

DAINFERN

SECURE LUXURY LIVING

ISSUE **2** 2015



HUNTING FOR
**EASTER
EGGS**

WORLD
CONSUMER
RIGHTS
DAY



**DAINFERN
SECURITY**

AWARDED TOP HONOURS

family holidays with us
are dreams come true

HAPPY KIDS, HAPPY YOU



RECONNECT WHILE THE KIDS SMILE FROM
EAR TO EAR AT OUR KIDS CLUBS.

discover more at clubmed.co.za or call +27 11 840 2600
or contact your nearest **travel agent**.

facebook.com/ClubMedSouthAfrica

twitter.com/Club_Med_SA

Club Med
Holidays enjoyed in style



7



46

ESTATE NEWS

From the Chairman	2
From the General Manager	4
Dainfern Security awarded Top Honours	7

ESTATE LIVING

From the Golf Pro	10
Auction of Art at the Business Exchange	12
Dainfern College	14
Dainfern Running Club	17

EXPAT ADVICE

Easter	20
--------	----

HOME FRONT

Nedbank's Green Living Guide	25
------------------------------	----

LIFESTYLE FOR KIDS

Life Talk: Raising Resilient Children	42
---------------------------------------	----



42



12

LIFESTYLE

The Bond Ball	22
World Consumer Rights Day	30
Leg vein surgery: a new innovation	32
Fitness with Marlaina	36
Email Etiquette	39
Book Reviews	46
James Clarke: Bonamanzi	48



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 072 137 8794;
 • Production co-ordinator: Anna Sawa eiaads@nowmedia.co.za • Design: Diane van Noort d2vn@mweb.co.za



On our cover: Mosa Llale and Tristan Robinson getting ready for Easter.

FROM THE CHAIRMAN COSTA SPHERIS



FAMILY WEALTH: Beware of pitfalls

The belief that wills and trusts are enough to sustain the legacy of wealthy families is misguided: poor family governance structures can pose a risk to preserving and building wealth for future generations.

With the emergence of first-generation wealth after 1994, there is a need for families to confront the risks that could jeopardise their legacy and the wealth that is intended for future generations.

More and more South Africans are looking for advice, says Eddy Oblowitz, executive chairman of Stonehage, a wealth management firm for 'ultra-high net worth families'. But the figures of those seeking help should be higher, judging by the amount of wealth that has been created, especially for previously-disadvantaged groups.

Family governance can easily go wrong. "There are plenty of families that don't talk to each other. Others talk via lawyers and trustees. Parents and children sue each other, putting the entire family wealth at risk. The only people who are not unhappy are the lawyers," he says.

The Vanderbilts, one of the richest families in the US, made their fortune in transport in the 19th century, but their descendants later declared bankruptcy. Oblowitz says wealthy families are frequently unable to articulate what the purpose of the wealth is. "The biggest problem is the culture of entitlement, greed and jealousy. When you apply these traits to money the worst comes out," says Oblowitz. Without a good management plan for wealth, families can squander what they have within three generations.


Oblowitz says some of SA's wealthiest families, whose wealth spans more than three generations, maintain internal family offices to deal with governance and legacy issues. However, independent multifamily offices are often consulted to deal with more sophisticated challenges.

Marc Lubner, a businessman whose grandfather was behind Plate Glass (PG), says a "family office" has played a role in preserving the Lubner family wealth to the third generation. Lubner says through the family office they have been able to create single cost structures for all the beneficiaries.

The Lubner family created a family office made up of professionals who are not members of the family. "We have regular family meetings. We have a formal structure where investment decisions are discussed. We have the input of outside advisers. We make decisions by consensus. There is never a vote. The family office allows that to happen. It keeps the family together."

"One of my brothers decided we should not be investing in socially unethical areas such as tobacco. That was discussed and debated. We came to a compromise and we decided we would not invest." Through their family office, Lubner says family members are able to invest independently and through the family structures. He says by investing together the family bond is strengthened.

Family offices look deeper than traditional financial services institutions which offer fiduciary and trust services to wealthy families. They help families deal with risks to the sustainability of the estate and they advise on the best solutions to sustain the legacy and wealth for future generations.

Oblowitz says first-generation-wealth families need to understand that there are various ways of preserving wealth and creating lasting legacies. He says these families have an opportunity to come together as a group through trusts and entrepreneurial funds and help create solid future businesses and talented entrepreneurs. 

SOURCE: PHAKAMISA NDZAMELA, FINANCIAL MAIL

OUR NEW STAR STUDDED DAINFERN TRIO...



Berry Everitt, Sue Brownlie, Brian Falconer, Colin Steyn, Tilla and Charles Everitt

High-profile Dainfern estate agent Brian Falconer has just joined the Chas Everitt International Property Group - as one of the three owners of the group's new franchise serving the upmarket areas of Broadacres, Cedar Lakes, Fourways Gardens, Dainfern, Dainfern Valley, Steyn City, Blair Atholl and Monaghan Farm estates.

"This is a huge coup for Chas Everitt, because Brian is so well-known in these areas and the biggest-selling agent in Dainfern," says group franchising director Barry Davies. "What is more, his fellow franchisees Sue Brownlie and Colin Steyn are each bringing a set of exceptional business and real estate skills into the partnership too, and we are confident that together they will shortly command a major share of the market in their franchise territory."

"Brian and I were already planning to buy a real estate franchise and researching what various companies were able to offer. Then after talking to Sue, who was operating as a sales consultant under the Chas Everitt Sandton banner at that time, we decided to pursue that avenue and were immediately impressed with the energy in the company and the excellent marketing, business and legal backup it offers its franchisees."

"The family values that are at the core of the group were also evident in our meetings with management, as was their dedication to constant innovation and improvement for the benefit of both franchisees and real estate consumers. It was soon clear to us that this was a brand that was really going places."

"But people are of course just as important as brand when buying a franchise, and we were also able to speak to some existing franchisees and agents who all had great things to say about Chas Everitt. So in the end it was actually quite an easy decision, especially since we had realised by then that between us, Brian, Sue and myself had a really great combination of diverse talents that were a good recipe for running a franchise."

Brian, whose great strengths are obviously sales and mentoring young agents, says he was also drawn to Chas Everitt International because of its fresh approach and dynamic management that is always adding value to their franchisees - and is looking forward to networking with the strong Chas Everitt franchises in neighbouring territories such as Sandton, Randburg, Midrand and the West Rand.

"We will of course also be recruiting other top agents to join us, and aim to have an unbeatable team of about 12 agents by the end of the year."

DAINFERN OFFICE: 011 025 (CHAS) 2427
Unit 8, Mulberry Hill Office Park, Broadacres Drive, Dainfern
AREA SPECIALISTS: BRIAN FALCONER 082 651 7890
SUE BROWNLIE 083 450 1600



FROM THE GENERAL MANAGER REG BERNSTEIN



Economy likely to stage muted rebound this year, say analysts

Slack foreign demand and load-shedding seen as headwinds to GDP growth.

Any economic recovery this year will probably be subdued after growth slowed to 1,5% last year, its lowest rate since 2009, as a result of labour strikes and electricity shortages.

Some economists are hopeful that the lower oil price and potentially stronger consumer spending could lift Gross Domestic Product (GDP) growth this year. But the economy still faces strong headwinds that will confront GDP growth momentum, as was evident in the fourth quarter of last year.

ETM Analytics analyst Manisha Morar said GDP growth for this year was likely to remain lacklustre due to sluggish offshore demand and frequent power cuts. "The overall, slightly better growth picture does not detract from the growth risks which remain quite bearish."

The economy expanded a seasonally-adjusted and annualised 4,1% in the fourth quarter of last year compared with a revised 2,1% (1,4%) in the preceding one. But growth slowed to 1,5% last year from 2,2% in 2013.

The better performance in the fourth quarter came off a low base, with the mining sector recovering to grow 15,2% from only 3,9% in the preceding period while manufacturing was up 9,5% after two negative quarters.

Investec economist, Kamilla Kaplan said economic growth should pick up to between 2% and 2,4% this year. The low base established in the first three quarters of last year would support annual growth increases. "The risk remains to the downside as the extent of load-shedding remains a critical factor," Ms Kaplan said.

Last month, the Reserve Bank cut its growth forecast for this year to 2,2% from 2,5%.

Capital Economic economist, John Ashbourne said that while the mining industry had rebounded in the fourth quarter, problems in the sector had not been fully resolved.

"Labour relations remain tense, raising the risk of further disruptions," he said.

Some economists agree that GDP growth this year will be an improvement on last year. On a historical basis, however, it will remain modest.

HSBC economist, David Faulkner, said the rebound was unlikely to be sustained. 

SOURCE: MAARTEN MITTNER, BDFM

THE
BIG
SHARE

TWO  HALVES

MAKES **ONE XL**

FROM
104⁹⁰



Domino's Pizza[®]

DOMINOSPIZZA.CO.ZA   0861 DOMINOS

FOURWAYS GARDENS
SHOPPING CENTRE
011 465 1879

WEST PACK
LIFESTYLE
Making Life Simple



**Pamper your
Furry Friends**

They'll Love You Fur-ever!

- toys
- Grooming products
- Collars & leads
- Cushions & beds
- Blankets
- Variety of bowls
- Training aids
- Dog jerseys
- Houses & kennels
- Food storage containers



Visit www.westpacklifestyle.co.za for all our information or **Download** our West Pack App

📍 Store Locations ⌚ Trading Hours 📞 Contacts ✉ Emails 📺 become a fan on facebook 🍏 🤖 📱

While every effort has been made to ensure the accuracy of all information, West Pack Lifestyle does not accept liability for any errors/ omissions. If any errors/ omissions occur notifications thereof will be communicated at store level. Limited stock available.

Dainfern comes out tops with our State-of-the-Art Security and loyal Security Guards



The Annual Security Braai held on Monday 16 February 2015 produced a pleasant surprise for the Security Staff that attended. Dainfern was awarded top honours and the Quarterly Trophy for Excellence in Security. The Estate was rated top out of 84 estates that were evaluated – an impressive achievement and one of which we can all be extremely proud.

