

# DAINFERN

SECURE LUXURY LIVING

ISSUE **8** 2013



FUN AT DAINFERN'S  
**amazing race!**

**DOUG  
LEATHER'S**  
CUSTOMER-CENTRIC  
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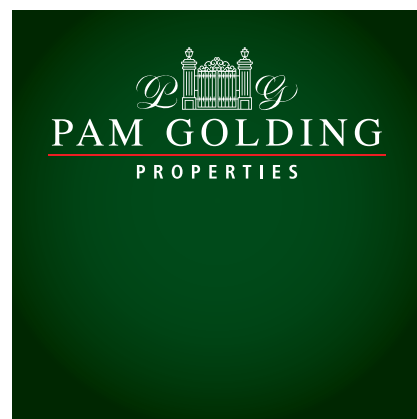
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FROM THE CHAIRMAN  
BRADLEY RIEMER

# COMMUNITY WANTS DIRECT ACCESS TO R55 ROAD

**A**ccess to the upgraded R55 road from private properties trumps environmental concerns for the Blue Hills community.

While the second Environmental Impact Assessment public participation meeting for the upgrade was the last chance for residents to log environmental concerns, the residents used the two hour meeting to demand continued access to the provincial road from their properties. The community was concerned that its businesses will be threatened without access to the main road.

Edwin Sikaala of the Department of Roads and Transport said access to the provincial road could not be given, but judging by the community's demands, the department would have to give the issue more consideration. The community will have more chances to force the issue at future public participation meetings.

As for environmental concerns, further objections will have to be sent directly to the Gauteng Department of Agriculture and Rural Development, which will make a decision on whether the upgrade should go ahead. Kopano Environmental Management Services did not find that the upgrade will have a negative environmental impact.


Around 60 people attended the meeting at the Urban Life Church in Crowthorne to find out more information about the 6km upgrade of the R55, (also known as the P66/1), from Summit Road to the intersection of Main Road.



Construction will begin in the second half of 2014. Sikaala said the biggest challenge would be accommodating the traffic on this road during construction.

The 6km stretch of upgraded road will be a dual carriageway, with an island in the middle and pedestrian and cycle lanes. The Greater Kyalami chairperson, Kristin Kallesen, commended the department for initiating this non-motorised transport initiative.

Street lights will be installed, but traffic signals were still to be considered.

Director of Environmental Services, Kgomotso Molefi, said proclamation issues had already been considered and compensation had already been paid. It was now an issue between the previous and current land owner. 

*SOURCE: DANIELLA POTTER, FOURWAYS REVIEW*

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FROM THE GENERAL MANAGER  
REG BERNSTEIN

# BANK CONFIDENT – DESPITE WIDER CURRENT ACCOUNT DEFICIT

**S**A's current account deficit widened far more than expected in the second quarter, although the Reserve Bank is confident enough money will flow in from foreign investment and the sale of government bonds to cover the shortfalls.

The current account is the broadest measure of trade in goods and services and has been in deficit for many years mainly because SA imports more than it exports. The rand weakened to R10,05/\$ from R9,93/\$ immediately after data was released showing the current account deficit had widened to 6,5% of gross domestic product (GDP) compared to a 5,8% shortfall in the previous quarter.

Standard Chartered head of Africa research, Razia Khan, said in a note that the rand had already given up some of the gains seen last week after more upbeat risk sentiment and a


successful R2bn bond issuance. The Treasury issued a 12-year global bond late last Monday, which was more than 3,5 times oversubscribed. It hopes this will help fund the current account deficit and budget shortfalls.

Purchases of local bonds and other assets by foreigners have helped finance the shortfalls in the current account over the years. These investors have in recent weeks sold off emerging market currencies and bonds, following announcements of possible reductions in stimulus programmes in the US later this month.

The head of economic reviews and statistics at the Bank, Johan van den

Heever, said they were not too surprised by the deficit, as it reflected the effect of a narrower than expected deficit in the first quarter and the weaker rand.

Lower international commodity prices and lacklustre growth in the quantity of non-gold exports saw export revenue held back in the quarter and the trade deficit widen to 2,9% of GDP from 2,4%.

“What you could clearly see, already, early in the quarter, was the softening in our export prices. The prices of gold and platinum came down quite a bit and so our export proceeds from those areas came down, and that was not good,” says van den Heever. 

SOURCE: NTSAKISI MASWANGANYI,  
FINANCIAL MAIL





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## FROM THE GOLF PRO



# BETTER BALL STRIKERS INCREASING THEIR OPTIONS

**F**or the better player who has the ability to control ball flight, the long approach is best targeted at the centre left portion of the green.

If the shot is played with a little fade and the fade comes off, then the ball attacks the pin. If the fade doesn't come off and the flight stays straight, then the ball still lands safely on the green.

There are different ways to create a fade. You should develop the technique to be

able to play at least one fade or draw. Having the ability to control ball flight with your approach shots gives you so many more options.

On the approach to the 18th at The Players Championship, with water on the left of the green, Tiger Woods aimed way out to the right side of the green and played to draw the ball.

If he hadn't managed to move the ball right to left, then he'd have been a long way from the hole, but at least on the green. As it was, the ball

did move right to left and he had an easy 2 putt and a chance at a single putt.

Does your technique allow you to control ball flight?

If you are a good ball striker, spend some time learning and practising how to control the ball flight. As a lower handicapper, you can't afford just to swallow a dropped shot. You need to find ways to minimise risk while attacking the pin. Give us a call if you'd like some help. 📞

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# DAINFERN COLLEGE JUNIOR SOCCER CHALLENGE

Celebrating Young Soccer Stars



# DAINFERN *College*

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The 2013 Dainfern College Junior Soccer Challenge delivered all the thrills and spills that we have come to expect from the annual spectacle. The two-day event included boys and girls from nine schools and several district and academy teams who treated all in attendance to some sublime soccer and nail biting encounters. Congratulations to Akani, the tournament winners.



# WHAT AN AMAZING RACE AND AN AMAZING DAY!

**D**ainfern's First Amazing Race took place on Sunday the 8th of September and it turned out to be a resounding success! Starting at the Pavilion, the race took competitors through ten obstacles and check points before ending at AUTOQUIP's GAZEBO outside the Dainfern Clubhouse.

There were over R 100 000.00 of wonderful prizes to be given away and many weary competitors were treated to a pampering back, neck and head massage by the lovely Thai ladies from Reflexions.

Well done to the members of The Dainfern Fellowship as well as the Dainfern Football Club, the marshals from the Diepsloot Community and the monitors from Dainfern College, who all worked tirelessly before, during and after the event to ensure the great success of a fantastic and well organised fun filled day for all.

Thanks to all involved, especially the sponsors: AUTOQUIP, The Bead Shop, Ed Holding Golf Shop, Image Perfection, Kumon, Paint Emporium & Hardware, Life Photography Studio and Reflexions Thai Yoga Massage.



Gerald Sandler, MC for the day explains how the race will be run



Pre-race Registration



Photography by Life Photography Studio, Diane van Noort, Nico Maritz & Bev Hermanson



After the Golf Ball Search, competitors set off along the route. The Golf Ball Search was sponsored by the Ed Holding Golf Shop



Obstacle No. 2 was sponsored by The Bead Shop. It took great concentration to thread the beads



Obstacle No. 3 was Puzzle Building – not an easy task



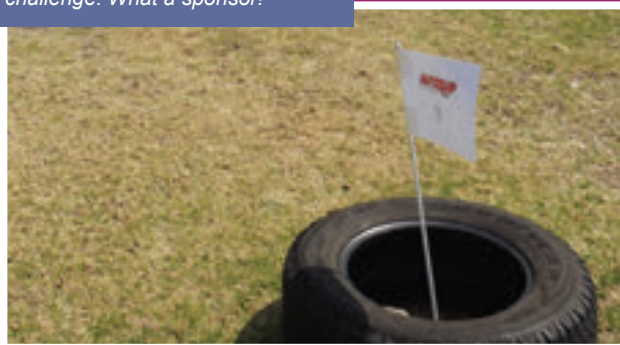
The brain is tired. Now for some physical exercise – the Soccer Shootout played by some talented football players



Back to the Pavilion for Kumon Maths, where Kathy really got participants thinking



Obstacle No. 6 - Autoquip pulled out all the stops at the tyre challenge. What a sponsor!



Obstacle No. 8 – The Chess Movers, what stars!



Obstacle No. 7 - Fun was had by all who did The Amazing Sack Race



Obstacle No. 9 – once again, thanks to Autoquip for the gift bags full of goodies for all the contestants

# ESTATE LIVING



Thanks to Paint Emporium & Hardware for sponsoring the final check point, where all competitors had to be checked off before the rush to the Finish Line



Our first group of ladies, all dressed in pink, delighted with their achievement



The Finish was crossing under the Bridgestone Bridge and entering the Autoquip Finish Zone. Well done to all competitors



There was a well-deserved and appreciated massage for the weary competitors, provided by the lovely Thai ladies from Reflexions Thai Yoga Massage

We would also like to thank Life Photography Studio for all the support, for the photography on the day and the wonderful prizes. Thanks also to Image Perfection for the vouchers donated as prizes.


GOLF NEWS

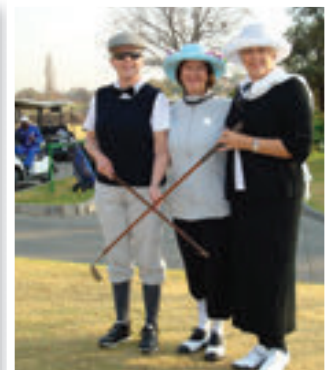
# ANNUAL SPRING DAY CELEBRATED IN 1920S STYLE

**O**n Tuesday 27th August, the Dainfern Ladies Golf Section hosted its annual Spring Day competition in great style – 1920s style, that is! The weather played its part and a fun day in the sun was had by all 56 participants.

The Club was very fortunate to have great sponsors on the day. Thanks are extended to Dr Mark Steinmann (Plastic and Reconstructive Surgeon) for his sage advice regarding taking care of our skins properly and using sun protection; Erin Hopkins from SkinCeuticals for her talk on the exciting new skin care range, as well as for the free skin analysis available on the day for all 56 ladies and the goody bags containing samples of the product; and Jacqui Steinman from Butter who donated all the fabulous deserts and a wonderful cake for the best dressed lady.

Dainfern's Ladies Golf section organises competitions on Tuesdays and Fridays and has 4 league teams (two in the Silver Division and 2 in the Bronze Division) participating in the Gauteng Ladies League as well as a Sunday League Team. For more than 20 years, there have been dedicated Ladies Golf Committees running the section. The ladies give freely of their time in order to create a friendly environment for a wide variety of members. Wonderful friendships have been formed over the years and although the golf is taken quite seriously by most, a lot of fun is had.

At the end of the day the ladies all feel so privileged to be able to participate and enjoy the beautiful surroundings and the wonderful golf course at the Dainfern Golf and Country Estate. 



To join the Dainfern Ladies for a game please feel free to put your name down on the timesheets in the ladies locker room.

You will find a list of committee members and their contact details on the board in the locker room, too, should you have any queries.

