

# DAINFERN

*precinct* LIVING



## PIETER ROSSOUW ON ART

Issue 7 2018

**Spring grooming  
for Pets**

**Allergies and  
hayfever season**

**E&M: Third wave  
of convergence**







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FOR EVERYONE.**

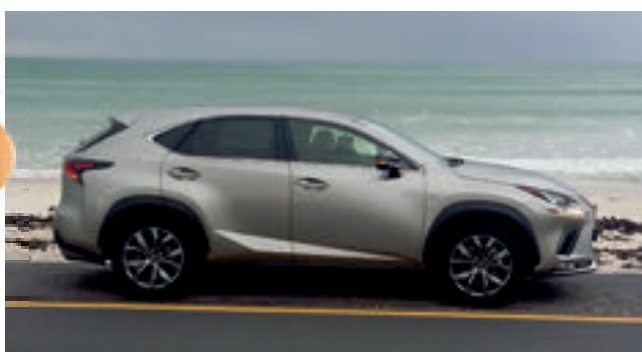
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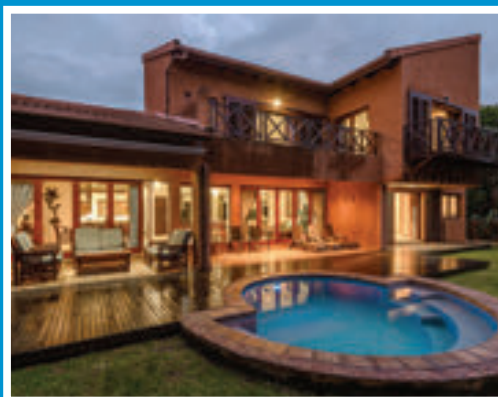
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# SAFETY FIRST

It's the time of year again when pressure starts to mount and school and work activities reach a crescendo. Students are studying for those crucial end-of-year exams, shoppers are visiting the malls more often and travel arrangements are being finalised for the summer holidays.

This is also the time when crime increases and, in this issue, Advocate Jean Berdou gives us useful tips about maintaining our safety in shopping malls. Be sure to read this article and keep abreast of the hazards to be avoided as you go about your daily activities.

Keeping our children safe is vitally important, but while keeping them away from physical harm seems obvious, keeping them from the dangers that they may encounter as they begin to mature is a parental duty that's a little more obscure. In her article about sexualisation of children, Kelley Bloemink highlights how parents can help to prevent naïve and innocent tweens and adolescents from falling into the sex trap, the scars from which could become irreversible, if their behaviour is not properly monitored.

Particularly in a fast-paced society such as the one we are immersed in here in our affluent suburbs, children become socially more advanced and their physical and 'common sense' faculties lag behind. It's really up to us adults to be the custodians of their futures and Kelley's points are well worth taking to heart.

In our feature article in this issue, we visit Pieter Rossouw who lives and works in the precinct. A talented artist, Pieter spends much of his time applying his creative energies to producing hair creations in his exclusive hair and nail spa. A complimentary hand massage is given with each hair treatment and you can actually go for the 'full works' all at the same time. This is the ultimate in pampering – the last image that I saw as I was leaving his haven of creativity was just that – one of his trendy clients surrounded on all sides by ladies pampering her hands and feet, with Pieter doing her hair, all while she was chatting to her friend on her phone. With all that attention, one can't help but feel extra special.

Take care during this frenetic period and make sure you take some time out just for you!

*Ann*

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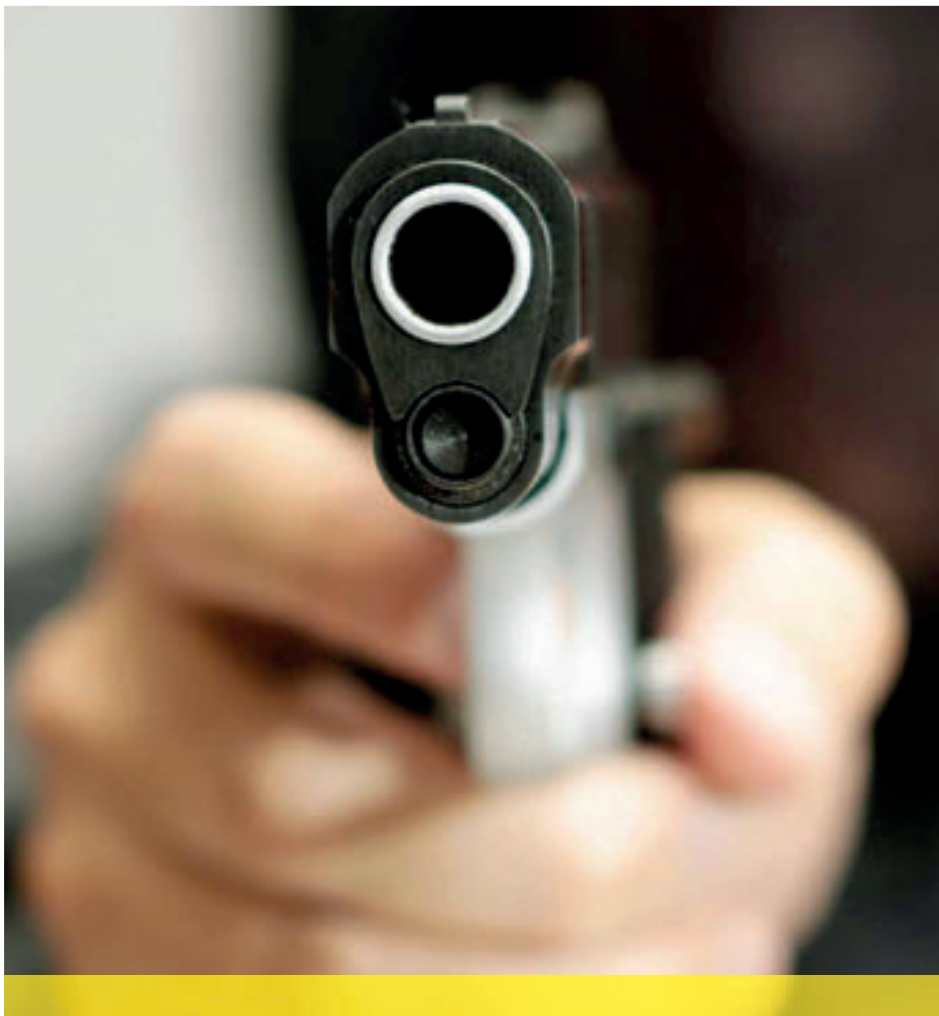
# SAFETY AT MALLS



**The recent spate of robberies has raised the question: just how safe are our shopping malls?**

BY ADVOCATE JEAN BERDOU





**S**outh Africa is well known for its plethora of retail outlets and shopping centres, especially in Gauteng. We use shopping centres for entertainment, meals, children's amusement, browsing and, of course, retail therapy.

However, as one would expect, there are security considerations that need to be taken into account when frequenting malls. The most prominent crimes in malls are theft, such as pickpocketing, and theft out of motor vehicles as a result of car remote jamming. The ironic aspect of these crimes is that they are very preventable by the community. By simply looking after their property, locking valuables away out of sight and checking that their cars are actually locked, community members would be able to reduce the level of crime substantially.

Unfortunately, one of the difficulties that we face in South Africa is the incidence of community apathy and carelessness and criminals see this lax behaviour as an opportunity to benefit themselves.

There are, of course, less prominent but more concerning threats, for example safety of children, armed robberies and the theft of vehicles, that need to be prevented by increasing community awareness.

Malls spend substantial amounts of funds on security and the police conduct regular

patrols, but it falls on the community to play their part in preventing crimes and being alert and responsible.

So, when you're in a mall, remain vigilant. Be aware of who is around you and behind you. Don't become so absorbed in talking on your phone or texting that you're oblivious to where your children are or your bags and possessions are. Don't leave your cell phone lying around. Zip your handbag. Keep your kids in sight and within reach. Criminals target shoppers who are distracted, so let them know that you are alert and aware of what's going on around you.

This also goes for all transactions at the till points. Always check that the total on the credit card slip matches the total of the transactions, **before** you leave the store. It's a simple detail, but one that most people ignore.

There's also a certain amount of common sense that goes along with these precautions. If you see someone, or a group acting suspiciously, walk the other way or even out of the mall. If you see someone else falling victim to a crime, alert security. No criminal element can operate in an environment where the community is observant, so rather report all suspicious activity to the police and the centre management. Remember, you are part of the solution. Don't think it doesn't matter – your contribution to combatting crime can make an enormous difference to the safety of the community as a whole.





Above: Hockey alumni and College boys



Above: Touch rugby competition



Left: Mixed hockey fun on the Astro





*Above: Some of the Class of 2008 at their 10-year Reunion Dinner.*

# CELEBRATING PAST & PRESENT



It is always with much pride that Dainfern College welcomes back its alumni each year. It is wonderful to reconnect with the confident and successful young men and women who have matriculated from the College since the first Matric Class in 2001, and to celebrate their achievements in tertiary studies and the workplace as well as share the joy of their special life events. While past students are always welcome to attend functions throughout the year - with winter sports derby days being particularly popular with former students - there are two special occasions each year where the connection with past students is celebrated.

The first is the annual Alumni Sports Day. Informal matches are held between alumni and the College first teams in cricket, netball, touch rugby and hockey. The old boys usually reign supreme in touch rugby, while

the other sports are keenly contested between past and current students. The alumni particularly enjoy the opportunity to play on the College Hockey Astro as many of the older matriculants had left the College before it was built.

The evening ends on a social note where alumni, staff and students share memories and catch up on each other's news.

The 10-year Reunion Dinner is the highlight of the alumni calendar. This year saw a record number of old boys and girls from the Class of 2008 attend the event, held at Jonny's Restaurant in Dainfern. Those attending took great pleasure in reconnecting with old school friends as well as the staff that attended. The evening was filled with 'Do you remember when...' and the slideshow highlighting their time at the College was cause for much laughter and nostalgia.



## FOR FURTHER INFORMATION ABOUT DAINFERN COLLEGE

please contact the Marketing Manager Mrs Deidré Proxenos  
on 011 469 0635 or email: [dproxenos@dainferncollege.co.za](mailto:dproxenos@dainferncollege.co.za)







# TEAM



# SA





**O**n Saturday 1 September 2018, team South Africa JKA (Japan Karate Association) competed at The JKA Karate All Africa Cup Championships held at the Ellis Park Indoor Arena in Johannesburg. In attendance at the event were countries from all around Africa as well as some senior Japanese instructors from JKA Head Quarters in Tokyo, Japan, to evaluate South Africa's readiness to possibly host the next JKA World Championships in 2023.

Team SA JKA did exceptionally well by capturing the majority of the medals on the international stage in the face of fierce competition from other African countries on the day. Liam Duvenage (11 years old) of Dainfern JKA Karate performed outstandingly once again, building on his confidence from his stellar performance at the JKA World Championships in Ireland in 2017 and winning a silver medal in the Junior Boys Kata 11 year old division.

