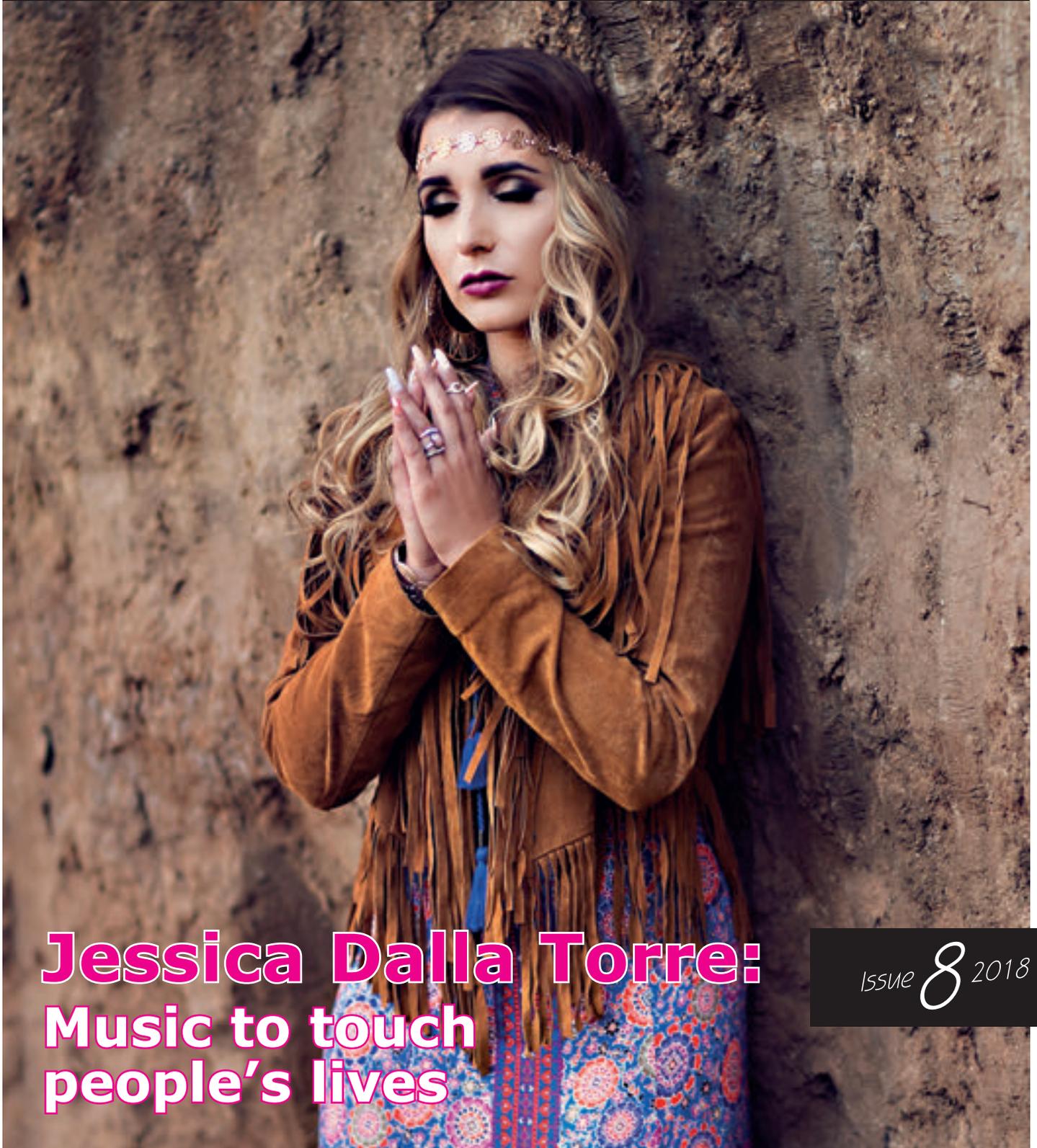


DAINFERN

precinct LIVING



Jessica Dalla Torre: Music to touch people's lives

Issue 8 2018

The Bull Run
at the Balalaika

How to survive
your monster BOSS

Nutrigenomics –
it's in your genes

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Total Cost of Credit	R1 339 293



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MUSIC OPENS HEARTS & DOORS

Safety and survival are again hot topics this month and in this issue we start with some news from Bernard Buys of Dainfern JKA Karate, who's offering Basic Self-Defence classes at the Dainfern Golf & Country Estate. As he points out, when in danger, we find ourselves responding in one of three ways – fleeing, freezing or fighting. In a panic situation, there's no time to think things through and if we have not pre-programmed our conscious and sub-conscious thinking to cope with these situations, it's likely that we'll choose the wrong response, which could put our lives, or those of innocent bystanders, in danger. Whilst the precinct is relatively safe, it may be worthwhile to participate in some of Bernard's classes to find out how to identify potentially hazardous situations and learn the best way to react to conflict and attacks by aggressors.

Survival of another kind is necessary in the workplace and Briony Liber shares her views on 'How to survive a monster Boss'. Most people in the corporate sector – and even in industries such as mining and construction – will have come across a monster boss at some stage. It's possible that these monsters don't realise just how much mental and emotional anguish they inflict, and it's likely that they actually don't care. Briony gives us some valuable advice on how to manage the difficult task of working with a monster boss, so if you're finding that you have one of these clouding your space, be sure to read her article.

On a lighter note, our feature personality this month is Jessica Dalla Torre, singer, songwriter, vocal trainer, wife, mother and philanthropist. Jessica matriculated at Dainfern College and was one of the first Alumni to enrol the next generation of her family there – her two daughters, Chiara (9) and Raffaella (6) are both now enjoying school life there.

Career counsellors often advise people to find and follow their passions and that's what Jessica chose to do after graduating. She has focused on her singing and vocal training, with the aim of bringing joy to people's lives. This has indeed opened many doors for her, the most recent highlight being the chance to record a number of albums in Nashville in the US.

Jessica has also established a foundation, the Shine Foundation, to help welfare organisations and those less fortunate, so if your passion is to join likeminded people to make a positive difference, do consider getting in touch with her.

Don't forget about our regular competitions – this month we have a spectacular prize from the Bull Run and Balalaika Hotel and well as another beauty competition for the ladies.

Ann

Ann Arnott
EDITOR
annar@nowmedia.co.za

COMPETITION WINNERS

CONGRATULATIONS TO:

Ameera Dinat who won a Dermapen Face and Neck treatment using an anti-aging serum valued at **R1500** from Dr Natalie at Bella Beauty;

Teresa Sardinha who won the full hair makeover that includes: colour, highlights, cut and blow dry and a full hand makeover that includes: a manicure with gelish to the value of **R2 540** from Immersion Hair and Nail Spa;

and **Jeanne Nicol** who won the pedicure with gelish, a wash and blow dry to the value of **R700** also from Immersion Hair and Nail Spa.



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SELF DEFENCE



Self-defence is a countermeasure that involves defending the health and well-being of oneself from harm.

BY BERNARD BUYS



The legal justification of the right to use self-defence or any kind of force in times of danger is recognised in many jurisdictions. Physical self-defence is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed. In either case, the chances of success depend on a large number of parameters, related to the severity of the threat on one hand, but also on the mental and physical preparedness of the defender. (Source: Wikipedia – Self-defence).

It was noted, and as I am sure most of you know, that when the latest crime statistics were released by the South African Police Services earlier this year, contact crimes of the person have increased. We have, regrettably, become accustomed to these (unacceptably) high levels of crime in our country. For the fortunate ones who live on a magnificent estate, such as Dainfern Golf & Country Estate, and who are sheltered and protected from the outside world by their estate and security officers, who work tirelessly day and night in order to keep us

safe, we seldom think of contact crimes unless we have to, of course, venture outside our perimeter and secure walls for whatever reason. That is where we are most vulnerable when it comes to contact crimes of the person.

To this extent, and especially with a view to empowering females on our estate, we at Dainfern JKA Karate have started to offer basic self-defence classes in order to teach females (young and old) the basic fundamentals of self-defence. These classes are first and foremost not intended to turn participants into self-defence experts or fighting machines but rather to equip the participants with a basic knowledge and understanding of self-defence, and to empower the participants in order to identify a situation when their lives are in danger or threatened. The classes touch on aspects such as the various responses that form part of our internal state of mind in a particular situation such as the 'Flight, Fight or Freeze' response, and how these affect us and our behaviour when confronted with a particular situation (and how such a response can be altered with systematic training).

BASIC SELF DEFENCE CLASSES AT DAINFERN

Participants are taught awareness and how to be vigilant of one's surroundings and belongings and how to avoid becoming a soft target, as well as how to avoid certain areas and what to do and not do in certain situations. Participants are shown, for example, how certain contents of a handbag could instantly be used as a weapon in order to act decisively against an attack, how to remain calm in a situation and how to react to aggression, or to just avoid conflict all together. Class participants are equipped with skills and taught how to identify and attack the vulnerable spots (both major and minor) of an attacker. They actively practise how to defend themselves against an attacker and how to escape grabs, holds and attacks from a standing as well as from a ground situation. The basic self-defence classes are informative and practical in nature and all are encouraged to actively participate, share their views and benefit from each class, all while at the same time learning a life-saving skill.

Classes are held at The Pavilion, Dainfern Golf & Country Estate on Fridays from 16:30pm – 17:30pm.

**For more information and to join the Dainfern self-defence classes please contact:
Bernard Buys on 083 709 9289
E-mail: bernard.buys@mweb.co.za**



MUSIC TO TOUCH PEOPLE'S LIVES



Talented local singing sensation, Jessica Dalla Torre has set her heart on helping the less fortunate and has started a foundation to serve underprivileged communities. **Ann Arnott talks to her about her singing career and her philanthropic activities.**

AA: Singing is a huge part of your life. When did you start singing?

JDT: I started when I was 14 but I only started vocal training from the age of 16. Two years later, I entered the SA Idols competition. I got as far as being in one of the final girl groups and was knocked out just before the final 12 contestants were chosen.

AA: Idols is known to be a good platform from which to launch a career, but it can also destroy dreams. What was it like for you?

