

DAINFERN

precinct LIVING



LOUBNA COMBALAT

Blending Art and Fashion

Issue 6 2018

Heritage Day
Excursions

Lamborghini's
new SUV

Lake Panic: jewel
of Kruger Park

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THE MAGIC OF SPRING

At last, it's spring. The flowers are coming out in a profusion of colours and fragrances; and the trees and shrubs are adding fresh new greenery to our urban landscape. The rains come as a wonderful relief after the last few weeks of parched earth, and equally parched skin.

It's time to get our bodies summer-ready and we have some helpful advice in our Beauty section – whether you're struggling to slim down, or your skin needs some rejuvenation, or even your thinning hair needs attention, be sure to check out the services that Dr Natalie Cordeiro has available right in our precinct.

When it comes to activities this month, we are spoilt for choice as our Heritage (and National Braai) Day on the 24th of September is conveniently sandwiched between the DSTV Delicious International Food and Music Festival taking place on the 22nd and 23rd of September and The Baby Show & #MeetUp, for parents-to-be, taking place from the 28th to the 30th of September. Both are being staged at the Kyalami International Convention Centre located alongside the Kyalami Grandprix Circuit not too far away. (See the articles about these exciting events in this issue).

You could, of course, plan a whole long weekend programme for the family, focused solely on what it means to be part of our South African society – and celebrate just how far we have journeyed together in this melting pot of cultures. See our

Heritage article for some ideas of where to go and what to do, to make this time especially memorable.

If you're not yet ready to go on excursions or brave the outdoors at expos, some Spring Cleaning at home is an excellent way to clear the cobwebs and lighten up – and that includes head space, smartphones, tablets, computers, wardrobes and storage rooms!

Considering the welfare of our pets can be added to the mix, too – see the article by Twisted Whiskers about reducing our furry friends' carbon paw prints, something that many of us forget to take into account when looking to mitigate our impact on planet earth.

There are also a number of religious holidays and festivals this month and the Dainfern Precinct Living team would like to wish all our Hindu, Muslim and Jewish readers well over this important period of reflection.

Kindest regards,

Ann

Ann Arnott
EDITOR
annar@nowmedia.co.za



**DOES YOUR
HORSE HAVE**

**WHAT IT
TAKES**

**TO BE THE
KYLAMI
HORSE
OF THE
SEASON?**

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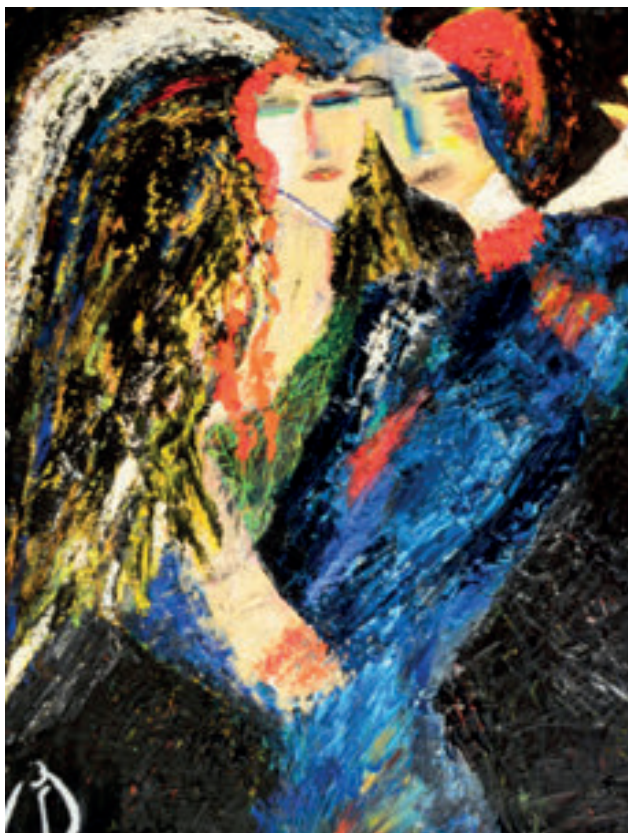
A FUSION OF ART & FASHION





Moroccan-born Loubna Ayouche Combalat has been designing her own clothes since the age of 14. Yet, although she grew up surrounded by women who were seamstresses and in the fashion industry, she didn't imagine that would be one of her main focuses today.

Bev Hermanson chatted to her about her lifelong passions.



BH: Loubna, although art and fashion are both very creative, they are not necessarily compatible. How have you managed to blend the two?

LAC: I believe that, irrespective of the occasion, body language, which is very important, is strongly influenced by what you wear. Because I am so passionate about art, but I also love designing clothes, I decided in 2014 to start converting some of my art to be used in the garments that I make. Firstly I paint on canvas and then the art works are digitally transferred onto fabrics. They may be abstracts, but a lot of them revolve around 'woman' in all her demeanours and characteristics – she can be smart, generous, unpredictable, sensitive,

fragile, arrogant, and even reckless. I make use of a lot of colour – colour affects your moods, your personality, what you feel in your heart, and even your attitude to life. So, the garments are colourful – and also sensuous. Most of them are made from chiffon and silk because these fabrics drape well.

BH: How would you describe your fashion brand's philosophy?

LAC: The cornerstones of my brand's philosophy are happiness, vibrancy, innovation and creativity and these are the elements that are woven into every garment that I design. They are limited edition creations. You can't buy them in chain stores. They are made for women who are sophisticated and self-confident. These women are not afraid to stand out from the crowd. They like to be different, authentic and unique.

BH: And what about your other art? Tell us about your creative journey.

LAC: After finishing school, I went to France to study anthropology and literature. That's where I met my husband. Actually, I never imagined that I would travel and live all over the world, but life decided differently. My husband and I stayed in Russia for four years, then we stayed in England, went back to France and then to Switzerland. And now we're in South Africa. Actually, this is our second visit to South Africa. We stayed in Fourways Gardens the first time we were here. This time, we started off staying in Dainfern and now we're in Dainfern Valley. Mixing with all the different cultures has enhanced my art. Many of my paintings reflect the beautiful experiences that I've had and all the beautiful people that I have met. Through the use of bold brush strokes and bright colours, I invite the viewer into my world of dreams and fantasy. I believe this kind of creativity is a journey we all need to take, to achieve a sense of balance in this crazy world.

BH: Have your art creations ever been exhibited?

LAC: Oh yes. In Geneva, Switzerland, in Surrey in England, in France and also here in South Africa. Some of them were included in an exhibition held at Museum Afrika and, more recently, my art was shown at Mall of Africa, as part of the Julie Miller Investment Art Institute's Winter Exhibition. Since 2015, my couture has also been shown at SA Fashion Week. There's a show twice a year. At the moment, I'm busy preparing for the show that's taking place from the 23rd to the 25th of October at Sandton City.

BH: What do you enjoy about living here in South Africa?

LAC: Johannesburg is a place where you can quickly feel at home, especially here in the Dainfern precinct and Fourways. My first born, my daughter, was born here 20 years ago. My son was born 16 years ago while we were in England, and my youngest was born 9 years ago in Switzerland. So we're a family of United Nations, but we all enjoy living in South Africa. I mix quite a lot with other expats – in fact, I belong to the Dainfern Ladies' Cooking Club, which is made up entirely of expats – and it seems none of them are happy when they leave. South Africa occupies a big place in our hearts!



"Johannesburg is a place where you can quickly feel at home, especially here in the Dainfern precinct and Fourways"

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DAINFERN COLLEGE

The Euro Express tour group in Amsterdam



*Right:
Dainfern College
Grade 7 and
Grade 12 students
celebrating
Round Square's
52nd Birthday*



*Mrs Browne and Mrs Cosh
enjoyed a visit to Petra while
on the Round Square Discovery
Framework Workshop in Jordan*



*Above:
Mr Davies,
Dainfern
College
Principal,
welcomes
exchange
students from
Markham
College in Peru*



*Dainfern
College
students at
the Junior
Round
Square
Conference
in Arusha,
Tanzania*



INTERNATIONAL OPPORTUNITIES

& GLOBAL NETWORKING THROUGH ROUND SQUARE

2 018 has offered staff and students at Dainfern College key international exposure through the Round Square network. Dainfern College is a proudly Round Square School and actively participates in every aspect of the Round Square IDEALS of International understanding, Democracy, Environmentalism, Adventure, Leadership and Service through global networking, student tours and exchanges, building relationships and caring for the community and environment. The College aims to produce leaders of calibre who will make a positive contribution to society, both locally and globally.

Dainfern College has an active student exchange programme in place and this year has already welcomed six incoming students from the USA, Peru, Colombia and Singapore who each spent a number of weeks at the school and enjoyed the beauty of Johannesburg and South Africa. In addition to this, students from the College went on exchange to Germany, Australia and the USA where they had the most incredible experiences and personal growth.

Kyra Killops, a Grade 10 student at Dainfern College, comments: "From 18 April to 4 June this year I attended Hackley School in New York as part of the Round Square exchange programme. It really was the experience of a lifetime. I enjoyed the best of both worlds, as I got to stay at a boarding school as well as with a host family on the weekends. Hackley School has very different subjects compared to Dainfern College.

While I was there I was lucky enough to take Advanced Forestry Ecology Research, which was a very practical working subject, and I often got to go outside with the class to do research. I was invited to the Prom which was a great experience. I met so many new friends and made many long-lasting friendships. Going on exchange really took me out of my comfort zone and made me more independent."

Through the Round Square regional and global conferences, a number of Dainfern College students have travelled locally to Cape Town and internationally to Tanzania and Canada. The unique nature of these conferences highlights international relationship-building, global issue forums, top class guest speakers and enables students to take responsibility for their actions. The College also organised the Euro Express Tour this year, which saw 41 students travel to Switzerland, the Czech Republic, Poland, Russia and the Netherlands. In 2019 exciting tours and excursions will include South America, the USA, Nepal and India.

On the staffing front Dainfern College's Academic Heads, Karen Cosh (High School) and Louise Browne (Prep School) travelled to Jordan to attend the International Round Square Discovery Framework Workshop. This workshop was hosted by the Amman Baccalaureate School and delegates from 30 other Round Square Schools from around the world attended. Mrs Cosh and Mrs Browne gained great inspiration and knowledge from engaging in academic collaborations, sharing creative ideas and determining initiatives to introduce the Round Square 'discoveries' into the academic curriculum.



