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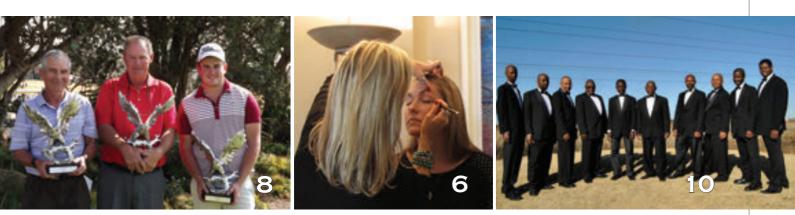
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MESSAGE FROM THE HOMEOWNERS ASSOCIATION Dainfern Golf Club perfect for Corporate Golf Days



ainfern, with immaculate verdant fairways and soft, undulating greens, set around the meandering Jukskei River, studded by pockets of tranquil, wooded areas and interweaved around beautiful homes, stunning parklands and sparkling ponds will set the scene for a magnificent day out for your company. The course is an 18-hole, par 72 playing golf course.

The Golf Course is meticulously maintained by our golf team managed by our accomplished Greens Keeper, Clinton Fouche, and his experienced team, ensuring that participants enjoy a true test of golf and a wonderful experience. The course is beautifully landscaped with indigenous trees and plants which add to the whole atmosphere of your event and with the best climate in South Africa, Dainfern is a 'go-to' destination.

Dainfern has successfully played host to a of number major amateur and professional golf tournaments including the Seekers Sunshine Tour and Junior Golf Tour events. We would love to be the host for your company's Corporate Golf Day as well.

Corporate Golf Days can be arranged for participants from 40 players to 120 players, or a shot gun start for more than 120 players, at a competitive rate which will include a registration table, course drinks, scoring, course markers and the prizegiving in a private venue. Various options for catering are available to you, including registration snacks, halfway house meals, snacks and a delectable meal of your choice at the prizegiving.

Corporate Golf Days are held on Mondays, Tuesdays and Thursdays with a shot gun start only being accommodated on Mondays and Thursdays. (Fridays are booked exclusively for our members.) For more information on Corporate Golf Days, please contact Sindy Tomsett on 011 875 0453 or e-mail marketing@dainfern.co.za.

WE'VE GOT IT









ESTATE LIVING

FROM THE GOLF PRO ED HOLDING

The short game – touch, feel and technique

Part 4



LEARN FROM HOGAN

Lee Trevino says in *Swing My Way*: "In his heyday, Ben Hogan probably hit more greens than any player in the history of the game. Yet, I'm told, he would practise short shots from off the green for hours on end, day after day. That's interesting – and educational !"

ALWAYS LAND THE BALL ON THE GREEN

When you are planning your chip shot, always have the goal in mind of carrying the ball over the fringe or rough and onto the putting surface. You can never be sure how the ball will react if it lands in the longer grass, but you can predict how it will bounce and roll if it lands on the green. Use the club that will enable you to land the ball about four or five feet onto the green so that it rolls the rest of the way to the hole.

STEEP ATTACKS LEAD TO CRISP CHIPS

A fairly steep attack into the ball allows you to squeeze the ball between the clubface and the turf at impact for a crisp strike with a little check spin. A good way to groove this steeper attack when practising is to place an umbrella or a golf shaft three inches behind the ball and hit some shots. If your club catches the umbrella or shaft on the downswing, either your angle of attack is too shallow or you are trying to scoop the ball into the air.

SHORTER BACKSWING, LONGER FOLLOW-THROUGH

One of the main causes of an inconsistent short game is decelerating the clubhead through impact. When the clubhead slows down through the hitting area, it is very easy for the hands to compensate by "flicking" the ball, which will cause you to lose control over the strike and judgement of distance. As a general rule, it is preferable to make a slightly shorter backswing and a longer follow-through, rather than the other way around.

CHIP WITH ALL YOUR CLUBS

"I'm a great one for trying to keep things simple wherever possible," Tony Johnstone declares in *Master Your Short Game*. "Instead of having to manufacture a variety of shots with just one club, to suit specific situations, I can concentrate purely on technique and then simply vary the club and the length of my swing to produce shots of different lengths and trajectories."

LEAVE THE FLAG IN FOR CHIPPING

The decision whether to have the flag left in or taken out when chipping from just off the edge of the green presents a huge dilemma for many golfers. Fred Couples is of the opinion that it is better to leave the flag in because it can stop the ball from running too far past the hole or even allow it to drop in the cup. If you take the flag out, the speed has to be perfect for the ball to drop in.

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.

DAINFERN

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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.



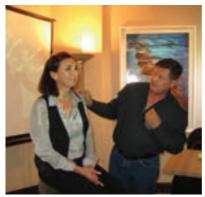




Dainfern Ladies enjoying the presentations.



Colette Hill demostrates make-up techniques on Sindy Tomsett.



Lynn Muller gets some advice from Dr. Christo Landman.

Women's Month celebrated in style at the Business Exchange





The winner of a hamper of cosmetics from NeoStrata.

Three enthralling speakers came together at the Business Exchange of Dainfern on the 20th of August, to chat about beauty and the importance of personal branding with ladies attending a special brunch morning.

art of the country's Women's Month celebrations, the presentations celebrated the Image of a Woman, with prizes, a Q&A session about aesthetic medicine and cosmetics, and a make-up demonstration.

The morning also saw the launch of the new aesthetic medicine and cosmetic supply firm, MediDerm, which is run by Dainfern resident, Dr Christo Landman. Dr Landman has been in practice for over 25 years as a GP and now, through



Sindy Tomsett, Samantha Weir and Colette Hill.

MediDerm, he will be offering his services in aesthetic medicine, specialising in Botox and fillers.

Heather Hook, well known media personality and radio show host chatted about personal branding and, to conclude the morning, talented make-up artist, Colette Hill demonstrated a quick and easy make-up routine, using Sindy Tomsett, new Marketing & Member Relations Manager for Dainfern, as the model.

Each guest received two 'goodie bags' filled with products and information brochures.

For more information about booking functions at the Business Exchange, contact Samantha Weir on 011 469 5013 or email: samantha@business-exchange.biz.

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Geoff did not expect to win

The 2015 Dainfern Masters Tournament was played over the weekend of the 22nd and 23rd of August. The overall champion, Geoff Hughes, was thrilled and surprised to come out on top.

he final tournament to take place before the Dainfern golf course was closed for the annual hollow tining, was the 2015 Dainfern Masters Tournament. Thanks go to the sponsors – Audi Fourways, CMH Volvo Cars Bryanston, SA Breweries and the House of Paint. Thanks also to the Dainfern Golf Club staff, who prepared the course and organised the event and prizegiving.

Results:	
Best Gross Day 1 – John Crews	76
Best Gross Day 2 – Ricky Hendler	78
Best Nett Day 1 – Terry Pettit	69
Best Nett Day 2 - Mark Wells	71
Best Overall Gross – Shaun Bernstein	144 (73, 71)
	•
C Division Nett Winner – Geoff Hughes	135 (71, 64)
C Division Nett Runner-up – Bruce Drummond	142 (69,73)
C Division Nett 3rd place – Stuart Atkins	144 (74,70)
	0
B Division Nett Winner – Mitchell Dunn	140 (67, 73)
B Division Nett Runner-up – Shaun Thornton	145 (73,72)
B Division Nett 3rd place – Eugene Honey	145 (72,73)
A Division Nett Winner – Steve Meyer	143 (72, 71)
A Division Nett Runner-up – Didier Plassan	145 (73,72)
A Division Nett 3rd place – Shaun Bernstein	146 (74,72)
Overall Nett Results:	
Masters Champion 2015 – Geoff Hughes	135
2nd – Mitchell Dunn	140
3rd – Bruce Drummond	142
4th – Steve Meyer	143
5th – Stuart Atkins	144
6th – Shaun Thornton	145
7th – Didier Plassan	145
8th – Gerry Cloete	145
9th – Eugene Honey	145

10th – Cliffy Thompson



The 2015 Dainfern Masters Champion Trophy



Luxury cars from Audi on display.

147

GOLF CLUB NEWS



Division winners: Geoff Hughes (C Division), Steve Meyer (A Division) and Mitchell Dunn (B Division)



The final group completing the day at the 18th hole.



The latest Volvos on Display.



Sponsor displays: Audi and SA Breweries.