Liam had a very tough division considering the amount of entries from all the other countries but this did not deter him from doing magnificently well and winning second place overall. We are so unbelievably proud of Liam and his achievements. Just to be able to compete at such a young age on any international stage is something which requires a huge amount of discipline, training and, of course, belief in one's own ability.

Leading up to the event, Liam trained up to 6 hours a day, 7 days a week with his coach, Bernard Buys. This just shows the sheer determination and perseverance of Liam as was evident in his winning



*Liam Duvenage's training up to 6 hours a day, 7 days a week with his coach Bernard Buys paid off. He won 2nd place overall in his age group.*

# AT THE JKA KARATE ALL AFRICA CUP

the silver medal. "We at Dainfern JKA Karate and everyone at Dainfern Golf & Country Estate are extremely proud of Liam and his achievements," says Sensai Bernard Buys, Team SA JKA Karate Coach. "We wish Liam and other junior students at Dainfern JKA Karate all the very best with their future competitions to come and we say bring on Japan 2020!"

The SA JKA Karate senior team also did exceptionally well by beating all the other African countries in the very competitive preliminary rounds on Saturday 1 September 2018 to advance to the final rounds. The SA JKA Karate senior team won the finals in both Kata and Kumite as well as in the team event. The individual Kumite saw competitors fighting it out to advance to the final 8 with South Africa being victorious in the end. All in all, it turned out to be a very successful tournament and South Africa was commended on its hosting of The JKA Karate All Africa Cup Championships.

"It was indeed an honour and privilege to be part of a truly African event such as this. Many thanks for all the support from everyone, we appreciate it so much. We at Dainfern JKA Karate look forward to producing more world class karateka to represent South Africa in future years to come," Bernard concludes.

Join up and become a world class Karateka.



For more information and to become part of the Dainfern JKA Karate family, please contact:  
**Bernard Buys** (5th Dan, JKA) 083 709 9289  
e-mail: [bernard.buys@mweb.co.za](mailto:bernard.buys@mweb.co.za)  
**Classes:** Wednesday and Friday afternoons at The Pavilion, Dainfern Golf & Country Estate.



ONE  
YEAR OLD  
TO GR.12



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## SPORTING EXCELLENCE

Our Indoor Sports Centre, due for completion in 2019, caters 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 will cater for year-round Water Polo, swimming events and training.

### Aquatics Centre



### Sports Centre



## BOARDING LIFE

Our boarding facilities are comprised of three buildings, catering for boys and girls. We strive to maintain a homely yet structured and supportive atmosphere, and students reside in boutique apartment style rooms, complete with en-suite facilities, private study areas and concierge services. We try to create a comfortable home-life by focusing on small details such as baking homemade treats for the students to enjoy, or arranging special cultural events. Facilities are modern, yet are underscored by old-fashioned values that include having good manners – being punctual, respectful of seniors and elders, as well as helpful and clean and tidy.



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House

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## THE DIFFERENT DIMENSIONS OF ART

Art can be found in so many different forms, from huge sculptures, to miniature reflections of nature. Creative expression can also be found using the medium of hair, as **Ann Arnott** found out when she visited **Pieter Rossouw** in his hair and nail spa in the Mulberry Hill Office Park. She asked him about his creative journey.

**AA:** Pieter, you've just turned 40 this year. This is often seen as an important milestone in one's life. Tell us about your artistic expressions and what you're doing these days.

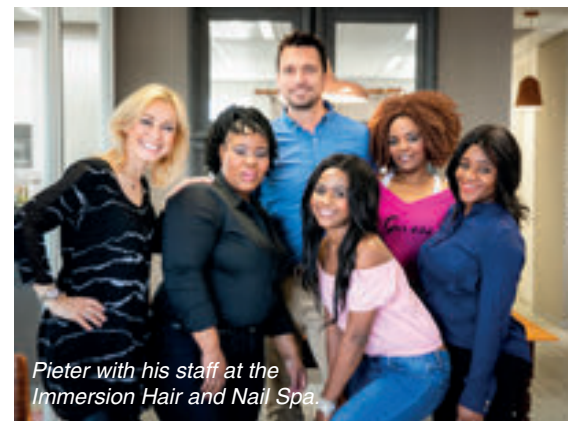
**PR:** I grew up on a farm in the Free State and as a teenager I found creative expression in a wide range of mediums – working with wood, painting, even gardening. I entered a few art competitions and actually won a few awards. But now my art is a lot more exclusive. I mainly do commissions for clients who are looking for something specific.

**AA:** How did you progress from that to working with hair?

**PR:** Hair styling is basically art, but working in a different medium. What I enjoy is the ripple effect. You can literally change a person's life with a hairstyle. To me, that's my true purpose – connecting with people and finding ways to improve their confidence.

**AA:** What made you choose to open a small, boutique-style salon instead of operating in the more mainstream hairdressing operations found in shopping malls?

**PR:** After I got my hairdressing diploma in Bloemfontein, I went and worked on the cruise ships for three years. The routes covered were the Caribbean, Mexico, North America and Alaska. I was a spa manager and the number of people that I had to deal with and the high standards that they maintained taught me a lot. It was a very good experience. After that, I did work in mainstream hairdressing – in total, I have worked in hairdressing for 22 years – but that's where hairdressers tend to burn out because the tempo is always frantic and rushed. I went back to the farm for a



*Pieter with his staff at the Immersion Hair and Nail Spa.*





while and took a sabbatical, and then when I came back to Joburg, I decided to put together something more intimate, somewhere tranquil, where we can bring body, mind and soul together, where our clients can immerse themselves in the experience and relax.

**AA: I hear it's not only women who come to your salon, but men and children, too. Why would they choose to visit you in the office park, rather than going to the mall?**

**PR:** Firstly, for kids, I really believe a proper professional haircut is essential. The old fashioned idea of a quick home cut is an absolute no-no. If you give the kids properly-shaped hairstyles, it gives them more confidence and, you as a parent will find the style a lot more manageable. For men, we do Brazilian treatments if the hair is coarse or unmanageable. Again, a good cut is essential. And I try to keep the colour as natural as possible.

**AA: What about the Glamour treatments for women?**

**PR:** I really enjoy taking a normal style to another level and that I do when we do the Glamour Styles. It could be for a wedding, matric dance, 60th birthday, or a day at the races – any occasion where a woman wants to really shine and feel like a million dollars. We do up-styles and Amazonliss Brazilians, in addition

to colour and highlights. Another way for a woman to achieve the most amazing head of hair is through the addition of hair extensions. We use 100% natural human hair and we can add it to short hair or

long hair to add volume, and we can fit any budget. Depending on how quickly your hair grows, extensions can last between 3 and 4 months, although that varies from person to person.

**AA: And then you have the nail treatments?**

**PR:** We decided to offer the nail treatments as an all-in-one service. Unless it's a simple cut, a client could find that he or she is with us for quite a while, so it makes sense to also have a hand treatment, manicure and pedicure at the same time. It's another way that we strive to go the extra mile and make the experience absolutely amazing.

**If you would like to contact Pieter about his art, or for more information about treatments at the Immersion Hair and Nail Spa, call 071 333 8170.**



## COMPETITION

Immersion Hair and Nail Spa is giving away a Full Hair and Full Nail makeover which includes a complimentary consultation with Pieter.

The Full Hair makeover will include; colour, highlights, cut and blow dry. The Full Hand makeover will include; a manicure with gelish to the value of R2 540.

They will also be giving away a pedicure with gelish, a wash and blow dry to the value of R700.

\* Each prize also includes a complimentary hand massage

For queries and more information please contact Zoe on 071 333 8170.

Answer the following question:

**Q: Where did Pieter Rossouw grow up?**

Email your answer – with "Dainfern Precinct Living - Immersion" 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.





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# SIX MILLION STEPS

**Cancer is a life changing experience, the effects of which Peter Dunn felt when he lost two people dear to him to this debilitating disease. His pledge to raise awareness and much needed funds to fight the disease took him on his own life changing journey this year.**

**O**n Tuesday, 10 April, 2018, Peter Dunn embarked on the backbreaking Pacific Crest Trail (PCT), a hike that took him a gruelling six million steps to complete over a five-month period. His commitment to this arduous challenge was in order to raise awareness and funds for the CHOC Childhood Cancer Foundation SA that is dedicated to the fight against childhood cancer.

The trail tested Peter's abilities to the max and signifies the harrowing and unforgiving journey that children with cancer undertake in their fight against the disease. Peter, who lost his mom to cancer and the six-year-old son of very special friends, had a score to settle.

The PCT starts at the Mexican border in a town called Campo, California, and traverses the length of the United States of America - through California, Oregon and Washington - ending at Manning Park, British Columbia, Canada. It is a monster distance. Fewer people have hiked the PCT in its entirety than have climbed Mount Everest! With all the undulating ascents and descents, this hike is the equivalent of almost 15 ascents of Mt Everest from sea level.

His journey was not without its fair share of setbacks. This is what he achieved.

- 4 264 kilometres
- 150 days
- 7 national parks
- 60 major mountain passes
- 19 canyons
- 57km stretch without any water
- 5 pairs of shoes
- From the Mexican border, up through the United States to Canada – on foot
- 6 million steps.

Peter arrived back in Johannesburg on Wednesday, 26 September, 2018, tired but exhilarated. "I did this for those special little souls who would really want to be out and about, but just can't. I hope that every step I took on this trail will be worth a thousand steps forwards for each of the little warriors fighting the fights of their lives," he says.

CHOC Childhood Cancer Foundation SA is the only organisation in South Africa that provides comprehensive countrywide support for children with cancer and other life-threatening blood disorders, and their families. The foundation's comprehensive support improves the wellbeing and quality of care to children with cancer and offers families a wide range of psychosocial services and practical support such as counselling, free accommodation close to treatment centres, free transport and a transport fund to ensure that no child abandons treatment due to the family not affording transport costs, and parent-to-parent support groups.

Support CHOC Childhood Cancer Foundation SA by donating and make sure you know what the early warning signs of childhood cancer are. For more information, visit: <http://choc.org.za/>.





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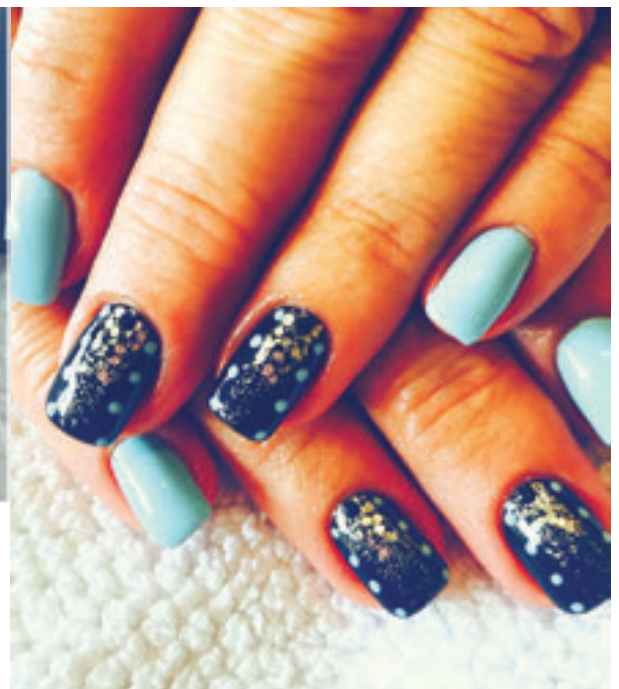
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Leopard



Wild dogs



Male and female lions



# WOW

## OVERSEAS VISITORS

BY JAMES CLARKE IMAGES BY MARY BROADLEY

Visitors invariably experience a certain thrill of excitement and nurture expectations when arriving in Africa, of all places. One is obliged to take them somewhere and tell them about the most positive and alluring aspect of this country's odd character – its wildlife.