This year, Heritage Day falls on a Monday, giving us a fabulous long weekend to engage in some inspiring activities that we can enjoy with the family. Let's make this an extra-special weekend, one that reminds us how lucky we are to be here at the southern end of Africa.



OUR ORIGINS

Rock art at the Origins Centre

Visiting the Sterkfontein Caves and Maropeng in the Cradle of Humankind seem like the obvious choice when it comes to learning about the early emergence of mankind, but the Origins Centre in Braamfontein also has a wealth of information worth exploring. Situated at the corner of Yale and Enoch Sontonga Roads, on the Wits University campus, the Origins Centre traces an 80 000 year path that showcases a vast array of palaeoanthropological, archaeological and genetic materials charting the origins,

evolution and development of humankind. The Museum provides visitors with a unique experience of Africa's rich, complex heritage and boasts an extensive collection of rock art from the Wits Rock Art Research Institute.

During September, the centre is also running a Heritage Month Education Series, offering lectures on topics in the CAPS Curriculum. R60 per person will give you a one-hour lecture, followed by a tour of the Origins Museum.

Book online at Webtickets.

Enquiries: bongiwe.ndulula@wits.ac.za, or call 011 717 4700/13.

For more information:

visit: www.wits.ac.za/origins

Opening times: Mondays to Saturdays
10:00am – 5:00pm;

Public holidays: 10:00am – 5:00pm;
Closed on Sundays.

OUR POLITICAL EVOLUTION



The isolation cells at the prison on Constitution Hill

CONSTITUTION HILL is one of the museums that tell the story of South Africa's journey to democracy. The site is a former prison and military fort that bears testament to South Africa's turbulent past and, today, is home to the country's Constitutional Court, which endorses the rights of all citizens. Nelson Mandela, Mahatma Gandhi, Joe Slovo, Albertina Sisulu, Winnie Madikizela-Mandela, Fatima Meer and many other prominent and ordinary men and women of all races, creeds, ages and political agendas served time in the prisons.

Constitution Hill offers a range of guided tours, from a one-hour Highlights Tour to a two-hour Full Tour and numerous special tours that include a Night Tour, Time Travel Tour, Walk with Madiba Tour, Art and Justice Tour and a Tour of the Constitutional Court. These tours can be booked on Webtickets or by contacting the museum directly on 011 381 3100/ info@constitutionhill.org.za.

Self-guided Tour using the app - adults: R60, children: R30, pensioners over 60: R40, and students: R35. There's a 5% discount

for online booking. Various other tour prices available on the website:

www.constitutionhill.org.za/pages/opening-hours-and-admission

Open: 9:00am to 5:00pm daily.

LILIESLEAF FARM can be found in George Avenue, Rivonia. One of South Africa's leading heritage sites, Liliesleaf opened to the public in June 2008 and has since attracted thousands of visitors eager to absorb and understand one of the most pivotal periods in South Africa's liberation struggle.

Purchased by the South African Communist Party (SACP) through a front company, Liliesleaf was, at the time, located in a secluded, peri-rural area, making it ideal as a meeting place where the underground leadership could meet. The purchase of Liliesleaf also coincided with the ANC's decision to move from non-violent resistance to armed struggle in the protest against apartheid. In late October 1961, Nelson Mandela, who had been operating below the security forces' radar, moved to Liliesleaf and, 6 weeks later, Arthur Goldreich and his family



Heritage – the history, traditions and qualities that a country or society has experienced for many years and that are considered an important part of its character.

THERE'S MORE TO OUR HERITAGE THAN MEETS THE EYE

Liliesleaf Farm in Rivonia

moved onto the smallholding to provide an acceptable white middle-class family façade while the thatched cottage and outbuildings concealed covert liberation activities.

The liberation underground movement operated from Liliesleaf for almost two years before the security police raid on 11 July 1963 brought the activities to an abrupt end.

Tour durations vary from 45 minutes to 1 or 2 hours.

Adults: R110, pensioners: *R40, children under 7 years: Free, 8 – 17 years: ** R50, students: ***R60.

* On presentation of a passport or ID.

**A tour guide or adult must accompany children at all times.

*** On presentation of a valid student card.

Open: Mondays to Fridays: 8:30am – 5:00pm; Saturdays, Sundays and Public Holidays: 9:00am – 4:00pm. If Liliesleaf has been booked for an exclusive function, the site will be closed to visitors, so it's advisable to check the home page to see if a function will affect your visit: www.liliesleaf.co.za.

DITSONG NATIONAL MUSEUM OF MILITARY HISTORY

Located on an 80ha site in Saxonwold, this museum houses weapons and other artefacts from the many conflicts that South Africa has been involved in through the centuries, including the Anglo-Boer Wars, the Anglo-Zulu War, World Wars I and II, the conflict in South West Africa (present-day Namibia) as well as items relating to the armed struggle against apartheid.

Adults: R35 per person, students: R25 per person, SA senior citizens: R15.

Open daily: 09:00am – 4:30pm (excl. Good Friday, Christmas Day and the first Sunday in September when the Jazz on the Lake concert is held at Zoo Lake).



HISTORICAL AND CULTURAL ATTRACTIONS

NEWTOWN

Newtown, adjacent to Johannesburg's CBD, offers visitors a theatre, art galleries, restaurants, museums, craft markets, buskers, dance venues and clubs.

You can take a guided tour (choose between the one-hour or three-hour tour) of Newtown with trained guides who are available to take you on a walking trail through the area that is described as one of Joburg's most fascinating heritage and cultural precincts.

The one-hour tour starts in the Market Theatre parking area and, passing through the precinct, you'll hear the story of the birth of Newtown, Kippies, Potato Sheds and Railway Sidings, as well as the Market Theatre, Museum Africa and Mary Fitzgerald Square. Next stop is the Electrical Precinct which covers the story of Johannesburg's first power stations and includes the Electric Workshop, Turbine Hall, SAB World of Beer, and the Workers' Museum. The Transport Precinct is next and covers the city's transport history, as well as Newtown's cultural organisations which are situated within this area of Newtown, and include Dance Factory, Moving into Dance, Bassline, Market Photo Workshop, Artist Proof Studio, and Market Lab.

The three-hour tour covers the same buildings and venues but visitors are given the opportunity to explore



the Market Theatre, Museum Africa, the Workers' Museum and Sci-Bono Discovery Centre.

To book a tour with Zodwa Nako or Anne-Katrin Bicher, call 011 336 9190 or visit: www.newtown.co.za/heritage/booking.

Rates: Short tour (approx 1 hour) - R250 for groups of 1 to 3 and R80 per additional person (up to 10). Long tour (entering venues; approx 3 hours) - R450 for groups of 1 to 3 and R120 per additional person (up to 10).

FURTHER TOURS WORTH CONSIDERING:

Walk and Talk Tours of Sandton, Alexandra, Troyville and Kensington

and more. Tel: 011 444 1639 or 083 269 9769, email: bporter@iafrica.com or visit: www.walktours.co.za.

Soweto Guided Tours will take you to visit various landmarks in Soweto such as Vilakazi Street, Mandela House, and the Hector Pietersen Museum. Call 011 985 6249 or 076 863 5548 (all hours), email: info@sowetoguidedtours.co.za, or visit their website: sowetoguidedtours.co.za.

Once you've had your fill of cultural and historical inspiration, remember to get your family and friends over for the traditional braai to round off a perfect weekend. If you're mainly one for boerewors, chops and steak, we've included an oxtail potjie recipe, for you to add some variety.

Museum Afrika in Newtown





OXTAIL POTJIE

Cooking a potjie isn't only about the food is it? It's a time of bonding, chatting, sitting round the black cauldron with friends and family, literally, all afternoon – and the result is always delicious.

This mouth-watering oxtail potjie recipe serves eight guests.

ALL YOU WILL NEED IS:

- 30ml butter
- 30ml canola oil
- 1,5kg oxtail, small pieces
- seasoned flour
- 1 onion, sliced
- 3 cloves garlic, sliced
- 1 large carrot, diced
- 1 large stick of celery
- 2 sprigs rosemary
- 12 pickling (baby) onions, peeled
- 250g baby carrots, peeled (or 4 large carrots, cut into large chunks)
- 12 baby potatoes
- 250ml strong beef stock
- 30ml tomato paste
- 500ml good red wine
- freshly ground salt and pepper



METHOD:

- Coat the oxtail pieces liberally in the seasoned flour.
- Heat the butter and oil in the potjie.
- Brown the meat and set aside.
- Add the prepared onion, garlic, carrot, celery and rosemary and fry until softened.
- Add the remaining veggies and heat through.
- Add the meat, followed by the hot stock, tomato paste and wine.
- Cover and simmer gently over moderate heat for 4 hours.
- Add more wine if the liquid evaporates too rapidly.
- Season to taste and serve with rice, mash or homemade bread!

ONE
YEAR OLD
TO **GR.12**



REDDAM HOUSE HELDERFONTEIN



Reddam House Helderfontein opened its doors in January 2017. Located within the Helderfontein Estate, the campus boasts beautiful views, a lush greenbelt and well-established trees. The school's architectural design is in keeping with this rustic environment, with wood and stone-clad walls. This tranquil setting provides an atmosphere conducive to discovery and learning. Reddam House Helderfontein is part of the global Inspired Education Group, which provides a fresh and contemporary approach to education by re-evaluating traditional teaching methods and curricula, and creating a more dynamic, relevant and powerful model reflecting current attitudes.

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SPORTING EXCELLENCE

Exciting developments due for completion in January, 2019, include the new College building and Indoor Sports Centre. The College building boasts state-of-the-art Physical and Life Sciences laboratories and the Indoor Sports Centre will cater for hockey, netball, basketball, and cricket on specialised matting, with an Astroturf alongside the court. A separate climate-controlled Aquatics Centre features a 30m by 25m heated swimming pool which will cater for year-round Water Polo, swimming events and training.

BOARDING

Another unique offering is the co-educational Boarding at Reddam House Helderfontein. It promotes holistic development, where students are free to explore educational, cultural and sporting activities seven days a week. In 2019, a new Boarding House will be added that will accommodate an additional 50 students and includes a Common Room that provides students with a recreational space to relax and interact with one another.

Reddam House students are encouraged to take care of their bodies and minds, accordingly we offer our students healthy drinks, snacks, and hot meals daily.

