



FOURWAYS GARDENS

Residential Estate

April 2017

**A SPECIAL GARDEN
FOR CHILDREN**

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Preparing your winter garden

Welcome to columnist Graeme Butchart

TRAVEL:

South Africa's most unusual game reserve

Lew Geffen

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Cover photograph: Anke Langenhorst

IMPORTANT NUMBERS

Estate Office 011 465 7731
 (operating hours 08h00 - 16h00 Mon to Fri)
 info@fwg.co.za

Estate Security RSS 011 465 5465/66
 Main Control Room

Emergency and Medical Response 011 467 1400

Council Service and Enquiries: 011 375 5555

In case of emergency:
 Douglasdale Police Station 011 699 1300
 ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

Joburg Water 011 375 5555
 Water/Sanitation/ Sewer problems 011 375 5555

Fraud & Corruption Hotline 0800 002 587

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

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FOURWAYS GARDENS

Natalia Atanassov 084 783 3010 • pamgolding.co.za/natalia-atanassov
Tracey-Lee Savage (rentals) 083 654 2729 • pamgolding.co.za/traceylee-savage



We are Fourways Gardens

We are the call of the long legged Blue Crane.
We are the boundless energy of unleashed dogs.
We are the twirly whirly ice cream in the park.
We are the canopy lined streets of Fourways Gardens.

We are your Fourways Gardens agents **Natalia & Tracey-Lee.**



SOLD



FOR SALE

R7.45 million

Ref# FW1308351



FOR SALE

R3.65 million

Ref# FW1284298



FOR SALE

R4.65 million

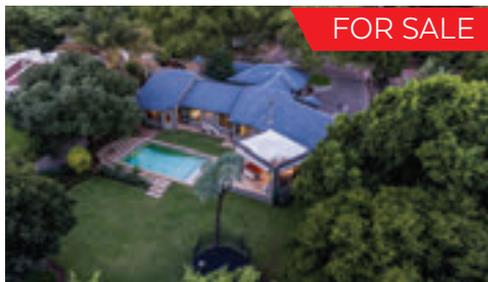
Ref# FW1309396



FOR SALE

R9.9 million

Ref# FW1305168



FOR SALE

R3.79 million

Ref# FW1292221



FOR SALE

R3.9 million

Ref# FW1302041



TO LET

R25 000pm (Furnished)

Ref# FYL1303050



TO LET

R52 000pm

Ref# FYL1284252



TO LET

R55 000pm

Ref# FYL1299247



TO LET

R29 000pm

Ref# FYL1298275

MESSAGE FROM THE BOARD OF DIRECTORS

RENOVATING TO ACHIEVE YOUR DREAM HOME

When I was six, we spent a year living in Wisconsin, in the USA, for my dad's job. I distinctly remember a house we called 'the purple palace'. It was an old house that someone, most likely senile, decided to erect a couple of turrets on top of, and paint it purple.

En route to school slightly further afield, were 'the pyramids' – I kid you not – a set of three different size pyramids situated on a small plot, that an abnormally large family called home.

I am all for creativity and freedom of expression but I do like the rather homogenous nature of the homes in our Estate. Sometimes it is nice to know what to expect, to some degree. My personal preference aside, there is merit in ensuring the aesthetics of our Estate from an architectural perspective to retain the value of our properties.

Take for example, St Francis Bay. Council regulations strictly control the building style, external colour and building materials allowed. As a result, St Francis Bay has a certain "Santorini" like charm with its white homes with black slate (largely no longer thatch) roofs edging the canals and perched on the seaside. It is indeed beautiful.

Further inland, our Estate is a highly sought after option for couples and families looking for a secure lifestyle. The appeal of Fourways Gardens for the majority is the security, but the established trees and parks is also a big draw card, and of course the people help make it special too.

As the first Estate of its kind ever in South Africa, we have a large number of old homes here. The newest phases within the Estate comprise 'new' homes – between 0 and about 10 years old. But the vast majority are old homes. Many have undergone, or are undergoing or are due for a facelift. So it is likely that you have, are, or are contemplating, enduring a renovation either on a small or large scale.

We all know that rules guide society. Our neighborhood 'works' best when we are (largely) following the rules, thus, respecting each other. When a neighbour suddenly erects a carport and the structure sits on your boundary wall, you might find yourself mildly irritated. Thus, there are processes and guidelines which determine how you can

change your home in keeping with the Estate aesthetics.

So we have Fourways Gardens Estate's Architectural Design Guidelines and Building Rules and Regulations. These guidelines were originally established in 1993 and have been updated every few years to reflect changes in national building regulations and available building materials.

As a homeowner, you can get a copy of our Estate's Architectural Design Guidelines and Building Rules and Regulations at the Estate office or on the portal. Once you have your plans in hand, they need to be submitted to the Fourways Gardens Architectural Review Committee (ARC) for approval. The new Board appointed Hood Napier architects to do the architectural inspections and approvals. Provided the plans meet the guidelines, Hood Napier will approve them. They will also work with homeowners' architects if necessary to help with finalizing plans. Once you have ARC's approval, you can submit your signed plans to the Johannesburg Metropolitan Council for their approval.

Our Guidelines and the Council's requirements are largely the same, with the exception that the JMCC includes law enforcement on unapproved plans and deviations in terms of the national building regulations.

Before a property can be transferred to a new owner, the Fourways Gardens Home Owners Association (HOA) must have Council-approved plans of the house which corresponds with the actual building on site. Believe it or not, they don't always correspond!

Over the past few years, the HOA has been attempting to get Council-approved plans of all of the houses in the Estate so that we have them on file. This will help with issuing of clearance certificates without unnecessary delays when properties are transferred. There are still quite a few properties for which we do not have approved plans on file.

Please feel free to discuss your plans with us should you need some assistance or ideas. Provided they don't involve turrets, pyramids or anything purple.

Marten Spencer

The Fourways Gardens Estate Magazine focuses on the Fourways Gardens Residential Estate. The magazine is distributed to all residents at the guardhouses. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd on behalf of Fourways Gardens Homeowners Association. The opinions of workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of the Fourways Gardens Residential Estate.

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CONTRACTORS AND VISITORS CODES

This month we will focus on access codes again as there appears to be some confusion between access for visitors and access for contractors and which phone numbers to use.

Firstly it is important to clarify who are contractors and who are visitors. The Estate rules define contractors as “any contractor or service provider who enters the estate to perform work or services within the estate” whilst a visitor is “any person who enters the estate to visit (a) a member, (b) a qualifying occupier, (c) their related persons or (d) any occupier, for whatever reason, but specifically excluding a contractor”. The key phrases in those statements are that contractors enter the Estate to work and visitors enter the Estate to visit. However, with every rule there are exceptions.

One such example of this are contractors who are also friends of residents or the contractor and the residents working in related fields and the contractor has come to help their friend with something at their home. In this case a judgement call must be made by the resident in the best interests of all who stay in the Estate. The question that begs asking in this case, is does the resident know everybody in his friend’s team who are going to be coming into his home? Can he say he can trust every member of this team? In this case it would be prudent of the resident

to issue both a visitors code for his friend and a contractors code for his team. This must be followed up with an explanation to the friend as to why this is being done and so that he can explain this variance to the officers at the gates.

The rules were designed and created to ensure the safety of all the families who stay in FWG, not to obstruct and irritate residents. However, every resident who allows external persons on to the Estate must bear in mind that they have to consider the safety of all residents on the Estate and act accordingly; just as they would expect everyone else on the Estate to do the same and not bring undesirable elements to their homes.

With an average of 600 000 vehicles and pedestrians passing through our gates on a monthly basis it is a full time job trying to screen everyone. Where the officers sometimes slip up and inconvenience a visitor by mistake is unfortunately inevitable with numbers of this size. Please help us to make sure our Estate stays crime free.

Here are the various contact numbers for the different codes and areas of the Estate:

071 473 5103 Phase 1
071 473 6875 Phase 2
071 475 0568 Permit Office –
Contractors Codes

Matthew Smith
Site Manager Fourways Gardens

Officer of the Month



Our officer of the month is Lawrence Makhubele. A member of our Reaction officer team, Lawrence has improved his reaction times this month to an incredible 40 seconds average.



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Monthly Draw – February 2017

The hamper winners are:

- 1st Jane 29 Mopane Lodge
- 2nd Mark Smith 15 Wild Olive
- 3rd Beula Pettit 42 Coral Tree

Erf 1079 Peter Dittberner would have won the cash prize, but he was unfortunately not in attendance. The R15,000 cash pot was rolled over to March and is now for a whopping R16,000!

Rules for the monthly draw:

Anyone in attendance stands a chance to win one of the lucky draw prizes. Simply complete your details on an entry form and you can win one of three beautiful lucky draw prizes.