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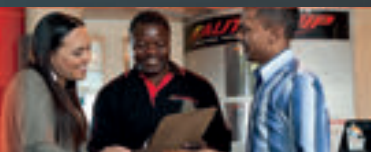
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# A CUSTOMER-CENTRIC BLUEPRINT

Building a sustainable competitive advantage and leading a superior 21st Century organisation requires a new approach that places your customer at the heart of everything that you do.



The sustainable differentiation of organisations in today's increasingly commoditised world is becoming more and more of a challenge. With the complexity of operating in the slowed economic environment, one finds that a competitive advantage cannot be developed and maintained solely via superior branding, product differentiation, convenient locations, great services, patents, intellectual property and pricing. Something more has to be added to the equation.

## HOPE ON THE HORIZON

If you are looking for guidance on this subject, look no further than the Customer-Centric Blueprint. Written by Dainfern Valley resident, Doug Leather, it's the kind of book that needs to be read by every single retailer, service provider and entrepreneur in this country.

Soon to become a prescribed reference book for various tertiary courses offered by a number of top educational institutions, the Customer-Centric Blueprint takes customer service up a good few notches and takes all aspects of the concept's evolution out into the global arena.

As CEO of REAP Consulting, the author, Doug Leather, is a leading international expert on customer-centricity. His client base consists of Blue Chip organisations in more than 28 countries around the world, so I think I'd be safe in saying that he knows what he's talking about.

---

...The emotions evoked when your customers interface with your company and your brands...

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This book is not a 'quick read'. It's a 'considered read'. It's the kind of book that you take seriously if you're serious about making improvements in your business. Doug ends each chapter with a case study that snaps the points that he makes into perspective.

"Unfortunately, these days, there are too many 'me too' products and services. 'Better sameness' has become a corporate disease. A lot of money is spent on doing more of the same. But consumers are not interested in incrementalism," Doug says. "We are moving into the realm where soon consumers will be choosing to engage in the way that **they** want to engage. **They** will decide who **they** want to deal with, so any opportunity to engage with the customer has to be made as pleasant as possible."

## “Customer-centricity is a journey”

“The differentiating factors will be relevance and how innovative you are. Innovation comes about through flipping your business model so that you are seeing it through the lens of the customer. You need to make a connection in some way. The emotions evoked when your customers interface with your company and your brands – whether it’s through advertising, your website, your call centres or your service centre – will determine whether you get to secure and retain their loyalty.”

Beware, though. Customer-centricity is not a once-off strategy. It’s a journey, one that needs buy-in from everyone involved, one that needs proper planning and proper execution. It’s about customer value management, which includes customer retention, efficiency, (understanding cost-to-serve) acquisition and penetration (customer development, cross-selling and up-selling) . It’s about being relevant. Customer satisfaction is a first step. The next step is to transform your customers into brand ambassadors.

“If organisations can become more sensitised to their customers, hundreds of millions of people will see an improvement in their day-to-day lives. One has to think big, experiment, innovate and lead the way to become the best that one can be. That will make a big difference in the world.”

*“Doug Leather explores how to strategise, plan and operationalise the future in a way that develops a sustainable competitive advantage for your business. The Customer-Centric Blueprint gives you everything you need to know to start on the path of extensive customer-centric transformation in your organisation.”*

*Sifiso Dabengwa –  
Group President & CEO of MTN*

*“ As more companies seek to become increasingly customer-centric and make customer management an integral part of “business as usual”, they seek sources of insight, lessons from others, practical examples and applications of how leading organisations have overcome similar challenges. Mostly they seek guidance on how to approach this daunting task, what questions to ask and where to start. This book will supply such insights and guidance as they continue on their customer-centric journey.”*

*Ica van Eeden – Chief Customer  
Officer, Sun International*

*“This book is a necessary read for any firm that is determined to implement customer-centricity, not just pay it lip service. It is not for the faint of heart – it pulls no punches in comprehensively laying out the effort needed to really effect customer centric transformation”*

*Ian C. MacMillan – Professor of  
Innovation and Entrepreneurship,  
Wharton School*



After leaving school, Doug Leather joined the Merchant Navy to practice marine engineering, before entering the fields of finance and sales & marketing in information technology. A sabbatical allowed him to indulge in a game ranger course and then he was back in the business sphere. Following an investment into an executive search firm and subsequent sale there-of Doug joined the Customer Strategy consulting firm, Peppers & Rogers Group for a very short stint as Managing Partner in South Africa. He was headhunted by Primedia and appointed as CEO of Intact Solutions and Knowledge Factory. In 2004 he formed REAP Consulting – a company specialising in customer-centric business model innovation. Doug is an avid triathlete, enjoys playing golf and loves surfing and spear fishing. He is married to Brigette and, together, they have two active teenagers, Brody and Christy.

For more about the Customer-Centric Blueprint and REAP Consulting, visit [www.reapconsulting.com](http://www.reapconsulting.com), or email: [doug.leather@reapconsulting.com](mailto:doug.leather@reapconsulting.com).



LIFESTYLE

# STOMPING THE DIVOTS

AT THE BMW INTERNATIONAL  
POLO EVENT





**P**olo originated in Persia in mid-600 BC, but then it took another 12 centuries for the sport to be taken seriously in the west. After that, it didn't take too long for this equestrian sport to spread around the globe. The first polo club was formed on the Highveld in 1894 and in 1906 the South African Polo Association was formed.

Notwithstanding its slow acceptance as a sport, polo is thoroughly enjoyed by the world's elite. Known as a 'sport of kings', or at least one of them, it is a somewhat expensive pastime. This does not deter the hordes of socialites that flock to be seen and to network at the various polo days that are held annually.

BMW started supporting polo in South Africa 24 years ago and the BMW International Polo Series has become an annual event that is a highlight of the



### Questions you have always wanted to ask about polo:

#### How many players are on a team?

There are four players per team in outdoor polo.

#### How long is the game?

A polo match lasts about one and one-half hours and is divided into timed periods called chukka. Each chukka is seven minutes long.

#### Concept and rules of polo?

The basic concept is based on the 'line of the ball,' a right-of-way established by the path of a traveling ball on which strategic plays are made. The line of the ball defines rules for players to approach the ball safely.

The rules of polo are written and used to provide for the safety of both players and horses. The rules are enforced in the game by the umpires who blow whistles when a penalty occurs.

#### How are goals scored?

Players score by driving a small white plastic or wooden ball into the opposing team's goal using a long-handled mallet.

#### Why are the polo horse's manes clipped and tails tied?

Free flowing manes and tails are a danger in polo because they can become entangled with players' mallets or with the reins as the rider tries to control his horse. Manes therefore are shaved and the ponies' tails are wrapped or braided to prevent the hazard.

#### Why are there no left-handed players?

Lefties were officially banned from polo in the mid-1930s for safety reasons, but the restriction was relaxed after World War II when polo players of any persuasion were a scarce lot. The USPA reinstated the lefty ban again in 1974 and it's stuck: there are no more left-handed polo players.

#### What do the positions of each player 1-4 mean?

The Number 1 is a forward, and attacking offensive player similar to a wing in hockey or a forward in soccer. The Number 2 is also primarily an offensive player who is expected to be able to turn quickly and follow the lead of the Number 1 in order to be in position to pick up a drop pass or take advantage of a missed or blocked shot. The Number 3 is usually the strongest player on the team and the field general. The Number 3 attacks the opposing defence and turns the ball up-field, usually with a pass ahead to his Number 1 or Number 2. The Number 4 or "Back", as he is often referred to, is the most defensive player on the team. His responsibility is to defend his team's goal and he should be able to turn opposing shots at goal aside, or completely reverse the direction of the ball with a powerful back-shot.



sport's calendar. This year, the South African team battled it out against Chile, first at Shongweni in Hillcrest, Durban on the 18th of August 2013, and then at Waterfall Polo Park in Waterfall Estate on the 25th of August 2013.

Chile and South Africa have an almost 40-year rivalry on the polo field – a fitting co-incidence is that BMW South Africa also celebrates its 40th anniversary this year. The South Americans have toured on five previous occasions and, although they have beaten South Africa in Chile, they have never been victorious on South African soil.

Captaining a young Chilean side was Juan Ignacio Vercellino (24 & 6-goal) who is one of the oldest representatives of the Chilean team. Accompanying him for this year's BMW International Test Series were: Francisco Martínez Ferrer (19 & 4-goal), José Miguel Pereira (23 & 4-goal), Santiago Pereira Rabat (25 & 4-goal) and the reserve, Sergio Eguiguren Ebensperger (33 & 3-goal).

Taking the reins for the South African Polo Team as captain this year, 35 year old Guy Watson (5-goal player) is a member of the polo-steeped Watson family. With vast international experience including playing in countries such as the USA, New Zealand and India, Watson has provided great leadership to his team.

Representing the rest of the young, talented South African side was Watson's nephew, Byron Watson (17 years old & 3-goal), Lance Watson (26 years old & 5-goal) and Leroux Hendriks (27 years old & 5-goal), with reserves Duncan Watson (22 years old & 5-goal) and Cody Ellis (18 years old & 3-goal).

Chile won the 2008 FIP World Polo Championships held in Mexico City and they continue to be a dominant force. The Chilean polo players are renowned for their horsemanship and agility in the saddle and both in Durban and Johannesburg, the spectators were treated to thrilling encounters on the field as the visitors set out with great determination to claim their first series victory in South Africa.

- **Mallet:** This is what a polo stick is called. Mallets are made according to the player's preference.
- **Pull:** A stroke that is hit at an angle and crosses in front of the pony and the line of advance.
- **Approach Shot:** This is a long shot taken with the purpose of getting the ball close to the opponent's goal.
- **Centre T:** A T-shaped symbol in the middle of the field with the top of the T running parallel to the side-lines. To start a game the two teams will be on either side of the T facing the same side-line. An umpire will be facing them and throw the ball between them and the game will begin.
- **Change of Ends:** After a goal has been scored, the two teams switch sides.
- **Cut:** When a player makes a stroke that is at an angle to the direction that he is riding.
- **Forehand:** When a player hits the ball forward.
- **Topping:** When a rider hits the ball too high.
- **Stomping the divots:** At half time, it is customary for the spectators to take to the field and stomp the divots, or rather, tramp down the turf that has been churned up by the ponies.

# LIFESTYLE



*Tanya van Graan with Kasper Kristofferson*



*Guy and Daniella Kilfoil with Monja and Victor Matfield and their daughters*



*Stacey Holland, Danielle Franco, Chris van der Merwe and Jen Su*

At Shongweni, the weather was overcast, with a chilly breeze keeping the players on their toes for what was a highly competitive match. The first test saw both teams play a very defensive game, although they attacked at every opportunity. The final chukka ended with a 4:4 tie and Juan Ignacia Vercellino, Captain of the Chilean side, was awarded Man of the Match.

At the Waterfall Polo Park, the sides were again evenly matched and at half time, the scores were level. It was only towards the latter part of the second half that the South Africans' grip started to slip and the Chileans finally managed to edge ahead by 2 points to win the match and the series.

