with your summer wardrobe, Personal Best can help you find everything you need to look and feel fantastic and relaxed all season long. For more information, advice or tips on any of the information contained in this article, call Rachel Lynch at Personal Best Image Consultancy: 011 476 7047 or 084 260 3379 or email: [rachel@personalbest-image.com](mailto:rachel@personalbest-image.com).

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# 'TUG OF LIFE' EMPOWERS TEENS TO MAKE BETTER LIFE CHOICES

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survey  
reveals 75%  
success rate

**T**oday's teenagers and parents face a number of challenges, many of which are considerably more complex than those encountered a few years ago. Alcohol and drug abuse, bullying, promiscuity, depression and eating disorders are just some of the escalating challenges that the team at Life Talk Forum are constantly dealing with.

To address what's happening and to enable a proactive approach, they have identified one key area that can drastically reduce many of the challenges. They say that the more parents, educators and society can empower children and adolescents to make good and wise choices, the greater the chance of getting those challenges to release their grip.

When all the stories shared with Life Talk are examined, it turns out that so many issues could have been avoided



The Life Talk Forum and author Izabella Gates donate 530 'Tug of Life' books to Grade 8 and 9 learners and educators.

if only the choices had been made differently. When young people are helped to identify their challenges, choices and the consequences of their choices, as well as the outcomes they desire, then a huge shift occurs. The *Tug of Life* initiative achieves just such a shift, and its powerful results provide much food for thought. Based on the groundbreaking *Tug of Life* book, the initiative addresses many of the challenges faced by today's young people, and empowers them to take charge of their lives by making life-enriching choices.

Recently, a monitored pilot programme was run for 480 Grade 8 and 9 learners and the results were measured, particularly where choices, goals and problem solving were concerned. A summary of the outstanding results shows that, after being introduced to the *Tug of Life*® concept:

1. More than 75% of the programme participants feel that the programme assisted them with their choices and helped them to realise the consequences thereof in their lives;
2. More than 75% of the programme participants feel empowered to





The staff at Steenberg High School listen to a presentation of the Tug of Life concept.

achieve their goals after being in the programme – they therefore have hope as they develop a better future perspective;

3. More than 70% of the programme participants can effectively solve their problems after being in the programme;
4. More than 70% feel that the Tug of Life 'characters' helped them in their lives and helped them to understand their choices more clearly.

In addition, after participating in the *Tug of Life*, the programme participants developed the following:

- Enhanced self-image, self-esteem and self-respect;
- More self-confidence;
- More assertiveness;
- The ability to make better choices;
- Positive future perspective;
- More hope;

- Empathy for others (they want to help and assist others);
- More honesty and trustworthiness.

The *Tug of Life* is simple and fun, and totally flexible in how it is applied, and it assists in drawing up an effective 'game plan for life'. As expressed by Mr Andre Kraak, principal of Steenberg High: "The beauty of *Tug of Life* is its simplicity and the fact that it can be applied within minutes of a brief introduction. There are no deadlines or time-consuming demands on the educators – it's just a thought process and a vocabulary that everyone, irrespective of age, can apply to every situation in their life. I wish I'd had this tool a long time ago, it would have changed my life!"

According to Life Talk, the *Tug of Life* works. The results are powerful

and exciting. In the words of school principals, company directors and church leaders (including Cardinal Wilfrid Napier) "this is what South Africa needs!" If you, or anyone you know, would like to implement the concept in your school or community, all you need to do is contact the Life Talk team. 📞

As the *Tug of Life*'s reach is determined by available funding, if you would like to help in any way please email [Nicoleen@lifetalk.co.za](mailto:Nicoleen@lifetalk.co.za), [Izabella@lifetalk.co.za](mailto:Izabella@lifetalk.co.za) or visit [www.tugoflife.com](http://www.tugoflife.com). Life Talk Forum is a registered PBO so all donations are tax-deductible and it provides a great CSI opportunity for companies.

**Let's get South Africa tugging!**

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**Taste the Little Karoo**  
By Beate Joubert

The little Karoo is known for its beautiful landscapes, food traditions, atmosphere and warm hospitable people. Beate Joubert captures the essence of this region and its people through the recipes included in *Taste the Little Karoo*. These unique recipes range from snacks and side dishes, breads and soups to salads, hearty meat dishes and braai recipes, as well as delicious desserts to round off a meal. There is also a chapter that provides recipes for the pantry such as pesto, dukkah and chutneys.

*Taste the Little Karoo* is more than an everyday cookbook as the recipes and beautiful photographs will inspire readers to be creative in the kitchen, as well as when choosing the setting and décor for entertaining family and friends.

Beate Joubert is well known to television audiences as a contestant on the second season of the Afrikaans KykNet cookery show 'Kokkedoor'. She owns and manages the Alfresco Deli on her family farm Joubert-Tradauw near Barrydale in the Little Karoo, where she serves traditional Karoo dishes with a twist. Beate has worked in wine cellars in the Napa Valley in the United States as well as in France. During her time as a student she also worked at various restaurants across South Africa.

**Price: R285.00**

**Springbok Rugby Quiz - 1001 Questions and Answers**

By Pierre Francois Massyn

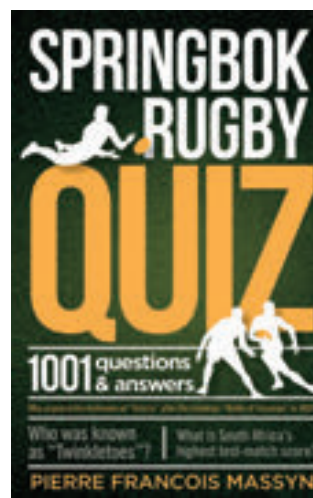
- Which Springbok match saw the least number of spectators ever attending a test match?
- Who was the unofficial arm-wrestling champion in the Springbok side on the 1981 tour to New Zealand?
- Which Springbok lock played with a glass eye?

Welcome to the ultimate rugby quiz book for real rugby fans! *Springbok Rugby Quiz* examines the lore of rugby in an unusually entertaining way: it comprises 1001 questions and answers. Rugby lovers can now enjoy some of the most outlandish anecdotes, as well as cold, hard facts and statistics, about this game we all love.

This well-researched book covers the entire spectrum of our rugby history, from the first test match in 1891, up to modern times. The book has two sections: test yourself by reading the question in the first part and then cross-check your answer in the second part.

Rugby fans will certainly find more than enough challenges among the 1001 questions included here. And, as

a bonus, the author also includes his Dream Team – the best players of all time united in one super team. Fun, informative and factual, this is a must-read for all rugby fans.



Pierre Francois Massyn is a retired journalist, an independent writer and the world's number one rugby fan. He and his wife live in Suiderstrand, South Africa.

**Price: R180.00**

**Katya's Hairy Tales: The Bacon Chase** By Julia Richman



The Bacon Chase is the story about a lovable cat with an amazing, magical tail. Katya or Kit-Kat, as her owners affectionately call her, simply loves bacon and will do almost anything to get her beautiful paws on some.

During a summer holiday at the seaside, she befriends a nervous seagull with one leg, Frederick Twiddle. While attempting to help Frederick to take revenge on the greedy hotel cat, Chubs, who bit off his leg, Katya lands herself in the middle of a CATastrophe with fluffy winter slippers and some really strange and scary humans. After a daring rescue effort, she receives a tasty reward!

Julia Richman has become a well-known freelance writer over the past eight years, mostly as a contributor to local magazines. She completed Mike Nicol's Get Smarter Creative Writing Course in 2013.

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