For the cash draw, all registered home owners in good standing are eligible to enter the cash amount and

are entered on your stand number. You have to be at the Clubhouse at 19h00 when the draw takes place to claim the cash amount.

Remember, you have to be there to win!

Proudly sponsored by Century 21.



The next monthly draw at the Clubhouse will be on 26 May with R18,000 in cash to be won! Make sure you're in with a chance.

All registered owners are entered into the cash prize, but you have to be in attendance to win the prize!

Hope to see you at the next Monthly Draw!



PERFECT FAMILY HOME



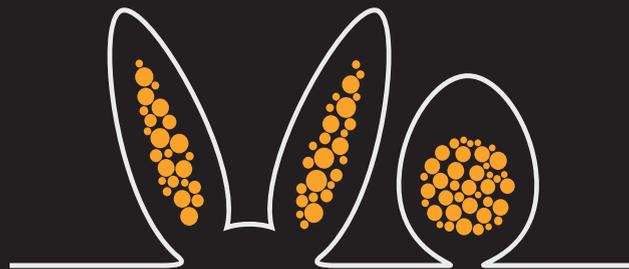
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G



HAPPYEASTER

Faith Stanbridge 082 659 1700

Trish Walton 082 442 9112

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



At the Fourways Gardens Gardening Club meeting on 23 March, Craig de Necker, MD of the Friendly Plant Landscapers enchanted us with a presentation and pictures on creating a special garden for children...

Child's Play

It's a warm sunny day, the bright sun above glimmers on the water in the swimming pool. You take in the scenery and notice the tall trees bordering the deep green rolling lawns... and as you look around, splashes of colour catch your attention. Children's laughter lends a soundtrack to this beautiful setting.

Do you remember when life was far more simple – do you remember when you were a child? In those days, you had the time to notice the transition that takes place as one season changes to the next, transforming the scenery almost magically? The times you spent with your friends, kicking a ball, throwing a frisbee, hiding from mom in your treehouse, chasing the dog... sometimes being chased by the dog...?

During adulthood, when one thinks of a garden, most people tend to think of their front yard. This is the most frequently seen part of the garden as it serves as a backdrop to the pre- and post-gridlock parts of our



hidden treasures to tickle your taste buds too!

While few adults have the luxury of time to regularly enjoy their gardens, it is worth remembering that you are able to re-live your youth by observing your children as they take full advantage of the world outdoors!



daily commute. You may even give a thought to your pool area every now and then. It is easy to forget and underestimate the importance of a garden in the life of a child. The simple pleasure that they can derive from the many things that they can do in that space... the same things that you used to enjoy back in the day!

Gardens offer not only a safe haven where cold drinks and ice-cream can be spilled and dropped without fear of staining or reprimand (unlike the lounge...). They offer a destination comprising many smaller worlds which too can be explored. There are so many stimulating sounds, colours, scents, tactile elements and of course in many gardens there are a few

Craig de Necker
BCompt (UNISA)
Managing Director
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FWG Activity Providers

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	Bootcamp		Bootcamp (8-10)		Bootcamp (8-10)
08:30	(8-10)		Rhona Williams	Pilates - Tracey (8:30-9:30)	Rhona Williams
09:00	Rhona Williams 083 600 1868	Yoga - Wendy (9-10:15) 011 465 7155	082 894 6096	082 894 6096	083 600 1868
09:30		083 400 6211			
10:00			Cristina (10:00-11:00)	My Nanny and Me (10-12)	
10:30			Flamenco Dance 076 521 8750	Loën Law	
11:00				072 622 0308	
11:30				mynannieandme@gmail.com	
12:00					
12:30					
13:00					
13:30					
14:00			SmartPlay Soccer (14:00-15:00)	SmartPlay Soccer (14:00-16:00)	
14:30			Vincent 078 1223 944	Vincent 078 1223 944	
15:00			Helen O'Grady Drama Academy		Yogabats (15:30-16:30)
15h30	Debbie (15:45-16:45)		(15:00-18:00)		Desley White
16:00	Jazz - 082 425 6098		Kerry Holbrook 083 410 2940		011 465 1939 / 084 465 1939
16:30		Goju-Ryu (16:30-19:30)	www.dramaafrica.com	Goju-Ryu (16:30-19:30)	
17:00	Cristina (17:00-18:00)	Stef and Roberta		Stef and Roberta	
17:30	Flamenco Dance 076 521 8750	083 384 3026 / 083 309 5352		083 384 3026 / 083 309 5352	FWG Running Club
18:00	Yoga - Wendy (18-19:15) 011 465 7155 / 083 400 6211		FOR HOA AND AGM MEETINGS		secretary@frra.co.za
18:30					
19:00			Hilton 082 411 6744		Hilton 082 411 6744
19:30			Mandy 083 462 2725		Mandy 083 462 2725
20:00					

- Clubhouse
- Phase 2 Outside
- Phase 2 Soccer Nets

All fees and times to be confirmed with the activity provider concerned.



FOURWAYS GARDENS
Residential Estate

The wetland areas have been cleared and maintained for a better view of the bird life and all that the wetlands areas have to offer. Our team below of four operators are responsible for the parks and wetlands in both phases. The wetlands are now maintained and cut on a weekly basis.

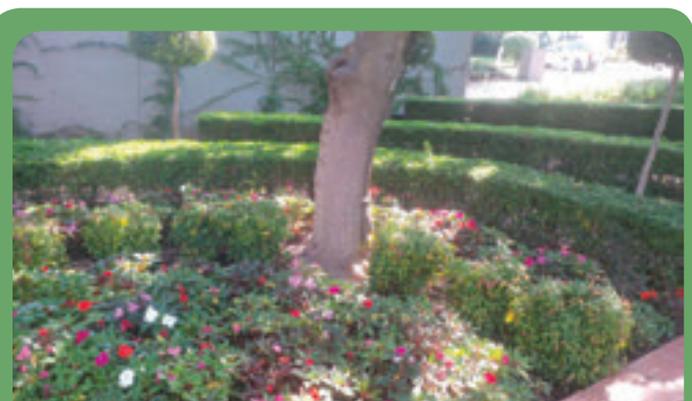


Bird watching gazebo

The area has been cut open to allow for better bird watching and views.



Phase 1 & 2 kiddies' sports fields have been fertilized and maintained as standard. We are pleased with the results.



Clubhouse annuals

The annuals at the Clubhouse have been replaced.



SOME AUTUMN TIPS TO PREPARE YOUR GARDEN FOR WINTER

With summer starting to draw to a close, we thought we would share some helpful tips for preparing your gardens for winter.

Autumn is a busy time in the garden, clearing away the old vegetation from the summer and preparing the garden for the cold winter months ahead. Let the big clear up begin!

Tidy borders

Dig up annuals and add them to the compost heap. You can replant your beds with winter plants such as pansies, daisies for a colourful display next spring.

Autumn provides an ideal opportunity to move poorly placed plants, and divide overcrowded perennials while the soil is still warm. Cut back faded perennials to 5cm above ground level, but don't be too tidy – some perennials have attractive seed heads that look wonderful covered in autumn dew, and provide handsome winter silhouettes. They will also provide shelter for overwintering insects. Once your borders are clean and tidy, spread a thick layer of compost or bark chips across them. No need for digging it into the ground, the worms will do this for you.

Lawn maintenance

If your lawn looks slightly worse for wear then autumn is the perfect time to revitalise it. Remove thatch (old grass clippings) and using a spring tined rake and add it to the compost heap. In areas that receive a lot of wear (such as paths and play areas) the soil can become compacted. Improve drainage and aeration by making deep holes with the prongs of a garden fork every 10cm across the entire area.

A sandy top dressing can be brushed in afterwards, followed by an application of autumn lawn feed to prepare your lawn for the winter months. Autumn is a great time to lay new turf too, giving it plenty of time to establish before summer arrives.

Make leaf mulch

Leaf mulch adds structure and organic matter to your soil. Most leaves from deciduous trees and shrubs will rot down to make lovely leaf compost in a couple of years, although some leaves will take longer than others. Oak, alder, beech and hornbeam rot fairly quickly while sycamore, walnut, horse chestnut and sweet chestnut may take a little longer. Shredding the leaves first will help to speed things up. Evergreens are best shredded and added to the compost heap as they are very slow to decompose.

Construct a large bin out of wire mesh in a sheltered spot to collect your leaves in, or if space is limited simply use plastic bin liners with holes punch through the sides to let in the air. Fill the leaf bin/bags with leaves and sprinkle with water. Tie the tops of bags and give them a good shake before stacking them out of sight and forgetting them for two years. If you are using a leaf bin you will need to remember to dampen the leaves occasionally if they become too dry. Once the leaves reach a crumbly texture they can be spread as a mulch throughout your borders.