CHRISTMAS TREE AND CAROLS BY CANDLELIGHT: FRIDAY 4 DECEMBER 2015

We invite all residents and your friends to join us for a very special Christmas treat on Friday 4 December 2015. This year, we have joined the Christmas Tree and the Carols by Candlelight together to bring you an awesome afternoon and evening of pure Christmas Cheer!

ather Christmas has his list and he is checking twice to ensure that all the children in Dainfern have been very, very good and then he will be here at 4pm on 4 December, to give out Christmas presents to all those good children! So don't forget to send your Christmas Wish List to Father Christmas so that he can make his way to the North Pole soon and get working on your gift!

(Moms and Dads - these instructions are for you. Get your kids to look away now! Please bring your child's gift, wrapped and clearly marked, to Laura's office before Thursday 3 December 2015 and we will ensure that Father Christmas receives the gift to give to your child!)

Besides Father Christmas, there will be water slides, rides and fun, fun, fun for all the kids while Moms and Dads have a relaxing afternoon at the Clubhouse.

Running smoothly on from the afternoon of fun will be an awesome evening of carol singing with the Soweto Male Choristers. Bring your picnic basket, make yourselves comfortable on the lawns near the jumping castles at the Clubhouse and join in as we sing all the best Christmas Carols under the stars! Carols will start at 7pm but you are welcome to come on down from 6pm onwards.

Don't feel like preparing a picnic basket? No problem at all! Book a table at the Restaurant and let us do the cooking for you. We will also give you several reminders throughout the evening so that



The Soweto Male Choristers

you don't end up missing out on the Carols. Please remember, though, that all drinks and alcohol will have to be bought from the Restaurant, no bringing of alcohol to the Clubhouse will be allowed.

Just in case you haven't heard of the Soweto Male Choristers here is some information about them to whet your appetite: The Soweto Male Choristers started in 2009. The group has 20 members and they make their presence felt everywhere they perform. The men from Mofolo are well-known in Mzansi. They sing gospel, choral, mogogopelo and folk music and people hire the choir to perform at weddings, birthday parties, funerals and conferences. The money they make from performing at functions is used to buy uniforms, pay for transport and for album recordings. From next year, the group will start a series of performances at different venues at home and abroad including Nelspruit and the United Kingdom.

Collection for Charity

This year, as with every year, we collect money from the sale of candles and song sheets as well as glow-in-the-dark items that the kids just LOVE! The proceeds from the 2015 Carols by Candlelight will go to Poppets Edu Care Pre-School in the Video Centre Informal Settlement in Muldersdrift! Poppets feeds a number of children from the Video Centre Informal Settlement and your donations will be going to a very worthy cause, so please help us to raise as much money as possible for Poppets Edu Care Pre-School!

The Carols by Candlelight is brought to you by the DHA, Lew Geffen Sotheby's and Dainfern Fellowship.

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DAINFERN COLLEGE

The Alumni Association



Second generation – Vuyelwa Nodada and her son



Second generation – Jessica dalla Torre and her daughter

Dainfern College celebrated a new milestone in its history this year as they welcomed a second generation to the College. Vuyelwa Nodada (née Yako) and Jessica dalla Torre (née Lourenco), both from the Class of 2004, now have children in Grade 0 at the College.

Many alumni take pleasure in staying in touch with the College to share their successes and their thoughts on their Dainfern College education:



Some of the Class of 2005 enjoying their Ten-year Reunion Dinner

The Dainfern College Alumni Association is all about keeping the relationships between former students and the College alive, current and meaningful. The Association is currently chaired by Machela Sathekga, head girl of the Class of 2004 and now a Business Manager at Liberty Corporate, having qualified as their first black female actuary in 2011. In addition to regular newsletters, an Alumni Ten Year Reunion Dinner is held each year as well as various sports events. This year, over 120 alumni participated in the annual Alumni Sports Day, where they played against the College first teams.

Matthew Napier-Jameson: Class of 2009 Dainfern College prepared me extremely well for my time after high school. I am going on to complete my MSc in Structural Engineering here in the USA and my success in the office and at university finds its foundation in the great education I received back home at Dainfern College. Sunuri Subramoney: Class of 2012 The College strives to instil character and develop the intellect of all students through academics, sport and culture. Dainfern College's holistic approach to education equips and inspires young minds to realise their dreams and I am truly lucky to call myself an alumna.



at Dainfern College



Ladies' Indoor Hockey: College 1st Team and the Alumni Team



Men's Indoor Hockey: College 1st Team and the Alumni Team



Netball: College 1st Team and the Alumni Team

Christopher van der Meulen: Class of 2013

The foundation that Dainfern College establishes for its students is exceptional. I have come across very few other students who have been as prepared for life at university and for life in general. Whilst at Dainfern College, I experienced a world of education and, having left, I am fully persuaded that I was, simultaneously, being afforded an education for the world.

For further information about Dainfern College, contact Enrolments Manager, Kathryn Dornan, at kdornan@dainferncollege.co.za.



Touch Rugby: College 1st Team and the Alumni Team





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Future City Fourways A solution to urban decay in Fourways

Future City Fourways seeks to transform the primary traffic corridors of William Nicol Drive between Steyn City and the Western By-pass and Witkoppen Road between Douglas Drive and Main Road, Lonehill, into orderly, safe, clean and infrastructurally sound public spaces.

ometimes, when scrolling through the channels on television at night, I come across SABC 2 and hear the jingle that they play after ad breaks – "You belong". I often wonder who they're referring to and what prompted them to come up with that jingle.

After attending the Future City Fourways meeting at the Indaba Hotel on the 11th of August, I saw a similarity in what they are trying to achieve – from the viewpoint that everyone residing in the geographical district that they are trying to uplift somehow belongs, whether it's as an active participant or as a fence-sitter. We all belong to some group, some community – in fact, at any given moment in time, whoever is here is an integral part of the population of this country, be it just for a few days (temporary resident) or for a lifetime.

With all the building and development going on around us, there's constant change in the area. Unfortunately, some of the change has been negative - litter, crime and blatant disregard for the rules of the road are the most obvious concerns and it appears that the City Council and other authorities are battling to cope with these problems. There is, therefore, the need to establish a formalised, structured organisation that can assist in the ongoing maintenance and improvement of the public spaces for the benefit of everyone residing in and working in the area. This initiative has been called Future City Fourways.

The Future City Fourways initiative



Advanced | Clean | Secure | Inclusive

that's being lobbied amongst residents of this precinct is what's commonly referred to as a Community Improvement District, or CID. There have been proposals to form a CID in this area for some years and, finally, there's a group that has come together and refined a version that they feel confident will work.

To put this into context, there are already a number of successful CIDs operating in Gauteng - the Rosebank, New Town and the Braamfontein City Improvement Districts are examples – so what they are proposing is not new from that point of view. However, they need more than 50% of homeowners to support the proposal before it can be taken to the City Council and formalised.

What are the implications?

CIDs are non-profit organisations that are privately-managed by a panel of directors. The function of a CID is to work hand-in-hand with the city authorities, not to take over what they do, but rather to complement or 'top-up' their services.

Yes, it does involve paying a fee or levy, but in the case of Future City Fourways, the amount proposed is R50 per household per month, fixed for three years. If the initiative is adopted by the majority of residents in the proposed area, all households will need to pay – so do take note and decide which side

LIFESTYLE



WANTED: A resounding "Yes!" to Future City Fourways' request for support for its application to Council for a CID licence.

of the fence you wish to be on. R50 per month is about the same as buying a couple of beers or cappuccinos once a month. It's hardly going to make any of us broke, but what it would do is contribute significantly to the upgrading of the primary traffic corridors that we're all pretty much forced to utilise on a daily basis – and it may even impact positively on property prices in the area. After the initial three years, there would be a review and at that point, residents can either vote to continue with the initiative, or disband it.

Speaking for myself, I have often wished that I could use my '67 minutes for Mandela' taking weeds out of the central islands on most of the roads that are run down - but it's an impossible task for one person. And this is one of the messages that the panel wished to emphasise at the Indaba meeting - we need each other, we need to support each other and, by organising people into groups that can undertake the improvement tasks, we can contribute to social upliftment, too, by employing previously disadvantaged people and paying them for their work. Following the principle that 'a job is the passport out of poverty and diminishes crime', there is also a proposal to provide skills training to workers within the FCF CID. This would impart qualifications that would make those people employable in mainstream sectors.

There are plenty of questions that we can ask about how it would be run and you are encouraged to engage with the Directors and ask away.





CEO of Moben Africa, Melvin Chagonda, spoke about how FCF will empower the wider community. He is a director of FCF.