Aquatics Centre



Sports Centre



DEDICATION TO THE ARTS

For students interested in the Creative Arts, the Manor House provides inspiring Art and Drama studios, as well as 12 individual music pods for students who would like to specialise in either of the 14 different music disciplines. For dance enthusiasts, our dance studio boasts a sprung-wooden floor, accentuating our dedication to the Arts.



REDDAM
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ZIKA



VIRUS

BY DR NIRVANA MOETHILALH, MBCHB PRETORIA

For more information, contact Dr Moethilalh at the Saulé Medical, Aesthetic and Travel Clinic on 011 469 0990, email: info@saulemedical.co.za, or visit www.saulemedical.co.za.

The World Health Organization is taking action against the Zika virus outlined in the Zika Strategic Response Framework and research for a vaccine is ongoing.

The Zika virus has come to the forefront in the news lately. It might surprise you to know that the virus was first identified in Uganda in 1947 with the first major outbreak occurring in 2007 in Yap (Micronesia). By 2016, it had spread to more than 20 countries across Central and South America.

The mosquito is a vector for many diseases and this includes the Zika virus. The type of mosquito hails from the Aedes species, mainly Aedes aegypti which is also responsible for dengue, chikungunya and yellow fever. This mosquito is native to the tropics but thankfully does not inhabit South Africa so only those travelling need to be wary of the disease.

There have been outbreaks in Yap, French Polynesia, the Pacific Islands, Brazil and America. In 2016, a resident of Cali, Columbia became the first reported South African case in Johannesburg. The virus's main mode of transmission is via the mosquito but an infected human being can transmit the virus in-utero (mother to unborn child transmission) and through blood products (eg. blood transfusion). However, rare cases of sexual transmission have been documented, too.

Presentation of the virus is non-specific. The incubation of the virus is between 2 - 12 days and symptoms that can occur include fever, rash, joint pain or conjunctivitis. The illness is mild and lasts between two to seven days.

Considering the apparent mildness of the illness, the question then arises as to why one should be concerned about such slight 'flu-like' symptoms? The main concern revolves around malformations of newborns and a few patients who get really ill and develop nervous system complications.

In February 2016, The World Health Organisation (WHO) declared an international public health emergency due to the suspected link of the Zika virus to birth defects. Pregnant women that were infected had stillbirths and pre-term births. More than 4 800 cases of Zika-associated microcephaly have been reported from Brazil.

Microcephaly is a condition in which the baby's head is significantly smaller than expected with associated brain damage. Research is ongoing to make a definite association between the Zika virus and congenital abnormalities.

Patients with the Zika virus also developed Guillain-Barre syndrome and ADEM (acute disseminated encephalomyelitis) which are nervous system disorders.

If you have travelled to an affected country and



you suspect you have the Zika virus, report to your GP with dates and places of travel. A blood test or urine test for the Zika virus will be requested. Pregnant patients will have to do regular ultrasounds with their obstetrician and gynaecologist to assess if the baby has microcephaly.

Unfortunately, unlike the antimalarial tablets that one can take as a precaution against catching malaria, there is no vaccine or antiviral medication for the Zika virus. If the symptoms are mild, bedrest, fluids and medication, such as Panado or acetaminophen (Tylenol®) to reduce fever and pain, are recommended. Avoid taking aspirin or ibuprofen until Dengue fever is ruled out, to reduce the risk of bleeding.

Prevention advice is the same as for any mosquito-based disease which is to wear protective clothing and insect repellent (IR3535, Icaridin, DEET spray eg. Peaceful Sleep). Do not rely on using natural mosquito repellent sprays such as citronella as they aren't potent enough to keep the mosquitoes completely at bay.

Pregnant women should avoid travelling to affected countries and women who are not pregnant should take contraception while travelling to risk areas, to avoid falling pregnant.

The World Health Organization is taking action against the Zika virus outlined in the Zika Strategic Response Framework and research for a vaccine is ongoing.



Dr Nirvana Moethilalh

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3. The World Health Organisation (WHO)
4. Travax UK



MEDICAL AESTHETICS ON YOUR DOORSTEP

BY AMANDA PILLAI



INTRODUCING DR NATALIE CORDEIRO

which would work better? The genetic test additionally tells you which supplements are best for you. Then there are the hair treatments, great for both men and women who have thinning hair – three sessions, two weeks apart, and you'll be holding your head up high again.

Once you've lost that excess weight and have a radiant head of hair, you may consider a non-surgical face lift and have some treatments done to fade any scars that you may have. And then get that all-over glow that will make you look so awesomely healthy from either the Dermapen procedure or the Carboxy therapy that's also used for scars.

As Dr Natalie is a qualified doctor, you know you're in good hands and she'll even write out prescriptions for any associated medication or supplements that may be required.

To book your appointment, call or sms 083 464 8478, or email aesthetics@drnatalie.co.za.

Here's a beauty professional of many talents. Never mind the Botox and fillers, which are routine for her, Dr Natalie solves a long list of problems encountered by both women and men of all ages. Starting with the Slender Wonder medical weight loss programme that can produce the most dramatic results, (provided you're committed), you can also have genetic testing done to determine what your body does and doesn't respond to, such as: exercise vs a weight loss diet,

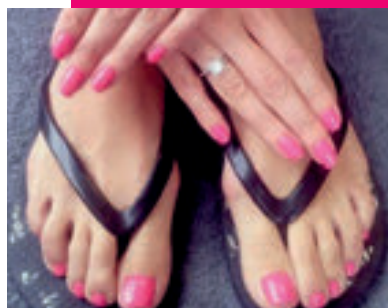
COMPETITION

Get set for summer with glowing, hydrated skin. Answer this easy question and you could win a Dermapen Face and Neck treatment using an anti-aging serum valued at R1500* (*for the first treatment – three treatments are recommended for best results).

Q: What is the name of the medical weight loss programme that Dr Natalie specialises in?

Email your answer – with "Dainfern Precinct Living Bella Beauty 2" in the subject line - along with your full name, cell phone number and address to: competitions@dainfernprecinct.co.za.

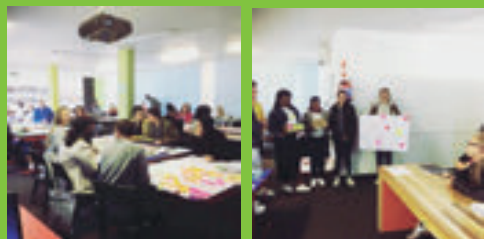
The competition is open to readers over the age of 18 and terms & conditions apply. The winner will be notified by email.



WINNER OF THE BELLA BEAUTY NAIL TREATMENT:

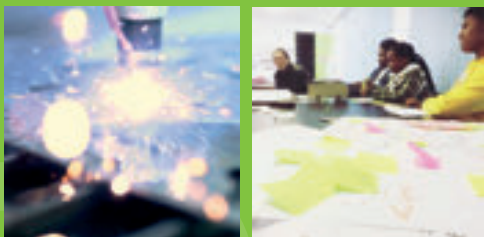
Vanessa Rout of Dainfern Golf and Country Estate. Vanessa wins the Full Classic Pedicure with Gel to the value of R500.

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LAKE PANIC

JEWEL OF KRUGER PARK

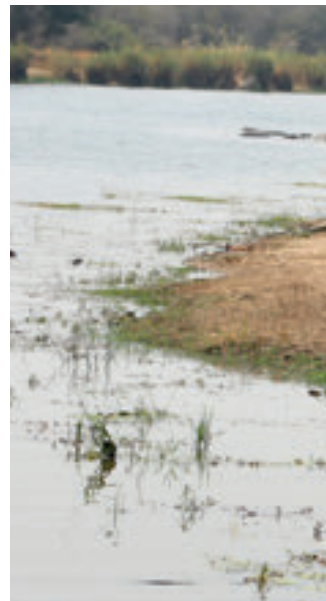
BY JAMES CLARKE IMAGES: MARY BROADLEY



Malachite Kingfisher



Trio of thirsty Impala





*Elephant outing to Lake Panic.
Image: Glenn Havemann*

Tens of thousands of pictures of wetland birds published across the world in magazines and books have been taken at Kruger Park's Lake Panic. We were there, again, in August. It was noon and still winter - the worst possible time of day for birding and the worst time of year, too, because 18% of our bird species were still wintering in the north.

We first faced east in the L-shaped hide's interior, looking along the long arm of the lake. In one casual sweep we saw a green heron, a malachite kingfisher (almost within touching distance), a brown-hooded kingfisher successfully fishing, (neither of us had seen this bird fishing before, believing they were insectivores), a jacana, a darter, an unidentified martin, a grey heron, and cattle egret. For the first time that I recall, there were no thickknees on the nearby bank.

We then moved to face south and saw coot, jacanas, moorhens, the inevitable black crane, pied kingfisher, masked weaver, white-throated swallow and fish eagle flying towards us at 'zero feet'.

A truly massive crocodile lay on the beach - was it the man-killer that killed somebody upstream four years ago at Skukuza Golf Club?

Near the bend, a pod of maybe 25 tightly clustered hippo, with not a centimetre between them, looked like an outcrop of huge boulders.

A variety of mammals come to the dam. There's usually bushbuck. Friends recently saw a leopard. We saw hyena and impala. About five years ago, I watched a herd of about 20 elephants materialise out of the dense vegetation 70 metres away and then saw how deep Lake Panic was. The adults waded in almost up to the roots of their tails. Then came a baby of a few days old, still hairy and wobbly on its feet, and I wondered how it would manage to cross. No problem. It scrambled up the mountainous rump of its mother to cling with its front feet, while an aunt supported the baby's rear with her trunk.

Lake Panic is a photographer's dream... even without a telephoto lens. Waders walk around 2m away. Goliath herons come close, as do night herons.

In 1997 I flew down to Nelspruit with an old friend, Kenneth Newman, whom I'd known from his days as a commercial artist. Sappi, who sponsored the hide, had asked us to do an assessment of it.

Ken was, by then, Africa's best-selling author of bird books including *Birds of the*



It is South Africa's most famous bird hide and, in my estimation, the most rewarding hide in Kruger National Park - Lake Panic. It would rate highly among the world's best.

Lazy afternoon on Lake Panic's beach



Hippos, like riverside boulders - but noisier.

Kruger National Park, first published in 1987. Noticing the book was 10 years old, I asked Ken, during the flight, if, in those 10 years, any new species had been added to Kruger Park's list. He said: "Surprisingly, no."