I don't necessarily mean wow them by cranking out 'facts-that-will-amaze' - like how the giraffe's heart is the size of a bucket or that old male lions eventually starve to death because there are no females to hunt for them. But, bearing in mind how most overseas visitors have read of the slaughter of Africa's elephants and rhino, they might be (and probably will be) surprised to know the situation here is quite different from the rest of Africa.

Thanks to a comprehensive report by the Johannesburg-based Endangered Wildlife Trust (EWT), South Africa's situation can be regarded as far more optimistic than what exists elsewhere in Africa.

The EWT was the brainchild of an old friend, Clive Walker of the Waterberg. Clive, a game ranger turned artist, author and conservator, founded the EWT in 1973. It became Africa's most active and effective wildlife institution whose recent national survey has caused a stir.

Bear in mind that apart from becoming extinct, the saddest fate to befall a wild animal species is to be categorised as 'extinct in the wilds'. Most visitors assume that our black rhino is in this

Those of us who live in the cosy, walled-in estates around Gauteng are sometimes visited by friends, relatives or business associates from foreign lands - and, if you are like me, you feel compelled to impress them with 'wow facts' about this much-criticised country.



Buffalo



*White rhino*



*Kori bustard*





category and on the brink of oblivion. After all, it is now listed as 'critically endangered' by the IUCN (International Union for the Conservation of Nature). That's one notch above 'extinct in the wilds'. But the IUCN's trusted associate in South Africa, the EWT, says while the black rhino is on the brink from a global point of view, locally it is rated as 'vulnerable' - two categories more optimistic than being 'critically endangered'.

Not long ago, the EWT produced a 700-page report - *Red Data Book of the Mammals of South Africa: a Conservation Assessment*. It is possibly the most comprehensive wildlife status evaluation of any country in the world.

The global IUCN report says the elephant is in dire straits across Africa and is being poached for its ivory on a scale that cannot be sustained. Some countries have lost nearly all their elephants. By contrast South Africa has too many.

While poaching may be relieving the population pressure in say Kruger Park, the stress and widespread disruption caused by poaching is having traumatic effects on the elephants' extraordinary and quite admirable social structure.

The EWT points out that South Africa is the third richest country in the world in terms of its variety of animals and plants. From an international tourism point of view, it certainly has the most charismatic species and the most accessible places for viewing wildlife. An overseas visitor can practically be guaranteed to see a rhino in

its natural habitat. There's the Pilanesberg National Park, 90 minutes from Johannesburg and Pretoria by car, which has both the rare and secretive black rhino as well as the much larger white rhino. There are at least 700 black rhino in South Africa with 230 in Kruger Park and 463 in the Zululand reserves according to the EWT's 2016 count. That's a good basis to grow the population.

In my book, *Overkill*, I recall how 50 years ago, the white rhinoceros was down to 437 in Zululand, its last refuge. Now there are thousands with a healthy population in Kruger Park despite the poaching for rhino horn (which, thankfully, is now declining). The EWT's chief executive, Yolán Friedmann and her all-female executive, say South Africa is one of 12 countries that, among them, possess two thirds of the world's living species.

Here are some 'wow' facts to impress visitors: We have almost 300 different kinds of land and sea mammals ranging from the world's tiniest (the shrews) to the world's largest - the blue whale. Among them we have the world's largest land mammal (elephant), tallest (giraffe), fastest (cheetah); the world's largest bird (ostrich) and the heaviest flying bird (kori bustard) - as well as other superlatives.

But it will need vigilance and intelligent management to stabilise our wildlife situation. Of the 295 mammal species, half (147) are currently doing fine in the category of 'least concern'. Ten are regarded as 'critically endangered'. Seven of these 10 critical mammal species are

found nowhere outside South Africa and include two species of moles, two bats and the Ongoye red squirrel.

A couple of months ago Mary and I wrote of our stay in the Southwest Karoo where one of the 10 'critically endangered' species exists: the riverine rabbit. It is unique to that region. There may be as few as 1500 left. Its biggest threat is habitat destruction. We found that conservation has greatly improved in the region but the rabbit continues to decline.

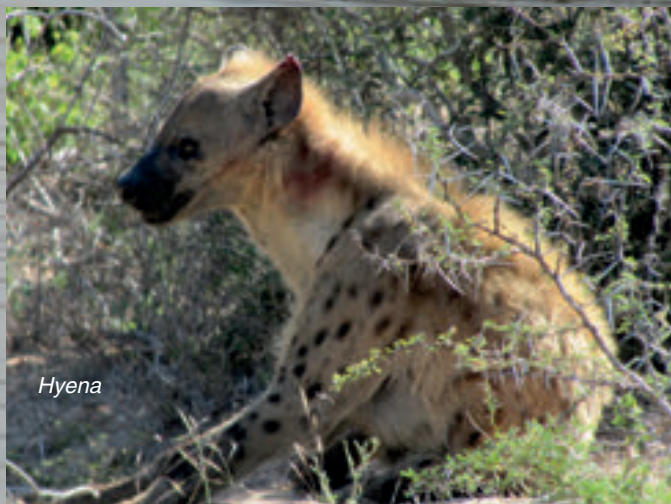
The report makes the point that, while the potential loss of such species is not going to excite the public mind, "the ecological significance of these smaller mammals may nevertheless be important to the survival of other species. Any loss of a species reduces diversity and therefore threatens the whole."

As John Donne wrote: Never send to know for whom the bell tolls... \*

What will surprise many is to find that the lion and the cheetah are 'vulnerable'. There are fewer than 2500 lions in the wild in South Africa with 2000 in Kruger Park and its abutting reserves. The wild cheetah's population is 460.

\*An expression from a sermon by John Donne. Donne says that because we are all part of mankind, any person's death is a loss to all of us: "Any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee."

Elephants in Pilansberg National Park



Hyena



Young hippo





Maldives

# TOP 10

## TRAVEL DEALS

**1. Summer savings with Oaklands on the Knoll (Knysna).** Rates from R736 per self-catering unit per night. Each unit sleeps four guests. Offer excludes flights and taxes. Valid between 1 November and 14 December 2018. *For more information visit [www.booking.com](http://www.booking.com).*

**2. Early bird discount offer from Finfoot Lake Reserve.** Rates from R2 360 per chalet per night. Offer is applicable for midweek stays, and includes one nights' accommodation, breakfast, dinner and two activities. Valid between 1 November and 13 December 2018. *For more information visit [www.finfoot.co.za](http://www.finfoot.co.za); email: [finfoot@dreamresorts.co.za](mailto:finfoot@dreamresorts.co.za) or contact them on 060 605 5878 / 012 277 8900.*

**3. Zanzibar African Sun, Sand and Sea offer from Africastay.** Rates from R8 970 per person sharing. Offer includes return flights departing from Johannesburg, return transfers, four nights' accommodation at the three-star African Sun, Sand and Sea, with all meals and selected drinks. Valid until 30 November 2018. *For more information visit [www.africastay.com](http://www.africastay.com); email: [sales@afriicastay.com](mailto:sales@afriicastay.com) or contact them on 011 592 9000.*

**4. December Sun Maldives offer from Club Med.** Rates from R36 690 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, and seven nights' accommodation with all meals, selected drinks, entertainment and more. Set departure 8 December 2018. *For more information visit [www.clubmed.co.za](http://www.clubmed.co.za) or contact them on 0860 258 293.*

**5. Maldives all-inclusive offer from**

**Starlight Holidays.** Rates from R21 930 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, seven nights' accommodation with breakfast, lunch, dinner and selected drinks, bicycle hire for the duration and more. Valid between 24 November 2018 and 12 January 2019. *For more information visit [www.starlight.co.za](http://www.starlight.co.za); email: [sales@starlight.co.za](mailto:sales@starlight.co.za) or contact them on 087 357 9133.*

**6. Unwind in Zanzibar this December with Rove Africa – Islands and Safaris.** Rates from R22 050 per adult sharing. Offer includes return flights to Zanzibar, approximate taxes, return transfers, seven nights' accommodation at Sandies Baobab Beach Resort with breakfast, lunch, dinner and selected drinks daily, daily activities and more. Valid between 1 – 22 December 2018. *For more information visit [www.roveafrica.co.za](http://www.roveafrica.co.za); email: [info@roveafrica.co.za](mailto:info@roveafrica.co.za) or contact them on 011 453 2790.*

Zanzibar





*Tintswalo Safari  
Lodge and Manor  
House*



**7. Tintswalo Safari Lodge & Manor House's 3 for 2 offer.** Rates from R10 650 per person sharing per night. Rate includes one night's accommodation at the five-star Tintswalo Safari Lodge in an Explorer suite with all meals, selected drinks and game activities. Book two nights and receive a third night complimentary. Valid between 1 – 30 November 2018. *For more information visit [www.tintswalo.com](http://www.tintswalo.com); email: [res1@tintswalo.com](mailto:res1@tintswalo.com) or contact them on 011 300 8888.*

**8. Explore the Mediterranean with MSC Cruises.** Rates from R7 425 per person sharing. Offer includes Seven nights' accommodation, all meals and entertainment. Offer excludes port charges, flights and taxes. Visit Italy, Malta, Spain and France. Set travel dates 26 January - 2 February 2019. *For more information visit [www.msccruises.co.za](http://www.msccruises.co.za) or contact them on 087 075 0850.*

**9. Experience Turkey over New Year with Azure Travel.** Rates from R13 155 per person sharing. Offer includes seven nights' accommodation, selected meals, English-speaking guides and entrance fees. Offer excludes flights and taxes. *For more information visit [www.azuretravel.co.za](http://www.azuretravel.co.za); email: [info@azuretravel.co.za](mailto:info@azuretravel.co.za) or contact them on 011 678 1146.*

**10. Enjoy a romantic break with aha Sefapane Lodges and Safaris in Phalaborwa.** Rates from R6 000 per couple for five nights. Offer includes five nights' accommodation with breakfast daily. Available midweek only for South African residents. Valid until 15 December 2018. *For more information visit [www.aha.co.za](http://www.aha.co.za); email: [cro@aha.co.za](mailto:cro@aha.co.za) or contact them on 010 442 5885.*



*Turkey*

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A man with brown hair and a beard, wearing a blue button-down shirt, is sneezing into a white tissue. He is outdoors, with a blurred background of green foliage and sunlight. The word "POLLEN" is overlaid in large white letters on a dark purple rectangular background.