The panel of Directors of the Future City Fourways CID are:

Advocate Jean Berdou, who is well known for his involvement in the Community Policing Forums of Douglasdale and Honeydew (he is currently chairman of both) and a legal advisor to the Gauteng Provincial Community Policing Board. He has been instrumental in raising funds for and supporting the Douglasdale SAPS for many years. For Mandela Day 2015, he organised a 500-people strong clean-up down the length of William Nicol Drive from the N1 Western Bypass to Steyn City.

Melvin Chagonda, who is CEO of Moben Africa, a company that provides innovative technology for mobile advertising. For a number of years, he was also CEO of Primedia.

Zach Wazara, who is the founder and CEO of Spiritage Group which comprises companies in the health, telecommunications, information and communication technology sectors.

Susan Mottram, who is the owner of corporate communications company, Headline News. She was formerly a ward councillor and is currently chairlady of the Douglasdale Business & Residents Forum.



CEO of Spiritage Group, Zach Wazara, also a director of FCF, encouraged other businesses to put their influence behind FCF.



Owner of Headline News, Susan Mottram is also a director of FCF and is your contact if you would like to add your vote.

In 2009, she organised the first mass clean-up in Fourways and has continued to mobilise street cleaning and maintenance of pavement gardens with teams of volunteers.

Rashika Padarath, who is the owner and director of Andira Urban Services. She is a highly qualified and seasoned urban planner. She worked for the Council for a number of years.

Sponsors

Future City Fourways' main sponsor is Fidelity Security Services. Other supporters include: Telesure-Auto & General, Steyn City, the Lonehill Residents Association, Indaba Hotel, Fourways Crossing and eblockwatch.

How you can help

For a Fourways that we can all enjoy living, working and playing in, support the Future City Fourways area improvement application to the City of Johannesburg. If you would like to add your vote, contact Susan Mottram and ask her to send you a voting form.

FCF can be reached via: info@futurecityfourways.co.za or susanm@futurecityfourways.co.za and 074 252 8877. For more information, visit: http:// futurecityfourways.co.za/

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Discover the Story of Humankind

Proclaimed an UNESCO World Heritage Site in 1999, the Cradle of Humankind is widely recognised as the place where mankind originated. A visit there with the family or as part of a corporate excursion is an experience not to be missed.

Ust an hour away from Johannesburg and Pretoria on the Magaliesberg side of Gauteng Province, the Cradle of Humankind is a 47 000 ha site that includes the Sterkfontein Caves and Maropeng.

The Sterkfontein Caves are actually owned by the University of the Witwatersrand and it's their researchers that have been credited with many of the world famous discoveries there. It was in the Sterkfontein Caves that the famous pre-human Australopithecus skull of "Mrs Ples", a mere 2,1-million years old, and the almost complete Australopithecus skeleton known as "Little Foot", confirmed to be 3,67-million years old, were discovered.

Visitor numbers to the Sterkfontein Caves are limited and it's advisable to book in



advance if you are planning to go in a large group, to ensure entry. Make sure you wear comfortable shoes as the rocky surfaces in the caves are uneven and forget the fancy hairstyles as you will be required to don a hard hat to protect your head.

Knowledgeable guides will take you through the caves, explaining the different types of rocks and the various activities undertaken by researchers. There's also a scientific exhibition area where you will be able to see "Mrs Ples" and "Little Foot" on display and light meals and refreshments can be enjoyed at the Sterkfontein Caves Restaurant.

After your visit to the caves, head on over to Maropeng, which is a short drive up the Hekpoort road. Maropeng is Setswana for "returning to the place of origin" and the Maropeng Visitors Centre, having opened its doors to the public in 2005, is celebrating its 10-year anniversary this year.

If you haven't bought combined tickets for the Sterkfontein Caves and Maropeng, you'll buy entry tickets outside the Visitor Centre, which is an enormous structure that looks like a burial mound. Called the Tumulus, it houses 2500 m² of interactive exhibits and an underground boat ride that takes you on an experiential journey through the evolution of planet Earth. It's awesome for the kids – definitely the part of their visit that they will remember the most.

Food and refreshments are available at the Market Place Café and the Tumulus Restaurant, or you could make your way



The view from the patio of the hotel.



The Hotel Restaurant.

LIFESTYLE



Facade of the Maropeng Hotel.

over to the Maropeng Hotel, which is within walking distance of the Tumulus.

The 24-bedroom four star Maropeng Hotel can accommodate up to 48 guests and it's perfect for a romantic weekend, a short getaway from the hurly burly of city life, and for executives seeking accommodation close to the Maropeng Conference Centre.

The hotel's restaurant and patio offer breath-taking views of the Witwaters and Maglies mountain ranges and you get a sense of the place through the interior décor that reflects the four elemental forces that shaped the beginnings of our planet



A King-sized Room at the Maropeng Hotel.

some 3-billion years ago – earth, fire, ice and water.

The Maropeng Conference Centre is actually located inside the Tumulus. Offering a variety of seating options and full catering facilities, the venue is able to host up to 500 delegates, although their speciality, of course, is hosting the smaller groups where delegates are able to stay for a day of two at the hotel.

For school tours, group accommodation is available at Hominid House, which is also within walking distance of the Tumulus. Hominid House accommodates up to 120



Sterkfontein Caves.

learners and adults, with separate rooms for teachers and group leaders. There's plenty of open space where learners can run freely and volleyball, basketball and table tennis facilities are available. Additional activities such as star gazing and special walks to an active dig supervised by scientists can be arranged on request.

For more information, call 014 577 9000, email: info@maropeng.co.za or visit: www.maropeng.co.za.

GPS co-ordinates: Latitude: -25.967098 Longitude: 27.662507

A WORLD FIRST IS COMING TO MAROPENG

he University of the Witwatersrand, with generous support from the South African government, is setting up an innovative virtual lab at Maropeng. The state of the art laboratory will be specially built at the Maropeng Interpretation Centre, in the heart of the Cradle of Humankind World Heritage Site.

The lab is aimed at making the precious hominid fossils that serve as compelling clues to humanity's origin accessible to people across the world.



An artist's impression of the virtual lab. Image courtesy of Wits University

The virtual lab is the brainchild of Professor Lee Burger, who is perhaps best known for his discovery of a previously unrecognised species of human ancestor – Australopithecus sediba – in 2008. The site in the Cradle of Humankind where the discovery was made was named Malapa (which means "my home"). Excavations have continued there.



The Malapa site in the Cradle of Humankind.

Image courtesy of Wits University

The lab, fitted with glass walls and cameras, is expected to be fully operational from the beginning of September 2015 and people from across the world will be able to view the day's activities via an online link.



Skull of Australopithicus sediba

Scientists in the virtual lab will work predominantly on fossils discovered at the Malapa site, where Australopithicus sediba was found. Sediba made history in 2010, when it was recognized as a new species - the first to be discovered in many years. More exciting finds are expected to emerge from that Malapa site.

Maropeng's acting general manager, Lindsay Marshall says the virtual lab will be a great new addition to Maropeng's offering.

"Maropeng has been a valuable educational destination for the past decade," Marshall says, "The virtual lab will help us share the critical knowledge about the origins of humanity, that is emerging in the Cradle of Humankind, with people around the world."

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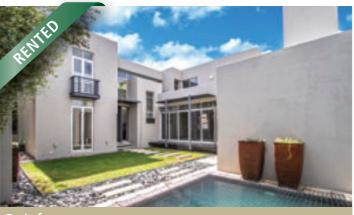
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Celebrating our National Heritage with our favourite pastime — enjoying a Braai

The National Braai Day Anthem Verse 1

The spring has arrived in Southern Africa Not a cloud in the sky Only flames in our eyes As if everybody seems to know what time it is Time for a braai It's time to have some fun

Chorus

I hear those voices until late at night All together and we feel all right, all right I see their faces in the golden light All together and we feel all right, all right Feeling Alright, hope you feeling alright people...

Verse 2

We stand united at the bonfire We raise our glasses to the clear, blue sky Tell me your story and I'll tell you mine Things will be better and I'm feeling fine

Chorus

I hear those voices until late at night All together and we feel all right, all right I see their faces in the golden light All together and we feel all right, all right I'm alright, are you?

