

DAINFERN

SECURE LUXURY LIVING

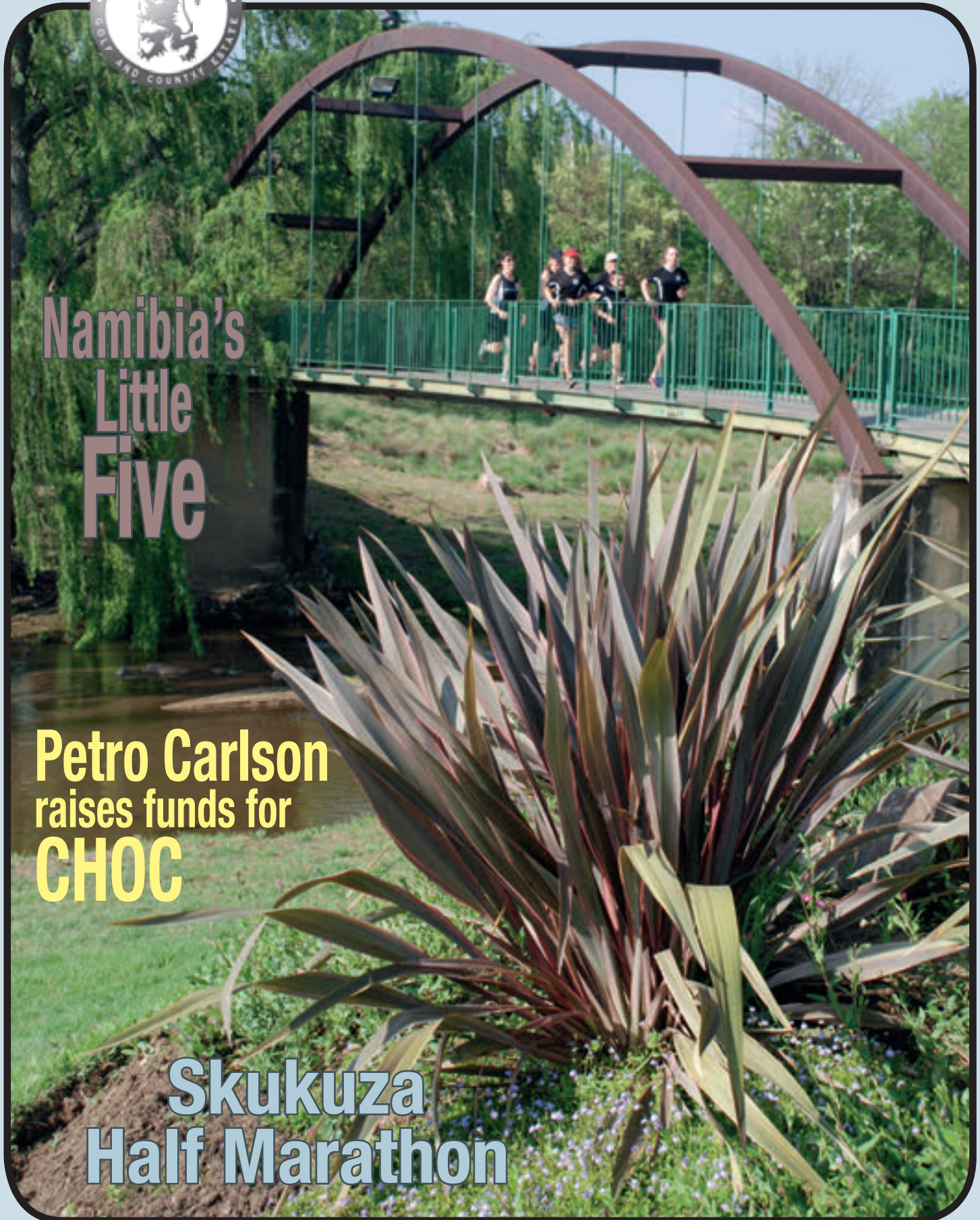
ISSUE **9** 2015



**Namibia's
Little
Five**

**Petro Carlson
raises funds for
CHOC**

**Skukuza
Half Marathon**



WEST PACK LIFESTYLE

Making Life Simple



Visit www.westpacklifestyle.co.za for all our information

📍 Store Locations 🕒 Trading Hours 📞 Contacts ✉️ Emails 👤 become a fan on facebook



Create more



Bake more



Love more



DIY more



Swim more



Learn more



Live more



*Love the experience
Live for the moments*



Play more



Participate more



...Laugh with DAD...

CONTENTS



5



41



18

ESTATE NEWS

Message from the Dainfern Homeowners Association 2

ESTATE LIVING

Dainfern Bridge Club 5
Dainfern Golf Club: News 8
From the Golf Pro 11
Dainfern Running Club 12
Dainfern Fellowship News 15
Art at the Business Exchange 16
Dainfern College 18
Halloween at Dainfern 20
Clubhouse Wine Tasting 22

TRAVEL

Namibia's Little Five 34

OUT & ABOUT

Pilanesberg National Park 38



34

MOTORING

BestDrive arrives in Fourways 27

HOME FRONT

Engel & Völkers:
Utilising the Power of the Sun 30
Don't re-roofWaterproof 32
Design Quarter: Plascon Spaces Showroom and their Colour Forecast for 2016 41

LIFESTYLE FOR KIDS

Rachel Lynch: Sugar and Spice 47
Play Therapy for Children 50
Supporting the Studying Child 52

LIFESTYLE

Petro Carlson raises funds for CHOC 24
Fitness with Marlaina:
injectables, tablets and powders 45
Book Reviews 54
Back Page: Child Psychology 56



47



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



MESSAGE FROM THE HOMEOWNERS ASSOCIATION

YEAR END FUNCTIONS




We are entering the last quarter of 2015 and it is amazing how quickly this year has flown by. The last couple of months are extremely busy for everyone - from getting all our work for the year completed before going away on a well-deserved break in December, to our children writing their end of year exams, attending their different prize givings and school plays and what not that are part of their academic programmes.

But in all this hubbub we also need to take time out to relax and have fun and this you can do at Dainfern! Some ways to find time for yourselves include:

1. The Christmas Market on 23 October 2015 is there for your convenience! No more having to rush off to busy shopping centres to find the last couple of gifts that you still need for those loved ones! Join us at the Clubhouse from 15h00 to 20h00 and browse through some awesome stalls with great ideas for gifts. You can make an afternoon of it and have a meal at the Restaurant – we will even have some entertainment for the children in the guise of a water slide!
2. Halloween takes place on Saturday 31 October 2015 with loads of entertainment for the children. Face painting, a jumping castle and a disco will keep them entertained

and also burn off some of the excess sugar that they have consumed! Join us at the Pavilion from 15h00 onwards.

3. The annual Christmas Tree and Carols by Candlelight will take place on Friday 4 December 2015 from 16h00 to approximately 20h30 for a Christmas never to forget. The Christmas Tree will start at 15h00 with Father Christmas arriving at 16h00 to deliver gifts to those children who have been very, very good this year! Musically-gifted Dainfern residents will entertain the crowds from 17h00 to 19h00 with their own musical talent – if you are a talented instrument player or singer, why not get involved, showcasing your talent to those at the Clubhouse? The Carols by Candlelight will start at 19h00 – candles, song sheets and glow-in-the-dark items will be on sale from 18h00 onwards and all proceeds raised on the night will be donated to Poppets Edu Care Pre-School in the Video Centre Informal Settlement in Muldersdrift!

After all this, you can put your feet up and relax and enjoy a wonderful and well-deserved holiday! But before you rush off to the beach, the bush or the snow, spoil your staff who have worked tirelessly throughout the year with the best year-end function at the Dainfern Country Club. Let us help you design an unforgettable year-end function – including menus, draping, decoration etc. Contact Shaskia on 011 875 0488 or e-mail functions@dainfern.co.za to get the ball rolling. 

WE'VE GOT IT

MONTECASINO

Roulette KNOCKOUT GAUTENG SERIES

ENTRY
R100
ONLY

7 SEPTEMBER - 18 OCTOBER 2015
HEATS DAILY FROM 14H00

GUARANTEED FIRST PRIZE R250 000

Rules with complete offer available at the Customer Service Desk or montecasino.co.za

PURE PASSION TRUE SUPPORT

ABSA **BOOKDOWN**

3 OCT - SA vs SCOTLAND
7 OCT - SA vs USA

TICKETS R30pp
incl. 1 x free drink



DIRECT FROM INDIA

REWARDS
SAVE UP TO
25%
OFF



Ashvin Gidwani's BLAME IT ON BOLLYWOOD

by Bharat Dabholkar

'AN OUT-AN-OUT FAMILY COMEDY AROUND THE BIG FAT
INDIAN WEDDING MADNESS' - BOMBAY TIMES

6 - 11 October

For more information or to book tickets, visit montecasino.co.za

facebook.com/montecasino @MontecasinoZA

TSGO SUN PROUDLY SUPPORTS THE NATIONAL RESPONSIBLE GAMBLING PROGRAMME. WINNERS KNOW WHEN TO STOP. ONLY PERSONS OVER 18 ARE PERMITTED TO GAMBLE. NATIONAL PROBLEM GAMBLING COUNSELLING TOLL FREE HELPLINE 0800 006 008.

Do you know what your home is **worth**?

Spring into action and find out!

As market leaders with more than 51 years of real estate expertise, let us provide you with an accurate, up-to-date **free** evaluation. Make the **smart move** and contact us today to find out the current value of your home.

Call our **Dainfern** specialists:

Sales:

Riki Scruton
082 558 5086 | 011 467 3233
riki.scruton@seeff.com

Rentals:

Kerry Engelbrecht
071 966 8462 | 011 467 3233
kerry.engelbrecht@seeff.com


smart move www.seeff.com

The Seeff logo consists of the word "Seeff" in a white, serif font, set against a dark blue rectangular background. A thin red horizontal line is positioned directly beneath the letters "eeff".

Seeff



DAINFERN BRIDGE CLUB



The number of people playing Bridge has grown steadily over the years with 20 tables (80 people) currently being set up at the Clubhouse each week.

Duplicate Bridge, has been played and enjoyed in Dainfern for many years. The Tuesday Evening Bridge Club commenced in the early 2000s and the Monday Afternoon Bridge Club started in 2009. In the early days, on Monday afternoons, the number of tables was about 5 (20 players or ten pairs) but from 2012, the numbers increased steadily so that, today, it is not unusual to have as many as 20 tables, (80 players or 40 pairs). On Tuesday nights the number of tables has been fairly steady at 5 or so.

On Monday afternoons, the significant increase in players often necessitates splitting the pairs into two sections, all playing the same duplicated boards.

Pairs move around the room in a way that ensures that they play against as many other pairs as time allows, (*see description of bridge movements below).

The table money per person per session is R15 which includes tea or coffee. The club is non-profit so the accumulated funds are used mid-year and at Christmas time, to fund a lunch for members in the Dainfern Clubhouse. Winners of the previous week receive a modest reward for their success.

New members are always welcome at both the Monday and Tuesday clubs but you must have a partner. If you are interested in playing but do not have a partner, please call Sheridan Bradley

on 072 303 0900 and she will do her best to find one for you.

Dainfern Bridge on Monday afternoons starts at 13.30 and on Tuesday evenings at 19.00. Please do not be late as there is a lot of administrative work to determine what movement to use (depending on the number of pairs).

* Bridge Movements

Pairs initially seat themselves as either "north/south" or "east/west". Whilst at a table the pairs play 2 - 4 boards against the opposing pair, depending on the number of tables.

There are two basic bridge movements, a Mitchell and a Howell, and either



or both together may be used on a Monday or Tuesday, depending on the number of pairs playing.

The Mitchell movement is the easiest to manage but has the disadvantage that every pair does not play every other pair. In the Mitchell, N/S pairs remain at the table they started at for the entire session whilst the E/W pairs move one table at a time around the room to face other N/S pairs. At the end of the session the results of all pairs sitting in one direction are compared with the other pairs sitting in the same direction to arrive at two winning pairs (n/s and e/w)

A Howell movement is designed in such a way that all pairs play all other pairs with the result that there is only one winning pair after results have been compared. The way all pairs move around the room is more complicated than a Mitchell movement so a card is placed on every table telling the pairs when they arrive, where they should go after playing the other pair at this table.


** Brief History and Description of Duplicate Bridge

Bridge evolved from Whist, firstly as Rubber Bridge which is invariably played for money, often with very high stakes that may equal those we hear about being played for in poker. Rubber Bridge is commonly played when there is a very limited number of players. Duplicate Bridge was born when the number of players increased and some form of "comparison of skills" other than the big money was needed to determine who wins.

Unlike Rubber Bridge, Duplicate Bridge is a partnership game and one plays with only one partner for the entire afternoon or evening, (a session).

To start a Duplicate session, the number of boards to be played is first determined by counting the number of tables in use. These boards, (between 22 and 30), will have been pre-dealt

and each placed in a four-way card holder (board) with 4 slots - north, south, east, west - each holding 13 cards (a hand). The board remains on the table during bidding and play. At the end of the hand, each player replaces his/her hand into the board in the same slot as it was removed from. It is then passed to the next table to be bid and played by two different pairs. Great care is required to ensure that the board leaves the table in the same state as it arrived. Both pairs are responsible for ensuring that it does so.

Invariably, the bidding and play will be different at most of the tables so different results are generated, which are written onto a travelling score sheet which accompanies the board around the room. At the end of play, all score sheets are used to determine the session winner. 



GUESS the score of the WORLD CUP FINAL

You can stand a chance to win a R1000 meal voucher at Jonnys, Dainfern Valley Shopping Centre and a Chas Bear

Pop into our office and pick up a rugby fixtures flyer or we will gladly bring one to your door, together lets support our team!