Plant evergreens

Evergreens form the backbone of the garden, providing structure and year round interest, so the more evergreens in your garden, the better it will look in winter! With warm soil and cooler conditions, autumn is the perfect time to fill those gaps in your borders.

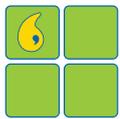
Lift tender species

Make sure that you lift those tender species such as begonias, dahlias and cannas before the first frosts threaten. Cut back the stems and gently lift the tubers/rhizomes from the ground. Clean the soil from them and store them in trays of dry compost or sand, with just the top of crown visible. The trays can be kept in a cool, frost free place over winter until they can be replanted when the spring arrives. In very mild areas it may be possible to protect tender species without lifting them. Simply cover the crowns with a thick blanket of mulch.

Maintain garden equipment

Before you store your lawn mower at the back of the shed, it is well worth sending it for a service to ensure that it is in perfect condition when you need it next spring. Shears and secateurs need sharpening – you can do this yourself or send them away if you prefer. Spades, forks and other tools will benefit from a good wash. Dry them thoroughly and oil the metal parts to prevent rust.

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Easter Sunrise: Norcot Koppies • 6h15 • bring a camping chair & coffee
Easter Sunday: Indaba Hotel Auditorium • 9h30 • bring a white flower

Our March wine tasting was presented by



The FWG Wine Club had yet another hugely successful wine tasting evening on the 3rd of March. The Lourensford range of wines varies from the inexpensive 'quaffing' River Garden Range to their award winning Lourensford Winemakers Selection – and we were lucky enough to taste from both ranges. The presentation was done by Junel Vermeulen and she had the audience spell-bound with not only her vast knowledge, but also with her hilarious stories. We were privileged to taste their MCC Brut, which four selected members managed to uncork with the sole use of a sabre. At the end of Junel's presentation she received a standing ovation, a first for the FWG Wine Club and thoroughly deserved.

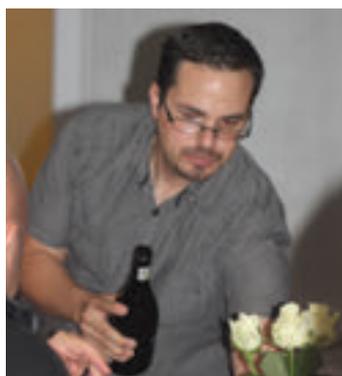
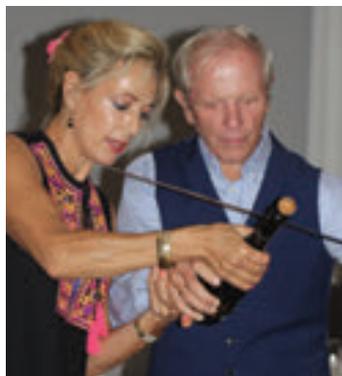
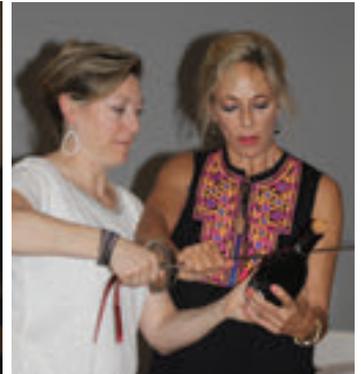
Again, our restaurant did us proud with a tasteful curry, sambals and salad. Our thanks to Francois for keeping an ever watchful eye over the proceedings during the evening and checking that all ran smoothly.

Our sponsor, Tyson Properties, purchased the wine to have with our meal and also donated funds for several lucky draw prizes. Again, our thanks to them for the ongoing support.

The FWG Wine Club monthly tastings are fast becoming well known for being a great evening, not only to learn about new wine estates and their wines, but also for the fun and laughter with friends, and meeting of other residents from FWG.



Fourways Gardens
Wine Club



The May 2017 wine tasting will be presented by



TAILLARD
FAMILY WINES



At the foot of Paardeberg, the well-known landmark between Wellington and Malmesbury, nature created the perfect conditions for growing and nurturing some of South Africa's finest wines.

When Pieter Taljaard found this gem following his successful career in the mining industry, he decided to assemble a team of professionals who share his passion for creating fine wines and to build a legacy. Taillard Family Wines was born.

To honour his background the wines each refer to a mining term that best describes that particular wine

Date: 3rd May 2017

Time: 19h00

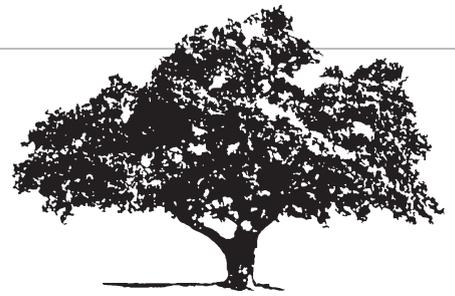
Cost: R130.00

Our restaurant will provide local cheese and biscuits with the welcome wine on arrival and Roast Chicken served with roast Potatoes, a green salad and an assortment of breads **AFTER** the Wine Tasting. A vegetarian option is available - please let us know when making your booking if that would be your preference.

Numbers are Limited.

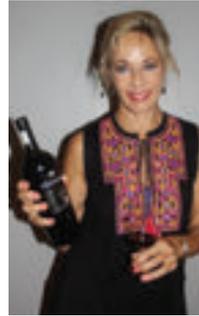
**Please make
your bookings
and payment
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TYSON
PROPERTIES



Fourways Gardens Social Club

March started with another successful sell-out wine tasting evening by the Lourensford Estate, which was sponsored by Tyson Properties. These evenings are very popular so please make sure you buy your tickets from the Clubhouse well in advance.



The coffee morning held on the first Tuesday of every month is a great opportunity for all the members of the groups to come together. We have a coffee with a slice of yummy cake and catch up on what is happening in the Social Club and meet other residents.



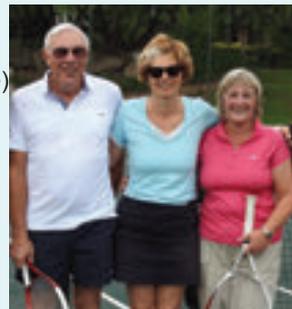
It is always nice to see new people at the different clubs and in March we welcomed three new ladies to the book club. Everyone brings along the book they are currently reading and we give feedback on whether we thought it was a good book. We also swap books within the group so others can enjoy our favourite reads.



The Bridge players are in the Clubhouse Restaurant every Friday afternoon, so if you are a keen player, please do join them.



Tennis is in full swing with some social (and sometimes competitive) matches happening every Tuesday and Saturday. It is great to meet new players on the court and enjoy a drink in the clubhouse after playing.



This month we are pleased to announce the launch of the Games Group. Please contact Eric (unfakeshatonic@yahoo.fr) for more information.

If there are any groups that you would like to attend which are not currently offered, please contact Sharon (shabrini@mwebbiz.co.za) as if there is a demand then additional groups can be added.

The Ceramic painting group have already met a couple of times this year working on a range of projects. New members are always welcome and if you have a craft you would like to share with others please do come along.



Coffee Morning	Pat	pemclintock@gmail.com	1st Tuesday of every month at 10h30, Clubhouse
Art Club	Morag	morag@vlaming.co.za	2nd Tuesday of every month at 10h30, Phase 1
Book Club	Lucy	lucy@simply-search.co.uk	3rd Tuesday of every month at 10h30, Clubhouse
Tennis	Jane	pjaxon@iafrica.com	Every Tuesday morning at 7h00, tennis court 1 Saturdays from 15h00-17h00
Wine Club	Sharon	shabrini@mwebbiz.co.za	1st Wednesday monthly at 19h00, Clubhouse
Ceramics	Kim	kimbarnard28@gmail.com	4th Tuesday of each month in Phase 1
Bridge	Norma	normandy@vodamail.co.za	Every Friday at 13h00 in the Restaurant

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Quiz Night at FWG

A fantastic evening was enjoyed by our residents on 10 March for the first Quiz Night! With the room fully booked with enthusiastic teams it was great fun to watch the competitiveness grow between the various teams throughout the evening.

With great prizes on the line, it was no wonder that the competition was so tight. Francesca Beattie Properties and The Friendly Plant came on board for the event and sponsored a very professional quiz master and the first place of R1,000 cash! The Clubhouse sponsored the second prize of a R400 meal voucher and 3rd prize of R200 meal voucher.

- First Place – Plato
- Second Place – Team Davies
- Third Place – Brain Buff

As this event was overbooked for the evening we will be sure to host another fun Quiz Night for Fourways Gardens Estate, with the generosity of our sponsors!









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Fun and learning in the Junior Prep



The Grade 10s read to the children on World Read-Aloud Day.



Grade 2s making sandwiches for outreach.

The Junior Preparatory phase at Dainfern College comprises grades 0 to 3. In this busy section of the College, headed up by Mrs Patti Blackhurst, the children play with passion and purpose. Creative teachers inspire and delight every day in so many ways.