Bridge

Try picturing a whole lotta people out at my place. Everybody chilling. Re dibusa (getting down) by the fire place. I'll be in the back. Marinating on the braai vleis Beer's in the KEG, Pierre is bringing out the wine case Its a known phrase, O jo re rata go braaya (we love to braai) If you got no space chessa nyama o kaya (you can go to a public braaing spot) If you're not disgraced, say it loud "BRAAI DAY IS MY DAY" Even ka labone (even on a Thursday) I treat it like its a Friday... So it's a fly (so it's a fly day) We call it a braai day e ne we do it our way Cause it's so mzanzi Happy times are so naturalle in our county Re rata sunshine Pull out your smiles come on lets have a fun time

I'll call Jabba and SGC cause in SA Die Heuwels is so Fantasties!

Chorus

I hear those voices until late at night All together and we feel all right, all right I see their faces in the golden light All together and we feel all right, all right I hear those voices (x4) All together and we feel all right, all right (x4) Braai please!!

DAINFERN

The countdown has started for the most anticipated public holiday on the South African annual calendar - National Braai Day on the 24th of September.

he National Braai Day initiative aims to position the 24th of September, officially National Heritage Day, as South Africa's annual day of celebration, when all South Africans are encouraged to unite around fires, share our heritage and wave our flag.

National Braai Day stretches across race, religions, languages and cultures. The vision is to use the country's favourite pastime, braaiing, to contribute to strengthening our ties as a nation.

On the 5th of September 2007, our Nobel Peace Prize winner, Emeritus Archbishop Doctor Desmond Tutu was appointment as patron of the National Braai Day initiative. There's even a National Braai Day Anthem, which was penned by Pieter van der Lugt, with music composed by Johnny de Ridder.

So, this National Braai Day, grab your tongs, gather your mates, down a few chilled brewskis and support the cause !

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Follow them on Facebook to check out their specials: www.facebook.com/ pages/The-Loft-Nail-Bar/ and call 011 469 0345 or email bookings@ theloftnailbar.co.za to book your personalised appointment.

Two new stores to look out for at Dainfern Square this season are The Loft Nail Bar and IM Optical

IM Optical Optometrists strives to offer a holistic approach to eye care for the whole family that includes:

- Comprehensive visual examinations (for adults and children);
- o Age related pathology screenings;
- Customised lens solutions with Zeiss i.Scription®;
- o Visual therapy;
- o Contact lens fitting.

"At IM Optical we realise that each individual requires a comprehensive individualized eye examination and that, at different ages, our patients require different screenings," comments Ilse Homan of IM Optical.

WITH CHILDREN

One of the most critical considerations for reading, learning or life in general, is the child's visual performance. This includes: • refraction (the ability to see clearly and distinctly);

- binocular stability (the ability to use both eyes as a team with good coordination);
- visual skills (the ability to perform visual tasks comfortably and track and focus rapidly and accurately across lines of print during reading).

Children can be examined from any age, the earlier any visual problems are detected, the better the chance for successful treatment. It is recommended to assess a child's visual performance before they start school.

WITH ADULTS

As we age, our eyesight changes. In the early to mid 40s, the lens inside our eye loses it flexibility, making it difficult for us to focus on objects near to us. We also become more prone to develop certain



ocular pathologies like:

- Cataracts;
- · Glaucoma;
- Retinal problems associated with diabetes and hypertension;
- ARMD (Age Related Macular Degeneration).

At IM Optical they use sophisticated diagnostic equipment to not only facilitate early problem detection, but to also accurately monitor changes over time. They have a wide selection of classic and boutique eyewear (for adults and children), hand-picked from across the world.

IM Optical has two branches in Johannesburg, the one at Dainfern Square and one in Bryanston that has been operating since 2009.

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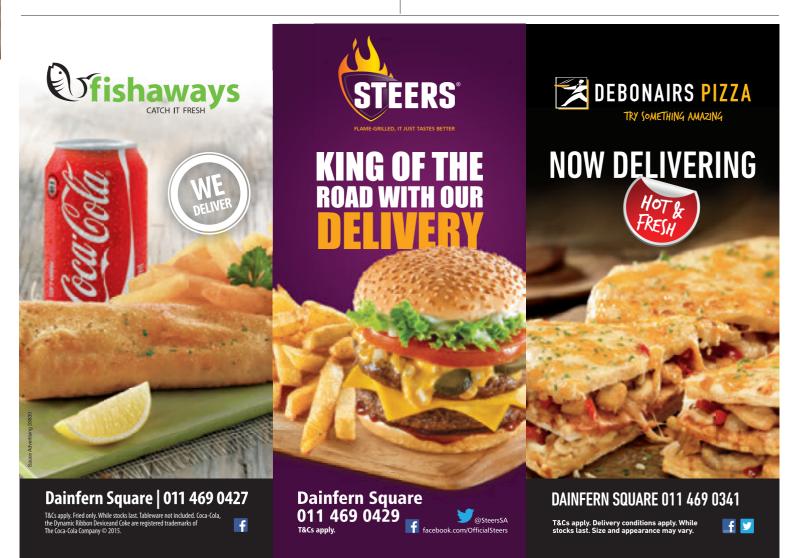






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Great changes in the Kruger Park's wildlife population



After two visits, lately, to Kruger Park's central region - between Skukuza and the Olifants River - I have begun to appreciate a number of changes that are taking place in the animal population. Some mammal and bird populations have changed radically.

Buffalo – the smaller grazers' best friend.

n the 1960s, Kruger Park had patchy grasslands and bush encroachment. Even so, I recall that there were plenty of grazers - zebra and wildebeest in particular. Then, in the 1970s, their numbers plummeted. The reasons were unclear. Just as buffalo eat and trample the coarser grasses and so open up (and fertilise) the lower grasses for the zebra, so the zebra, by grazing the next storey of grasses, enable the wildebeest to get at the shorter stuff.

It was decided that a lack of grassy meadows must be to blame for the dwindling numbers – and, perhaps, too many lions for the prevailing conditions. Reduce the lion population and the herds would increase. That was the theory. Ecology, in those days, was an inexact science. It still is. But it really was, then.

It was decided to kill nearly 100 lions.

TRAVEL





Kruger Park's iconic bird – the Lilacbreasted Roller.



Young Bateleur – nowadays "everywhere" in the park

At the time I wrote how Kruger Park had become a barbed wire test tube. The results were inconclusive but the lions recovered quickly.

In the 1990s the fences to the west came down and Kruger Park's scientists now have ecological control over tens of thousands of hectares of private reserves to the west. There are plans to extend the protected area even further to the west eventually linking Kruger, via a chain of privately-owned reserves, to the Escarpment (Transvaal Drakensberg).

I noticed, this year, more zebra and wildebeest than in previous years and, because of the heavier grazing, more of the tiny steenbok are visible among the shorter grass.

But I also noticed conspicuously fewer impala. Why, I don't know. The impala is popularly believed to be the most numerous antelope in the Park. Yet a friend, Dr Mike Cohen, whose doctoral thesis was on the steenbok of Kruger Park, came to the surprising conclusion that steenbok were the park's most numerous antelope. A pair will occupy a mere 3 hectares and they thrive in almost every ecozone that the park's 20 000 hectares has to offer.

It's been years now since anybody I know has seen roan, sable or tsessebe. A major reason for their catastrophic decline is believed to be artificial watering points. In the old days, there were fewer watering points and each would be crowded with buck, impala being the most numerous. (Steenbok rarely drink at dams). So lions were mostly likely to catch impala. Once water holes proliferated, the rarer buck – sable etc - became "unprotected" by the numbers of impala.

But drought has also played a part. Sable and roan are fussy grazers and go for the more palatable grasses around seepage points (known as "dambos"). Successive droughts and other factors have resulted in fewer such points.

Birdlife, too, has undergone big changes. Ground hornbills have become very scarce while kori bustards (the world's heaviest flying bird) appear to have increased in number. And never have I seen more bateleurs - a dozen in a day when we were there in August. Even the composition of tourists has changed! We saw not one tourist from the Far East – a result of South Africa's new visa laws.

In fact, it was the admission of tourists in the 1930s that triggered the great and irreversible changes in the Kruger Park – both infrastructural and ecological.

Nevertheless, the barbed wire test tube analogy will hold for many years to come.



Pear-spotted owlet becoming more plentiful



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GARDENING

Insects and other small beasties' in our Gardens







Our Gardens are home to many different creatures, many that busy themselves gathering pollen and nectar or hunting for smaller 'beasties', but there are also many that we don't even see until we look very carefully.

e share our garden with a host of creatures that are busy - some in the day and others at night - feeding, breeding, nesting and resting in any bit of suitable habitat they can find. These are insect species, spiders and some other invertebrates, as well as a few vertebrates, such as lizards, and if we are in the right area, frogs and toads, too.

