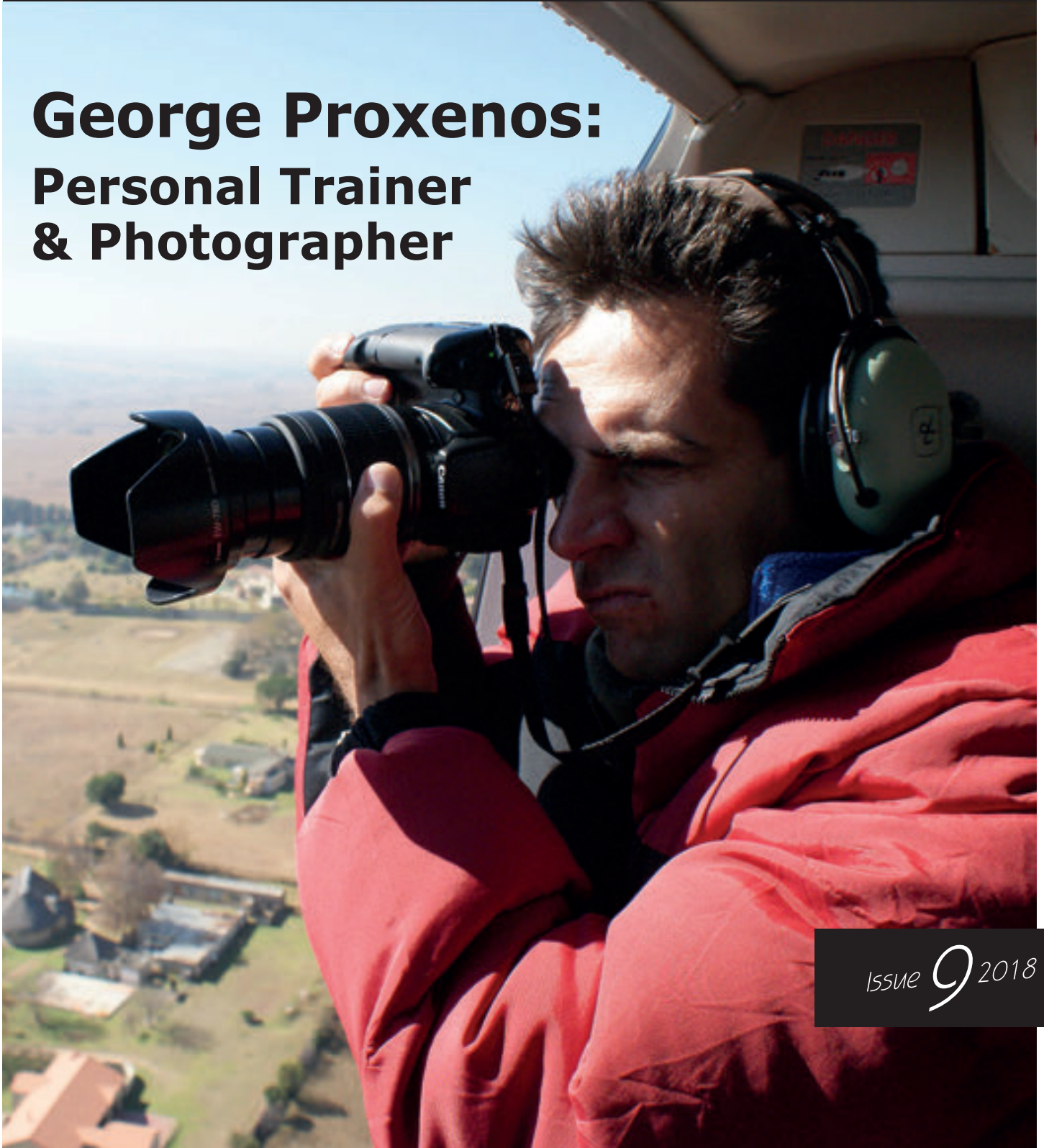


DAINFERN

precinct LIVING

George Proxenos: Personal Trainer & Photographer



Issue 9 2018

Special Olympics
at Shumbashsba

New Year's
Resolutions for kids

The business
of You





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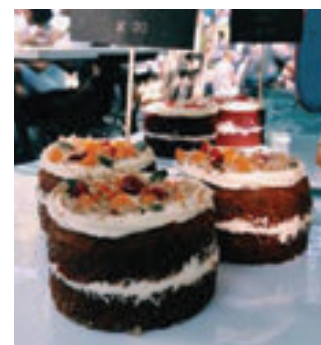
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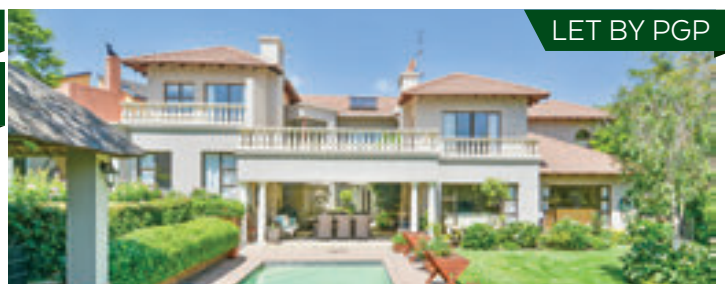
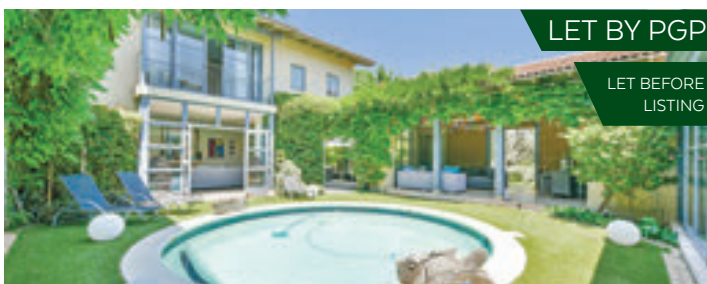


RECENTLY SOLD & LET IN DAINFERN

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Kyle Ebben (rentals) 082 483 5861 / [kyle.ebben@pamamgolding.co.za](mailto:kyle.ebben@pamgolding.co.za)





I FOUND MY HAPPY PLACE

With recycling being the hottest buzz word these days, buying second-hand books makes a lot of sense and I certainly have found my Happy Place in the new library that I have set up in my office. When it came to stocking up on books, the SA Guide Dogs Association, the SPCA and my local library were all marvellous sources of recycled books. I now have enough new reading material to keep me going for at least the first quarter of the New Year.

Speaking of the New Year, be sure to check out our Today's Child article on helping your kids set some New Year's resolutions. It may seem a bit pointless to some jaded adults, but it's great fun for the kids if you caution them to be realistic so that they actually do manage to achieve those goals. Even for adults, the New Year is an excellent time to re-assess whether you are on the right track or whether you need to change direction and the consensus is that one or two New

Year's resolutions will help to keep you motivated - at least for the first few weeks!

In our Business section, Briony Liber also discusses a new way of looking at your career in her article entitled 'The Business of YOU'. It's definitely thought-provoking and encourages a paradigm shift in how you take the long term view of your work life.

Part of your business persona, of course, is your appearance and in our Beauty section we take a look at the variety of services offered by Charmaine Ellis of Stop & Stare. Particularly for the ladies, whether it's a full makeover, an elegant dress for a formal occasion, or simply a spray tan to make you look glowing and healthy, she's the go-to person to help you – and she's right on your doorstep.

Considering health essentials such as keeping fit, in this issue we have an interview with personal fitness



trainer, George Proxenos, who is not only passionate about helping people tone their bodies and get fit, he's also a talented photographer who has been a valued contributor to our stable of magazines for many years. If you find you're struggling to keep to your fitness plan, be sure to get in touch with George – he'll help you work out a suitable exercise programme and guide you through the steps to reach your goals.

Another New Year's resolution for 2019 would be getting involved with helping the various charities and community initiatives. It's a wonderful way to get to know others from your precinct while making a positive difference, so be sure to read the Christmas message from Future City Fourways and our article about the Special Olympics hosted by Shumbashaba. If you find you have some time to spare, make contact with these uplifting initiatives and find out how you can get involved. Who knows, 2019 could well be the year that great things happen for you.

We wish you an absolutely amazing year ahead.

Ann

Ann Arnott
EDITOR
annar@nowmedia.co.za

JAGUAR F-TYPE

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THE ART OF PERFORMANCE

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MERRY CHRISTMAS FROM AFRICA



A Christmas message from the Chair of Future City Fourways

BY ADVOCATE JEAN BERDOU

The true Christmas message is one that took place over 2000 years ago. Essentially, it involves the most incredible love story towards mankind.

Taking inspiration from those events, Christmas in our modern era is a time for our communities to think of others less fortunate and more vulnerable. It is an opportunity to make a difference in the lives of others.

In Jozi, the Christmas season is actually a paradox in that the Season of Goodwill is interspersed with a spike in crime and so, in our uniquely African setting, a uniquely African response is called for. To address the issue of crime, additional vigilance and care are required.

Actions such as keeping Christmas shopping locked away in the boot of the car and keeping valuables out of sight become even more important. Visits to malls require more careful attention to the safety of children, valuables, credit cards, and finances.

In particular, there should be increased vigilance around phishing scams on the internet where information is sought to access your personal information. Typical examples of phishing recently are the widely-distributed emails claiming that one's email account is full and requires reviewing, calling for user names and passwords. Do not fall for these scams. Special care and precautions should also be taken for the protection of private residences and business premises at this time. Alarms, electric fences and gate motors should be serviced and proper

security measures should be taken for unoccupied properties.

Whilst all of these precautions are necessary, don't let the concerns over crime interfere with the Season of Goodwill. Christmas is a time of generosity, kindness and making a difference in the lives of others. There are many local projects where one can make a difference, through donations of goods, (whether new or second-hand), funds or time. Reaching out into your community is a vital part of building social cohesion and is to be encouraged as much as possible. Radio and TV shows broadcast programmes where you can make pledges and air other programmes where you have the opportunity to make donations. A recent example is the massive Steyn City Outreach to Diepsloot, where thousands of children received gift bags and shoes.

The Dainfern community are famous for their generosity and kindness and we would encourage community members to reach out to projects such as the Witkoppen Primary School, as well as the South African Police Services and essential services, the underprivileged and the elderly.