In this phase of the College the children learn through playful, experiential, inquiry-based, exciting activities that are intentionally designed to teach concepts, develop skills and nurture specific attitudes and values in a collaborative, safe and engaging environment. Rich tasks ensure that children think critically, use information technology appropriately and use their imagination and creativity to explore and develop solutions to relevant and developmentally appropriate problems. Highly skilled, professional teachers



Microscope exploration in Grade 0.



Dressing up for Valentine's Day in Grade 0.

equip children with the tools, skills and attitudes necessary to embrace the rich tasks and excel.

Empathy is at the heart of the Dainfern College theme for 2017, 'I am because we are', and values and dispositions such as humility, generosity, respect, gratitude and tolerance are explored through activities, stories, songs and drama. Critical thinking and active learning are valued and the use of various thinking tools and strategies enable even the youngest children to think on a deep and meaningful level.

In Grades 0, 1 and 2 the children take part in a wide variety of sporting, cultural and extracurricular academic activities during their school day, giving them the chance to experience lots of different activities and acquire many new skills. A full and varied range of extramural cultural and sporting activities is enjoyed after school by the Grade 3 children.



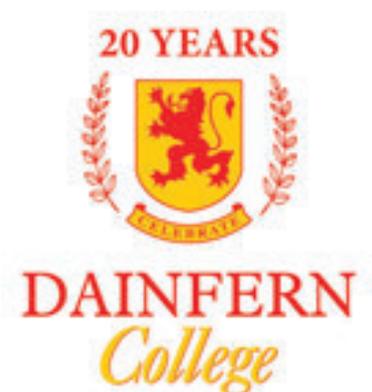
Enjoying the Grade 1 special people's picnic.



Grade 1 think tank.

Parents regularly comment on the fact that their children just love to come to school. When one asks the children why, they simply say that school is 'such fun'!

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





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Book your table with the Clubhouse for the lazy Sunday braai that will follow the run!

Hearing and Health Check morning on the Estate

We wish to thank Audiologist, Sashni Munnisunker and Sister Ina Knowles who came to the Estate on Friday, 9 March to do free hearing screenings, blood pressure and glucose testing. Sister Ina had the following message for our residents:



Thank you very much for the opportunity to meet some of the interesting Fourways Estate Residents. I am looking forward to meeting more members in my clinic soon. There were many questions asked regarding health and wellness, and also very interesting stories and anecdotes shared. I hope I was able to assist with the tests we performed. Unfortunately, many people are still not aware that we have a Clinic at Lonehill Pick & Pay.

Lonehill Pick n Pay is at present in the process of being revamped into a Next Generation store and I am looking forward to introducing our Residents to the NEW LOOK PICK n PAY and PHARMACY & CLINIC.

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- Home visits to our area can be arranged for wound care, and patient care if necessary.
- Workplace visits for Wellness check-

ups can be arranged.

- Workplace flu vaccinations can also be arranged for the convenience of the Company, no extra service fees only the cost of the vaccine.

Contact Sr Ina Knowles on 011 465 2899 for appointment or queries.

E-mail gc11pharmnurse@pnp.co.za
Lonehill Shopping Centre
Lonehill Boulevard

Sincerely,
Sr Ina Knowles RPN

Sashni Munnisunker (Audiologist): 079 891 6637 / 010 597 1950 is also in our area and can be contacted for an appointment.



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Traditional Easter foods from around the world

United Kingdom

No British Easter would be complete without a hot cross bun! A sweet spiced bun marked with a cross that has been eaten for hundreds of years. Simnel cakes topped with 11 or 12 marzipan balls to resemble the apostles are also popular during the period.

Pashka, Russia

This pyramid-shaped dessert made from cheese is traditionally served at Easter in Russia. The dish is often decorated with religious symbols, such as the letters XB, from “Christos Voskres”, which means “Christ is Risen”.



Colomba di Pasqua, Italy

Similar in taste to the Italian Christmas bread panettone, Colomba di Pasqua is a candied peel-stuffed cake that is often shaped like a dove.

Tsoureki, Greece

This brioche-like bread, flavoured with an essence drawn from the seed of wild cherries, is decorated with hard-boiled eggs that have been dyed red, to symbolise the blood of Christ.



Pinca, Eastern Europe

Rather like a large hot cross bun, Pinca is sweet bread marked with the sign of the cross that is commonly eaten to celebrate the end of Lent in Slovenia and Croatia. It's also enjoyed in some areas of Italy.



Mona de Pascua, Spain



A popular Easter cake traditionally cooked in several regions of Spain during Semana Santa (Holy week). Traditionally, it resembles a large doughnut topped with a hard-boiled egg.

Capirotada, Mexico

Capirotada is a kind of spiced Mexican bread pudding filled with raisins, cinnamon, cloves and cheese that is popular during the Easter period. It's said that each ingredient carries a reminder of the suffering of Christ— the cloves being the nails on the cross; the cinnamon sticks the wooden cross and the bread the Body of Christ himself.



Kulich, Orthodox

Christian Countries Families in many Orthodox Christian countries, including Bulgaria, Georgia and Russia, will bake a Kulich cake at Easter. The cakes are baked in tall tins, and decorated with white icing and colourful sprinkles or flowers. The cake is often blessed by a priest after Easter service.

Rosquillas, Spain

Many Spaniards tuck into special treats called rosquillas at Easter. These baked or fried doughnuts, made from fermented flour, vary from region to region — some are dusted with sugar, others flavoured with rosemary, and some even soaked in anise liqueur.



South Africa



South Africans love their hot cross buns. Lately we have started to add Simnel Cake (cake filled with currants) to our festivities. And because of the weather we love to make a braai and invite friends.



FOR THE LOVE OF CHOCOLATE

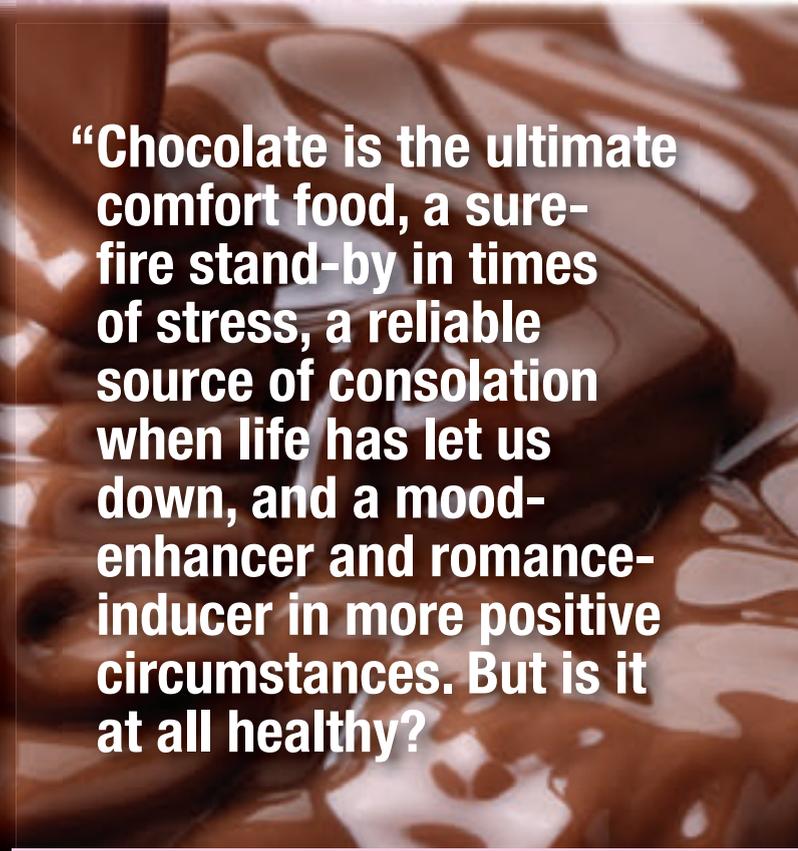
I'm Kathy and I'm a chocoholic.

I blame my parents, who always had a small cache of Lindt, Toblerone or Ferrero Rocher (yes, only the best – maybe cheap wine but always good chocolate) that was nibbled and savoured slowly in the evening while it melted on the tongue (not in sight of the kids). My father, particularly, could stare a seductive bar of Swiss chocolate in the eye, take a little bite and then wrap it up precisely again without devouring it in one setting. What a man he was!

My mother, on the other side, was more of a quantity versus quality lady and would dip into her local Checkers slab several times a day (and, having had six children to look after, she needed her fix).

Easter is particularly challenging for chocoholics. One is tempted at every turn: beautiful shiny chocolate eggs, golden bunnies, sugared eggs... you simply can't resist them. I buy eggs of all description and pretend I bought for the young ones. Sometimes I still have Easter eggs in October. Then I can start buying chocolate Father Christmas figures.