Most of our beasties are harmless, or even beneficial for the garden. There are only a very few that will damage our garden plants. In the average-sized garden, these are normally easy to keep under control without bringing out poisons.

Many of the 'good beasties' will even devour these harmful pests if left to their own devices. By providing tiny creatures / beasties with habitat, we can encourage them to stay and do their good work in our gardens.

BUIDLING A BEASTIE-BOX

A Beastie-Box is a man-made structure designed to create a suitable habitat for 'mini-beasties'. It is filled with all sorts of materials that insects and other small creatures would find good to hide in, so that they can feed, breed, live and feel safe there.

GARDENING

Some creatures rest through winter and this is an ideal place for them to hide if it is safe and warm (not too warm). In summer, it gives protection from the hot sun and heavy rain.

Insects and other small creatures have different temperature requirements. Some, such as woodlice, millipedes, frogs and toads prefer cool and damp conditions, such as under a tree or under a hedge or shrub. Some creatures, such as carpenter bees and lizards like a warmer place.

Either have two boxes or turn one in the shade so that the tube openings get some sun on one side during the day.

A mini-beastie box can be any size and there are many forms. It can be as simple as a piece of wood with holes drilled into it, to something very elaborate. The smaller ones are ideal for a child's project.

If you don't want to use corrugated cardboard sheeting, you can replace it with ceramic tiles. The boxes can be roughly 25cm square Masonite boards for the top and bottom, with pine supports - about 40 cm tall.

It is best to fill your mini-beastie box with a variety of materials. This increases the habitat variety (the kinds of places that the little creatures will choose to stay) – and try to use organic or recycled goods, or a mixture of both.



Here are some suggestions of materials you can use:

Dead wood - very good for the larvae of wood-boring beetles. These help to break down dead wood in the garden and turn it into mulch and the birds think they are delicious. We tend to clear any dead wood from the garden, but it is very important to keep some for healthy insect life.

Long hollow tubes - either conduit piping or bamboo - these would be good for the wasps (wasps help keep caterpillars under control) and carpenter bees. There are many solitary bees which lay their eggs in hollow tubes. These bees are excellent pollinators.

Tiles that are separated from each other with pebbles / stones. This is the section amphibians would use if it is in a cool damp place, but away from frost in winter, and lizards would use them if they are in a warm, dry place. This should be your first layer at the bottom of the beastie box for amphibians to gain easy access.

Straw, hay or a bunch of wild grasses will make a safe place for many invertebrates to burrow in and make a home.

Dry leaves - like a forest floor, dry leaves will make a good home for creatures such as woodlice which help to keep the soil healthy and birds and amphibians also love to eat them.

Loose bark - Insects, spiders, beetles, millipedes and centipedes will use this habitat. Millipedes and woodlice are great garden recyclers.

Dry sticks - All sorts of invertebrates will make their home here.

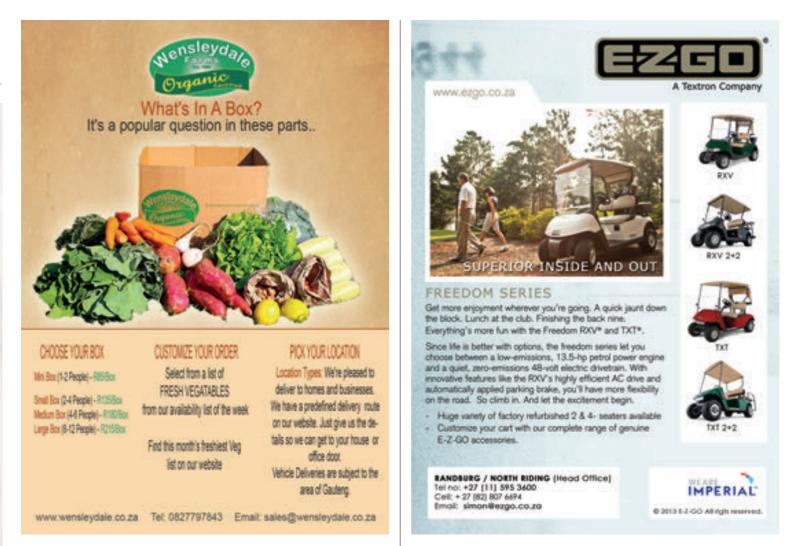
Rolled up pieces of **corrugated cardboard**, if put in a waterproof cylinder (pipe), will make a good home for lacewings.

Plant insect-attracting plants near the beastie box to attract insects closer to it. You may find predatory creatures hiding in the beastie box while waiting for unsuspecting insects to visit. Examples of insect-attracting plants are Selago species, Gnidia species and Scabiosa species.

Give the garden creatures time to investigate and take up residence in the lovely new home you have made for them. The longer you leave it undisturbed, the more likely you are to have some interesting inhabitants in your box.

If you do make a welcoming 'beastie box' in your garden, I'd love to hear from you or even see pictures of what you discover there in a few months' time. Send your emails to linda@rhn.co.za.

Random Harvest Indigenous Nursery, visit: www.randomharvest.co.za.



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LIFESTYLE



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or years, I have agonised over the appearance of my wrinkled skin, not really knowing who I should turn to. I was thinking along the lines of finding a specialist doctor who would confirm my worst fears – that it was some organ in my body that was either diseased or inadequate for its purpose and that the only way I could improve the crêpiness of my skin was from the inside out.

And then I met the team at Lasersense and I gained a whole new perspective on skin improvement. The answer was a lot simpler than I'd imagined – it's sun damage. Not only were they able to give me the answer, they are able to fix the problem.

There are upsides and downsides (well, not really a downside) to this story. The upside is that there's help at hand and they really do know what they're doing. The 'downside' is that it can become addictive – especially seeing the results after just one treatment.

My first session with them was what they refer to it as their 3-in-1 treatment, or the 'Red Carpet Treatment'. It's what celebrities go for before a big event and it gives you the most beautiful glow.

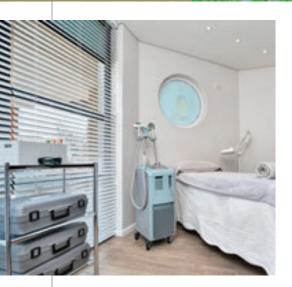
Starting with a light, superficial chemical peel, that is applied and left on the face for between 2 and 5 minutes,

their therapist then applies a serum which hydrates and feeds the skin. This is followed by laser genesis which stimulates the formation of collagen, tightens the skin, minimises pore sizes and improves the texture of the skin.

I was also given a limelight IPL treatment to remove the brown sun spots on my hands – which, they tell me, will produce results a couple of weeks after the melatonin emerges on the surface of my skin and sloughs off. I was told that any part of the face or body can be treated in this way.

This kind of treatment need only be performed once or twice, 4 to 6 weeks apart to produce a 'new, glowing you' – which is great for the upcoming summer season. Although, having said that, sun sense and protection from the harshness

LIFESTYLE





SKINCEUTICALS

PLATINUM





Owner of Lasersense, Cecilia De Oliveira

Dr Gus Hoogendijk



of the sun is imperative going forward, to prevent recurrence of those pesky blemishes.

Of course, this is only one combination of a myriad of treatments on offer to men, women and teenagers at Lasersense.

Not only do they have experienced, trained laser and skin therapists and nurses, they are backed by a highly qualified team of doctors. Their noninvasive treatments include:

- Laser hair removal
- Laser vein removal
- Lipolytic injections and ultrasound cavitation for fat removal
- Transdermal mesotherapy for ageing skin
- Limelight for sun damage removal
- Chemical skin peels
- Cryo radio frequency to tone and tighten the skin
- Permanent make-up
- Treatments for acne, stretch marks and scars.

Then there are the Botox, fillers and non-surgical face lifts that are performed by Dr Gus Hoogendijk. These correct all sorts of aesthetic concerns, such as volume loss, lines and wrinkles, sunken cheeks and sagging skin, drooping brows, deep frown lines and more.

Their Silhouette Soft threading procedure is a new way to have a face lift without having to undergo surgery. With a local anaesthetic, they insert threads under the skin to lift it and improve the contour of the face. The threads dissolve after about 18 months, but the effects can last for up to 5 years.

Commenting on the spectrum of treatments offered, the owner of Lasersense, Cecilia De Oliveira, says: "Due to the incredibly high standards that I have for my own skin, I insist that we treat every client as I, myself, would wish to be treated. We do not offer



any treatment which I personally have not tried on myself for its safety and effectiveness. If it doesn't work... we don't offer it!"