The final score was 9-7 in favour of the Chileans. Francisco Martinez Ferrer (19 & 4-goal), who is the youngest player in the Chilean side, walked away with Man of the Match. 🏆



*Chile were the overall winners of the series*



*Seth Phalatse with Conny and Bodo Donauer*



*Nomshado Mabelane-Mokobi with Cyril Khambula of BMW*



*The latest BMWs on display outside the VIP marquee tent*



*Joanne Strauss throws in the ball to start the match*



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# DESTINY

## AND THE PELAGIC EXPERIENCE



*Destiny – second boat from the left*

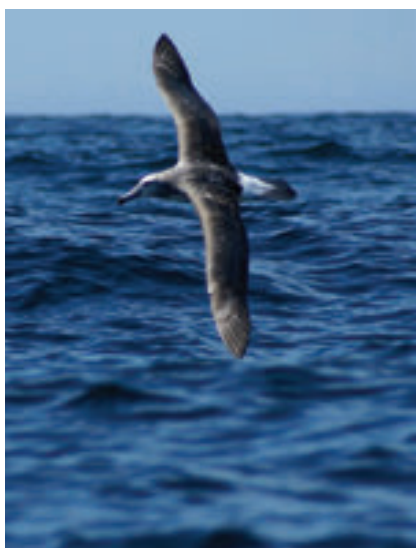


*Sue and Anthony*

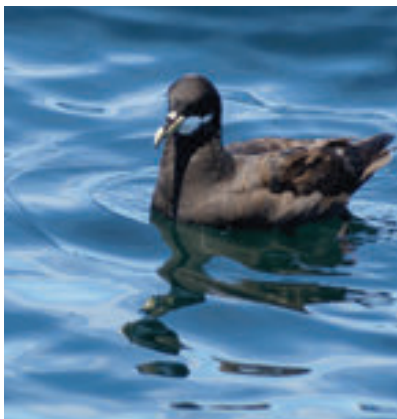
The boat rose and fell in unison with the ocean swell which, now that we were out of False Bay and just south of Cape Point, was being affected by the strong ocean currents. It was mid December and our pilot and guide were desperately scanning the horizon in all directions for signs of a fishing trawler still out at sea, while knowing that most trawlers had closed down fishing operations for the Festive Season. Suddenly Barry, our guide spied the telltale orange floats of a long fishing line and Alan, our pilot told us to hold on tight before opening up the throttle on the twin outboard motors. The sudden acceleration forced us all back hard in our seats and we sped off in the direction of the floats and towards the still unseen fishing trawler.

Sue and I and four other keen birders had boarded the little fishing boat in Simonstown harbour, extremely grateful as this was the first calm and clear day in the area for some ten days. Alan confirmed just how fortunate we were as previous pelagic trips planned for December had been cancelled. I knew the disappointment of having had a such a trip cancelled and now relished the prospect of finally seeing some pelagic bird species. All six of us expressed mild surprise at the size (or lack thereof) of Destiny our designated boat, but nevertheless we quickly took our positions and held cameras and binoculars at the ready.

Sandwich and Swift Terns were seen at the harbour entrance and Whitebreasted and Cape Cormorants were plentiful on the many rocks jutting out of the water along the



western edge of the False Bay coastline. Cape fur seals swam playfully in the chilly waters and some of the larger rocks were covered in dozens



*From top left to bottom: Shy Albatross ; Whitechinned Petrel Trawler surrounded by sea birds; Cape Point;*

of seals dozing lazily. Alan thoughtfully cut the engines just as we exited False Bay, enabling us to take photos of Cape Point and the lighthouse from our prime position.



Destiny surged forward and although not a nautical person I estimated our speed at well over twenty-five knots. Destiny's bow thumped down hard on the swell every few seconds kicking up a spray that the breeze blew on to us. Cameras and kit bags had fortunately been stowed away and we watched as the land slowly receded until it was only faintly visible, stretching away to the north west.

The trawler came into sight, gradually appearing larger as we drew closer.

Birds swarmed all around and Barry identified them for us as they flew by. There were scores of Shy Albatross and a few Blackbrowed Albatross flying around and sitting on the water, together with Southern and Northern Giant Petrels. A solitary Pintado Petrel had forgotten to fly off seasonally with the rest of its clan and dozens of Cape Kelp and Hartlaubs Gulls and Whitechinned Petrels fought over scraps of kingklip being discarded by the workers on the trawler. Sooty and Cory's Shearwaters were identified as were European and Wilson's Storm Petrels, both impossible to photograph as they flew across one's view at breakneck speed, the latter with trailing legs, at least making identification easy.

A couple of Shy Albatross rose from the water and with outstretched wings, on spindly legs, ran half a dozen paces before taking to the air where they soared effortlessly and gracefully. A few Subantarctic Skuas appeared on the scene and were later joined by a single Pomarine Skua. Sabine's Gulls entered the fray for the kingklip scraps and for the whole kingklip which had floated to the surface having bitten through the steel long line but succumbing in the process.

Barry and Alan, both experienced sea goers, had the gaff out immediately and gaffed seven complete kingklip which were put into Destiny's fish hold. "If only I knew before that fishing for kingklip was this easy," I joked as Barry hauled in the largest of the kingklip, almost a metre in length and weighing in at a good few kilograms. Our group was offered a kingklip each and there were a number of takers.

We decided to leave the vicinity of the trawler and gradually made our way back into False Bay, where en route we spotted Arctic Tern and Parasitic Jaeger (or Arctic Skua as they were previously known). Destiny proved to be a speedy yet very sturdy craft and in all we spent some seven hours at sea. Alan and Barry were superb hosts and on arrival back in Simonstown harbour we adjourned to a harbour tavern to record our sightings and partake of a celebratory beverage. 🍷



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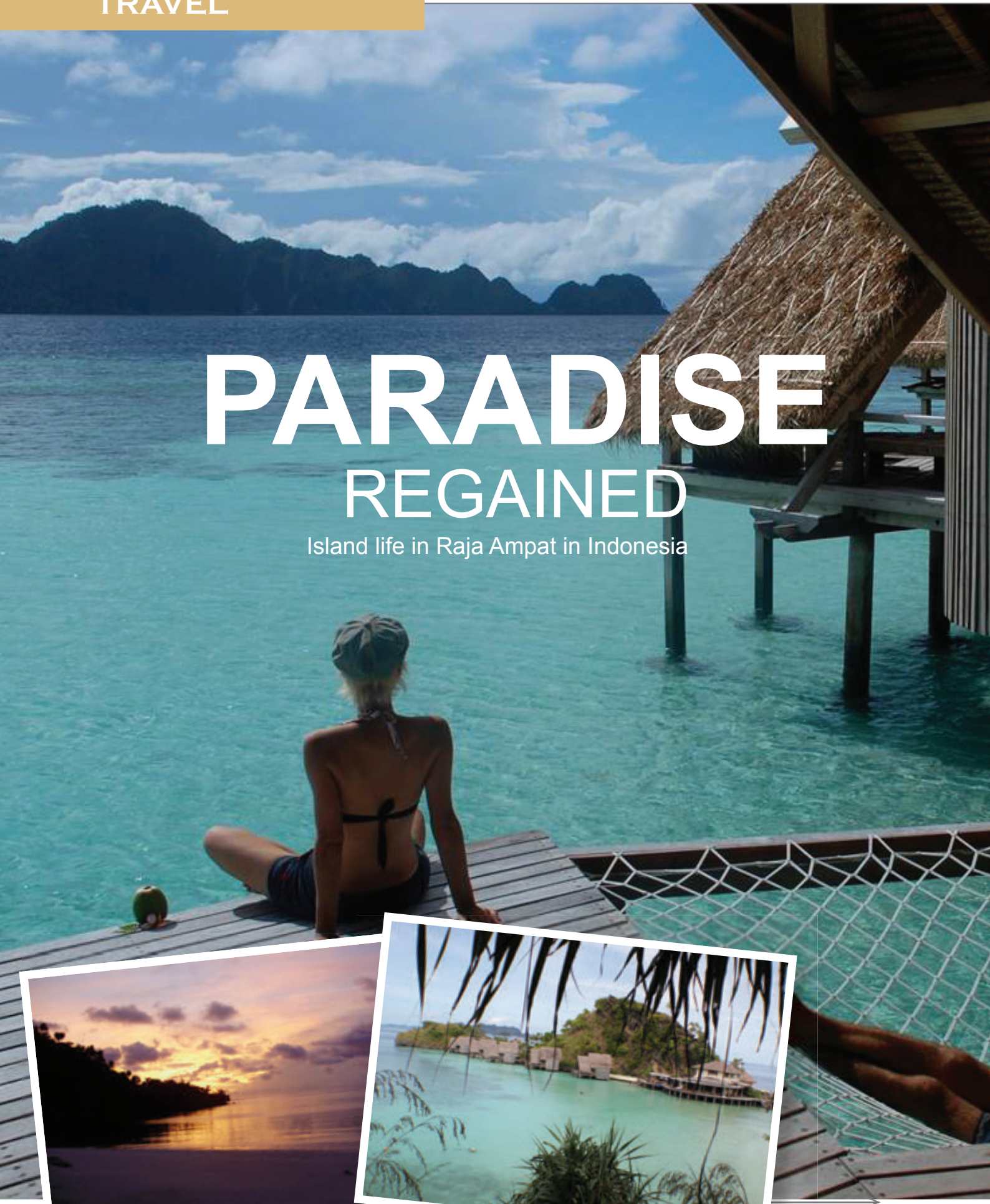
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# PARADISE REGAINED

Island life in Raja Ampat in Indonesia





### TRAVEL TIPS

- Invest in a thin metal stick (to lightly anchor yourself when hovering to gaze at exquisite creatures or in a current), a high quality torch and a hand lens.
- Learn some names of the local marine species on Misool Eco Resort's website [www.misoolcoresort.com](http://www.misoolcoresort.com).
- For flight information visit the Singapore Airlines website: [www.singaporeair.com](http://www.singaporeair.com).
- Get excellent advice and a personalised itinerary from Daniella Scotti of Hartley's Oceans and Islands. Daniella has travelled widely and dived in many locations all over the world.  
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Raja Ampat in Papua Indonesia is remote – very remote. It takes me two days of jetting from Johannesburg to Singapore and then to Manado, Northern Sulawesi, on to Sarong – where I overnight - followed by a harrowing five-hour boat trip on choppy seas to get there. One glimpse of Misool Eco Resort on the private Island of Batbitim, as I step off the boat, and all my fatigue slips away. It is so beautiful I simply stare. A shallow lagoon is lined with chalets on stilts in the azure water, with a small white beach below towering limestone cliffs with stalactites. The water is perfectly clear and I can see the shallow reef with red starfish, a shoal of bright blue fishes, five young black-tipped reef sharks and an abundance of other marine life. It is no wonder Misool is renowned for easy snorkelling.

Warmly welcomed by the staff of local people, I am ferried to the other side of the island, where my villa awaits me. Right on the Zen-garden like beach, in a cove, the villa is sited below slopes of lush vegetation. To my delight, I have an outdoor shower next to a coconut palm thrusting up into the sultry sky. A charming tiny pink crab is poised on the soap dish and a gelatinous gecko watches me from below the palm-fringed roof.

Strolling onto the beach, I watch the glowing sun as it dips below the now tranquil sea, casting three small islands nearby into silhouette. As I ease into the velvety water for a swim, I notice two Flying Foxes taking off from a nearby palm tree. For decades I have desired to dive in Raja Ampat – the epicentre of the world's marine biodiversity – so I am deeply grateful to be here, based in this idyllic resort.