Email your name, contact details and answer to dainfern@everitt.co.za (enter from 26th-30th Oct 2015)

No late entries will be accepted

BRIAN FALCONER 082 651 7890

brian.falconer@everitt.co.za

SUE BROWNLIE 083 450 1600

sue.brownlie@everitt.co.za



LEADING REAL ESTATE
COMPANIES *of* THE WORLD®



CHAS EVERITT
INTERNATIONAL PROPERTY GROUP

WWW.CHASEVERITT.CO.ZA

Dainfern Juniors meet new challenges

Congratulations are in order to the Central Gauteng 2015 Premier IPT Team that won the SAGA Premier IPT at Glendower Golf Club last month. This is the second consecutive year of bagging the title as CGGU won the event last year at the Westlake Golf Club. The team won all 5 fixtures in the week of the competition, finishing 3 points ahead of second placed Ekurhuleni.

The team included two of Dainfern Golf Club's young players – Matthew Spacey and David Meyers. Congratulations to both of you!

DAINFERN GOLF CLUB JUNIOR TEAM

The Louis Oosthuizen SA Junior Club Championships played in Langebaan didn't turn out quite as we'd hoped for our Dainfern Junior Team, as Cameron Walker unfortunately had to withdraw from the 3rd Round due to illness.

Dainfern came 8th out of 15 clubs, so there's room for improvement. Dean Martin finished tied 16th, Miles Taylor finished in 20th place and Marcus Taylor finished in tied 34th place. First spot went to Martin Vorster of Pinnacle Point Golf Club on the individual leader board and Modderfontein Golf Club continued their winning streak by retaining the title for the 3rd year in a row.



Front Row from Left – Marco Steyn, David Meyers, Andi Dill (Captain) and Basil Wright; Middle Row – Jason Viljoen, Ryan Dreyer and Jaco Du Plessis (Team Manager); Back Row - Andy Truluck (Asst. Manager), Matthew Spacey and Darin De Smidt.

FEATURING MORE OF OUR DAINFERN JUNIORS



DAVID MEYERS

Although David Meyers is currently in Matric at Dainfern College and has to focus on his studies, he is still managing to make his mark. Looking back over the past four years, the most notable position one sees on his list of places is "winner". In 2012, he won the SA U17 Championships, the Silver Vase, the Glacier Kempton Park Championship and the Serengeti Junior Masters. He represented Central Gauteng in the U19 Inter-provincials; and SA at the Enjoy Jakarta World Junior Championships and the U16 Italian Championships. In 2013, he won the Central Gauteng Closed Amateur Championships, the Serengeti Junior Masters, the Oakhill Inter-schools, the Ernie Els Invitational

and the Glacier Copperleaf; and he was placed 9th at the Callaway World Junior Championships in San Diego. He also represented Central Gauteng in the U19, U23 and Challenge Inter-provincials. 2014 saw him win the Mpumalanga Open Amateur Championships and the individual Louis Oosthuizen National Club Championships. He also represented Central Gauteng in the U19, U23 and Premier Inter-provincials. This year, he won the Northwest Amateur Open, the Glacier Maccaulei and he was part of the CGGU team that won the 2015 SAGA Premier IPT.

In 2012 and 2013, David was named the Central Gauteng Junior Golfer of the Year. He received Honours Awards from the Ernie Els Foundation and represented SA in the tests against Scotland in 2013 and 2014. He was further the winner of the Dainfern Junior Club Championships in 2013, 2014 and 2015, and also won the Dainfern Men's Club Championships in 2013 and 2014, as well as being Runner-up this year. He is currently ranked 9th in SA in the Open Amateur Rankings.



DEAN MARTIN
Dean recently graduated from the British International School in August this year and is busy studying for his SATS. In 2010, he played in the US Kids World Championships at the age of 12 and came 13th. In 2011, he came 2nd in the SA Boys

U14 Challenge. 2013 saw him playing in the Challenge Cup and 2014 saw him playing U19 and U23 Inter-provincials. In 2014, he came 3rd in the Junior National Order of Merit competition. In July this year, Dean won the Limpopo Open played at Koro Creek Golf Club. He was also in the Dainfern Golf Club Juniors Team that played at the Louis Oosthuizen SA Junior Club Championships in Mossel Bay last year and Langebaan this year. He is currently ranked 52nd in the SA Open Amateur Rankings.



CAMERON WALKER

Cameron made the U13 Central Gauteng Provincial Team in 2012 and the U15 interprovincial team in 2013 and 2014. 2014 also saw him playing in the U17, U19 and SA Boys' teams. This year, he came 2nd in the Dainfern Junior Club Championships and 7th in the Dainfern Men's Club Championships. He qualified for the SA Stroke Play in Port Elizabeth in February and the SA Amateur Tournament held at Silver Lakes in March. He was also part of the Dainfern Juniors Team that won the Central Gauteng Qualifier held at the Randpark Golf Club, taking them forward to participate in the Louis Oosthuizen SA Junior Club Championships held in Langebaan last month. Cameron is currently tied 57th in the SA U17 rankings.



MARCUS TAYLOR

In 2009 and 2010, Marcus played in the 7 - 8 year age group of the SA Kids Golf Tournament and placed 5th for both the stroke average and the points average. In 2011, he played in the Central Gauteng U10 team that won the Inter-provincials that year. In 2012, he played in the U11 Central Gauteng Team that placed 2nd and in 2014, he played in the U13 Central Gauteng Team that won. In

2014, he played in the Gary Player Pro Am Invitational at the Lost City. This year, Marcus was part of the Dainfern Juniors Team that won the Central Gauteng Qualifier held at the Randpark Golf Club and he played in the Louis Oosthuizen SA Junior Club Championships held in Langebaan last month.

MILES TAYLOR

In 2009 and 2010, Miles achieved 3rd, 4th and 5th places in the SA Kids Golf Tournaments for his age group. In 2011, he placed 5th in the USA Kids Golf World Qualifier and since 2013, he has been selected for the Central Gauteng provincial team.

In 2013, he won the Dainfern College knock-out and in June 2013, he scored a hole-in-one on the 4th Hole on the Dainfern Course during the Inter-schools Tournament. In 2014, he won the Dainfern Masters Gross, he was the Captain of the Dainfern College Junior Prep team, was in the Central Gauteng Team that won the U14 Inter-provincial Tournament and he played in the Gary Player Pro Am Invitational at the Lost City. This year, he was part of the Dainfern Juniors Team that won the Central Gauteng Qualifier held at the Randpark Golf Club and he played in the Louis Oosthuizen SA Junior Club Championships held in Langebaan last month.

Despite some mixed fortunes recently, we encourage the Juniors to keep playing, especially in the tournaments, as this is the best way to get competition experience. Well done for what you have achieved so far.



For more information about Dainfern Juniors, contact Quan Juries on 011 875 0434.

For Golf Memberships, contact Vanessa Comrie on 011 875 0431.



YOU'VE GOT A FRIEND IN ME



© Disney

75+ STORES NATIONWIDE

Woodmead Value Mart - 011 656 3259
Morning Glen Mall - 011 656 4470
Bel-air Shopping Centre - 011 462 2079

www.famousforless.co.za

JAM

FAMOUS FOR LESS

FROM THE GOLF PRO
ED HOLDING

The short game – touch, feel and technique

Part 5



KEEP THE BALL LOW AND UNDER CONTROL

Wherever possible, always keep the ball low to the ground around the green. Playing the high flying shot may be more fun and look more impressive, but it is harder to judge and the longer swing introduces more risk into the shot. A short and compact swing with a straighter-faced club is nearly always the best option when there are no obstacles blocking your route to the hole from the green.


KEEP LEFT WRIST FLAT THROUGH THE SHOT

Getting your setup right is crucial to developing a successful chipping technique. Start by setting up with a narrow stance (about 30 cm from heel to heel) and open it slightly by withdrawing your left foot a little from the target line. Open your shoulders a little as well. Place your weight toward your left side and keep your hands in front of the ball to facilitate the downward strike that is necessary to make good contact with the ball. Play the ball well back in your stance just inside your right foot. As you make the stroke, concentrate on keeping your left wrist as flat as possible – as it would be during your putting stroke.

TAKE MORE LOFT IN LOW GRASS

“If your ball has settled low in the grass, but still rests on grass, expect a low-flying shot,” warns Arnold Palmer in *The Arnold Palmer Method*. “Chip with a more lofted club to get height and to dig the ball out easily. Conversely, a ball that sits up high in the grass will be a high-flyer, so it’s wiser to chip with a less lofted club to cut down the height.”

CHOKE DOWN ON GRIP TO SHORTEN STROKE

Enid Wilson tells us in *A Gallery of Women’s Golfers*: “It is surprising how few people ever bother to experiment with the simple run-up, but those who do take the trouble, rarely regret it. There is nothing complicated about it. The length of the stroke is controlled by the position of the hands on the shaft, for it follows automatically that when the hands are near the bottom of the grip, the stroke is restricted. Going down the grip is a detail that escapes many golfers, who try to control distance by checking the force of the downswing as the club head nears the ball – this being one of the best ways of guaranteeing a fluff.” 

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.

Race in the Heart of South Africa



Dainfern runners at the Skukuza Castle Lager Half Marathon.

We runners are all familiar with the tangible buzz of collective excitement at the start line. We can all relate to the butterflies we feel as we line up. The nervous energy building as we await the gun, the deceptively calm banter and erratic release with a jump or a stretch.

But there is nothing comparable to the primal thud in my heart as the lion's roar heralds the start of the Skukuza Castle Lager Half Marathon. The rumble resonates through the ground and I can't help but catch my breath as I realize I am about to set off for 21,1km through pristine African bushveld.

What makes this race different from any other you will do in South Africa, is that before we have even got to the start, we have driven through one of the world's premier wildlife conservancy areas just to get there. The Skukuza staff village, situated in the south of the Kruger National Park, is at least 12km from the park's western border. To the south, there is 70km and to the east, 120km of untamed bushveld. To the north, you can drive for 350km before reaching the border of the park. 'Kruger', as it is affectionately known to locals, is home to 550 bird species (summer months), 145 mammal species and 154 reptile species. There are more tree species in Kruger than in the whole of North America and Europe combined!

The race first takes you on a small loop around the staff village of Skukuza and, if you are not lucky enough to catch a glimpse of some warthog or impala on the golf course, you are guaranteed to be greeted by the hippos wallowing in Lake Panic. A renowned spot amongst birders, as a runner you get to see it from a different perspective as you make your way along the dam wall and back into the village. There is a 35 minute cut-off at the 4,5km mark within the village, before the course ventures into the wilderness of the southern Kruger.

As you run out past the capture bomas, you already get a sense that you are in the wild, and catch a close-up look at some game that are being held for relocation or rehabilitation. As the course undulates towards the mixed woodland and thorn thickets alongside the Sabie River, it presents some short, but challenging hills. Just after 13km, you turn onto the main tar road from Kruger Gate to Skukuza.

As a frequent visitor to the park I am always very aware, as I run up this 4,5km stretch, of what game I have seen

roaming that road from the safety of my car. I am reminded of the numerous elephant and buffalo herds I have seen crossing this very stretch of road, not to mention the pack of wild dog feeding on a recent impala kill. I can't help looking twice, as I run over the Nhlanganini River bridge, for the large male leopard I once saw lying in the reeds.

While there have never been any adverse incidents on the race, no doubt thanks to the excellent marshalling, the 27 races have not been without their excitement. There are tales of the race being paused and the leaders being portaged in the back of a bakkie due to lions on the road. In 2014, the start of the race was delayed due to a lion kill that attracted hyena to the route and during the race some elephants had to be chivvied away. This year, the rhinos and the buffalos were lurking close by, but the great team of helicopter pilots and game rangers kept us safe and sound.

The last 4 km of the race is an undulating mix of sand and tar through the staff village. The drinks table at 19km is a welcome sight on a long climb and they usually have some liquid carbs as well as the usual Coca-Cola and water on



Aerial view of the start.


offer. My usual exhilaration of finishing a race was markedly amplified by the smell of 'boerie' rolls and pannekoek cooking amidst the atmosphere resembling your good old local community 'kermis'.

This year, approximately 1700 runners had the privilege of taking part in this world-renowned race. Amongst them were five of us from Dainfern Running Club, some novices and some old hands running for the eighth time, but the verdict from all is that we are definitely going back.

We were fortunate enough to stay at Skukuza the night before the race, highly recommended as it puts you

only a few kilometres from the start of the race. And while we did enter the lottery, we are so determined to be there for the 28th running in 2016, that we will be submitting our conservation entries before 30 October 2015.

There is no better way to relax after a race than sipping a sundowner while overlooking the Sabie River. It is definitely worth making a road trip of this race and enjoying a well-earned rest in the bush to recover.

Whether you are a first-timer or a seasoned Kruger visitor, this race will give you a new perspective of one of South Africa's most special places. 

How to enter

Race entries for 2016 opened on the day of the race. Race numbers are allocated on a lottery basis as space is very limited. However, if you want to guarantee your spot in this special event, you can submit a conservation entry. This entry costs a minimum donation of R800, of which only R50 goes to your race entry fee and the rest is donated to nature conservation. On the race website, you can read more about the projects supported by this endeavour.

You must be registered with a club and have a licence when you do the race, as no temporary licences are available at the race.

Entry details available at <http://www.krugerparkmc.co.za/>

Conservation entries for the 2016 race close on **30 October 2015**.