# POLLEN

## MIGHT NOT BE THE BIGGEST CULPRIT BEHIND SA'S HAYFEVER WOES

BY KATHY THERSBY

**A**s usual at this time of the year, our two huge Tipuana Tipu trees shower massive amounts of pollen on the garden. And then suddenly the whole family has a headache of note. It prompted me to do some digging and I found Dr Mike Levin, Allergy Advisor to Pharma Dynamics, a leading generics antihistamine medicine provider. Dr Levin says that, for decades, hayfever sufferers have been led to believe that their condition is brought on by the amount of pollen in the air, but there are a host of other triggers too.

"Hayfever symptoms vary from person to person, but typically include an itchy, runny or blocked nose, watery eyes, sneezing, coughing, scratchy throat, postnasal drip and/or fatigue," he says.

"Pollen could in many cases elicit a severe allergic reaction, but sufferers will be surprised to learn that their nasal allergies might not have anything to do with pollen spores. This is why pinpointing where and when an allergy occurs is vital."

Dr Levin explains that even though the treatment might


be the same in many cases, avoiding the source is a crucial part of tackling an allergy, and this can only be done if the trigger has been identified correctly by examining the patient's history and doing confirmatory tests, such as skin prick tests or ImmunoCAP.

"Unfortunately, many in our country are unable to access allergy specialists and laboratory tests to get the right diagnosis and treatment. In general, there is a huge misconception that if someone sneezes a lot, they must have pollen-induced hayfever, when it could be due to many other allergens such as dust mites, pets or cockroaches."

According to Dr Levin, the most commonly inhaled allergens are:

- Different types of pollen (from trees, grass, weeds and flowers)
- House dust mites
- Cat and dog dander
- Cockroaches
- Fungal spores.





Dr Levin recommends that nasal allergy sufferers see a doctor with skills in allergy treatment, to perform a skin prick test, or an immunoglobulin (IgE) antibody test, which will help to link the allergy to a specific substance or substances.

“An allergic reaction occurs when the immune system overreacts to something, which is often in the environment of the affected person. To protect the body from the allergen, the immune system of an allergic person produces antibodies called immunoglobulin E (IgE). These antibodies are found mostly in the lungs, skin and mucous membranes and cause certain cells to release chemicals, such as histamine, into the bloodstream. It's this reaction that triggers allergy symptoms,” he explains.

“Since IgE antibodies are unique to each allergen, tests are very good at picking up ‘sensitisation’ or the presence of these antibodies. However, any result must be carefully checked against the patient’s history, as some people might have antibodies that are not related to any of the symptoms.”

“Doing the test is important, because it might just uncover an allergy that you knew nothing about and, by avoiding the cause, it could significantly reduce your symptoms and improve your quality of life. Importantly, if you are not ‘sensitised’ to an allergen, avoiding it will make no difference whatsoever,” he says.

#### **OTHER TRIGGERS THAT COULD WORSEN SYMPTOMS**

- Strong perfumes and cold air can trigger nasal symptoms.
- Red wine – Alcohol is a vasodilator, which widens your blood vessels and can cause a runny or stuffy nose. But wine in particular can exacerbate symptoms because it contains sulphites. Red wine is highest in sulphites and is fermented with grape skins, which contain a protein allergen.
- Veggie drawer – Some fruits and vegetables contain proteins similar to those found in pollen, which can confuse your immune system.
- Swap contact lenses for glasses on high-pollen days since dust and pollen can stick to contact lenses, trapping allergens against your already itchy and irritated eyes.
- Swimming in chlorinated pools may irritate your airways, which could aggravate allergy symptoms.
- A humidifier is a reservoir for mould and bacteria, so clean it regularly to get the maximum relief from this device.

According to Dr Levin you can treat nasal allergies with antihistamines, which prevent histamine from attaching to your cells and causing symptoms. A decongestant can also be used to reduce the swelling in the nasal passages, but he warns that the latter could cause a rebound effect if used for longer than the recommended three to five days, which could end up making you even more congested. So use only as directed.

**Useful allergy online resources include:**  
[www.allergyfoundation.co.za](http://www.allergyfoundation.co.za) and  
[www.allergyexpert.co.za](http://www.allergyexpert.co.za).

**“There is a huge misconception that if someone sneezes a lot, they must have pollen-induced hayfever, when it could be due to many other allergens such as dust mites, pets or cockroaches.”**



# A THIRD WAVE OF CONVERGENCE

**Africa's entertainment and media industry enters a dynamic new wave of convergence**







**T**he borders that once separated the entertainment, media (E&M), technology and telecommunications industries are blurring in the battle for the attention of the consumer in a world that is rapidly digitising.

As the mobile device cements itself as the pre-eminent source of the E&M experience, the most disruptive, forward-thinking companies are striving to create an integrated ecosystem suited to this consumer-driven dynamic. This is according to *PwC's Entertainment and media outlook: 2018 – 2022: An African perspective* released recently.

By 2022, total E&M revenue in South Africa is expected to reach R177,2 billion, up from R129,2 billion in 2017. Internet (access and advertising) is expected to grow at a compound annual growth rate (CAGR) of 11,3% over the forecast period to reach R91,2 billion, up from R53,4 billion in 2017.

Overall, E&M growth will be less reliant on internet access revenue as organic growth opportunities in internet connections start fading towards the end of the forecast period. Internet advertising will greatly exceed TV advertising in terms of growth, leading the way with a 13% CAGR over the forecast period to reach R9,4 billion. Internet advertising will overtake TV advertising spend in 2022.

The *Outlook* is a comprehensive source of analyses and five-year forecasts of consumer and advertising spending across five countries (South Africa, Nigeria, Kenya, Ghana and Tanzania) and 14 segments: internet, data consumption, television, cinema, video games, e-sports, virtual reality, newspaper publishing, magazine publishing, book publishing, business-to-business (B2B), music, out-of-home (OOH) and radio.

Vicki Myburgh, Entertainment and Media Leader for PwC Southern Africa, says: "It's clear we're

in a rapidly evolving media ecosystem that's experiencing Convergence 3.0. In Convergence 3.0, the dynamics of competition are evolving while a cohort of ever-expanding super competitors and more focused players strive to build relevance at the right scale. And business models are being reinvented so all players can tap into new revenue streams, by, for example, targeting fans and connecting more effectively with customers to develop a membership mind-set.

"The pace of change isn't going to let up anytime soon. New and emerging technologies such as artificial intelligence and augmented reality will continue to redefine the battleground. In an era when faith in many industries is at a historically low ebb and regulators are targeting media businesses' use of data, the ability to build and sustain consumer trust is becoming a vital differentiator."

South Africa's E&M industry faced a challenging year in 2017 amidst economic and socio-political uncertainty. Total E&M revenue rose at a comparatively low rate of 6,8% year-on-year to R129,2 billion. A bounce-back in 2018 sees an anticipated 7,6% year-on-year growth, while the CAGR to 2022 is forecast at 6,5%.

South Africa will see a strong CAGR of 7,6% for consumer revenue to 2022, moving from R93,9 billion in 2017 to R135,7 billion in 2022. Beyond revenue from the internet segment (buoyed by apps revenue), there are many success stories, most notably that of video games, which will surpass books, magazines and B2B to become the third-highest contributing consumer segment.

There is a striking difference in growth between digital and non-digital revenue, which have CAGRs of 11,4% and 1,8% respectively. Put another way, digital revenue will add R41,3 billion and non-digital revenue R6,7 billion in absolute terms to 2022. The non-digital elements of five different segments –



books, magazines, newspapers, OOH and video games – will all decline to 2022.

## VIRTUAL REALITY

Within this overall increase, the fastest revenue growth will be in the digitally driven segments. Virtual reality will lead the way, albeit from a low base, at a five-year CAGR of 55% to reach R671 billion in 2022, from R75 billion in 2017. “The exceptional growth in VR reflects the excitement in this space. VR devices and experiences are in the early stages of being accepted by the mainstream, as VR now emerges as a viable long-term platform for unique, immersive experiences, attracting major investment from media and technology companies eager to seize a share of this fast-growing market,” Myburgh adds.

After a breakthrough year, South Africa’s total e-sports revenue is forecast to rise from R29 million in 2017 to R104 million in 2022, a CAGR of 29%. A host of high profile events in 2017 helped to propel e-sport further towards the mainstream, and a number of similar events have been and are being held this year.

## VIDEO GAMES

The shift from physical to digital media has been one of the core drivers of the global and local E&M market for many years. But different media segments have experienced strongly contrasting patterns of digitisation. In some cases, consumers have been quick to drop physical formats and embrace digital alternatives at the first opportunity.

A booming social/casual sector is driving strong growth in the video games segment. Total revenue is forecast to rise from R3,1 billion in 2017 to R6,2 billion in 2022, a CAGR of 15%. TV and video will continue to be a major driver of consumer spend. Following growth at 4,8% CAGR over the forecast period, the total TV market will be worth R40,8 billion by 2022.

## BOOKS WILL REMAIN POPULAR

Although the growth rate for physical books is moderate, it is notable that books are performing far better than any other non-digital sector. “Permanency and collectability may be the reason for this. Books are seen as collectibles often owned and displayed for many years, making the loss of their physical presence more significant,” explains Myburgh. Although books currently seem to have the best prospects of any physical media format, they are, like every other media segment, just one disruptive digital competitor away from major upheaval.

Newspapers and magazines will see revenues decline over the next five years. In 2017, total newspaper revenue fell by 2,9% to R8,6 billion. The forecast for the years ahead is for decline at -4% CAGR. By 2022, South African total newspaper revenue is expected to drop to R7 billion. Despite 24/7 access to media and entertainment, the appeal of shared, live experiences still attracts audiences. Music events still draw large crowds, with ticket sales set to see an 8,0% CAGR to 2022, helped by major tours from popular crowd-pulling acts in 2018.

Recovering admissions and rising ticket prices together with improved offerings will see box office revenue deliver modest growth at a 3,5% CAGR through 2022. South African audiences are prepared to pay a premium to watch big-budget films with surround sound, vibrating seats, temperature change, strobe lights and so on. Radio continues to have a solid listener base in South Africa, with a weekly reach of 91%. Radio revenue is projected to rise 3,9% CAGR over the forecast period to surpass the R5 billion mark in 2022.

## CHAT APPS

Chat apps and social platforms have become an increasingly important part of day-to-day life for consumers, both in South Africa and worldwide. As usage and entertainment rise, key players from across the E&M industry have teamed up with these platforms, growing them into ‘one-stop shops’ for consumer needs.

The report shows that advertising in the E&M industry was mostly affected by South Africa’s economic environment, with cautious growth of just 1,9% year on year. An improvement is expected to 2022, with a 3,3% CAGR bringing total advertising revenue to R41,5 billion, from R35,3 billion in 2017. New technologies and devices like artificial intelligence (AI), virtual and augmented

reality, voice-based smart home devices and virtual assistants look set to drive innovation in online advertising on a global scale in the coming years.

## Nigeria

Nigeria saw a huge 25,5% rise in E&M revenue in 2017 to US\$3,8 billion, although US\$605 million of this US\$764 million rise was attributable to internet access. A 21,5% CAGR rate is anticipated to 2022, with revenue reaching US\$9,9 billion in that year. Again, internet access revenue will account for 89,6% of this absolute growth.