While I was salivating over Lady Godiva yesterday I came about National Chocolate Day (why am I only hearing this now?! And on top of that, National Chocolate Day has 10 convincing health reasons why you more of the stuff! Andrew Baker, who wrote the text below, where have you been all my life?



“Chocolate is the ultimate comfort food, a sure-fire stand-by in times of stress, a reliable source of consolation when life has let us down, and a mood-enhancer and romance-inducer in more positive circumstances. But is it at all healthy?”

If you scoff lots of it, obviously not (Don't be such a wet blanket, Andrew). But there are a host of medically proven ways in which chocolate — good chocolate, which is to say dark chocolate, with a cocoa percentage of around seventy per cent or more — really is good for us.

Research is continuing all the time, and experts have already found that chocolate is good for the heart, circulation and brain, and it has been suggested that it may be beneficial in such major health challenges as autism, obesity and diabetes.

And in fact, the very latest research suggests that eating chocolate could help keep your brain function whirring into old age.

Here are ten scientifically established health benefits of good chocolate.

1. It's good for the heart and circulation

A recent study found that dark chocolate helps restore flexibility to arteries while also preventing white blood cells from sticking to the walls of blood vessels — both common causes of artery clogging.

2. It reduces risk of stroke

Researchers in Finland have found that chocolate consumption lowers the risk of suffering a stroke — by a staggering 17 per cent average in the group of men they tested.

3. It's mineral rich

Dark chocolate is packed with beneficial minerals such as potassium, zinc and selenium, and a 100g bar of dark (70 per cent or more) choc provides 67 per cent of the RDA of iron.

4. It reduces cholesterol

Consumption of cocoa has been shown to reduce levels of "bad" cholesterol (LDL) and raise levels of "good" cholesterol, potentially lowering the risk of cardiovascular disease.

5. It's good for your skin

The flavonols in dark chocolate can protect the skin against sun damage (though you'd probably better still slap on some sun cream).

6. It can help you lose weight

Chocolate can help you lose weight. Really. Neuroscientist Will Clower says a small square of good choc melted on the tongue 20 minutes before a meal triggers the hormones in the brain that say "I'm full", cutting the amount of food you subsequently consume. Finishing a meal with the same small

trigger could reduce subsequent snacking.

7. It's good for mothers and babies

A Finnish study found that chocolate reduced stress in expectant mothers, and that the babies of such mothers smiled more often than the offspring of non-chocolate-eating parents.

8. It may prevent diabetes

It sounds mad, but cocoa has been shown to improve insulin sensitivity. So dark chocolate — in moderation — might delay or prevent the onset of diabetes.

9. Chocolate is good for the brain

Flavanols are thought to reduce memory loss in older people, and the anti-inflammatory qualities of dark chocolate have been found beneficial in treating brain injuries such as concussion.

10. Chocolate makes you feel better

Chocolate contains phenylethylamine (PEA), which is the same chemical that your brain creates when you feel like you're falling in love. PEA encourages your brain to release feel-good endorphins.

As a chocolate lover I would also add that certain kinds of chocolate can be good for the soul: this is chocolate for which the raw materials have been grown with care by farmers who are properly rewarded for their work; then processed by people who take time and care in their work, and finished by chocolatiers who love what they do. It will not be mass-produced, and it may not be cheap. But it will be good for you, heart and soul.



Hippo calf at breakfast.



South Africa's most unusual game reserve

This is the third and last article on South Africa's newest and most diverse large game reserve – the iSimangaliso Wetland Park that covers the country's north-eastern corner. In previous issues, we looked at its southern section with its famous high forested dunes and Africa's largest estuary at St Lucia town whose population is 800 when everybody's home.

We now look at its central and northern tropical section, including uMkhuze Game Reserve (now part of the wetland park); Lake Sibaya, South Africa's largest freshwater lake; Sodwana Bay and Africa's most southerly coral reefs – a miniature Great Barrier Reef – and in the far north, Kosi Bay with its chain of lakes, sand forest, secluded beaches and exciting offshore life.

On leaving the southern region we decided to visit uMkhuze Game Reserve first. It is now part of iSimangaliso Wetland Park and a place I used to know well. It is said to be the richest birding area in South Africa with well over 400 species.

It lies between the southern and northern regions of the wetland park and is accessed only by driving from St Lucia and on to the N2 Highway. Mary and I travelled north till we reached a sign saying Bayala from where we took a lonely gravel road through the deeply wooded Lebombo Mountains to uMkhuze's southernmost gate, EMshophi.

The 3 280 sq km reserve (that's about the size of Pilanesberg National Park) had just emerged from the worst drought in living memory. We arrived after the mother of all storms had left it waterlogged. Fortunately the roads are excellent.

It was dusk and we were booked into Mantuma Camp to the north. Mantuma was never a “posh” camp and it still isn’t but the reception is always cheerful and efficient and the self-catering accommodation is in comfortable two-bed safari tents arranged in pairs with a shared wooden deck in between and a common kitchen, reasonably equipped.

Our kitchen was watched over by a surprisingly polite family of thick-tailed bushbabies who, nevertheless, gave the impression of being in charge. One is not allowed to feed animals – a sensible rule which I strictly abide by – but bushbabies (who don’t recognise the word “Shoo!” or even, I suspect, “Voetsek!”) stay respectfully out of reach – until one blinks.

And not a metre away a nyala bull, obviously used to being fed, was resting his head on the deck railing gazing pleadingly at us like a beggar at a Johannesburg traffic light. Don’t tell anybody that I told you, but he loved an apple.

The Mkhuzi River defines the reserve’s north-eastern borders and is known for its cathedral-like sycamore fig forest and guided walks. Its giant trees, I recall in the 1970s, were demolished in a hurricane, and a ranger told me it would take 100 years to regrow. Well, in less than half that time, it’s a cathedral again.

The reserve has always had excellent hides and now they are larger than ever. The old Bube hide – now called KuMasinga Hide – is huge and seats 40 to 50 and has a viewing panel in the middle of the floor.



Yellowbill kite – one of over 500 species in the wetland park.



uMkhuzi’s self-catering safari tents.



Nyala pays us a visit.

uMkhuzi has samples of many of iSimangaliso’s habitats: montane forest, acacia savannah, swamp, different types of woodland and a rare type of sand forest – hence the variety of birds and wildlife: black and white rhinoceros, elephant, lion, giraffe, buffalo, kudu and other smaller antelope such as suni. Visitors have been seeing cheetah and leopard.

On my next visit to uMkhuzi I will take the Mkhuzi village turn off from the M2, and recommend it. It’s the route we took back to Johannesburg. If one is heading for the central region of iSimangaliso, then look out for the road to Sodwana Bay and the Maputaland Marine Reserve, all now part of this extraordinary wetland park. This has to be, by far, our richest coastline for marine life. The park extends out to sea and includes one

of the top diving sites in the world annually attracting 35 000 divers.

The 50-km series of coral reefs, the most southerly reefs in the world, are a miniature Great Barrier Reef with around 95 species of hard and soft corals, sponges, other invertebrates and around 1 200 fish species. The first footage of living coelacanths was filmed here but in the dark recesses of a deep undersea canyon.

There are several reefs. They start from the 2 Mile Reef, then the 5 Mile and out as far as the 9 Mile Reef. One can hire snorkelling equipment as well as Scuba gear and there’s a good chance, all year round, of swimming alongside a slow-moving, harmless, whale shark. It’s the biggest of all fish reaching 13 to 14 metres and weighing up to 20 tons.



The fish traps at Kosi Bay.



Visitors set off to the coral reefs.

Sodwana's reefs are visited by great white sharks, hammerheads and ragged toothed sharks as well as manta rays, orange-spotted groupers, and the massive potato bass. One comes nose to nose with leatherback and loggerhead sea turtles that, in summer, lay their eggs on the beach. Friendly bottle-nosed dolphins come up close with undisguised curiosity.

And there's whale watching from a boat – 40-ton humpback whales and orcas are often seen just off shore and, in spring, the southern right whales come to calve. The Swiss style (self-catering) chalets on the Bay are comfortable and there's a whole variety of accommodation nearby.

Not far north and reachable by car is South Africa's biggest freshwater lake – 40m deep and 70 sq km Lake Sibaya which was once a river mouth but, centuries ago, was cut off from the sea by dunes that are now heavily forested.



Chinese lantern tree – *Dichrostachys cinerea*.

The trapped marine fish adapted to a fresh water environment. The lake's mostly pristine shore has a large population of crocodiles and hippo – and 279 species of birds including Pels Fishing Owl and the Palmnut Vulture.

With a 4x4 one can drive around the lake's eastern shore and onwards to Kosi



iSimangaliso CEO, Andrew Zaloumis with James Clarke

Bay and the various coastal lodges and camping sites en route.