She goes on to say: "All our equipment is top of the range and the products that we use are from top pharmaceutical companies. Our therapists are very caring and knowledgeable and when we do a consultation, we are honest and realistic, so after your treatments you know what to expect and what the results will be. We never rush through treatments – we give each client our full attention once they walk through our door. Our relationships are built on trust and ongoing care, to ensure what you most want, the best out of your skin."

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LIFESTYLE FOR KIDS

Airborne Allergies

Spring is known to be quite windy in Gauteng and with that comes large amounts of dust and pollen in the air. This may be seen in the rise in airborne allergies among children and adults.

hildren are generally more susceptible to suffering as the seasons change. It is more of a concern for parents as children are more likely to suffer from respiratory arrest than cardiac arrest. Knowing how to deal with these emergencies can help you avoid a potentially fatal respiratory emergency.

You may not know the cause of your child's sudden sneezing and coughing, so keep an allergy journal. This will help you identify what your child may be allergic to. Look out for certain plants or pollens that cause a reaction, as well as what time of day it is and where you are when your child starts sneezing and coughing.

Dust mites also commonly cause allergic reactions in children. You may notice reactions taking place when your child is either in bed or on carpeted areas. Always ensure that your child's bedding is cleaned often and that carpeted areas in your home are cleaned regularly.

Pollen allergies or hay fever will occur

more seasonally, as is the case in August and September. This could stem from trees, grasses, plants or new flowering plants. Hay fever will present with itchy eyes or skin, inflamed eyelids, runny nose, wheezing or an itchy throat. Pollen allergies are usually brought on in the morning and on warm, dry, breezy days.

Mould allergies are experienced all year round. Moulds and fungi can grow indoors or outdoors. Always address any mould or mildew issues in your house immediately, especially if you have infants in the home.

Pet allergies are also common in children. You may notice symptoms of allergies if you have introduced a new animal into your home, or if your child has come into contact with an animal recently. This can range from horses to cats, dogs or any other animal.

Childhood asthma may occur if your child reacts badly to any of the aforementioned substances or pollutants. You should see a doctor if your child experiences difficulty breathing or emits high-pitched wheezing sounds. These may be early signs of asthma developing.

To assist a child having an asthma attack get the child to sit down and relax. Try and bring the child's knees up to their chest. Encourage the child to breathe out deeply – breathing in is usually easier, hence the need to encourage them to blow out. Place a tissue or piece of paper in front of their mouth and ask them to blow the paper.

If the child has medication, get it as soon as possible and use it as prescribed. If the child does not have medication, call for help.

Knowing how to look for these triggers may help you and your family deal with any potential respiratory or allergyrelated episodes experienced by your child. If in doubt, consult a healthcare professional.

> For more information about basic First Aid for children, visit www.firstaidcounts.co.za.



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Let's Go Furniture Shopping

Tackling the task of adding furniture to your new home is easier when you know where to go.

don't know how things are with you, but when we moved to Johannesburg we found ourselves in a new home that was bigger than the one we lived in before. It also had a feature that was a novelty for us: a covered patio that begged to be used as a living and dining room during the many warm summer months.

The situation was clear: we needed a few new pieces of furniture. But: Where to find them? Especially the patio, the "room" we were so looking forward to hanging out, proved to be a bit tricky: We arrived at the beginning of the Johannesburg winter when the shops had reduced all their outdoor equipment and furniture stock to a bare minimum and some were even completely sold out.

Of course, we didn't know where to go and which shops are specialised in what. Now that we have been living in Joburg for a few years I have wizened up a bit and managed to find the best places for furniture shopping.

Here are a few tips for you:

A one-stop-place for furniture near Fourways is the Design Quarter: www.designquarter.co.za. You will find several furniture and home accessories shops in a stylish shopping centre - for instance: Mr Price Home, @Home, Boardmans, Coricraft, The Private House Company, etc.

Mr Price Home is 'South Africa's IKEA'. Its furniture range is somewhat limited and only available in bigger stores, but the prices are at the lower end. Don't be a snob, make it your first stop, otherwise you will miss out! There's even an RSA range of products that will add a lovely



local touch to your home, or make for good gifts or souvenirs: www.mrpricehome.co.za

@Home and **Boardmans** are a slightly pricier option but have arguably better quality and more niche products; they concentrate on accessories rather than furniture: www.home.co.za; www.boardmans.co.za

Coricraft, on the other hand, stocks mainly furniture, with fewer accessories; many of their pieces can be customised to your needs: *www.coricraft.co.za*

Don't miss **The Private House Company** – I love it! Its owner, Yvonne O'Brien, is one of South Africa's top interior designers: *www.privatehouseco.co.za*

Other stores to consider elsewhere -

Wetherley's is a big furniture chain with several shops in Johannesburg: www.wetherlys.co.za

Weylandts is a store in the upper price range with a contemporary-internationalorganic style (very chic): *www.weylandts.co.za/furniture*.

For children's furniture and accessories, you can try:

- Tree House: www.treehouse.co.za
- Wetherley's: www.wetherlys.co.za

EXPAT ADVICE



- Mr Price Home: www.mrpricehome.co.za (they have the biggest choice of children's accessories like curtains, pillows, etc).

In the Kramerville neighbourhood you will find lots of furniture and interior design shops, like La Grange and Vanilla House. Come armed with a bit of time and flutter from shop to shop. Find a directory of the shops at: www.kramerville.co.za/directory. php

Given the glorious climate in Johannesburg, I'm sure you will

embrace the outdoor life and spend as much time as possible on your patio. To make the best of it, it's great to have a dining table and a sofa on the patio.

Patio Warehouse is a specialised shop for outdoor furniture: *www.patiowarehouse*. *co.za*

Builders Warehouse also offers some decent, though limited, options: www. builders.co.za

And if you need a quick fix – like a plastic set of table and chairs – a trip to Checkers, Game or Makro will do the trick: Checkers: www.checkers.co.za Game: www.game.co.za Makro: www.makro.co.za

Street vendors sell handmade woven chairs, sofas and bedside tables, as well as bean bags and mirrors (not to mention grass for the lawn!). It is fun to check out their offerings, for instance at the corner of William Nicol Drive and Main Road in Bryanston. Feel free to haggle - it's expected of you!

And while you're about it, have fun!

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



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Embracing Gym Etiquette (aka Sweat-i-quette)

very sport has its unspoken rules of etiquette - silence on the green as a golfer is about to tee off, waiting for the 10pin bowler in the next lane to release her ball before yours, or not running across the adjacent tennis court when their ball is in play. The same is true of the gym. There are small nuances to working out that allow us all to get along while working out.

Spring is here and a few things are guaranteed to happen. The flowers will bloom into beautiful vibrant colours, birds will nest in the overhang of your roof waking you with sweet songs of seasonal hope, and the gyms will swell with new (and recently remembered) memberships.

Be careful though. The birds, the bees, the flowers and the trees may have exceptional beauty this time of year, but where sweat, testosterone and ego reside year round, things can quickly go awry if 'sweatiquette' goes unobserved, unintentional or not.

Use a Sweat Towel. I'm assuming you don't want to lie in someone else's sweat and vice versa. Sweat towels can be used to collect sweat as it develops or to wipe down equipment after use. Request maintenance for bigger jobs, like mopping the floor under drenched bikes and rowing machines. No one wants to walk through a puddle of DNA, ever.

Replace Your Weights. This is not only considerate to others at the gym, but also signals that you are finished working in that area and that the equipment and space is free for others to use.

Do Not Short Circuit. I've seen more tempers flare over this infraction than any other. Jumping into the circuit



mid-cycle, i.e. on the green light, or mid-sequence (starting on machine 5 instead of machine 1) is tantamount to cutting the queue. If you really only want machine 5, it's probably somewhere else on the floor, or wait for others to reach machine 6 or higher.

Mind Your Time. We all want more than 20 minutes on the cardio machines. It seems just when we are hitting 'the zone' it's time to stop. If this is you, try working out during non-peak hours or join a spin class rather than covering the timer with your (misused) sweat towel. You know you're guilty.

Never Come Between A Man and His Mirror. No one is ever going to call you out for this one, but it's a subtlety that separates a novice from those in the know. Lifters and bodybuilders love to watch their muscles contract while pumping heavy iron. You can't miss it it's usually the only mirror on the floor and it's a big one! Don't Ass.U.Me. Though the leg press may look free, it's always best to ask if you are unsure. The likely response is that it is free or someone has one more set to complete. Either way, people appreciate being asked.