## Kenya

Kenya’s E&M industry saw 17% year-on-year growth in 2017, again propelled by growth in the internet sector. An 11,6% CAGR will take the country to US\$2,9 billion in 2022, from US\$1,7 billion in 2017. Outside of the Internet space, TV and video revenue dwarfs the other segments.

## Ghana

Ghana’s E&M industry has more than tripled in value since 2013. Total revenue reached US\$752 million in 2017. It is forecast to surpass US\$1 billion in 2019 and to total US\$1,5 billion in 2022, increasing at a 14,2% CAGR. As with Nigeria and Kenya, internet access spend accounts for much of this revenue and growth. Ghana is in a strong position for further E&M growth as revenue gains critical mass over the next five years.

## Tanzania

Total E&M revenue in Tanzania stood at US\$496 million in 2017, having risen 28,2% year-on-year. Continued momentum at an 18,3% CAGR will see revenue reach US\$1,2 billion in 2022, 2,3 times the size of the market in 2017. Tanzania’s E&M revenue make-up is ostensibly similar to that of Ghana, although here internet revenue takes a slightly less dominant position.

Among them, the five countries considered in the *Outlook* will, driven by Nigeria, add US\$12,4 billion in revenue from 2017 to 2022, at a combined CAGR of 11,9%. Although much of this will fall into the hands of telcos, there are significant opportunities for content providers too. The engine of growth here will be organic, with increased populations and gradually increasing disposable income swelling the ranks of potential E&M consumers – and ever-increasing internet access greatly expanding the range of E&M opportunities available.

“To succeed in the future that’s taking shape, companies must re-envision every aspect of what they do and how they do it. It’s about having, or having access to, the right technology and excellent content, which is delivered in a cost-effective manner to an engaged audience that trusts the brand. For those able to execute successfully, the opportunities are legion,” Myburgh concludes.







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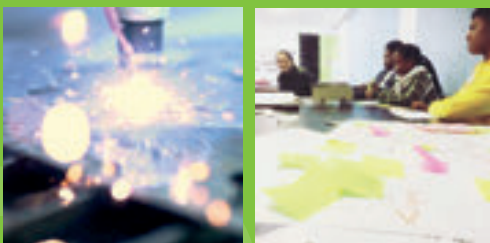
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# LEXUS NX 300 F-SPORT

BY ALAN ROSENMEYER

Watch our You-Tube video review: <https://www.youtube.com/watch?v=H1WSZN7xz2A>



Initially, Lexus vehicles were considered to be premium but rather dull and conservative in design. The NX, launched around 2 years ago was the beginning of a move towards more cutting-edge design cues. The standout was the gaping, sharp front end that has now moved onto other models in the range. The NX also features edgy lines with lots of body creases to create a very distinctive and modern dynamic look.

With the recent facelift, Lexus changed model names and designations. This is not unique to Lexus but has somehow filtered throughout the market with model designations no longer indicating the actual engine size, for example. So, the NX 300 is powered by a 2L 4 cylinder turbo. Get the confusion? I yearn for the days when a 300 badge on the boot meant 3L under the bonnet. Call me old-fashioned, I don't care.

To be fair, the engine is certainly up to the task and the numbers are impressive. Lexus

claim that the outputs are similar to a 3L of old and at 175kW and 350Nm, I can't argue. The exceptionally smooth 6 speed automatic gearbox adds to the equation.

I was fortunate to be given the test vehicle during a few days spent in Cape Town so did not have altitude to consider as is normally the case up here on the Highveld. To compensate, I ensured that we tackled many steep hills and inclines and the NX simply took everything thrown at it in its stride.

The F-Sport version has no mechanical differences to the standard models but adds body skirts, a slightly lower ride and, somehow, a touch of extra aggression to the looks. The slightly harder suspension settings can be felt over speed bumps or very rough roads but, overall, it is an extremely comfortable cruiser.

Moving to the interior, it's a mixture of absolute quality with some slightly old

fashioned features. Somehow the fascia feels a touch dated even though all the necessary features are provided. Perhaps it has just too many buttons where many others have incorporated more features into the touchscreen? The 'mouse' for operating the infotainment system felt rather clumsy to me, although until somebody provides a system that actually works for right-handed people, I can't criticise any particular vehicle.

The biggest mystery to me is why Lexus are not selling far more cars in SA on a monthly basis. They have the premium quality. They have a range that covers most bases, with the SUV categories well covered by the NX and the larger RX, and they certainly have an excellent reputation.

Based on my time with the NX, I can recommend any buyer looking for a premium medium SUV to include this on your short list. At R 797 500, including a 4 year/100 000km maintenance plan, it deserves a look.







# NISSAN QASHQAI 1.5DCI TEKNA

BY ALAN ROSENMEYER

Over the past year, Nissan SA has launched new or face-lifted versions of their entire range of vehicles in South Africa. After attending the launch of the new Qashqai earlier in the year, a test car arrived in the form of the top of the range Tekna.

I have long believed that this is one of the best small diesel engines around. It is powered by the very familiar 1.5L diesel engine used by many models in the Nissan and Renault ranges.

While 81kW may seem modest by today's standards, it's the 260Nm that matters and certainly provides a smooth and comfortable drive with exceptional economy. On an open road run, we achieved the amazing consumption of only 4.6L per 100km.

The 6 speed manual gearbox is light and smooth. CVT automatic versions are available on the petrol powered versions, but the diesel only offers the manual option.

The Qashqai is the smallest crossover/SUV in the Nissan stable but certainly is not a tiny vehicle. The boot size is 272L -

or 952L with the rear seats folded, making it extremely practical and competitive within the segment.

As the range-topping version, the test car was loaded with most of the extras that you could ask for, including infotainment screen with navigation, leather trim and a panoramic roof.

Along with all the new models, Nissan has been rolling out Nissan Intelligent Mobility in their vehicles. On the Tekna version, this includes blind spot

warning, cross traffic alert, forward emergency braking, with collision warning and overhead camera for parking and manoeuvring.

The Qashqai range is priced from R 339 900 to R 445 500 for the version tested and all versions include Nissan's 3 year/90 000km service plan plus 6 year/150 000km warranty.

A full video review is available on the MotorMatters You-tube channel.







# GET A SOUND NIGHT'S SLEEP

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**G**etting a good night's sleep is as vital to our health as drinking enough water and breathing clean air. According to the American National Sleep Foundation, interrupted sleep can cause all kinds of ailments, from decreased attention spans, to increasing the possibility of getting depression or even Alzheimer's disease.

Most people know that feeling of waking up in the morning knowing that you could still sleep for another hour or two.

Perhaps you have a new baby that needs regular attention throughout the night, or your head is busy with plans for the holiday or you're worried about a presentation that you have to do the next day. These interruptions are inevitable, and cannot be fixed with a simple solution, but for distractions like external noise from a neighbor's party or a teenager in the room next door practising their electric guitar skills, we have good news.

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\*Gyproc and ISOVER are part of the Saint-Gobain group, one of the 100 most innovative companies in the world. Together with their sister brands, they demonstrate that it is possible to design, build and renovate buildings complying with their vision of sustainable habitat using their solutions to meet their customers' needs.



If you think you need to upgrade your ceiling, you can get in touch with Saint-Gobain at [smartceilings@saint-gobain.com](mailto:smartceilings@saint-gobain.com) for an obligation-free assessment.





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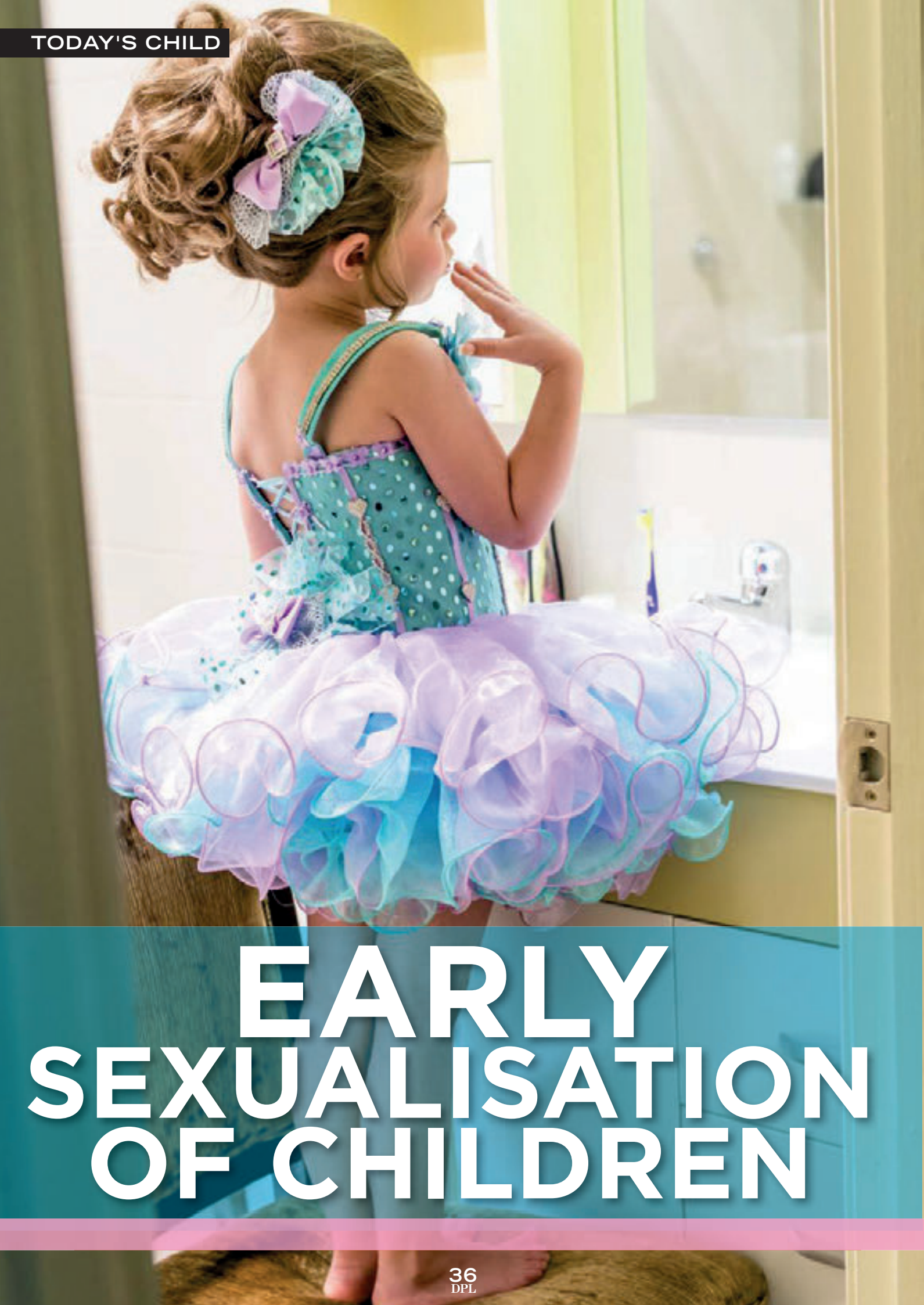
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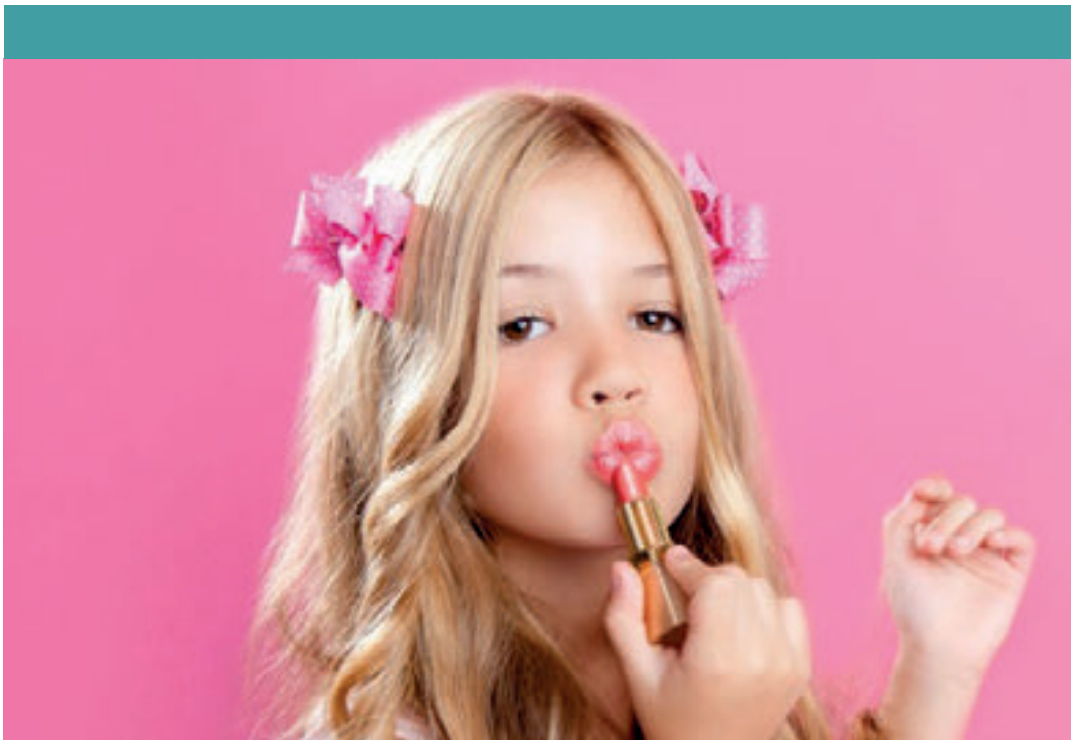