We drove through Kruger Gate straight to the hide just 7km short of Skukuza.

It was empty.

Ken was facing east where a dead tree protruded from the water a few metres away when he suddenly exclaimed: "Good Lord! Good Lord!"

I asked what he'd seen. He said: "An hour ago you asked if any bird had been seen that was not in my book. Take a look at that!"

A pair of grey waxbills. They'd been suspected in the park but never confirmed for they are often seen further east in Mozambique and in KwaZulu Natal.

Why the name: Lake Panic? There are several stories but the true one dates back to 1975 when the earthen dam wall was completed across Mafunyana Creek, a kilometre or so from the club. The creek's name commemorates Louis Steyn, warden

of Kruger Park from 1953 to 1961, whose Shangaan nickname was Mafunyana – Shangaan for "one who eats with gusto".

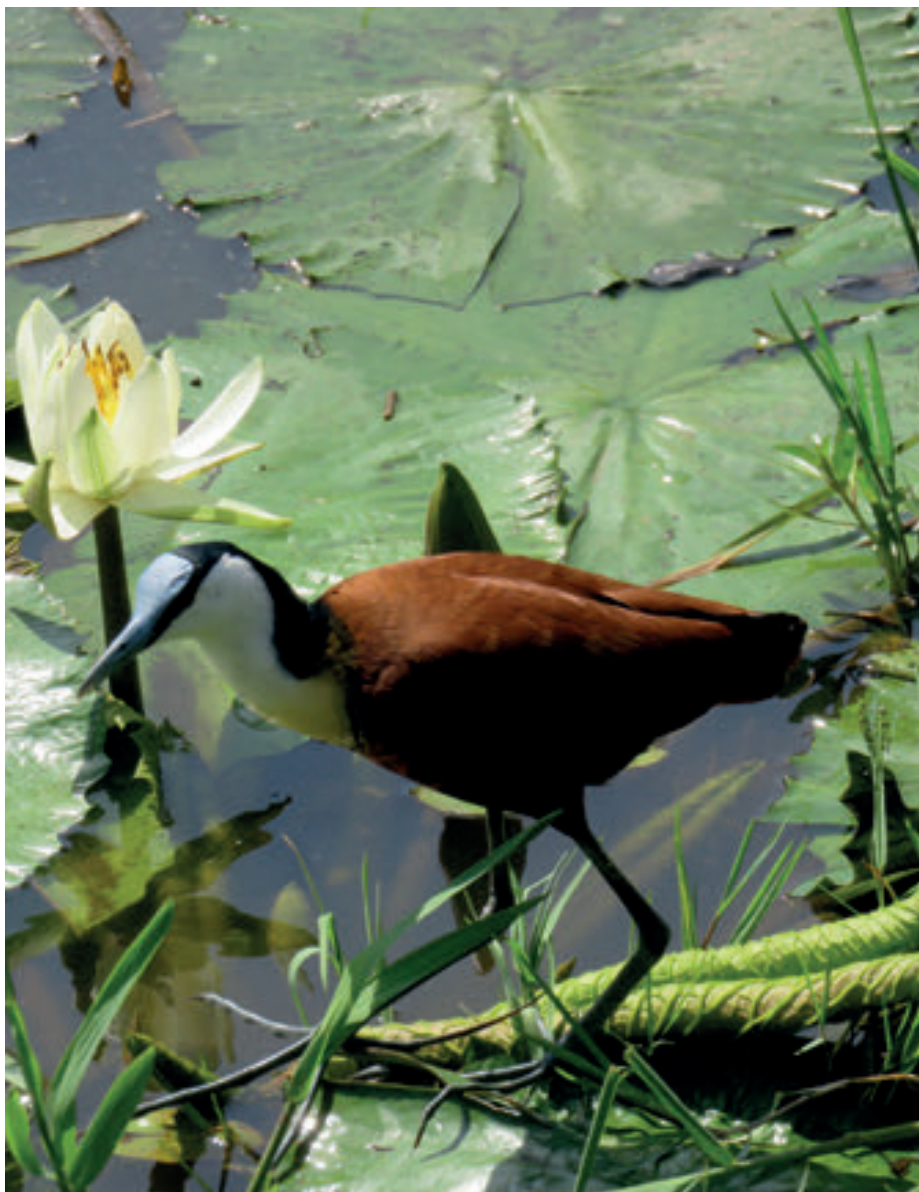
The wall had just been completed and the dam was filling nicely when the mother of all tropical thunder storms dumped several million tons of water into the catchment and the river rose within minutes to a height that alarmed everybody – especially those behind the project who were certain the dam would burst. The panic could have been measured on the Richter Scale.

But the dam held.



Cautious bushbuck checking for crocodiles





Jacana



Squacco Heron



Grey Heron



Return Africa's Pafuri Camp where 2018 BBD begins.

FOOTNOTE

Talking of birding hotspots, Mary and I spent the annual Birding Big Day (BBD) 2017 at Return Africa's Pafuri Camp in the far Northeast of Kruger Park.

Teams of up to four people, each operating within a 50km radius, can take part.

We were three, including a superb guide, Tristan Phipps, and we chalked up 138 species in just 12 hours, giving in at sunset. The winning team, I seem to recall, saw about 180.

BBD 2018 is on the 24th of November, beginning at midnight on the 23rd. Return Africa has again offered an almost 50 percent reduction to members of BirdLife (contact bbd@birdlife.org.za). The rate is R2 500 a day, pp sharing.



Victoria Falls

TOP 10

TRAVEL DEALS

1. Coral Lodge offer from Mozambique GSA. Rates from R25 090 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, five nights' accommodation at the Coral Lodge with breakfast, lunch, dinner and selected drinks daily, snorkelling in the lagoon and more. Valid until 15 December 2018. *For more information visit www.mozambiqueislands.com; email: info@mozambiqueislands.com or contact them on 083 299 4321.*

2. Vic Falls offer from Air Holidays. Rates from R9 190 per person sharing. Offer includes return flights departing from Johannesburg, return transfers, three nights' accommodation with breakfast and dinner daily, guided tour of the Falls and more. Offer excludes taxes of approximately R4 905 per person sharing. *For more information visit www.airholidays.co.za; email: reservations@airholidays.co.za or contact them on 011 803 8223/4.*

3. Couples getaway at Protea Hotel by Marriott Cape Town Tyger Valley. Rates from R1 350 per night. Offer includes one nights' accommodation with breakfast and sparkling wine upon arrival. Valid until 7 December 2018. Offer excludes flights and taxes. *For more information visit www.marriott.com or contact them on 021 913 2000.*

4. Arusha Day Trip Arusha National Park offer from Ventures into Africa. (Tanzania) Rates from R3 796 per person. Explore Arusha National Park there are several alkaline lakes and the spectacular Ngurdoto Crater, a variety of animals to see. Hiking is allowed if accompanied by an armed guard and often gives the best views of Mount

Kilimanjaro. Offer excludes flights and taxes. Valid until 30 November 2018. *For more information visit www.venturesintoafrica.co.za; email: info@venturesintoafrica.co.za or contact them on 11 789 1681.*

5. Luxury offer from African Pride Melrose Arch, Autograph Collection. Rates from R1 050 per night including one nights' accommodation and champagne breakfast. Valid until 22 February 2019. *For more information visit www.marriott.com or contact them on 011 214 6666.*

6. Last minute Asia offer with Discover the World. Rates from R26 999 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, twelve nights' accommodation, all meals and entertainment. Visit



Melrose Arch Hotel

Reunion



Bangkok, Kota Kinabalu, Nha Trang, Ho Chi Minh City, Bangkok and Koh Samui. Set departure date 8 December 2018. *For more information visit www.discovertheworld.com; email: jnb@discovertheworld.co.za or contact them on 011 463 5251.*

7. South Coast Reunion December beach stay offer from Travel 2 Reunion. Rates from R17 650 per person sharing. Offer includes return flights, approximate taxes, return transfers, five days car hire and seven nights' accommodation at the three-star Floralys with breakfast daily. Set travel date 9 – 16 December 2018. *For more information visit travel2reunion.co.za; email: info@travel2reunion.co.za or contact them on 072 352 6830.*

8. Britain & Ireland winter delight offer from Costsaver Holidays. Rates from R11 900 per person sharing. Offer includes seven nights' accommodation, breakfast daily, two dinners, transport between destinations and sightseeing. Visit Bath, Stratford-Upon-Avon, Windsor, York, Belfast, Cardiff, Dublin, Edinburgh, Glasgow, Kilkenny and Waterford. Offer excludes flights and taxes. Valid between November – March 2019. *For more information visit [www.costsavertour.com](http://costsavertour.com) or contact them on 011 280 8440.*

9. Best of Vietnam offer from Perfect Destinations. Rates from R19 790 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, two nights at the four-star Silk Luxury Hotel Hoi A, Tour of Tra Que Village, four nights at the four-star Eldora Hotel Hue, Hue Savours

tour and twilight foodie tour. Valid between 12 February – 27 April 2018. *For more information visit www.perfectdestinations.co.za; email: info@perfectdestinations.co.za or contact them on 021 250 0752.*

10. Finnish Wilderness Week tour from Earth Wanderer. Rates from R25 660 per person sharing. Offer includes seven nights' accommodation, breakfast daily, five lunches, seven dinners, local transport, tour leader throughout and specialist equipment. Offer excludes flights and taxes. Valid until December 2019. *For more information visit www.earthwanderer.co.za; email: info@earthwanderer.co.za or contact them on 074 340 4587.*



Vietnam

Let's go

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RUBEN RIFFEL BRINGS HIS CULINARY GENIUS TO JOZI

Vodacom presents the DStv Delicious International Food & Music Festival, in association with Visa, Coca-Cola, Heineken, Diageo, Proudly South African, Gauteng Tourism Authority, Flight Centre, Gautrain, Jeep, Generosity Water, and Kaya FM.

Be ready for an all-star music and dance line-up, coupled with gastronomic delights. Bring the whole family.

The DStv Delicious International Food and Music Festival will once again bring international singing and dance sensations and masters of culinary excellence together at a two-day fest taking place at the Kyalami Grand Prix Circuit on 22 and 23 September 2018.