May we take this opportunity to wish you a very merry Christmas, a prosperous and rewarding 2019 and every success going forward. Future City Fourways looks forward to partnering with you all next year.

If you would like to get involved in our greater community and our campaigns to combat crime and grime, feel free to contact Susan Harwood on 083 228 2546.

GREAT PRICE



R189



R349



R199



R199



R199



R299



R399



R229





The 2019 Leadership team



Heads of school: Pumelele Vabaza and Feranmi Oluwadairo



Deputy heads of school: Courtney Baker and Sahil Bramdhaw



Head of the SRC: Babalwa Vabaza



Heads of Griffin House: Viennie Ledwaba and Michael Swart



Heads of Kraken House: Rachel Calaz and Miles Taylor



Heads of Phoenix House: Caryn Love and Matthew Gillard

THE SPIRIT OF LEADERSHIP

"A Spirit of Leadership recognises that successful leaders are driven by a desire to be of service to others and to nurture, guide, develop and help them to improve and succeed." – Round Square

The importance of academic success in school is obvious: the education system in South Africa, like almost all countries, is geared towards preparing students to write a school exit exam and exam grades continue to be the yardstick by which employers and universities measure potential candidates.

Dainfern College has a stellar record of academic success, with a 100% matric pass rate since its first students wrote the National Senior Certificate in 2001, but it also believes strongly in the holistic development of students beyond just academics. Like many schools, it promotes the benefits of sport, culture, service and leadership. Unlike many schools, however, this is an intentional programme built around the Round Square IDEALS of Internationalism, Democracy, Environmentalism, Adventure, Leadership and Service.

As a Round Square school, Dainfern College's Leadership Programme is therefore based on the Round Square 'Spirit of Leadership'. The concept of 'servant leadership' is ingrained at an early age, with students encouraged to help and support each other at every opportunity. Through an intentional Leadership Academy programme that starts in Grade 8, students are given opportunities to explore the concept of leadership and acquire leadership skills through group work, grade camps and team activities that include interhouse and interschool sports and cultural events. This empowers students to engage with others, strategise, problem solve and learn about the responsibility that comes with leadership roles.

Students build up a personal Leadership file of the activities and events in which they have participated and the training they have had. They are also expected to serve their community through the school's Outreach activities. In Grade 11, interested students put together a leadership CV and apply to head up a particular portfolio in their Grade 12 year. They motivate their application with a speech to the school, before their peers and the school staff vote.

Unlike the traditional 'prefect' system, at Dainfern College each student on the Leadership Programme is then appointed to a specific Leadership Portfolio, and is assigned a personal mentor teacher who guides them and challenges them to grow their leadership skills. At the end of their term of office, the leaders are assessed on their performance and how well they have managed their portfolios. Based on this, top achievers are then rewarded with a Leadership Scroll, Full Colours or Honours for Leadership, ensuring they are recognised for their performance rather than their status.

The student leaders for 2018/2019 were inducted on 8 October and are headed up by the Heads of School: Pumelele Vabaza and Ferañmi Oluwadairo, and Deputy Heads of School: Courtney Baker and Sahil Bramdhaw.

The Round Square 'Spirit of Leadership' is perfectly aligned with this innovative Leadership programme and fulfils the Dainfern College mission to give students the skills for life 'to unlock unique personal potential and to nurture creative thinkers with the confidence to become leaders'.



For further information about Dainfern College, please contact marketing manager Deidré Proxenos on 011 469 0635 or dproxenos@dainferncollege.co.za.



Grading of the Dainfern JKA Karate students took place on 30 November this year.



IMPROVE YOUR WAY OF LIFE WITH KARATE

The New Year is a great time to re-assess your lifestyle and figure out how you can improve the quality of your day-to-day activities. Exercise is an important part of the formula for a healthy lifestyle and here in Dainfern Precinct we are fortunate that we have a wide variety of choices when it comes to getting our bodies moving. One of these activities is Karate.

Karate has always been recognised as an excellent way of toning body and mind, both for adults and children, thereby enhancing your sense of well-being.

WHAT IS KARATE?

Karate is a martial art and a means of self-defence which uses the human body and limbs in a scientific and effective way. Karate for children is not only fun but also provides many important benefits to young people.

The word 'Karate' translated from Japanese literally means 'Empty Hand' - Kara (open) and Te (hand). Karate incorporates blocking (uke), punching (zuki), striking (uchi) and kicking (keri). Some of these benefits are referred to in Japanese as chiiku (mental development), tokuiku (moral development) and taiiku (physical development). These are the same three classes of personal development found in traditional educational systems.

In terms of chiiku (mental development), Karate helps build concentration, focus, clear thinking and decisiveness. Karate has strong internal benefits as well. It helps instil patience, discipline, perseverance, understanding and open-mindedness. It builds confidence, develops self-control and increases calmness, courtesy and peace - all of which will aid everyone in every endeavour they undertake in life. These correspond to tokuiku (moral development).

Of course, Karate is good for the body too (taiiku). Physically, it is excellent for the heart, builds strong bones and bigger muscles, creates resilience, and makes the body less susceptible to sickness and injury. In all these ways, Karate is profoundly helpful to young people in dealing with the many challenges facing them in today's society. It brings them balance and perspective at an age when these are needed most. It adds a strong foundation to their character.

THE JAPAN KARATE ASSOCIATION

The Japan Karate Association (JKA), with a vast membership in over 100 countries, is the world's largest and most prestigious Karate organisation. The JKA is the preserver of the soul and spirit of the art of kokufu-bunka Karate-do-Karate based on the ancient Japanese tradition of Bushido (the way of the samurai).

JKA Karate is not a game of points, weight classes or showy demonstrations. It is a martial art and way of life that trains a practitioner to be peaceful; but if conflict is unavoidable, true Karate dictates taking down an opponent with a single blow. Such an action requires strength, speed, focus, control. But these physical aspects are only part of the practice; they are just the vehicle, not the journey itself.

In true Karate, the body, mind and spirit - the whole person - must be developed simultaneously. Through basics (kihon), sparring (kumite) and forms (kata) Karate practitioners learn to control their movements. But more importantly, they learn to give up control too. Practitioners perform the techniques without thinking about them, and remain focused without having to concentrate on any one thing. In essence, the body remembers how to move and the mind remembers how to be still. This harmonious unity of mind and body is intensely powerful. Even the greatest physical strength and skill is no match for the power of wholeness. The result of true Karate is natural, effortless action, and the confidence, humility, openness and peace achieved are only possible through perfect unity of mind and body. (Source: www.jka.or.jp).

DAINFERN JKA KARATE

Dainfern JKA Karate is an affiliate of SA JKA Karate which in turn is affiliated to the JKA in Japan. JKA instructors are well equipped and licensed in terms of an internationally-recognised grading system as instructor, examiner and judge - this is renewable every 3 years. This system was developed to produce instructors of the highest calibre in line with the JKA motto stating it as "The keeper of karate's highest tradition". Dainfern JKA Karate's resident instructor, Bernard Buys (5TH Dan, JKA) is Japanese graded and an internationally qualified Instructor (Class B), Examiner (Class C) and Judge (Class C).

"At Dainfern JKA Karate, we are passionate about teaching SA JKA Karate in an informative, practical and fun way incorporating these aspects through various platforms in order to get students moving and healthy at the same time as learning a lifesaving skill," says Bernard.

Have fun, get active and join Dainfern JKA Karate in 2019.

For more information and to become part of the JKA family, please contact:
Bernard Buys (5th Dan, JKA) 083 709 9289
 e-mail: bernard.buys@mweb.co.za



CELEBRATING OUR HERITAGE

A proud heritage of Speaking, South African style – a Toastmasters legacy

**BY GRAYDON MARAIS
VP PUBLIC RELATIONS
FOR DAINFERN TOASTMASTERS**

The theme at the November Dainfern Toastmasters Club event, held at the Dainfern Country Club, was to celebrate our unique South African culture. This involved acknowledging our diversity, being proud of our Ubuntu heritage, and honouring our rainbow nation.

The club members and guests were willing participants. From their warrior-style, painted faces, their celebration of flying the SA flag, to the display of the beloved Protea, the spirit of being proudly South African was celebrated in style!

This type of event inspires in all of us the idea that we are emotional creatures by nature. It clearly

connects with a common cause and affords us the ability to express our feelings. This needs to be cultivated.

Public speaking is a skill which allows us to minimise the messages lost in translation, between what we feel in our hearts and what we say with our mouths and our bodies. At Dainfern Tigers, we are passionate about communication, because we believe it is the vital human connection.

With the Toastmasters international programme, we create for our members a safe environment within which they can grow in confidence and experiment new techniques. We mentor them to reach their full potential, as speakers and leaders, by unlocking the door of their personal excellence.

If you are ready to challenge yourself, to become the speaker and the leader of your dreams, start your journey now, rise up and raise your voice. We at Dainfern Tigers will be there to support you in your Toastmasters journey. We welcome you to attend one of our meetings as a guest, to get a better understanding of what is involved in being part of a great club.

We look forward to hearing from you!

For more information you can contact Graydon Marais on 083 650 0149, or email vppublicrelations@dainferntm.co.za



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STOP & STARE

Houses at Simbithi surrounding a pocket forest

Particularly as we get older, we find that beauty is not serendipitous. Stress and factors such as pollution and the dodgy ingredients added to the food that we eat contribute to advanced ageing and a deterioration in our 'looks'. So how do we combat these ravages?

Conveniently, Stop & Stare based at Bella Beauty in the Mulberry Office Park offers a variety of services that address many of these issues



INTRODUCING CHARMAINE ELLIS

Stop & Stare is the brand owned by Charmaine Ellis, who represented SA in both the Mrs Globe and Mrs Earth International competitions. As she's based in the precinct, seeing her is quick, safe and accessible. Here are some of the beauty aids that she offers.

SPRAY TANS

Sun damage is still very much a problem when it comes to being outdoors, so it's advisable, if you want your body to look bronzed and healthy, to rather choose a spray tan instead of subjecting your skin to our harsh African sun. Charmaine offers an organic, natural-looking tan which lasts up to 8 days, and actually conditions your skin at the same time. The brand, Vita Liberata, will give you a wonderful golden glow for summer.