Service Excellence Certificates were handed out to staff members who had performed well over the past year and bonuses and hampers were given to all the security personnel. Thanks to all Dainfern residents who made donations towards the bonuses and thanks to Estates in Africa, Dainfern residents and the Dainfern Homeowners Association for the hampers, which are always appreciated by the security staff.



Mr Bennie Botha, FSS Dainfern Cluster Commander, handing the FSS: Estates Division Bryan Smith Service Excellence Award Trophy to Mr Peet Trollip, FSS Dainfern Head of Security.



Above: The hampers kindly donated by the Dainfern Homeowners Association, Estates in Africa and Dainfern Residents.

The certificates were handed out by Mr Bennie Botha. From top row, left to right.



Diction Phaswana



Hezekiah Seotlo



Jeremia Mkhabela



James Holloway



James Ndou



Barton Mlaudzi



Donald Makhubela



Jacob Dube



Patrick Nxumalo

SECURITY UPDATE

Dainfern residents can be justly proud of the expertise and equipment utilised by the Security Services at this Estate. Protection here certainly has risen to a whole new level and technological and procedural improvements are being made all the time.

REACTION VEHICLES

Early last year, a new fleet of reaction and patrol vehicles was delivered to the Estate. Apart from looking the part in terms of exterior signage, these vehicles have been fitted with equipment that makes the whole process of providing security much more advanced.

Each vehicle is fitted with a Tracker and Tom Tom GPS, as well as pinhole cameras in the front bumper and inside the cab of the vehicle. Further cameras have been fitted to the rear of the vehicles, facing the road that the vehicles have travelled.

The new equipment serves a threefold function – it monitors the performance of the reaction officers, it records the speed and tracks the movement of the vehicles and it records the scene of an incident. This is used to clarify the nature of incidents and is as much an aid to residents as it is to the managers of the reaction force and the reaction officers, themselves.



BODY CAMS

Body cameras have been introduced to assist reaction officers and security at the clubhouse to clarify any questions that may arise resulting from incidents that occur. The reaction officers activate their body cams before arriving at the scene of an incident and the information is then downloaded and stored confidentially by the Control Room. Each body cam has a re-chargable battery pack and the



Dainfern's fleet of reaction vehicles.



Michael Senooane demonstrating the body cam and JPX.



equipment is handed in at the end of each shift and kept for re-issue to the same reaction officer at the start of his next shift.

JPX JET PROTECTOR

Whilst the reaction officers are equipped with bulletproof vests and some officers are equipped with 9mm Parabellums, for which they are given rigorous training, it was identified that there are occasions when there's a need to disarm an attacker without causing harm. This is the reason why each reaction officer is now equipped with a JPX Jet Protector.

The JPX fires off compressed liquid pepper spray that disorientates a would-be attacker. The device looks like a gun but is armed with two cartridges containing compressed liquid which comes out with great speed and can apprehend an attacker up to seven metres away, with great accuracy. This helps, particularly if the perpetrator is wielding a knife or other weapon that requires close contact in order to disarm him. The JPX can be used indoors and outdoors, provided the attacker is more than 1,5 metres from the reaction officer.

SPEED MONITORING

To ensure the safety of all residents, new state-of-the-art speed trapping equipment has also been acquired. This equipment is re-calibrated once a month to ensure that the readings are accurate and there's a built-in video that records the speed of the transgressor.

With all the latest equipment, ongoing training is conducted to ensure that the security officers have the necessary knowledge to enable them to use all the features with confidence – giving Dainfern residents the peace-of-mind that the safety of themselves and of their families is assured. 🛡️



The speed monitoring equipment.



FROM THE GOLF PRO
ED HOLDING

The Mental Game – Create a Winning Attitude

Part 2

At the top level of the game, mental strength and resolve are vital assets to a top player.



THE BRAIN DOESN'T UNDERSTAND "DON'T"

"The main problem with the brain is that it cannot differentiate between the commands do and don't," says David Norman, the golf psychologist. "So if you tell yourself: 'don't hit the ball into the pond,' your brain thinks that is what you want it to do. In such a situation always think about what you want to achieve, not what you want to avoid."

SNAP YOURSELF BACK TO REALITY

"If you suffer from a lack of focus at the right time, struggle to be specific with your target, allow negative images to creep into your mind, or let your mind race ahead or dwell on past mistakes, pop an elastic band around your wrist before you head to the first tee," advises Nick Bradley, a PGA pro in England. "Painful as it sounds, pulling on the elastic band and letting it go on your wrist as you approach your ball will jolt you and remind you to avoid the bad habits. This generates a state of awareness and alertness that allows you to see your habit for what it is, thus allowing you to act positively."


TOTAL CONCENTRATION

Concentration doesn't necessarily mean that you become so wrapped up in your own thoughts that you don't speak during the round. It simply means that you should be focused when preparing for and playing each and every shot. When it comes to playing an important shot, you will struggle to play it well if you are chatting away while going through your pre-shot routine or talking to your playing partners as you prepare to hit the shot.

PUT A BAD HOLE OUT OF YOUR MIND

To help him cope with the anger and frustration that inevitably follows a bad hole, Nick Faldo tries to pretend that a week has elapsed since he made the mistake, to lessen the risk that his emotions will affect his next shot.

FOCUS ON 'TARGET AND FEEL' IN PRACTICE SWING

Dr. Bob Rotella likes his pupils to make their practice swings thinking only of the target and feeling the correct swing without even thinking about mechanics. However, if you have to focus on technical thoughts, Rotella recommends that you make two practice swings. In the first swing, think about your mechanics; in the second swing, concentrate purely on target and feel. 

Reference: The Best Golf Tips Ever by Nick Wright

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

RECENTLY SOLD. *in Dainfern*



LET US DO THE SAME FOR YOU!

CONTACT YOUR DAINFERN AREA SPECIALIST:

Brenda Gilbert 083 251 4452, brenda.gilbert@pamgolding.co.za (Sales)

Sue Ralph 082 892 8772, sue.ralph@pamgolding.co.za (Sales)

Jean Markham 083 265 3621, jean.markham@pamgolding.co.za (Rentals)

Office 011 469 4691 | dainfern@pamgolding.co.za

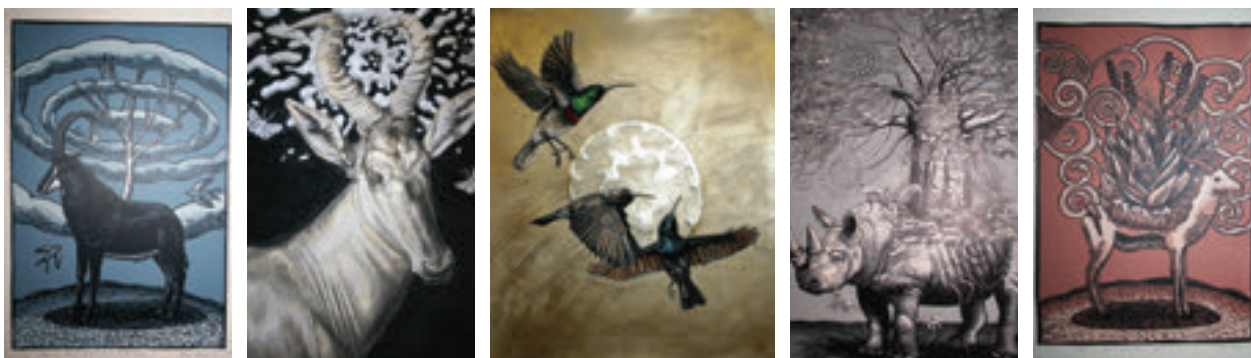
www.pamgolding.co.za/dainfern

An International
Associate of Savills




PAM GOLDING
PROPERTIES

Auction of Art at the Business Exchange



Dainfern residents are invited to view the art of internationally-acclaimed South African artist, John Moore, at the Business Exchange in the Dainfern Clubhouse. The exhibition will run from 26 March 2015, for a limited period.

South African-born John Moore grew up on the Highveld, in Johannesburg. His childhood holidays spent travelling with family led him to develop a love of the fauna and flora of the countryside, which he learnt to express through art.

After matriculating, John went on to study graphic design, fine art and printmaking. During this time, he taught artistic techniques to pupils in Soweto, Gazankhulu and Alexandra; designed and painted stage sets for some of Johannesburg's top schools, such as St. Mary's, Rodean and St. John's College; and collaborated to form a play company which assisted schools in the Gauteng area to produce plays.

He was awarded a fine art diploma with a distinction in sculpture at the end of 1993 and then went on to study for the National Higher Diploma in Fine Art, specialising in printmaking. By this time he was already frequently involved in lecturing and teaching part time and later went on to teaching full time.


Then, in 2013, after heading up the Printmaking Department at the Parktown Technical College for 5 years, he took the plunge to become a full time artist.

To be featured as an entry on Wikipedia speaks for itself and is testimony to John Moore's international acclaim. His intriguing works of art have been exhibited at many notable galleries and events in South Africa, as well as in the USA, England, Spain, France and Germany. He has appeared on TV and radio shows and was featured in Style magazine, where a two-page spread included photographs of some of his woodblock prints.

Over the years, John has devoted much of his time to worthy causes and donated numerous art works to charities, to help raise funds for the likes of the Nelson Mandela Children's Fund, the AIDS Foundation, the Rhino Foundation and Red Nose Day. His art has become part of art collections compiled by many corporates, including De Beers, Rand Merchant Bank,

Investec, Liberty, Standard Bank, ABSA, Sasol, the Reserve Bank of South Africa, KPMG, UNISA and the University of Johannesburg.

This March, the Business Exchange, in collaboration with the Candice Berman Fine Art Gallery, invites Dainfern residents to view John Moore's latest exhibition, called "The Alchemy of Imagination" which will be on display for a limited period.

At the opening evening, which will take place on 26 March, five of John Moore's art works will be auctioned and further art works will be available for sale. 