# EARLY SEXUALISATION OF CHILDREN





**The middle childhood years (ages 9 - 11) and early adolescence (ages 12 - 14) are carefully guarded age groups. These periods are about innocence. They are not about being sexually aware.**

BY DR ILSE RUANE

**T**here is a widespread perception, based on a combination of clever marketing, explicit lyrics, music videos and X-rated games, as well as social media, that we are creating a culture where we are sexualising young children and adolescents. Magazines and advertising appear to objectify young girls; social media tells adolescents to behave in sexually provocative ways; and, sadly, parents are raising girls and boys in a heightened sexual manner.

Young girls are 'told' very early on that high heels and make-up are the way to go, while boys are raised to be physically dominant in their lives. Internet-based youth culture pressurises them to dress and behave in ways which define them as sexual objects.

Girls who buy into this sexualised way of thinking and behaviour tend to demonstrate educational under-achievement and a tendency to engage in early sexual experiences. On the other hand, boys are told to be

tough before their time, to 'man up' and display their power and control. Boys who are sexualised early may buy into the concepts that girls are not equal partners in relationships, but rather are to be dominated and controlled, often through violence and aggression. Such boys tend to get involved in early experimentation, and forcefully pressurise girls and other boys into age-inappropriate behaviour (whether sexual, deviant or violent).

In general, most parents flinch at their children's dress choices at some or other time and reprimand them for their inappropriate behaviour. Some parents, however,







support the child's sexualisation. Perhaps due to unawareness as to the effects of sexualising them young, parents may directly promote their child's sexuality to "make him more popular with the girls", and "if she has a boyfriend and dresses sexy, she will be liked". These parents argue that all this concern for children's and adolescent exposure to sexuality is just much ado about nothing. These girls are wearing clothes that are fun and "it's not like they are having sex, they are just playful". This is the same parent who is very shocked later on when their child runs into trouble for being sexually active too early or picks up on playground talk related to their child being called a 'slut'. For these parents, boys must be masculine and display their dominance until the parents get called into the principal's office because their son was propositioning the girls.

The truth is that the impact of this early sexualisation on our youth is real and it is not good. Children are sponges, they suck up everything around them. TV, movies, and the internet send unhealthy messages loudly and persistently. These messages drown out other healthier messages that might be trying to get through. When children are exposed to these messages often enough, they cannot help but internalise them and make them their own.

For example, if mom tends to behave in a sexualised manner and is overly invested in her appearance, her daughter will pick up this behaviour and internalise it as normal. She is then taught that she's not

good enough as she is if she is not overly focused on her appearance, enhancing it with make-up, clothes, hair and body posturing. The same goes for her son – he will internalise women as needing to behave in a provocative manner.

What happens then when a girl does not behave that way? An adolescent boy may then tease her about being a prude because she will not sit on his lap or provide him with kisses, while older boys might get more forceful if the girl does not behave as expected.

The bad news is that mothers can cause their young daughters to buy into this early sexualisation, potentially causing them to develop attitudes about their sexuality that can have serious long-term consequences on how they view themselves and their future sexual behaviour. The good news is that mothers also have the ability to moderate these unhealthy messages about sexuality, using them as learning opportunities and through their own role modelling.

Fathers, whether they have girls or not, play vital roles in sexualising children because they too are sexual beings. If they read certain men's magazines, ogle cheerleaders while watching rugby, flirt with the waitress, or get upset when the wife is not sufficiently 'dolled up', what messages are they sending to their children?

You cannot deny the role fathers play in creating aggressive boys and permissive

girls if their approach is that of control and dominance in the home. The way fathers treat mothers is directly internalised in the developing child/adolescent as the way in which men treat women. If dad treats mom with disrespect or in a sexual manner in front of the children, they again internalise this as the norm. Violence within the parental home is also internalised by children and adolescents, and tends to manifest in peer relationships and later in life.

Fathers can also be directly responsible, despite society's male-dominated hierarchy, for teaching boys to be gentle and girls to be strong in contrast to societal discourse where boys are encouraged to display masculine dominance and girls are encouraged to be the weaker sex.

Clothing companies, social media and technology cannot be solely blamed for early sexualisation of children. Parents who buy inappropriate things may be part of the problem. Also, parents who do not monitor their children's social media accounts and cell phones based on excuses of privacy and being 'the cool parent' are indirectly supporting the sexualisation, as well as other forms of exploitation, of their children and adolescents.

Many parents either turn a blind eye or actively encourage the sexualisation of their children. They see nothing wrong with youngsters lying about their ages to sign up to social networking sites such as Facebook or Snapchat, watching adult films, playing X-rated games like *Grand Theft Auto* or wearing provocative clothing.

Location settings on social media can expose children to a wide range of problems when the wrong person has access to their whereabouts. Playing a game that permits gangsters to run over prostitutes may have undesirable effects on developing young minds as it condones violence of men towards women or of men towards certain women, as well as promoting criminal behaviours as being cool. Similarly, posting photos of children on social media where they are posing seductively or flirting with the camera creates the standard to which photos are judged as 'good' and 'not good' by the child.

I had a mother in therapy a while back who doctored her 13-year-old's photos via an app to enhance certain of the child's attributes. What message does that send to the child regarding how she looked prior to mom's Photoshopping?

Sadly, children are influenced enough by peer pressure and social media - there is no need for parents to promote sexualisation. These unhealthy messages shape the values, attitudes, and beliefs children and adolescents come to hold about themselves, their relationships and the world in general. It is not hard to see, then, how early exposure to sexuality can



set girls and boys on an unhealthy life path.

### WHAT ARE SOME OF THE DIRECT OBSERVABLE EFFECTS OF EARLY SEXUALISATION?

Research suggests that girls who are exposed to and internalise sexual messages in popular culture are more likely to have low self-esteem and depression, and suffer from eating disorders. Problems with same sex peers occurs as these girls are often only interested in boys.

Sexual experimentation starts far earlier than we would like as they get involved with many boys and rotate boyfriends according to who is popular at the time. Incidentally, the boy's popularity is also linked to his level of sexual exposure and demonstration. These boys and girls tend to form groups together which perpetuate the sexually enhanced nature of the interactions. Their talk becomes focused around sex, sexual behaviour and they may even physically start to role

play sexual actions with one another. For example, boys and girls pretending to have sex, fully clothed, to demonstrate their knowledge of the sex act. But it is a slippery slope from there.

Boys tend to believe that they need to be more 'buff', display their strength and aggression in their day-to-day interactions. These boys get into tussles at school, fight on the playground and engage in sexually inappropriate behaviours with girls such as sexting, requesting photos, as well as early sexual experimentation.

Research further shows that academic performance in both girls and boys is lower in early sexualised children. Academic and sport performance is no longer important, time is spent on looking good and creating a web of popularity linked to appearance and sexuality.

Practically speaking, these children are so busy texting, sexting and playing games that they struggle to find the time to study or no longer value academic learning because

"being pretty gets me more attention" or "being dominant gets me the girl". Girls spend their time at school displaying a sexy attitude when boys are nearby. Boys walk around strutting their stuff.

These behaviours are the complete opposite reality of the view they are trying to achieve. These social performances are not a display of strong identity features or positive senses of self. These displays illustrate weaker self-images and demonstrate the mask these children believe they need to portray for popularity sake. They are directly attention-seeking behaviours which, in time, may escalate.

### SO WHY DO PARENTS TURN A BLIND EYE OR ENCOURAGE UNHEALTHY SEXUAL BEHAVIOURS?

Parents have told me they "do not want their children to miss out". They "do not want to restrict their social life" and they are "trying to help their child". Although well intended, these ideas might need to be re-examined.

## HERE ARE MY TOP 5 SUGGESTIONS REGARDING THIS ISSUE, BASED ON WHAT I SEE IN THERAPY:

1. You are the parent, you are not your child's friend. You are the adult, the educator and the role model. They pick up on everything, from your fight with your partner/husband/wife to the parking lot gossip. Being a parent includes being vigilant and limiting exposure to age-inappropriate sexuality, whether it is in the form of age censored games, movies, or social media, etc. If need be, set the age restrictions on all cell phones and TVs.

2. There is no such thing as an invasion of privacy for a child or adolescent. They are underage; therefore you have the responsibility as the parent to monitor their cell phones, and social media account (if you permit them to have one), as well as to be observant as to how they act at school, with friends and at home. As parents, you may have little control over the ways in which peer pressure impacts your children when they are not with you. You do, however, have control over the long-term effects of peer pressure and the factors directly moulding your children. For example, if your daughter is seen flirting with the boys when you pick her up, your role as a parent is to use this event as a learning opportunity. Teach your daughter that she does not need to act that way to get a boy's attention. And, more importantly, teach her she has many attributes other than her looks.