JDT: Fortunately, because I come from a Portuguese background, I had a lot of support from the Portuguese community, as well as my friends and family. I learned a lot about handling both good and bad reviews and not paying too much attention to negative comments. It was the first time that I sang with a live band, the first time singing in front of an audience, and my first time performing on live TV. Luckily, I was already doing voice training with Malie Kelly. I made some great friends through Idols and my advice to anyone who wants to enter

is – even if you don't make it, don't give up on your dreams. There are lots of reasons why talented performers don't make it in the Idols competition – they might have a requirement for more variety and then they add in the clowns and novelty acts, which pushes out the talented singers, so it's important to remember that it's not exclusively a reflection on your ability. If you persevere and keep at it, doors could open for you in the future.

AA: What happened after Idols?

JDT: After that I recorded my first album and some of the songs from the album were played on SuperSport. I was asked to sing the 20 year jingle for M-Net and I wrote a song for a kids' competition. Then in 2007 I entered an expat competition open to Portuguese children from all parts of the world. The songs had to be original and had to be sung in Portuguese. I was one of ten finalists chosen. They flew us to Lisbon and we performed on a live TV programme that was broadcast to Portuguese communities around the world. I placed second in the competition.



Jessica with her husband, Aniello, and daughters, Raffaella and Chiara.

AA: You and your husband have just celebrated your 10th wedding anniversary. And you now have two daughters. How do you balance your family life and all your activities?

JDT: When Aniello and I first got married, I had a gym in the Brackenhurst, close to my father's restaurant. I ran that for 3 ½ years, but it became too strenuous to manage when my daughters, Chiara and Raffaella came along. It meant opening up at 5am and closing at 7pm and the travelling became too much. I realised that it was time to choose one area of specialisation so I chose to continue singing and do voice training and singing lessons closer to home.

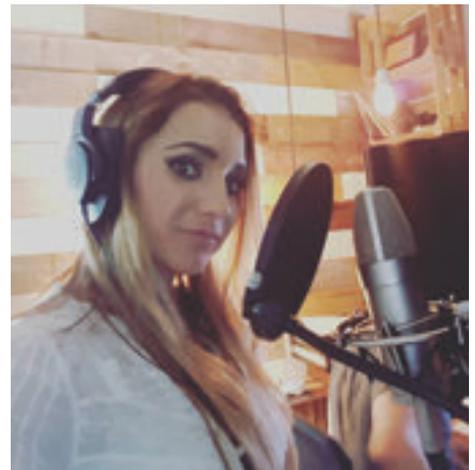
AA: Tell us more about the singing lessons that you give.

JDT: I run a children's programme for boys and girls from 3 years upwards, under the banner, Singing Angels. I teach them rhythm, enunciation, diction, the correct way to breathe, relaxation and stretching exercises, mic techniques, and the basics of performing. The benefits of singing are far-reaching as it builds the person's self-confidence, improves their speech and communication skills, facilitates memory development, helps them to express their feelings and strengthens their lungs. And they don't have to be super-musical. Even kids who can't keep a tune can learn with practice. Most importantly, it's a lot of fun!

AA: Earlier this year you were in Nashville, Tennessee.

What was that experience like?

JDT: Through my involvement with the church, I made contact with Daniel Ornellas, a South African-born producer who has lived in the US for the last 14 years. I went to Nashville for a week and we collaborated on composing 6 songs and then produced two albums, one in English and one in Portuguese. While I was there, I decided to also do a children's album which I did with Britt Edwards. I wrote all the songs which we recorded in English, and then in Portuguese, but with a Brazilian accent. We did this so that we can reach more people around the world with our inspirational songs and music.



In the Nashville recording studio

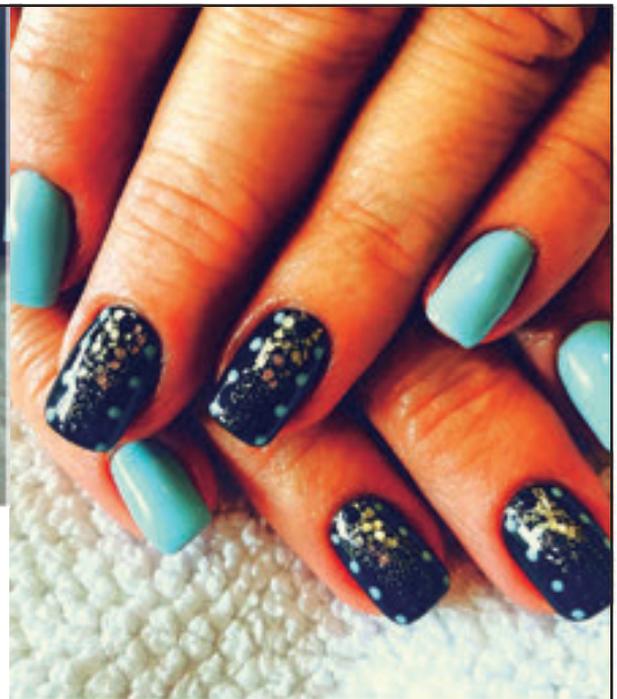
AA: And what about your philanthropic work?

JDT: I really want to be involved in something local that touches people's lives. I have over the years sung at orphanages and some of the stories that you hear when you go there are so sad – that prompted me to start the Shine Foundation. Ten percent of the sales of the kids' album, which we called 'Shine', will go to the foundation. My first charity function, which will be taking place later this month, will be the Shine Foundation joining up with Dr Mokotedi. We'll be reaching out to around 500 kids in Soweto. I'm really looking forward to it.



Jessica's music is available on iTunes, Spotify, Google Play and all digital platforms.

If you would like to help with the Shine Foundation, or you would like to arrange singing lessons, you can contact Jessica Dalla Torre on 084 440 5492 or email: jessica@dallatorre.com.



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Above: Xtend-it launch packs for the students

EXTENDING THE CURRICULUM FOR THE 21ST CENTURY



In its continued endeavours to offer relevant and cutting-edge instruction to its students, Dainfern College has now introduced its own cross-curricular programme for Grade 8s and 9s, known as Xtend-it.

The College's teaching staff are constantly researching international educational trends and evaluating them within the South African context. One of the most recent international trends is the integration of various subjects in the senior education phase. An integrated curriculum connects different areas of study and emphasises unifying concepts, allowing students to engage in relevant, meaningful activities. This integration also leads to less assessment and teaches skills more than content.

Dainfern College's Xtend-it programme has been developed by its own High School staff to embrace these 21st Century educational trends. Teachers have spent many hours being stretched and extended themselves as they designed and perfected programme modules, wrote material and workbooks and created innovative lessons that incorporate active learning for the students.

The Xtend-it programme takes place at certain times during the academic year. When following this innovative new programme, Grade 8s and 9s still attend their core subjects. Other subjects combine under the umbrella of Xtend-it into modules that seek to harness the students' unique potential and offer a discovery-driven approach that is designed to awaken their curiosity, and make them question, not for the sake of answers but so that they might better understand the questions facing all of us at this particular point in our history. There are three modules for the Grade 8 students and four for Grade 9s:

- iMe, which probes the nature of artificial intelligence and its place in our world;
- StratSci, which offers an inside look into strategic planning;
- Nervis Terrae, which delves into the core issues of ownership of our planet; and
- Second Sight (Grade 9 only), which introduces the students to the amazing concept of biomimicry.

Dainfern College's High School head of Academics, Karen Cosh, comments: "These modules are cross-curricular and focus more on 21st Century core skills and less on specific subject content. They emphasise collaboration, creativity, collection of information, critical thinking, character development, reflection and communication. There is far less assessment and all tasks are completed in class, thus alleviating the need for homework. Students may be asked to do some pre-reading or thought preparation but there is no actual homework as they know it."

Change is never easy and for some students there has been a measure of discomfort as they have adapted to the new curriculum. Says Mrs Cosh: "The notion of work not being for marks is uncommon and some students have struggled to apply themselves to these tasks. However, other students have found the modules challenging and have thoroughly enjoyed the different context of learning."

"The teachers involved in Xtend-it have seen tremendous growth in this short time and we are confident that our students are being enriched by the process," she says.

Xtend-it staff collaboration

**FOR FURTHER INFORMATION ABOUT
DAINFERN COLLEGE**

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



BEAUTIFULLY ENHANCED EYES MAKE A STATEMENT

BY AMANDA PILLAI



INTRODUCING ATANYA DU PLESSIS

Beauty therapist, Atanya du Plessis, has been specialising in volume lashes, eyelash extensions and microblading of eyebrows for more than a decade and, keen to help others build their careers in the beauty industry, she's also a trainer at a beauty school.

"I love doing eyelashes and microblading eyebrows because it's instant gratification for the client. You can immediately see the difference," she says. "For eyelash extensions, the individual eyelashes are placed on top of your own eyelashes. It takes 45 minutes to do a full set and they last from 2 ½ to 4 weeks, depending on how fast your eyelashes grow."

"Eyebrow microblading is basically a semi-permanent tattoo. I use a pen and a blade – for each client I use a new blade for hygienic reasons – and make hairline strokes so that the eyebrows look natural. Before I start, I apply an anaesthetic to the eyebrow area – this normally takes between 40 minutes to an hour to take effect. The microblading takes about 30 minutes."

To determine the shape, Atanya measures the brows and looks at the client's bone structure. Each client is different in terms of colouring, width of eyebrow and shape. "I first draw an outline and then I work within the outline," she adds. "The colour will be guided by the client's hair colour. If she's very blonde, though, I add in some natural brown so they're visible."

Microblading is a great way to enhance your natural eyebrows and is especially helpful to anyone who has over-done plucking their eyebrows or for some reason has lost all their facial hair. It's also recommended for anyone about to go for chemotherapy or radiation treatments. Once the microblading has been done, an ointment must be applied three times a day for the next 4 days. The touch-up appointment is then scheduled between 4 to 6 weeks later, to check that the tattoo has settled and that your new eyebrows are doing what they should – giving you the perfect frame to your beautiful face!