If you would like to attend the opening and the auction, be sure to RSVP by 19 March 2015 by calling (or SMSing) Samantha Weir on 084 884 7774 or by emailing samantha@business-exchange.biz.

For more information about the facilities on offer at the Business Exchange, call: 011 469 5013 or email: reception@business-exchange.biz.

To contact Candice Berman, call the Candice Berman Fine Art Gallery on 011 463 8524, email: info@candiceberman.co.za or visit: www.candicebermangallery.com.



**NOW IN GAUTENG
BROADACRES, FOURWAYS**

Just Cruizin
COOL CLOTHING
est. 1985

EXCLUSIVE LADIES CLOTHING & ACCESSORIES



CONTACT MICHELLE ON 011 465 2345

**BROADACRES SHOPPING CENTRE
CEDAR ROAD | FOURWAYS
WOOLWORTHS ENTRANCE, NEXT TO MUGG & BEAN**

www.justcruizinclothing.com

SA JKA KARATE (Dainfern)

Affiliated to Japan Karate Association (JKA)



Professional
JKA instruction
Promotes coordination
& physical fitness

Classes: Wednesday & Friday afternoons
Venue: The Pavilion
Dainfern Golf & Country Estate

Contact:
Bernard Buys 083 709 9289
Marlaina Balaban 084 506 2424
bernard.buys@mweb.co.za

Bernard Buys (5th Dan, JKA)
SA JKA (Dainfern, Blair Atholl & Copperleaf)

passion for property

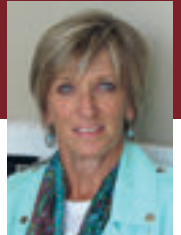
**Gaye
Cawood**
realty



FOR RENT - R58 000



SALES:
GAYE 083 601 1593



RENTALS:
SUE 082 452 0086



FOR SALE - R4.5 MIL



FOR SALE - R4.750 MIL



FOR SALE - R5.9 MIL



FOR SALE - R6.7 MIL



FOR SALE - R12.9 MIL

**LIST YOUR PROPERTY WITH
THE PROFESSIONALS.
CALL GAYE CAWOOD REALTY
011 469 4070 OR 083 601 1593**

Community development and

Dainfern College prides itself on not only being a centre of academic excellence, but also on developing a sense of community and social responsibility in all of its students through various community development and outreach activities.



Outreach project - painting of murals at one of the College's crèche partners in Cosmo City.

Dainfern College's outreach and community projects are focused in the Diepsloot and Cosmo City communities where disadvantaged children are assisted to get a better education and where talented disadvantaged youth are given the opportunity either to attend Dainfern College High School or to work at the College as a Teacher Intern.

Outreach

Reaching out to the vulnerable is strongly encouraged throughout Dainfern College through structured outreach activities. Every section of the school is involved in some type of age-appropriate outreach activity across the College. At present Dainfern College concentrates its efforts on the following projects:

- Annual drives that the whole school is involved in: Easter Egg Drive, Winter Woollies Drive, CANSA Shavathon/Sprayathon and Mandela Day activities.
- Grade 0 supports Meals-on-Wheels.
- The Preparatory School has a close relationship with ReShomile Primary in Diepsloot where numerous teacher and student interactions take place.
- At the High School, all students are encouraged to engage in outreach activities and achieve a minimum of 10



Outreach Initiative at a rural school in the Drakensberg.



hours of service a year. Achieving this goal is a requirement to be eligible to apply for the Leadership programme in Grade 11.

Outreach is run as an extramural in the High School and High School students are involved with the following outreach activities:

- Two partner crèches in Cosmo City;
- Akani: Students help with the after-care every Tuesday and help with Arts and Crafts on the first Saturday of each month;
- Diepsloot Combined and Itirele-Zenzele High Schools in Diepsloot;
- Assisting at Animal Ark Centre in Chartwell; and
- Specific projects such as mural

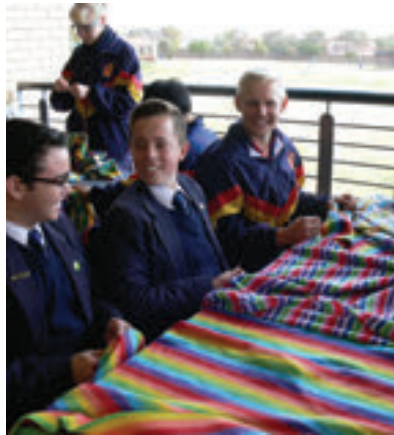
painting, school clean-ups and support of numerous other organised outreach projects.

Dainfern College also has a well-established partnership with the LEAP 4 School in the Diepsloot area, supporting them through sharing classrooms, science laboratories and computer facilities, and constantly working with them to create opportunities for sharing and interacting across many areas of school life. In addition, Dainfern College supports two Cosmo City Crèches with equipment and runs crèche days for each once a term, as the facilities at these crèches are very limited and the children have no space in which to run around.

outreach at Dainfern College



High School Blanket Drive Mandela Day 2013



Crèche Day at Dainfern College



High School CANSA Shavathon Stand at Broadacres Shopping Centre



Reshomile Primary School Feeding Scheme



Akani High School Outreach Visit 2014

Bursary scheme

Dainfern College promotes the social diversity of its student body by allocating full bursary awards to Grade 8 High School students from disadvantaged backgrounds who display competitive academic, sporting, cultural or all-round talent but who do not have access to the facilities of the calibre offered by Dainfern

College. Funding for the Bursary scheme is managed by the Dainfern College Foundation. The Dainfern College Staff also play a significant role in the College Bursary Fund as they have elected to raise funds for the Bursary Fund through salary sacrifices.

Feeding scheme

Under the auspices of the Dainfern College Foundation, the College runs a monthly feeding scheme for 300 vulnerable students at ReShomile Primary School, Itirele-Zenzele High School and Leap

4 School in the Diepsloot area. All the children registered on the feeding scheme are from previously disadvantaged communities and most rely on the Feeding Scheme as their sole source of food. Funding for the Feeding Scheme comes from parents, friends and corporate sponsors and 100% of the funds donated are used to finance the food parcels that each child receives.

Volunteers and donors

Dainfern College invites people and corporates to partner with them through its Volunteer Programme or through donations to the Outreach Programme, so that it is able to add to its current and future community development programme initiatives. These help to uplift underprivileged children within the broader Dainfern community and to focus on their educational needs. With the College Outreach programmes and governance structures already in place, the school is able to have a measurable community development impact.

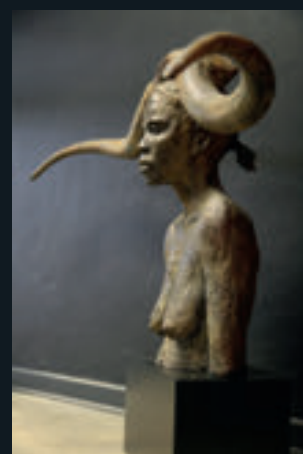
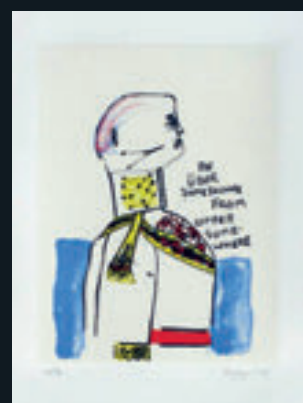
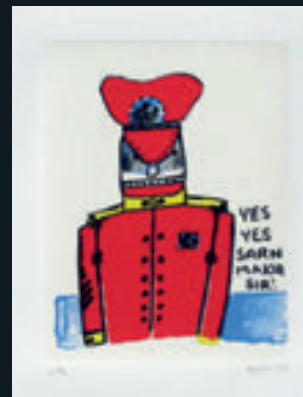
For more information contact Cheryl Coetzee, Head of Pastoral Care (ccoetzee@dainferncollege.co.za) or the Dainfern College Foundation Office foundation@dainferncollege.co.za).



Candice Berman

FINE ART GALLERY

Contemporary Local and International Art
Consultations and Installations
Custom Framing



Contact

Candice Berman: +27 84 843 8302

Gallery: +27 11 463 8524

Physical Address: Shop 15, Riverside Shopping Centre,
Bryanston Drive, Bryanston, Johannesburg, 2021

Email: info@candiceberman.co.za

Beyond a jog around the block

A drive along Gateside Avenue is incomplete if you have not come across at least one resident out for a run, no matter the time of day or night.

Running is not everybody's cup of tea and, for those who are not runners themselves, the seemingly bizarre training habits of a dedicated runner can be somewhat of an enigma. One of the most common rants of non-runners is that 'it looks so boring', but if you delve a little deeper into the world of running and running-associated sports, you will realise that running fitness forms part of a multitude of disciplines. A solid base of running fitness can enable you to enjoy a range of recreational and competitive activities.

The obvious races for a runner are the road races, which most people are familiar with – the 10km, the 21,1km, the standard marathon (42,2km) and then of course the ultramarathons, such as the Comrades and Two Oceans. Our international members all comment on how full our local race calendar is compared to other parts of the world. South Africa has a wealth of opportunities to participate in road running events of various distances, and information on upcoming events can be obtained from <http://www.runnersworld.co.za/events/>.

Many of these events have 4km or 8km fun runs attached to them, so the whole family can go along and enjoy a morning or evening out.



For those not keen on pounding the tar, another new initiative is the parkrun. The parkrun takes place in many local communities of South Africa and is targeted at getting people of all ages and abilities out and about by organising free 5km running events in local parklands. Further information on times and venues can be obtained from www.parkrun.co.za

If suburban parklands are too tame for your taste, you can always explore the world of trail running. Trail running, also known as mountain running or fell running, is a rapidly growing sport. Many athletes feel that it results in less impact on their joints than road running, and obviously the beautiful scenery and interaction with nature are major attractions.