The sixth edition of the festival is expected to again attract an estimated 40 000 visitors. Festival Director, Lloyd Cornwall says that it has become THE Springtime outdoor music attraction in Johannesburg, and has also become a firm calendar favourite with foodies, where great culinary creatives share their passions at the Delicious Mile: the festival's Gourmet Street-Food Market. This

year, festivalgoers can expect an even bigger and better gastronomic experience at this extensive market. Along the way, they can also visit the Coca-Cola Taste of the City, which will boast 10 pop-up restos that will serve up their flagship dishes.

In addition, patrons can enjoy a delectable multi-course meal perfectly curated by celebrated South African chef, restaurant owner and TV personality, Reuben Riffel, who is returning to the festival this year. His long-table restaurant, brought to you by Coca-Cola, includes a cash bar where restaurant ticket holders can complement their meal with the perfect wines and beverages that will bring out the flavour profiles of the ingredients in the dishes.

The main music stage will be headlined by neo-soul icon, Erykah Badu; New Zealand's young soul singer and multi-instrumentalist, Jordan Rakei; the incredible experimental cross-genre outfit, Jazzanova; and the British acid jazz band, D-Influence. The power of women will be celebrated with the Womandla stage line-up as its main stage offering. Lira will bring her unique fusion of pop, soul, and R&B sound to the main stage; while Simphiwe Dana, who is known for

her combination of jazz, Afro-soul, and traditional music will bring her heart and soul to the fore alongside her musical sisters.

Grammy Award winner Louie Vega leads the star-studded Vodacom Dance Arena hosted by Oskido and Kaya FM. New York born DJ Todd Terry and South African dance demi-gods, DJ Christos, Vinny Da Vinci, DJ Oskido, DJ Fresh and Greg Maloka complete the music and dance line-up. The stage will open at 2pm on both days.

Music and food lovers can be part of the experience by buying Delicious GA Passes that start at R650 each. [The Delicious Early Bird GA Pass is R550 per person per day or R1000 per person for a weekend pass (Saturday & Sunday)]. Tickets for the Vodacom Kids Zone, for children between the ages of 3 - 13, are R280 per child.

Tickets for the Delicious Lounge in association with Tanqueray and Johnnie Walker are R1450 per person per day. And tickets for Reuben Riffel's Long-Table Restaurant are R750 per person per sitting, either Lunch or Dinner - please note this package can only be purchased in conjunction with a Festival Access Pass.

For more information visit www.deliciousfestival.com



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LAMBORGHINI ENTERS THE 'SUV' SEGMENT

BY ALAN ROSENMEYER





Use this link to view a video of the Lamborghini Urus:
https://www.youtube.com/watch?v=ei_ywAuFfHs

Motor historians will know that Italian tractor manufacturer Ferruccio Lamborghini suggested possible improvements to Enzo Ferrari when ordering a car. Ferrari responded by refusing to supply the car and Ferruccio declared that he would simply build his own, better, car.

Being a huge fan of bull fighting, Lamborghini named all of his subsequent cars after famous bulls.... perhaps a lot of bull has followed but many have been worthy of posters on young boys' walls ever since.

In the world of sports cars, Porsche shook the market in 2002 by launching the Cayenne. Sacrilege from a sports car manufacturer! Yet, this went on to rescue Porsche and is now their largest selling model from a now highly successful company. Another strange fact in the world of big business is that both Lamborghini and Porsche are today part of the huge Volkswagen group. Siblings,

but fiercely independent rivals in the marketplace.

Now Lamborghini has entered this market segment with what they describe as the world's first SSUV (Super Sports Utility Vehicle), a bold claim until you see the Urus in the 'flesh'.

Lamborghini South Africa decided to have a double celebration and revealed the Urus at the opening ceremony of their new dealership in Cape Town. Sadly, we were deprived of the opportunity to drive the only Urus in SA at present. In fact, the car was only flown into the country days before the event. It was almost punishment being allowed to sit in the vehicle and even start that rumbling V8 without being allowed to drive it. Hopefully, that opportunity will come soon.

Simply looking at the mean, aggressive lines of the car, then hearing about the performance potential of a top speed in excess of 300km/h, I believe the SUPER

SUV claim. The interior reminds one of the cockpit of a jet fighter yet it is still filled with every possible luxury item at the same time.

The CEO of Lamborghini, Stefan Domenicalli, was present and during his address stressed the fact that, although hybrid and electric power will feature in the future, this will only be to enhance the power and performance of their existing V10 and V12 engines. In a world of being politically correct and eco-friendly, Lamborghini chooses to fly in the face of all and simply continue on its own wild path.

Looking to the future, Lamborghini plans to double its sales over the next few years with a lot of help from the Urus. Internationally, the launch of the Urus has been so successful that there is already a waiting list in excess of 12 months for orders. Amazingly, 70% of Urus orders so far have been from buyers who are new to the brand.

Pricing for the Urus starts at R 3,5-million.



SUBARU XV



Test cars arrive on the MotorMatters driveway in a vast array of colours and the keys to the Subaru XV were handed over with the comment “Sunshine Orange is a happy colour!” It certainly did brighten my flu-riddled brain, especially since I had been looking forward to this particular test car.

Rewind a few months to my test of the Subaru Impreza sedan and my first on-road experience of the patented Subaru active safety technology dubbed ‘Eyesight’. I was really keen to experience the array of features that this offers, this time in the shape of a crossover/medium SUV.

The XV is powered by the very familiar horizontally opposed or H4 engine that Subaru has been using for a number of years. It achieves 115kW and 196Nm from 2L without turbo assistance. In general usage, this is more than adequate and provides the car with performance that suits its usual purpose and characteristics.

The XV is only offered with a CVT

automatic transmission in SA. Although many criticise CVT, the Subaru box is smooth and seamless in operation and I believe that CVT is perfectly suited to this type of vehicle.

Another feature of all Subaru models is their all-wheel drive system. This provides extra assurance on dirt roads or in the wet and simply adds to the overall safety of the vehicle. Coupled with the raised ride height of the SUV body style, it immediately lets you know that it will transport your family through all road conditions.

As the top of the range model, the test car provides all creature comforts with full leather, touchscreen infotainment with navigation, upmarket sound system, sunroof and many more features as standard. Again, the orange stitching to match the exterior may be a matter of personal taste – certainly, this combination is not for the shy or retiring.

Moving on to the ‘Eyesight’ safety suite, Subaru has made certain that this model is exceptionally well-equipped.

Starting with 7 airbags, other features include lane departure warning, blind spot warning, and reverse cross traffic detection. All of these are an absolute boon on freeways and in parking areas.

Active cruise control and braking may not be unique to Subaru, but their system works so easily and seamlessly plus these features are offered on models at a much lower price point than those of many other manufacturers that offer similar technology. You can call me old-fashioned, but I am still very conservative about trusting autonomous driving systems, but this one works for me.

According to the car’s computer system, fuel consumption averaged 7,4L/100km for the test period. This included general commuting as well as a number of freeway and open road cruises. Most owners will be able to achieve similar figures with a bit of effort.

The XV with ‘Eyesight’ is priced at R 450 000, including a 3 year/ 75 000km Maintenance Plan.

Use this link to view our video of the Subaru XV:
<https://www.youtube.com/watch?v=Quplyth7w9o>



HUMANS & TECHNOLOGY: DESIGN IN THE 21ST CENTURY

BY INGRID LEUJES

"Design is the medium between people and technology" Carrie Chan, 2017

Maker Chair (Puzzle 3d), 2014, Joris Laarman and Maker Chair (Hexagon), 2014, Joris Laarman
The Maker Chairs result from a crosspollination of handcrafted techniques and digital technology. It poses the question of who the maker is: the designer, the computer, or the assembler?



Polythread, 2016, Jenny Sabin, Jenny Sabin Studio.

Sabin, an architectural designer, combines insights from biology and mathematics in this technologically knitted inhabitable form.



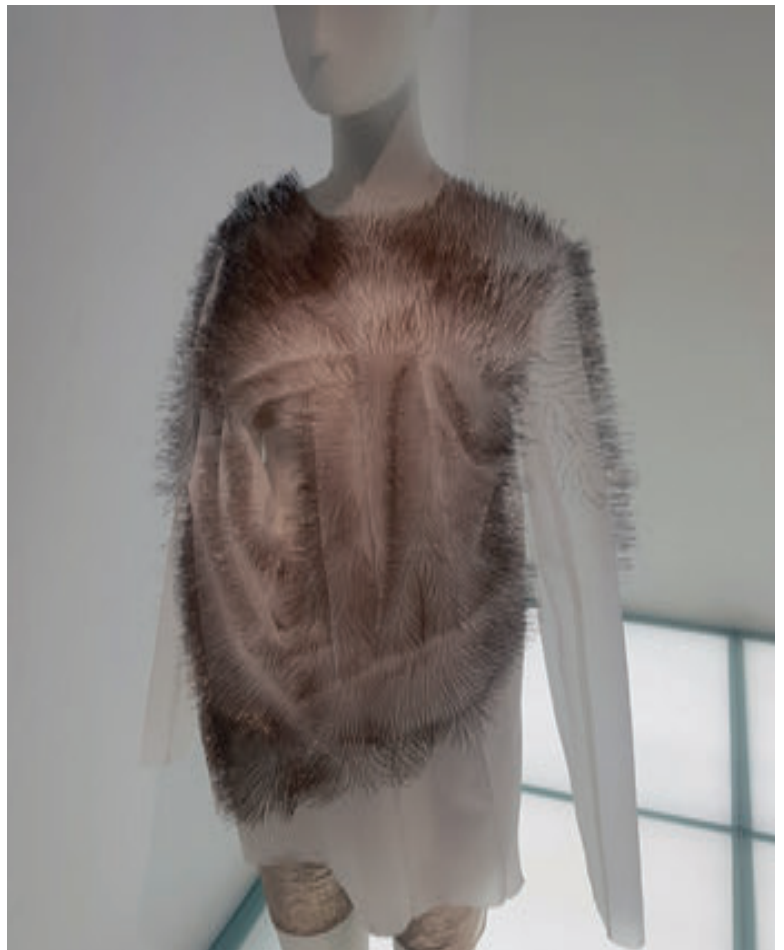
A current design exhibition at the Art and Design museum in Shenzhen, China, *Minding the Digital*, clearly portrays the excitement and fascination that current designers and artists have with the creative possibilities of the digital medium. Not only does digitisation allow for innovative manipulation and use of materials but it also has the potential for changing the interaction between people and objects, spaces and society at large. This in turn changes perceptions and emotional responses and therefore the significance of encounters. Most notable is how the digital can create objects and spaces that respond to people's behaviour.