For more information, or to book your appointment, call or sms Atanya on 082 575 6050. You'll find her at Bella Beauty, Cyrus House, Mulberry Office Park on Broadacres Drive.



COMPETITION

For a chance to win an eyebrows microblading session with Atanya, **VALUED AT R1800** (touch-up included), simply answer the following question:

Q: How long would one expect eyelash extensions to last?

Email your answer – with "Dainfern Precinct Living Bella Beauty Eyes" 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.

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 have 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 000m² 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. 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!

Apartments selling from

R820 000

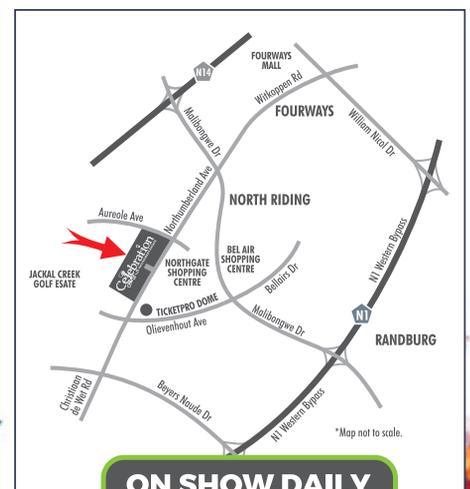
Free-standing houses from

R1 870 000

Rentals available from

R6 800 p.m.

Visit www.retirenow.co.za or phone 0861 73 84 73 for more information.



**ON SHOW DAILY
09:00 - 17:00**





THE BULL RUN

A wealth
of good taste



They come from all over the world - from Doha, Mumbai and Wenzhou to Glasgow, Canberra, Wisconsin, Montreal and many more cities and towns in between - and they all rave about the exceptional food and service at the Bull Run.

Located on Maude Street, adjacent to the Protea Hotel by Marriott® Johannesburg Balalaika Sandton hotel, the Bull Run not only serves some of the finest steaks in SA, you have a magnificent selection of seafood, curries, vegetarian and chicken dishes to choose from as well. Of course, it helps to have an in-house butchery, so the meat is fresh and the cuts are just right. To complement the grill room's cuisine, the Dollar Bar offers a superb selection of South African wines, along with beers, ciders, cocktails and spirits.





Conceptualised as the ideal spot for business men and women to dine and entertain clients, especially for those based at the Johannesburg Stock Exchange (JSE) and banks across the road, the Bull Run was named in keeping with the term 'bull market' which is when the stock market is on the rise.

"We opened the Bull Run in 2000, at the same time that the new JSE opened its doors across the road from us. The vision had been black and white harlequin tiles, wooden flooring, with wood wine racks, high ceilings and face brick walls, and an open plan kitchen with a butchery attached. The menu was based around the share options of the JSE and you could compare the prices in foreign currencies," explains Jörg Zwinscher, GM of the hotel.

"However, last year we decided that the time had come for a complete refurbishment," he continues. The R20 million face lift was prompted by the need to keep the décor current and in line with the trendiness of the surrounding developments taking place, in particular the Marc precinct alongside that has replaced the Village Walk shopping mall. With six basement parking levels, two office towers, a gym, medical suites and a retail component, the Marc is well positioned to attract a wide variety of top level corporates and tourists to the area.

Joburg-based interior designer, Tristan Du Plessis, was contracted to come up with the new concept. As before, the Bull Run's new décor follows the theme of money and currency, this time taking its inspiration from the New York Stock Exchange and the upmarket grill houses found in the Big Apple. "We aimed to create a welcoming and warm space, true to its roots as a grill room, taking inspiration from upmarket New York style grill houses. To keep it distinctive

and exclusive, we custom-designed and created most of the elements within the Bull Run, from light fittings and furniture to the handmade tiles on the walls, all with a nod to the Stock Exchange. This is a contemporary take on a traditional grill room, a space that is comfortable from breakfast through to suit-and-tie business dinners."

An enormous bronze sculpture of a raging bull placed outside aptly captures the powerful dynamism of the financial district. The sculpture, created by sculptor Michael Canadas of Mpumalanga, measures 3,2 metres in length and 2,2 metres in height. And it weighs a whopping 1,2 tons.

Over its 18 years of existence, the Bull Run has built up an impressive list of clients, including celebrity music and movie stars, captains of industry, dignitaries, politicians and a host of well-known international sports men and women. With the latest refurbishment, it's sure to delight its loyal customers and attract a much wider circle of international and local patrons for many more years to come.

For reservations and enquiries, call 011 884 1400.



COMPETITION

Enter for a chance to win an overnight stay for two people at the Protea Hotel by Marriott® Johannesburg Balalaika Sandton hotel, with breakfast and dinner (worth R700) at the Bull Run, **TOTAL VALUE R3000,00.**

Simply answer the following question:

Q: Who was the sculptor who made the bronze sculpture of the raging bull that's outside the Bull Run?

Email your answer – with "Dainfern Precinct Living – Bull Run" in the subject line - along with your full name, cell phone number and address to:

balalaika@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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WHERE HAVE ALL THE TREES GONE?

BY JAMES CLARKE IMAGES BY MARY BROADLEY



Houses at Simbithi surrounding a pocket forest



Forests abound with fig tree species

Next year marks the 150th anniversary of the worst natural disaster in Southern Africa's history. In 1869, following a five year drought, a series of devastating forest fires swept from the Hottentots Holland mountains above False Bay, right across to the east coast. Timber stacked along the forest edges fueled the conflagration and only the forest around the Knysna/Tsitsikamma area survived.

There's a saying, *Memento fit cinis; diu silva*. It means, "In a moment the ashes are made, but a forest is a long time growing".

Jan van Riebeeck, in his journal of September 1652, said the Cape had "the finest forests in the world". Mary and I were recently in some of the last 'pocket forests' left along the KwaZulu-Natal coast – mostly inside the Simbithi Eco Estate north of Ballito. These patches of forest are the remnants of a coastal forest belt that once stretched from the Wild Coast to Mozambique and beyond. They missed the 19th century great fire but were to fare badly in the century that followed. We mused about how much indigenous forest might be left in South Africa.

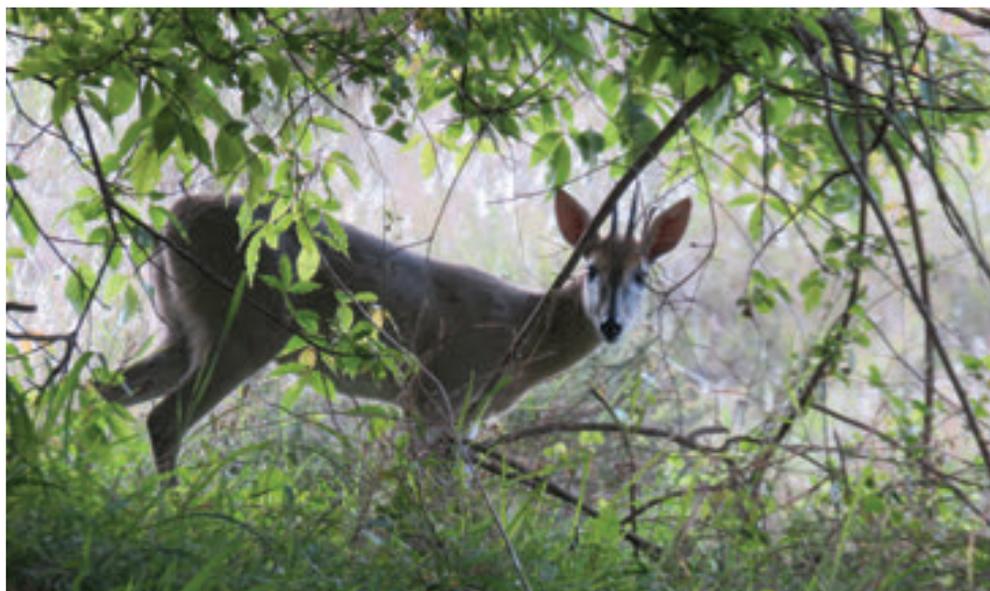
Back home I took out a book I wrote on the state of the South African environment for the 2002 Earth Summit in Rio de Janeiro having remembered writing a chapter or two on our forests. To quickly digress, I recalled in that book how, in the 1970s, Wits archaeologist, Professor Revil Mason, brought to public attention the presence of the biggest Iron Age foundry so far unearthed in Africa – at the foot of Lonehill in Sandton. It was in full production for centuries providing spear blades and hoes for the region. The ore was right there under the foundry workers' feet: nodules of ferricrete (iron-rich pellets) that still, to this day, crunch underfoot at the base of Lonehill.

But the fuel? Where, on the treeless Highveld, did they find the fuel to make all that charcoal for the furnaces? Mason demonstrated that, to make each spear blade or hoe, they needed the trunks of two mature trees – trees 10 cm wide at breast height.

Conclusion: the Highveld used to be a vast open forest. Lots of grass, lots of game and trees everywhere: karee trees (*Rhus sp.*), bushwillows (*Combretum sp.*), protea and cabbage trees (*Cussonia*). These have always been the most popular native trees in Gauteng's landscaped estates.

But, surprisingly, it was not the blacksmiths who denuded the Highveld, it was the influx of people and the mushrooming of towns from about 1850. Runaway veld fires became more frequent and the new farmers needed the termite-resistant karee trees for fence posts and buildings.

Until a couple of centuries ago, South Africa was 40 percent covered in natural forest. Today? Only a quarter of one percent (0.25%) is forested. The great fleets of Voortrekker ox wagons



Grey duiker

that sailed north across the stony Karoo to settle in the interior were made from the giant yellowwoods, stinkwoods and assegai trees of the southern and eastern Cape. So were the pioneers' homes and churches.

The diamond diggings around Kimberley spelt the end of the open forest of hardwood acacias of the Northern Cape. The Rand's gold mines cleared away tens of thousands of Highveld trees for buildings and railway sleepers.

KwaZulu-Natal's great tracts of forest were depleted in the 18th and 19th centuries when a single Zulu beehive hut needed 400 saplings. Records indicate that by 1900 there were probably about 100 000 of these huts – that's around 4 million young trees destroyed. The larger beehive huts of royalty needed between 3 000 and 4 000 saplings. Zulu cattle kraals used stouter timber, and hardwoods were necessary. The structures would probably have needed replacing at least every 10 years and the Zulu population soon numbered millions.