Your entry form and proof of payment can be sent to oubie@vodamail.co.za

Top tips

Book your accommodation early. Recommended camps are Skukuza, Biyamiti, Pretoriuskop, Berg-en-Dal, Malelane, Lower Sabie.

You can contact Jackey Deacon via dot@mpu.co.za for assistance with accommodation bookings.

If you are staying outside the park you need to make a day visitor reservation for the day of the race. Details at www.krugerparkmc.co.za

Comments from runners

"What a way to experience Kruger! What a privilege to be able to run through the park. Kruger is such a special place, it was amazing to be able to 'do it' on foot. Clearly everyone felt the same, as the atmosphere was incredible. I've never done a race before where 'rhinos on the course' threatened to delay the start. We saw giraffe, hippos, and impala en route. It was almost like being on a movie set. Despite not being chased by anything dangerous, I still did a decent time and left happy."

Helen Corbisley

"A fantastic experience.. Highly recommended"

Maarten Lossie



Searching
for your
dream
home?

Let us assist you with your property search.

Feel free to contact your area specialists; we know what's going on:

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

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

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

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



www.pamgolding.co.za/dainfern

An International Associate of Savills



PAM GOLDING
PROPERTIES

CHURCH MEETINGS AT THE CLUBHOUSE



Dainfern Fellowship is a family-orientated Church that encourages family values and moral development.

THE FOLLOWING SERVICES ARE RUNNING CURRENTLY

SUNDAY MORNING SERVICES

10h00 - 11h00
Dainfern Clubhouse

FUNKY ADVENTURES SUNDAY SCHOOL

10h00 - 11h00
Dainfern Clubhouse

DYC (Dainfern Youth Club)

Sundays 10h00 - 11h00
Dainfern Clubhouse

FAMILY COUNSELLING

KIAROS COURSE

LADIES BIBLE STUDY

Wednesday 10h00 - 11h00

HOME FELLOWSHIP

Wednesday 18h00 - 19h00

RURAL INFORMAL SETTLEMENT OUTREACH

For more information email dainfernfellowship@gmail.com

Join us on the 8th of November to hear the **Soweto Male Choristers** singing at our Sunday Morning Service.



The Soweto Male Choristers



The Dainfern Evening of Art – Spring Selection



On the 3rd of September, the Business Exchange held its third art evening of the year with a wonderful selection of local and international artists on display. The evenings, initiated by the Business Exchange, have now developed into seasonal events and a permanent exhibition for the enjoyment of Dainfern residents.

The Business Exchange funded a delicious selection of wines and snacks. The event saw residents catching up with each other while viewing the works on display. For this evening, a Knorhoek Two Cubs Red Blend and Two Cubs Sauvignon Blanc were selected. Based on the response to the seldom seen Knorhoek Two Cubs, selection we have provided a brief write up on this delightful estate.

Knorhoek, a wine farm nestling in the foothills of the Simonsberg in the Western Cape was originally established in the 1700s by forefathers of the Beyers family. Sometime later, a devastating plague caused the farm to be sold. Using her persuasive powers, the founder's great grand-daughter, who married one of the Van Niekerk sons, neighbours of the farm, inspired her husband to buy back Knorhoek, thus keeping it in the family.

Now run by the 5th generation of Van Niekerks, Knorhoek boasts a guest house, restaurant, wine cellar and an impressive selection of


award-winning wines from grapes produced on the farm.

The Two Cubs Red Blend 2014 consisted of a complexity of delicate fruit aromas with suggestions of black currants and black berries, hints of mocca and delicate vanilla with a slight smokiness. The Two Cubs Sauvignon Blanc was playful and light-hearted, friendly and approachable, made by the new generation for a new generation of wine lovers. This white wine was a well-balanced wine with tropical fruits, fresh asparagus flavours and hints of fresh garden herbs.

From October, the new art works that you will be able to view at the Business Exchange are supplied courtesy of Debbie van der Plank the founder of the Posthouse Gallery.

"We believe that art is an emotional as well as a financial investment," says Debbie. "We are committed to promoting South African art, whether it be established masters or emerging artists whose work shows promise. We also assist investors and collectors to source any particular piece or artist."

Debbie also offers expert, customised framing, so that a new purchase or inherited treasure always looks its best. Be it restoration or cleaning services to help clients preserve their valuable investments, Debbie is available.

Residents are invited to visit the Business Exchange at the Dainfern Clubhouse to view the art that Debbie has loaned. While many of the pieces are from Debbie's personal collection, selected works that you will see there are also for sale. 

Contact Samantha Weir for more information and to find out about the facilities that the Business Exchange has available to residents – email: samantha@business-exchange.biz.

SA JKA KARATE (Dainfern)

Affiliated to Japan Karate Association (JKA)



Professional
JKA instruction
Promotes coordination
& physical fitness

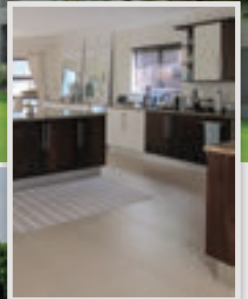
Classes: Wednesday & Friday afternoons
Venue: The Pavilion
Dainfern Golf & Country Estate

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

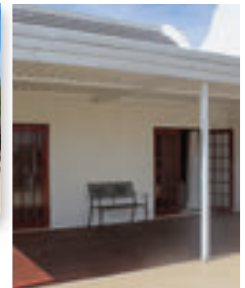
Bernard Buys (5th Dan, JKA)
SA JKA (Dainfern, Blair Atholl & Copperleaf)

Gaye Cawood

realty



Featured Property
R 7.4 Million



Farm-style, fairway views
R 4.999 Million

2 Ways to sharpen your natural instincts



Nature Enthusiast Course

1

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

Conducted in the Greater Kruger National Park and surrounds, this course has been designed with the prospective Field Guide in mind. Level 1 is the industry's minimum requirement for entry into the workplace as a Field Guide. The course is offered as a direct contact session including a portion of work experience at a five star lodge.



FGASA Level 1

2



For Sale R 4.9 Million



For Sale R 7.9 Million



For Rent R 30 000 per month



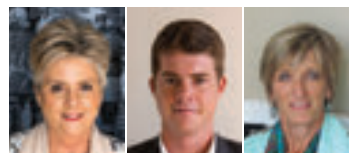
For Rent R 48 000 per month



Enrol now for the ultimate bush experience

For more information contact us:
E-mail: info@AfricaNatureTraining.co.za
Tel: +27 12 667 5440 | Skype: ANT.admin
Accreditation: FGASA Licence No. 643615/TP

www.AfricaNatureTraining.co.za



Gaye 083 601 1593 gaye@gcr.co.za
Matt 084 602 7999 matt@gcr.co.za
Sue 084 452 0086 sue@gcr.co.za

Sales and rentals specialists
(011) 469 4070
www.gcr.co.za
www.facebook.com/gayecawoodrealty



Dainfern College is alive with the sound of music!

Most parents – even those without any knowledge or experience of music – know that music-making is a ‘good thing’: a winning combination of self-expression, discipline, fun and working with others in a positive way.



Junior Prep Guitar Recital.



Senior Prep Choir.

At Dainfern College, all pupils from Grade 0 to Grade 12 have unparalleled access to music. The College has a thriving Music Centre where every pupil gets the opportunity to experience this remarkable art form and, in the words of our Director of Music, Mrs Patti van der Ploeg, is encouraged to ‘love music for life’.

Music is a class subject from Grade 0 to Grade 9 and is offered as an optional eighth subject for Matric for Grades 10 to 12. Music extramurals include Orff and choir in the Junior Preparatory; an orchestra, two marimba groups, a cappella group and a full choir in the Senior Preparatory and an orchestra, a cappella group, marimba group and rock band in the High School – something for everyone!

The Dainfern College Music Centre also has 20 part-time music staff members to teach individual pupils. Of the 1200 pupils at the school, more than 600 take individual music lessons at the College – in singing, piano and keyboard, guitar, violin, cello, flute, trumpet and drums – and if you want to learn a different instrument, the Centre will undertake to find you a teacher. Parents and outside pupils are also welcome.



Senior Prep Talent Show.





College Flute Ensemble.

Performances take place throughout the year, with matinees, soirees and assembly performances being part of the regular repertoire, as well as special choir evenings, competitions and inter-house events. The College is also a venue for the National Eisteddfod and an examination centre for Trinity, Trinity Rock & Pop and Rock School, and pupils at the College have achieved amazing results over the years. 🎵



Orchestra at Family Fun Day.



High School Drummer.

**Music is indeed alive and well
at Dainfern College!**

Contact npearce@dainferncollege.co.za for further information about the Music Centre.



High School Marimbas.



HALLOWEEN

31 October 2015

*Ghosts & goblins, spooks galore
Scary witches at your door
Jack-o-lanterns
Shining bright
Wishing you a haunting night!*

Kids ... you're summoned to join us for a terrifying Halloween on Saturday 31 October 2015 at the Pavilion. Come on down to the Pavilion from 15h00 onwards to get your faces painted by our professional face painters in your chosen theme and party with us until 18h00 when the "Best Dressed" boys and girls will win a prize! We will have a Halloween disco and a jumping castle to keep you boo...tifully entertained while you are having your faces painted.

*When witches go riding,
And black cats are seen,
The moon laughs and whispers,
'tis near Halloween!*



When 18h00 clangs on the clock, you and your friends can go trick or treating on the Estate but just remember there are some rules that need to be adhered to:-

1. Only children aged 13 years and younger may take part in the trick or treating.
2. Trick or treating will take place from 18h00 to 20h00 on Saturday 31 October 2015 only.
3. All trick and treaters need to be accompanied by an adult.
4. There are some residents who don't want to take part in the Halloween festivities, so if their front light is not on and there are no Halloween decorations at the entrance to the house, move on to the next one.
5. Please be considerate to other residents and visitors on the Estate while trick or treating.
6. Stay on the golf cart paths and not on the roads for your own safety and watch out for cars!

To those residents who want to take part in the trick or treating, please go to town and cloak the front of your home in all things Halloween. To get even more involved, you can have a creepy ghoul hiding in the bushes who scares the tricksters and treaters as they go up to your house or have ghosts hanging out by the front of your door and let them move as the kids get up to the door! There are so many ideas out there!

*TRICK OR TREAT
Walking up the garden path,
I spy a yummy sweet,
Halloween is here again,
Knock, knock – trick or treat?*

We know that there are residents who don't want to take part in the festivities so, if that is you, wrap your house in darkness and don't even think about putting a pumpkin on your driveway – that way the kids know to stay away!

DAINFERN CHRISTMAS TREE AND CAROLS BY CANDLELIGHT

FRIDAY 4 DECEMBER 2015

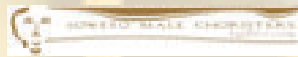
Carol singing by the Soweto Male Choristers
Water slides, rides and fun, fun, fun for all the kids.

Carols will start at 7pm but you are welcome to come on down from 5pm onwards – bring a picnic, or book at the Clubhouse if you prefer a sit down meal.

Moms & Dads:

Please bring your child's gift, wrapped and clearly marked, to Laura's office in the HOA building before Thursday 3 December 2015 to ensure that Father Christmas receives the gift to give to your child!

The proceeds from the 2015 Carols by Candlelight will go to Poppets Edu Care Pre-School in the Video Centre Informal Settlement in Muldersdrift.



Low Costen Sotheby's



FESTIVE SEASON SPECIAL

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

– 15 January 2016

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



Contact Vanessa on:
vanessa@dainfern.co.za
for additional information

• Bookings on 011 875 0421/2



Great response from Residents at the Clubhouse Wine Tasting

At the end of August, the Clubhouse was buzzing with residents that came along to sample wines that were made exclusively available for ordering by the case lot.

Over and above the wines stocked in the Dainfern Country Club's wine cellar, selected wines are occasionally made available for residents to purchase by the case. Wine estates represented at this recent wine tasting were: Boschendal, Franschhoek Cellar, Brampton, Bernard Series, Kanonkop, Vergelegen and Lourensford, with cases priced from R240 all the way up to R1710 for 6 bottles. 🍷

To find out about future wine tastings, contact Shaskia Singh on 011 875 0488 or 063 176 1752; or email: functions@dainfern.co.za.



Dimitri Lingris with Kanonkop.



Else-Marie Bolhuis with Vergelegen.



Minja Maree with The Bernard Series.



Lindsay Stafford with Boschendal.



Kyle Tait with Lourensford.



MS
INDIVIDUALLY DESIGNED
HANDCRAFTED JEWELLERY

Infinite possibilities



Visit us at Shop G87, Fourways Mall, Sandton, South Africa
or contact us on **011 465 6446/7** or info@michaelsdesigns.co.za

Quality, individually handcrafted jewellery for your every need and discerning taste.

WE ARE CELEBRATING
10 YEARS OF CHARM CLUB

Get a diamond
bracelet for free!*

10
YEARS OF CHARM CLUB
THOMAS SABO

Thomas Sabo
CHARM UP YOUR LIFE

When purchasing items worth R 2,999,00 or more from the entire THOMAS SABO range, you will receive the Charm Club diamond bracelet (DCX0001) for free.*

*Only while stocks last. Cannot be combined with other offers. The value cannot be paid in cash. One bracelet per customer. Promotional period: 29th October – 15th November 2015

Azaura
JEWELLERY

Shop G73, Fourways Mall, Fourways, Johannesburg
Telephone: +27 (0)11 465 4311
E-mail: info@azaura.co.za | www.azaura.co.za

We are so fortunate to be living here at the tail end of Africa where the weather is amazing and our standard of living is relatively good. Many of us would like to help those who are less fortunate or who are suffering in some way, but with the enormous number of charities and philanthropic organisations to choose from, it's difficult to know how to go about lending a hand or showing support. This is why we have decided to run a series about worthwhile projects, to highlight how individuals can get involved. Here's the first in the series – about Petro Carlson and her drive to raise funds for children with cancer.