Kosi's long chain of lakes and sand forest is reachable by ordinary car but only by driving out of Sodwana and heading east at the Kwangwanase T junction. One then has to park outside Kosi Bay Estuary and be ferried to one's accommodation by 4x4.

There's big game fishing (marlin and sail fish) as well as a delightful reef right on the coast where children can safely snorkel among shoals of fish – or they can watch mudskippers and fiddler crabs in the mangrove forest. There's great birding – even from a canoe, especially in the early morning on the glass-smooth lakes and there's a fair amount of game: rhino, elephants, etc.

There is a selection of restaurants, coffee shops and pubs.

The estuary itself is laced with fish traps made from sticks which is the Thonga's four centuries' old method of catching fish. Nowadays, the locals give visitors a little tutorial on spearing the fish; thus, one can catch one's own supper.

NOTE: To drive to any part of iSimangaliso from Johannesburg is about the same distance as it is to Durban – but without the luxury of motorways. Bank on 8 hours.

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Spare a moment for pause and thought

As we all hurtle forward, spinning along to our ever demanding lives, battered by a continuous flow of information, some of it valuable, most of it not, combined with the pressure to make instant decisions, which are driven by urgency and deadline, our ability of knowing right from wrong often escapes us at the critical moment.

The consequences and responsibilities that follow the stream of incorrect decisions we make, always consume vast amounts of time, energy and money, none of which we can afford to throw away in the fashion that we continuously do.

Yet, here we are once again, managing the fall out, making the apologies, readjusting the expectations, and trying to get the hell out of it as soon as we can, so we can catch up with what we should be doing in the first place. Race, race, and race we cry, repeating more of the same.

Yes, it's a fast and furious life, we argue. One in which the pace of everything has accelerated exponentially, year on year.

Access to more information appears to have created far more than simply the exchange of a multitude of flowing ideas. It turns out that this brave new world we have created, operates at speeds that may not be compatible with our human engineering.

More and more evidence from neuroscientists suggests, that the stresses and pressures we endure

are of our own doing, that our burning desire to remain in permanent contact with the goings on of our chosen social pages, is seriously unbalancing our intuitive operating systems, to the point of shut down. Our fear of missing out is stronger than our capacity for patience. Confirming, that emotions overrule the rational and the logic, after all.

Take a moment to do the following test.

The next time you are driving on your way to work, school, or wherever, count the number of drivers who are simultaneously driving and using their mobile devices. By the way, this is not about judging others; this is about confirming the science.

Hypothetically, if you were then to ask anyone of those drivers if they felt driving while using a mobile device was in anyway safe, most would categorically state, "not at all!" A few will justify, suggesting that they only use the device whilst the vehicle is stationary, lying of course, and others will claim that they are "multitasking" and as such it is perfectly acceptable.

The physical structure of our minds is such that we cannot think of more than one thing simultaneously. We can flick between thinking very quickly, but we cannot entertain driving and texting at the same instant. It's beyond our mental agility.

In reading this, you may have had a brief rush of guilt, *that's ok*, if you are honest you will recognise yourself in one of those car windows. Most drivers are now engaging in this compulsive, dangerous habit, which also explains why a growing number of the deaths in motor accidents are now being attributed to use of mobile devices whilst driving. It won't be long, before using mobile devices, replaces alcohol as the number one cause of motor accidents. In some countries, where driving drunk is socially unacceptable, it already is.

The point is, this compulsive and uncontrolled subconscious thinking is adding to your overall stress, and with

it, your inability to make accurate and correct decisions under pressure.

But it needn't be the case. The human mind is remarkably resourceful. We have access to so much more, only our habit of thinking prevents our seeing and using this greater resource.

There's a paradox here. And that is if we wish to save ourselves time, and reduce stress, then we need to give time, a fraction of it, to stopping and pausing. Just being, instead of finding the compulsive need to always be doing.

I am reminded of a great little story about fish swimming.

It goes like this.

There were two young fish swimming along in the river.

As they swam along, an older fish came swimming toward them, from the opposite direction.

As they passed each other, the older fish turned and said to the two younger fish...

"Morning lads, how's the water?"

...And then swam on.

After a period of time, and silence, one of the younger fish turned to the other and said...

"What's water?"

I love this little tale, because it's a very powerful reminder that we often get so caught up in the content of our lives that we neglect to acknowledge the context.

When we call on our capacity to, pause and think we are invariably provided with a greater range of possibilities. That act of pausing intuitively balances the brains activity; flooding energy to other centres, and in doing so whole intelligence becomes available.

Our typical stress driven operationally model looks something like this:

Stimulus → Response

Our stress avoidance model should be:

Stimulus → Pause → Think → Response

When I show this simple tool to people, they often cry, "I don't have time to do that in my life". "My life is far too busy for that, I have to make instant decisions."

All it takes is a few seconds, to pause

and think, and if you were to add up the hours spent fixing up poor decisions, you cannot justify continuing with the existing approach.

If nothing else, give it a go.

By the way, this applies to what you are about to say to people as well, not just the physical actions you take. If you are someone that is prone to saying the wrong things, then this is the perfect tool for you.

Even if you are not, but you are sometimes in doubt about what to say in response, then give this method a go. You will be surprised what those few seconds of internally directed nothingness, conjure up.

Long, long ago when I was but a child, my parents and teachers used to say... "If in doubt, count to ten." I now know, years later why they placed such weight and importance on this simple practice. It may be too; that they had some inkling of the kind of future I may be heading for, a faster more demanding time.

I think its time that all of us spare a moment for pause and thought.

Until next time...



Graeme Butchart
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082 897 1463
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What's the buzz...

Easter Egg Hunt

Directions: Look for the ten words in the list hidden in the puzzle. The words can be forwards or backwards.



T	D	W	M	H	H	T
E	Y	D	N	A	C	E
N	E	C	H	I	C	K
N	Q	T	N	U	H	S
O	L	I	L	Y	G	A
B	U	N	N	Y	G	B
P	A	R	A	D	E	F



- | | | | | |
|--------|-------|------|--------|-------|
| basket | chick | hunt | bonnet | dye |
| lily | bunny | egg | parade | candy |



1. aetsEr _____
2. nbaeseljly _____
3. tooleahcc _____
4. ekbsat _____
5. mbla _____
6. ephes _____
7. gesg _____
8. lowo _____

Use the word list below to unscramble the words on the sheep.

Have fun colouring the picture!

Word list

- | | |
|--------|-------------|
| sheep | eggs |
| lamb | jelly beans |
| Easter | wool |
| basket | chocolate |

The Beehive is a play group situated in Fourways Gardens. We run a curriculum based on the British EYFS System in a homely, informal environment. We accept children from 1 – 5 years old with either full or part time sessions available, with a maximum of 12 children in the school.

Please contact Michelle on 084 386 0055 or Lisa on 060 465 2009 for more information.



ARTICLE WRITTEN BY NICOLEEN DAVIES,
DIRECTOR LIFE TALK FORUM



“Get off your phone!”

Our phones are now a crucial, almost inseparable, part of our lives and technology is a wonderful enabler, keeping us connected and on top of things, but the downside is that it can be a major distractor. Just look around, anywhere, and you see people, heads down, on their phones. As parents, we constantly tell our children to get off their phones, but maybe we need to look at our own behaviour, and we may well be surprised as what we see.



Rather bravely, this notice was posted at a nursery school in Texas on the 28th of January. A parent posted the image on Facebook; it immediately went viral and has since been shared over 1.3 million times. This is indicative that the message resonated with people, albeit it with some mixed feelings. Regardless of whether the nursery school was right or wrong, the essence of the message is an important one. And, it would be fair to say that we are all guilty of this, at some level.

Dr Jenny S Radensky, a developmental paediatrician at the Boston Medical Centre, conducted a study on parent child interactions at fast food restaurants. She found that 70% of the adults used their phone during the meal and, when the child tried to interact with the parent, that their responses were delayed and rather mechanical. Think about this for a moment. When we are on our phones, our main focus is there, on the device, so our responses would be rote and possibly come across as disinterested and mechanical. We aren't really listening. Another study showed that 54% of children felt that their parents check their phones too often and as a result, 32% of them felt unimportant.

Role modelling

From a very young age, children model their behaviour on those of their parents. Mimicry is how children master many life skills. This manifests through direct interactions as well as through observing parents' attitudes and their general behaviour. Be very conscious of your daily behaviour in the presence of your children – they are watching!

By spending time together, paying attention to each other, interacting in a personal manner, our children learn how to behave and connect. This helps define their personal value-set. Showing your children, daily, that they are more important to you than what is on the other end of your phone, will go a long way to keeping the family close, especially once children become adolescents.