In the existing remnant forest patches one finds magnificent specimens of giant ancient trees - extremely rare in South Africa today yet common in the Congo Basin, indicating how the forests were once joined.

Sixty years ago came the eradication of many of Natal's remaining pockets of primitive forest - to make way for sugar cane. Fortunately, the farmers were obliged to leave some patches of native forest. Then, as the sugar price fell, so the industry turned the now unprofitable cane fields into gated estates.

Throughout coastal Natal tens of thousands of expensive houses now stand among the cane. In places the surviving pockets of forest are slowly, ever so slowly, spreading and reoccupying the green monoculture of the cane fields.

We walked for hours along paths, at times getting the impression of being in a dense virgin forest and being surprised when we

suddenly emerged from a green and gloomy tunnel beneath the forest canopy on to a tarred thoroughfare or when we came across a house with a manicured garden.

Throughout these estates there are a few surviving big trees such as the waterberry (*Syzygium*) the flatcrown (*Albizia*) and different species of wild fig (*Ficus*). Everywhere we heard the calls of the arboreal purple-crested loerie and, in the dense, botanically-rich understory of the forest, the melodious Natal robin. Higher in the trees, the white-browed robin practised its extraordinary repertoire.

Then we came across a clearing in a dense forest caused by the collapse of a giant tree. It was almost like a bomb blast because it had left a wide gap in the vegetation, allowing the sun to come through, thus encouraging various species of saplings, previously suppressed under the shadow of the giant tree, to flourish and generate a vigorous new forest community.

Several times we caught sight of the diminutive red duiker and grey duiker and, more often, bushbuck. We noticed the droppings of porcupine and the white-tailed mongoose which we were lucky enough to see one night.

Forest trees are sustained by their own detritus, the soft leafy litter of the forest floor infused with nitrogen from the decomposition of the forest's wondrous variety of creatures. This is why self-sustaining rainforests are the most stable of all ecosystems.

Their secret lies in their unrivalled species diversity, diversity being the fundamental need of any healthy ecosystem. The areas with the least species diversity are, of course, deserts. Those with the most diversity are the tropical forests. While a desert produces almost nothing, a rain forest such as the Amazon, annually produces something like 1 100 tons of compost per hectare. Natal's iconic 'pocket forests' are important remnants of the original South Africa.



RANGE ROVER VELAR

BY ALAN ROSENMEYER

In the late 1970s Land Rover stunned the world by producing the first ever luxury 4x4 vehicle capable of proper off-roading. Over the last few years, the range has expanded to include 4 separate models extending from the baby Evoque up to the big daddy Range Rover that offers super luxury, and power but still with go-anywhere ability.

A few months ago, the Velar was launched. Placed second up the

range in size, this is not exactly a small vehicle (proving how big the Range Rover has become). Its looks are unmistakably Range Rover though, with excellent proportions and acres of space inside for 5 passengers.

Starting with the interior, the Velar debuts the new technology dubbed the InControl infotainment system and Touch Pro Duo. Essentially, this provides the vehicle with the familiar Jaguar/Land Rover touchscreen infotainment system and below that there is another similar sized screen which controls all the drive modes including the famous Terrain Response system.

The test model was the range-topping version powered by a 3L V6 petrol engine with supercharger. Outputs of 280kW and 450Nm could almost be described as over the top, but there are various 2L and 3L petrol and diesel options available. With this engine you almost have sports car power and acceleration added to the mix. Perhaps the only penalty of all this fun is the fuel economy figure that I achieved over the test period - 12L/100km.

On the road in traffic, you are in a high, commanding position and the standard 8 speed automatic transmission makes traffic feel almost pleasant. Open road cruising is simply sheer relaxation with the biggest concern being ensuring that you stay within the speed limits.

Travelling in the Velar is certainly proof of the absolute power and luxury that this vehicle has been designed to achieve. Although underpinned by all the Land Rover technology that makes it extremely capable off-road, the sad fact is that 99% of them will never leave tar roads, at the most, venturing perhaps on to a bit of sand.

However, there is still the comfort of knowing the capability of your vehicle even if you never use it. I can equate this to insisting on having ABS braking but hoping that you NEVER end up in a situation where you actually need it.

The Velar can transport 5 passengers and the luggage space is 312L with 1096L if you simply press a button to drop the rear seats.

A standard 5 year/100 000km maintenance plan is included, with the price range starting at just under R1 million. The P380HSE as tested retails at R1,375 million.



Watch our full video review of the Range Rover Velar on this link: <https://www.youtube.com/watch?v=1qW5Q3uq3EA>



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BY ALAN ROSENMEYER

THE ART OF CREATING 'DZIRE'

Launched only a few months ago as the partner to the all-new version of the Suzuki Swift, the new Dzire is seen as a stand-alone version.

In the current environment, the budget entry segment

of the automotive market gains more relevance daily. More and more manufacturers have realised the importance of having a player to satisfy this segment of the buying public.



Suzuki has built a well-deserved reputation in this segment by offering models that may be priced in the budget segment but offer exceptional value for money regarding looks, handling and features. This segment is dominated by hatchbacks but some manufacturers have realised the importance of offering a sedan option as well.

The Suzuki Dzire is powered by the familiar 1.2L 4 cylinder engine that was used in the previous version - this tried and trusted engine offers 61kW and 113Nm of torque. While these figures may seem modest, the new car is underpinned by a new lightweight platform resulting in the car weighing in at under 900kg about 95kg less than the previous version. This obviously assists in providing a very perky performance from this 'little' car.

An obvious advantage of the sedan over the hatchback sibling is the increase in boot space, although you obviously lose the versatility of being able to drop the rear seats for load carrying. Many buyers also prefer the extra security of a boot as opposed to your valuables simply being located under a removable flap that can also be accessed from inside the car. Where the hatch offers 224L of boot space, this increases massively to 378L in the Dzire.

Our test vehicle was the upper spec GL version with two airbags, ABS braking, sound system with Bluetooth and electric windows all round. For the more budget-conscious, there is a GA version which offers the same mechanical package but loses most of the luxury items as listed above.

We tested the 5 speed manual version but there is also the option of what Suzuki term an automated manual transmission or AMT. The gearshifts are slick and easy with the clutch being nice and light, making this ideal for a town runaround.

During the test period we also took a country trip and while the car maintained freeway speeds with ease, there were a few occasions when the front felt a little light - nothing serious but it does require a bit of extra concentration from the driver. The only other criticism that I can find is the lack of a modern touchscreen infotainment system instead of the very out-dated unit that was fitted.

A feature of the entire Suzuki range has always been the outstanding fuel economy. A full week of driving resulted in a figure of 5,2L/ 100km. I consider this an exceptional result.

With a 2 year/30 000km service plan included, the Suzuki Dzire GL is priced at R 177 900. I think it definitely deserves consideration in its market segment.

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IT'S IN YOUR GENES

Have you tried every kind of diet to lose weight, to no avail? Do you want to know what your body's specific nutrient needs are?

BY LAUREN SACKETT (RDSA)

Nutrition is a science and now, more than ever, science and nutrition are merging into a new field called Nutrigenomics. Dubbed the new standard for personalised healthcare, weight loss, healthy diet and lifestyle, DNA testing is on the rise.

Keeping in mind that we are all unique, no one-size-fits-all diet plan is going to work for everyone or be sustainable. Therefore, look to your DNA for the answers to what works for you as an individual.

Our DNA is made up of millions of codes, each determining our make-up. So naturally, DNA holds the key to our health, body, mind and longevity. Which style of eating is best suited for us, what illnesses we are at risk of getting? How well we respond to exercise, weight loss, injuries, and the way we eat, taste and perceive hunger are all determined by our genes. Certain genes are modifiable, so we can turn them on or off through lifestyle and diet changes.

DNA DIET

The DNA Diet gives insight into:

- Your ability to metabolise, absorb and store fat and carbohydrates
- Your risk of inflammation
- Insulin resistance and obesity risk
- Addictive eating behaviour risk
- Sweet tooth gene
- Responsiveness to exercise.

DNA HEALTH

When it comes to optimising your health, your weight isn't the only aspect of concern. DNA Health checks almost every system in the body, in order to prevent chronic disease before it even starts:

- Cholesterol metabolism
- Liver detoxification

- Anti-oxidant and B vitamin needs
- Oxidative stress and cancer risk
- Bone health
- Risk of inflammation
- Responsiveness to lactose, caffeine, salt and iron
- Insulin resistance risk.

DNA SPORT

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DNA Sport helps you perfect your supplementation programme, timing and intensity of exercise, diet, etc., to prevent injury, recover faster and see faster results from your training.

DNA OESTROGEN

Also known as the detoxification test, and not just for women, this test looks into cancer risk, liver detoxification, anti-oxidant needs, etc.

If you have a family history of female or prostate cancers, if you are on hormone replacement therapy (HRT) or oral contraceptives, or just want to know how well your liver can detox, this test is for you. It tests:

- Your adequacy of oestrogen metabolism
- Oxidative stress and cancer risks
- Anti-oxidant needs
- Blood clotting risk with oestrogen therapy (HRT or oral contraceptives)
- Your liver detoxification ability and optimising this.

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GAME ON!

Red wines such as Alto Rouge pair beautifully with game. Try this delicious recipe of venison steak-frites with a garlic, chilli and rosemary marinade to really impress your guests...

INGREDIENTS

- 1 clove of garlic
- 1 dried red chilli
- 2 sprigs of fresh rosemary
- ½ an orange or 1 lemon
- Olive oil
- 2 venison haunch steaks
- English mustard
- Cranberry sauce or redcurrant jelly

SHOESTRING FRIES

- 500g baking potatoes
- 1 litre vegetable oil, for deep-frying

METHOD

- Peel the garlic, then use a pestle and mortar to bash it and mix with a pinch of sea salt until creamy.
- Crumble in the chilli, add in the rosemary leaves and a pinch of black pepper.