TEETH WHITENING

There's nothing more attractive than a beautiful smile, especially if you are sporting your new tan. The brand that Charmaine uses is PureSmile, a 100% natural teeth whitening product that is safe, painless and affordable. She says it's the only whitening alternative that does not

contain peroxide. To help you maintain that sparkling smile, there's also a special toothpaste that you can use afterwards. This is recommended particularly if you love red wine, lots of coffee and curries.

EPILFREE

If you find that you are struggling to tame an overabundance of body hair, Charmaine offers a pain free, permanent hair reduction solution that does not involve laser treatments. It is a scientifically-developed natural product that works on all skin tones and hair types, is suitable for all ages from 15 years upwards, and there are no side effects.

MAKE UP

So now you have tackled some essential basics, it's on to looking stunning for that special occasion. Charmaine will do your make-up for you and she can even save you time and do it while you're having your hair done at the Immersion Hair Salon which is situated upstairs.

FULL MAKEOVER

If you would prefer someone to take charge of your beauty needs from top to toe, Stop & Stare is again your go to place. A full makeover involves an initial consultation, wardrobe planning, diet and exercise advice, setting a beauty budget, attending to your aesthetic requirements, as well as hair and make-up advice.

SLENDER WONDER

As part of the Bella Beauty collective, Stop & Stare also offers the Slender Wonder Slimming Programme. It's a medical weight loss programme that can be custom-designed just for you. The programme includes injections, supplements, diet and exercise advice, and follow-up consultations

to help you achieve your dream weight. The important thing to remember is that Charmaine will be there to help you every step of the way.

DRESSES TO IMPRESS

Dresses for special occasions can be outrageously expensive, so unless you find something that you can wear with different accessories to change the overall look of the outfit, you may find that you only wear the dress once or twice at most. That's why Stop & Stare offers a dress rental service, in addition to dresses for sale. You can also choose from a catalogue any style you love and Charmaine will help you size and style it according to your body type and personality. Whether it's a formal gala dinner, a celebrity awards ceremony, matric dance, or even your wedding – including bridesmaids, mother of the bride, and wedding dress – look no further than Stop & Stare at Bella Beauty. Charmaine will have you looking and feeling like a Princess in no time!

To contact Charmaine Ellis, call her on 082 3088 998 or email: jemima.ellis@gmail.com.

COMPETITION

This month, we have 2 prizes up for grabs from Stop & Stare at Bella Beauty.

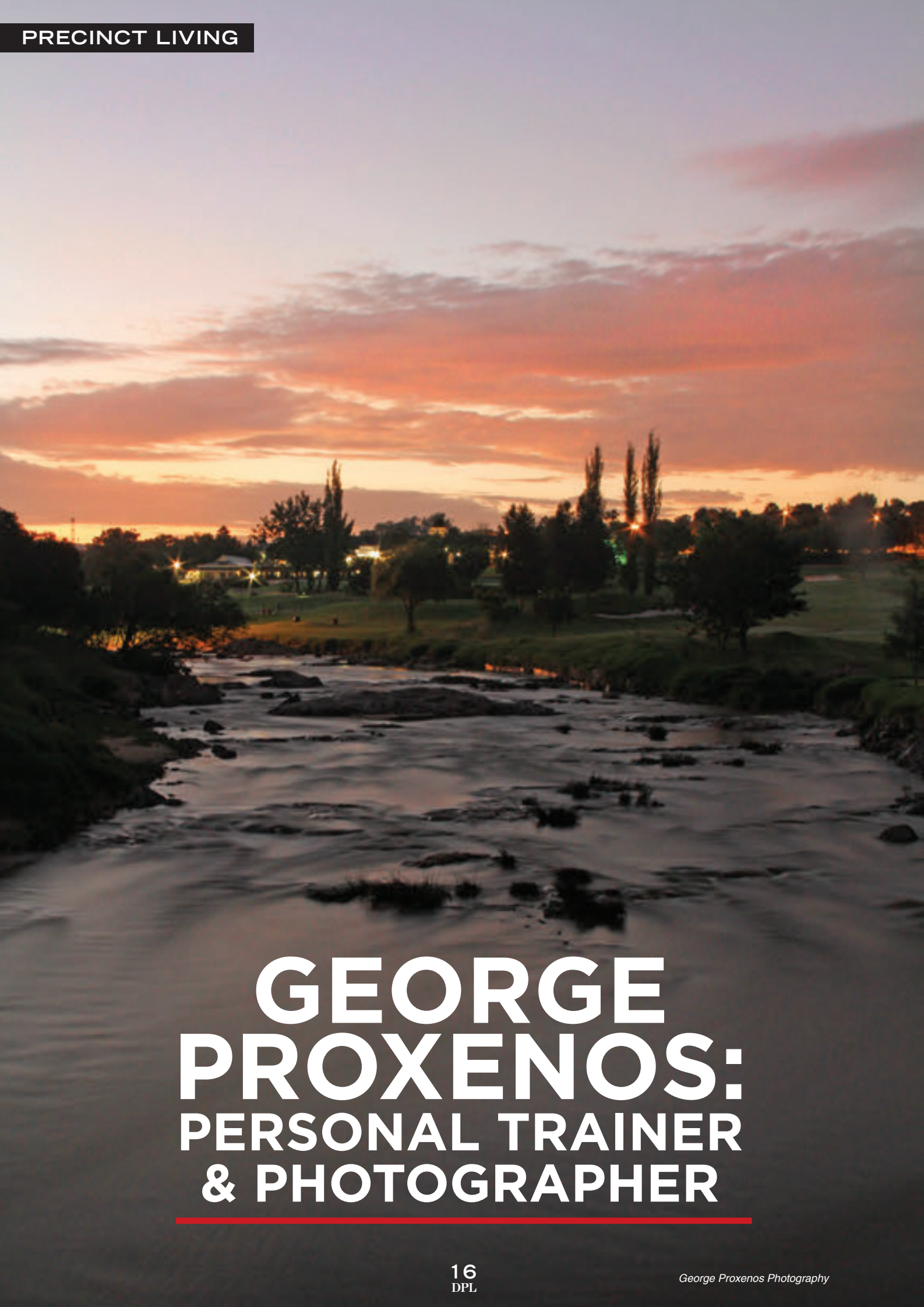
TEETH WHITENING WORTH R1000

SPRAY TAN TO THE VALUE OF R450

For a chance to win one of these prizes, simply answer the following question.

Q What is the name of the spray tan brand that Stop & Stare offers?

Email your answer – with "Dainfern Precinct Living - Stop & Stare" 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.



GEORGE PROXENOS: PERSONAL TRAINER & PHOTOGRAPHER

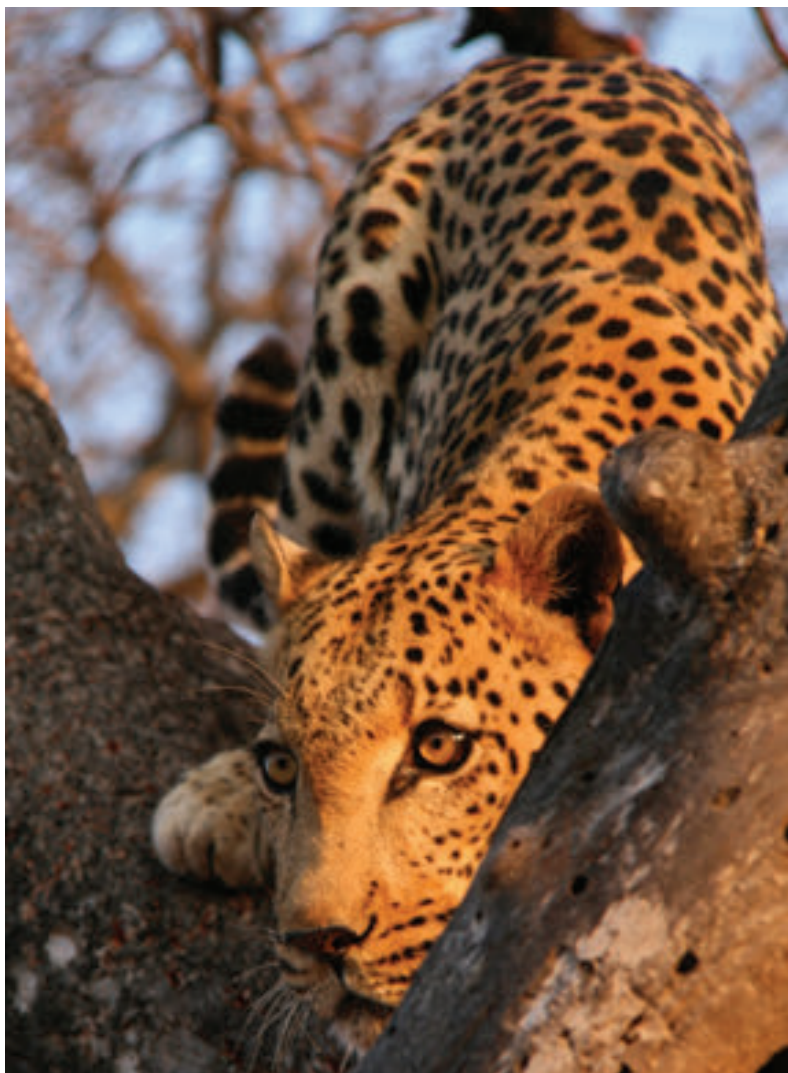


Counteracting one's sedentary lifestyle need not be arduous. I am able to assist you to achieve your goals!

If you find that staying fit is definitely not your top priority and an unwelcome intrusion on your limited leisure time, you're not alone.

Getting into a physical fitness routine takes dedication and willpower and, as with many activities that would take you out of your comfort zone, eventually the enthusiasm withers and dies. Having a personal fitness trainer could be the answer.

[Ann Arnott](#) spoke to George Proxenos, Certified Personal Fitness Trainer at the Virgin Active Dainfern Square, about the 'fitness industry' and his hobbies, photography and archery.



George Proxenos Photography



George Proxenos Photography



George Proxenos Photography

AA: George, what made you become a personal trainer?

GP: I enjoy the interaction with people. I find it rewarding to 'walk alongside them' to achieve their fitness goals. An added dimension that one doesn't expect when studying to become a personal trainer is that you almost end up being a kind of life coach, as clients bounce ideas off you and ask your advice on a regular basis.

AA: How long have you been working in the industry?