Breast Cancer patient campaigns for CHOC

Being diagnosed with cancer can be a terrifying experience but Petro Carlson of Randfontein decided early on that she would not allow the diagnosis of her breast cancer get her down. Instead, she decided to launch a project registered on the GivenGain website as www.skink.givengain.org in order to raise funds for the Childhood Cancer Foundation of South Africa.



Petro with her husband, Don, and their grandson, Aiden.

In August 2011, Petro Carlson heard the worst news that she could have imagined. It had started with a pain in her right arm. She made an appointment to see Dr Carol-Ann Benn who then referred her for a mammogram and needle biopsy. The bad news came back that she had HER2+ breast cancer and that she had to start chemotherapy immediately. Treatment also involved an operation and six weeks of radiation. For nearly two years she was in remission. But then, in November 2014, scans revealed that the cancer had spread to her bones and has since spread to her liver. She started with a more aggressive chemotherapy, which leaves her feeling quite debilitated for a few days before she recovers.

Normally, having a high pain threshold is seen as good, as one doesn't then

focus on every single niggles or twinge, but in Petro's case, she thinks that perhaps her high pain tolerance led to her delaying the diagnosis, which meant that the cancer had progressed to the third level.

"One immediately thinks that the diagnosis of cancer is a death sentence," she says. "When I told my family, there were lots of tears. And questions – why should it happen to me? All I needed was support from my family not sympathy. I did lots of research, especially to find out about the different types of chemotherapy. Of course, my hair fell out and initially I just wore scarves to cover my baldness. I didn't know if I would survive long enough to see my two sons married and having children. But I'm still here and my older son is married with a two-year old son, who



is the apple of my eye. He is another reason for my project."

Being a cancer survivor gives one a whole new perspective on life, of course. You appreciate life even more and no problem is too big to handle. "The love that you get from the medical staff and doctors is amazing. It's like having another family. There seems to be a lot of support for breast cancer sufferers – that's also what made me decide to rather focus on raising funds for childhood cancer as there appears to be less support for the children. I feel it's important because they are, after all, our future," she comments.



Petro's staunchest supporters - her husband, Don, with their sons, daughter-in-law and grandson.

CANCER IN CHILDREN

The most common types of cancer found in children are leukaemia (blood cancer), brain tumours, glandular cancer (lymphoma), kidney cancer, cancer of the nerve cells in the adrenals, bone cancer and eye cancer.

Worldwide, the chances of curing childhood cancers have improved over the past few years, although in South Africa, as a developing country, the survival rate is estimated at just over 50%, compared with a developed country such as the United Kingdom, which reflects an overall survival rate closer to 90%. Late diagnosis is one of the biggest contributors to the lower survival rate.

Through CHOC, all cases of childhood cancer are captured and entered into a registry. This gives doctors a better idea of the statistics and the incidence rates of cancer amongst children.

SUPPORT FOR PARENTS

The CHOC Childhood Cancer Foundation was established in 1979 as a support group for parents of children with cancer. Having a child with this disease takes an enormous toll on the family both emotionally and financially and CHOC's aim is to ease the burden on the families by providing relevant information and emotional support.

CHOC now has a head office in Saxonwold, Johannesburg, as well as six regional offices and two branch offices. It also operates 13 accommodation facilities close to treatment centres, with a total capacity of over 66 000 bed nights per annum.

CHOC does not receive any funding from government sources, so it relies heavily on donations from caring individuals and the corporate sector.

A CHALLENGE FROM THE PUBLISHERS

Petro's latest course of chemotherapy started on the 7th of August 2015. She says, now, more than ever, she is determined to make a difference in the cancer-kids' lives.


"As a cancer patient, I am aware of all the difficulties while getting treatment. What better way to conquer this disease than by reaching out to the community and then to give back to the youth of our nation. KIDS GET CANCER TOO," she says. "And as September was Childhood Cancer month, I would like to especially spread awareness in support of this international initiative."

"In February 2014 I joined as an activist on GivenGain to raise R50 000 in a period of 2 years. To do this, I need your help. Your donation is tax-deductible to the full extent allowed by the law. All donations made on GivenGain will be donated to the CHILDHOOD CANCER FOUNDATION OF SA. With your help, I know we can make a difference to the thousands of children, families and struggling parents having to face the disease."

"With GivenGain, donations go straight into a trust fund, so fundraisers do not have any access to the funds. When a company makes a donation, a donation certificate (with the reference NPO-001-338) is also issued for tax purposes," says Petro.

Petro's story moved the publishers of Dainfern magazine so much that they donated an amount of R2500 towards her cause. They would like to help her double her target amount and are challenging other companies and individuals to match or better their donation. Any small amount from any individual would be appreciated and would help towards reaching the goal.

Go to www.skink.givengain.org and select DONATE NOW. The amount, your name and any message that you wish to add will be reflected when you submit your donation.

Let's help Petro reach her goal. Donate today to benefit CHOC and the children of our future. 





KHANYISA

Electrical Suppliers

30AMP VOLTAGE SURGE GUARD

Over/Under voltage protection
Protection from Lightening, Surges, Power back surges
Disconnects low or high voltage - Resets when power returns to normal levels
Ideal Protection for all household appliances & electronic equipment

R469.00 INCL. VAT



5WATT RECHARGEABLE LED LAMP

Turns off or on under normal power conditions
On during loadshedding
Burns for 3-4hrs

R119.00 INCL. VAT



WIDE ANGLE LED FLOOD LIGHTS

10Watt: 757lumen
R169.00 INCL. VAT

20Watt: 1726lumen
R319.00 INCL. VAT

50Watt: 3736lumen
R799.00 INCL. VAT

24 month replacement warrantee



PORTABLE 10W RECHARGEABLE LED LIGHT

2hours recharge time via Power, USB or 12V
10W wide angle beam
Emergency Power 3 to 4 Hrs

R399.00 INCL. VAT



GREAT DEALS



FLAT TWIN WHITE CABLE

Flat Twin White Cable
1,5x2core+Earth

R499.00 INCL. VAT

Flat Twin White Cable
2,5x2core+Earth

R749.00 INCL. VAT

ALL PRICES ARE VALID TILL 31ST OCTOBER 2015

Unit No.16, Kyalami View Forssman Close, Barbeque Downs, 1684

Sales: 011 466 4137 • info@khanyisa.co.za

www.khanyisa.co.za

All quoted prices incl. VAT

Subject to availability. E&OE.

A transformation in premium tyre fitment reaches Fourways

Coming to a store near you – look out for ContiTrade Africa's exciting new BestDrive store that will be replacing the Fit&Go branch in Fourways.



The Cutting of the Ribbon at the BestDrive Store in Randpark Ridge.

From left : Rolf Lensch previous MD of ContiTrade Africa, Jody Robey owner of Jody's Tyres, Shaun Uys MD of Continental SA.

Driven by the growing need for exceptional, top notch service to discerning customers who demand the best, BestDrive brings superior expertise, service excellence and stylish lounge amenities to the tyre fitment business.

South Africa is the latest country to benefit from the BestDrive phenomenon, which was first developed in Europe more than nine years ago by the tyre division of Continental and the Continental Corporation's trade division, ContiTrade. Today, an extensive network of BestDrive fitment centres operates around the globe – and in Europe and Asia, the brand is a clear leader in the industry. Locally, BestDrive is managed by ContiTrade Africa, responsible for Continental's tyre fitment, retail and franchise operations on the African continent.

The first four fitment centres to

be converted to BestDrive stores previously formed part of the Jody's Tyre group, arguably the most successful tyre fitment group in Johannesburg's northern suburbs. The group's success was pivotal in the decision made by ContiTrade Africa to acquire it in September 2013.

The next store to be converted to the BestDrive formula is the Fit&Go Fitment Centre at Forest Road, Fourways. This fitment centre was initially HiQ Fourways, opened by Jody's Tyres in 2005. After the change of ownership, the HiQ store was changed to a Fit&Go store and now, thanks to the loyalty and support from the Fourways community, the store has qualified for an upgrade to a BestDrive store.

"The store will trade under the new brand name, but the same great team remains," comments Louis Van Dyk, Sales & Operations Manager

for ContiTrade Africa. "Under the management of Graeme van Blerk, the branch has gone from strength to strength. We have a strong focus on meeting the needs of our clientele, both men and women – and on convenience. We offer a shuttle service to the mall or to people's offices within a 15 km radius of the store – so there's no need to spend valuable time waiting around if you have things to do."

For those people who don't mind waiting, the BestDrive store will have a very comfortable lounge with complimentary coffee and WiFi.

PREMIUM SERVICES

BestDrive offers a wide range of all leading tyre brands including the top 5 - Continental, Michelin, Bridgestone, Goodyear, Pirelli – as well as Firestone, General Tyre, Matador and many more. Other products offered are: brakes, shock absorbers, mag wheels



The BestDrive fitment experience allows you to enjoy the comfort and seclusion of their tranquil lounge while they take care of your car.



One of the first BestDrive stores in Randpark Ridge, where the launch was held.

and batteries. Along with additional services that include puncture repairs, wheel balancing, fitment and rotation, wheel alignment, mag wheel repairs and refilling nitrogen, the BestDrive outlets also perform a free safety check on all vehicles that come into their stores.

SAFETY FOR THE FESTIVE SEASON

“Don’t wait until the last minute to get your car ready for the holiday season,” advises Louis. “Please visit any of our BestDrive outlets to get your free safety check done - it only takes 5 minutes. In particular, check your spare wheel and make sure you have all the necessary tools and accessories in case of an emergency.”



FIT&GO Fourways (ex Hi-Q) which will soon be converted to a BestDrive store.

To contact the BestDrive Fourways store, call 011 465 2425.
GPS co-ordinates: Longitude:-26.02083, Latitude:28.012208.



Just some of the guys on their great team.

WE CARE WEDNESDAY SPECIAL

BE SPOILT FOR CHOICE WITH
GREAT SAVINGS ON

WHEEL ALIGNMENT

R99

OR

WHEEL ROTATION & BALANCING

R99

OR BOTH

WHEEL ALIGNMENT,
WHEEL ROTATION & BALANCING

R190



***PLUS**

Receive a **FREE** vehicle safety
check with above specials.

• Only at participating dealerships • Terms and conditions apply

FIT&GO Fourways will be
upgrading to BestDrive.

BestDrive
You drive, we care.



TYRES



SHOCKS



BRAKES



BATTERIES

FIT&GO FOURWAYS

Shop 15 & 16, Fourways Value Mart, Forest Drive,
Fourways, Sandton

011 465 2425 fourways@fitandgo.co.za www.fitandgo.co.za



FREE WIFI

FIT&GO

TYRES. FITMENT. CHECK.

GENERAL TIRE

Continental

Utilising the Power of the Sun

By converting our homes to be reliant on solar power we can contribute to the national effort to reduce energy demand and start shifting towards efficient and renewable energy use.

A very helpful and easy to understand website, www.solarpanel.co.za, is worth visiting to understand the complexities of running your home entirely on solar power and to be independent from grid electricity (ESKOM).

"Probably the main concern to any homeowner is the high cost of the initial outlay for such a system, which can cost as much as R300 000. But in the current climate of load-shedding, we probably do not have a choice in South Africa. Also, keep in mind that the immediate financial implications could be offset when the property is sold, as future buyers might be swayed by the advantages of purchasing solar powered homes. Your monthly electricity bill will be reduced by at least 50% so the system eventually pays for itself," shared Craig Hutchison, CEO of Engel & Völkers Southern Africa.



Craig Hutchison,
CEO of Engel & Völkers
Southern Africa.


Starting a solar system for your home can be done in stages. For example, to start with the basic solar system that will provide power for a TV, DVD, DSTv, a radio and cellphone chargers and say 10 x 15W lights one would require:

- 4 x 80W solar panels
- 2 x 20A regulators
- 4 x 102A Deep Cycle batteries
- 1 x 2000W 24V True Sinewave Inverter (so that future increased needs can be accommodated)
- 4 x panel roof mounts
- Cables, connectors and flex
- Installation.

It is important to invest in the right equipment from the beginning. Of course, thereafter as you add more appliances to your solar power system, you would need to increase the size of all the above components, so it is absolutely essential to consult a professional company for assistance. The most

important is to invest in a system which you can add onto, without making what you already have redundant. Batteries can always be added, but your biggest single cash layout would be for the Inverter and Solar regulators. In this way, you will be able to start off with a system costing less than R20 000 and expand that to a system worth R300 000 over a period of time, without problems.

There are many adaptations found in the solar industry such as cells that have been integrated into building materials, for example Solar Roof Tiles. These integrated technologies are relatively new, but will definitely become more popular in the future.

As the costs of the various solar components are dependent on what you buy and for what use you want them, it is worth exploring the many suppliers and, as always, ask for references. 



The solar panel converts sunlight into DC power or electricity to charge the battery. This DC electricity/(charge) is controlled via a solar regulator which ensures the battery is charged properly and not damaged and that power is not lost/(discharged). DC appliances can then be powered directly from the battery, but AC appliances need a power inverter to convert the DC electricity into 220 Volt AC power.

ENGEL & VÖLKERS • Broadacres • South Africa
Broadacres Shopping Centre, Cedar Avenue, Fourways.
Tel: +27 (0)11 465 0410 or
visit: www.engelvoelkers.com/za/bryanston



Visit us at The Loft Nail Bar, Shop 60B
Dainfern Square – you can also book by
calling 011 469 0345,

email bookings@theloftnailbar.co.za
or whatsapp 071 3528983.