- Finely grate in the orange or lemon zest, then bash it all up into a paste and thin down with a drizzle of olive oil.
- Place the steaks in a bowl or sealable bag, pour in the marinade, massage it in with your hands and leave to marinate, chilled, for as long as you can, preferably up to 8 hours.
- Peel the potatoes, then very finely slice using a julienne cutter. Pat the potatoes with kitchen paper so they're dry. When you're ready to cook, heat the oil in a heavy-based saucepan and preheat a griddle over a high heat. Grill the steaks for 2 to 3 minutes on each side, for rare, then leave to rest while you cook the fries.
- Very carefully, in batches, deep-fry the potatoes for around 5 minutes, or until golden and cooked. Remove with a slotted spoon, drain on kitchen paper and sprinkle with sea salt.
- Serve the chips and steak with the mustard and cranberry sauce or redcurrant jelly.





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HOW TO SURVIVE YOUR MONSTER BOSS

Or three things I want you to know that may help you see your boss as a human.

BY BRIONY LIEBER

Given half a chance we have all complained about our appointed leaders at some point or another. Most of us have had a boss who talks more than she listens, whose body language says “I have no interest in you”, whose words say “you aren’t worth my time”, whose actions say “I am in power so you will do what I say”. Some of us have been that boss at some point!

I hear a recurring theme around what bosses should do: make more time to listen, develop staff better, transfer skills, share more information, engage the team’s ideas, inspire their staff, have their back. There is no doubt in my mind that, YES, bosses should be doing all of these things, and in an ideal world probably would.

But this is not an ideal world and bosses are not perfect - I say that as someone who has been an imperfect boss and who has had to survive an imperfect boss. So here are three things I hope will make you more resilient to your boss’ imperfections, and give you insights into the reality of being the person in charge.

BOSSSES ARE HUMANS TOO

From personal experience, managers tend to be promoted because, amongst other things, they exhibit technical competence, deliver the goods, have drive and determination, and show initiative. But generally, these technical skills and attributes fall short in managing people.

Even the best managers are often just doing the best they know how and ‘winging it’. When the ‘best you know how’ is modelled on the ‘best someone else knew how’, they repeat the same mistakes. Rarely are managers intentionally damaging. Most often they don’t realise the damage done by a careless word or action.

The point is, most managers struggle with the requirement to juggle their own work, manage others’ work, ensure everyone has work to do, ensure that payments are coming in, that clients are happy, that everyone has resources, and that their own boss is satisfied. Most bosses try to buffer their teams from this kind of stress and other vulnerabilities.

So when you next think your boss is a monster, there may be value in putting yourself in her shoes to see the world from her perspective - which may highlight that she is fallible, vulnerable and human. When we seek the humanity in each other, so much of the ugly stuff gets wiped away.

MANAGE UPWARDS

Your boss is invariably managing more people than just you - she may need chameleon-like skills if she wants to get it right all the time! You, on the other hand, probably only have to understand one person, your boss, to effectively communicate with her.

If you are not sure, ask your boss how she prefers to communicate and then manage upwards. What do I mean? Back when I managed a team of 30, my office was like a train station and I often joked about needing a ticketing system instead of having people milling around at my door expecting instant attention.

Eventually I implemented an electronic calendar scheduling system as a replacement for the ‘stand at my door and wait’ system. Those that scheduled time with me got a much better interaction with me than those that didn’t.

Equally, my boss averaged 950 unread emails – emailing him was pointless. If I needed anything from him I would pop into his office for a chat. If I had stuck to my emailing preference we would have gone nowhere.

MANAGE YOURSELF

Irrespective of how your boss manages, you need to work with your boss! So unless you are planning to resign as a result of your boss, you could consider managing yourself. I hear many employees say that their boss hasn’t clarified where they are going in the company – I always ask whether the employee has articulated her goals! The people I always invested effort in were those that came to me with clear goals and thoughts on how to get there. Anyone who wanted a meeting with me but hadn’t thought about possible solutions for themselves, didn’t generally get very far.

Next time you want something, go to your boss prepared: what do you want? how do you plan to get it? what support do you need? Make it easy for your boss to help you. It’s more likely you will get her support.

Give the above strategies a try, but if none of them makes a difference, then be clear with yourself on knowing when it is time to resign from your boss!

Note: This article is in no way intended to absolve bosses from their responsibilities!





Cambodia

TOP 10

TRAVEL DEALS

1. Four-star Mozambique offer from Thompsons Holidays. Rates from R11 748 per person sharing. Offer includes return flights departing from Johannesburg to Maputo, approximate taxes, return transfers and three nights' accommodation at the four-star Machangulo Beach Lodge with breakfast, lunch and dinner, all snacks and selected juices daily. Valid from 14 January – 31 July 2019. *For more information visit www.thompsons.co.za; email: travel@thompsons.co.za or contact them on 011 770 7583.*

2. Traditional Cambodia Tour from Azure Travel. Rates from R15 187 per person sharing. Offer includes transfers, eight nights' accommodation with breakfast daily, one dinner and more. Visit Siem Reap, Battambang, Phnom Penh and more. Offer excludes flights and taxes. Valid until 31 March 2019. *For more information visit www.azuretravel.co.za; email: info@azuretravel.co.za or contact them on 011 678 1146.*

3. Postcards of California offer from Travel Vision. Rates from R36 5325 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, ten nights' accommodation and ten days car rental with unlimited mileage. Visit Los Angeles, Malibu, Santa Barbara, Monterey, Carmel and more. Valid between 1 November 2018 and 31 March 2019. *For more information visit www.travelvision.co.za; email: reservations@travelvision.co.za or contact them on 011 408 8000.*

4. Vic Falls pay for 2 and stay for 3 offer from Flame of Africa. Rates from R3 395 per person sharing. Offer includes airport transfers, three nights' accommodation at the Vic Falls Rainbow Hotel with breakfast

daily and dinner for one night. Offer excludes flights and taxes. Valid until 30 December 2018 and between 3 January – 18 April 2019. *For more information visit www.flameofafrica.com; email: foaweb@flameofafrica.com or contact them on 031 762 2424.*

5. A festive Family Fun offer from Nibela Lodge in Kwazulu-Natal. Rates from R2 560 per room per night for two adults sharing. Offer includes one nights' accommodation with breakfast and dinner, guided morning walk and one night drive with stargazing. Valid between 14 December 2018 – 15 January 2019. *For more information visit www.nibelalake lodge.co.za; email: nibela.admin@dreamsresort.co.za or contact them on 035 562 9005.*

6. Explore Asia with Top Deck. Rates from 41 900 per person. Offer includes internal flights, eleven nights' accommodation with breakfast daily and five



Los Angeles



Egypt

lunches and dinners. Visit Beijing, Xian, Chengdu, Hong Kong and more. Offer excludes flights and taxes. Set departure date 7 April – 18 April 2109. For more information visit www.topdeck.travel/destinations/africa or contact them on 0800 982 308.

7. Mystical Egypt offer from Tripistery B2B Travel. Rates from R6 500 per person sharing. Offer includes all transfers, four nights' accommodation in Ciara with breakfast and three nights' accommodation on a cruise on a full-board basis. Offer excludes flights and taxes. Valid from 15 January – 30 September 2019, excluding 15-30 April 2019. For more information visit www.tripistery.com; email: info@tripistery.com or contact them on 031 817 1900.

8. Venice Carnival with United Europe. Rates from R13 750 per person sharing. Offer includes Port fees, four nights' accommodation onboard Croisi Europe Ms Michelangelo, all meals and onboard activities. Offer excludes flights and taxes. Set dates 27 February – 3 March 2019 and 3 – 7 March 2019. For more information visit www.unitedeurope.co.za; email: info@unitedeurope.co.za or contact them on 011 462 0962.

9. Ramanaya Trail Tour, Sri Lanka offer from Jetstar Tours. Rates from R17 506 per person sharing. Offer includes transfers, seven nights' accommodation with breakfast daily in a four-star hotel. Visit Nuwara Eliya, Bandarawela, Negombo and Colombo. Offer excludes flights and taxes. Valid from 15 January – 28 February 2019. For more information visit www.jetstar.co.za.

[co.za](http://www.jetstar.co.za); email: info@jetstar.co.za or contact them on 087 285 5391.

10. Mauritius beach special from Ezeego1 Travel & Tours. Rates from R7 837 per person sharing. Offer includes airport transfers, six nights' accommodation at the Laguna Beach Hotel & Spa with breakfast daily. Visit North Island, South Island and Ile Aux Cerf Island. Offer excludes flights and taxes. Valid until 4 January 2019. For more information visit www.ezeego1.co.in; email: agents.registration@ezeego1.com.



Venice

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CYCADS

BY ELIZE MALAN

Cycads are present-day representatives of plants which grew more than 200 million years ago. They have remained virtually unchanged since then and are extremely slow-growing.

Indigenous cycad species require a permit, and even seedlings from a legitimate plant will have to be

accounted for – the reason being the extensive illegal trade in plants that have just about eliminated cycads in some parts of our country.

All cycads are propagated from seed or from slow-growing suckers. There are separate male and female plants which can be distinguished when the cones are formed.

PESTS AND DISEASES

Cycas revoluta plants are generally disease free, but unsuitable growing situations can put plants under stress.

- Leaf rot will discolour the leaves, causing them to eventually drop.
- Root rot will cause leaf wilt, then discolouration with leaves dropping and the trunk oozing black liquid until it rots away.
- Correct drainage and watering will prevent fungus infections; and applying systemic fungicides in the early stages of the diseases is effective.
- Yellow leaves and a frizzle top can be caused by a lack of manganese, and applying a dosage two to three times a year will be an effective treatment. Correction of soil pH might be needed and a well-drained soil medium is essential. Plants in full sun in a very hot position will also turn yellow.
- Weevils on cycads can be devastating. Their eggs hatch and the larvae will tunnel into the trunk, destroying it completely. From the pupae emerge mature weevils and thus the cycle is repeated. Badly tunnelled plants should be removed and destroyed. Koinor can be applied as a preventative soil treatment and will eradicate the eggs and small larvae, but it is not effective against the mature insect.
- Red spiders/mealybugs should be treated with suitable insecticides when the signs are visible.
- Scale can be treated with mineral oil. Remove the dead scale gently.