GP: I started in 1987. Whilst studying, I worked my way up the ranks, mainly at the Health and Racquet Clubs. I did everything from front desk reception, floor instructor, assistant manager and then general manager. I worked at most of the Health and Racquet Clubs in the area. I had the opportunity of going into a partnership and running gyms, which we successfully did for ten years. By then Virgin Active have taken over the Health & Racquet Club group and I re-joined the group working for several of their clubs. I finally ended up managing the crown jewel of the group at that time, the Virgin Active Melrose Arch Classic Collection.

AA: You then switched to being a professional photographer. What prompted that?

GP: As much as I enjoyed rising up the ranks in the fitness industry, I got to a stage

where all I was doing was answering emails, handling customer complaints and doing general admin that kept me in the office instead of being active on the gym floor. That's when I lost interest in the fitness industry. I then decided to embrace my passion of photography and turn it into a career in a professional capacity.

AA: Did you do any photographic courses to equip you for your new career?

GP: No, I was self-taught at that stage. I did family portraiture, corporate events and a lot of product photography.

AA: Covering events can involve evenings and weekends too. Was it a problem to juggle family time and work?

GP: What encroached just as much on my family time was the part-time lecturing that I did. For 3 years, I lectured at the College of Digital Photography, at their campuses in Saxonwold and Fourways, as well as in Pretoria. I really enjoyed sharing my knowledge and passion for photography, but it involved lecturing mainly in the evenings and on weekends. Add that to the demands of my professional photography and there was little time left over for my family although, as a family unit working together, we were able to make it work. The biggest benefit for me was in lecturing, as I was also constantly learning.

AA: What made you go back to being a personal trainer?

GP: When they built the Virgin Active at Dainfern Square, it was an opportunity that I couldn't resist. I missed the interaction with regular clients on a daily basis. The biggest benefit I find is knowing that I am the reason behind clients getting themselves into a consistent exercise regime. Countless times I've been told, if it hadn't been for the fact that they knew I was at the gym waiting for them, they wouldn't have arrived. It's that commitment that makes the difference. I am also able to successfully balance my personal training with my professional photography, both of which I am passionate about.

AA: So what do your personal training sessions involve?

GP: People use a Personal Trainer for a variety of reasons. It could be rehabilitation after an injury or surgery and in this case, they are normally referred to me by their biokineticist or physiotherapist. They may require sport-specific training to improve their endurance and flexibility. For example, they may be training for a cycle race or something strenuous like climbing Mount Kilimanjaro. It could be to build muscles, or as part of a slimming programme. A new mom may come to me for pre- and post-natal toning and conditioning exercises. After I assist the client to set their goals, I work out a programme to ensure they achieve them.

AA: You say that you also enjoy archery. Tell us more about it.

GP: I have always had an interest in archery, especially field archery that involves walking a course (similar to the way one would walk a golf course). There are targets at different distances and different elevations. But unlike golf, the highest score wins the round. The bows that are used are finely-tuned, very powerful and extremely accurate.

AA: What do you enjoy about living and working in the Dainfern Precinct?

GP: Before we moved into Dainfern, we lived in a nearby suburb which at the time was a bit like living in the Wild West. One was even scared to wash one's car in the driveway for fear of being held up. Thankfully it's no longer like that, but we are still grateful that we chose to move to the Dainfern area. Living in a secure estate is a complete change – it's definitely been a positive enhancement to our lifestyle. It's quiet and peaceful – you hear the birds in the mornings, not the drone of traffic. I mostly love the proximity to work. It's the kind of lifestyle that has worked for us as a family and it's one that we hope to enjoy for years to come. I am thankful to God for my talents and the opportunities that he has allowed me to experience.

If you would like to contact George Proxenos to discuss your fitness requirements, send an email to him at: gproxenos@gmail.com.



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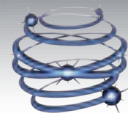


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TREE MAINTENANCE DURING SUMMER

It's widely recognised that trees are beneficial for our health, not only because they put oxygen back into the air, but because they absorb negative energy and promote feelings of calmness and emotional stability.

This summer's temperatures are quite a bit hotter compared to previous years, so some special attention to the trees in your garden is essential. Here are a few ways that you can ensure their health during this exceptionally hot season:

IRRIGATION

Your trees do need regular watering during periods when rain is scarce or intermittent. On average, trees need about 3 cm of water per week. However, it is much more important to water trees well, rather than superficially, more often. This will ensure that the water penetrates deeper into the ground and reaches the deep roots of the trees.

MULCHING

Mulch keeps the soil cool and helps to conserve the moisture in the soil. It also inhibits the growth of weeds. Bear in mind that mulch should be kept away from the trunks of the trees to prevent trunk rot. Mulch can be purchased from your local nursery or you could shred and dampen old newspapers and spread them around your trees. It's advisable to rather remove old mulch before you add a new layer.

FERTILISER

As with all plants, trees need nutrients to support new growth. Adequate fertilisation will also help them to withstand pests

and the development of diseases. Trees growing in areas where there are a lot of hard surfaces and little in the way of natural vegetation, such as our urban streetscapes, will need more fertiliser than trees growing in the countryside.

PESTS AND DISEASES

Trees should be inspected frequently throughout the summer to check for pests and diseases. Inspecting your trees at regular intervals will ensure that any potential infestations are identified early. Make sure that you eliminate pests and diseases as soon as they are detected to keep your trees healthy.

STORM DAMAGE

Part of your inspection routine should be checking to make sure that there are no branches or trunks that could potentially fall down if there's a severe storm. Removing dead or partially rotting branches regularly could save you a lot of trouble and expense in the long term. Weak saplings and immature branches should also be secured with supports and cables while they are growing. If in doubt, consult a tree care specialist to assess the safety of your trees, especially if they are close to buildings.



TREE PRUNING

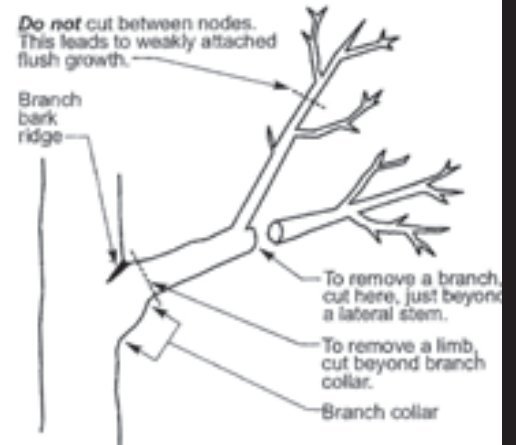
Trees are a long-term investment and maintenance is needed on an ongoing basis.

BY ELIZE MALAN

There will be times when your trees will need to be pruned. Although trimming of mature trees can be done throughout the year, for younger trees, pruning should ideally be done during the dormant season (winter). Nevertheless, there may be occasions when summer pruning is unavoidable.



HOW TO SHAPE A TREE

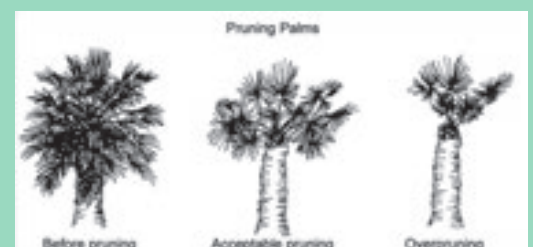


How to Remove a Tree Branch or Limb



PRUNING OF PALMS

- Do not remove green fronds (leaves) as nutrients move from the older leaves to the new leaves when they die. Nutrient deficiencies will cause narrowing of the trunk and decline in the size of the fronds.
- Inflorescences should be removed when pruning the dead leaves. This prevents loss of nutrients, seed forming and unwanted seedlings. Correctly pruned palms should have oval silhouettes.
- Removing 'boots' (leaf base): If they do not pull off, leave them on, otherwise trunk damage may occur, which will result in palm borer attacks, trunk rot or fungal infections.
- Few cultivated palms die of old age. It is more likely they will die of cultivation and landscaping mistakes.



It's important to note that improperly pruned trees are more likely to succumb to disease, fall over and have a short lifespan. Pruning of trees should be done with great care, as every cut has the possibility of changing the tree permanently. If you properly shape or prune and support a young tree, it will not require annual pruning when mature.

The general idea is to develop one dominant/central trunk with uniform branching throughout the canopy.

Pruning is done for the following reasons:

- to remove dead branches
- to improve shape
- to reduce risk to residents
- to increase light to the landscape below
- to provide clearance for vehicles and pedestrians.

TIPS ON PRUNING

- Heavy pruning can be a significant health risk for the tree.
- Wound sealing is seldom necessary and the unsealed tree wound will often heal better without it.
- All cuts should be made outside the branch collar - an undercut 30cm from the point of attachment will prevent tearing of the bark.

DO NOT:

- Flush cut: cutting inside branch collar
- Stub cut: cut made between two nodes
- Hat-rack: shorten limbs or branches to a predetermined point in the canopy
- Over-thin: removing an excessive number of inner branches
- Over-lift: removal of an excessive number of branches on the lower portion of the tree.



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THE WORLD'S MOST FAMOUS FISH

BY JAMES CLARKE

"Somebody's just discovered a live dinosaur!" Those were, I always believed, the first words of Professor JLB Smith as he rose from sitting at the breakfast table just after Christmas in 1938. He was staring at a letter in his hand and for some moments stood in stunned silence. It was a letter from an East London woman.

In a few weeks' time, on January 3, it will be exactly 80 years since that letter arrived at the professor's holiday home in Knysna – that was the day the story of the world's most famous fish began.

Below: Marjorie Courtenay-Latimer, director of the East London Museum, the harbour and a preserved coelacanth.