Designing for the end user's needs

is a fairly new but not unknown concept. Designing a product or space that interprets users' needs from their behaviour and then responds to their needs instantaneously is, by contrast, a futuristic concept. What this exhibition illustrates is that this has already been achieved but has not yet hit mainstream consumption.

From these examples, the complex relationship between human design and intelligent technology is illustrated. What is also illustrated is the exciting potential of the new creativity that is made possible by the interaction of technology and humans co-creating. We are definitely already living in the 21st century, but are our educational institutions preparing students for this century?

Ingrid Leujes is a Director Greenside Design Center, an internationally acclaimed, specialist design college focused on nurturing creative and innovative thinkers. For more information, visit: <http://designcenter.co.za>.



Incertitudes, 2013, Ying Gao

Incertitudes is part of a responsive dress series. This exhibit consists of mannequins wearing dresses that change in response to the facial expressions of the viewer.

Above left: Escapism, 2011, Iris van Herpen and Isaie Bloch.

Left: Damestop, 2011, Iris van Herpen and Isaie Bloch &

Van Herpen and Bloch use selective laser sintering, (a 3d printing process that uses heat and pressure to solidify powders into solids), to create fashion that moves beyond traditional handcrafted garments and also beyond machine mass production.



STRELITZIA

BIRD OF PARADISE

This plant is one of the most popular perennials around the world, not only as a garden specimen, but as a pot plant. It's successfully grown for the cut flower market as well.

Named after Queen Charlotte of Mecklenburg-Strelitz, the wife of George III of Great Britain, the plant family Strelitziaceae has five species native to South Africa. The flowers of all five only differ in size and colour.

STRELITZIA REGINAE

This plant grows up to 1,5 metres tall and 2 metres in diameter. It has an extensive root system so be sure to allow enough space around each plant in the garden.

It is suitable for planting in winter and summer rainfall areas and it will tolerate light frost but prefers full sun for maximum flowering. It will, however, grow in dappled shade.

Plant it in well-drained loam soil and only fertilise twice yearly. The plant has a fleshy root system and is water-wise. The flowers have orange sepals and blue petals and are seen throughout the summer season.

Strelitzia reginae can be propagated from seed and, although slow-growing, will start

flowering after three to five years. When dividing mature plants, it is important to have a minimum of 60cm clump diameter to encourage recovery. Remove all flowers after division. Full recovery after division will be more or less three years.

Bees and sunbirds are welcome visitors as pollinators. Monkeys, rats and squirrels will eat the flowers and seeds.

When more than one species is planted in a garden e.g. *Strelitzia reginae* and *Strelitzia juncea*, the seeds will produce hybrid plants due to cross-pollination.

Strelitzia reginae is seldom affected by pests and diseases, although poor growing conditions will make the plant susceptible to scale infection on the leaves. You can treat this with mineral oil. Bad drainage of the growing medium may also result in root rot or fungus infections. Remove damaged parts and treat with a suitable fungicide.

STRELITZIA JUNCEA

This is a striking feature plant with cylindrical leaves without a leaf blade. The leaf shape indicates that *Strelitzia juncea* is able to survive on very little water. Companion plants would be *Euphorbia*, *Cotyledon* and *Encephalartos*. The plant size and flowers resemble

Strelitzia reginae but the seed production is not as good.

STRELITZIA ALBA

This unbranched multi-stemmed plant can grow up to 10 metres tall and does not tolerate frost. Suckers are often formed at the base of the plant. Leaf blades become torn by wind and age and add to the generally untidy appearance. With leaves up to 2 metres long, this plant is only suitable for large gardens. Huge 300mm white flowers appear in autumn.

STRELITZIA NICOLAI

The Natal wild banana grows up to 12 metres high and 4 metres wide and the multi-stemmed dense clump resembles the wild banana and has an aggressive root system. It will not tolerate severe frost. The flowers of this tree have white sepals with blue petals and will appear throughout the year.

STRELITZIA CAUDATA

This species is unbranched and multi-stemmed, growing up to 6 metres tall. Flowers appear in autumn and the sepals are white with light mauve petals. This is the smallest of the giant *Strelitzia* species, but due to the aggressive root system and size of the mature plant, it's only suitable for planting in large, frost-free gardens.



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Rumour-spreading, gossiping and talking behind people's backs is destructive. It destroys people's reputations and causes a range of social problems such as exclusion.

BY DR ILSE RUANE

As parents, educators and coaches, we need to teach children to live with integrity. It is common knowledge that people love to gossip, and we must teach children to stay out of it. Talking about other people and their private affairs is one of life's greatest temptations that we all succumb to. It is human nature to compare ourselves to others and often we cannot resist talking about other people. It is hard to avoid listening to gossip and we often find ourselves participating in gossiping and spreading rumours. But the truth of the matter is that, at the end of the day, it is nothing but judgemental and disrespectful, no matter what your reasons or motives are.

WHY DO PEOPLE GOSSIP AND SPREAD RUMOURS?

Some people spread rumours and gossip as a way to intimidate others and gain status or popularity. Others spread rumours out of jealousy, fear of competition, or to exclude someone from a group. Spreading rumours as a way to turn people against someone is a form of bullying. It can have serious consequences for the person doing it, it hurts the person being talked about and it intimidates other people.

Sadly, when other people see this kind of thing going on, they do not always stand up for what is right. They may become less friendly to the person who is being talked about or even exclude them.

The reasons for this may be:

- They incorrectly believe the rumour or gossip without clarifying the reality with the person being spoken about.
- They are afraid of becoming the next target.
- They enjoy being part of the gossiping and may even take the stories further to other people.
- Through joining in the gossiping, they exclude the other party, thereby guaranteeing their position and their safety within the group - i.e. exclusion of the other creates inclusion for oneself.
- It keeps the focus off them. If one gossips about someone else, there is no time to focus on oneself and one's faults.

- Or they may not have thought about why the speaker is spreading the destructive stories in the first place. What does the speaker have to gain from such a conversation? What is their motivation? Does it make them look better or explain away their bad behaviour?

It is important to remember that we do not have to be friends with everyone, or even like everyone. But not liking another person does not give someone the right to spread rumours, gossip, or put them down. Acting like this shows a lack of courage and maturity. It is a false way to try and gain popularity or status in the group and it almost always backfires in the end.

People generally gossip due to their own insecurities. What they don't understand is that real popularity comes from feeling comfortable with oneself and from treating people with kindness. People who are truly well liked treat everyone with respect and fairness. They do not put other people down. They do not try to gain power by having 'followers' or popularity at the expense of another person. They are confident and sure of themselves, so they do not have to resort to this unkind behaviour.

COUNTERACTING GOSSIPING

So what can kids do if they find themselves the target of rumours and gossiping? Firstly, they should turn to a trusted adult and talk to them about what is going on, for example a parent, teacher, school psychologist, or sports coach.

Let that person know what they are going through. Keep them up to date on what is going on, even as things start to get better. Sometimes it is better to talk to someone outside of the situation because they have some distance from the problem and can look at it from a fresh perspective. They could find a friend or two who will stick by them and who will not listen to rumours. They could share their feelings with those friends, without allowing themselves to be drawn into a similar pattern by speaking unkindly about the person spreading the rumours.

If they do, they then become that type of person. It's better to rather spend time and energy having fun with friends and doing activities they enjoy.

They should not dwell on the situation, but speak up. They could consider speaking to the girl or boy who is spreading rumours; approach her/him and calmly say something like: "I know we don't get along. You don't have to like me, but you need to stop spreading rumours about me and talking behind my back." There's no need to be angry or mean - just discuss the situation calmly, assertively and maturely.

After saying what they want, they should walk away. There is no need to wait for her/him to say anything back. They should leave her/him to think about what they said.

Every situation is different, but it's important to make sure things do not lead to more nastiness or fighting. It can also help to have a friend stand with them when they talk to the girl/boy.

Encourage your kids to take care of themselves and do things that strengthen their confidence and generate positive feelings. Going through a situation like this can be difficult and hurtful but gathering inner strength, and getting support from people who care, can help them to get through this difficult situation. Encourage them to focus on positive things, and believe in themselves.

NEGATIVE ADULTS

There is a disturbing trend of adults gossiping about other people's children.

As adults, we do not do enough to stem the tide of rumour-spreading and gossiping. It is bad enough that children are speaking poorly about other children, but it is another thing entirely when adults speak badly about children. More and more often in my therapy consultations, I am seeing parents and children struggling with the fallout resulting from adults gossiping about other people's children. Parents are upset that their children are victims, and children's lives are made very difficult. Parents talk about other children openly in the parking lot or on the sports field. Staff members are shocked at what they hear

in their parent-teacher meetings. People ask me why they see more of this behaviour. Perhaps adults do not seem to understand the harm in their actions because it is 'harmless chitchat'. Or perhaps it is more sinister – that these adults are badmouthing children for specific personal reasons, for example, to discredit other children because of jealousy, to create a diversion from the issue at hand which involves their own child, or seeing other children as a potential threat to their child in terms of status, success or popularity.

Adults have many misconceptions about their own behaviour when they are around children. They think that if they sit in the back of a room at a children's event and talk, no one can hear them. They think that their children will take their advice when they do not live by example, saying "Do as I say and not as I do."

They think that when they talk about other children to other adults, especially in front of their own children, there is no harm being done to that child. But both children are being harmed; theirs and the other child. Their child, who is listening to the stories, is being raised to believe such talk is acceptable and harmless, and the other child, whose

character they are defaming, is being harmed in many unseen ways.

It is important to remember we never know the whole picture of a child from the little pieces we get from observing isolated events in their lives, such as at sports events. Adults who participate in bad-mouthing or gossiping about other children, even as a listener, need to remember the child that is being gossiped about is being harmed by their indirect participation. The adult doing the gossiping does not necessarily have the insight into their behaviour and the effects thereof, therefore, the onus falls on the listener to try and see the bigger picture. By trying to see the bigger picture, the listener can prevent themselves from falling for the gossip story and can perhaps glean the hidden agenda.

Gossip is spread for social reasons; therefore, if someone is gossiping to you, consider what they are hoping to achieve. Also remember, if a person so easily gossips to you, do you really think they are not gossiping about you, behind your back, to someone else as well?