Ensnared in my King sized bed, veiled in mosquito netting, I enjoy a welcome cool breeze from a fan, as I gaze outside at the moonlit sea, now gently lapping near my verandah. Delicious Asian fare had been served at dinner and I am content as sleep enfolds me.

Woken by the soft light of a tissue paper sunrise, I take a leisurely walk along the beach, where a Brahminy Kite – with its chestnut body and white head – swoops low over the water. Ghostly crabs scurry from their holes along the sand. After a breakfast of fresh fruit and a long glass of water to hydrate myself for diving, I head over to the

dive centre, which is highly organised. We each have our own partition on a wooden counter, to store cameras, dive journals and other personal paraphernalia. Outside under a slatted wooden roof, where our dive equipment is hanging, I peep over the platform edge to see coral decorated by a variety of small fishes. We kit up and after a thorough dive and safety briefing, head down the boardwalk to the boat, in eager anticipation.

A short boat ride from our island, we reach a popular site named Magic Mountain. As we descend, I am surrounded by hundreds of fishes! There are so many different species, in such great numbers, I'm almost completely overwhelmed and exhilarated.

Soft corals and sponges are magnificent here and the variety of colours is unlike anything I have ever seen before. I am gulping air with excitement and try to slow my breathing and my heart rate, so I will have enough air to dive the full hour. Our dive master taps his metal stick on his tank and points out to sea, where a shoal of yellow tailed barracuda hang, suspended, as if they were a mural. White reef tipped sharks and a mature gray shark idle past them.

Peering intently at the surface of a Gorgonian fan, a fellow diver beckons and shows me a creature which is so tiny, I take my hand-lens out of my BC pocket to identify it. She has found a pygmy sea horse! This is *Hippocampus raja ampat* – a rare species found only in this region – with an adorable, tiny red body sporting white spots. I am mesmerised and probably would still be there if I had not been summoned by our dive master to observe a white nudibranch decorated with black swirls.

A group of big-eyed trevallies pushes past me and a black reef manta glides into view and gracefully somersaults and twirls like the skirt of an acrobatic dancer. As it sashays over me, I observe its open mouth with a stream of water flowing into it and fishes finning out of the cavernous opening. With easy rhythmic pulsations of its wings, the manta moves off into the deep.




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## ...Delicious Asian fare had been served at dinner and I am content as sleep enfolds me...

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The profusion of sea life here includes shimmering schools of anchovies, fascinating flatworms and ingeniously camouflaged shrimps. Reluctant to leave this parallel world, I surface, ecstatic after this experience of viewing some of the denizens of Raja Ampat.

Each dive is so enthralling, I am unable to miss a single one and I dive four times each day. On the fourth day, I can't get out of bed. I am fatigued to my core. I sleep in until breakfast and spend the day snorkeling and chatting to the gracious people on the staff. Ali, a waiter, encourages me to lie in a hammock, then gently pushes it and sings an Indonesian song to me, in a clear high-pitched voice.

My fellow divers, a delightful bunch from many nations – who have taken time each day to have treatments in the spa (poised high above the chalets with an expansive view), afternoon sleeps, trips to an island to explore a local village or to peruse the excellent reference library – tease me for my over-zealous diving. Snorkeling in front of my villa, I not only see shoals of grouper, wrasse at a cleaning station, bumphead parrotfish and scores of flamboyant fish that I can't yet identify, I also spot a Hawkeshead

turtle and watch it eating some algae. The divers return elated as they were treated to a display by a white manta ray and a sighting of a Wobbegong shark under a giant table coral.

Tragically, many of the islands and coastlines of Asia have been grossly overfished. In some places dynamiting has occurred, which annihilates the delicate coral and all life in that spot. Misool Eco Resort has a moving success story, as the owners managed to instigate a no-take zone – a protected area of 1220 sq km, roughly twice the size of Singapore – with the full co-operation of the local people. As a result, the marine life here is almost back to its former pristine state. Most of the staff members are locals, so they too are reaping the rewards of an environment that is respected.

Visiting this faraway spot in Indonesia has taken me to nature's nirvana. For years I have poured over photos from Raja Ampat, but nothing has prepared me for the sheer volume of fishes, the diversity of species, the vibrant beauty of the soft-corals and the tranquility of the private island embracing Misool Eco Resort. 🌍

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# MTN FESTIVAL AT MONTECASINO



## APPLAUD BIG

The beautiful and immensely talented Welsh songstress **KATHERINE JENKINS** will grace the Teatro at Montecasino stage in concert, as she returns to South Africa for two shows as part of the MTN Festival on 18 and 19 September 2013. Best known for her unique interpretations of popular songs and operatic arias and hymns, Katherine Jenkins, who has performed with operatic legends like Andrea Bocelli, Plácido Domingo, Jose Carreras and Dame Kiri Te Kanawa, will be accompanied by a 24-piece orchestra in this not-to-be-missed show!

From Wales to Italy as Italian singing sensation, and one of the world's most exciting baritone crooners, **PATRIZIO BUANNE** will set the Teatro at Montecasino stage alight with two concerts on 21 and 22 September. Patrizio will charm and entertain in his usual inimitable style, performing all the best-loved songs which received international recognition in America, Australia, Europe and the Far East and made him a household name in South Africa.

The ever-popular contemporary gospel group, **MTN JOYOUS CELEBRATION** will share their joyful sounds at the Teatro at Montecasino with two performances only on 27 and 28 September.

For classical music lovers, Andrew Lloyd Webber's magnificent musical **SUNSET BOULEVARD** takes to the stage at the Pieter Toerien Main Theatre for the duration of the MTN Festival – 18 September to 13 October. Starring Angela Killian and Jonathan Roxmouth, Sunset Boulevard is set in the Hollywood of the early fifties and is based on Billy Wilder's classic film. It is a compelling story of faded glory and unfulfilled ambition that has won seven prestigious Tony Awards. With one of Andrew Lloyd Webber's most memorable and haunting scores, Sunset Boulevard has played to standing ovations and won critical acclaim across the globe and now it's waiting for you to enjoy it.

## PLAY BIG

Giving the kiddies their chance to **PLAY BIG**, the **MONTECASINO KIDS PLAYGROUND** at the Montecasino Bird Gardens and surrounding area is the place to be from Saturday 21 to Tuesday 24 September – 10:00 to 16:00 daily. The 'Playground' will offer a world of excitement, from family-friendly favourites to a number of exciting attractions, including sand art, face-painting, stilt-walkers, magicians, ceramic painting, a number of games, giveaways and more – all providing hours of entertainment. Entry into the Montecasino Bird Gardens over the long weekend will be at an amazing rate of R20 for kids, R35 for adults and R20 for pensioners.

For more **PLAY BIG** fun, Montecasino and the MTN Festival present **THE BIG BAD MUSICAL**. Join other fairytale lovers in the enchanted Montecasino Ballroom and be part of live Court TV, where you will decide the outcome of the biggest trial ever in the fairytale world – against the notorious Big Bad Wolf. Little Red Riding Hood, The Three Little Pigs and everyone else the Big Bad Wolf has wronged will be there. Will you? Date show and times: Friday 11 October at 13:00 and 15:00, Saturday 12 and Sunday 13 October at 10:00, 12:00 and 14:00.



## BIG STARS

For the very best in family entertainment, the MTN Festival at Montecasino brings you **MOVIES ON THE PIAZZA** on 21 September and again on 04 October. Come along for a free outdoor screening of Rio and Mamma Mia! (Saturday 21 September) and Despicable Me and Grease (Friday 04 October) on Montecasino's huge screen. Snacks and drinks will be available to purchase.



Jozi's biggest festival is back! The MTN Festival runs from 18 September to 13 October 2013 and gives you every reason to GO BIG this year.

For full details on ticket prices, the events, activities and special offers forming part of the 2013 MTN Festival at Montecasino, visit [montecasino.co.za](http://montecasino.co.za), like Montecasino on Facebook ([facebook.com/montecasino](http://facebook.com/montecasino)) or follow @MontecasinoZA on Twitter.



## LAUGH BIG

**TREVOR NOAH**, who has been through six countries since his last wildly successful tour of South Africa, returns to take to the Teatro at Montecasino stage as part of the MTN Festival from 30 September to 13 October 2013. With all new material in his new show 'IT'S MY CULTURE', allow Trevor to take you with him on his travels from New Zealand to Zambia, New York and London, before returning to his favourite place – home – where you will definitely LAUGH BIG!

## SING BIG

For music lovers, **MUSIC ON THE PIAZZA** will feature six of SA's finest local music sensations performing live on the Montecasino Outdoor Piazza stage EVERY Sunday throughout the Festival. Catch **ELVIS BLUE** and **DAN**



**PATLANSKY** (22 September at 12:30), **LOUISE CARVER** and **MI CASA** (29 September at 13:00), **WATERSHED** (06 October at 12:30), and **GOOD LUCK** (13 October at 12:30). Entrance is free – just another exciting element of the MTN Festival at Montecasino that will not set you back a penny! Space is limited, so be sure to get there early. Snacks and drinks will be available to purchase.

## EAT BIG

The **Pick 'n Pay TASTE OF JOBURG** in association with Orbit Sugarfree Chewing Gum returns to the Montecasino Outdoor Event Area for the MTN Festival from 26 to 29 September. Enjoy a feast for the senses as 12 of Joburg's top restaurants create special menus of starter-sized dishes for the occasion, including signature dishes created by featured chefs designed to reflect their philosophy and showcase seasonal and premium ingredients. Featuring boutique exhibitors, artisan producers, gourmet street food, premium drink brands and award-winning wineries, The Pick 'n Pay Taste of Joburg is your chance to EAT BIG.



Don't forget to purchase your CROWNS once you have your ticket. This is the festival currency used at Taste Festivals to purchase food and drinks from the restaurants, bars and exhibitors. Each CROWN is worth R5 and prices range from 4 to 8 CROWNS per dish. Change is offered in CROWNS only.

For more information visit [tasteofjoburg.com](http://tasteofjoburg.com).

## ROCK BIG

**PIAZZA ROCKS**, a live music concert featuring Prime Circle, Lloyd Cele and the Soweto String Quartet, will have MTN Festival visitors rocking on Saturday 12 October. Gates open at 18:00 and food and beverages will be available to purchase.

## SHOUT BIG

On 28 September and 05 October Absa **BOKTOWN** at Montecasino will once again be the ONLY place to be if you can't be at the game!

Join thousands of other die-hard Springboks fans and SHOUT BIG as our boys take out all the stops on the huge Montecasino Outdoor Piazza screen. R30 gets you entrance and one free beverage (local beer, cider, soft drink or mineral water), plus access to all the live entertainment, merchandise stall, giveaways and more! Gates open at 16:00, kick-off is at 17:00. Tickets at [montecasino.co.za](http://montecasino.co.za)

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# GARDENING FOR WILDLIFE



**A**s we start looking forward to the onset of Spring and Summer, many of us will be taking a long hard look at our gardens and thinking about replanting the less attractive areas. Why not consider plants and a layout that will attract different forms of wildlife when planning a rejuvenation of your garden spaces?