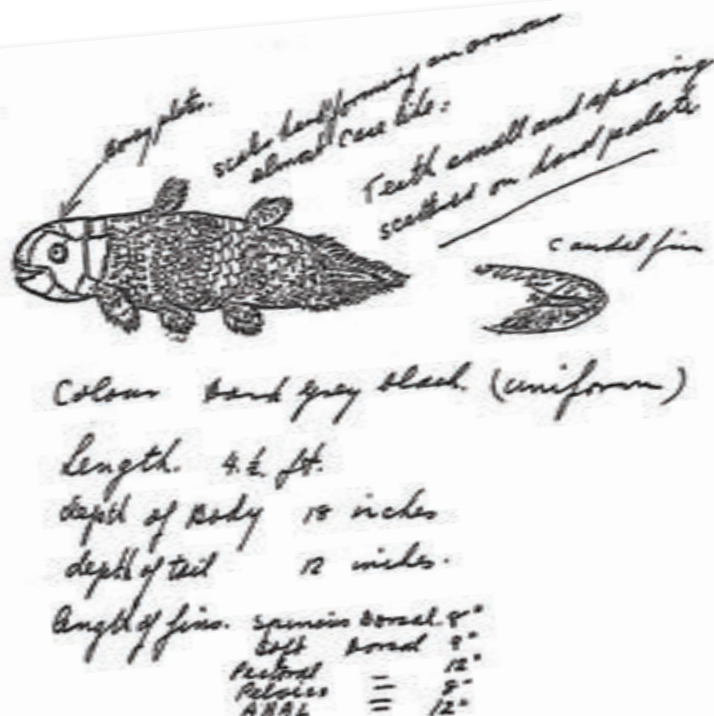


The woman, Marjorie Courtenay-Latimer, director of the East London Museum, had written to Smith about a large newly-caught fish she had just retrieved from the city's fish market. It was her amateurish sketch that riveted his attention.

Smith was puzzled at first but then, from the deep recesses of his memory, he remembered seeing pictures of coelacanth fossils found around the globe over the years, all dated between 420 million and 65 million years. Sixty five million years ago . . . that was when a meteor smacked into the earth causing sun-blocking debris to circle the planet for years, extinguishing the dinosaurs and uncountable numbers of other creatures.

Naturally, it was assumed coelacanths died in 'The Great Extinction'. Smith's often quoted remark about the dinosaur was in fact not uttered, according to a definitive book by Professor Mike Bruton on the notoriously taciturn and often difficult 'JLB' and his more outgoing family – and his celebrated fish.

Smith was a professor of chemistry at the time but was also a widely respected and knowledgeable amateur ichthyologist (fish expert). I never met JLB but knew Margaret, his widow who, by the time I met her, was director of the JLB Smith Institute of Ichthyology at Rhodes



Above: Marjorie Courtenay-Latimer's rough sketch of her unusual 'limbed' fish.



*Above: Admiring the second coelacanth on arrival in the museum (1953).
Photo courtesy of NRF/SAIRB*

*Below: JLB with the second fish. This year marks the 50th anniversary
of JLB's death. Photo courtesy of NRF/SAIRB*



University, and I worked on projects with their son, William, the country's most popular science teacher. Mother and son were compulsive and brilliant teachers as is their biographer, Bruton himself – an articulate scientist with many and varied interests.

I thought I knew a bit about the Smiths but as I became absorbed in Bruton's 344 page book on their private lives – with all its warts, I realised how little I knew about the effect of this spell-binding episode of science history and the impact on their lives. Smith, in some ways, was inexplicably slow in getting to East London to actually see the fish for himself, yet, that January, he immediately wrote to Courtenay-Latimer saying he strongly suspected

she had on her hands a creature that would shake the scientific world. "Zoologically sensational," he called it.

Smith said it was imperative that she preserved the fish's organs but the museum director had had nowhere to preserve them and had already thrown them away for they were putrid. It was heroic enough that she, alone, got the human-sized fish (58,6kg) from the harbour to her museum and preserved it.

That day was December 22 1938. Her letter took 12 days to reach JLB. Bruton, with unlimited access to the Smith's papers, recalled her description of the moment she saw the fish: "I picked away at the layer of slime to reveal the most beautiful fish I had ever seen. It was a pale mauvy blue, with faint flecks of whitish spots; it had an iridescent silver-blue-green sheen all over. It was covered in hard scales, and it had four limb-like fins and a strange puppy-dog tail."

Its colouring soon disappeared.

Smith wrote to her saying, "I cannot help but mourn that the soft parts of the fish were not preserved even had they been almost putrid. I am sorry to say that I think their loss represents one of the greatest tragedies of zoology."

Even so, Smith himself, took another 44 days to get up to East London. Admittedly, it was 580km away and on rough roads and the professor had a pile of Rhodes University exam papers to mark. He was frankly also scared of making an ass of himself. As Bruton says, he realised the find was "utterly fantastic and highly unlikely". Smith told Courtenay-Latimer, "...my mind still refuses to grasp this tremendous impossibility."

It proved indeed to be a sensation and rocketed JLB and his wife, Margaret, into a new life. Smith became, in the public's eye, the world's most famous ichthyologist. The fish, which quickly became a crown jewel of evolutionary science, had been caught off the East London coast and now the search was on for another specimen.

JLB felt the French Comores in the Indian Ocean was the likely home range and, by way of posters, offered a substantial reward for a specimen. World War 2 came and went. So did the 1940s.

It was 14 years later, again around Christmas, that a second coelacanth



JLB and staff photographing coelacanth No.2. Photo courtesy of NRF/SAIRB



Son of JLB, William Smith, known to tens of thousands of science students across South Africa.

was caught off the French Comores. JLB feared the French would claim it or that it would decompose in the mid-summer heat. But nobody was prepared to fly him out and bring the fish home.

As a last resort he appealed to the Prime Minister, DF Malan. Everybody knew Malan believed evolution contradicted the bible and yet, Malan, who apparently had JLB's hefty tome, *The Sea Fishes of Southern Africa*, at his bedside, was impressed on hearing JLB himself on the phone – and also impressed by JLB's pleas that national prestige was at stake.

He assigned an Airforce Dakota and maximum crew to take JLB and bring the fish home. JLB, known to be rather humourless, when he knelt down to examine the huge fish, wept. He planned to name it *Malania anjouanae* (for Malan) for he thought it was a different genus but it was later discovered it was a smaller, damaged version of the original which was named after Courtenay-Latimer – *Latimeria chalumnae*. The specific name refers to the Chalumna River mouth near East London where the first one had been trawled.

The coelacanth is now listed, internationally, as “critically endangered” – just one degree above the final category: “extinct”.

Extinct! How bitterly ironic that would be.



Above: Margaret Smith in laboratory: she was vital to JLB's career. Photo courtesy of NRF/SAIRB



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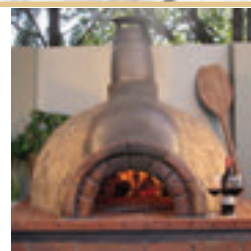
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In this issue, we look at three entry level cars that are ideal as first cars for youngsters who are just starting to drive or as run-arounds for quick trips to the shops and back.

NEW SUZUKI SWIFT

BY ALAN ROSENMEYER

The latest generation Swift was launched a few months ago as the successor to a hugely popular and classy small hatchback. Suzuki in SA has always been defined by the Swift and Jimny, with the Swift consistently being their best seller. Of course, the challenge is always how to build on a success story.

The new version is very much a case of evolution not revolution. The shape is familiar, the helmet profile is still there, with a few subtle exterior changes. The revolution though is in the interior. The outgoing version was often criticised for lack of space both in the boot and the back seat. The boot has increased by 10%, the rear space has increased considerably and the fascia simply appears more modern and upmarket. Then there is another secret under the skin riding on a new lightweight platform, the new car is around 90kg lighter. That's about 10%. If that doesn't seem like much, it brings the car down to about 800kg.

Considering that the new car is powered by the same 1.2L 4 cylinder engine, the 61kW and 113Nm now have to move that 10% LESS weight. Quite simply, it spells more pep and fun on the road.

Suzuki has always delivered good fuel economy and the new Swift delivered yet again. After a week of testing including lots of commuting plus a pleasant country trip, the overall figure was an extremely miserly 5.2 L/100km. Talking of the country trip, the car impressed with its smooth, comfortable ride and the solid, planted feel while cruising at the national speed limit.

Another factor that garnered our vote is the retail price of the GL version at R175 900. This puts it squarely in opposition with some far more budget offerings from some competitors. Perhaps the only aspect letting the party down is the lack of a modern infotainment system but how can you criticise this at the price?

Personally I think there would be a demand for a version offering the infotainment system and possibly mag wheels, yet still priced comfortably below R200 000. Until this arrives, I'm sure your local dealer could oblige.

The list price of R175 900 also includes a standard 3 year/100 000km warranty plus a 2 year/ 30 000km service plan.

Use this link to watch our YouTube video review:
<https://www.youtube.com/watch?v=...>



My vote has been cast the title of the MotorMatters best buy for buyers under 30 years of age goes to the new Suzuki Swift.



FORD ECOSPORT 1.0 TITANIUM

Ford's new EcoSport arrived in top spec Titanium form resplendent in a colour that Ford terms 'Blue Lightning'. To me this is the epitome of True Blue Ford and really suits the vehicle.

Ford has wisely chosen to retain its multi-award winning EcoBoost engine, with the little 3 cylinder turbo pushing 92kW and 170Nm from its 1.0L capacity. This gives excellent performance and response when the turbo kicks in. A little warning though, enthusiastic driving with the turbo constantly spinning does affect fuel consumption. While sedate cruising at the national speed limit will return around 6L/100km, this can climb very quickly when commuting or just having fun.

The test car was the 6 speed automatic version which is extremely smooth and slick in operation. Interestingly, Ford has reverted to a conventional automatic instead of the problematic dual-clutch box used in the old version and I found that the revision is definitely superior. A 6 speed manual is also available.

The new model is another example of retaining a winning formula without too many changes. The front grille now has the familiar Ford family appearance, and new headlights and daytime running lights feature on the Titanium spec, while 17 inch mag wheels and chrome roof racks are also standard on the top model.

The interior features far more changes and updates, with the rather messy and dated fascia buttons replaced by a very neat and effective 8.5 inch touchscreen taking centre stage. Ford's SYNC 3 system is standard and is clearly very advanced for this market segment. Navigation is standard and the voice activation works like a charm.



As often happens, Ford has faced a challenge in updating a top seller and a forerunner in the now crowded crossover/ small SUV segment.



Lack of boot space was a criticism levelled at the old version. This has been increased to 330L plus, with an extra area below the bottom shelf in the boot. The shelf is made from a special strong material that holds a weight of up to 300kg. The spare wheel on the outside of the boot door also helps in this aspect.

Other features on the Titanium version include full leather trim, auto headlights and wipers

plus keyless start. [If you can live without these last features, a 6.5 inch touchscreen without navigation, 16 inch wheels and no roof racks, you could choose the mechanically identical Trend version at a saving of just under R40 000.]