Similarly, if you see your son swaggering across the parking lot, have a conversation with him regarding why he feels the need to behave in such a manner. He too needs to be taught that he has many attributes other than his coolness, which people will admire. In short, discourage sexualised behaviours.

3. There may be times when it is not preventable and your child or adolescent is exposed to sexual messages or behaviour. Stay calm and use these events as teachable moments. Explain to your child what behaviours are healthy and which behaviours are unhealthy. By using any and all occasions as teachable moments, we open a world of opportunities for children and adolescents to learn.

4. Through instilling healthy values and attitudes about sexuality, we are able to mitigate problems later on in the teenage years. If children and adolescents learn what healthy and unhealthy relationships are early on, they may be able to also steer away from problematic relationships later in life.

5. And most importantly, children and adolescents need to learn not to sexually objectify themselves, even though their role models are TV and movie stars, singers and sport stars. Have conversations around what makes these people good and bad role models. Most importantly, the easiest way to teach them not to sexually objectify themselves is through your role modelling as a parent.





# TEST-A-MATICS

Many people assume that test-writing involves only the ability to perform on the day of the test. However, the preparation that we put into play prior to the test performs an equally important role.

BY KELLEY BLOEMINK



The ability to perform well in tests is a skill that requires consistent practise and hence, our students are tested on a regular basis. Tests are designed to assess students on a number of different levels and these include:

- What they know (the knowledge they bring into the test outside of what was studied);
  - What they have learned (the content of the test);
  - What they understand (of what they have studied);
  - What they can apply (to show that they have truly learned the material);
  - What they can deliver within a time frame (the ability to perform under time pressure).
- These principles should be present in the design of all tests so that students are given an opportunity to perform on varying levels.

Questions should also be varied to allow for more concrete, knowledge-based questions as well as more interpretative application-type questions. A well-structured test will incorporate all of these elements to give the student a chance to display his or her knowledge across a broad band of questions.

There are many elements at play in the build-up to test day. Essentially, I teach pupils HOW to prepare for tests so that they can perform optimally on the day. These guidelines are designed to assist students in applying a number of different procedures so that they are in a position to deliver their best.

**1. THE RIGHT SPACE.** Where you study is very important to how you will study. Work in a room that has fresh air, natural light, a comfortable chair and a desk that is at the right height. Ensure that all stationery is on the desk. Remove all distractions like cell phones, computers, etc. that are not necessary for study purposes. When working at night, place a desk lamp on the desk – one that displays light from the top down and spreads across the work space.

**2. STUDY IN ADVANCE.** Start preparing at least 3 - 4 days prior to the test so that your brain has time to adequately process the material. Avoid cramming at all costs. Cramming does not allow you to process the information, and often leads to students saying that they simply forgot the work, or experienced a block. Cramming also creates anxiety because there is not sufficient time to prepare thoroughly.

**3. CHUNKING.** Divide the study material into small, manageable pieces so that you are not overwhelmed by the volume of work. Also, allocate a timetable to your study sessions. When you are working from a schedule, it is much easier to chunk your time effectively. Work through each section, one section at a time. Ensure that you understand what you are studying so that you can commit it to long-term memory. Use a study method that works for you and don't try new methods amidst the study session as this will simply confuse you and eat into your time.



**4. DISTRACTIONS.** Take action against possible distractions. Remove the distractions from the room so that you are not tempted to be distracted. Alert the people in your home to your study schedule so that they are mindful of your activities.

**5. READY-STEADY-GO.** Ensure that you have had a good night's sleep the night before the test and eat a hearty breakfast in the morning. Avoid stimulants such as coffee and energy drinks as they will simply spike your energy levels temporarily. Arrive at the test venue on time and avoid huddles of people discussing the test as this could expose you to unnecessary anxiety. Keep calm and focused.

**6. BE CONFIDENT.** Aim to do your best in the test and don't allow negative thoughts to cloud your mind. Focus on what you know and what you can do. Use positive self-talk to keep yourself on track during the test. Don't ever tell yourself "I can't do this". If you tell yourself you can't, you probably won't.

**7. QUESTION TYPES.** Be familiar with the different types of questions and the expectations thereof, e.g. multiple choice, true or false, fill-in, short questions and essay-type questions. Each of the questions posed to you requires knowledge of HOW to answer it and it is essential that you answer it correctly.

Familiarise yourself with the different types of question words that are used in tests, e.g. analyse, examine, explain, extrapolate, justify, etc., so that you answer the questions correctly.

**8. PUT THE HIGHLIGHTER DOWN.** There is no need to turn your question paper into a luminous work of art. Students often go overboard with the highlighter which disputes the point of extracting the relevant information. It can also be a very time-consuming activity.

**9. POSTURE POWER.** Maintain good posture whilst writing the test. Sit straight up in the chair with your feet flat on the floor. Try to keep your back straight. When you slouch, you squash your internal organs and this creates an uncomfortable work frame. Furthermore, avoid leaning your head on your hand whilst writing as it can make you sleepy. Drink water throughout the test to keep yourself alert and energised.

**10. KEEP YOUR EYE ON THE CLOCK.** As soon as the test starts, note the time. Regularly check the clock or your watch so that you are constantly aware of the time. It is a good idea to divide the sections of your test into test frames so that you work to a schedule.

**11. KEEP CALM.** and don't freak out. When you get flustered, your thinking brain switches off and you can't easily extract the information you are looking for. If a specific question throws you off guard, close your eyes, take three deep breaths and carry on – if you don't know the answer to the question, move on to the next one. You cannot afford to waste time trying to 'find' the answers that don't pop up immediately.

**12. EDIT YOUR TEST.** If you know your work and work within time frames, you will finish the test. Tests are not designed not to be completed! Use the last 5-10 minutes to check your work.

The amount of time you put into preparing adequately for tests and the rules you follow on the day play a large role in your overall performance. Be mindful of the expectation of each test in each subject so that you can go full throttle in answering the paper. Tests naturally cause anxiety and uneasiness amongst students, but if you are well-prepared you will eliminate a large portion of the nervousness.

Back yourself and be confident – you've got this!





# TO SHAVE OR NOT TO SHAVE...

The Long and the Short of Spring Grooming





*"Pom Alopecia", irreparable hair loss due to excessive shaving of any double-coated breed.*

Spring is one of the busiest times of the year at Twisted Whiskers Pet Spas. The warmer weather sees all our furry clients emerging from under winter jerseys and blankets, often transformed into mini Woolly Mammoths. Regular grooming is as important throughout the winter months as it is in summer, but is often neglected because pet-parents worry about their animals getting cold while being washed. This is never a cause for concern in our air-conditioned, cosy parlours at Twisted Whiskers Pet Spas.

#### WHAT'S THE DEAL WITH SHAVING?

While shaving the coat short is certainly one way to manage an overgrown winter coat, this option should be carefully discussed with your grooming team. Dogs with certain coat types should never be shaved if it's at all possible to avoid it, as cutting into the thick undercoat can cause irreparable damage and leave your pooch with a sparse, lack-lustre coat. While some pet-parents choose to shave after all, for ease of maintenance or because they insist their pet is hot and uncomfortable in his long coat, we always aim to educate our clients on the possible results of shaving down for summer.

Pekingese, Pomeranians, Chow Chows, Huskies and other double-coated breeds like Shepherds, Collies and Retrievers should be left natural, with minimal scissor trimming done to tidy the overall appearance, while the coat is brushed free of all dead undercoat.

#### DOES SHAVING REALLY HELP TO KEEP THE PET COOL?

Absolutely not! While it may seem contrary to logic, longer-coated pets have a built in cooling system between the skin and the hair to help them cope with hot summer weather. Shaving the hair short exposes the skin to the sun's harsh rays and, according to studies, the skin temperature in shaved areas is actually higher than that which is protected by the coat. Dogs also primarily lose body heat through panting, not through their skin.

The best thing to do for pets with longer coats is to ensure that they are thoroughly brushed out to remove excess hair, either professionally or by regularly using the correct tools at home, and to provide them with 'chill out points' in the garden. Set up a shallow kiddies' paddle pool (plastic shell-types are marvellous for this) or buckets of cool water in a shady spot in your yard. You'll notice that your shaggy-coated kids will regularly dip their paws into the water to cool the pulse points just above their paws. This immediately helps to cool the entire body down. They might also enjoy lazing on the top step of the swimming pool on hot days.

Many people offer their pets large blocks of ice to lick throughout the day. The cool thing about this idea is that toys or treats can be frozen into the blocks – this not only helps your furkid to reduce his temperature, but provides hours of fun and interest as he strives to get at the goodies. Freeze pet-friendly fruits like berries or bananas, or a favourite toy, in an ice-cream container full of water for the coolest ever doggy treat! Cats can be offered smaller ice-blocks to chase along the veranda as they melt, cooling their paws, or place ice-blocks into a large water bowl for a fun 'fishing expedition'.

Shaving an 'aircon strip' on the tummy can be beneficial and many parents of dogs and cats with longer coats do this for their furballs in summer. A nude tummy doesn't affect the overall look of the pet, won't damage his coat, is not exposed to the





sun and is ideal for cooling off by stretching out on floor tiles or cooling pads.

#### WHEN IS IT UNAVOIDABLE TO SHAVE THE COAT?

Sadly, if a long, gorgeous coat has been allowed to become matted, there may be no option but to shave the pet, even if he has a double coat. Mats that have turned into felt and lie close against the skin have to be shaved out. We see many pets each year where winter jerseys have caused months of friction and matting, or where clients have just not been able to keep up with the daily brushing that a long, thick coat requires.

Old hairs, that naturally fall out each day, get trapped amongst the healthy hairs and form a nasty clump that gets thicker and tighter until it literally forms a 'straitjacket' on the pet's skin, tearing healthy hair out at the roots, causing bruising and limiting movement. This is incredibly itchy and painful for the pet, and further damage is often caused either by twigs, thorns and parasites such as ticks, fleas and beetles getting trapped under the matted hair. Wounds are often caused when the pet scratches desperately to try and ease the discomfort. The underlying skin becomes dry and unhealthy and the pet cannot experience the sensation of being stroked and loved.

There is no way to save a coat in this condition and we have no choice but to shave the animal right down to the skin and allow the coat to regrow. By recommending the necessary grooming tools and demonstrating the correct way to brush the new coat growing out, our hope is that pet parents will find it much easier to maintain a regular home grooming routine. Even pets who are professionally groomed require home maintenance in between – in the case of longer coated dogs and cats, this needs to be done daily to avoid matting. If your dog is a keen swimmer

or lies on dewy grass, daily brushing is of utmost importance, as wet knots and tangles tighten on drying, making them more difficult to remove.