Social-emotional skills development

Another aspect to remember is that whilst our children are young, their social and emotional skills are constantly developing. In small children, these skills unfold in an interpersonal context, through relationships with their parents and other adults in their lives. If as parents, we are bonding with our phones instead of our children, imagine the long-term effect this could have.

Employers, colleges, schools are already finding that technology is having a detrimental impact on social and emotional development, compared to 10 years ago. Smartphones are a big factor – everything is accessible on one device.

Simple things to try at home

Without even realising it, it is so easy to allow technology to take over our lives and dictate our behaviour, especially when it comes to our families. Our children mirror our behaviour, so, it is very important to not only be aware of our behaviour but to also teach our children how they should manage technology in their lives. So, maybe consider the following:

- Try focus on your children when you pick them up from school or when you come home and not on your phone. It will show them that they are important to you and that you are also happy to see them.
- No phones at meal times. Use this time to connect as a family, to talk about the day's events.
- Tech downtime at a certain time every week day – to enable real bonding and to spend time together. Read them

a story or help with homework, play a board game, watch a programme together – whatever it is that your children enjoy doing with you.

- Manage your screen time – if you have to check emails, try doing so after your children have gone to bed or before they get up in the mornings.
- If you have something very important to do, explain to them that something has come up and that you need some time to attend to the matter. This leaves them feeling acknowledged and they also learn about responsibility.
- We are all human, so if you have been a little distracted by your phone, and perhaps didn't hear what they were trying to tell you – apologize and ask them to repeat what they said. It sends a subtle message but powerful message to them, that they are important to you.

Young children also learn their vocabulary from conversation. A study showed that, prior to the cell phone era, children used to hear 2 100 words a day. This has dropped significantly. Children need to be spoken and listened to, directly in order to formulate a solid vocabulary. When parents are distracted by their phones – the child is losing out.

Technology is a fundamental part of our lives and is here to stay, so balance is really all that is required. It is undoubtedly hard to manage technology sometimes and this is all really fairly uncharted territory. Interacting, face to face, with our children is the best way we can show them how important they are to us. Showing our children that they are important to us and that

we are truly interested in them and what they have to say, will help our children to be emotionally strong, secure in themselves, and this will help build their self-esteem. It really is true that quality time, rather than quantity, is what matters. Even if you only have a few minutes a day with your child, make them count.

In the words of Dr Patricia Nan Anderson,

“Our devices have insinuated themselves into the fabric of our lives and they threaten to derail children's development. This is such an unexpected idea that one might discount it. Don't.”

Other sources:
<http://nypost.com/2017/02/02/day-cares-get-off-your-phone-sign/>
<http://www.livestrong.com/article/110276-importance-parents-role-models/>
<http://www.cde.ca.gov/sp/cd/re/iff09socemoddev.asp>
<https://www.advantage4parents.com/article/does-your-child-suffer-from-cell-phone-neglect/>

About Life Talk® Forum

Our mission is to create happy, successful and fulfilled youth, guided by sound values. Life Talk is a non-profit organization dedicated to raising awareness, stimulating discussions and seeking solutions to the challenges faced by parents and their children. For more important parenting tips & information visit www.lifetalk.co.za or email Forum@lifetalk.co.za

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The data may not refer to the model represented

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Classifieds

SERVICES PROVIDED:

AA AIRPORT SHUTTLE, TOURS AND TRANSFERS:

Fourways Gardens resident owner / driver. Personal, reliable transfers to / from ORT from R420 & Lanseria from R200, Free in car Wi-Fi connection, half & full day tours arranged. For all your transport or driving requirements contact Mike on 072 284 0340 / 011 465 3262 or mikeashcroft@telkomsa.net

ACCOMMODATION: Mozambique self-catering holiday home for rent all year at LEGOGO near Inhambane, 6 bedroomed, 14 sleeper, fully air conditioned with plunge pool on deck and pizza oven in Gazebo, call Larry on 083 225 9600 or larry.ouzman@gmail.com

ACCOMMODATION: Wanted for my housekeeper, if anyone is willing to rent out their maid's quarters to me in Fourways Gardens, please let me know. Happy to store the contents you may have in there in my own storage unit. Lovely lady, honest and kind. Sunday evening to Friday evening. Contact Jane on 082 894 9367.

ADVENTUROUS SHUTTLES: School shuttle from Fourways to Midrand, discounts available on school holidays, contact Ashley on 072 319 2222 / 072 557 1269 or adventurousshuttles@gmail.com

AMANZI4SURE: We install backup municipal water tanks that are seamlessly plumbed into your municipal water supply, ensuring that you have constant uninterrupted reliable water supply. We also install Rain water harvesting solutions for a sustainable source of safe quality water. Contact Damian Booth 082 456 0149 / damian@amanzi4sure.co.za / www.amanzi4sure.co.za

ARMSTRONG TENNIS ACADEMY: Professional Tennis coaching from beginners to National players, private lessons, groups & squads. Duane Armstrong USPTA & TSA certified, 082 456 5441 / duane@armstrongtennisacademy.co.za

AFRIPUMPS: Rainwater storage tanks, water backup solutions, household pressure boosting & borehole installation / maintenance. Free quotes, products & installation guaranteed, great prices, contact Richard Afripumps (Pty) Ltd on 011 465 3240 / 072 591 6595.

ANIMAL REBELS WITH A CAUSE: Pet Carers, House Sitters and Childminders with FWG Access, offering child care services, overnight house sitting / pet sitting, dog walking, daily pat and playtime and in-home pet boarding for small dogs, experienced and reliable, we are driven by a genuine love for animals, intending to impact as many animals as possible, helping to create a better world for all. Contact us to create a customised experience for your pets and receive peace of mind while you are away, Shelley & Nikki 073 894 0929 or nicolekolb@freelance@gmail.com

ATTORNEY: Ante nuptial contracts, wills, mediation, divorce, parental rights, rights for unmarried fathers, maintenance, domestic violence, adoption, surrogacy, cohabitation agreements, separation agreements, parenting plans, curatorship applications, post-divorce issues & any other family law related matters. Practicing in Fourways Gardens, Contact Jennifer Scholtz on 011 467 1165 or email: jennifer@jennifersholtz.co.za or www.jennifersholtz.co.za

AVOID THE CCMA AND LABOUR LAW FRUSTRATION IN YOUR BUSINESS: I can provide you with advice on Labour Issues, Contracts of Employment, Disciplinary Action, Hearings and the CCMA. Let me assist you with the necessary knowledge to make the right decisions that fall within labour legislation. Call me, more than 20 years' experience. Bradley Ferraris 082 446-7625.

AU PAIR – HOME AND PETS: Stay in or daily visitation - feed and walks, reliable, trustworthy caregiver, frequent sitter in FWG, reasonable rates, references available, contact Deirdre on 083 319 2220 or email on dee.vanheerden@gmail.com

AUPAIR / TUTOR: (Grade 0 – 3) Teacher looking for part time work in the afternoons. Monday to Thursday from 2pm to 5pm, please call Sam on 082 321 7012.

BACH FLOWER REMEDIES: The Bach flower remedies are a simple, safe and effective means to balance everyday negative emotions, moods and personality traits before they become problematic – they are safe and effective for everyone from infants to the elderly and pets as well, I am a registered Bach Flower Practitioner and Trainer, offering both consultations and UK approved Level 1 training courses in JHB, contact Liz on 083 644 4444 or liz@bachflowers.co.za or www.beinginbalance.co.za

BONGANI HOME IMPROVERS: House painting, waterproofing, plastering, rhinolite, building renovations, call 072 395 6727 or email: info@bonganihomeimprovers.co.za / www.bonganihomeimprovers.co.za

BOOKKEEPING SERVICES: Do you require a flexible time, reliable & experienced bookkeeper, all aspects of bookkeeping to balance sheet. PAYE UIF & VAT, working from your office or mine. (CV and reference available on request) Contact Sandy 083 608 4856 or sandy.b@telkomsa.net

BOREHOLES: If you are having problems with Limescale, rust or hardness in your water, borehole or municipal, then I can help you. Contact Larry on 083 225 9600 or larry.ouzman@gmail.com

BLINDS: Vertical, block out, bass wood or aluminium Venetian, panel blinds and more, competitive prices. Please contact Tony on 083 290 1757 or tony@bonetts.co.za, www.bonetts.co.za

CANDICE INTERIORS: I can assist you on making the right design choices that suit your style requirements. Curtaining, Blinds,

Re upholstery, Shutters, Rods etc, Established 2005, www.candiceinteriors.com / candice@canticeinteriors.com / 082 363 0542.

CARPETS & FLOORING: (vinyl) planks, laminates, solid & engineered wood) 37 years in the business, workmanship guaranteed, all brands, competitive prices. Contact Tony on 083 290 1757 or tony@bonetts.co.za, www.bonetts.co.za

CAREER GUIDANCE AND ASSESSMENT: By registered educational psychologist, contact Gillian Ilsley 083 414 0869.