The EcoSport Titanium auto is priced at R339 900 and includes Ford's 5 year warranty and a 4 year/ 60 000km service plan.

Use this link to view our You-Tube video review: <https://www.youtube.com/watch?v=W1C5ngNspTE>



FUNKY NEW HYUNDAI KONA LAUNCHED IN SA

With most new cars being sold in numerous countries around the world, naming can be interesting where issues with language or interpretation can arise. Hyundai probably thought that a Hawaiian Island should be a safe bet, so they named their new vehicle the Kona.

I'm assuming they didn't consider *HAI KONA* in our market luckily it doesn't apply because it ticks most boxes in the crossover/SUV category. Most Hyundai's have followed a fairly safe and conservative route when it comes to design and styling. Perhaps the Tiburon and Veloster were the exceptions. Now the Kona breaks the mould with styling in the vein of the Mazda CX3 and Toyota CHR.

The Kona is also the first model in SA to feature a 1.0L 3 cylinder turbo petrol engine giving 88kW and 172nM - it provides plenty of pep and performance mated to a very smooth and slick 6 speed manual gearbox. At this, stage it is not available with an automatic option.

The second engine option is the familiar 2.0L 4 cylinder from the Tucson. This gives 110kW and 180nM and is only available with a very smooth 6 speed automatic transmission.

As always, style comes with compromises and this shows in less space in the boot and the back seat. BUT you must compare apples with apples and it is certainly competitive within the market sector. Of far more importance is the standard specification offered on the 2 models including:

- 7" Infotainment System w/Carplay
- Park Assistance
- ABS, ESP, HAC and DBC
- Blind Spot Detection
- Rear Cross Traffic Alert
- Dual front airbags
- Front seat side-impact airbags
- Side curtain airbags.

Then take into account the standard touchscreen infotainment system with standard navigation, full leather trim with colour coded striping (also matched on the fascia) and some interesting colour options.

During the short launch drive, the manual version definitely provided a good impression with the downsized turbo motor giving an excellent response. By contrast, the 2.0L automatic provides a far more relaxed environment and would definitely be my choice if I know that I'll be spending my life in commuting mode. As always.....it's your choice, fun or sensible! Maybe age becomes the defining factor.

The Hyundai Kona is priced at R379 900 for the manual and R399 900 for the automatic version. Both models include a 5 year/90 000km service plan plus the amazing Hyundai 7 year warranty.



Use this link to view or video review: <https://www.youtube.com/watch?v=fXahN1glWas>

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THE BUSINESS OF YOU





I don't think it's a novel idea to say that if we think about our careers as our business, then we are all the CEOs of our careers. And yet, so many of us tend to treat our careers as if we are passive stakeholders in the business, taking direction rather than determining our direction.

BY BRIONY LIBER

If the CEO of a company had no vision for the direction of the business, and had no grasp on the resources at hand to achieve that vision, the business wouldn't go very far, would it? It might manage for a while, but at some point it would probably come to a grinding halt, with the CEO possibly taken by surprise.

Yet I see so many of us treating our careers that way – including myself a few years back. I recall believing that, because I worked hard and had been fairly successful in moving upwards in my career, this would continue and that I would feel fulfilled. I took opportunities where they presented themselves (in retrospect largely when no one else wanted the opportunity), but with no particular strategic vision of where my career was headed. And at some point I started to feel really stuck.

It was in a moment of feeling particularly disgruntled that I had an enlightening conversation with a very wise friend. The conversation started off with how I was feeling so stuck and feeling like I had no options. My assumption was that I was stuck in a silo, where I could continue upwards, but couldn't branch out, that I would do what I was doing, where I was doing it, forever.

My friend saw things quite differently though. At the end of my rambling she identified a number of different directions she thought I could go in, and they had nothing to do with my qualifications. It was the start of a process for me that was mind-shifting and ultimately led to my taking control of my career as my business again. The mind-set shift had a lot to do with seeing my career as a collection of experiences that had been building on each other, rather than a chronology of upward progressions.

I realised that I needed to completely rewrite my story. And once I could rewrite my story for myself, and for my career, I would be able to reposition myself for work that I wanted to be doing, rather than the work I felt I was limited to doing.

A few years later, and in the midst of an entirely new career story, I find myself surrounded by people who are also eager to make career changes but haven't a clue in what direction. These people are my clients. Many of them come to me wanting assistance in writing their CVs and updating their LinkedIn profiles – the trouble is, in so many instances, they have no idea how or where to position themselves. They have no idea what they want their next move to be.

So often they say: "I don't want to be an XYZ any more, but I am only qualified to be an XYZ." Yes, old me would have related to that! In most instances, long before we work on their CVs we start having a conversation that helps them to see the richness of their experiences and competencies rather than the history of all the positions they have held.

In *Up is not the Only Way: Rethinking Career Mobility*, the authors (Beverly Kaye, Lindy Williams and Lynn Cowart) suggest looking at our careers through a kaleidoscope rather than a telescope – in other words, seeing an array of options where previously we saw a linear view. They proceed to mention that when looking through a kaleidoscope (in which only three mirrors create the myriad of patterns), what we are seeing are the varying combinations of career options created by the intersect between our competencies, values and interests.

So if you find that your career is in a rut, that you have stepped out of your career's driving seat, and you are wanting to get your career on track in 2019, perhaps consider these questions:

- When you look at your career as a collection of experiences and competencies, what patterns emerge?
- What is the kaleidoscope of career options that emerge when you consider your competencies, your interests and your values?
- Essentially, in the business of being you, are you in the CEO's office, or some back office taking orders?

To connect with Briony Liber, email: briony@brionyliber.com, or visit her website: www.brionyliber.com.

A BETTER WORLD FOR ALL THROUGH SPORT



BY JACKY DU PLESSIS

Striving to create a better world for all by fostering the acceptance and inclusion of all people lies at the heart of the Unified Sports Day, a Special Olympics event that breaks down barriers. It offers athletes with and without disabilities an opportunity to compete side by side on the sports field.

*One of the equestrian athletes.
Photo by Sandy Stewart*



The Special Olympics movement shifts the focus to what athletes can do, not what they can't and, through that, the attention to disabilities fades away. Instead, in sport, one sees the athletes' talents and abilities. And that is exactly what happened on Saturday 24 November 2018 when 171 athletes from nine different residential homes, schools and clubs for people with disabilities from all around the Gauteng Province came together to participate in the 8th Unified Sports Day hosted by the Shumbashaba Community Trust in Diepsloot.

The four sporting codes engaged in on the day included bocce (an entry level Special Olympics sport), equestrian, 7-side soccer and volleyball. The events were all executed in the spirit of good sportsmanship with many friendships forged on and off the field. There were numerous examples of boundless courage and enthusiasm on display, whilst participation in the games resulted in many athletes experiencing a heightened sense of self-confidence and improved self-image. This was clear to see

The games begin with the Opening Ceremony.

Photo by Jacky du Plessis

on the athletes' faces – their joy on the field was matched by improved posture that clearly said: "I am good enough".

Very importantly, this kind of sport and competition provides a fun way for them to develop physical fitness, improve their motor skills, and participate in a sharing of gifts, skills and friendship with fellow athletes, family members, community members and volunteers. People with disabilities are amongst the most marginalised groups in the world – this is particularly true for those born into poverty where sporting opportunities are rare. It is the belief of Special Olympics and Shumbashaba that people can, with proper instruction, encouragement and access to facilities, learn, enjoy and benefit from participation in individual and team sport.

Founded in 1991 and accredited by Special Olympics Incorporated, Special Olympics South Africa (SOSA) is dedicated to providing sports training for men, women and children with intellectual disabilities. Their vision is to transform how people view these individuals. Their goal is to encourage and inspire South African communities to broaden their minds, to accept and to include people with intellectual disabilities. It's about celebrating our similarities, not our differences.

Special Olympics S.A. and the Shumbashaba Community Trust are both non-profit organisations. As they have limited resources, they rely on donations and caring volunteers and organisations to help run an event such as this. Should you be interested in making a donation or in becoming a volunteer at Shumbashaba, kindly contact horses@shumbashaba.co.za or call Jacky du Plessis on 082 872 9265.

Equestrian competition is made possible by Shumbashaba Community Trust.

Photo by Sandy Stewart

Below: MMC for Community Development, City of Joburg, Cllr Nonhlanhla Sifumba, declaring the games open. Photo by Annie Gunton



Below: Everybody at Special Olympics is a winner. Photo by Annie Gunton



Below: Three avid soccer fans.

Photo by Sandy Stewart



Below: 7-a-side soccer.

Photo by Sandy Stewart





7 WAYS TO HELP KIDS MAKE NEW YEAR'S RESOLUTIONS



Making resolutions with your children can be fun and exciting, a time for growth and change, and an opportunity for family bonding.



New Year's resolutions aren't just for adults! Here are simple and practical ways to help your growing kids make New Year's resolutions.

The New Year is the traditional time to celebrate a new beginning, and kids aged 7-12 are at the ideal stage to learn to make resolutions, experts say. "They're still young enough that their habits are not firm," says Dr Christine Carter, Ph.D., author of *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*, and a teacher of an online class on helping kids develop happiness habits.

Jennifer Kolari, a parent, child therapist and author of *Connected Parenting*, says: "They're beginning to be mindful and to understand others' perspectives. They're doing more independently, and they're starting to open up to broader goals of how to become their best selves."

Making resolutions with your children can be fun and exciting, a time for growth and change, and an opportunity for family bonding.

BE RESOLUTION ROLE MODELS

As parents, it's important to practise what you preach. "Do you believe in, make, and keep resolutions?" asks Robin Goodman, Ph.D., a clinical psychologist

and art therapist who has written books on children and stress. "You have to walk the walk and talk the talk to be most effective."

Bring your own resolutions to the kitchen table. "This is a great thing to do as a whole family," Kolari says. Kids look to you to learn how to approach this task.

1. KEEP A POSITIVE APPROACH TO RESOLUTIONS

Start by going over the positive things your kids accomplished last year. Have them think of things they can do now that they couldn't do last year. For instance, if your 10-year-old taught himself to play a difficult tune on the piano, did that success come about because he pushed himself a little harder? Remind him how far that little bit of extra effort took him. Ask your child, "How can you transfer your success on the piano to something else?"