It's more than just nails

Nails, Threading, Lash Extensions, Brow tint

The Loft Nail Bar is more than just a nail bar. We offer a personalised service and advice based on your individual requirements. We act as trusted advisors to our clients to ensure long lasting, healthy nails.

Our Services include Nail Services (such as Gelish, Shellac, Biosculpure), Eyelash Extensions and Tints, as well as Threading, Eyebrow Tints and Henna Tattoos.

Whether you are spending time with your girlfriends or looking to make new ones, we offer the perfect environment for you to relax, get pampered and make new friends.

What our clients say:

"I never feel rushed."

"I particularly enjoy the personalised service and I feel pampered every time I come to The Loft Nail Bar."

"I love the fact that there's always someone available to take walk-in clients for those emergency fixes."



Our favourite treat is finding your new home

Experience life's delights of a truly international real estate company.

Sophisticated, tangible professionalism is the silver service delivery you can expect when dealing with Engel & Völkers.

Contact your Broadacres | Fourways Sales & Rental Property Advisors at the Broadacres Shopping Centre.

Broadacres | Fourways • Tel: +27(0)11 465 0410
Broadacres@engelvoelkers.com
www.engelvoelkers.com/broadacres • Realtor



ENGEL & VÖLKERS

Is your home feeling 'under the weather' ? Don't re-roof Waterproof !

Millions of Rands are spent each year on the replacement of roofs and walls that would more than likely have years of life left in them. As is commonly known, building costs are escalating with alarming frequency and, as such, the Water Control Company encourages owners to realise the magnitude of the investment they have made and to ACT now in protecting their most valuable of assets from damage.

combined with their knowledge of modern techniques and total confidence in their proven imported products and guarantees, will stand you in good stead for many years.

If you are experiencing problems with roof leaks, damp issues and / or drainage problems, allow them to inspect your premises so they are able to offer you a free written report and quotation.

(PRETORIA), R & S CONSTRUCTION, RUBBERIZE-IT, FALCO PROPERTIES, PRO-COAT, LINDSAY SAKER, AUDI, ELLERINES GROUP, WMI, SABLE PROPERTIES, CURRY GROUP plus numerous other domestic, commercial and industrial premises all successfully waterproofed and damp-proofed to full satisfaction of the client!

The Water Control Company is also a full member of the Damp-proofing & Waterproofing Association of South Africa (D.W.A.S.A.).

RESIDENTIAL ROOFING, FOUNTAINS, RESERVOIRS and WATER TANK SEALING

The Water Control Company offers a multi-layered flexible waterproofing and flashing system that is backed by a 5-year insurance warranty whereby all surfaces are initially cleaned of all impurities and all roof bolts, chimneys, up-stands, galvanized flashings, parapet cappings, gutter flashing, gutter joints, sheet overlaps, sheet side-laps and flashing joints are prepared and secured ready for waterproofing. A penetrating primer coat is applied to all newly-prepared areas (250 MICRON) with/without membrane and thereafter a second saturant coat is applied at right angles to the first (750 MICRON). This product is a seamless elastomeric UV resistant polyurethane waterproofing compound which has ponding and anti-mould characteristics. For more information about this product please visit their suppliers' websites: PEKAY Chemicals or Safeguard Chemicals.

**Now also offered :
Tiling / Paving / Painting.**

Protecting one's investment and keeping a building insulated from the elements is critical to the preservation of any structure. Rain is the single most damaging element and by the time water damage is visible on the interior of the building, it is likely that some irreversible and costly degradation has been caused to the exterior which is why keeping a building impermeable is imperative. This applies to both waterproofing and damp-proofing!

When it comes to one's peace of mind and for one's absolute investment protection, the Water Control Company says they are the single most dependable source for comprehensive waterproofing, damp-proofing, drainage and re-vamping, incorporating state-of-the-art sealant services which,

SOME OF THEIR CLIENTS

Some of their references include: CALTEX, STANBIC BANK, BP, ABSA, BARCLAYS BANK, TOTAL, SHERATON HOTEL GROUP, ALL IRRIGATION AND LANDSCAPING, PATTERSON PROJECTS, POLARITY PROJETS, AZTEC GROUP



For further information please call their Johannesburg offices on (011) 465 4573, or call Peter Boot on cell 072 202 4004 for a FREE quotation.



What's In A Box?
It's a popular question in these parts..



CHOOSE YOUR BOX

Mini Box (1-2 People) - R85/Box

Small Box (2-4 People) - R105/Box

Medium Box (4-8 People) - R180/Box

Large Box (8-12 People) - R215/Box

CUSTOMIZE YOUR ORDER

Select from a list of
FRESH VEGETABLES
from our availability list of the week

Find this month's freshest Veg
list on our website

PICK YOUR LOCATION

Location Types: We're pleased to
deliver to homes and businesses.
We have a predefined delivery route
on our website. Just give us the de-
tails so we can get to your house or
office door.
Vehicle Deliveries are subject to the
area of Gauteng.

www.wensleydale.co.za Tel: 0827797843 Email: sales@wensleydale.co.za



Shop 4, Valley Shopping Centre,
Broadacres Drive, Dainfern

**Rely on Our Experience
to Cater for All Your Private
& Office Functions!**

**Glasses / Ice / Delivery &
Competitive Prices**

**Regular Tastings of
Wines, Whiskey &
Craft Beer**

*If you are stuck in traffic & cannot stop
to pick up your dop, just ring we'll bring!*

WE DELIVER

Andrew Tel: 011 469 4760
Fax: 011 469 4756

T&C Apply



Water Control Co.

Est. 1996

WATERPROOFING - DAMP PROOFING - DRAINAGE

Peter: 072 202 4004
Office: (011) 465 4573
Fax: 08651 35993
watercontrol@iafrica.com
www.watercontrolco.co.za

**2, 5 and 10 year
guarantees
offered!**

All types of roofs
and balconies waterproofed
(Industrial, commercial and residential)
with 2, 5 and 10 year guarantees.

Work strictly supervised on all residential,
industrial and commercial properties.

Lateral, vertical and rising damp.
Water features and ponds.
Agricultural and swamp drainage.

Don't re-roof WATERPROOF!

The Little Five

Conservationists are now promoting the Little Five to tourists in an effort to stimulate their interest in other aspects of our wildlife.



In the Namib Desert

Most people would have no difficulty in naming the “Big Five”, i.e. elephant, buffalo, leopard, lion and rhinoceros, which were so named by big game hunters as they were, and still are the most dangerous game animals to hunt. World opinion on hunting has changed drastically since the name “Big Five” was coined, but that is another matter. But how many people know of South Africa’s “Little Five” consisting of Elephant Shrew, Buffalo Weaver, Leopard Tortoise, Lion Ant and Rhino Beetle? Each “little” species is a contradiction in size to a big

by comparison – SA’s Little Five



Rhino Beetle



Antlion



Leopard Tortoise



Buffalo Weaver



Elephant Shrew



Dancing White Lady Spider

five animal, but the first part of its English name relates to one of the bigger and more famous animals.

A number of years ago, Sue and I spent two weeks touring Namibia, still one of our favourite destinations. Whilst having a Christmas Eve dinner at a very pleasant B&B in Swakopmund (Sam’s Giardino), we asked Sam, our very splendid host, which tours he could recommend in Swakopmund. Without any hesitation Sam recommended a trip into the desert with “Living Desert Adventures” to look for, and experience,

the Little Five of the Namib Desert.

A booking was duly made and on the appointed day, Chris Nel of Living Desert Adventures arrived at our B&B to collect us for the desert tour.

Chris drove us south and over the dry river bed of the ephemeral Swakop River, which sees water only very occasionally. After only a few minutes we were in the sand dunes and the town could no longer be seen. Sand stretched far into the distance to the east and south, and the cold waters of the South Atlantic glistened away to the west. Chris told us

how, far from being lifeless, the desert is alive with creatures, all of which manage to survive in this very hostile environment.

Suddenly, without warning, Chris stopped the Land Rover, jumped out and raced up a sand dune where he started digging in the sand. The next minute, a tiny white ball could be seen rolling down the dune, coming to a halt not far from us.



Palmato gecko

The white ball unravelled itself and now stood with front legs raised, revealing itself to be a small hunting spider, which Chris explained was called the dancing white lady spider. Rolling is a defense mechanism that the spider utilizes when escaping from a parasitic wasp. The dancing white lady spider was the first of the Namib's Little Five that we were to encounter.

The second Little Five member that Chris found for us by digging in the dunes was the Palmato gecko which is nocturnal and which buries itself in the sand to escape the heat of the day. This gecko has no eyelids and cleans its eyes by licking them with its tongue. This tiny gecko was quite friendly and posed contentedly for a photo.

Chris then found the third member, the shovel-snouted lizard, doing what appeared to be a jig on the hot sand dune. We watched the lizard regulating its body temperature in the hot sun and it would raise a front and back foot as the sand became too hot and then hop onto the opposite pair. The lizard then literally swam down through the sand to cool down. The only source of water in the Namib is from fog, which drifts in over the dunes from the cold Benguela current for about



Namaqua chameleon

180 days of each year. The fog condenses into water droplets during the cold desert nights, so creatures like the shovel snouted lizard have to drink their fill at night.

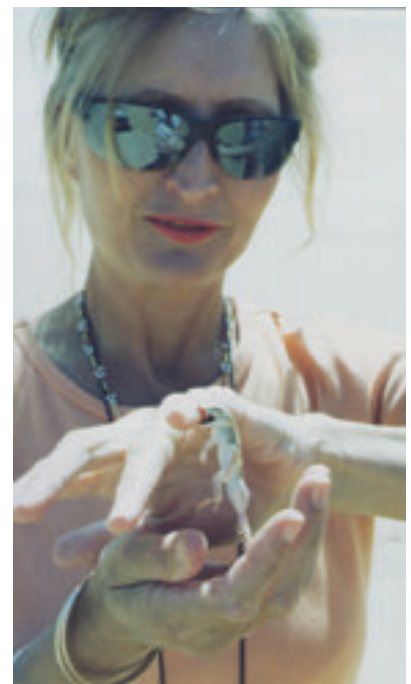
Our next Little Five member was the Namaqua chameleon that Chris found on a piece of sparse vegetation on the sheltered side of a dune. This chameleon was quite dark in colour as it absorbed the sun's heat but would become a light grey colour during the heat of the day to reflect light. Tok-tokkie beetles ran around the detritus that had blown in on the wind and collected on this leeward side of dune, and we watched the chameleon snap them up with a quick flick of its tongue.

Chris pointed out the fifth member of the desert's Little Five, which we could see outlined just below the surface of the sand in the shade of the vegetation. He took a stick and carefully lifted up a Peringuey's adder that was about a metre long. This snake, (a sidewinder), is an ambush predator and will wait patiently for long periods for its prey to blunder into its path.

The snake is thus top of the desert food chain and eats the lizards, geckos and any unwary chameleon. They, in turn, eat the beetles and fishmoths, which feed on detritus such as seeds and dry grass blown in by the wind and which settle on the leeward side of the dunes. Finally and most importantly, water droplets in the form of condensed sea fog provide the basis of life for all the desert creatures. 🌍



Peringuey's adder



Sue with Shovel-Snouted Lizard

For further information on the Little Five desert tour out of Swakopmund, log on to www.livingdesertnamibia.com.



R9 200 000

WEB REF:21DN- 1263

R8 750 000

WEB REF:21DN-1262

R8 395 000

WEB REF:21DN-1223

R8 000 000

WEB REF:21DN-1217



R5 800 000

WEB REF:21DN- 1233

R4 395 000

WEB REF:21DN-1322

R7 400 000

WEB REF:21DN-1301

R6 900 000

WEB REF:21DN-1322



R5 200 000

WEB REF:21DN-1331

R4 800 000

WEB REF:21DN-1331

R4 500 000

WEB REF:21DN-1299

R3 500 000

WEB REF:21DN-1310



Sales Specialists



Anne Copley
083 600 0566



André Marx
083 411 7674



Marianna Frasca
083 260 9255

**HOW CAN WE
HELP YOU?**

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



*Home is the only one place that can compare
with the beauty that surrounds us.*



When choosing a partner to embark on a journey in search of your home, contact a Century 21 **SMARTER BOLDER FASTER** agent. Century 21 Property Professionals are trained to listen & understand your needs, have expert & extensive market knowledge and will handle all the details ensuring that you find the beautiful place, you can call home.



Pilanesberg

so near, so worth visiting

I might not have said this a few months ago but I will say it now with conviction: the Pilanesberg National Park, just two hours or so from Johannesburg, rates among South Africa's top five game reserves.

I visited the Pilanesberg National Park in August for the first time in many years. I had read from time to time how it had deteriorated, how the Pilanesberg Centre was tatty and offered dreadful food at high prices and how the souvenir shop was a rip-off.

Its peripheral resorts such as Bakubung, Kwa Maritane and Manyane remained well run throughout and I've experienced all three.

I am not sure what happened at the reserve in the interim. All I can say is that the 500 sq kilometre game reserve – it's bigger than Timbavati and bigger than Sabi Sands – is today one of Africa's jewels. Scenically, it is a most attractive wildlife reserve, zoologically it is very rich indeed and, geologically, it is fascinating.



Camp follower – the friendly banded mongoose.



Hartebeest – one of many antelope species to be seen at the Pilanesberg National Park

From space, the Pilanesberg appears to be a spectacular circle – a vast crater filled with hills, which is what it is. It is the geological wreckage of a cataclysmic event that began long before any life began on land. More than a billion years ago it was a volcano 7000 metres high – far higher than Kilimanjaro, Africa's highest mountain.