South Africa has a vast trail running calendar, with events ranging from short races under 5km to the likes of the famous Sky-Run, a self-guided 100km race in the Drakenberg. These races can take you to some of the most beautiful places in Southern Africa, such as the Fish River Canyon, Rhodes and the Cape Peninsula. The Wild Coast Wild Run covers 112km in 3 days and is run on the white beaches and along the rugged coastline of our beautiful Cape Wild Coast.

Some athletes need variety and enjoy participating in multisport disciplines. The most well-known of these, the triathlon, was made an Olympic sport in 2000. For the first time in 2016 the paratriathlon will be an Olympic sport. The standard Olympic triathlon is a continuous event of a 1,5km swim, followed by a 40km cycle, finishing with a 10km run. The iconic triathlon endurance event, the Ironman, consists of a 3,8km swim, a 180,2km cycle and a 42,2km run!

Duathlon, perhaps less well known, consists of a run, a cycle and another run. The classic distances are a 10km run, a 44km cycle and a 5km run. There are also a number of ultra-duathlon events, but the most famous is the London Classic.

Another multisport that is growing in popularity is biathlon. This multi-sport is a



continuous run, swim, run taking place over relatively short distances. Although not yet an Olympic sport, it is a world-class event and World Championships are held annually. South Africans have performed well in this event since its inception and we have some bright stars coming through the junior ranks. It is an event that is accessible to the whole family, with the youngest age group (7/8 yrs) competing over a 200m run, a 50m swim and another 200m run. The open adults race over 1500m for the run, 200m for the swim and then another 1500m run. Central Gauteng has recently launched their biathlon league for 2015 and further details on these events can be obtained through the Dainfern Running Club.

The more adventurous members of our running club also use their running training to enhance their participation in orienteering and adventure racing events.

Orienteering involves navigating, using only a map and compass, over short to medium length courses of unfamiliar terrain. For more information on orienteering in South Africa go to www.orienteering.co.za. Adventure racing involves orienteering, but combines it with multiple disciplines such as mountain-biking, canoeing, rock-climbing, horse-riding and even hang-gliding.

Adventure races may last 2 hours, or they may take the form of expedition races that cover vast tracts of land and last for more than 10 days!

So next time you drive past a 'bored' runner on Gateside Avenue – wave, wish them well and be inspired! 🏃‍♂️

For more information about the Dainfern Running Club please contact Wendy-Ann Wood at dainfernrc@gmail.com.



WE'VE GOT IT

MONTECASINO



14 MAR

CATCH IRISH FEVER WITH
FINBAR FUREY
PRIME CIRCLE & FRIENDS

BEER • WHISKEY • FOOD
MUSIC • IRISH DANCE

BOOK NOW!

REWARDS
SAVE UP TO
20%

Alcohol Not for Sale to Persons Under the Age of 18.

movies@
MONTECASINO

WATCH ALL THE LATEST
BLOCKBUSTERS AT JOBURG'S
BEST CINEMA COMPLEX*



REWARDS
SAVE UP TO
60%

*LEISURE OPTIONS BEST OF JOBURG 2014/1015

OPENS 13 MAR

OPENS 27 MAR

THE ULTIMATE FEEL-GOOD SHOW

BENNY ANDERSSON & BJÖRN ULVAEUS'

MAMMA MIA!

THE SMASH HIT MUSICAL BASED ON
THE SONGS OF ABBA®

24 MARCH – 19 APRIL 2015

REWARDS
SAVE UP TO
20%

Beware of the sprinkler...

Soon, millions of people will do something quite strange, when you think of it: they will look for brightly coloured eggs around their home, in the garden or in a park.

An activity we do exactly once a year, egg hunting is clearly a part of one specific occasion: Easter. It has nothing to do with the religious meaning of Easter, but it has become a very popular ritual.

According to Wikipedia, "a ritual is a set of actions, performed mainly for their symbolic value. It may be prescribed by the traditions of a community, including a religious community."

As Expats living outside of our home country, we will get to know rituals we didn't know before. And while some of them may seem familiar, like a parade in honour of our host country's national day, others will seem a bit exotic, like bowing to greet somebody instead of shaking hands.

We have to adopt many of the new rituals we encounter abroad, otherwise people in our new host country could be offended - if we don't queue and wait our turn the way they do, for example.

Other rituals, especially the ones connected to religious celebrations, we may adopt if we want to. While living in India, we may start lighting lamps in our home for Diwali, and this may become a new family tradition. Or here in South Africa, we may join the Easter egg



Hunting for Easter eggs is a favourite ritual for the kids.

hunt at the Estate, even though we're not Christians.

Most Expats also decide to stick to their familiar rituals, the ones they grew up with. For instance, some people just can't imagine spending March 17 (Saint Patrick's Day) without wearing green from head to toe.

Whether adopting new ones or sticking to the old ones, rituals are good for us. Not only do they nurture our spiritual side, but they also help us to bond with others, by showing respect and sharing special moments or activities. They assist us in teaching our children heritage and values and give them a sense of belonging, making our family bonds stronger.

Over and above this, rituals are good for us because they give us pleasure.

PS: Two tips for all the Easter bunny hunters and Easter egg hunters who are new to South Africa:

Parents - Get up early to hide the eggs and bunnies.

Children - Start your hunt swiftly, or else the chocolate eggs and bunnies may melt in the sun.

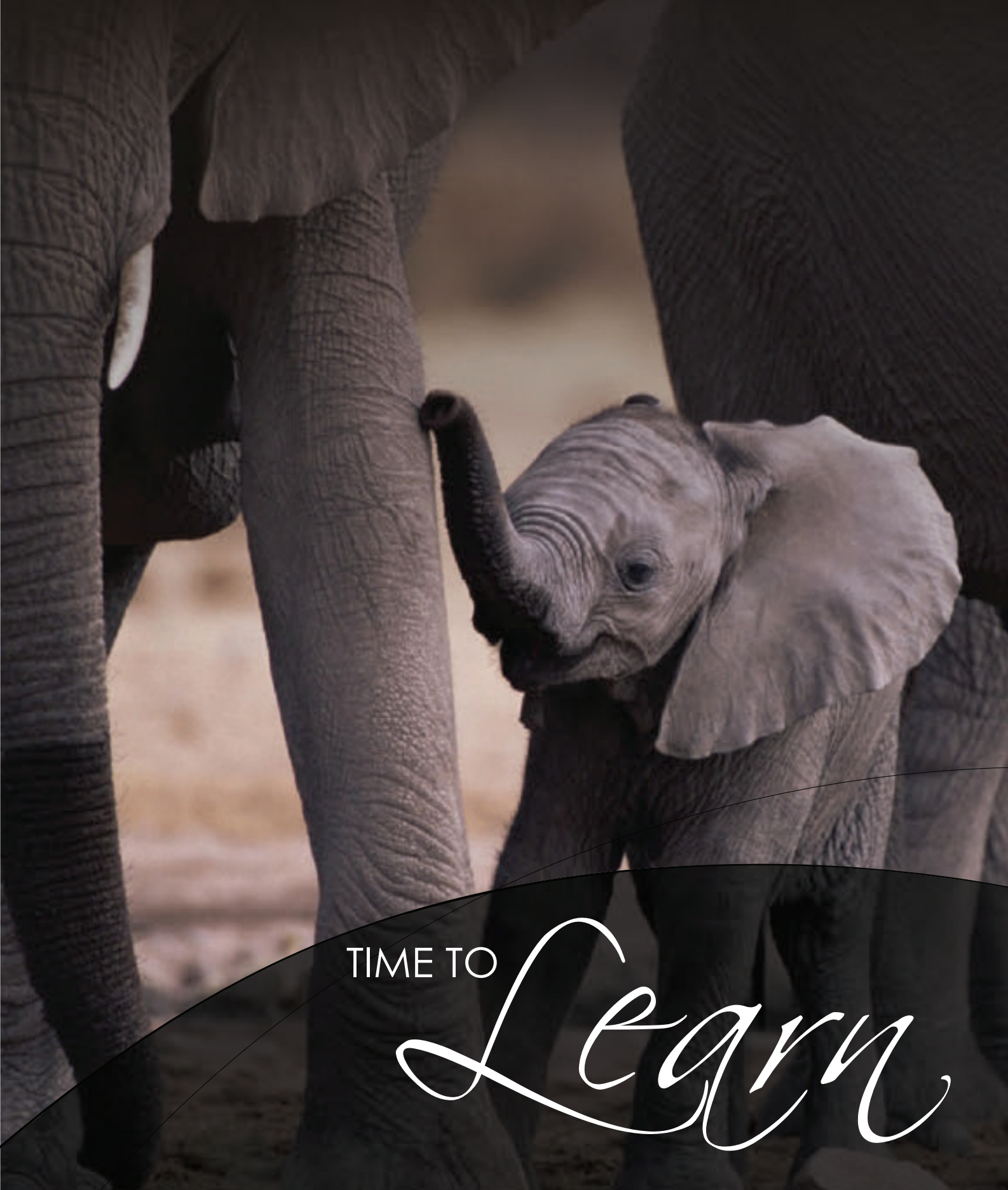
Another important tip for parents:

Turn off the irrigation system.

You'll thank me for this one! 🌧️

Barbara Bruhwiler is the author of the Expat-Living.info Guide to Johannesburg, the guide that helps expatriates to settle quickly and happily in Johannesburg.
www.expats-living.info

The Easter Lunch and Easter Egg Hunt will take place at the Clubhouse on 5 April. Bookings for lunch essential – call 011 875 0442. The Easter Egg Hunt will start at 12.30pm.



TIME TO

Learn

When the time comes to buy, sell or rent a home, learn from those who have the correct experience and knowledge and become confident in your ability to make the right decisions. Century 21 is the world's largest Real Estate organization and our agents are **Smarter Bolder Faster** to help you evaluate where you are and what the next move will be.



The Bond Ball

The evening of 7 February 2015 saw Chartwell sparkle as 224 glamorous guests attended #thebondball. Organised by Karen Graham, Annabel Newell, Emma Patel and Sarah Allen, the ball was a luxury fundraising event in aid of 2 local charities: Shumbashaba and Friends of Diepsloot.