You've set the stage. Next, look ahead and ask, "What are some of the great things you want to do this year? What do you want to improve? What will make your life better and happier?"



2. SUGGEST - DON'T DICTATE RESOLUTIONS

The big question parents have at this point is: Should you make resolutions for your child? Most experts say no. You can guide and suggest general categories for change, help your child clarify goals, and make sure they're age-appropriate, but kids should come up with resolutions themselves. This is how they take ownership of their goals and learn to plan.

The first step is to listen, Kolari says. "Ask them what they want for themselves. If it's your agenda that's driving the conversation, you're not listening."

Still, most kids need a little guidance. Come up with three or four broad categories – such as personal goals, friendship goals, helping goals, and school goals – and let them fill in the specifics. Your kids might also want to include 'material goals,' such as collecting toys. "Don't say, 'That's not a good goal.' Be open to what's important to them," says Kolari. "It's a great way to have a meaningful conversation with your kids and see what they're thinking."

3. NARROW DOWN THE RESOLUTIONS LIST

The important thing is not to end up with too

many resolutions - two or three are reasonable enough for younger kids. It's best not to make a huge list of resolutions that are impossible to follow through on, as then you're setting them up for failure.

Take a fresh sheet of paper and have your child write down her top three resolutions, leaving a large space between each one for inserting smaller steps. Help your child make them realistic and age-appropriate.

Some realistic resolutions for kids might be "I'm going to keep my room neater," "I'm going to be a better friend," "I'm going to read more," or "I'm going to get better at tennis."

Even these are broad resolutions that need to be broken down into doable, step-by-step pieces.

4. TAKE 'TURTLE STEPS' TOWARD BIG RESOLUTIONS

Turning a good intention into a habit is one of the most important skills we can teach our kids. Dr Carter suggests that parents help kids break their resolutions down into ridiculously easy turtle steps. "Self-discipline is like a muscle that grows slowly," she says. "If you do too much at first, you

will get fatigued and not be successful."

It takes six weeks to create a habit. For instance, if your child's resolution is "I'm going to keep my room neater," he should write down six tiny, easy steps and practise one each week. "The first week he puts his shoes in the closet, the second week he picks his pillow up off the floor, and so on," Dr Carter says. Your child might actually end up doing much more than this. "There's a massive spill-over effect," she says. "Once people are engaged in their goal, they will do other things as well."

Other examples are:

- I will help more around the house... by setting the table for dinner.
- I will improve my reading... by reading 15 minutes before I go to bed.
- I will eat more healthy foods... by eating one piece of fruit at breakfast and one vegetable at dinner.

It's fine to check in with kids each week and acknowledge how they're doing, but Dr. Carter advises against tangible rewards. "You can't bribe kids into doing this. Once you make it external with rewards, you lose them."



5. FOLLOW UP BUT DON'T NAG ABOUT RESOLUTIONS

Check in periodically with your kids on how they're doing. Don't worry about lapses. Expect them. A lapse is forgetting for a day or two, or having a week in which a turtle step didn't work. Or maybe you went on holiday and couldn't practise. That's not failure; that's just trying. No big change is ever accomplished perfectly, as we as adults know too well.

Of course, if the plan isn't working, you can always adjust it. Nothing is set in stone.

6. MAKE FAMILY RESOLUTIONS TOGETHER

Resolutions also bring families closer, especially when you decide to set goals together. Families could plan to do one charitable thing a month and brainstorm about what that might be. You could pick up trash in the park or donate used clothes and toys to a children's home.

Another idea is for everyone to make two personal New Year's resolutions and two collective family resolutions such as, "Let's visit

Granny more often" or "Let's plan a trip to the beach."

Many parents suggest doing acts of kindness as part of family New Year's resolutions. "Kindness is the habit holy grail," Dr Carter says. "It's so universally positive. When kids consciously practise being kinder, it makes them happier people and the world is a better place. You can't force kids to be kind, but you can float the idea and hope they'll be inspired."

7. MAKE RESOLUTIONS A RITUAL

When you're sitting down and sharing resolutions with each other, it brings the family closer. You can make it even more meaningful by adding elements of ritual.

One of the main rules in creating new rituals with children is to engage as many of the five senses as possible. For sound, play the family's favourite music. For smell and taste, make a fun treat to eat during or after writing resolutions, especially something that smells delicious such as hot chocolate with marshmallows.

For touch and vision, buy some small objects to symbolise what might happen to a person in the next year, such as a small globe for travel, a rugby ball for sports, a small book for doing well at school, and so on. Wrap the objects in pretty paper and put them in a bowl. Each person picks one gift (or 'charm') that will 'predict' something about his or her adventures in the New Year.

Setting New Year resolutions together is a way for families to remain close over time. We live such isolated and busy lives these days. So, turn off the electronic devices - no Facebook or Instagram - and pay attention to one another.





BUDGET YOUR PET SPEND



Four key areas to maximise the Fur-Dollar

Twisted Whiskers clients, regardless of their income, have one thing in common: pets are considered members of the family and their owners are prepared to spend whatever they can afford to ensure that their beloved fur-babies are happy and healthy.

There's no doubt about it, the current economic situation is putting everyone under pressure. Many of us are having to put a lot of thought into where every penny goes. And as much as we'd love to spoil our pets with goodies every day, pet-care spend isn't exempt from the spotlight. We've put together some ideas to help you use your pet-care budget most effectively.

Pet-care budget tip #1

NUTRITION

Next to veterinary care, nutrition is probably the most important investment you'll make in your dog's or cat's health and well-being. While food is not the area to skimp on, there are a couple of excellent, cost effective products that have emerged on the South African pet-food market recently, that may help reduce feeding costs significantly, without compromising on good nutrition.

If you're sold on grain-free, antioxidant-packed, high-protein diets, but are finding some of the overseas imports a bit of a strain on the budget, why not consider Field + Forest? We have introduced many

customers to this proudly South African product since its launch earlier this year and have received only good feedback. Dogs literally go wild for the taste and, at roughly half the cost of its overseas competitor, pet-parents are smiling again.

Twisted Whiskers never stocks a new dietary range without doing a thorough analysis of its nutritional value, ingredient sources, packaging materials, cost-effectiveness, manufacturer reputation, etc. Our veterinarian and our pet nutrition aficionado go through the information with a fine-toothed comb and crunch all the numbers before we're happy to put our recommendation behind what our furry clients consume, and Field + Forest has come up trumps! It's of outstanding quality, backed by a money-back guarantee, contains South African novel protein sources and is a nutritionally sound, value-for-money range that you can have absolute peace of mind feeding.

Another local food that is gaining popularity is the reformulated Ultradog range. Available only in the veterinary channel, Ultradog has recently undergone a formulation upgrade, positioning it favourably against other locally produced veterinary diets, often with a price advantage. Ultradog Superwoof is a





tasty premium diet with increased protein and fat levels. The Ultradog Special Diet range includes the maize-free Ultradog Premium Recipe and the therapeutic diets Ultradog Hypoallergenic, Ultradog Weight Control and Ultradog Joint Health.

If you've been considering changing from a premium diet to a grocery brand, worrying that none of the diets available from your vet are within your price range, think again! Twisted Whiskers staff will happily do a cost per day calculation for you to show that Ultradog Optiwoof can be more affordable than leading grocery brands! And your dog will be getting the benefit of veterinary nutrition research, guaranteed ingredient quality and fixed recipes that are not subject to changes based on whatever ingredients happen to be cheapest or more easily available on a given day.

If you're an Eukanuba, Iams, Hills or Royal Canin customer, you can rest assured that you're feeding one of the leading, most innovative brands that delivers everything it promises, with a money-back guarantee. You're paying for cutting-edge science, the best nutraceuticals, novel ingredients proven to promote health and longevity, and you're getting them!

Pet-care budget tip #2

PET INSURANCE

Veterinary costs are potentially our biggest spend when it comes to ensuring our pets' medical needs are met. Anyone who has had a fur-child with an unforeseen illness or accident will tell you that, while every cent spent was worth it, the outlay set them back financially. Others may tell you that they wished they'd had the means to do absolutely

anything to help their beloved friend, instead of having to put him to sleep.

Fortunately, the above scenarios are avoidable. It may seem counter-intuitive that we suggest an additional monthly spend in the form of pet insurance premiums when times are tough, but this is an investment that you will be most thankful for if your pet needs pricey or chronic treatment.

There are many new pet insurance companies to choose from, and they offer pet parents different options, from simple medical savings accounts, to full comprehensive medical aid that contributes to the costs of routine necessities like vaccinations, parasite control and sterilisation and even holistic and behaviour therapy. We consistently hear positive feedback about MediPet, both from within the veterinary profession and from clients. The independent website www.insurepet.co.za answers FAQs about the ins and outs of pet insurance and gives a helpful breakdown of some of the other products currently available and their respective monthly costs.

Pet-care budget tip #3

SKIN AND COAT CARE

If you have a short-haired dog or cat, chances are you can happily manage those pesky shedding issues by brushing regularly at home, without needing the services of a grooming parlour. But, if your pet has a long, thick coat or is sensitive about washing or brushing, grooming costs will need to be factored into the monthly budget.

Grooming is by no means purely aesthetic. Long-haired animals whose coats are allowed to get into a matted state suffer severe discomfort as a result. The matting eventually forms a hairy straitjacket, limiting movement and ripping the healthy hair out by the roots. Parasites and garden debris often get stuck between the mats and the skin, causing itching and sores. Worst of all, a matted, smelly animal gets few cuddles and, even if these are forthcoming, he can't enjoy the sensation of pats or tickles on his skin.

Removing extensive matting is a big job for groomers and is consequently an expensive exercise. A convenient way to avoid this unnecessary expense is to keep your pet's coat in good condition year-round by booking regular grooming appointments and committing to the

necessary home-maintenance in between. Twisted Whiskers offers a handy repeat booking system that ensures that your fur-baby has his own set appointment and guarantees that you won't be disappointed to find you can't get a booking close to the time. The regular schedule will also prevent your pet's coat from getting into a nasty mess. We all know how stressful life can be and how time can get away from us, despite our best intentions, so if you're not able to bring Fluffy in yourself, she can catch a ride in the Twisted Whiskers Spa Limo - fully air-conditioned and compartmented for the comfort and safety of all our furry passengers.