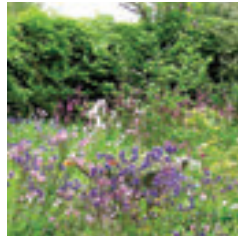
When we talk about wildlife we don't just mean birds, there are many other animals that probably already have a home in your garden, so why not encourage more...chameleons, frogs, lizards and a host of insects to enjoy your garden?

The first and most obvious place to start is to plant indigenous species in your garden instead of selecting exotic varieties. There are many benefits to choosing indigenous varieties of plants - there are many species with spectacular flowers, form and foliage to enhance your space.

Indigenous flora grows easily as these plants are naturally adapted to our soil and weather conditions. Even species emanating from other areas in the country adapt to the Highveld conditions in a garden setting. There is little maintenance required to keep indigenous plants looking their best – and of course they are waterwise.

If you are uncertain about which of the many varieties of plants to choose, consult a good nursery. Most garden centres are starting to keep a wider variety of indigenous plants as people become more aware of the multitude of benefits to be enjoyed.

There are a couple of pointers to bear in mind when selecting plants and re-engineering a part of your garden to attract more wildlife.



## CREATE AN EXCLUSION ZONE

This is an area that is densely planted with shrubs and is left as undisturbed as possible. This provides a quiet area for the shyer species of birds and insects to make their home – you will be amazed at how many species will take up residence here.



## PROVIDE AT LEAST ONE TALL TREE

This will provide the all-important lookout point for birds. It will also be favoured for shelter and provide a fabulous natural nesting site.



## INTRODUCE A WATER SITE

If possible, try to provide more than one bird bath – preferably one within the exclusion zone and one in an open area. Birds don't like to feel exposed so they will often perch and look around before approaching a bird bath.



## INTRODUCE NESTING SITES

If you are able to provide nesting logs, or wooden boxes in a tall tree, birds will make use of them and will reuse them year after year to raise their families. Consider a bat box too – the bats take care of a large portion of unwanted bugs – including those pesky mozzies!




## MULCH YOUR GARDEN BEDS

Don't remove all the fallen leaves and grass clippings. Place them between your plants and allow them to decompose naturally. This will not only improve the quality of your garden soil but also provide a wonderful micro habitat for all kinds of bugs that in turn will attract more birds.



## DON'T USE INSECTICIDES

Unfortunately insecticides will kill good as well as bad insects. Once a balance has been reached, predatory insects will control the populations of unwanted visitors – ladybirds will munch on the aphids as an example. If you feel that you have a pest situation in the garden rather use a 'safe' insecticide or make your own – garlic spray on your roses will take care of aphids in a jiffy.

Sadly, not everyone has the space or the funds to completely overhaul their garden, however with careful planning, key indigenous plants can be introduced into your garden alongside existing exotics, or a messy corner of the garden can be landscaped at minimal cost. Let's all make an effort to transform our urban gardens into bird and bug havens. 



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# THE EVOLUTION OF TABLETS

Mobile computing will gain further momentum as prices ease

**T**he mobile environment is set for a fresh change as vendors such as Microsoft, Apple and Samsung seek to move away from the desktop environment and into the mobile arena. The recent news that Microsoft had acquired Nokia mobile devices and mapping software, and companies such as Amazon and Google are already staking their claims in the tablet sector, indicate that the market is set to become even more competitive.

## PRICES EXPECTED TO FALL

Prices for both high end and entry level tablet devices are expected to fall significantly over the next 6 months. In addition, new devices are expected to make their way onto the South African market. At the top of the list will be the Apple iPad, which has gained significant mind share among the high end users in South Africa. Most users have opted for the Apple devices based on the availability of applications, or apps, available via the app store.

The Android-based tablets are being led by Samsung with their Galaxy range of tablets. The key consideration is that the price point of these devices is significantly lower than the Apple iPad.

## WINDOWS ON THE TABLET

Windows RT, which was designed as a Windows Lite version for the ARM processors, will be replaced by the Windows 8 platform. It is envisioned that the latest Ultrabook-focused Haswell processors from Intel will give an improved battery life and increased processing power to the new range of Windows tablets. In addition, due to Microsoft's current acquisition spree, the devices will compete aggressively with the Apple systems as Microsoft looks to beef up their current offering.

In March 2013, Microsoft reduced the minimum screen resolution, effectively opening the door to sub-10-inch Windows tablets. More recently, Microsoft announced that sub-10-inch tablets running Windows 8.1 will also come with Office RT installed, creating further compelling differentiation.

Microsoft will focus its attention on the Windows tablets via partnerships and other means and will look to creating consumer momentum by delivering value to the end users.





### SAMSUNG TURNS TO WINDOWS

Samsung is launching even more tablets with different screen sizes, however, these are not the Galaxy range but the Ativ Q and Ativ Tab 3 that will run Windows 8. The Ativ Q is the more interesting of the two because it comes pre-loaded with Android 4.2 Jelly Bean, giving users the option to use popular Android apps that aren't available on the Windows 8 platform. Samsung has said that the Ativ Q users will be able to transfer files and to share folders and files between Windows 8 and Android.

The Ativ Q device features a 13.3-inch display with a resolution of 3200 x 1800 pixels, an Intel Core i5

processor, 4 GB of RAM, 128 GB of storage and up to 9 hours of battery life.

The Ativ Tab 3 is regarded as the world's thinnest Windows 8 tablet, measuring in at 8.2 millimetres thick. The design has been influenced by the popular Galaxy series, which means it will look more like a Galaxy Note 8 than previous Windows-based Samsung tablets. The tablet features a 10.1-inch display with a resolution of 1366 x 768 pixels, an Intel ATOM Z2760 processor, 2 GB of RAM, 64 GB of storage and up to 10 hours of battery life. The device also comes pre-loaded with Office 2013.

### iPad 5 – WHAT TO EXPECT

Apple has announced that its next iPad dubbed the iPad 5 by industry observers will be thinner but will retain its screen size. The drop in size implies that the device can be easily picked up with one hand. The device will also feature improved speakers and will have a more squared casing shifting away from the rounded 'bath tub' corners of previous models.

The older versions of the Apple iPad are expected to be retained and will be available at a significantly reduced price in order to grab market share in the lower end where Amazon and Google are currently playing.

The global launch of the new iPad is expected to coincide with the Christmas shopping spree expected during December 2013.





# 5 WAYS

## TO TAKE CONTROL OF YOUR INBOX AND TAKE BACK YOUR LIFE

**S**ome days, in fact most days, I despair at all the new e-mail messages that infiltrate my inbox and sit there malevolently threatening to smother me. Yes, it's got that bad for me. Probably only half of it is actually of interest to me. The rest is the plague of our time: electronic junk mail.

At least twice a day I'm informed I've won the lotto (in pounds, nogal!). I receive several (mostly unwanted) messages from Facebook, get invitations from complete strangers to link up with them on a professional network and inexplicably often apparently am sent parcels from Dip Morris Hens in London.

So imagine my happiness when I came across an article by Timothy Stenovec from The Huffington Post about taking control of your inbox. Since I am certainly not alone in my e-mail dilemma, I decided to share Timothy's wisdom with you.

We live in a culture where e-mail overload is accepted as a fact of professional life – a post-apocalyptic dystopia of over-stuffed inboxes, vibrating cell phones and never-ending “pings” emanating from our computers and devices.

The smartphone has made e-mail more convenient, but also omnipresent and, at times, seemingly inescapable.

According to The Radicati Group, a technology market research firm, the average person who uses e-mail for work sent and received a whopping 110 emails per day in 2012. And there is no end in sight. The Radicati Group estimates that the volume of business e-mails, which make up the majority of messages, is expected to rise at a rate of about 13 percent per year over the next few years.

This much is true – you can't escape e-mail. But you can tame it, reduce your stress and boost your productivity while you're at it. In an e-mail management memo sent to The Huffington Post, Joanne Cantor, PhD, a self-confessed 'recovering cyber-addict' and the author of *Conquer CyberOverload: Get More Done, Boost Your Creativity, and Reduce Stress* wrote: “Being overwhelmed by e-mail interferes with your brain's ability to think. It hampers your creativity and increasing stress.”

So, while you may be staring down a ridiculously overstuffed inbox, fear not! Here are five ways to make sure your e-mail never overwhelms you again.

## RUTHLESSLY UNSUBSCRIBE

"You've got to be ruthless about what you want in your inbox," said Monica Seeley, PhD, who authored *Brilliant Email: How to Win Back Time and Increase Your Productivity*. "The first thing you have to ask is why you have so much e-mail?" Do you wake up to news of sales at Banana Republic, updates from the town council where you lived one summer, and daily deal offers for Botox? Do you really need to be cc'd on everything at work? Spending some time unsubscribing now will save you considerable time and annoyance down the line.

"In order to de-stress, you have to do some work up front," says Mark Hurst, a consultant and the author of *Bit Literacy: Productivity in the Age of Information and E-mail Overload*. And if you can't unsubscribe from certain non-essential listserves, set up filters so the messages skip your inbox and go straight to a designated folder.

## SEND FEWER E-MAILS

When it comes to sending unnecessary emails, we're our own worst enemies.

We've all been guilty of e-mailing someone in the same room, or even the person sitting right next to us – and it has to stop.

Before you hit "send," ask yourself: is e-mail the best way to communicate what I have to say? Would it be easier, faster or more productive to pick up the phone or to send an instant message? Or could I even walk over to somebody's desk or office and speak to them – gasp! – face to face?

Fortunately, there are tools out there that can help. Campfire, a group chat programme with file sharing, and Yammer, which bills itself as "the enterprise social network", allow for collaboration and communication without clogging your inbox.

Whether you opt for an actual programme or just a change of your own e-mail habits, what's important is that you do something. As Seeley notes, "The more you send, the more you're going to receive."

## ELIMINATE DISTRACTIONS

E-mail overload isn't just annoying and counter-productive – it can actually be bad for your health. "The sound of the new e-mail ping from your phone or computer can actually raise your heart rate and blood pressure," Cantor says. But that's not all – being interrupted by the new e-mail takes your attention away from the task at hand: the work you're actually doing. "It takes time to get focused again after checking your inbox," Cantor says, "extending the time it takes to actually get stuff done."

Some companies have even experimented with ways to free their employees from e-mail. PBD Worldwide, a third-party distribution company, has 'email-free Fridays', and in general, employees are encouraged to check their e-mail no more than once every 30 minutes.

So for the sake of your health, try not to check your e-mail so often. You probably won't miss much. A survey last year from Mimecast, a company that builds e-mail management software, found that only 39 percent of business email is "essential" or "of critical importance" for work.



## EMPTY YOUR INBOX!

"Get e-mails out of your inbox as quickly as possible," says Hurst. "The most common reason for overload is that people often use the inbox for purposes it wasn't designed for ... the inbox is appropriate only as a temporary holding place for e-mails, briefly, before they're deleted or moved elsewhere."

Hurst's solution is to get every message to the right place as quickly as possible: Reply to e-mails that take less than two minutes to answer, file or archive what needs to be filed, put action items on a to-do list and put calendar items on your calendar.

"Put everything where it belongs," Hurst said. "Once that's done, your inbox is empty."