Its outer wall – a rim of attractive hills - shields it like a fortress from the middelveld beyond.

Today, it encircles a beautiful landscape of rounded hills and natural rockeries blanketed by golden grass and a range of habitats, making it suitable for a rich diversity of wildlife – at least 40 kinds of large mammals and 350 bird species.

In the not too distant future, it will be linked by a contiguous group of conservancies all the way to Madikwe Game Reserve to the west on the Botswana border to form a 2 500 sq km reserve.

The Pilanesberg National Park is not really a national park. It does not fall under the National Parks Board. It acquired its title only because it was part of the short-lived Republic of Bophuthatswana created for the Tswana



Barbets love a braai – cold, at dawn.

people during the apartheid years. It is named after Chief Pilane whose clan is still prominent in the region.

I was involved with Pilanesberg in its early stages. I first visited it when it was still farmland in the 1970s and I watched the farm fences come down and the farm buildings being demolished. I saw the first animals arrive although leopards, bushbuck, kudu, brown hyena and a few other species were there already. Lions,



Wart hogs snoozing at the roadside – oblivious of passing vehicles.



Elephants are now well established at Pilanesberg.

cheetah and wild dogs followed. By 1979, it was a proclaimed reserve – but there were problems galore.

Elephant and rhino were brought in. The elephants were young orphans – calves rescued after Kruger Park’s culling operations. They had not been subjected to normal elephant community life where discipline is strict. They were a bunch of hoodlums and they killed at least 40 white rhino before it was realised what was going on. Neither species had encountered the other before. The rhinos were from Zululand where elephants were extinct; the elephants were from Kruger Park where rhinos were extinct. Lacking the required etiquette at waterholes, the rhinos failed to give way to elephants and were often tusked to death.

The young elephants were dangerous to humans as well. Only after mature elephants were brought in did the youngsters settle down.

It was Anton Rupert who initially raised the funds to fence Pilanesberg and there followed years of turning the clock back by allowing nature to take over. Walking in the reserve, one comes across the occasional relic. I have found blue glass medicine bottles dating back to the 19th century and the decaying foundations of farmsteads.

In the late 1980s, in a bush vehicle from nearby Sun City, I overheard an American woman and her husband reminding each other what they had seen that day. I surreptitiously jotted them down – elephant, white rhino,



lion, cheetah, leopard, impala, kudu, waterbuck, wildebeest, and what was probably steenbok, porcupine, red hartebeest, zebra, giraffe, monkeys and baboons... it was as good a variety as one could hope to see anywhere in Africa.

Mary and I were there during the late winter drought, nevertheless, the big bird hides were worth visiting.

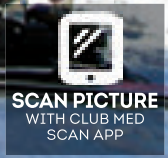
What impressed was the cleanliness of the well-equipped toilet facilities – even at hides and picnic spots. And the Pilanesberg Centre with its cafes and souvenir shops is now clean and efficient.

We enjoyed cool drinks while watching a pageant of wildlife visiting the salt lick a few metres away. What a transformation from the early '80s when it was a cluster of municipal buildings surrounding a magistrate’s court! All that remains is the 1930s court which now houses the shops and cafes. 📍



White rhino have learned to give way to elephants.

more sun,
fewer people
SKI LIKE A VIP IN APRIL



SNOW GUARANTEED AT HIGH ALTITUDE RESORTS.

discover more at clubmed.co.za or call **011 840 2600** or contact your nearest **travel agent**.

facebook.com/ClubMedSouthAfrica twitter.com/Club_Med_SA

Club Med Holidays enjoyed in style

Discover the Future of Colour

with the 2016 Plascon Colour Forecast

Discovery

Plascon, established in 1889, is a company with a heritage of more than 120 years in the South African market. As Africa's largest paint manufacturer, Plascon is known for setting new standards in performance and innovation. But they also know that quality is only one part of what makes the Plascon brand great. It's also the inspiration they offer through publications like their annual Colour Forecast that helps their customers to create amazing spaces.

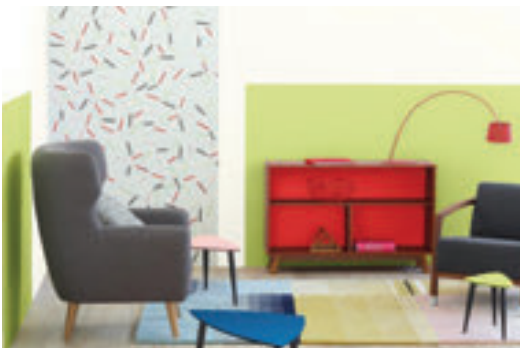
The 2016 Plascon Colour Forecast continues a tradition started in 1999 with the launch of a pioneering publication in the South African market. Led by Anne Roselt, Plascon's Colour Manager, the Forecast has been produced this year in partnership with the colour experts at MIX magazine, a global thought leader in the world of design and interiors. This combination of local expertise and global insight

means the forecast is both relevant to the South African context but also dialled into international trends and understandings.

The Forecast expresses key directions in colour trends across four themes, each taking the form of a colour palette and décor direction, encompassing not just what the theme looks like, but also the mood and energy evoked by each one. It also introduces the Plascon

colour of the year, Atlantic Beach. This intense, vibrant blue is inspired by the energy of Rio and the Olympics set to capture the global imagination for 2016.

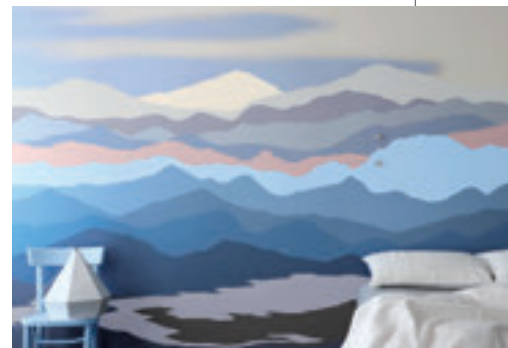
The 2016 Forecast Themes:
ELEMENT is a theme that uncovers geological inspiration to explore our relationship with the landscape around us. A palette of soft neutrals, raw surfaces and tonal colours, Element is both luxurious and tactile. Its design



Connect



Heirloom



Element



Plascon Spaces Showroom situated at the Design Quarter, Fourways.

expressions include mineral geometry, chalky colours and gradated finishes.

DISCOVERY looks to the skies around us for inspiration, with colours that reflect our fascination with astronomy. This palette features cool colours complemented by soothing neutrals and bright colour pops to recreate night sky starscapes. The design expressions include weightless ombrés, powdery effects and interstellar bands and stripes.


HEIRLOOM looks to the past for indulgent luxury. Rich colour and texture inspire a new classicism in design, with a sensual palette of neutrals and moody tones. Design expressions here include colour treatments that mirror Old Master paintings, a careful balance of light and dark tones and artful decay in textures.

CONNECT is bold and bright, taking the energy of the Memphis design movement and channelling it into unpretentious and exuberant interiors. A palette of upbeat colours is used here to create lively patterns and surface treatments. Design expressions include geometric motifs, sculptural colour treatment and all-over colour.

The 2016 Colour Forecast is available in issue 17 of Plascon's Spaces magazine at the Plascon Spaces Showroom situated at the Design Quarter, Fourways. This showroom, with its ever changing "Stage" offers leading industry designers the opportunity to showcase to customers what the latest design trends are through the visual display area and turns the pages of Plascon's cutting edge magazine into a physical presence.

Plascon's experienced Spaces Consultants give free advice on products and colours, using their interior design qualifications to keep customers on trend by showcasing the latest designs, paint techniques, colour palettes and concepts. The consultants use specialised software to integrate the colours into images of their clients' interior and exterior projects. This provides solutions to the customers, who often cannot visualise the end product of their dream home.

Customers are encouraged to book an appointment at Plascon's showroom where a one-on-one interactive discussion can take place and digitally

prepared, exciting "before and after" inspiration boards are given to help customers make a final choice. Together with this, the experienced team will then give product advice on which of the Plascon brands is best suited for the project. Their Premium Range - Double Velvet, Cashmere, Kitchens & Bathrooms, Non-drip Water Based Velvagro Enamel and Non-drip Velvagro Enamel, Micatex as well as Wall & All and Nuroof Cool - offers product guarantees up to 15 years for interior brands and 12 years for exterior brands. 

Contact details: 011 467 8693/4 or
Email: spaces@plascon.co.za

For more information go to:

- Facebook: www.facebook.com/PlasconSA
- Twitter: [@Plascon](https://twitter.com/Plascon)
- Pinterest: www.pinterest.com/plascontrends
- Instagram: [plasconcolour](https://www.instagram.com/plasconcolour)
- Blog: www.plascontrends.co.za
- Website: www.plascon.co.za or www.plasconspacesshowroom.co.za
- DIY: www.plascondiy.co.za



To advertise in this publication, please contact:

eia publishing

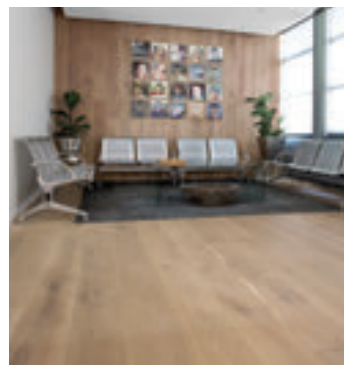
Martin Fourie
Sales Manager
072 835 8405
martin@eiapublishing.co.za

Jeff Malan
Sales Executive
079 369 9121
jeffm@nowmedia.co.za

Tel: 011 327 4062 / 011 214 7300
Now Media Centre
32 Fricker Road
Illovo • Johannesburg

www.eiapublishing.co.za

Forest Flooring Celebrating 20 years of success




A Textron Company

www.ezgo.co.za



SUPERIOR INSIDE AND OUT

FREEDOM SERIES

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

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

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

RXV

RXV 2+2

TXT

TXT 2+2

SANDBURG / NORTH RIDING (Head Office)
Tel no: +27 (11) 595 3600
Cell: +27 (82) 807 6694
Email: simon@ezgo.co.za

WE ARE IMPERIAL

© 2013 E-Z-GO All rights reserved.

Solid timber flooring and decks installed with workmanship guarantees. French oak flooring sealed with Rubio Monocoat Oil available in 53 colours and suitable for refurbishing of floors

Johannesburg:: 011 466 0701
Cape Town:: 021 461 1530/3562
www.forestflooring.co.za



Since 1995 ...

Visit our showrooms

JOHANNESBURG | DURBAN | CAPE TOWN | EASTERN CAPE

NEW SHOWROOM OPENING

10 DESMOND STREET, KRAMERVILLE, SANDTON



Forest Flooring SA



Forest_Flooring



Forest Flooring

WE OFFER CASH FOR YOUR CAR!

SINCE 1903. OUR RECORD SPEAKS FOR ITSELF.



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

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

58234_ADMKERS.COM

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

Terms and Conditions Apply. Errors & Omissions Excepted.

BUY ANY TWO PIZZAS and get another FREE

FREE PIZZA will be cheapest pizza

simply better pizza, simply better price

BUY ANY LARGE 2 topping PIZZA FOR 59⁹⁰

+R9.90 per additional topping

ORDER ONLINE AT ORDER.DOMINOSPIZZA.CO.ZA

DOMINO'S PIZZA FOURWAYS
 Shop 1, Fourways Gardens Shopping Centre,
 Cnr Bushwillow Ave & Uranium St
011 465 1879
 f t i 0861 DOMINOS

Limited time offers, T's & C's apply. See website for full details. Cannot be used in conjunction with each other or any other special offers. Free delivery in 30 minutes.

Injectables, Tablets and Powders, oh my

Like Dorothy in *The Wizard of Oz*, as with gym supplements, we often find ourselves running from something terrifying or towards something promised. For Dorothy, it was the Wicked Witch and the triad of imagined animals threatening her along her journey to finding the wizard. For gym goers, it's more like injectables, tablets, and powders....oh my!

In the scary world of over-the-counter supplements, how are we to decide what's real and what's not?

Whey Protein

Probably the most innocuous of them all, whey protein is found in powder form, can be blended into water, milk, or smoothies and gives your body a portion of protein equivalent to 4 whole eggs (brand dependent). It is best taken within 30 minutes after weight training to help build and repair muscles but has no significant advantage over a natural protein source.

Creatine

This is a controversial bulking amino acid-based supplement used to improve speed, strength and lean muscle mass (hypertrophy). Not everyone responds positively to creatine and it has been associated with various unconfirmed side effects, including water retention, dehydration and kidney damage. Creatine works by drawing water into the muscles, helping to convert creatine phosphate into ATP, the energy source that is responsible for short bouts of explosive anaerobic activities like weight lifting and sprinting, thus making more work possible in a shorter period of time.

CLA

Conjugated Linoleic Acid, an Omega 6 fat naturally found in beef



and cheeses, is a fat burner with potential antioxidant properties. Safety for human consumption of CLAs has yet to be determined though some success has been seen in reducing body fat in people who are obese by helping them feel full for longer.