Emma Patel, Karen Graham and Annabel Newell



Ellouise Adami, Michelle Wilson, Kathrine Maloney, Lyndsey Dillon, Melanie Dawes, Gillian Bergin, Joyce Walsh, Emma Patel, Ele Lawson, Karan Graham, Debi Beaumont, Annabel Newell and Lindsey Williams.

Shumbashaba provides therapeutic horse riding for disabled and disadvantaged children, many of whom live in Diepsloot. The therapy allows them to strengthen muscles, improve confidence and experience mobility.

Friends of Diepsloot supports three projects: Thokozani pre-school, with 200 children; the Philisa Isizwe Foundation that cares for 480 children; and Project Dignity, which provides eco-friendly, reusable sanitary wear and sexual education to teenagers.

Women looking elegant in their dresses, and men sharp in their tailored suits, walked up a red carpet into a room sparkling with diamonds, martini glasses, and all things James Bond.

Guests enjoyed a delicious 3-course meal alongside a selection of fundraising activities, including a fabulous auction and a casino hosted by Flush Royale. Prizes



Alistair and Wendy Jessop



Carlo van Boxel, Dominique Linders, Sjoerd Eikelenboom, Mirjam van Boxel, Michelle Wilson, Sandy Harrewijne, Harrie Linders, Paul Harrewijne, Angie Eikelenboom and Andrew Wilson.



Molly Millett and Suraj Singh



Jacky du Plessis, Adrian Forlee and Annabel Newell



Jenny da Luz and partner.



Anubhav Shrestha and Mary-Jane Hart


for the evening were generously donated by The Safari Guys, Piajeh, Katundu, Silver Ribbon and Mowana Spa.

One of the prizes was a catered dinner for 14 people, cooked and served by the Dainfern Men's Cooking Club, a group of Dainfern gentlemen that are heads of industry, but who have a passion for food. This was so popular it was auctioned twice, raising thousands of much needed rands for the Friends of Diepsloot and Shumbashaba.

South Africa's U18 Colour Festival and Karma World Tour DJ Competition

Winners, DeeOne, provided the music for the evening. They had people up and dancing until the early hours of the morning.

Jacky Du Plessis from Shumbashaba said "We are bowled over by the efforts, energy, outstanding skills and generosity of spirit of Karen, Annabel, Emma and Sarah."

The evening was a huge success and the total amount raised on the night reached almost R300 000 which will be shared between the Friends of Diepsloot and Shumbashaba. 



Emma Patel, Gillian Bergin and Ele Lawson



morsø

'ROLLING BACK'

THE PRICES AND PASSING ON THE SAVINGS DIRECTLY TO THE CUSTOMER.

Don't be left in the dark... own a Morso fireplace at 2013 prices!*

While the cost of living seems to be on the up, Morso is giving back.

Revel in the warmth of 2013 prices by visiting our showroom, and find that luxury needn't always cost the world.



morsø

FIREPLACES

Brought to you by:


Premier Fires
More Warmth. More Luxury. More Choice.

OPEN SATURDAYS 9:00 - 1:00pm

Morso (Premier Fires) Showroom
White Hills Close - White Hills Boulevard
(off William Nicol Drive), Fourways (next to Audi Fourways)
Tel : 011 516 0290 Email: info@morso.co.za

T's & C's APPLY:

*Prices refer to Morso units only.
Morso Fireplaces cc t/a Premier Fires reserves the right to change prices at any given time without notice.

Useful tips for greening your home

As part of its commitment to being a sustainable bank, Nedbank supports its clients as they take steps to reduce their impact on the environment.



In following its philosophy of being a sustainable bank, Nedbank has compiled and published the Green Living Guide, to enable individuals to participate in reducing carbon emissions and committing to sustainable living.

Even the smallest change can make a difference, when enough people make that change and greening the home is an effective place to start.

How to green my home

Did you know that around 29% of the average energy consumption by



middle-to-upper-income households is used to heat water in an electric geyser? There are several solutions to this, which will see electricity savings and, of course, more money in your pocket. Start by looking at water heating options that offer immediate savings:

- **Solar heating** – Solar water heaters can save you between 25% and 40% of the electricity used by conventional geysers. There are various options for homeowners to choose from to take advantage of Africa's abundant sunshine.

- **Heat pumps** – These use between 50% and 70% less energy than a traditional electric geyser, and do not require roof space or direct sunlight.




- **Geyser settings, timers and insulation** – For homes with geysers, reducing the temperature at which the geyser is set can save you around 10% for every 1°C you reduce it. Installing a geyser timer means you won't have to pay the costs of your geyser maintaining a high temperature all day, but will enjoy hot water when it's needed. You could also turn your geyser off manually and back on again an hour before you need it. Whichever method you choose, to save on electricity, a geyser blanket is an ideal way to save electricity and cash, as the insulation keeps the geyser hotter longer.



Space heating and cooling

With temperatures dropping drastically during winter nights and rising considerably in summertime, using electric heaters and air conditioners is commonplace – and costly. There are ways of heating and cooling living spaces without overdoing electricity usage. Here are some of them:

- **Ceiling insulation** – In 2011 it became compulsory for new homes to have ceiling insulation, but adding insulation to older homes is a simple job and can save you a lot of money. Call in a reputable company for a quote and ensure they offer you sustainable options.
- **Draft-proofing** – Gaps in your doorways and windows allow cold air in and heat inside to escape. Sealing tape is easy to use, inexpensive and effective at keeping drafts out.
- **Window dressings** – Thicker curtains in winter can help to keep the cold out and leaving them open for the sunlight to enter during the day warms up a home – providing you close them as soon as the sun goes down, to retain the heat.
- **Air conditioners** – Electric air conditioners are massive electricity hogs and should be used sparingly, if at all. Use a floor fan when necessary – they use about 100 watts on the highest speed, where an air conditioner can use up to 1 500 watts. If you must use an air conditioner, set it to no more than 10°C lower than the outside air temperature.
- **Use the breeze, it's free** – Open windows and doors at night to let hot air out and make sure they're open on both sides of your home to encourage a good through-draft. During the hot summer days, blinds and shutters can help to keep direct sunlight out of your living space; and light coloured curtains won't absorb as much heat as dark ones.

There are many simple ways to use less electricity – which means a cost saving to you while also lessening your impact on the environment. Share these easy-to-implement tips with your family, and have all family members play their part. 

For more tips on how you can save energy and costs every day, download the **Nedbank Green Living Guide** from www.nedbankgroup.co.za/green-living-guide for further information.

MAKE
THINGS
HAPPEN



NEDBANK



MAKING

SUSTAINABLE LIVING

HAPPEN

Many homeowners are taking action to ensure that their homes contribute towards solutions for a better future, rather than adding to the problem.

The *Nedbank Green Living Guide*, the bank's proactive response to helping homeowners green their homes, is a refined collection of options to consider when making a shift towards a greener lifestyle. From recycling to using ecofriendly products, the guide will assist users in creating energy-efficient homes that minimise environmental impact.

Go to nedbankgroup.co.za to download your free copy today.

Century 21 **The Gold Standard**

www.century21.co.za

f : 011 460 1599

w : www.century21.co.za

e : lifestyle@century21.co.za



Just Listed...

R8 200 000

WEB REF: 21DN-0641



R7 400 000

WEB REF: 21DN-0274



R5 900 000

WEB REF: 21DN-1031



R5 800 000

WEB REF: 21DN-1017



R5 395 000

WEB REF: 21DN-1063



R4 000 000

WEB REF: 21DN-1057



Anne Copley
083 600 0566



André Marx
083 411 7674



Marianna Frasca
083 260 9255

Rental Properties...

R150 000

WEB REF: 21DN-1014



R65 000

WEB REF: 21DN-0535



R65 000

WEB REF: 21DN-1048



R59 000

WEB REF: 21DN-1068



R45 000

WEB REF: 21DN-1065



R40 000

WEB REF: 21DN-1034



Tania Heurtaux
 082 550 2222

We have a number of exclusive properties available for rent. Please contact us for a **professional valuation** if you are thinking of letting your property



Sue Milne
 079 119 8903

World Consumer Rights Day and the Thunderclap message

Every year, World Consumer Rights Day is celebrated on 15 March. This year, the theme is the right to healthy diets and the organisation, Consumers International, is encouraging people around the world to join their Thunderclap campaign.

According to Consumers International, (CI) unhealthy diets contribute to more than 11 million deaths a year. "Obesity alone is estimated to cost more than US \$2-trillion annually. And this isn't just a 'rich-world' problem - some of the biggest increases in diet-related diseases such as diabetes, cardiovascular diseases and some cancers are seen in developing countries. It really is time that the world woke up to the price of unhealthy diets," they say.

Consumers International is campaigning for a global treaty and urging the World Health Organisation (WHO) to support consumers' rights to healthy food. The treaty covers the need to:

- Reduce high levels of fat, sugar and salt in our diets;
- Reduce the marketing of junk food to children;
- Provide clear labelling about nutritional content on all food packaging, to help consumers choose healthier diets;



- Improve the standards of food served in public institutions, such as hospitals.

To promote the need for a treaty, Consumers International is organising an international social media campaign called Thunderclap. The Thunderclap is set to "go off" on Sunday 15 March via various social media platforms such as Facebook, Twitter and Tumblr.

JOIN THE MOVEMENT

By joining Thunderclap and sharing the same message on the same day, you will be adding to the growing numbers of consumers supporting the cause. CI will use the data compiled from the campaign to demonstrate to the WHO the level of international support.

PRIVACY


An note on privacy: CI says that when you log into Thunderclap using your Facebook or Tumblr account, you're allowing Thunderclap to share a single message

on your behalf. They use the absolute minimum permissions possible to post this message and will not post anything from your account to your friends, except via the platform provided by you.

With regards to Twitter, Thunderclap will be able to: • Read Tweets from your timeline • See who you follow, and follow new people • Update your profile • Post Tweets for you.