Then, delete, delete, delete – anything that is unnecessary – from your Sent items and anything that is old and unnecessary from your Folders.

## OWN YOUR INBOX (DON'T LET IT OWN YOU)

There are a number of e-mail productivity apps – Mailbox, Boxer and Sanebox – that promise to help people organise their inboxes. But Hurst said that more than apps and tools, successful e-mail management requires a change in your relationship with technology – specifically, being disciplined and taking responsibility for your own habits.

"You – the user – are in control," Hurst says. "The human is the most important part of the system – not the latest tool, not the latest feature. And as long as people abdicate that responsibility (of e-mail management) to technology, they will remain stressed, overloaded and anxious."

# DECLUTTER YOUR KITCHEN

With one bowl and one set of blades, the Thermomix can be used to prepare an entire meal.

Here's a wonder-work that every cook should consider investing in – it's a single appliance that will de-clutter your kitchen. It blends, juices, steams, minces, grinds coffee, makes ice cream and yoghurt. It can be used as a kitchen scale, a food processor, a rice cooker, bread maker and a wheat mill. Not only does it save on time and money, it saves on electricity and there's less washing up to be done.

Chefs and home users can't stop raving about this German wunderkind kitchen gadget. It's an all-in-one solution that allows you to eat healthy food and puts the fun back into cooking. Manufactured by Vorwerk, a German, family-owned business, the Thermomix is a one-of-a-kind miracle appliance that frees up your time.



## The Thermomix can do the following:

- Weighs – with built in electronic scales
- Mills and grinds – all grains into flour, coffee beans, seeds and nuts, sugar into icing sugar, spices
- Grates – cheeses, including parmesan, breadcrumbs, lemon zest, chocolate
- Kneads – breads, focaccia, brioche, pizza dough, scones, pastry dough
- Whips – egg whites, cream, butter, cake icing
- Crushes – Ice, sorbets, ice cream, cocktails
- Mince – all meat, fish, fruit
- Chops – fruit, vegetables, onion, garlic, ginger, herbs
- Blends – soups, smoothies, milkshakes
- Cooks – stews, soups, sauces, custards, pulses, curries, pasta, risotto, custard, baby food
- Steams – vegetables, rice, fish, chicken
- Prepares – patés, salads, dressings, cakes, spreads, hot and cold drinks



## BOOK A DEMONSTRATION

The functions of the Thermomix can't be explained. They need to be seen and experienced in person. That's why the Thermomix is demonstrated in the comfort of your own home with a cooking demo of 4 meals in a 1 ½ hour period.

It is an interesting and fun experience and is completely obligation free. You will see the smallest, smartest kitchen prepare delicious and healthy meals, **FREE** from additives and preservatives.

Your Thermomix consultant will also give you tips on how the Thermomix can save you money, and give you some much needed time back!

**At the demo, the following meals are made with no pots or pans, and no mess!**

- Sorbet in 2 minutes
- Bread dough in 2 minutes
- A vegetable soup
- A main course of various vegetables and a protein, dressed in a delicious sauce.

Call Port-A-Kitchen on 011 974 1171 or email: [info@sathermomix.co.za](mailto:info@sathermomix.co.za) and quote Ref. DainfernThermomix to book a demonstration.

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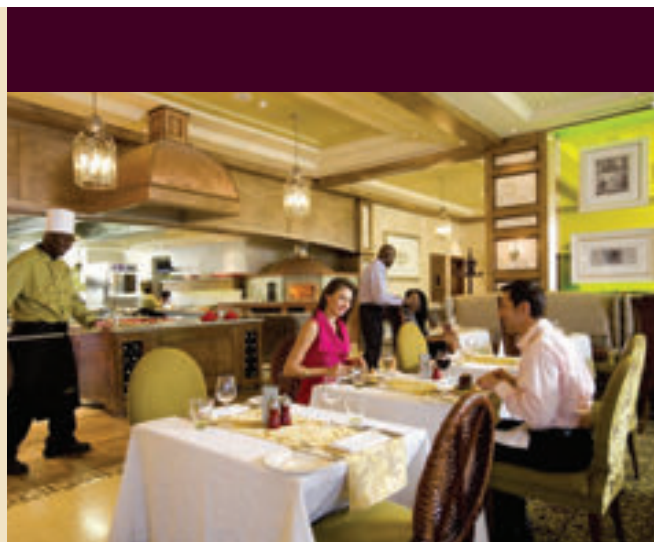
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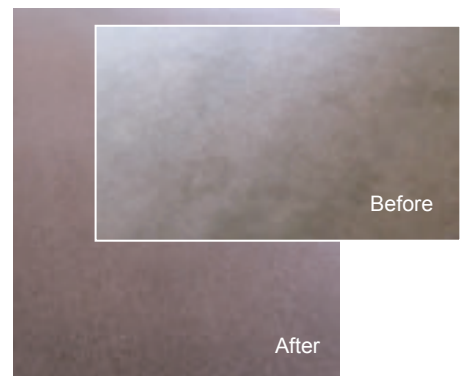
# QUICK AND EFFECTIVE CARPET CLEANERS


Some years ago, I decided to add a loft room to my rental property, to take advantage of the spectacular views that one could only appreciate from an elevated position. In the beginning, everything was perfect but I later discovered that the wooden floor beneath the wall-to-wall carpeting presented a problem. How does one clean the carpets without warping the wood?

I realised that I needed to find a cleaning solution that would not destroy the flooring. When old tenants move out, the carpets are invariably soiled and one always wants to provide the new tenants with a spotless home that they can move into. Then I saw the Maxi-Dry advert in our magazine.

I contacted Maxi-Dry and asked them to come and give me a quote, which turned out to be really reasonable. They agreed to clean the carpets right there and then and an hour later, not only were my carpets like new, they were almost dry! I honestly couldn't believe my eyes as the stains just melted away. The carpets genuinely looked brand new.

In addition to cleaning fitted carpets, they also clean shaggy and Persian rugs, loose-fit carpets and runners. They will also come to the rescue if you have a flood in a room – pumping out the water and drying the floors and carpets for you. They clean and condition leather, clean upholstery, clean tiles and even handle cleaning the interiors of motor vehicles.



Maxi-Dry has branches at Westgate in Roodepoort and in Midrand. The cleaning teams will travel as far as Irene and Centurion in the north and as far as Johannesburg's southern suburbs. 

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## MAKING NEW FRIENDS IN JOHANNESBURG

**A**s expats, we have to organise our lives from scratch again every time we arrive in a new place. Not only does this involve practical issues like finding a new home or getting an internet connection, it also impacts our personal relationships.

What if you have a sincere interest in making new friends, but you just don't find ways to connect to anybody here in Johannesburg? As the weeks pass, you realise the only people you talk to are shop and petrol station assistants and on Sundays, you watch happy families chatting and laughing at the Clubhouse while you feel increasingly lonely or even a bit depressed...

### WHAT CAN YOU DO ABOUT IT? AND WHERE CAN YOU START?

Wherever in the world you are, making friends starts with one thing: meeting people. You have to put yourself into a position where you see other people.

The second success factor is to meet and talk to the same people on a regular basis. Did it ever happen to you that you met someone and had the best intentions to follow up, to call and arrange to see them again, but you just never seemed to find the right moment to get in touch?

The easiest way to meet and talk to the same people on a regular basis is by joining a class. It could be a great opportunity for you to brush up old sports skills like playing soccer or learning a new hobby like photography, which could come in handy when you try to capture your new life in Johannesburg in pictures for your loved ones at home.

Whatever activity you choose, just make sure you join a group class or else you will not be chatting to anyone except your coach!

Becoming a member of a club is also very effective. Especially if it is an organisation that caters for the needs of

expats like the Dainfern International Social Club (DISC), which has members in and outside Dainfern, or the International Women's Club (IWC) in Bryanston. In both clubs you will find like-minded people who are in the same position as you are.

Joining a group of people where everybody seems to know each other can be very intimidating, especially for shy or introverted people. But there is a little trick that can help you to attend meetings regularly and form relationships with other club members: offer a helping hand to the organising team. You will be part of the group in no time.

Give it a try – and good luck! 🍀

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](http://www.expats-living.info)

# SUPERIOR WOOD FLOORING AND DECKING

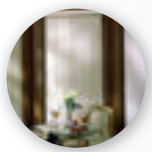


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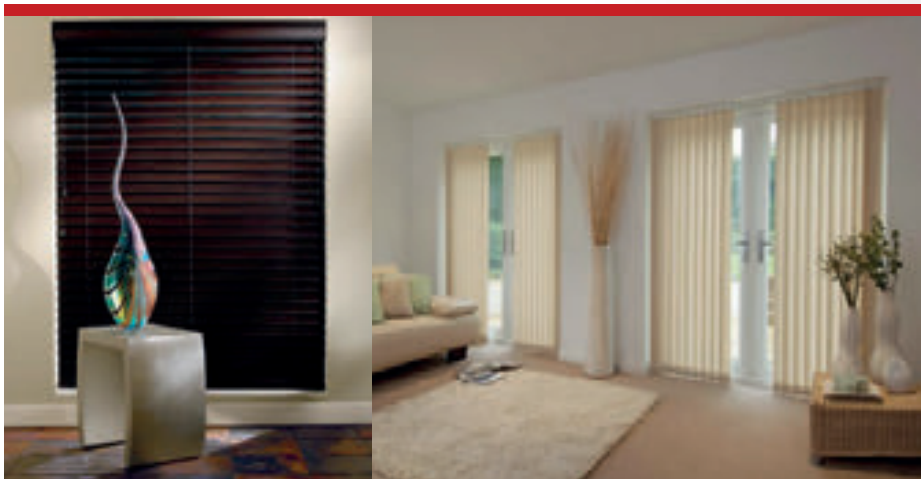
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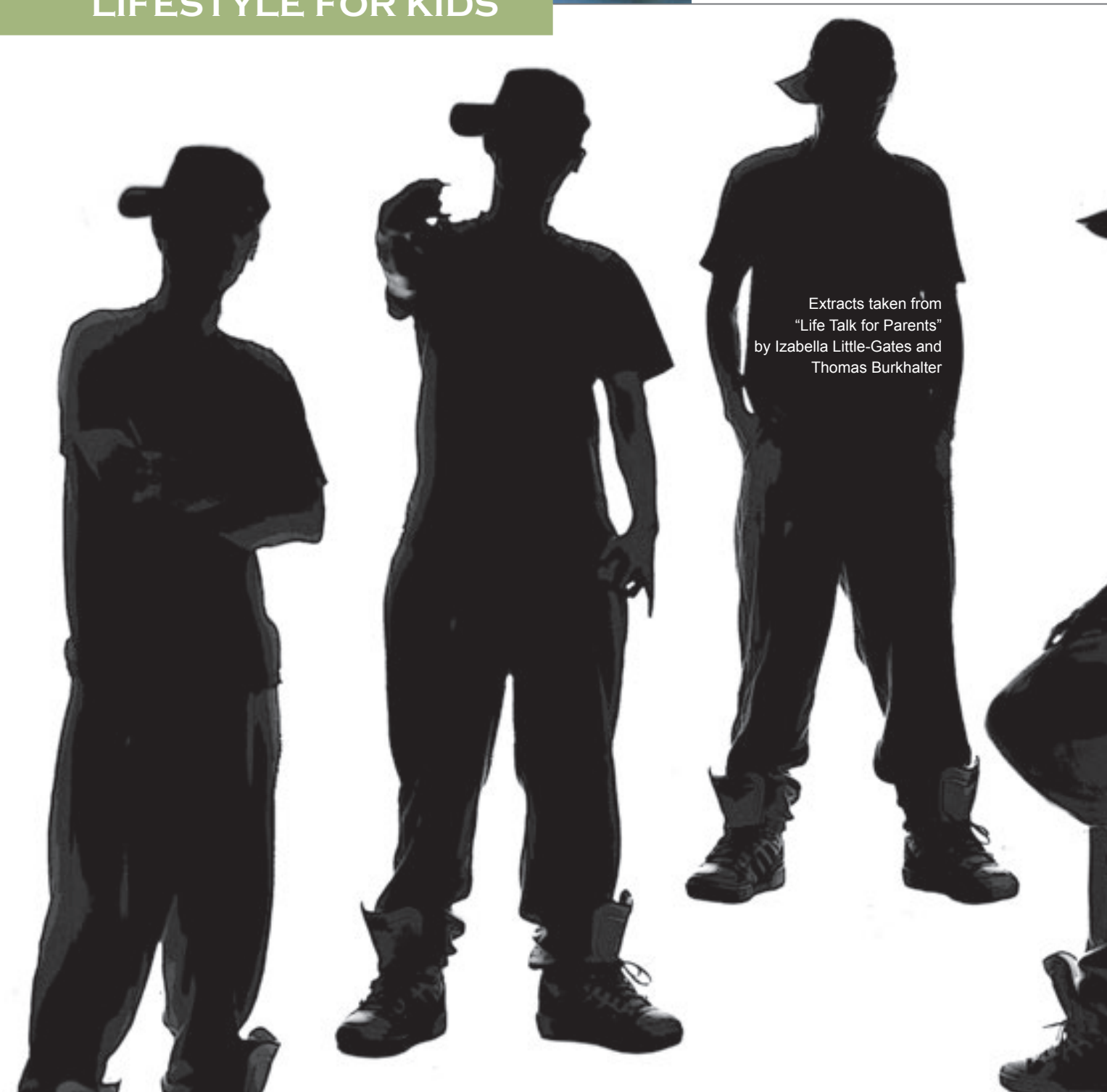
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Extracts taken from  
"Life Talk for Parents"  
by Izabella Little-Gates and  
Thomas Burkhalter