To speak to Dr Ilse Ruane, please call: 083 376 1995.

THREE TIPS FOR PARENTS

I offer three tips to parents regarding rumours and gossiping based on what I hear in my private practice:

1. Do not bad-mouth others in front of your own children, whether it is your own adult friend you are having words with or the fact that you are jealous that another child did better in the exams, cricket match or dance competition than your own child. Children do not understand how to process such information, never mind the fact that they are observing first-hand what disrespectful and unkind conversations are like. You are the role model and their observations become the basis for their behaviour.
2. If you no longer want your child to play with a particular child, simply stop the playdates. Make your rules for your own child. Do what you feel is right without spreading stories about the other child. The old saying "If you don't have anything nice to say, don't

say anything at all" should apply equally, if not more so, when you speak in front of or about other children who are still learning about socialisation, behaviour and expressing emotions.

3. There is NEVER a valid reason to go after another child by using rumours and gossip. If you as an adult have a problem with a particular child, maybe you need to look a little closer to home to uncover why you feel this way. By looking honestly at your motivation behind participating in rumours and gossip, you might uncover awareness regarding where these feelings come from. Even if you, as an adult, dislike a child, there is still no valid enough reason for bad-mouthing a child to other adults or children.

Nothing exudes unhappiness and insecurity more than rumours, gossip and bad-mouthing others.

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GREEN DOGS & CATS



How to
reduce your
pet's carbon
pawprint



Sustainability is a vast subject, but a very useful definition is “meeting the needs of the present, without compromising the needs of the future”.



SUSTAINABILITY has to be this decade's buzz word. And with good reason. After many years of dire warnings regarding our impact on the planet, organisations and individuals worldwide are finally stepping up and taking responsibility for reducing their personal load on our limited resources. But published research into how having pets affects sustainability has thrown the cat amongst the pigeons and left many pet parents with ruffled feathers.

So how, exactly, do our pets fit into the sustainability debate? What are our basic responsibilities as pet parents, to ensure that our pets, and our habits as their caregivers, don't place undue pressure on the environment?

WHAT IS SUSTAINABILITY?

Sustainability is a vast subject, but a very useful definition is “meeting the needs of the present, without compromising the needs of the future”.

Why are our furballs in the firing line?

- There are currently in excess of a billion pet dogs and cats on the planet - eating billions of tonnes of animal protein per year. And animal-based products are the most energy-sapping agricultural ingredients to produce. With more pet parents demanding higher-quality, 'human grade' meat products to feed to their furkids, in order to improve their health and well-being, our animals are now in direct competition with humans for food.
- The billion pets also excrete an estimated quarter of a billion kilos of poop each day! Where does it all land up?
- Besides food, the pet industry is massive (and growing), producing toys, accessories, treats, clothing, gadgets, etc. on a grand scale. The manufacturing processes and packaging required for these items have far-reaching effects.
- Pets need medications and other products like

shampoos and parasite control to ensure they enjoy the peak health and wellness they deserve. Hence, the pharmaceutical industry is also heavily represented by companies producing all manner of lotions and potions for animals – involving more chemical waste and high-energy manufacturing processes.

- And what about the impact of domestic animals on the finely balanced wildlife populations around us? A UK study showed that British cats with access to the outdoors were responsible for hunting more than 200 million small animals in a year! If your felonious feline has a penchant for a specific species and is an avid hunter, that local population doesn't stand a chance. Certain pet dogs, particularly hunting breeds, are also players in the carnage. And, of course, untold numbers of starving strays and feral animals have to kill to survive.

SO WHAT'S THE ANSWER? NO PETS?

One respondent to a 'no holds barred' article on pets and sustainability printed in the US Guardian stated: “You'll prise my pet out of my cold, dead hands!” Pets are our family and there is no more sense in telling pet parents to stop keeping pets, than there is in saying that parents of human children should give these up too, due to their impact on the environment.

We would, in any case, make the greatest environmental impact if we all gave up our vehicles. But, there are a few areas, that can dramatically affect the pressure that the pet population worldwide places on our planet, that each of us can consider and adapt to suit our lifestyles.

1. Check out the manufacturers

Before choosing the brand or type of food you wish to feed your pet, research





the manufacturing processes employed by the supplier, their commitment to responsible environmental practices and the type of packaging they utilise. This applies, too, to Raw and Meat-Based Diets (RMBDs), which tend to use a lot of packaging for safety reasons. Twisted Whiskers supports only those suppliers we know have strict environmental policies in place. These manufacturers continually strive to reduce their burden on precious resources, for example, by using grey water wherever possible, building plants that require less energy to sustain, using fish products from sustainable marine sources, and packaging the finished products using recyclable or bio-degradable materials.

The ingredients are worth a great deal of thought too. Some feel that pets should be fed lower quality diets that make use of all the off-cuts rejected in the manufacture of human foods. While there is much sense in this argument in terms of sustainability, we know that dogs and cats thrive and enjoy increased longevity when fed premium-quality diets.

There is also the counter-argument that pets who eat good food absorb more and excrete less. We feel there's a good balance here. A top-quality, animal-based product doesn't have to exclude grains or other carbohydrates, although the 'Grain Free' trend is currently growing in the pet-care industry. Much research has, in fact, proven that dogs and cats very seldom have problems

digesting grains (as many humans do). Grains can form a very useful part of a balanced diet for them, and can contribute valuable proteins, too, when combined with other meat-based proteins. Grain production, in turn, is gentler on the environment. Also look at the sustainability of the particular meat protein sources in your chosen pet food brand. Beef production, for example, has the heaviest impact on our planet, while chicken is relatively light. Also beware of products made from 'exotic' game products like bison, wild boar, etc. How are those wild populations being sustained, given the mass production of foods now containing these ingredients? A final interesting thought on the pet food debate: TW management recently visited the world's largest pet-industry trade expo, Interzoo, in Munich and attended a talk on sustainability in the pet industry. The speaker, a highly-recognised expert in the field, believes that the only truly sensible and sustainable protein for the pet industry to utilise is insect protein. And there are currently companies working on insect-protein pet diets. They are packed with all the amino acids our pets require for health and well-being and bugs are certainly a very sustainable commodity. Watch this space!

2. Waste Disposal

You may think that disposing

of your dog's poop in a bio-degradable poop-bag is a responsible environmental decision but even bio-degradable bags can take over 10 years to break down! While scooping up after your pooch on a walk is an hygienic and often mandatory practice, most bags used aren't degradable and all that doggy-doo ends up immortalised in plastic, in a landfill. It's not a great idea to flush pet poop either, as it's too nitrogen-rich for our wet ecosystems. Pet poop is best composted - but take care not to use it on your veggie garden, as it contains E.coli and other harmful bacteria.

Environmentally conscious cat parents should avoid clumping kitty litter at all costs. Clay is strip-mined, which is an incredibly harmful practice for the environment and the clumping material, sodium bentonite, acts like expanding cement - it's also used in grouting, sealing and plugging products in the construction sector - and may clog up your fur-child's insides as he grooms. The silica dust contained in other absorbable litter can also coat cats' lungs. Choose environmentally-friendly litters that are safe for kitty and safe for the planet. There are a number of these available at Twisted Whiskers - they can be flushed safely, or composted.

3. Reuse and Recycle

Our pets don't need expensive, mass-produced, heavily-packaged toys to have fun. We know how much joy they get out of hiding in cardboard boxes or chasing old tennis balls. There are thousands of ideas online for making your own pet toys out of recycled items around the home. And if you don't have time to get crafty and are looking for a special toy for Max and Luna, invest in well-made, durable ones that





won't be shredded in 2 seconds and need to be replaced weekly. TW sells a range of top-quality toys that can withstand the most determined chewers for years and can even be popped into the washing machine or dishwasher to ensure hygiene. We are committed to stocking our stores with more items from suppliers who use natural or environmentally-safe materials and minimal packaging.

Remember to recycle your pet food packaging. But before you do so, bear in mind that the bulk food bags can be used as very useful interim holders for garden refuse destined for the compost heap – the 20kg and 40kg bags make gathering trimmings a breeze.

4. Adopt, Don't Shop

It goes without saying that sterilising our pets is the only way to prevent millions more unwanted pets overpopulating the earth. If you're looking for a new furry member of the family, think about adopting rescue animals, rather than fuelling the demand for the breeding of more pets. If you're after a specific breed, there are rescue organisations looking for loving homes for practically every breed known to mankind.

5. Watch Unnecessary Energy Output

Do you leave heaters on for your pets in cold weather? Rather purchase a

self-heating mat for their igloo or kennel. Does the water fountain run all day, unused, when your animals prefer to lap from the bird bath? Do you leave the TV or radio on to keep your pets company while you're away? Why not sign your pooch up at a doggy day-care facility where he can enjoy endless fun and socialise with other pets? Or create a special area of the garden (a sandpit is perfect), where all your pup's favourite treats and toys are buried and where he can dig and play for hours without getting into mischief in other 'off-limits' parts of the home.

6. Indoor vs. Outdoor

Many pets overseas are kept indoors due to various factors, from extreme weather to owners' fears about dangers from predators or vehicles. In SA,

our pets are still able to enjoy an outdoor environment for much of the time.

But we need to be aware of their habits and take responsibility for their impact on our surroundings. Cats should

wear safety collars with bells attached to alert unsuspecting prey. Or investigate the possibility of keeping your cat indoors with access

to an enclosed outdoor exercise area like a 'catio', which is safe for both your cat and the critters in your garden and beyond.

7. Type, size and number of pets

When you consider getting a pet, be it the very first furry bundle you welcome into your home, or a new addition, think about the potential carbon pawprint of the animal you have in mind. Smaller animals eat less, poop less and use smaller dosages of medications and other products than larger pets do. Cats eat diets higher in meat protein (which is more

draining on resources), but also produce less waste than dogs, who eat a more omnivorous diet. If you and your family are especially invested in the idea of reducing or eliminating the consumption of animal products in your home, think about adopting a pet that thrives on a vegetarian diet, like birds, rabbits or hamsters, rather than trying to adapt the diet of carnivorous animals to suit your lifestyle. While many companies are now formulating 'vegetarian' and 'vegan' dog and cat foods, these are NOT recommended and do not provide the nutrient profile necessary to promote health in dogs and cats. Also, pay careful attention to the amount of food your pets consume – pet obesity is an enormous problem and overfeeding is not only seriously damaging to your furkid's health, but also wastes resources.