ENCEPHALARTOS

The 28 species of *Encephalartos* (cycads) found in southern and tropical Africa are living fossils. Plants from certain *Encephalartos* species are available from legitimate growers. Although not difficult as a garden plant, growing *Encephalartos* is seen as a specialised hobby, expensive and not pursued by the average gardener.



CYCAS REVOLUTA

Exotic cycads belonging to the *Cycas*, *Dioon* and *Zamia* families can be grown without a permit in South Africa. Also known as the sago palm, *Cycas revoluta* is originally from Japan. It is a great focal plant that adds texture to a garden, but remember, the sharp leaf tips can be an irritating problem when plants are too close to a pathway.

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ENABLING vs EMPOWERING OF CHILDREN

BY DR ILSE RUANE



Children, and people in general, need to experience the ups and downs of life to appreciate what they have or do not have.

Children, and especially teenagers, are not going to gain a perspective of life without having the opportunity to learn from experience. This is why it's important that parents give their children the space and opportunities to learn.

WHY ENABLING CAN BE DETRIMENTAL

Enabling is a set of behaviours of well-meaning parents in which they attempt to make life easier for their children. This is usually done by removing unpleasant consequences that result from their child's choices and actions. When parents enable their teens, they hope that they will understand and appreciate the help and advantages that come from the assistance, but this is not the outcome that actually takes place. Enabling can spare children from day to day heartaches and hassles but it sets them up for much bigger problems later on in life.

When parents enable children, they often remove the opportunities from which children need to learn. Parents find themselves on the disappointing end of finding out that their enabling produced spoiled, entitled and unmotivated teenagers or young adults. And then, when they reach adulthood, they are unprepared for the responsibilities and accountabilities of adult life.

Enabling is a parental problem and not a problem from the child's side. If you want to stop enabling your child, you may need to do some emotional work on yourself first.

What does enabling look like?

- Are you often taking over their responsibilities, their chores, projects, packing of sports bags etc?
- Do you do their homework or projects for them?
- Do you give in to their whining or bad attitude?
- Or ignore their bad behaviour altogether?
- Are you giving them extra money after they already spent all their pocket money?
- Do you cover up for them so they do not get into trouble?

Enabling allows or encourages a child's irresponsible or inappropriate actions and behaviour. It is normal to want to protect your children and prevent them from suffering but it can





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quickly become problematic when parents save their children from their tribulations or uncomfortable consequences.

When you continuously rescue your teens from their problems and do not let them feel the consequences of their negative behaviour, you are not being protective. You are actually creating problems for them both now and later in life.

ENABLING IS NOT LOVING

By enabling your children, you are creating their dependence on you to rescue them and you are reinforcing the behaviour. What will happen when they become adults? What will happen when you are not around? Would they have acquired the skills to be successful? The best way to prepare your teenagers for adulthood is to allow them to experience the consequences of their actions. It is not being cruel and, yes, the consequences can be nasty, but allowing them to make their own mistakes will empower them to make their own choices.

ENABLING FULFILS YOUR OWN NEEDS

This is a hard truth but by enabling your

children you only give yourself what you need. You get to stay in your comfort zone and do what works for you. Let us unpack this statement further. If you start setting boundaries, will it be harder for you or them? Honestly, it is so much easier to enable.

By taking it easy and doing everything for them, you are not giving your children what they need merely what they want. You have to be a role model, step out of your comfort zone, and start setting boundaries.

ENABLING DEVELOPS A VICTIM MENTALITY

This basically means that they do not learn that they can choose what life gives to them by making certain choices. Enabled teens develop the idea that in life you get what you get. Empowered teens learn that they can create the things that they want in life by making certain choices.

The developing brain needs to learn to associate choice with consequence and when they believe they are victims, they struggle to make this connection.

ENABLING UNDERMINES YOUR TEENS' BELIEF IN THEIR OWN ABILITIES

You have probably started your enabling behaviour for good reasons, you were 'helping out'. Then, you started making excuses like "she's always had trouble with math" or "he had a long training session this evening and will not have time". The problem is, when you do more for your teens, you are communicating that you do not believe in their abilities, skills or talents. In time, your teens may lose faith in themselves too.

ENABLING MAKES CHILDREN FEEL UNSAFE

Children feel loved and secure when they are raised within a well-defined and consistent structure at home. Discipline creates boundaries, which in turn creates safety for children. When you let your teenagers get away with unacceptable behaviour, they may become confused. They may even feel unsafe and lose trust in you. Subsequently, they may act out even more in an attempt to create their own structure and safety in their environment.

Ironically, rules and boundaries tell children what is expected of them and when it is expected therefore they know how to act and subsequently it reduces the anxiety around the situation.

Every situation has at least two choices - give them the option to choose and let them experience the results.

For parents who decide to change their pattern from an enabling one to an empowered one, the process can usually be difficult and complicated mostly because teenagers do not take the changes easily. They, of course, prefer a system where they do not have to take accountability for their choices, actions and behaviours. They much prefer a home

where their parents do everything for them. Teens will not initially pick up on the fact that their reality will eventually be a direct reflection of their own choices, they need to learn by trial and error. Once they do that, they thrive because the knowledge of success in various situations becomes something within their power to achieve.

EMPOWERING *VS* ENABLING

How do we move towards empowering our children instead of enabling them?

1. Take a step back. Enabling develops from love and concern. But it results in communicating that you, as the parent, do not believe they are capable of handling the situation themselves. Learned helplessness is something that easily becomes entrenched in children's outlook on life and follows through into adulthood. So, take a step back and try and gain some perspective.

2. Do not fix their problems. You can listen to their talk and brainstorm ideas about what is going on, but they need to implement their own plans. The most common example of this is school grades. When children get bad marks, I frequently see parents make this their problem. This is actually your children's problem. If they fail a test then they are the ones that have to make up the lost marks or suffer the consequences.

Already I can hear you saying, "but then they won't get a good report and won't get into varsity then they won't get a good job..." All of these things are your children's problems. They will be far more likely to deal with them and get to work fixing them when they realise that they are the ones receiving the biggest impact and not their parents.

3. Do not bail them out. Sometimes letting things escalate can be the best thing for them. They learn how to be resilient and how to rely on themselves in tricky situations. Set clear limits, rules and boundaries at home. Establish consequences for breaking any of the rules and constantly follow through with administering the consequence.

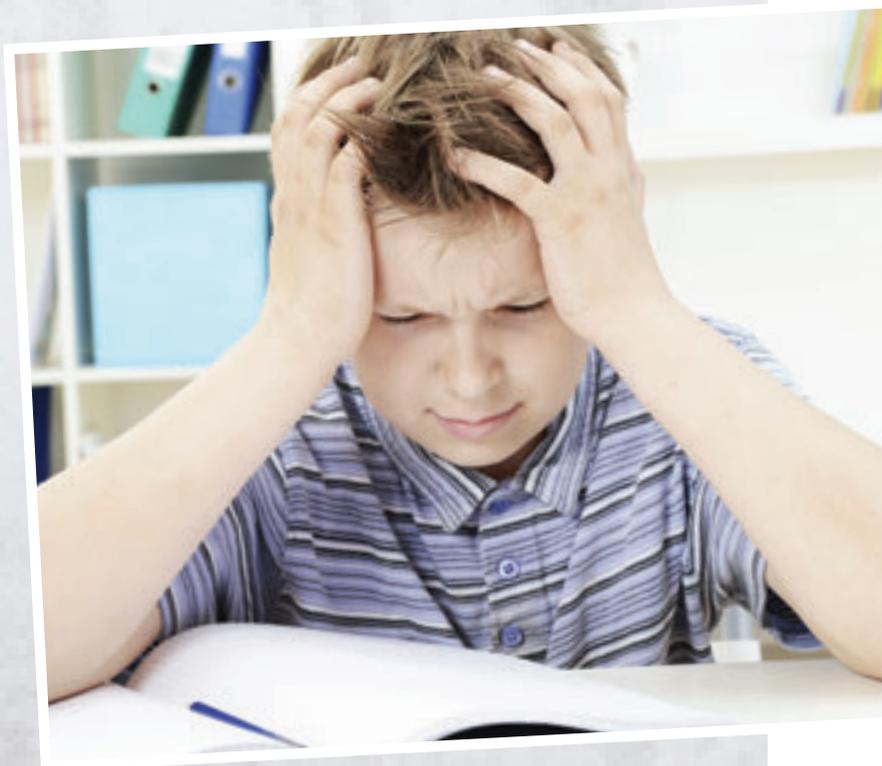
When making changes to rules and structure in the home, you should talk to your children first, so they know what to expect. Every family and every set of circumstances is different, and every teenager needs his own tailor-made approach for his own individual set of issues and needs.

4. Do not take responsibility for their issues or problems. They need to discover their own path. Encourage them to use their own skills, talents and

abilities to overcome challenges. Help them develop these assets and trust the process.

5. Teaching consequences of actions creates the framework to build respect - respect for themselves, for others and respect for you as a parent.

6. Give choices. Empowered teens are given options and choices. We know that children, teens especially, are oppositional by nature and are more likely to take the hard road if they think their parents are trying to force them down the road that they want. Teens want their independence, autonomy and freedom of choice, so give them the choices they desire. This is useful to the developing child's brain and helps him learn about choices and consequences.



THE PEN IS MIGHTIER THAN... WELL... ANYTHING ELSE

In a world that is largely governed by technology, it is no surprise that education is at the mercy of the electronic device. But is technology in the classroom really making our children smarter?

In many schools, textbooks are no longer available in hardcopy and most learning material is now accessible in a digital format. Whilst this sounds globally favourable and creates the image of students' preference for technology, it does not necessarily translate into better learning outcomes.

Many parents are sold on the educational punt of 'preparation for the future' (which is simply a marketing ploy) whereas the basis of education still relies on the creation of conducive learning environments that encourage interaction with learning material.