# CELEBRATE YOURSELF!

Self-esteem and a positive attitude – your happiness is up to you



**W**hat is self-esteem? We all hear about it, we are told that it can help to 'make or break' the outcomes of our lives – but is self-esteem really so important? And what is self-esteem really? Understanding self-esteem may answer these questions.

According to the Life Talk team, self-esteem is the extent to which we BELIEVE we have value and worth.

Self-esteem is an opinion not a fact. The way we view ourselves and feel about ourselves has a profound effect on how we live our lives. If you do not feel good about yourself it can affect your mental health and behaviour. These opinions are shaped by experiences in your family, at school, from friendships and in wider society. Self-esteem involves your ability to think, to deal with life and to be happy.

From infancy we look for encouragement and approval. As we get older, parents can pressurise us to excel whilst peers tend to be intolerant of differences and often mock those who are clever, successful or hard working. The educational system demands more and more and leaves less scope for valuing improvement. Celebrities and other media images bombard us with messages telling us we should be young, slim, beautiful, fashionably dressed and have money to spend. All of this can affect how we feel about ourselves and our bodies.

Personal acknowledgement of ability and pride in oneself can be regarded as being arrogant, boastful, or conceited. Rejection at any age is likely to undermine self-esteem. Events like parents separating, a boyfriend or girlfriend being unfaithful, being ostracised by friends or picked on by peers, dealing with an unsuccessful application, having an accident, a burglary, or coping with a death are likely to provoke feelings of loss and threat. For some this is temporary, while for others the effects are long-lasting.

On the flipside, success is a great ego booster and academic, cultural or sporting achievements are an obvious source of success. However, being surrounded by a wealth of talent and competition can just as easily lead to self-doubt and insecurity. There is a lot of pressure to do well. In fact, you may even feel that other people over-estimate your ability and this burden of expectation can lead to a sense of failure and impossibility.

However, how we feel about ourselves is not based only on what we do; it usually involves our relationships with others and

whether we feel worthy as a person. We need to feel wanted, noticed and included. We want to contribute, be of value, and make a difference – in other words to matter.

It is important to remember that self-esteem continually fluctuates and is affected by events and encounters with other people. We are also constantly judging and evaluating ourselves, often in comparison with others. Observing ourselves in relation to other people can be a helpful source of learning and feedback. Yet, all too often, comparison slips into competition and others become a yardstick by which we evaluate ourselves as good or bad, competent or inadequate.

The reality is we are all different. Each of us has strengths and limitations which we need to learn about and learn to live with. There are aspects of our behaviour and appearance we may seek to change or develop, but a sense of self is also based on self-awareness and self-acceptance.

**In summary, here are some keywords to help clarify self-esteem:**

**What self-esteem 'is not':**

- Comparative or competitive;
- Judgmental;
- Loud;
- Boastful;
- Arrogant.

**What self-esteem 'is':**

- Non judgmental;
- Loving and caring;
- Accepting;
- Forgiving;
- Respectful;
- A deep inner knowing and acceptance of self.

Basically, self-esteem is an inside job!!

A positive attitude is supported by a strong self-esteem. A positive attitude will infuse you with happiness and energy which other people will notice and it will 'infect' them too. In fact, your attitude is possibly more important than your intellectual ability. A person with average ability and a brilliant attitude is more likely to succeed than a brilliant person with a bad attitude. A key factor to success is attitude. It's your attitude that makes the difference between success and mediocrity.

Some people are naturally more positive than others but the good news is that you can choose the attitude you want.

**Here are some pointers to help you with that positive attitude:**

- Know what makes you happy and focus on doing that. Have fun and live your life to the full.
- Remember to laugh, even at yourself.
- Set goals for yourself – who you want to be and what you want to achieve. Achieving your goals will be a huge booster for your self-esteem.
- Be grateful for what you do have but don't lose sight of your goals and dreams.
- If you have a poor body image then change the way you perceive your body and yourself as a person – you will be much happier for it.
- Don't react – act! Be proactive, plan ahead – it will reduce your stress.
- We are all human and make mistakes, so accept them when you do make mistakes, learn from them and move on with life. Don't let them drag you down and crush your spirit.
- Listen. The world is full of talkers – listen to others and take an interest in them.
- When a problem presents itself, find a way to resolve it.
- Be flexible and able to adapt to circumstances – you will cope better and it will make you more pleasant to be with.

You will find that if you adopt a positive attitude everything around you suddenly starts to look brighter and all your interactions with people will take on a more positive feel. Sometimes you may struggle with sudden mood swings and it's important to be aware of the effect that moodiness has on the people around you. A bad mood will ultimately alienate everyone who has anything to do with you and will result in your day being much worse than it could have been.

A positive attitude is priceless. It really can change your life for the better. Even if things are tough, it's your attitude that helps you overcome and survive them.

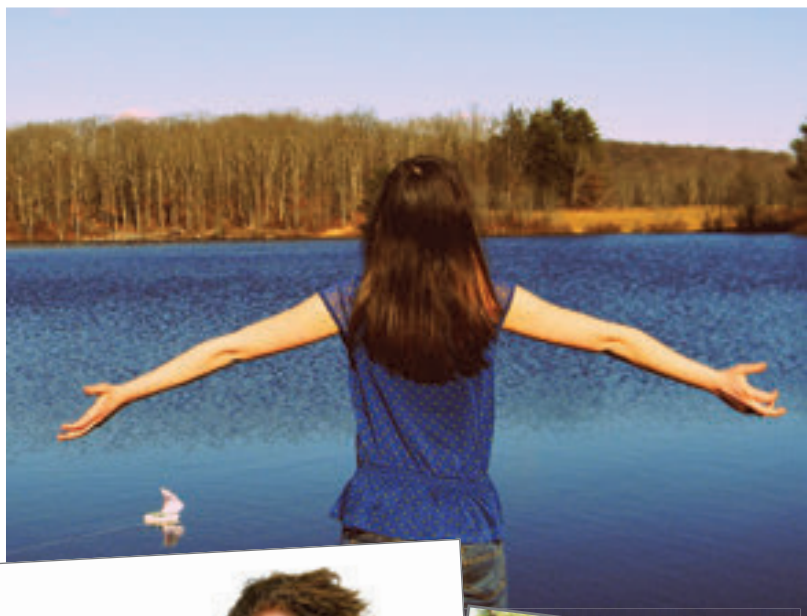
It's magic, it's free and it's yours if you want it!

Your happiness is in your own hands. Maybe not all of it, maybe not all the time, but mostly it is. It's good to know you can affect your happiness and that you probably have more control over it than you realise.

There may be times when something very real creates your unhappiness in your life and you may indeed be the victim of circumstances, when just trying

to see things differently won't seem to be helping. When this happens, you need to explore ways of addressing the issues you are facing.

At times like these life is sometimes hard and sometimes you may have to wait for an opportunity which will allow happy feelings back into your life. But generally, happiness is very much a state of mind and it's all about how you choose to see things. Even if you can't control the events or circumstances of your life, you can control your thoughts. The way you think affects how you experience life. Taking charge of your happiness can produce more positive results than you can ever imagine. 🌟



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# SIX YEARS OF DRAMATIC SUCCESS!



Students from the Helen O’Grady Drama Academy recently celebrated six successful years of operation in Fourways.

Operating in 18 locations around Johannesburg’s North Western suburbs, the Helen O’Grady Drama Academy has become one of the leading drama schools in the area. With over 400 members, it is one of the largest community-based organisations in the region. Worldwide, the Helen O’Grady Drama Academy currently has over 30 000 students attending classes each week.

The Academy was originally founded in Australia in 1979 by Helen O’Grady, who was an actress and teacher. Helen O’Grady recognised the great benefits of drama in developing confidence, self-esteem and communication skills. She devised a dynamic curriculum spanning the 5 year to 18 year age range for this purpose.

Kerry Holbrook, the Principal of the Academy here in Johannesburg, said:

“I am really thrilled at the response to our affordable drama classes in Fourways. We take a very natural approach to teaching drama and we are very keen to develop the individual needs of all our children. The children here are friendly and ‘sparky’, which makes our classes great fun. We have already achieved many terrific things with our students and it is quite evident the programme is developing confidence and self-esteem in the young people in our area.”

“We believe in nurturing the innate talents of all our students, using highly experienced and fully vetted teachers. All the Academy’s teachers undergo extensive training in the Helen O’Grady curriculum and teaching methods to ensure each student is encouraged in a warm, positive learning environment. Students can progress through the Academy without ever repeating a lesson,” says Kerry.

All students attend a one-hour lesson each week of the school year. In the summer term all the students begin rehearsing a scripted play, devised for their particular age group, which is performed to a public audience. This is the highlight of the Academy’s year and reflects the talents and the skills of the students and their teachers.