We offer great discount packages for pets, so be sure to ask our staff for more information.

Pet-care budgeting tip #4

PARASITE CONTROL

A potentially costly mistake many pet-parents make is skimping on parasite control. Whether your dog or cat spends most of his time indoors or on your property, or out and about socialising with other animals on a regular basis, managing ticks, fleas and worms is something that cannot be compromised. It may be tempting to relax tick and flea control in winter, or to use it intermittently throughout the year, if at all, but parasites put your pet at very real risk of contracting potentially fatal illnesses. While worms and fleas are generally more uncomfortable than life-threatening (except in severe cases), it's ticks that we need to concern ourselves with. That said, a flea infestation in the home can be both difficult and expensive to eradicate. And no-one wants their pets passing worms on to the rest of the family either. Pets should be dewormed every 3 months, unless they





have regular contact with other animals (eg. puppy school, shows, or the dog park), in which case, it should be done more frequently.

Use Milbemax (the only dewormer that covers all types of worms as well as the dreaded *spirocerca lupi*) together with an additional tick and flea remedy.

Ticks spread diseases like biliary and *Ehrlichia* in dogs and *Haemobartonella* in cats, which can be fatal. They can also carry the parasite for human tick bite fever. Any tick might carry these diseases, so the only effective way to safeguard your pet is to be fastidious about a parasite prevention programme.

There are a variety of tick and flea prevention products available to suit your pet's lifestyle and your budget, but these are our top recommendations. Brand new on the market for cats is Broadline, an alcohol-free topical preparation, which gives broad-spectrum protection against all types of worms, as well as ticks and fleas, in an easy-to-use applicator.

A Seresto collar is ideal for dogs that swim or are bathed regularly, as the active ingredient is impregnated into the special polymer material of the collar and can't wash off. This collar (available for cats as well) is fully effective for 8 months and, provided you have the budget for the initial outlay, is the most cost-effective option, when compared to other products. The Bravecto oral tablet is a product that works systemically and conveniently offers protection for 3 months per single dose. It is presented in a tasty chew tablet which most dogs chomp down without protest.

The Nexgard oral tablet works in the same way as Bravecto does but has the advantage of being available in monthly doses, which may be helpful if you don't have the cash available for 3 months' worth of tick and flea control in one go.

Of course, the most important budget planning needs to happen BEFORE you bring a pet into the home. Caring properly for animals costs money and your pets have every right to receive good care from you. Before being swept along by emotion looking at a beautiful puppy or kitten, or a wizened senior who tugs at the heart-strings, do the sums and consider carefully whether your household budget can comfortably cover all the associated costs. Having a fur-child is a commitment for a lifetime, not just for the holidays.

We won't be in an economic slump forever but, for now, with some careful budgeting on our part, our animals can enjoy "the lifestyle to which they are accustomed".

A very 'Merry Twistmas' from all of us to you and your furry loved ones!



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.

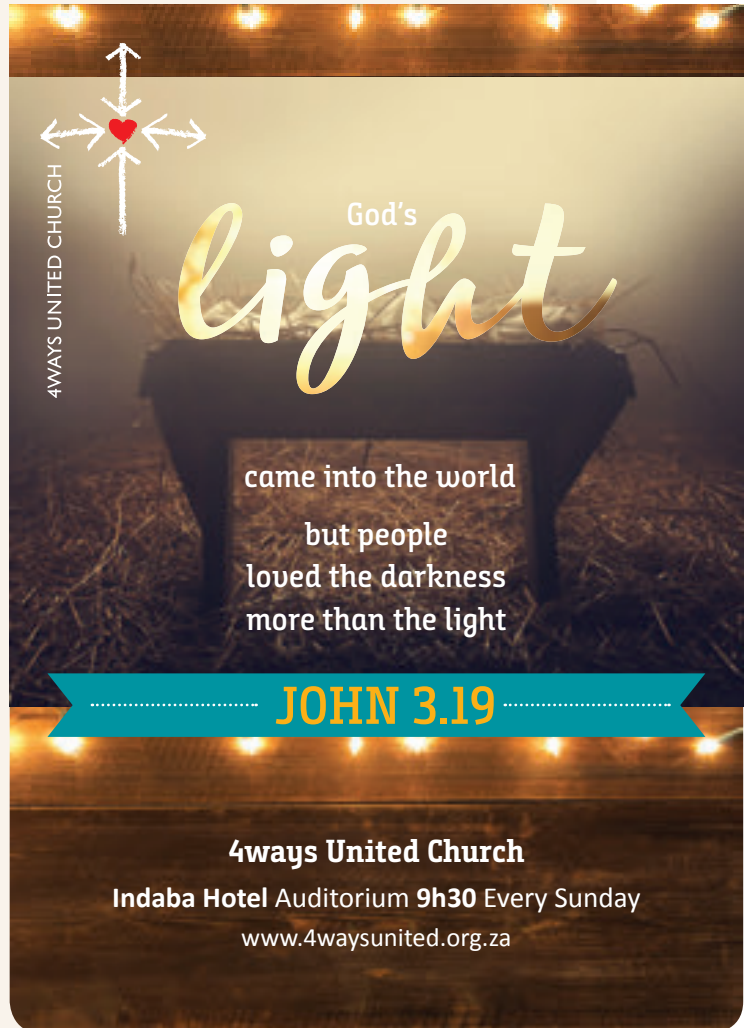
In our modern context, we have so many choices that we avoid making commitments out of fear of missing out on something better. This fear of missing out drives our decisions, keeps us glued to news feeds and social media, and tempts us to compromise our relationships. This same technological and global 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 purity and commitment. These are timeless principles - please think about them as you consider the myriad of choices you're faced with today.

Peter



We'd love to hear from you on family@4waysunited.org.za.

RESTAURANT COMPETITION FOR DECEMBER

DON'T FORGET TO ENTER OUR MONTHLY RESTAURANT COMPETITION.

The question for this month's competition:

Which event was hosted by the Shumbashaba Community Trust in Diepsloot on Saturday 24 November 2018?

Send your answer along with your name, stand number and cell number, with "Dainfern Precinct Living" in the subject line, to: info@eiapublishing.co.za. The winner will be notified by email.

Terms and Conditions:

• Vouchers cannot be exchanged for cash. • Portions of the monetary value of the voucher cannot be refunded as "change". • Bookings need to be made in advance with the restaurant detailed on the voucher. • Service charges/gratuities are not included, regardless of any balance left over after the meal. • Vouchers will be numbered. Please provide your voucher number when you make your reservation. • The competition is open to readers over the age of 18. • Indemnity: The publishers, Kyalami Estates and other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.



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OH NO, CHRISTMAS TIME AGAIN

BY JAMES CLARKE

I enjoy Christmas. I enjoy all the childish things we do. And I enjoy having children around. Christmas and children go together like *Germ* and *iston*, or *Rama* and *phosa*.

On Christmas Day one of my family dresses up as Father Christmas and, inevitably, in trying to make an impressive entry, a perilous situation arises.

One year my brother-in-law, Boris (who gets quite carried away), distracted all the small children by shouting that he'd glimpsed reindeers in a distant cloud. Stampede.

Meanwhile one of his sons, dressed as Father Christmas, sneaked up on to the roof from where he rang a bell. Two dozen children spun around and were agog. Especially when it came to getting him off the roof.

We were all agog.

At one point we were going to call the fire brigade.

But the daftest thing we do every year is pull Christmas crackers. I say this because over the last 40 years nothing exciting has ever fallen from a cracker.

The Christmas crackers of my childhood contained all sorts of exciting things. We would shake them and peer down their narrow throats all Christmas morning wondering what exciting things they held. We were never disappointed: - Oh joy - a whistle with a genuine dried pea inside! A great thing for enlivening a sleepy

Christmas afternoon. Or you could get a flat tin thing which, when placed on the tongue and blown through, would imitate bird calls. It had the added thrill of being able to choke a person to death.

Luckier kids would find a tin frog in theirs which would click loudly just like a real frog. You could click and click for

hours until some adult struck out with a backhander or accidentally trod on it.

These things were well made in my day and guaranteed to last the rest of Christmas Day. They don't make them like that anymore. They're not even dangerous. What's more, I've noticed that if the cracker's contents fall under the table, children don't bother to pick them up.

And the paper hats.

Now, in my childhood the paper hats, as I recall, were robust things you could wear outside in a gale. Today they make them from recycled Kleenex and as one perspires in the midsummer's sun, so one's forehead becomes dyed purple or yellow and only surgery can remove it.

And there are the jokes that every cracker contains. In my childhood the jokes were hilarious...

Question: Why did the chicken cross the road?
Answer: To get to the other side.

We would howl with mirth and pound the table and beg each other to stop reading them out. (Maybe it was the way we told them. Maybe it was the brandy sauce.)

These days they don't have jokes any more. They have little slips of paper with what one could call 'educational' information.

"DID YOU KNOW? In Ancient Greece a woman's age was counted from the day of her marriage."

I read this out to my assembled family and friends. Their knives and forks froze in mid-air, they stopped chewing their turkey and they all looked at one another and said no, they hadn't known that.

"DID YOU KNOW? Snow fell on London on Christmas Day only seven times during the 20th century." Everybody said, "No."

"DID YOU KNOW? American Red Indians used to name their children after the first thing the mother saw after the birth of her baby. Hence, such strange names as Running Water and Sitting Bull."

"What would they have named the little kid," asked Boris, who can be very basic, "if the bull was having a dump?"

It was at this stage that the conversation lost all dignity and the children were removed by their mothers.



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Not only less toxic but highly effective too!

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Because Efeko Eco Rat™ is not an anti-coagulant, it is effective against rodents which have become resistant to this common kind of rodenticide. It is also highly effective against mice which are notoriously difficult to control.

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ECO RAT™ Reg no: L10397 Act 36 of 1947. Active Ingredient Cholecalciferol 0.75g/kg. ECO RAT™ is a registered trademark of Efeko Care (Pty) Ltd. ECO RAT™ is registered to BASF South Africa (Pty) Ltd, P.O. Box 2801, Halfway House 1685, South Africa, telephone 011-203-4000, www.pestcontrol.basf.co.za ECO RAT™ is distributed by Efeko Care (Pty) Ltd, P.O. Box 652147, Benmore 2010.

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