It will not be able to: • Access your direct messages • See your Twitter password.

Unsubscribe option: If you decide that you no longer want to support the campaign, you can opt out by returning to the campaign page and following the prompts.

You can show your support for #FoodTreatyNow by signing up at: <https://www.thunderclap.it/projects/22307-food-treaty-now> 

Established in 1960, Consumers International is the World Federation of Consumer Rights Groups. With over 250 member organisations spanning 120 countries, Consumers International serves as an independent and global voice for consumer rights.

WE OFFER CASH FOR YOUR CAR!

SINCE 1903. OUR RECORD SPEAKS FOR ITSELF.



CONTACT OUR SALES MANAGER FOR MORE INFORMATION ON CASH OFFERS ON YOUR CAR.

DAVID REID
CELL: 084 881 9073
EMAIL: dreid@um.co.za

58234 ADMAKERS.COM



WILLIAMS HUNT FOURWAYS TEL: 011 557 3000
 Cnr. Cedar Road & Willow Ave, Fourways, Johannesburg
Website: www.wh4ways.co.za

Terms and Conditions Apply. Errors & Omissions Excepted.

All dressed up!

@ Cedar Square












Win

your share of

R50 000*

in fashion vouchers

19 February - 22 March



Spend R150 or more
at any Cedar Square store

CEDAR SQUARE






T's & C's apply. Visit www.cedarsquare.co.za

Mon - Sat 9am - 6pm
Sun & Public Holidays 9am - 3pm

LEG VEIN SURGERY: THE NEWEST MEDICAL INNOVATION



*Lisa West in
the Procedure
rooms at
Medi-Clinic
Morningside.*

Four out of ten people suffer from varicose veins, caused by factors like genetic inheritance, obesity and pregnancy. It affects both sexes, standing professionals and older persons.

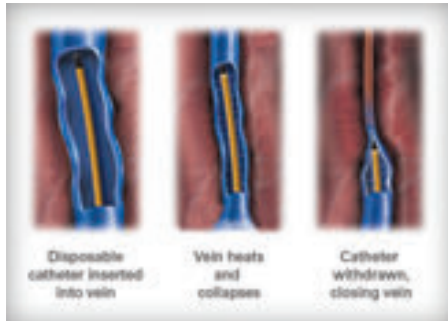
Most cases of varicose veins result from venous reflux disease caused by incompetent valves in the great saphenous vein which runs from the ankle to the groin in each leg. This incompetent vein causes blood to congregate and results in the leg veins bulging. It's not only unsightly, it often causes leg pain, ulcerations and swelling. It may affect one or both legs.

Never fear, your answer is here in the form of the minimally-invasive surgery, called the radiofrequency ablation procedure (RFA) also known as the VNUS ClosureFast.

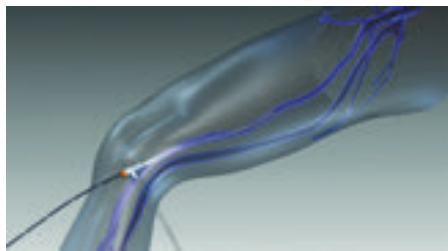
To set a comparison: one traditional method of treating veins is vein-stripping – this is performed in-theatre, involving general anesthetic, an overnight stay in hospital with a prolonged recovery of some weeks. The problem is that the veins can come back, with a reoccurrence of the condition.

The RFA offers much more permanent results. With its huge cosmetic benefits, one wonders why the traditional methods are still used. RFA is a proven, minimally-invasive, walk-in-and-walk-out procedure with almost zero recovery time. Considering this alternative, who wants to be admitted to hospital?

The Radiofrequency Ablation (RFA) process.



Minimal access surgery



Before and after VNUS Closure



Example of Spider veins



In the doctor's rooms, a teensy incision is made where a catheter is inserted into the vein and a radiofrequency energy treats it. Some patients need to wear compression stockings temporarily after RFA but are back at work the next day, with minimal or no pain, bruising or scarring.


Over 1 million RFAs have been performed globally since 1998 with a success rate of 97%. With so many sufferers, why don't more people know about RFA?

After conducting some research, most patients will opt for the quickest, most painless treatment but they frequently ask – will this “in-rooms” procedure be covered by medical aids or from ordinary hospital benefits? The answer is yes. As this procedure arises out of medical necessity – a preventative measure of a condition that can lead to severe complications like deep-vein thrombosis, venous hypertension, affected mobility and

disability – your doctor will motivate RFA with your medical aid. Most South African medical aids will then cover your account from ordinary hospital benefits.

Daniel Lehutjo, acting chief executive officer and registrar of the Council for Medical Schemes says, “The council is not aware of schemes that specifically exclude this procedure in their benefits. The benefit would depend on the specific scheme and benefit option concerned. However, pre-authorisation will be necessary for the treatment.”

At Medi-Clinic Morningside there is a team that is dedicated to vein treatments and they are available to help anyone with troublesome veins. Their vision is to provide the most patient-friendly and effective treatment, but they understand that, under current terms of medical aid reimbursement with their exclusions and scheme rules, there is much paperwork. This might be the reason why this kind of treatment is not more readily available. The expert admin staff at Medi-Clinic Morningside are committed to help you fight the battle with your medical aid to ensure that the best treatment is made available to you.

Free vein screening is currently being conducted at the Medi-Clinic Morningside. As part of a promotion to educate the public about the radiofrequency ablation (RFA) procedure, the screening, worth R1800, is free of charge for a period, however, patients will need to pay the doctor's consultation fee of R730 upfront. Patients will receive a full invoice which can then be submitted to their medical aid. 

To book for the free screening, call Lisa West on 011 784 2804, visit www.veintreatments.co.za or pop into suite 200 at the Medi-Clinic Morningside.



Example of Varicose veins

Over 1 million RFAs have been performed globally since 1998 with a success rate of 97%. With so many sufferers, why don't more people know about RFA?



LOOKING FOR PROPERTY?

 Gayle
Cawood

realty



**LOOK
NO
FURTHER**

www.gcr.co.za

gaye@gcr.co.za

+27 (0)83 601 1593

(011) 469 4070

Friends with Benefits

...and other ways to keep the fire burning

Nobody is motivated ALL the time. That's why having a training partner is key. Research has shown that who you hang around with greatly influences who you are. You're less likely to miss a workout when you've committed to doing it with someone else. So, go out and grab someone.



Don't have a partner? Attend group classes, hire a Personal Trainer, or join a sport-specific club. Part of the reason why companion training feels so good is because your body secretes a 'feel good' socially bonding hormone called oxytocin that creates a sense of belonging. The desire to belong is a great social motivator and is ranked as one of the top five basic human needs, so you're likely to continue training for reasons other than your fitness goals.

If you are struggling to remain committed to your New Year's fitness resolution (and, who isn't?), the quickest fix may be to spend more time with your fitness buddies and borrow from their enthusiasm.

If, however, you still want to go it alone, try some of these hermitic ideas - or, better yet, combine them with your partner training and get a multi-dose of motivation.

Visualise your success. Be it a cycle challenge, a bi- or tri-athlon,

toning up, slimming down, or amassing muscle, whatever you're after, picture yourself having already achieved it. It sounds unbelievable, but it's been proven to work. Your subconscious cannot distinguish between what's real and the imagined. Be precise in your imagery and imprint success upon your mind at least once a day.

Don't Worry, Be 'Appy. So many apps, so little time. Do I really need to say more? Track your progress, find moral support, download playlists, compete on-line, and discover eating plans. Plug in to positivity. Technology is such that everything can be found on-line, including your personal inspiration.

Please Don't Stop the Music. Moving to your favorite songs is a simple way to make your training more enjoyable, which will push you to work harder. Find energy-inspiring upbeat tracks for cardiovascular exercise, and slower heavy beats for resistance training. Then, restrict your listening to workouts only, to avoid dilution.

Turn Loose Your Inner Child.

If all of this advice sounds like too much work, on top of the workouts.... ditch it and just have fun. Re-live carefree moments of running, swimming, and cycling. Move, breathe, live, frolic and enjoy for the fun of it, for none of us is getting out of this life alive. 🎮



Marlaina A. Balaban is an accredited Personal Fitness Trainer, Group Exercise Instructor and 1st Dan Black Belt, SA JKA Karate. She resides in the Dainfern area and can be reached at 084-506-2424, Marlaina.balaban@gmail.com.

Africa's Largest Selection of **Patio Furniture & Accessories**



www.patiowarehouse.co.za

DISA LOUNGE SET

FIND YOUR OUTDOOR **COMFORT!**



www.facebook.com/PatioWarehouse

- OPEN 7 DAYS A WEEK - WHOLESALE PRICES



Cut out this section of the advert and present it in-store and you qualify for free delivery on your total purchase. Valid until the 31st March 2015.

Terms and conditions apply.

OUR BRANCHES

CENTURION: 012 657 9400

RANDBURG: 011 801 0820

CANAL WALK: 021 526 7240

SOMERSET WEST: 021 840 4160

UMHLANGA: 031 566 8550



A Textron Company

www.ezgo.co.za



SUPERIOR INSIDE AND OUT



RXV



RXV 2+2



TXT



TXT 2+2

FREEDOM SERIES

Get more enjoyment wherever you're going. A quick jaunt down the block. Lunch at the club. Finishing the back nine. Everything's more fun with the Freedom RXV® and TXT®.

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.

- Huge variety of factory refurbished 2 & 4-seaters available
- Customize your cart with our complete range of genuine E-Z-GO accessories.

RANDSBURG / NORTH RIDING (Head Office)
 Tel no: +27 (11) 595 3400
 Cell: +27 (82) 807 6494
 Email: simon@ezgo.co.za



© 2013 E-Z-GO All rights reserved.



Let Us Help You Invest in Your Health...

Brookdale focuses on providing an escape from the stresses of everyday life. We offer a quiet place where physical health and mental well-being can be restored to their balance through pampering treatments, healthy eating, moderate regular exercise and stress management.