#### SO WHAT ARE THE GROOMING OPTIONS?

Most pet breeds have a standard breed style, based on the purpose the pet was originally bred for, and to highlight his best features. A perfect example is the French Poodle, originally bred as a water hunting dog. While most people find the pouffy pom-poms a little odd, they make perfect sense when one understands that the hair was specifically left longer around the joints to protect these areas in cold weather. The channels clipped in between the thicker areas of fur were to allow water to drain off easily as the dog emerged from his dip. Many other breed styles follow the muscle anatomy in order to accentuate powerful shoulders and haunches, a strong neck and so forth. The styling on the face emphasises your dog's innate personality traits: alertness, intelligence, courage, etc.

When it comes to cats, it is imperative to brush thick-coated, long-haired breeds daily to prevent matting. For many cat-parents, this is impossible (due to time constraints and to some cats' aversion to being brushed), and they opt to shave their kitty's hair shorter for ease of grooming, or have her groomed monthly. Many older cats also struggle to groom themselves as they develop arthritis and can no longer reach their 'nether regions' - shaving is also a good idea for

these animals. The typical shaved styles for cats are a full body shave, leaving only the head fluffy (legs and tail optional), or the lion cut, which leaves a fluffy face and a mane covering either just the neck or the shoulders as well, fluffy booties on the legs and a pom-pom at the end of the tail (or a full, fluffy tail, if preferred). The rest of the body is shaved short.

Twisted Whiskers staff are fully trained to offer you advice on the style which will best suit both you and your pet's lifestyles. The long breed style may not work for a Yorkie who enjoys the 'rough-and-tumble' of outdoor life on a plot for example; either a cute teddy cut or short breed cut would be more practical in this case. Have a look at the basic breed style and discuss variations with your groomer to ensure that your pet is comfortable and that you are easily able to fit the home maintenance requirements into your schedule. Alternatively, why not book regular grooming appointments at Twisted Whiskers to ensure that your dog or cat always looks amazing and that you don't find yourself with a smelly, tangled, unhappy mess on your hands, instead of a fresh, adorable furball.

Whether or not you opt for regular professional grooming appointments for your dog or cat, always include home grooming too. Only brushing your pet when its coat is tangled makes for an unpleasant experience and will result in him heading for the hills when he sees the brush come out. Regular brushing helps maintain the salon look and pristine coat condition, and it's an ideal opportunity to pick up any bumps, scratches or abnormalities that might need veterinary attention. Most importantly, it provides special bonding time between you and each individual pet. You will benefit as much as your furkid does.



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A row of various food and drink icons including pizza, pasta, salad, coffee, and more.





If you're obsessed with eating healthy foods all the time, this can cause stress - and, as we know, stress is not good for our health.

In addition, part of health is pleasure. If we deprive ourselves of our favourite foods or feel we cannot (or should not) share a celebration meal with our friends and family because of the food being served, it affects our health.

Stressing about eating is counterproductive to our health.

There are times when we get on a roll of mindless or unhealthy eating. If this happens we can try the following to get back to our healthy eating regime:

- Wait before having seconds. As you may know, it takes a while for the message (the fullness in your stomach) to reach your brain.
- Eat mindfully. Rather than eating in front of the TV, in your car, or at your desk, take time to enjoy your meal. Take the time to properly chew your food, which will help slow down the meal process and aid your digestion. Think about what you are eating and the process it went through to get to your plate.
- Ask yourself why. If you find yourself regularly reaching for unhealthy food, ask yourself why you are doing it. Are you doing it for comfort? For many of us, eating is tied to emotion. Sometimes

we eat because we are bored, anxious, depressed, or angry. Eating unhealthy food makes us feel better temporarily (or at least we think it will). Ask yourself: "Why am I reaching for this food and what will it really take to satisfy this need?" For example, if you are angry with someone, you may reach for ice cream instead of confronting the situation.

Taking a moment before you eat may help to pinpoint exactly what is going on with your emotions. Try journaling, writing a letter (that doesn't need to be sent), or talking to a friend about it. Perhaps taking a walk or breathing can keep the emotional eating at bay. If you take a moment to experience your emotions rather than numbing them with food, you can regain control. You will realise that you have a choice as to how you respond to the emotion. It can be either by reaching for food or by doing something that will better satisfy what you really need.

If you are eating more unhealthy foods than healthier alternatives, don't beat yourself up about it. There are good days (or weeks) and bad ones.

Try again tomorrow. And remember, it's okay (even healthy) to eat unhealthy foods sometimes – as long as you do it for the right reasons and enjoy it fully (without guilt).



BY ZENA LE ROUX





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# FLASH PARENTING

BY PETER STOFFBERG

I was thrilled to discover the origin of a widely used saying recently. It's great having something like this explained, but even better seeing it demonstrated, especially by a great friend who shares a passion for exciting and slightly dangerous exploits. We've shared a number of these, and so when he called to invite me to witness an experiment of sorts (one with much historical and scientific value you understand) I could hardly wait.

It's called a "Brown Bess", a 200-year-old Flintlock rifle. If you're like us, you're probably wondering if it still works? More about that later, but first a bit about how it works.

A spring-loaded hammer releases a trigger on which an actual piece of stone (flint) is fastened. In front of the hammer is a brass hollow called the flash pan. The striking flint smashes against another lever called a "frizzen", pushing it back and showering sparks onto the powder in the pan. This burning powder flares through a small hole in the breech and ignites the charge which explodes and propels the shot.

If that sounds complex, it's because it is, and if it seems that lots can go wrong, it does. Every part of the rifle needs constant and focused attention and care or else things go haywire. The flint can come loose, the frizzen can wear out and fail to spark, or the powder can get wet or spill out. Still more things can go wrong, like when the powder ignites without detonating the main charge. When this happens, you get a "flash in the pan" but the shot never gets fired. Fun for us, but disastrous for a soldier. Back to our experiment, of course we tried it, not the shot, just the flash. The flash and cloud of white smoke was most satisfying, if not somewhat pointless. The whole experience though, did make me think about parenting. It's also complex and lots can, and does, go wrong.

I often get too busy, and fail to commit the needed attention to my children. Then I feel guilty, and try and make it up to them with flashy gifts, holidays or outings.

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That's not what they need. They need consistent, focused attention and care. "Flash in the pan" parenting hurts our children. The staggering rise in teenage suicide, even here in our own community, is testimony to the pressure they are under.

Our children need us, and what they need is consistent and committed love, attention and prayer. There is no substitute, and no better way of dealing with problems before they explode. Daily, focused time, listening to them, guiding them, encouraging them and praying with them is worth infinitely more than any number of flashy gifts and holidays.

Peter



We'd love to hear from you on [family@4waysunited.org.za](mailto:family@4waysunited.org.za).



# SEEING IS BELIEVING

*Come celebrate with us!*



## THE DOORS TO CELEBRATION RETIREMENT ESTATE IS NOW OPEN

For the past two years the site across the road from Northgate Mall has been a hive of construction activity gradually transforming from a bare piece of land into Celebration Retirement Estate – the largest upmarket lifestyle estate for over 50s in Gauteng.

Anticipation grew as the massive earth works started to give way to cranes going up and buildings slowly but surely rising from the ground. When the show house village opened in August 2017 and marketing started in earnest, the response from the public was overwhelming with 100 units sold in the first 14 days! To date an unprecedented 280 units had been sold.

After this long, exciting journey, the big day had finally arrived. On 1 August 2018 Celebration Retirement Estate proudly opened its doors to its first 181 residents, with the second phase of residents who moved in on 1 September. If you have been curious about what has been happening behind those construction barriers for the past two years, come see for yourself, because you won't believe your eyes!

### Lifestyle facilities and frail care fully operational

Celebration Retirement Estate is Central Developments' 12th retirement estate and has the best facilities and services to date capitalising on all the lessons learnt at the previous 11 retirement developments. The magnificent 3 000m<sup>2</sup> lifestyle centre and 30-bed frail-care facility, is fully operational from phase one as promised. It consists of a restaurant and dining room, recreation hall, games room, indoor heated swimming pool, doctor's consulting room, hair and beauty salon, convenience store, coffee shop and deli, library and more – all within a beautifully designed and decorated space which will leave you feeling like you're in a five-star resort.



Besides these beautiful, world-class facilities, Celebration also offers 24-hour, state-of-the-art security and for added peace of mind each resident has a mobile panic button connecting them directly to the frail-care unit and guard house 24 hours a day.

### 60% SOLD OUT Next phase now selling



Celebration Retirement Estate's next phase is selling now still offering a choice of 19 different floor plans ranging from one and two-bedroom apartments to spacious two and three bedroom cottages and houses with quality finishes throughout. They are also packed with special new features which

were added due to lessons learnt at the previous developments, such as mid-level ovens, covered patios, low maintenance garden fences, PV thermal solar panels and LED lighting.

### The largest upmarket lifestyle estate for over 50s in Gauteng

Other exciting new features include the fact that Celebration is the first retirement development in Gauteng to be registered for EDGE (Excellence in Design for Greater Efficiency) certification by the Green Building Council of South Africa. This will ensure 20% more energy savings than the norm resulting in lower water and electricity bills for you at the end of the month.

Furthermore the entire estate has fibre to each unit ensuring, fast, reliable and affordable internet connectivity enabling residents to easily work from home, stay connected with family and friends, make more affordable phone calls and enjoy the latest in internet entertainment services.

Units are selling from R820 000, but rentals starting from as low as R6 800 per month, are also available for those who don't want to buy, but would also like the care-free, active and secure retirement lifestyle that Celebration offers.

### HUGE DEMAND, LIMITED SUPPLY, EXCELLENT INVESTMENT

The sales figures speak for themselves. There is a huge demand for these retirement properties due to the very limited supply, which also contributes to the fact that they are the best performing residential property investments in the market with achievable investment returns of up to 20% per annum (up to 8% rental return

and up to 12% capital growth). Since these are full ownership properties, and not life rights only, like most other retirement developments, the owner gets the full benefit of the property's capital growth. Many investors of all ages buy these properties and let them out until they themselves are ready to retire and live there, or purely to expand their investment portfolio.

Seeing, however, is believing, so come see for yourself why everyone is raving about this new flagship retirement estate in the north of Johannesburg and all its offerings. Come experience Gauteng's premier retirement estate first hand. You are invited to tour our brand-new lifestyle centre and show village and enjoy a lunch in our first class restaurant. Our show house village is open 7 days a week from 09:00 to 17:00. Do not delay. Secure your investment or future retirement property today!

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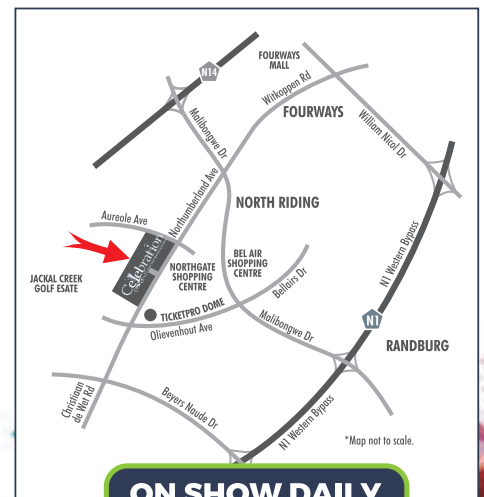
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