The onslaught of technology into schools has been explosive: Many schools are not prepared for the demands of technology and try to implement programmes and structures that extend beyond the realm of what is necessary or relevant to real teaching; and some schools misinterpret the function of technology in the classroom and tend to over-capitalise on its ability and expectation.

The investment in classroom technology sometimes surpasses the traditional purpose of education: to teach. Many teachers idealise the use of technology in their classrooms as a means to an end, and praise the iconic device for its supposed ability to boost the learning experience. This leads to complacency and the very possible demise of the presence of a human teacher. The debate is, if learning digitally is so prolific, why are we not creating more intelligent students?

There is undoubtedly a place for technology in the classroom, but total reliance on it is not advisable. Education seems obligated to maintain the advance of technology, but fails to advance itself. How can we expect our world-wise students to tackle an 'old' curriculum using new technological principles if we fail to teach them how to use these devices favourably? We live in a society that has advanced phenomenally but education has stood somewhat still. Essentially, many of us are teaching old principles to a new-age student.

Technology is most definitely here to stay but the concept of 'too much, too soon' is unfortunately a reality within many educational institutions. More so, teachers are often on the back foot when it comes to the expectations of school management and policy makers. Teachers are expected to simply implement digital learning in response to an outdated curriculum. More so, teachers cannot teach effectively if they, themselves, are not given the tools to function in a digital classroom. Often, the



onus is on the teacher to explore digital learning and create meaningful inclusion of electronic material. It would seem that the invasion of technology into the classroom has not quite mastered the art of actualisation.

The art of teaching students HOW to learn is influenced by the tools we give them. If we give them a pen, they will write; if we give them a keyboard, they will type. Does it matter what tools we give them in order to learn, or can we safely say that they will be able to learn, no matter the equipment?

Much research is underway in exploring the differences between reading print and digital media, and it would be wrong to assume that students will automatically receive improved education by digital reading simply because we believe it to be so.

Learning is a spontaneous activity and generally happens without conscious thought. We learn through a variety of mediums and experiences and often pay little attention to the new knowledge we are acquiring. Studying, however, is an active process and requires conscious thought. It demands more engagement with the learning matter and deeper comprehension.

The ability to comprehend study material is influenced by the medium: the environmental reason for going paperless is noble but the demise of the printed word endangers our students' ability to meaningfully engage with information.

Because studying is an active process, it requires physical manipulation of information. Reading is passive and if students are simply reading digitally, they are not necessarily retaining information.

Students learn better when they have access to tangible sources and are able to interact with the study material using their own hand. This is true for the classroom experience as well as the preparation for tests and exams.

When students type their notes in class, they tend to type verbatim, shutting off the brain's desire to listen for meaning.

Learning then becomes passive because the student loses attention. An essential component of note taking requires summarising, paraphrasing and concept mapping. Typing is simply copying. Creating one's own study notes through palpable interaction with the material assists in encoding the information, which improves the ability to process and retain new knowledge. When students study using printed books, they are able to page back and forth, make notes in the margin, colour-code and implement various other active processes.

This in turn, leads to the creation of unique and original study notes which make sense to the brain in which they were created. In order to learn optimally, one has to 'own' the information and, therefore, make it one's own: writing longhand allows the student to better conceptualise, understand and apply information. Long term storage is thus achieved and students are able to retrieve information more readily.

Typed notes are often verbatim and far more extensive than longhand, demanding more reading time in order to wade through the 'notes'. Effective studying requires students to break information down into smaller, more workable chunks so that increased meaning and understanding is achieved. According to a research study by Mueller and Oppenheimer at the University of California (2016), it was found that longhand notes involved superior processing, storage and encoding functions.

It seems there are still advantages to doing things the old fashioned way, and until the human brain rewires itself to think and learn more digitally - and education revamps itself to address the digital status quo - the demise of the printed word and personal penmanship is most certainly not on the wane. In response to the vast amount of research being undertaken across the globe on the use of digital media, e-books and electronic learning in education, many new technologies are being developed to support digital learning, but until we are able to foster the same learning potential from a device as from our hand, viva the pen!

EXERCISE FOR EVERY PET



#GETMOVING



Let's face it - not every furkid conjures up visions of athleticism. But looks can be deceiving. Recently we've featured Scottie agility champions and a group of English Bulldogs who are pro-surfers and skateboarders on the Twisted Whiskers Facebook page! Where there's a will, there's a way. The point is that ALL pets need exercise, whether they end up being sporty, or it's all just a bit of fun with their humans.

Last month was Pet Obesity Month, and together with our partners in the fight against pet-flab, Hills Pet Nutrition, we're making it our mission to help every podgy Petunia and flabby Fido to reach their ideal weight and enjoy many more years with their families, free of obesity-related health problems.

Bring your dog or cat to a Twisted Whiskers store anytime for a free weight check, body condition assessment and diet and exercise advice from our trained staff. We'll introduce you and your pet to the Hills Pet Slimmer Programme and get your pet on the road to looking and feeling great. And we'll teach you some handy tips along the way to prevent the pounds from piling back on.

WHAT ROLE DOES EXERCISE PLAY?

Much has been written about the role of diet

in weight loss for pets, and with good reason. By far the biggest factor in losing pounds is the correct weight-loss diet. Exercise is the other vital piece of the puzzle and this is what we're going to be focussing on here.

A common concern of parents of sedentary pets is that they battle to get them moving at all. The truth is that an overweight animal very likely suffers some kind of joint pain or stiffness, as fat tissue, itself, is a source of inflammation in the body. So it's not just the extra weight that makes moving painful; the problem is two-fold. Our advice in these cases is to start the Hills weight loss programme and get some of the excess weight off first. The low-calorie, joint-support diet, Hills Metabolic + Mobility helps pets with joint problems to begin light exercise. You'll be surprised at how



Bring your dog or cat to a Twisted Whiskers store anytime for a free weight check, body condition assessment and diet and exercise advice from our trained staff.



the car. Ball launchers are a must and don't forget the all-important treats and poop bags. And a comfy blanket or travel bed to sprawl out on.

Join local breed groups on social media – many advertise organised events specifically for different breeds. Hunting and herding breeds, for example, find drag hunting (together with horses and riders, where dogs follow an artificial scent laid down in advance by a runner and no animals are harmed), or sheepdog trials hugely stimulating. It's a great day out for you and your dog to catch up with like-minded individuals.

What could be cooler than seeing a Gathering of the Clans at the annual terrier club get-together? Or a perfect pack of Pointers at the local gundog outing?

There's plenty of fun to be had in your back garden at home. Many dogs (and even some cats) enjoy swimming, and this is an excellent form of exercise, particularly for overweight pets, as it burns plenty of calories, but doesn't place the stress on sore joints that walking does.

Ensure pets only enjoy the water under supervision if they cannot get out of the pool easily on their own. Swimming harnesses sport a convenient 'handle' on the back so that you can monitor your pet's movement in the water, and are ideal for smaller pets. Get your animals used to the water when they're youngsters and invest in a Skamper-Ramp so that your pets can always get themselves out safely if they fall in by accident.

much keener your furball is to follow you out to the garden when he has less weight to drag there with him! Initiating that movement can be as easy as placing his kibbles in a line leading away from his resting place, so that he has to move around to finish his meal, rather like Hansel and Gretel following breadcrumbs in the old fable. Then call him to follow you each time you move from one room to another.

Animals respond well to a system of reward, so use a low-calorie treat such as Hills Metabolic Treats or grated carrot or apple for dogs, or maybe a catnip biscuit for kitties, to encourage and reward them for getting up and moving about.

As movement becomes easier, introduce a favourite toy such as a ball or plushy for dogs or a laser light or feather dangler for cats, to engage them in short games. From here you can progress to brief, low intensity walks around the garden, or around the block on a lead. Gradually add time and distance to the walk, as your pet becomes fitter. For cats, build up to longer and faster games of chase with their toys, gently encouraging them to jump on and

off furniture, low counters, etc. It's vitally important not to push your pet too hard, too quickly. Allow older pets, or those with joint problems, to show you when they're tired. And don't confuse reluctance with laziness. Make exercise as much fun as possible and soon your pet will look forward to being able to move around and share activities with you.

WHAT OTHER EXERCISE OPTIONS ARE THERE FOR PETS?

The sky is literally the limit when it comes to exercise and outdoor activities one can participate in with pets. Social media is peppered with stories of people who take their pets (even cats!) mountain climbing, surfing, or hiking. Provided your furbaby is properly secured, eg. in a suitable harness or life-jacket and eager to join you on your adventures, simply strap him into his car safety harness or car crate and off you go!

It's a good idea to ensure that places you plan to visit are pet-friendly. The South African Pet Friendly Directory (<https://www.petfriendly.co.za/>) is a wonderful resource, listing accommodation and restaurants, nature trails, etc. that welcome furry visitors. Remember to pack all your pet essentials: collapsible water bowls will squeeze into the tiniest corner of your bag, and the non-spill variety are fab for



If you're a keen runner and would like to take your dog out with you for exercise, check first with your vet what distance your running buddy can manage. If the two of you run often and your pet is at ideal weight, it might be worth looking at a sporting dog diet that includes joint support. Eukanuba Premium Performance Working and Endurance, or Hills Performance Adult are superb options.

Twisted Whiskers stocks hands-free, shock-resistant leads that are perfectly suited to runners' needs. Or check out the Gismo range, which features a comfort grip handle with attachments for all those must haves out on a run with Max: poop-bag holder, flashlight for night runs, treat-dispenser, multi-lead anti-swivel carbine for a comfortable outing with more than one dog – all on a single item to hold!

Large or giant breed puppies should not be taken on runs until their growth plates have closed at around the age of 15 - 18 months, as this can irreversibly damage young joints and set your dog up for a lifetime of pain and discomfort. Always pay close attention to brachycephalic dogs like Pugs, Boxers and Bulldogs and check for heat stress when doing any form of activity with them. They should only be exercised in the cool of the day, and remember to take plenty of water with you. A cooling collar is a super idea for them, or a cooling mat to chill out on as soon as they get back home.