Kick-start Healthy Living with our 2, 3, 4 & 6 Night ALL INCLUSIVE REJUVENATING PACKAGES VISIT OUR WEBSITE FOR OUR PACKAGE PRICES & LATEST SPECIALS



Tel: 033 266 6208
info@brookdale.co.za
www.brookdale.co.za

Brookdale is not a luxury, it's a necessity!



WE TAKE AWAY THINGS THAT GO "BUMP" IN THE NIGHT!



ROOF RATS

www.roofrats.co.za
info@roofrats.co.za
 011 057 7020
 072 767 1999

Sunday Carvery Lunch

Visit Zulu Nyala Country Manor's NEW Boma Carvery in Chartwell Fourways for a mouth-watering feast. The buffet features a carvery station with three succulent, slow-roasted meats to choose from.

Plus enjoy a wide selection of vegetable dishes, salads and of course gravy from the buffet and our Dessert Valley.

adults **R175** kids **R85**

including (under 12yrs) a welcome drink!

Booking essential!

+27 11 702 9300
zncmres@zulunyala.com
www.zulunyala.com



ZULU NYALA
Experience the Magic of Africa

Email Etiquette

The way we communicate with each other has changed dramatically over the years and technology continues to influence our social interactions. One form of messaging that's become increasingly useful is emailing. In fact, for most people in business, it's become an essential tool.

Due to the fast pace of our lives, email etiquette often flies out of the window, especially when we're multi-tasking and time is of the essence. Without the right amount of care and consideration for the recipient, correspondence via email could have the opposite effect to what was intended and the sad part of it is that we may not even know it – particularly if the message was deleted or blocked before it was even read.

Here are a few tips that could prove useful when corresponding via email:

1. Firstly, avoid using spam keywords in your subject line. Using words such as "free, offer, gift, deal" may lead to your message being filtered to the recipient's spam folder and it may not be read for days, or not at all.
2. Make sure that your subject line is relevant to the content of your email. If you are replying to someone but have changed the topic – change the subject line and delete all the previous content of the email body. It only takes a few seconds to do this and it saves you a lot of time if you want to search for the message amongst your 'Sent' items.
3. Keep your subject line brief.
4. Always put something in the subject line – not having a subject could lead to your email being blocked – which means you have wasted your time completely.
5. Stay away from using fancy fonts and patterned backgrounds as some computers only have a limited range of fonts - and patterned backgrounds often confuse the message, rather than enhance it.
6. Break your messages up into paragraphs. White space is better than one big block of type. Try to limit your emails to just a few ideas in one message and remember, punctuation is still important, even in an email.
7. Refrain from forwarding Junk Mail, chain letters etc. indiscriminately.
8. When you forward mail, always check the content of the email all the way through and delete any sensitive information not intended for the recipient. Not doing so could be contravening the POPI (privacy) Act, too, so it's best to take that precaution to protect yourself from any legal liability.
9. When sending one email to multiple addresses, consider sending the



main message to yourself and “blind copying” the others, (inserting the email addresses in the BCC option), to protect the privacy of the recipients.

10. Blind copying (using the BCC option) in other instances is almost like talking about someone behind their back, so use this option with discretion.
11. The “Reply to All” option is only useful if you are conducting a forum. Usually, replying only to the sender is all that’s necessary.
12. Always open and check attachments before sending your message. Make sure your attachments are the very latest version of what you have been working on and not draft copies.

13. Leave out inspirational quotes and ‘emoticons’ when sending business correspondence. Messages with decorations and embellishments come across as unprofessional.

GOOD MANNERS

1. Including a courteous greeting and closing line helps to make you more human and less terse.
2. Make sure you have spelled the person’s name correctly – there’s nothing more annoying to a recipient than having his or her name incorrectly spelt.
3. Address the person with the right level of formality.
4. Always spell check and grammar check what you have written in the

message and in the subject line.

5. Don’t use lots of exclamation marks or question marks – they come across as rudeness.
6. ALL CAPS – this is perceived as shouting. Simple upper and lower case is the accepted format for emails.
7. NEVER send an email when you’re angry or excessively emotional. Walk away from your computer, calm down and then compose your message once you have gained some perspective.
8. There’s that ancient saying: “Let me sleep on it.” If it’s an important communication, leaving the reply in your Drafts folder and reviewing it the next day before you send it, could make all the difference.
9. If you’re sending attachments, check the size of your email – you can normally see the size of the entire email by checking the message as it sits in your Outbox. If the attachments make the email too large, your message may not reach the intended recipient, or it could clog their server/Inbox.
10. Generally, it’s best to ask before sending excessively large files. Where possible, rather re-size pictures and attachments, and try to keep the files that you send as small as possible so that they don’t chew up their (and your) bandwidth unnecessarily.
11. Stay away from cryptic answers and Internet slang. They may make sense to you at the time, but out of context, after time has elapsed, they may make no sense at all. Rather type in complete sentences.
12. If you cannot respond to an email promptly, respond with a simple acknowledgement and an indication of when they can expect a reply.
13. Courtesy and respect are very important components that should always be added to any email message. Too often, emails come across as harsh and can lead to conflict even when aggression and/or rudeness was not intended. When in doubt, pick up the phone and request a face-to-face meeting.
14. In closing, when stuck for a suitable ending, a simple “thanks” will suffice. 🙏



Celebrating the Blessing of Easter



DAINFERN FELLOWSHIP EASTER WEEKEND

COMMUNION SERVICE

FRIDAY 3rd APRIL 09h00 – 10h00

FAMILY SERVICE

SUNDAY 5th APRIL 09h00 – 10h30

AT THE DAINFERN CLUB HOUSE – ROOM A & B





Raising Resilient Children

Life Talk's Proactive Parenting Series

Parenting today can be challenging. Most parents probably feel overwhelmed with the multitude of responsibilities they have at home and at work and simply do the best that they can. As a result, too often, parents only really focus on a personal problem when they are forced to deal with it.

A diversity and stress are a part of everyday life. As adults, one of the core values that gets us through each day and through each challenge we face, is resilience. For most of us, it is something we most likely haven't really thought about consciously and probably not in the context of our children. And yet, it is a key success factor and a vital skill. In the highly demanding and competitive world that our children are growing up in, it can be one of the best skills we can give them. Remember, too, that children learn through observation and mirror adult behaviour, so awareness of this can be crucial in helping your children to build these skills.

Defining Resilience


According to the Oxford Dictionary's definition, 'resilience' is the capacity to recover from difficulties. It's the ability to

thrive despite the challenges that may come your way. It can range from being able to adapt to change, uncertainty, stress and anxiety to coping with trauma or tragedy. The good news is that resilience can be learned and isn't necessarily an innate ability.

The manifestation of resilience can be further described as the following:

- A positive can-do attitude to life;
- General optimism and the ability to focus on your inner strengths;
- Self-belief, confidence and high self-esteem;
- Being flexible;
- Emotional awareness, which is key to communication skills;
- Being able to laugh at yourself – a sense of humour goes a long way;
- Being proactive and organised, to minimise the negative impact of unforeseen situations.





Encourage and acknowledge small successes, as these will lead to ever-increasing larger ones, building confidence along the way.

Tips to help your children build resilience

So how do we teach children to be resilient?

Some of the following fundamental life skills may be useful in helping to build and teach resilience:

Social Skills: Teach your child to not only make friends, but to be a friend; to be empathetic to others who may be struggling or are in pain. They may seem to be basic skills, but they are really important in later life. Connecting and getting along with people in a variety of settings not only makes their lives less stressed and more comfortable, but it provides a potential support structure within the family, as well as outside of it.

Routine: Routines provide structure and boundaries for younger children and have the added benefit of being comforting to them, making them feel secure. As they grow, these routines become habits which could significantly reduce stress. Consider using routines to encourage proactiveness and to co-incidentally teach organising and planning skills.



Helping others: Helping other people can be very empowering and it helps to develop a sense of self-worth and belonging. Whether it is helping another (perhaps isolated) child at school to make friends, or volunteer to work in needy communities, helping others is very gratifying. It simply makes you feel good about yourself and formulates the realisation of the difference you can make as an individual. The lesson learnt is in the experience.

Taking care of and being able to laugh at yourself: Teach your children to take a break and have some fun (and do so yourself so that they can learn through observation). This again impacts on self-worth, knowing that being relaxed, happy and being allowed to have some fun is actually okay. Recreational time is a great stress-reliever and allows the opportunity to be creative in whichever way they may want to. These “down times” are often what we look forward to most when we are under pressure.


Not taking yourself – and your mistakes or failures – too seriously and being able to laugh at yourself is just as important as being driven to succeed. Laughing makes us feel good and makes everything look a little less serious, whilst also releasing endorphins, which de-stress you.

Setting goals: Realistic, achievable goals, when attained, build confidence and pride. Encourage this from a

young age so that it becomes a natural process for your children. As the saying goes, “success breeds success”.

It’s a journey

The process of building resilience is really a very personal journey and, as parents, we can subtly guide and prompt our children along the way. Let them know that their home is an emotionally safe place. If you notice that they are overwhelmed or unable to achieve something, talk to them and let them know you are available and are a safe sounding board for them. Encourage and acknowledge small successes, as these will lead to ever-increasing larger ones, building confidence along the way.

We can’t protect our children from the ups and down that life will present them, but by raising resilient children, we can equip them with tools to cope as they become adolescents and then adults. If your children are older, remember, in reality, it is never to late to start raising empowered, resilient children. 



Realistic, achievable goals, when attained, build confidence and pride.

Life Talk has developed a series of Proactive Parenting workshops to help share vital parenting skills, create awareness and provide practical, implementable tips and tools. Parents who are equipped with knowledge and know-how are less stressed and have happier home lives, and are far more effective and productive at work.

Contact Nicoleen@lifetalk.co.za to find out about Life Talk’s essential services.

- **Parenting workshops run monthly.** Workshops are held throughout the year.
- **Staff Development in the Workplace:** Invest in your staff – parents who are coping at home are more productive and focussed at work. Self-esteem focused courses suitable for all staff are available.
- **One-on-One Coaching:** For parents and teens.