Despite the sobering wake-up call that pet parents have received from the scientific community, if we each take personal responsibility for our own carbon footprint, and our furry family's carbon pawprint, Mother Earth will breathe a sigh of relief and scientists and engineers will be free to focus on solving a far more menacing problem: our collective 'carbon tyre-track'.





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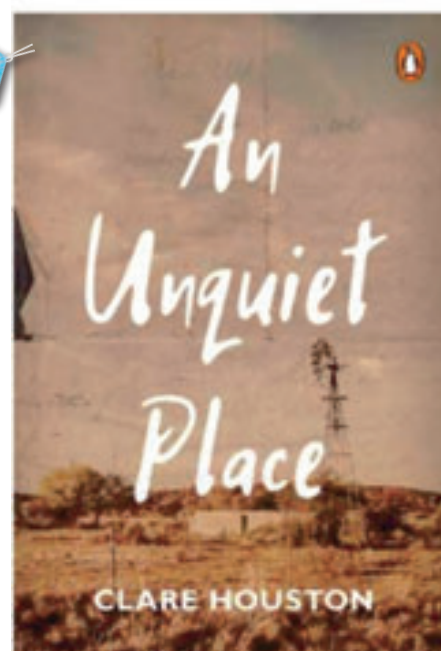
A UNQUIET PLACE

By Clare Houston

Hannah Harrison escapes her stalled life in Cape Town for a small-town bookshop in the Free State. A concentration-camp journal from the South African War, found in a dusty box of old stock, reveals the life of Rachel Badenhorst, a young girl separated from her family and enduring the crushing hardship of war. Hannah becomes obsessed with finding out what happened to Rachel.

Coveting the young girl's courage and endurance, she is compelled to uncover Rachel's story, never thinking it will lead her to pick open the wounds of a local farmer and dig up old tragedies, unearthing grief that even the land has held on to for over a century.

R260



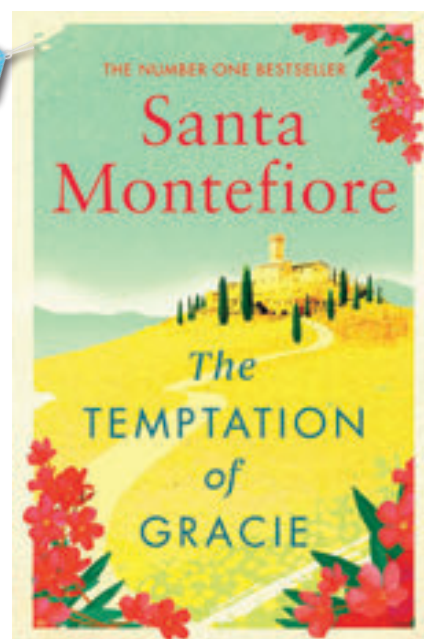
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By Santa Montefiore

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FAIR GAME

By David Fleminger

Fair Game is the story of the hidden history and heritage of the Kruger National Park. It's an engrossing and little-known tale filled with boisterous personalities, twists of fate, unlikely heroes, stubborn perseverance, greedy villains and (luckily) a very happy ending.

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TRUSTING THE UNCREATED

BY PETER STOFFBERG

Have you ever found yourself flat on your back, being wheeled along a cold, brightly lit corridor, shielded only by a few woefully inadequate items of clothing? Your short, gown-like garment (that cannot and will not close at the back no matter what you try) is complemented by two slightly transparent objects – a shower-cap-like-thing on your head, and something curiously similar, but with two extra holes, masquerading as your underwear.

This is no fun at all. Add to it the anxiety of knowing that complete strangers are about to perform a painful and intrusive procedure on your unconscious body, and you have what some may rightfully refer to as a nightmare.

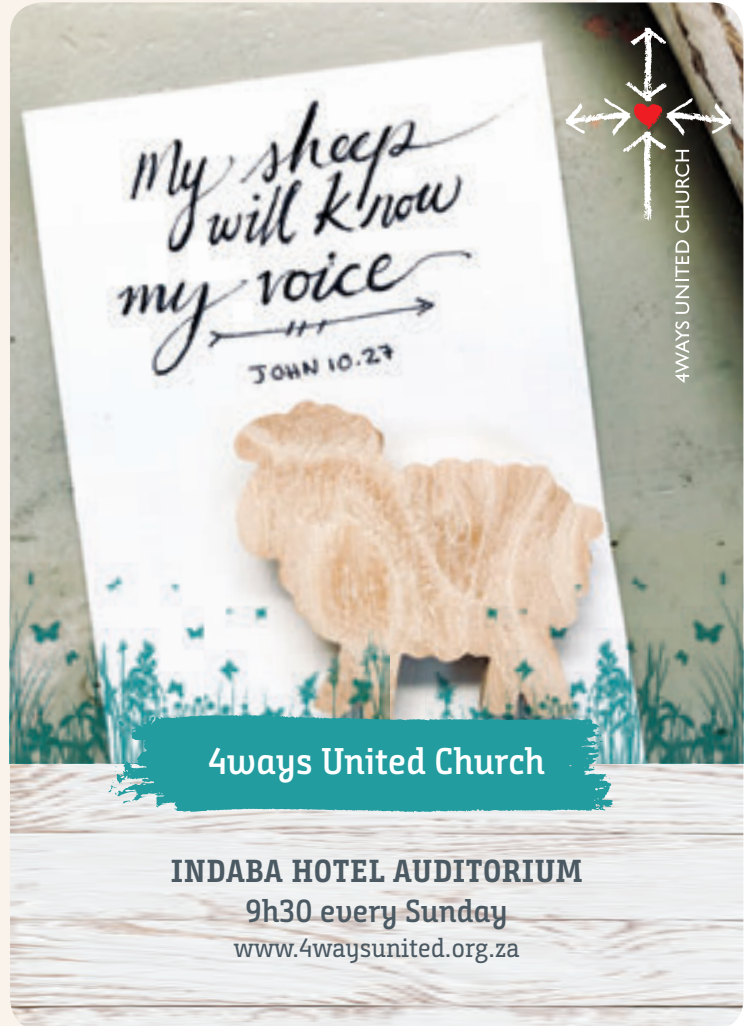
Then there's the anaesthetic, and it presents its own dilemma. Is it a merciful release from the trauma of the operating theatre, or a frightening relinquishment of any last semblance of control? Whatever it is, there's something deeply problematic with it.

We really aren't sure how it works. There are some competing theories, but the complexity of the drug combinations that numb our pain, blank our minds and paralyse our bodies, have been poorly understood since the first time we discovered that breathing Ether fumes knocks us out. We humans, anaesthetists and patients, trust it without being able to explain it.

As disturbing as this is, I'm grateful to be spared the conscious experience of the sights, sounds and painful sensations of my surgery, and especially grateful for a deeper assurance which can't be found in any medical text book explanations.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him was not anything made that was made. (John 1:1-3 ESV).

If nothing that has been created, was created without Jesus



(here called the Word), and Jesus surely didn't create Himself, then Jesus, like God the Father and the Holy Spirit, is uncreated, eternal and the creator of all things.

This isn't easy to comprehend or explain, but it still brings a deep assurance that has carried many of us through surgery and far worse. Our trust is in someone who knows how everything works, because through Him, everything was created. There is someone who is in control of everything and He is never taken by surprise. There is someone of this power, magnitude and wisdom who chose to become human and experience suffering in a body like ours. Someone who loves us so much that He gave His life for ours, and then rose from the dead. Jesus may be difficult to completely comprehend or explain, but why should that stop us from trusting Him? How wonderful and complex He is.

Peter



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I'M A PSYCHIATRIST, LET ME THROUGH!

BY JAMES CLARKE

In his autobiography *Youth*, JM Coetzee asserted that happy people are not interesting.

"Better to accept the burden of unhappiness and try to turn it into something worthwhile, poetry, or music, or painting," wrote Coetzee.

I have tried all three in my lifetime – as well as trying my hand at other things such as collecting pictures of Hillary Clinton and growing spinach. None has made me happy, so I am not sure if it was working for me.

There was a Muscovite (which I thought was a kind of duck until I discovered it was somebody who lived in Moscow) named Reuben Vardanian, a psychologist, who famously stated that money is not the source of happiness. He said, "Whether you have \$20 million or \$55 million makes no difference to your level of happiness".

I am sure this is true. I would be happy with a mere \$20 million. And I would certainly be more interesting. I'd even be happy with \$10 million. Even \$5 million come to think of it – or even \$1 million.

Yes, I accept: happiness does not move up and down with one's bank balance.

Years ago I reported on a lecture by the Liverpool University psychologist, David Bentall, in which he said very happy people suffer a form of mental instability that distorts their view of the world. Really happy people, he said, might sometimes be mentally ill but they would be "unlikely to seek treatment."

Lolly Brower, a retired Johannesburg librarian, telephoned me after reading of Bentall's theory in my newspaper column. "I am worried," she said with a little laugh that was immediately indicative of her condition. "Most of the time I am a happy person but now you tell me it's a form of insanity. What am I to do?"

First, I said, she must not believe everything she reads in the newspaper (outside of my own column that is).

Second, she must keep her happiness to herself. Many people might feel insecure at the thought of there being a happy person freely roaming the neighbourhood.

Third, she must seek professional help.

Lolly then asked, "What would the treatment do?" It would, I told her, make her unhappy like the rest of us.

"But that's absurd," she said with a slightly louder laugh. I could now hear hisses in the background, presumably from people trying to doze in the library's reference section. They were no doubt pointing vigorously at the SILENCE and STILTE signs.

"You mean I would have to pay good money to a specialist until, eventually, I'm thoroughly depressed?" "No," I said, "not thoroughly depressed. Just miserable. It's so easy. Think of it, there's so much to be unhappy about. There's the petrol price and the price of cheese; there's VAT; our politicians; Zimbabwe; government corruption; Eskom; crime; the constant din of taxis crashing. . ."

"Being normal doesn't necessarily rule out the occasional smile," I said. "But avoid actually laughing because, when you come to consider the state of the country, you could easily become hysterical and have to go around asking people to slap your face."

Too late. I could hear Lolly's laugh hitting high C. Above her shrieks and sobs I could hear people shouting "Silence! Stille!" and "I'm a psychiatrist, let me through," and "What book is she reading? Because I want it next!"

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