Pre-workouts

Touted to take your workout to the next level, pre-workout supplements are a combination of stimulants (such as caffeine, sugars and herbal extracts), amino acids (creatine, glutamine, carnitine, etc.), fat burners, and vitamin B. As such, the performance of these supplements depends heavily on the quality and quantities of its key ingredients and what agrees most with your body.

| Supplement | Category | Advantages | Disadvantages | Alternatives Sources |
|--------------|------------------------------|---|--|---|
| Whey Protein | Muscle repair/build | Convenient | Costly/bloats | 4 hard boiled eggs |
| Creatine | Muscle performance & bulking | Vegetarians may see fast results | Requires exercise to be effective; Possible kidney damage | Meat, fish, dark leafy greens |
| CLA | Fat burner | May decrease body fat in obese patients | Short term weight loss; may cause insulin resistance | Milk, meat, sunflower oil |
| Pre-Workout | Energy booster | Psychological enhancer | Potential waste of money, side effects from individual ingredients | Balanced diet, proper hydration and sleep |

There is no supplement that can replace a healthy diet and good training practices. Though the FDA regulates supplements, it treats them as foods, and not medications. Buyer beware: supplement manufacturers don't have to prove their products' safety or efficacy before selling them. In the end, we might find ourselves clicking the soles of our takkies together and realising we had what we were looking for all along. 🙄



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



Fourways: 011 467 9566
fourways@lectron.co.za

Centurion: 012 661 1551
sales.jhb@lectron.co.za

Boksburg: 074 120 0762
boksburg@lectron.co.za



Furnishing an entertainment room or dining room in Gauteng is now much easier with our conveniently located showrooms | Contact us or visit our website at www.lectron.co.za

TOM'S IRRIGATION



for
Irrigation Systems

COBUS

071 075 3330

tomsirrigation@vodamail.co.za
www.tomro.co.za



DEBONAIRS PIZZA

NOW DELIVERING



DAINFERN SQUARE
011 469 0341

T&Cs apply. Delivery conditions apply. While stocks last.
Size and appearance may vary.



Dainfern Art now open at Dainfern Square.
Come and view work by Ewaldi, Paul Munro, Porchie,
Giorgio Trobec, Terenia Butler, Fuz Caforio and more.



DAINFERN ART GALLERY & FRAMERS

Dainfern Square
c/o William Nicol & Broadacres
www.dainfernart.com - 082 415 2847



Sugar and spice and all things nice...

The problem with colours and gender-specific clothing.

As I've discussed, there's a whole psychology around what various colours say about us and how they affect our emotions. But why did pink become the colour of sugar and spice and blue the colour of slugs and snails and puppy dogs' tails?

You may have seen photos of previous generations of boys and girls dressed in dainty white gowns – boys were only “breeched” and put in trousers at about age seven. White cotton is easy to bleach, so it was a very practical option for women doing their weekly wash by hand. It wasn't until the mid-19th century that babies started to be dressed in pastel colours, including pink and blue.

In America, Earnshaw's Infants' Department declared in 1918: “The generally accepted rule is pink for the boys and blue for the girls. Pink, being a more decided and stronger colour, is more suitable for the boy, while blue, which is more delicate and dainty, is prettier for the girl.” Other department stores followed suit and clothing options for children remained this way for some time.

Between the World Wars and the start of women's liberation in the mid-1960s, boys began to be dressed like their fathers and girls like their mothers. Women's lib saw women and girls dressing in less feminine ways and men and boys started growing their hair long and wearing floral patterns on their clothes and things all became very confusing.

But this all changed when pre-natal testing was developed in the mid 1980s. Parents could shop for clothes and decorate their baby's room specifically for a boy

or a girl. Marketers and baby product companies soon realised they could tempt prospective parents to buy more by introducing gender-specific products – and by colouring them accordingly.

With the advent of colour psychology, we learned that blue is a calming peaceful and tranquil colour, often associated with clear thoughts, focus and relaxation - just the qualities I often wish my energetic little boy possessed more of! We also learned that pink represents compassion, nurturing, affection and love. It is feminine, youthful and warm, and inspires tenderness and kindness – the perfect colour for little girls.



By now I doubt there is anyone in South Africa who hasn't heard of Paula Chapman's letter to Woolworths regarding their range of clothing for children⁽¹⁾ – particularly for her daughter. It has sparked debate about a number of issues⁽²⁾, some of which my husband and I have been struggling with ourselves when buying clothes for our four year old son.

Both the Woolworths debate and conversations with friends, parents of both boys and girls, got me thinking about why pink and blue are “gender-specific”. To paraphrase Paula Chapman: “...You'll also be surprised to hear that she loves a range of colours. All of them in fact. Because she's two! Not everything she owns needs to be pink. Yellow, Green, Blue, Red, Purple are all great colours as far as she's concerned.”





Mothers who grew up without petticoats, pink frocks and pigtailed wanted their daughters to have all the opportunities the liberation movement created, but realised their daughters could still be feminine. If you are a parent to young children or have caught up with Paula Chapman's complete letter to Woolworths, you will know that gender-specific colouring and marketing doesn't only include clothing. It has spread to everything you might need (or not) for your child. I recently even saw an advertisement for sticking plasters specifically designed to make your little girl feel like a princess when she's got a cut or a scrape!

At about four years old, children start becoming aware of their gender. Mothers I have spoken to complain how difficult they find getting their daughters dressed each morning. Their outfits have to be just the right side of pretty or they fear other children will judge them harshly. At age four! These children are very aware of boys' and girls' clothing and are very particular in their likes and dislikes.

Is this just the result of clever marketing and advertising, or is gender-specific

clothing and colouring an accepted social convention? Some boys love pink, and plenty of girls love blue. Is there really an issue with that? Not unless you're trying to buy gender-appropriate clothes in those colours, obviously! Thank you Paula Chapman for voicing what we've all been thinking!

If you would like to know more about why we wear what we do, why not get a group of friends together and invite Personal Best over for a Style Session? We can have a fun couple of hours discussing the history of clothes and your image, or any aspect of image on which you'd like some enlightenment.

You can read the complete article from which I gathered my historical information, When Did Girls Start Wearing Pink, at <http://www.smithsonianmag.com/arts-culture/when-did-girls-start-wearing-pink-1370097/?no-ist> 

(1) See Woolworths Facebook page visitors comments, August 17 2015

(2) <http://www.thedailyvox.co.za/parents-post-about-woolworths-gender-binaries-blows-up-online/>



Rachel Lynch

To contact Rachel Lynch at the Personal Best Image Consultancy call: 011 476 7047 or 084 260 3379; or email: rachel@personalbest-image.com. Rachel can also be found at www.personalbest-image.com

limelight

skin rejuvenation

Limelight is a sophisticated and non-invasive IPL laser treatment with minimal downtime, which will safely remove:

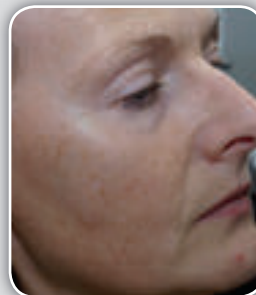
- Brown age spots, freckles and mottled imperfections anywhere on the face and body.
- Unsightly diffuse redness on the face, neck and décolleté.

The result is an exceptionally effective pigmentation removal treatment which will leave your skin with an even-toned and youthful radiance.

Call today for your free consultation: 087 151 1143


lasersense
aesthetic clinic

before



after 1 treatment



Intercare Medical Centre - Fourways Boulevard • www.lasersense.co.za

**Life
Talk**

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

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

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

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

What we offer

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

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

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

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

Target audience

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

Tax deductible contributions

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

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

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

Broken Homes, Broken Hearts

Using play therapy for healing

Divorce is a common occurrence in children's lives. Most school-aged children are able to name several peers (and possibly even themselves) who have divorced parents.

A broken home becomes an ongoing event in a child's life and is often the cause of continuing stress for a family.

For Instance, family income declines dramatically after divorce and mental health disorders such as depression can set in. In addition, remarriage often occurs some years after the initial divorce, with its attending problems and stressors.

Divorce is also a very difficult concept for children to grasp and a difficult reality to accept. Divorce and parental marital conflict are associated with a variety of long-term problems for children throughout their lives, including delinquent behaviour, substance abuse, poor academic results, as well as social and psychological dysfunction (Amato 2001; Amato & Booth 1991, Amato & Keith 1991b; Booth & Edwards 1990).

The distress experienced by children involved in a divorce commonly involves feelings of isolation, anxiety, feeling responsible, helplessness, anger, guilt, confusion and ambivalence. Estimates are that one quarter of children develop mental health disorders following parental divorce (Hetherington, Bridges & InSabella 1998).

When these feelings are not expressed and dealt with in a healthy, productive way, they endure and taint children's views of themselves and of others. This is why, even decades after the fact,

most adults who experienced divorce as children view it as the most devastating event of their childhoods, if not their lives. How well a child copes with his or her family's transition and its far-ranging implications will be a major influence on several important aspects of their lives, including the ability to forget the trauma and sustain loving relationships – and be a good parent themselves.

Divorce is not fun and children are often deprived of typical sources of playfulness during the process of the marital breakup. They often become witnesses to arguments and are frequently forced to move and to leave schools and friends. Children often lack the ability to identify and communicate their thoughts and feelings about this life-changing event effectively.

Play is a child's natural mode of communication and a means of providing

emotional balance. Play therapy is not always immediately recognised by the general public as a preferred intervention for children and parties involved in divorce should be educated as to the therapeutic value of play and encouraged to allow their children to use this most natural method of therapy.

Play therapy provides the following therapeutic elements:

- Play is light-hearted and fun.
- Play allows children to be free and to lower their guard.
- Children can be the masters of their own universe in play.
- Play comes naturally to children.
- Negative emotions can be dealt with and are more easily expressed through play.
- Play allows children the means to explore and experiment without criticism.



What makes play therapy different from other forms of therapy?

Play therapy differs from regular play. Through play therapy, the therapist is able to help children systematically address treatment goals. The therapist is able to help them find solutions to their problems in life. Additionally, play promotes healthy development. A recent meta-analysis of 94 research studies, all of which focused on the efficacy of play therapy, found significant positive treatment outcomes.

Play therapists are more interested in helping to produce change than in gaining information. So, through play therapy, the power of play is used to help children resolve their difficulties and to achieve optimal growth and development so that they can resolve the impact of their parent's divorce in their own time and in their own way.

Play therapy is a well-researched method of therapy and can help the children on their way to wellness through a difficult time for all parties involved.



Contact: The Situla Divorce Care Centre
at info@situla.co.za to find a therapist in your area.

Supporting the Studying Child

Having toddlers often brings with it spills (of the liquid and scraped-knee kind) and frazzled parents. Then, later on, having children in the house who are studying brings with it a whole new myriad of uncertainties and frustrations.

Every young person differs when it comes to attention and dedication to studies, homework and exam preparation. Those of you lucky enough to have had an intrinsically-motivated child will identify less with the frustrations than those of us who need to spur our children on.

Children appear to fall within a spectrum that starts on the one side with 'needs motivation to get dressed', graduates to 'will work if there is no other option' and finally peaks at the other end of the spectrum with 'needs to be told not to overdo it'. If, like me, you have sons who are unlikely to be plagued with stress-related illnesses, perhaps you would benefit from continuing to read. . . .

In the run-up to studying, you will have established how your child learns. He/she may want to speak out loud or write out copious notes. You and your child (depending on age) might consider finding out whether his/her learning style is auditory, visual or a combination of the two. It is possible that your child learns through 'doing' rather than seeing. There are methods that, if used correctly, will facilitate successful learning for such a child.

Try to establish, too, whether your child understands the work and whether extra lessons are required, or not.

The most important aspect when it comes to studying is ensuring that there is a suitable environment.

This refers to both the physical environment and the atmosphere created for studying. Routines need to be regulated. This includes when meals are served and when family outings are arranged.

Don't underestimate how important adequate food and healthy snacks are to the studying child. Insist on a balanced diet that will sustain your child. Low blood sugar will result in reduced concentration and tiredness.

Often, children need little to distract them from the task at hand, so preparation of the study environment beforehand is important. This includes ensuring that all necessary equipment is available, too – rulers, coloured pens, paper etc. While, as children get older, they will organise this themselves, initially, a parent needs to assist.

Depending on the nature of your child, you will approach the studying period with varying degrees of involvement. The intrinsically-motivated child may need firmness and guidance as to when 'enough is enough'. Avoid allowing children to study into the small hours of the morning and sit the test or exam in an exhausted state. On the other side of the spectrum, of course, is the child who needs FIRM encouragement to get going at all. This child might need repeated persuasion to set up a study programme and get going.

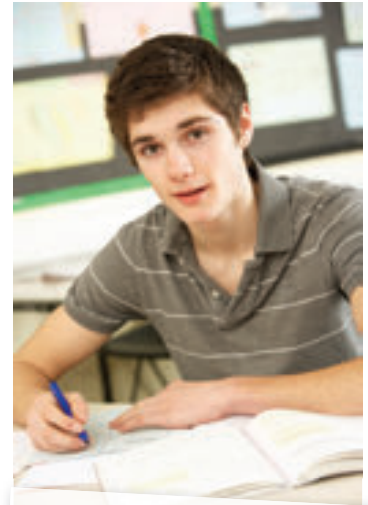
A study programme is vital to your child's success in the exams. The programme must be realistic and give adequate time to each subject. It must be flexible and make allowances for last minute emergencies such as power failures or illness. Such a programme should be set up well in advance, as that in itself brings a sense of control to the situation.




The programme must include adequate breaks that allow for your child to return to studying refreshed.

A good rule of thumb is to ensure that study breaks take place every 45 minutes for 10 to 15 minutes at a time. Ideally, these breaks should involve going outside, playing with the dog or cat, or getting a snack. It is not recommended that your child watch television or play a computer game during breaks, as this firstly encourages much lengthier breaks and, secondly, may result in your child not feeling as refreshed as when he/she does something more active.

Please note that a child sitting behind closed doors for several hours, supposedly studying, is not necessarily taking much in. It is vital that your child engages with the work and then takes regular breaks.