Cats aren't exactly 'sporty', but this doesn't mean that they don't enjoy bounding around and burning off energy, albeit informally. Outdoor cats tend to amuse themselves all day, stalking, hunting and climbing, but if your kitty is an indoor child, ensure that he or she has plenty of exercise options like cat trees, shelves placed at different levels along the walls for aerial entertainment, and perhaps an enclosed outdoor area (fondly known as a 'catio') to be able to appreciate the fresh air and sunshine. We stock beautiful ranges of kitty fur-niture, as well as 'entertainment stations' like CatIt, for hours of feline fun indoors. And your purrson will enjoy the boxes they come in just as much!

Whatever outdoor activities you plan to enjoy with your pets this summer, Twisted Whiskers has the goodies and gadgets to get you going. We stock the Ezydog and PetBound Julius K9 ranges, offering stunning heavy-duty harnesses, life-jackets, reflector lights and everything your pet needs for über outdoor adventures. And don't forget those car-comfort items, essential for your own peace of mind when travelling with the hounds: seat protectors, window-spacers, and car harnesses that secure your dog safely and prevent him from distracting you as you drive. What about a 'booster seat' for the little furies so they get to peek out of the window and watch the



world race by? Our range of toys, training treats and travel accessories is second to none and our friendly staff will help you select products that will really blow your furchild's whiskers back!

The bottom line is that our animals enjoy being with us. They like to be involved in all that we do, and this includes sharing our active lifestyle. Provided they're healthy and fit for the activity (a veterinary check-up is recommended for older pets), and you're set up with all the fun gear that you need, your favourite furball can accompany you just about anywhere and will love the chance to experience new sights, sounds and smells.

Get out there and get moving with your pets. Allow them the opportunity to explore the world with you.

#GetMoving
#HillsPetSlimmer



COMMITMENT & CHOCOLATE

BY PETER STOFFBERG

I know someone who doesn't like chocolate. Just one person. Asking almost any other human being if they like chocolate is silly, it's better to ask which sort they prefer. It may be the sweeter kind with chewy textures and contrasting flavours, or perhaps the pure, dark stuff with its complex bitter sweet balance.

Good chocolate, regardless of the variation, consists primarily of cocoa butter and cocoa powder combined in a precise temperature-controlled process. This is critical because chocolate hardens through the formation of up to six different types of crystal structures, depending on the temperature and speed of cooling. Only two of these forms result in a smooth-textured, firm, and great tasting final product. The presence of the other crystal forms can quickly spread and wreck the whole structure, leaving nothing but a sad and expensive mess.

Committed relationships are like chocolate, they also thrive on purity, the slightest compromise can initiate a process of sad and costly deterioration.

It was a blessing to witness this kind of unadulterated and uncommon commitment at a recent wedding our family attended. The couple not only vowed to forsake all others and devote themselves to each other for life – but had done so all their lives up to that point. This may be old fashioned, unpopular and difficult, but statistically, it is still the best foundation for a permanent marriage commitment.

In our modern context, we have so many choices that we avoid making commitments out of fear of missing out on something better. This fear of missing out drives our decisions, keeps us glued to news feeds and social media, and tempts us to compromise our relationships. This same technological and global context exposes us to many different religious traditions, rituals and festivities. Participation in these rituals and festivities seems harmless, and these events promise a sense of community and

connectedness which we are afraid to miss out on - but are they a compromise?

Our faith is not something we can mix and match, hang back on, and wait for the most exciting options to present themselves. Our faith is a commitment to an exclusive loving relationship with our Creator, lived out on His terms, and He provides His own rituals and community (1 Corinthians 10:21).

Relationships, like chocolate, work better with commitment. This is a timeless principle - please think about it as you consider the myriad of choices you're faced with today.

Peter

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God's *light*

came into the world
but people
loved the darkness
more than the light

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STEINHOFF: INSIDE SA'S BIGGEST CORPORATE CRASH

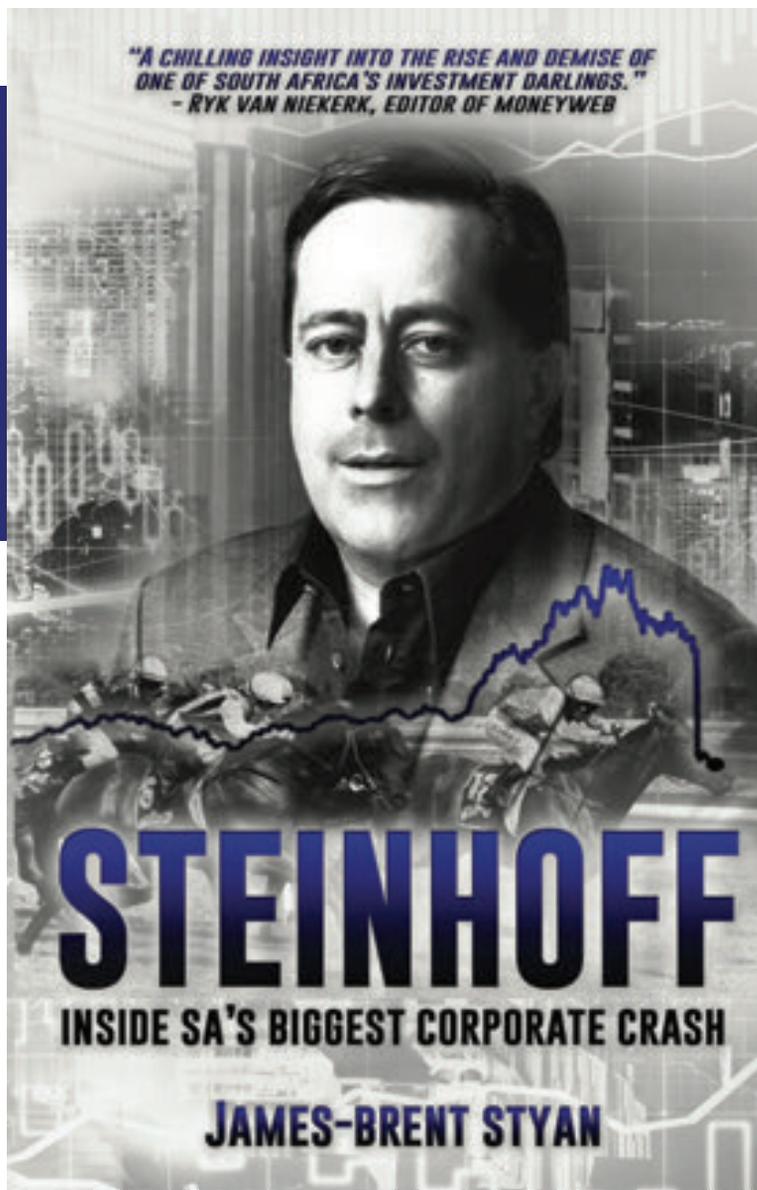


BY JAMES-BRENT STYAN

On 5 December 2017 the Steinhoff group was worth R193 billion. Twenty four hours later, more than R117 billion of this fortune was wiped out. The Steinhoff Empire, which took 50 years to build into an international business giant, had crumbled overnight. Markus Jooste, Steinhoff's flashy CEO, resigned and has since been fleeing an avalanche of scandals and accusations: luxury homes for a blonde mistress, allegations of fraud, racing horses and unparalleled extravagance, a lavish, black Jaguar. . . What exactly happened here? Who knew what? What is Steinhoff, who is Markus Jooste and what does it all have to do with the so called Stellenbosch mafia? Where does business tycoon, Christo Wiese, Shoprite and Pepkor fit in and where is the pensioners' money?

Steinhoff: Inside SA's biggest corporate crash is a gripping financial thriller that will be told as a cautionary tale or salacious scandal in both boardrooms and living rooms for decades to come. The author, James-Brent Styan, qualified as an accountant in 2003 and did his articles at an auditing firm before becoming a financial journalist. He has written for *Finweek*, *Forbes Africa*, *Sake24*, *Fin24*, *Beeld* and *Die Burger* and currently works as a communications practitioner. Steinhoff is his third book. His other books are *Heartbreaker: Christiaan Barnard and the first heart transplant* and *Blackout - The Eskom Crisis*.

Here's an extract from the currently No.1 Bestselling book in South Africa: Viceroy Research is a small, anonymous investment firm consisting of three men, who describe themselves as



'protectors of shareholders'. Viceroy became world-famous overnight with the release of a damning report that revealed various irregularities in Steinhoff's financial statements. The Viceroy report was issued on Wednesday 6 December, the same day Steinhoff confirmed it was investigating accounting irregularities. The 37-page report on Steinhoff spread fast. That week, the Steinhoff share price dropped like a ton of bricks. From R50,25 on Monday 4 December, the closing price fell to R45,65 (Tuesday), R17,61 (Wednesday), R10,00 (Thursday) and hit R6,00 on Friday.

Viceroy initially remained anonymous while the storm raged. In response to inquiries, the group told the Bloomberg news service: "We believe the research should do the talking." Viceroy described its work as 'investigative research' and said they use simple instruments such as Gmail and WordPress for their site because Viceroy is not "a marketing machine. We are a small team of professionals." They acknowledged that their focus was to research companies where "signs of accounting irregularities and possible fraud are found".

After the publication of the Viceroy report, Steinhoff's share price continued

to fall and the rating agency Moody's downgraded Steinhoff's credit rating to junk status. But the Steinhoff collapse was not limited to South Africa. The financial shockwave was felt around the globe. In America, four of the largest American investment banks, JPMorgan Chase, Bank of America, Citigroup and Goldman Sachs, announced they jointly had more than \$1 billion of loans linked to Steinhoff. The embattled group owed a total of \$22 billion to international banks.

When it comes to accountability and decision-making, a big question mark hangs over the actions of the investment and financial community in South Africa. The industry consists of highly qualified and specialised people who are paid generously to look after other people's money and pensions. How did so many of them completely miss the Steinhoff signs? The golden thread that runs through many of the explanations is the fact that Steinhoff's books were so complex to analyse. Perhaps it would have helped if asset managers took heed of the counsel of Warren Buffett, the "Sage of Omaha" and surely the world's most famous investor. One of Buffett's rules for investing: never invest in something you don't understand.

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