HELEN O’GRADY  
DRAMA ACADEMY

To find out about this unique programme, call the office on 011 465 4285, sms 083 410 2940, e-mail: [kerry@helenogrady.co.za](mailto:kerry@helenogrady.co.za) or visit [www.dramafrica.com](http://www.dramafrica.com).

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# BRASSERIE DE PARIS

Fancy a little French?



# RESTAURANT REVIEW

The Karl Jooste house at 381 Aries Street, Waterkloof Ridge, is the perfect showcase for this classic French brasserie owned by Sarie Jooste Jordaan. For those not acquainted with French cuisine, a brasserie typically has a relaxed, upscale setting, serves single dishes and other meals, and has professional service and traditional white linen – unlike a bistro, which may have none of these.

The design of the house, built in the Sixties, emulates the work of French

architect Le Corbusier but set in an African regional context. In fact, Karl Jooste was a friend of Le Corbusier and visited France regularly. The house has stunning views of the city and offers patrons many different seating arrangements, including al fresco, private dining and function rooms.

A unique spatial and architectural experience is created through the use of large overhangs that create deep shadows to temper the African sun; the use (and expression) of local materials and craftsmanship; Le Modular based proportions; and the dominance of the masonry structural grid topped with sinus curved brick vaults.

The aim at the multi-award winning Brasserie de Paris has always been to provide high quality French-based fine dining in a unique physical context and head chef Ané Wait masterfully perpetuates the French tradition. Since the restaurant was established in 1994 (in its previous home in Duncan Street, Hatfield) it has several times been rated

referring to sampling an array of small dishes served one after the other. The term also encompasses ideas like savouring of food with all the senses, appreciation of ingredients and the chef's technical skills, and enjoying food with good company.) This way, chefs can showcase their signature dishes and patrons can sample many small dishes. Degustation menus often include wine pairing.

Our menus included delights such as Goats' Cheese Tart with Caramelised Onion and Beetroot; French Onion Soup with Emmental Crostini, Gruyere Crisp; Wild Mushroom Vol-au-Vent with Truffle Oil and Baby Marrows; pan-fried Kingklip with Scallops, Quinoa, Brussels Sprouts, Saffron and Ginger sauce; Beef Fillet with Green Beans, roasted Marrowbone, Green Peppercorn Bordelaise and French Fries; French Apple Tart with Cinnamon Ice Cream/ Vanilla Pod Crème Brûlée.

The magnificent presentation of dishes, the friendly and very efficient service,



one of the top ten restaurants in South Africa. Every year the restaurant trains student chefs who are making a name for themselves internationally.

The restaurant offers patrons an extensive selection of South African and international wines, with particular emphasis on a substantial number of French wines and champagnes. The ambience is elegant, cosy and relaxed and my companion and I opted for the degustation menu. (Again for those uninitiated in French cuisine, degustation is a French culinary term

the soothing ambience, the wonderful aromas and delicious flavours, and the extensive wine list are all reasons to visit Brasserie de Paris the next time you want to impress or spoil someone.

381 Aries Street, Waterkloof Ridge, Pretoria. Tel: 012 460 3583

**TRADING HOURS:**  
**Monday - Friday**  
 Lunch: 12:00 - 14:30  
 Dinner: 19:00 - 21:00  
**Saturday**  
 Dinner: 19:00 - 21:30  
 Sunday: Closed

## Drug Muled

By Joanne Joseph and Larissa Focke

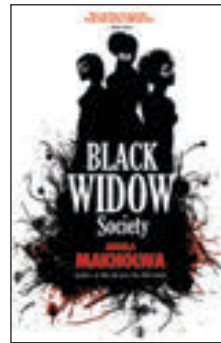


This is a cautionary tale that should be read by every child, teenager and parent. It's the story of a young 22-year old on the brink of a starry celebrity life – a model, Miss SA finalist and businesswoman – whose life disintegrated irrevocably the day 1,7 kg of heroin was found in her suitcase as she passed through airport security on her way home to South Africa.

Price: R195

Sentenced to death, the only mitigating circumstance that saved her life was her pregnancy. Her sentence was commuted to life imprisonment in Bangkok's notorious Lard Yao prison. Sixteen and a half years later, Vanessa Goosen finally gained her freedom. She missed most of her daughter's childhood and adolescent years, as she grew up away from her, back in South Africa. In the time that she was incarcerated, other significant events took place, which she missed. These were years that she would never get back again.

It's a fast-paced read, heart-wrenching in places – certainly thought-provoking. Written by well known TV anchor and journalist, Joanne Joseph, assisted by Larissa Focke, this book illuminates the horrors of drug-trafficking. Hopefully it will make would-be offenders think carefully about leading this kind of life. Freedom is a privilege that shouldn't be squandered.



Price: R220

## Black Widow Society

By Angela Makholwa

Set in Johannesburg's affluent suburbs, the story of a web of intrigue and revenge unfolds. It's the abusive and cheating husbands that caused humiliation, embarrassment and desperation amongst their wives, who were all living the high life in the new rainbow nation, that led to the formation of the *Black Widow Society*. These high-powered ladies relied on one hit-man to do their dirty work for them. Unfortunately, as his imagination starts to play tricks on his mind, he gradually unravels, leaving disaster in his wake.

Written in a typical soap opera style, Angela Makholwa expertly weaves her story around the lives of the new elite in South African society, taking the reader through the streets and suburbs of Johannesburg, Centurion and Pretoria, as far as Dullstroom in Mpumalanga and down to the winelands of the Western Cape.



Price: R220

## The Kings of Swing

By Craig Urquhart

*The Kings of Swing* is the intimate and extraordinary story of those South Africans who have won numerous Major golf championships. Their victories were achieved despite decades of sporting isolation and, during the post-apartheid era, in the shadow of possibly the greatest athlete of all time. This is a story of plane, train and car crashes, psychosurgery, a lightning strike, a broken beer bottle, a misplaced marker, a beautiful autistic boy and a scandal that ensnared the country's most famous sportsman. It is a story of the power of the mind and the power of the body in this, the most fickle of all sports.

It is a story of dramatic highs and lows, of desperate poverty and fabulous wealth. It is a rare glimpse into the extraordinary lives of South Africa's top golfers.

These books can be found in the Scoobs Theatre of Books. The first of its kind in South Africa, this innovative state-of-the-art concept store covers 1 200 square metres of space on two levels in the heart of Montecasino and offers a huge range of books in every genre.



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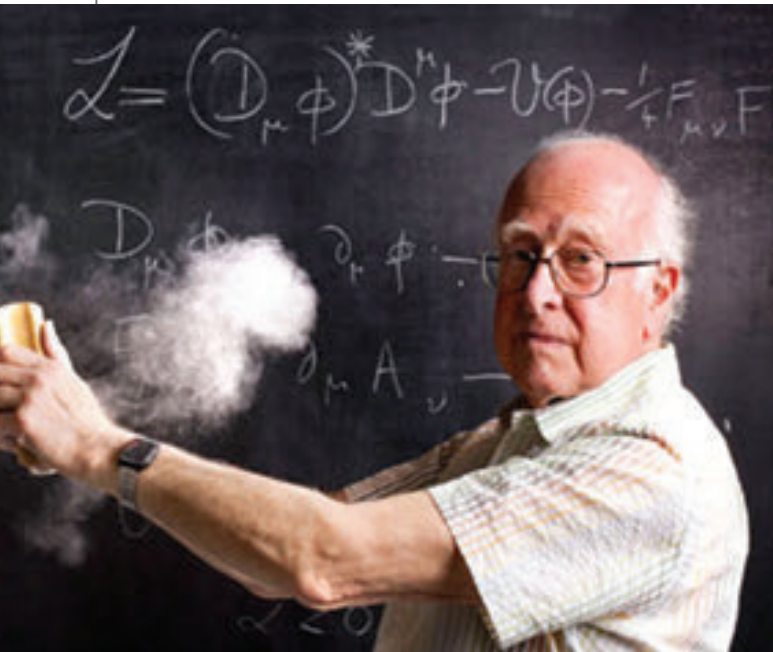


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# A VERY IMPORTANT REVELLATION

Celebrating the first anniversary of Higgs' Boson



**M**y head has been reeling ever since the news was released last year that science was on the verge of confirming that the Higgs Boson does indeed exist.

It certainly puzzled my family.

I said, "I always knew that the Hadron Collider in Switzerland would find Higgs' Boson."

"I've never heard you mention it before," said my wife.

I told her that ever since Professor Peter Higgs postulated in 1964 about the way "matter obtained mass" I had harboured doubts about using "atom smashing" techniques to find out. I announced to the family how relieved I was that it achieved something.

"Like what?" asked my wife.

"Well, something," I said.

"Why," she wanted to know, "did all those scientists at the European Centre for Nuclear Research (CERN) stand and applauded each other with tears of happiness springing from their eyes?"

"Something profound happened," I explained.

Otherwise why would old Prof Higgs have been there in person shaking his bearded head in wonderment that his

boson was about to be triumphantly held aloft, so to speak, just like when Archimedes leapt out of his bath trying to hold up a slippery bar of Lifebuoy shouting "Eureka! I have found it!"

When the CERN particle accelerator was started up near Geneva what did I say? Actually, I forget what I said. But I did say something for I knew as soon as all those tiny particles were sent whizzing round and round that 27km circular tunnel – all going in different directions at almost the speed of light and smashing into each other like township taxis – something was bound to happen.

At a later stage I remember addressing the family at the dinner table and saying, "Something is bound to happen."

"Like what, daddy?" asked my oldest daughter who has an inclination towards science no doubt inherited from me. "Something," I said.

And I was right. Today we are on the verge of concluding the end of science's quest for a new subatomic particle: Higgs Boson as opposed to Higg's bosom which is altogether quite a different thing.

My wife said, "Isn't a boson a naval officer who pipes the captain aboard?"

"No," I said, "that's a bassoon. A boson is something quite different."

But think of it: after half-a-century of questing, after two generations of scientists clutching their head bones, we might now be able to understand, or begin to understand, or at least get an inkling of how the universe began.

"What have bosons go to do with it all?" asked my wife.

"A lot," I said.

"The discovery of whatever was discovered is," I explained to my wife as I read from the article in the paper, "a step towards understanding why matter has mass, which, combined with gravity, gives all objects weight."


"What does that mean – 'matter has mass'?" she asked.

"We are about to find out," I said meaningfully.

I read out how "the Higgs particle is a crucial plank of the Standard Model." This, I had always suspected.

Without it, the universe would have remained a giant cloud of separate particles no more solid than the cloud of dust that comes out of a full vacuum cleaner bag if you jump on it.

"So it's a very important step in science?" said my wife.

"Profound," I said. 

Blogsite: <http://stoetalk.wordpress.com> Website: [www.jamesclarke.co.za](http://www.jamesclarke.co.za) For a free sample of his latest e-book visit: [www.amazon.com/Save-me-From-the-Lions-Mouth-ebook/dp/B008FO88DO](http://www.amazon.com/Save-me-From-the-Lions-Mouth-ebook/dp/B008FO88DO). The book is about human/wildlife/conflict in Africa. Also see (category Humour) Blazing Bicycle Saddles – available on Kindle and Smashwords.

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