For more parenting information or to purchase the Life Talk range of books, visit www.lifetalk.co.za or email Forum@lifetalk.co.za.



Empowering young people to make life-enriching choices; equipping parents for proactive parenting; inspiring families to thrive

Life Talk provides essential information and advice for learners, parents and educators.

Our focus is to raise awareness about child, adolescent and parenting challenges with a strong emphasis on life skills and to provide practical solutions, tips and tools to effectively equip all to make life-enriching choices when faced with these many challenges.

Communication, family, love, values, self-esteem, discipline and boundaries, a positive attitude and life skills are just some of the vital aspects we pay attention to in order to assist families achieve happiness and success.

What we offer

Our resources include a wide range of talks, workshops, books, monthly parenting newsletters, website content, online videos, one-on-one coaching, and TV and radio appearances.

We tackle topics ranging from building self-esteem, discipline and boundaries, to social media, depression, bullying, alcohol and drugs.

In helping to build stronger, more stable families, Life Talk's parenting workshops are run monthly. These are a valuable option for

businesses to consider for staff development programmes, too. Well-informed parents who are equipped with modern day parenting skills are more effective parents and less stressed in terms of home/life issues allowing them to be more productive employees.

Target audience

- Nursery schools, primary and high schools;
- Businesses and corporates – staff development and support in the workplace;
- Parents – Monthly workshops and coaching for children and families.

Tax deductible contributions

Personal, business and Social Responsibility (SED) contributions are tax deductible through Life Talk Forum, our non-profit organisation. Life Talk has a BBEE level 4 rating.

Our resources can be used to enhance any existing programmes your business may have in place.

Visit us on www.lifetalk.co.za or contact us on info@lifetalk.co.za for more information or to book a talk.

A world of education ... an education for the world!



Open days 2015

Dainfern College is an independent co-educational school with a Christian ethos for Grade 0 to 12.

Meet the Principals and tour the school on the following Thursdays, 09h00-10h00:

- **5 March**
- **9 April**
- **7 May**

Contact Mrs Deldré Proxenos:
Tel: 011 469 0635
dproxenos@dainferncollege.co.za





South African Artists at Home
By Paul Duncan

An artist's canvas reflects the face he chooses to show to the world, but the place in which that art is made is seldom revealed. Paul Duncan was given unparalleled access into the homes and lives of fifteen of South Africa's most revered artists. Over countless mugs of coffee or glasses of wine, he listened and observed as they spoke about their lives, loves and the way they make their art. *South African Artists at Home* takes the reader into some very private spaces, affording us a glimpse of what the artist goes home to at the end of the day. For some, the work space and home space are irrevocably intertwined. For others, home is a sanctuary. Or perhaps it is the studio that is the sanctuary and home is where 'real life' happens. Either way, if you have an interest in art, artists, and the often bizarre way that making art intersects with living life, you'll find this book intriguing.



Paul Duncan is the founder of Paul Duncan Media and the author of a number of books including, most recently, *Hidden Cape Town*, *Cape Town Louis Vuitton City Guide*, *Style Icons*, and two collections of South African interiors: *Down South* and *Down South Two*. He was previously editorial director at Condé Nast Independent Magazines and editor

of Condé Nast's *House & Garden* (South Africa). He was educated in Cape Town and at the University of Edinburgh. As an independent media consultant, he works with a variety of organisations including Fiera Milano, Cape Town Design NPC, Cape Craft & Design Institute and Condé Nast International. He was also responsible for the abridgement and picture research for Nelson Mandela's Illustrated *Long Walk to Freedom*.

Price: R375.00

The Space Between the Space Between
By John Hunt

In some ways, it all begins with a very bad day for Jethro. First, he's attacked by an angry man who takes his good intentions the wrong way, then he's robbed in the middle of the night by two men who try to iron out of him – literally – where he keeps his valuables. The problem is that Jethro's valuables consist of a box of photos and other keepsakes – which only aggravates his assailants. Traumatized, he seeks counselling. With Dr Chatwin, Jethro traces his bond with his best friend, Sam, comes to terms with the loss of his girlfriend, examines his encounters with the enigmatic artist Matsotso Cecilia Dumisa, and figures out why he carries a hat, a shoe and a painting around with him everywhere.



©Jurgen Marx-Badenhorst



Set in the turbulence of South Africa right now, *The Space Between the Space Between* tells the story of a young man trying to stay afloat as he's assaulted by life's cross-currents. The novel honestly and humanely portrays South Africa today without reverting to moral or political grandstanding. As Jethro ricochets through life, a story of loss, the gaining of wisdom and a little healing emerges.

John Hunt is the founder of agency network TBWA Hunt Lascaris and is currently Worldwide Creative Director of TBWA. In 1993, he was intimately involved in Nelson Mandela's first election campaign. The author of a number of television dramas, he was named SA Playwright of the Year for *Vid Alex*, a play exposing censorship during the apartheid years. His book *The Art of the Idea*, which celebrates the power of ideas to move the world forward, has been translated into several languages.

Price: R200.00

Books published by Random House Struik. For more information, visit www.randomstruik.co.za.



HERIZ GALLERY

AUTHENTIC, HAND-WOVEN PERSIAN AND ORIENTAL CARPETS



Afghan Agcha: 300x200: R4990



Chobi: 300x200: R8990

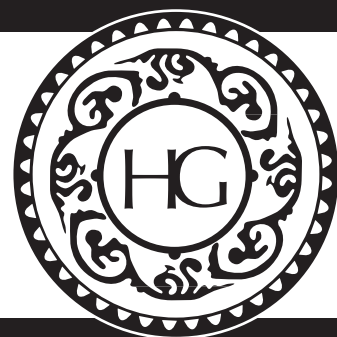


Mori Bukhara: 300x200: R5990

Extraordinary Easter Specials!

It's the perfect time to invest in an exquisite,
hand-woven, pure wool carpet from our new season range of
modern and contemporary carpets.

THE STRAIGHT SHOPPING CENTRE,
C/O WITKOPPEN & STRAIGHT, FOURWAYS,
011 467 3747, WWW.HERIZGALLERY.CO.ZA
/herizgallery 



Visit our Facebook page  /herizgallery to find out about the #HerizHero community drive

A dose of Natalian therapy

Towards the end of winter while my buddies were freezing in Gauteng and praying for the Greenhouse Effect to kick in, a friend and I escaped the cold by going off to the Natal North Coast and then on to Zululand. After the rigours of the Highveld winter, the warmth and greenery of the North Coast was so therapeutic that we felt the cost should be chargeable to medical aid.

Zululand – the region north of the Tugela – affords far better birding than the Kruger National Park because it has a far greater variety of habitats and extensive wetlands. Driving north into Zululand, it is disturbing to see how much of this once beautiful N2 route is no longer South African. Firstly, there's the sugar belt with its sinfully polluting refineries (how do they get away with it?), then there's kilometre after kilometre of Australian eucalyptus and Central American pines.

But relief was to come for we had made a last minute booking at Bonamanzi Game Reserve south of Hluhluwe – a reserve unknown to either of us. We found it to be a very reasonably-priced privately-owned reserve. It is just 7km off the N2 and two and a half hours from King Shaka Airport.


Our chalet looked out over one of the reserve's many natural pans where we immediately spotted a magnificent 4,5m basking crocodile – one of 14 that had escaped two years ago from a pen at the reserve. The trouble with this one is that it has been hand-fed all its life and is not as scared of people as they are of it. Attempts to recapture it have been amusing rather than successful. But the croc seems satisfied with its new found habitat and the variety of self-caught fish at its disposal – not to mention having no set mealtimes.

Despite 18% of South Africa's bird species still being out of the country when we were there (in July), we still saw a wondrous variety. The 4000 ha reserve – it has a safari lodge mostly



of self-contained and sometimes very secluded thatched cottages – is rich in bird species and has a fair amount of other wildlife, including more red duiker and nyala than anywhere else I have visited. The tiny red duiker is one of Africa's smallest antelopes.

Bonamanzi has some delightful pans (the reserve's name means "Look! Water!") and some well-marked walks

which one can do alone, quite safely, or with a professional guide. If one wants to see the Umfolozi/Hluhluwe complex, it is only a 20 minute drive away and Africa's largest estuary, Lake St Lucia, is next door to the south. Thus, one has access to coastal grassland, wetlands, tropical forest and mixed woodland. The reserve offers game drives to these adjoining reserves and also boat cruises on the Hluhluwe River. 

A sense of style and taste.

Let your senses caress, savour and experience the meeting of artistry and imagination at Design Quarter.

Whether you're a decorator, a homemaker or just someone who appreciates the value of a beautiful living or working environment, Design Quarter offers you everything from interior design to decadent dining to bespoke art to exclusive lighting to designer kitchens. Design Quarter is a hub of excellence and good taste that attracts a discerning clientele looking for only the best. Discover for yourself the centre that reawakens your senses and reaffirms the beauty of creativity and innovation.



Pink Light SA



Designer Range at Boardmans



Kitchen Goods from Woolworths



Designer Range at Boardmans



Woolworths



Concept Showrooms

Crabtree & Evelyn



CRABTREE & EVELYN



Plaza at Design Quarter

design quarter

décor | restaurants | lifestyle | home

Web: www.designquarter.co.za

Centre Management Office: 011 467 5152

c/o William Nicol & Leslie Ave East, Fourways.

YOUR KEY TO THE WORLD OUTSIDE.



ABOVE & BEYOND

landrover.co.za



For over 65 years, we have built vehicles that redefine automotive standards and capabilities, from the iconic Defender to the supremely luxurious Range Rover. Tackle adventure head-on by joining the Land Rover family today.

Call us today to book a test drive.

Land Rover Waterford

Cnr. Witkoppen Road & Waterford Drive, Fourways

Tel: (011) 658 1445

*Recommended retail prices are subject to change without notice and exclude CO₂ tax. Terms and conditions apply.