-Be the Best You-



Mariaina A. Balaban is an accredited Personal Fitness Trainer, Group Exercise Instructor and 1st Dan Black Belt, SA JKA Karate.

She can be reached at 084 506 2424, or by emailing: Marlaina.balaban@ gmail.com.





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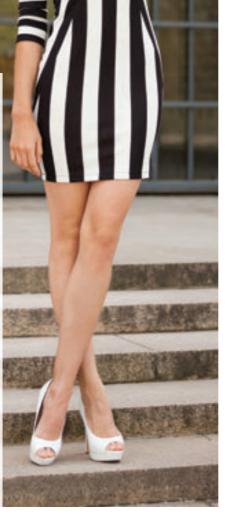
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The Magic of Camouflage

How to look celebrity-gorgeous with a little help from your clothes

ave you ever seen those magazine spreads of celebrity high school pictures filled with average looking teenagers who, as they've advanced from starlet to mega star, have undergone quite an 'evolution'? A lot of this is due to stringent dieting and exercise and the teams of stylists and image consultants who keep them looking their best. There may be other modifications you can't quite put your finger on, too, resulting in a lot of speculation about who may have had a little cosmetic help.

You see, celebrities are held up to a different standard than most people and, unless they look good, they often won't get work. It must be exhausting - and expensive - to look celebritygorgeous all the time. But are there easier ways that us mere



mortals can look and feel more celebritygorgeous?

Well, yes there are - by using the design of your clothes to look taller, thinner, younger....

This is the magic of camouflage.

The five elements of clothing design you can use for the perfect camouflage are:

- Line Colour
- Texture
- Scale
- Proportion

There are three sets of *lines* in any garment:

Silhouette lines are the basic shape of the garment. All garments are either fitted, semi-fitted, boxy and stiff or boxy and soft. The most flattering silhouette follows your body shape.

Structural lines include seams, darts, tucks and gathers. These are the lines that attract the eye and can be used to enhance or camouflage different features of your figure.

Decorative lines are things like buttons, pocket flaps or trims added to the outside of the garment. These lines aren't an essential part of the garment, they just look nice.

Use Vertical lines to look taller and slimmer. The further apart they are, the broader and shorter you will look. Long necklaces, earrings or scarves can also be used to create vertical lines to draw attention away from unsightly areas.

Horizontal lines will make you look wider. The higher the horizontal line, the taller you'll look and the lower it is, the shorter you'll look.

Diagonal lines can conceal or emphasise, depending on how they are worn. Near-verticals will lengthen; nearhorizontals will widen. Either way they are more understated than vertical or horizontal lines.

LIFESTYLE



Colour can increase or decrease your apparent body size. Wearing light colours on your upper body will draw attention upward and make you look taller – but too much may emphasize and enlarge more than you'd like. Dark or muted colours look more expensive and seem to weigh more than light colours so they often look more sophisticated when worn on the lower half of your body - they also have the ability to reduce and minimize. Deep coloured monochromatic outfits create a continuous vertical line, so are very slimming and lengthening. If you're too tall, wear two colours to break up the length of your body. Or wear a dark outer layer paired with a bright inside layer to make you look slimmer. And finally - colourful accessories can draw attention to your assets - or away from vour challenges!

You can use the **texture** of the fabrics in your clothes to appear smaller, larger, shapelier or younger.

Clothes made from lightweight, smooth fabrics that drape over your body are very flattering when their silhouette follows your body shape. If you'd rather hide your curves, crisp smooth fabrics will camouflage them nicely.

Bulky, chunky, ruffled or crinkled fabrics, like tweed and heavy knits, add bulk, so they're best worn on larger figures or in small volumes so that you



don't look out of proportion. Also, if you are of an age where lines and wrinkles are beginning to be a problem, beware of wearing these fabrics too close to your face. The texture may emphasise, rather than camouflage, anything you're a bit self-conscious about.

The **surface** of the fabric can alter the look of the garment and the apparent size of the wearer, too.

Matt surfaces, such as wool, cotton and linen, are great for everything and are often very slimming.

Semi-shiny surfaces give the fabric a dressy look. The sheen won't make you look bigger, unless the fabric is clingy. Shiny or sparkly surfaces look very dressy and make everything look bigger - soft or clingy fabrics with shine will highlight every lump and bump.

You can use the **scale** of the pattern, buttons and trims of a garment and its accessories to highlight or camouflage. Small-scaled details will make your body look larger and large-scaled details will make your body look smaller. So, if you'd like a top with polka dots and you're a petite person, large polka dots could overwhelm you. If you're a large person, small polka dots will make you look larger. Similarly, large earrings will emphasise a small face and small earrings will emphasise a large face.

When you're mixing and matching tops

R

and bottoms there are four things to remember about **proportion**:

- Slim line tops and bottoms look long and lean when worn together;
- A full skirt looks best with a slim top;
- A full top looks best with a slim bottom;
- A full top worn with a full bottom is almost impossible to look good in.

We will look into how these clothing details can be used more effectively in relation to your particular body in Rachel's next article. Meanwhile, if you'd like to discover more about enhancing or camouflaging with your clothes, call Rachel Lynch at Personal Best Image Consultancy on: 011 476 7047 or 084 260 3379; or email: rachel@personalbest-image. com.

Rachel can also be found at www. personalbest-image.com



Rachel Lynch



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Coping with Divorce

When we take our marriage vows, in that moment, we all believe it will be the perfect marriage that will last forever but, sadly, this is too often not the case.

n South Africa, over 50% of marriages end in divorce with nearly 55% of those having children under the age of 18.

Divorce – A Solution or a Problem?

"Contemplating divorce is a bit like leaping off a cliff-edge. There has to be a very good reason for doing it. Although many of the fears may be valid, all risks need to be evaluated and alternatives carefully explored - and suitable preparations have to be made. Leaping into the unknown chasm might eventually lead to happiness, but it shatters the family and can also bring unexpected challenges, problems or pain," writes Izabella Little-Gates.

"Is divorce a solution, or a problem? Is it ultimately better for children to have a whole family, even if it's filled with unhappiness, conflict or coldness? Should adults sacrifice their own happiness in order to preserve the family wholeness? At which point does breaking up become the better option? Such are some of the debates around divorce."

"Divorce happens for so many reasons, ranging from unmet needs or expectations, communication breakdown and infidelity, to incompatibility, boredom, conflicting values, abuse, addictions and a host of other factors. But so often the scars remain painful, for parents and for children, for a long time."

We all know someone who is divorced, or may have experienced it first-hand and it is accepted as a part of life but, how does it really affect those families? It doesn't only affect the two people in the marriage but also has a strong impact on the immediate and even extended family.

Life Talk interviewed teens and parents

from divorced homes and some of the feedback received about divorce and its impact can be summarised as follows:

- It is generally a tough, unpleasant and traumatic experience.
- The experience is tougher than anticipated and very unsettling.
- There is a feeling that something is missing and it takes a long time for a new routine to fall into place and for some level of balance to be restored.
- Trust between the two parents often becomes an enormous source of negative pressure and, feeling that they have to be on guard all the time is exhausting.
- Too often, the children feel they are to blame for the divorce and bear this guilt in silence.
- For others, it altered the nature of the relationships with their parents and they naturally then tend to favour one parent...and then feel guilty for doing so.



- It often has devastating and long-term effects especially on the children and teenagers.
- Children may feel that they have no real home, flitting from one to the other, leaving them feeling unsettled.
- Single-parenting brings in a whole new perplexing set of challenges and realities that complicate an already complex situation further.
- Loneliness and the lack of support are a piercing reality.
- Extended family bonds are sometimes negatively affected, with family members becoming estranged over time.

It was also interesting to note from these interviews that, although divorce is tough on the whole family, it also leaves very different impressions on the children depending on the circumstances. One interviewee said: "Coming from a divorced family, the thing I definitely dislike the most is the inability to grow and share memories as a family."

Another: "There isn't anything I dislike about being in a divorced family because everything is better than it was when my parents were together."

Generally, the teens we spoke to felt that their parents were now happier apart and they would rather have them happy apart than unhappy together. They were also all wary of one day getting hurt themselves in this way.

Coping with Divorce

There is no doubt that out of every negative life experience, positive learnings and growth will also be experienced. Once the decision has been taken and the process is underway, here are some tips to help one cope:

- Ensure that the whole family manages the stress of the experience and that they have someone they can talk to for support. You don't have to go through this alone, so get some help if you need it.
- Try to not get caught up in the blaming game (pre- or post-divorce). The reality is that, in most situations, everyone has a part to play so moving forward is the best course of action.
- It is normal to feel a host of emotions

- from being fearful of the future, to feeling hurt and sad - but work hard at leaving that all behind you so that it doesn't jeopardise your future happiness and new life.