It may also be a good idea not to allow 'screens' in the study area if you are concerned that your child is not actually actively studying. It is recommended that phones, televisions, gaming consoles and so on be removed from the environment unless it is a study break. (But remember, the first choice is to take a break in a different environment.)

Supporting your studying child can be a cause for stress, which is exacerbated if the child also doesn't enjoy writing exams or studying. Parents are key to the maintenance of a relatively stress-free environment. Potentially, there are years ahead of your children that will be filled with exams and tests. If you can engender a positive attitude and a diligent approach to academic work while they're young, it will go a long way towards cultivating positive and diligent young adults. 





really fascinating
cookbook concept

TWO

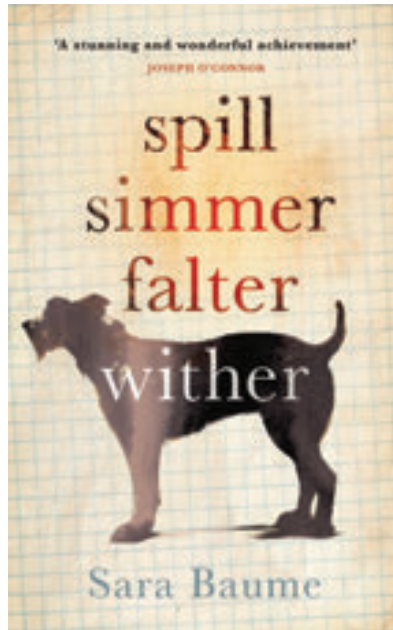
By Seline and Leandri van der Wat

During the screening of the MasterChef South Africa 2013 series, TV viewers were both fascinated by, and impressed with the Van der Wat sisters. Seline and Leandri's relationship and their varying cooking styles and personalities kept audiences on the edge of their seats right up until the final episode as they were ultimately placed second and third – no mean achievement.

Since then their foodie careers have taken off, albeit in differing directions. But in *TWO*, they are back in collaboration to present a really fascinating cookbook concept: taking the same main ingredient and creating two different dishes from it, or taking a classic recipe and making one for family and casual dining, and the other version to impress for serious entertaining.

Seline and Leandri van der Wat may be sisters but they're definitely not 'two peas in a pod' as they bring their unique strengths and character to each of their creations. By their own admission Seline is the 'sugar' and Leandri is the 'spice' and both Seline and Leandri have an impressive following on social media platforms.

Price: R300.00



Spill Simmer Falter Wither

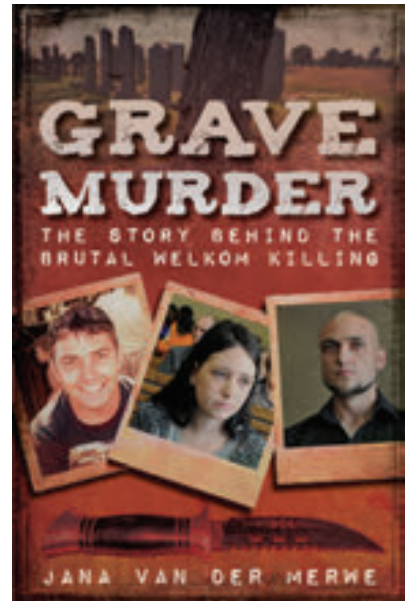
By Sara Baume

A misfit man finds a misfit dog. Ray, aged fifty-seven, 'too old for starting over, too young for giving up', and One Eye, a vicious little bugger, smaller than expected, a good ratter. Both are accustomed to being alone, unloved, outcast – but they quickly find in each other a strange companionship of sorts. As spring turns to summer, their relationship grows and intensifies, until a savage act forces them to abandon the precarious life they'd established, and take to the road.

Spill Simmer Falter Wither is a wholly different kind of love story: a devastating portrait of loneliness, loss and friendship, and of the scars that are more than skin-deep. Written with tremendous empathy and insight, in lyrical language that surprises and delights, this is an extraordinary and heartbreaking debut by a major new talent.

Sara Baume was born in Lancashire and grew up in Cork. She studied fine art and creative writing and her short fiction has been published in journals such as *The Stinging Fly* magazine and the *Dublin Review*. She won the 2014 Davy Byrnes Short Story Award and the 2015 Hennessy New Irish Writing Award. She now lives in Cork with her two dogs.

Price: R285.00



Grave Murder

By Jana van der Merwe

In April 2011 the sleepy gold-mining town of Welkom was deeply shocked when the dismembered, decapitated body of Michael van Eck was discovered buried in a shallow grave on the outskirts of the local cemetery. Was this a multi-murder, the work of a deranged madman or part of a satanic ritual?

For the investigators and psychologists involved, the mystery only deepened when a seemingly unlikely arrest was made: a soft-spoken girl-next-door and her intelligent, well-mannered fiancé.

Joining forces with some of the country's most specialised experts in the occult and psychopathy, Lieutenant Ogies Nel of the Welkom Detectives Unit and her colleagues in the South African Police Service unravelled one of the most brutal psychologically-motivated murders ever committed in South Africa's crime history.

Price: R190.00

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

MHC

Loyalty program



Scan the QR code
To find out more



MEGASTORE
Mega Deals



012 326-6460
410 Madiba Street
(Vermeulen)

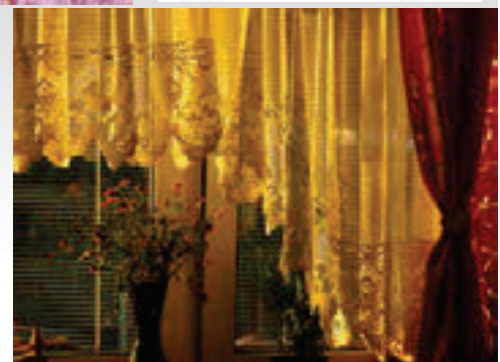


Metro Home Centre



@metrohomecentre

Appliances | Air Conditioners | Sound & Vision | Computers | Lighting | Cellphones | Bicycles | Fans & Heating
Outdoor | Furniture | Carpets | Linen | Homeware | Catering | Curtaining | Blinds | Haberdashery & more ...



Now Online

www.metrohomecity.co.za

FREE DELIVERY FOR ONLINE PURCHASES OVER R6000

Within 50km radius of store, Pretoria CBD - T&C's apply

Child Psychology

A study published in *The Journal of Child Psychology and Psychiatry* in America concluded that 98 percent of children under the age of 10 are dreadful little brats.

A team of scientists observed 700 children while the children were engaged in everyday activities and found that 684 were "remorseless sociopaths with little regard for anything other than their own egocentric interests and pleasures". (To think, it took a bunch of scientists to find that out!)

Grandmothers were "especially susceptible to the self-serving machinations of these little sociopaths".

Dr Leonard Mateo, a developmental psychologist at the University of Minnesota, who headed the study, said most adults were completely unaware that they were being remorselessly exploited "to obtain something as insignificant as an ice cream cone or a new toy."

"These people - if you can even call them that - deliberately violate every social norm. The depths of depravity that these tiny psychopaths are capable of reaching are really quite chilling." (A psychopath by the way can be charming and even appear sympathetic but at heart is merciless and entirely without conscience. A lot of politicians are psychopaths.)

The study has met with a sharp and negative reaction from adults involved with children under 10. I am on their side. My two little girls were so charming as children and so filled with praise for their parents ("you'r the best mummy and daddy in the world!"), especially at Christmas, that it was only a pleasure to buy them whatever they wanted. Me? Manipulated? Absurd!

The kid next door was different. I heard him tell his mother, "I want an ice cream!"

She said, "And what's the magic word?"

He said, "NOW!"



A Saxonwold reader, Glenda, who has two small daughters, forwarded some parental observations regarding bringing up children. These are not necessarily her own views, I hasten to add:

You spend the first two years of their lives teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.

One of the best things about holding children's parties is to remind yourself that there are children more awful than your own. And she says, "It's no good trying to child-proof your home - they still get in!"

When you come to think of it, despite God's omnipotence, He still fell short with His own children. After creating heaven and earth, He created Adam and Eve and, according to the Bible, He immediately said to them: "DON'T!"

Adam: Don't what?

God: Don't eat the forbidden fruit.

Adam: Forbidden fruit? We have forbidden fruit? Hey, Eve! We have forbidden fruit!

God: Do NOT eat it!

Adam: Why.

God (wondering why he hadn't stopped after creating chimps): Because I am your Father and I said so!

(They eat an apple.)

God: Didn't I tell you not to eat the fruit?

Adam (the kids could well have been brats from Syracuse): Uh huh.

God: Then why did you?

Eve: Don't know.


Adam: She started it!

Eve: Did not!

Adam: Did so

God, having had it with the pair of them decreed they should have children of their own.

Thus the pattern was set for ever and ever.

Footnote for mothers: If you have a lot of tension, aspirin will help. But do exactly what is stated on the label: "Take two tablets ... and keep away from children." 

Blogsite: <http://stoetalk.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>



Panasonic

Give your home an extravagant makeover

65" (165cm) 4K 3D Smart LED TV (TX-65CX800)



- 4K Ultra HD TV with Studio Master Color & 1600Hz bmr*Beyond Smart powered by Firefox OS and Quad-Core Pro
- Wireless LAN Built-in, DLNA, Bluetooth, THX Display
- VR-Audio True Surround - 3D TV

Just Arrived!

NEW R68 995

55" (140cm) 4K 3D Smart LED TV (TX-55CX700E)



- 4K Ultra HD TV with Studio Master Color & 800Hz bmr - Beyond Smart powered by Firefox OS and Quad-Core Processor - Wireless LAN Built-in - DLNA, Bluetooth
- VR-Audio True Surround

NEW R29 995

50" (127cm) 4K 3D Smart LED TV (TX-50AX800E)



- Supreme 4K picture quality and full network connectivity - A high-end model that combines 4K picture quality with high-level innovative functions in a stylish design.

was R36 995 NOW R27 995

4K Smart Network 3D Blu-ray Disc / DVD Player - 41.5cm (w) (DMP-BDT460)

- Full HD 4K Blu-ray Disc™ Playback - Super Multi-format Playback - Miracast, allows to share Smart-home/Tablet content - Convert 2D to 3D - Wi-Fi built-in - Plays CD's & DVD's



was R2 995 NOW R2 495

Soundbar Speakers (SC-HTB680)

- 350W Soundbar
- 3.1 Channel System, wireless connectivity via Bluetooth 3.0 & NFC
- Dolby Pro Logic II
- Dolby Digital & DTS decoding - Dolby Virtual Speaker technology
- Wireless Subwoofer



was R5 995 NOW R4 795

4K Smart Network 3D Blu-ray Disc / DVD Player - 44.6cm (w) (DMP-BDT700)

- Full HD 4K Blu-ray Disc™ Playback - 192KHz/24bitDAC, Multi-channel analogue audio output - 2x HDMI - Wi-Fi built-in
- Convert 2D to 3D
- Super Multi-format Playback
- Plays CD's & DVD's



was R9 995 NOW R8 495

Technics from Panasonic



This unit is a high end stereo system that delivers fantastic audio quality and a design to fit in any environment. The ease of use of the audio streamer delivers crisp clear well staged audio. It also allows for an array of digital audio formats as well as digital inputs. Add the optional CD player and you have the ultimate in compact audio performance.



Network Audio Player STC700 (345mm)



Speakers SB-C700

Stereo Integrated Amplifier SU-C700 (345mm)

NEW R44 995

Stereo Mini Hi-Fi (SC-AKX200)

- 400W RMS - D bass Feat
- DJ Juke Box - Bluetooth
- Hard press corrugation woofer



NEW R1 995

- 5.1 Channel Surround with Powerful Bass-Reflex Subwoofer
- Includes wireless rear Speakers
- Wi-Fi Ready
- Bluetooth
- NFC
- Full HD 3D Blu-ray



was R6 495 NOW R5 495

Bread Maker (SD-2501)

- 100% gluten-free program
- New Mode for jam and compote
- Speciality mode for spelt bread



was R2 995 NOW R2 195

WIN your share of R800 000 in Panasonic products and CASH!

LIKE Panasonic and you could **WIN** your share of **R600 000** worth of Panasonic prizes.

OR BUY any Panasonic item and you could **WIN** your **CASH BACK!**

Take a selfie at the Panasonic display area at any participating Panasonic outlet and upload it to <http://panasonic.co.za/selfie>

Complete an **entry form** and drop it into the entry box in store.

Terms and Conditions apply. For Terms and Conditions and your closest participating Panasonic outlet please visit www.panasonic.com. Promotional period: 13 October - 13 December 2015.

BRING US YOUR BUILDING PLANS/ARCHITECTURE DRAWINGS AND WE WILL ASSIST WITH FREE ADVICE ON INSTALLATION AND PROVIDE A TOTAL SOLUTION. WE WILL HOLD YOUR HAND THROUGH THE PROCESS.

All goods guaranteed by local supplier. Valid TV licences and ID Numbers required for Television purchases. E&OE.

Shop G17, Fourways Crossing Shopping Centre, William Nicol Drive, Fourways,
Tel: 011 465 1466, Archie 079 191 0984, Riaan 078 030 4118,
Ryan 084 660 4797, Trevor 078 525 9603, www.thedigitalexperience.co.za



HERIZ GALLERY

AUTHENTIC, HAND-WOVEN PERSIAN AND ORIENTAL CARPETS



Summer Collection 2015

Contemporary designs and exciting colours that come with our **promise of quality**.
Carpets for the **modern home**, hand woven the traditional way in **luxurious** pure wool.

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

Like us on facebook /herizgallery 



— Since 1950 —