- Spend time with positive, energising people.
- Don't turn to food, alcohol or drugs to cope as these will be destructive in the long run.
- Look after yourself and make sure your children do the same – eat well, get enough sleep and exercise.
- Daily routines add stability to the home life, which will be hugely beneficial to any children in the home.
- Talk to your children to ensure that they are not feeling any guilt or blame for the divorce and reassure them that they are loved. Hug your children – physical human contact is very healing.

Positive Outcomes

Interestingly, psychological assessments done on children from divorced families found that most of the children grew emotionally stronger as a result of the experience and that they gained a much deeper perspective on life-changing events. They also became independent and matured at an earlier age.

How you deal with the situation will affect how your children cope, so try to be very aware of this. Being as honest and positive as you can, whist providing constant emotional support, will go a long way to helping children to adjust to their new lives.

Most parents who have gone through divorce have experienced one of life's very tough lessons and, although they may emerge battered and bruised, they also come away from it with new insights and knowledge.

Contact Nicoleen@lifetalk.co.za to find out about their essential services • Career guidance and psychometric

- testing. • Monthly Parenting workshops. Current topics: Building Self-Esteem and The Parenting Journey.
- 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.

For more parenting information or to purchase Life Talk's range of books, visit www.lifetalk.co.za or email Forum@lifetalk.co.za Additional resources: https:beta2.statssa.gov.za/ publications/P0307/P03072011





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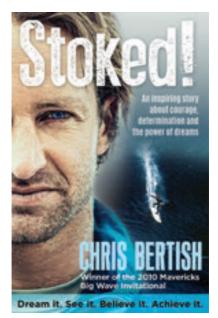


Elon Musk By Ashlee Vance

South African born Elon Musk is the renowned entrepreneur and innovator behind PayPal, SpaceX, Tesla, and SolarCity. He is the real-life inspiration for the Iron Man series of films starring Robert Downey Junior. The personal tale of Musk's life comes with all the trappings one associates with a great, drama-filled story.

He was a freakishly bright kid who was bullied brutally at school and abused by his father. In the midst of these rough conditions, and the violence of apartheid South Africa, Musk still thrived academically and attended the University of Pennsylvania, where he paid his own way through school by turning his house into a club and throwing massive parties. He started a pair of huge dot-com successes, including PayPal, which eBay acquired for \$1.5 billion in 2002. Musk was forced out as CEO and so began his lost years in which he decided to go it alone and baffled friends by investing his fortune in rockets and electric cars.

Elon Musk is the Steve Jobs of the present and the future, and for the past twelve months, he has been shadowed by tech reporter, Ashlee Vance. *Elon Musk: How the Billionaire CEO of Spacex and Tesla is Shaping our Future* is an important, exciting and intelligent account of the real-life Iron Man.

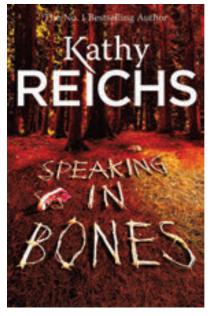


Stoked! By Chris Bertish

Stoked! is an inspiring true story about courage, determination and the power of dreams. Chris Bertish was a skinny little kid from Cape Town when he started surfing with his brothers. Fiercely driven and constantly pushing his boundaries, Chris was not content with conquering 'ordinary' big waves. He wanted more: bigger waves, bigger swells, more adrenaline. What began as a personal quest to prove to himself that he was one of the best in the 'big-wave brotherhood' culminated a decade later with Chris being crowned South Africa's first Mavericks BigWave Champion.

Competitors in the 2010 event were faced with the biggest and heaviest waves ever recorded in the history of the sport and Chris, on his own budget, on the back of a 40-hour plane journey and on borrowed equipment, outsmarted and outperformed the world's best-paid professional surfers.

How did Chris achieve this feat? 'Nothing is impossible, unless you believe it to be' is just one of the philosophies he lives by. With his infectious enthusiasm, Chris tells how he pulled off death-defying antics time and again, overcame overwhelming obstacles and fears, and parried every blow that fate dealt him, all without ever losing faith or focus on his dreams.



Speaking in Bones By Kathy Reichs

When forensic anthropologist Dr Tempe Brennan is approached by amateur detective Hazel 'Lucky' Strike, at first she is inclined to dismiss the woman's claims that she's matched a previously unidentified set of remains with a name. But as Tempe investigates further she finds herself involved in a case more complicated and horrifying than she could ever have imagined.

Kathy Reichs is vice president of the American Academy of Forensic Scientists; a member of the RCMP National Police Services Advisory Council; forensic anthropologist to the province of Quebec; and a professor of anthropology at the University of North Carolina at Charlotte. Her first book, *Deja Dead*, catapulted her to fame when it became a New York Times bestseller and won the 1997 Ellis Award for Best First Novel. Her latest novels, *Bones of the Lost* and *Exposure*, were both instant Sunday Times bestsellers.

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BACK PAGE

Modern Technology

Although modern technology has radically changed the way newspapers are printed and has eradicated a great many common misprints, one still comes across some marvellous faux pas.

recall a few years ago, Joyce Coulter a calligrapher of Nazareth House, Yeoville, Johannesburg, showing me the fruits of her hobby – hunting the classified section of newspapers for amusing typographical errors. The "small ad" pages were, to her, what the Great Karoo was to the pioneer hunters - the happiest of hunting grounds.

Being a calligrapher, Joyce is aware of the importance of typographical accuracy. After all, imagine spending hours carefully writing an illuminated address and then discovering you've missed out a word.

Joyce once inscribed 3 000 certificates without a single error. So, for relaxation, she hunted "blunders" in newspapers. She told me that electronic editing, with its spell-check device, had cut down on spelling mistakes but it has not eliminated the odd priceless error. Spell-checks will pass a word if it is in the dictionary but will disregard the context.

Thank goodness! Thus we still get errors such as this: Lunch will be gin at 12.30.

In the days of letterpress, Joyce would hurry home with the newspaper and, almost daily, go into peals of laughter and delight at finding:

FOR SALE - Vibrating cushion for sore mussels. BOWELS - set of four.



The other day, I came across some of Joyce's collection and was reminded how newspaper bosses sought typesetters with GOOD ENGLISH WRITTING SKILLS.

WANTED: TYPESTTERS - TYPSETERS - TUPPSETTERS - and PRROF READERS ... PROOF REDERS ... PRIIF READERS.

Joyce recalls the days when bosses desperately sought secretaries with "typking skills".

One offered: "Young lady, increase your earrings."

Another: "Your accurate ryping is in demand ... your skills will take you to the stop ... display your goos typing. ... No more woring to earn a living." Finally, they must have said, OK, let's forget trying to find a "trypist". Let's instead advertise for a: GIRL FRIRDAY, GIRL GRIDAY, GIRLF FRIDAY, GIRL FRODAY, GIRL FRIDYA, GIL FRIDAY, GRIL FRIDAY. No, better go back to looking for a real secretary: WANTED. SECETARY - SECRETERY -SECRETART ... As long as the "applecant" has EXPERIECE, EXPERINE, EXPERCINE, EXPERINCE.

Joyce collected dozens of variations of that word as well as, literally, dozens of variations of QAULFIED, QULAFIED, QULIFIED ... A really good "qaulfied sectary" could join a "friendly company" which believed that "good typing is like god wine". A young lady could go on to play an "active roll" and "enjoy the hustle and burtle" of an office with a "bubby crowd" showing "intiatve" and "using plenty grey sells" and "cakling on clients".

"Are you a matter of this much soughtafter skill?" asked one hopeful employer. "Can you, for instance, count money in large somes?" If so "join Blank and Co whose name has become anonymous with style".

Estate agents were much more frank in those days:

MALVERN - renovated nightmare, 3 bedrooms. Patched country cottage BRYANSTON EXT 45 - this home is the sniff of the week. BEAUTIFUL clean large bachelor.

GORGEOUS large one bed. What a view! Maids included.

Electronics or no electronics, the printer's devil is alive and laugh ink. I mean lauffing; no, loafing. What I am trying to say is - he is having a good loaf.

Blogsite: http://stoeptalk.wordpress.com/ Website: http://www.jamesclarke.co.za/ For a free sample of James' latest e-book visit: https://www.smashwords.com/profile/view/kudu.





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