CENTUK PROJECTS: For all your housing maintenance solutions, we specialise in painting, waterproofing, spring cleaning, pre / post cleaning, call Tumi 082 151 1451 or Cebile 076 814 2431 / cebile.maleka@gmail.com

DAINFERN LIONS FOOTBALL CLUB: Does your child want to play soccer / football? Look no further, situated in a safe and secure environment with Dainfern Golf & Country Estate. BOYS & GIRLS aged 5 to 16 welcome, we play league games and invite BOYS & GIRLS to join, visit our website for more information and register online now www.dainfernlions.co.za / info@dainfernlions.co.za

DAMP - PROOFING / WATER PROOFING/ PAINTING: Owner supervision. All work guaranteed. Call Richard on 082 352 6382.

DSTV DOCTOR: Approved DSTV – all installations, Aerials, Sales & Repairs, Multi choice accredited installer. Call Junior on 078 228-3182 / 011 072 6791 or email: 4wayssat4@gmail.com, www.dstvdoctor.co.za, address; Plot 79 Cedar Rd, Chartwell.

DISCOUNT PET FOOD AND FREE DELIVERY IN FWG: Milmac Feeds is offering SPECIAL PRICES UP TO 15% OFF on pet food and accessories, PLUS FREE DELIVERY IN FWG every Tuesday and Thursday! We feed a wide range of pets, including dogs, cats, fish, rabbits, domestic and garden birds. To take advantage of this unbeatable offer contact Helen or Kirsten on 086 100 1182 to place order or WhatsApp 076 983 8455 / 072 715 1271. Terms & Conditions apply.

DREAM TEAM CLEANING: We specialize in carpet and upholstery cleaning in residential homes, offices, churches. We clean carpets, curtains, upholstery, windows, etc. We also do Pre and post moving cleaning. References available, check our Facebook page https://www.facebook.com/lilidreamteam or contact Lili on 073 010 9608.

EARTH ELECTRICAL: Do you require Reliable and Qualified electricians for any electrical work? We specialize in New installations, Alterations, Maintenance, Fault finding, Garden and Security lighting. Contact Etienne 082 924 0580 or repairs@earthelectrical.com

EDUCATIONAL PSYCHOLOGIST: Counselling, full educational assessments, contact Gillian Ilsley 083 414 0869.

ENGLISH TEACHER: TEFL trained with over 20 years' experience teaching English as a foreign and second language to children and adults. Contact Jacqui Sinek on 072 257 4099 or jmsinek@mweb.co.za

EXECSECURE: Gate motor, Garage door motor and intercom. We manufacture gates, palisades and do, the installations and repairs to all makes. We have been a service provider for FWG for the past 5 years, Office: 011 446 2017, Operations: 071 363 9229.

FIXIT FOX HANDYMAN SERVICE: (FWG Resident) general home repairs & installations including cupboards & shelving, wood & steelwork, minor electrical & plumbing, picture hanging etc. All work done personally. Contact Andre Le Cordeur on 011 465 8902 or 083 473 9362 / fixitfox1@aol.com

FOURWAYS FAMILY VISION: For all your eye care needs, contact lenses, Maui Jim sunglasses and special rates for domestics, just outside Fourways Gardens in the medical centre, 011 467 3925

FOURWAYS PLUMBING: Resident plumber for all plumbing requirements, reasonable rates and same day service, 011 705 2145 or call Steve on 082 440 5111.

GATE MOTOR REPAIRS: Service and installations, intercoms systems – service and installation, call Quinton on 084 354 5596 / 7 or call the office on 011 071 0773.

GARAGE DOORS: Service, Repairs, New Doors, New "Centurion" motors, call 011 465 7094.

GLOBAL GREEN PROCUREMENT: Trade in your existing pool pump for an energy saving pump, save up to 90% on electricity bill between R6 700 and R 28 000 per year, please mail your electricity bill Brenda with address and day of entry, call Brenda 082 332 7253.

HANDYMAN: Looking for weekend work for any maintenance around the house, including building, carpentry, ceiling, skimming, demolitions, cornices, dry walling, contact, Samuel on 072 414 7585 / 062 490 1245.

HANDYMAN: Professional, ultimate painting, varnishing, waterproofing, damp sealing, plastering, rhinolite, and wall paper hanging, call Clement on 078 756 8013, for a reference call Candice on 084 965 3937.

HANDYMAN: For all your building requirements done to your satisfaction. Professional, Honest and Reasonable. Specialize in Painting, Waterproofing, Damp-proofing, Damp rising, Rhinolite, Tiling, Paving, Roof Leaks, Building, Plastering, call Alex on 073 836 5049, references available in FWG.

HANDYMAN: A British Tradesman for the jobs you hate!!! Total House Renovations, Wooden flooring, painting, cupboards, damp proofing, paving & alterations... no job too small!!! Offers a friendly & reliable service. Contact Steve on 076 823 6847.

HANDYPETE HANDYMAN SERVICES: Painting, kitchen & bathroom renovations, building alterations, tiling, paving, welding etc, contact Grant Pauley 082 783 5217 / info@handypete.co.za / www.handypete.co.za

HERBALIFE INDEPENDENT DISTRIBUTOR: Free Delivery, Call Carin on 082 557 4638 for a free wellness evaluation.

HOUSE / PET SITTING: Experienced several years, I will feed & play with your pets, I can sleep in if required, can water your garden, I am available at short notice; call Nicky on 072 129 0698.

HOUSE AND PET SITTING: Going away for a few days or on holiday? There is no need to be concerned about your beloved pets. Entrust them to us, a mature couple. We will love and care for them in the security of your home. Our years of home and pet sitting will provide you with peace of mind. We will also care for the pool and garden if you wish. Please call Henry 082 565 9317 or call Deirdre on 082 335 5096 deidredevine89@gmail.com References available on request.

HOLLANDS PAINTING CONTRACTORS: House painting, waterproofing, woodwork etc. Professional service with the personal touch. Dulux specialist, but I can work to your budget, call Grant on 082 725 1230.

IRRIGATION – SOFT RAIN: I have gone solo after 4 years and I have two partners each with over 12 years' experience. All sorts of irrigation from maintenance repairs to new installations call Isaac on 078 658 4371 or Gert on 074 387 5493.

INTER-SAT SYSTEMS: We install and repair DSTV, Air con, CCTV as well as intercoms. We install gates and garage doors, so please call Vusi on 083 512 3463.

HIPPO TREE FELLERS: Tree Felling & Palm Tree tidy up, Stump removal, Trimming and pruning, Instant lawn / Compost, LM & Kikuyu supply and lay, Lawn Dressing, Bush Clearance, garden refuse, contact Wisdom on 071 793 0825 / 011 029 4622.

LAWN CARE PLUS: All year round lawn care, 14 years' experience, winter lawn roof-boost in preparation for spring, all lawn problems sorted, weeds, insects, disease, shade, aeration, rats, de-thatching, new lawn, tree felling, irrigation etc. contact Phillipa on her cell 072 208-3587 / lan on 084 888-1632 / 011 704 4614.

MARTIN TSHANA TRADING: Waterproofing, roof repairs, roof painting, roofing, ceilings, drywalls, skimming, all brick work, contact Elijah on 078 169 2858 / elijahdubee@gmail.com

MOKOPANE ELECTRICAL: Installation, Maintenance repairs: Energy efficient solutions, emergency call out, tripping problems, garden and security lights, Geysers – no hot water, Timer switching, Fault finding, Lights and Plugs, Pool & Spa motors. Certificate of Compliance, Under floor Heating, Call Ronald: 072 154 9735 / mokopane.electrical@vodamail.co.za

OSAM CARPENTRY: Door Hanging, Wood laminate flooring, built in cupboards, Kitchens, Ceilings, Cornices, Skirting, Dry walls, Painting & Varnishing. Call Ozzy on 073 058 0464 / osamakwera@gmail.com

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PATSONS PAVING: For all you're paving and tiling requirements – no job too big or small. Everyone is welcome. There are various designs available to suit your individual taste. Call Patson on 082 676-2668 or 084 288-6149.

POTTERY: Creativity, fun and achievement, classes for children and adults, call Jenny on 072 112 7166.

PET SITTERS / HOUSE SITTER: FWG resident & owner available for dog walking, pet sitting, house sitting jobs within the estate in Phase 1 & 2, since you will be entrusting your pet / home to another resident at FWG, the security / reliability will never be a concern, I am available to provide boarding for small pets as well within the estate, please call 072 195 7793 for more information.

PERSONAL TRAINER: Need a certified personal trainer, look no further. For a lifestyle change, getting fitter and stronger and the body you want contact Natalie for training in the comfort of your own home, with clients already in FWG, contact Natalie on Ibbitsonnatalie@gmail.com or 082 656 4007.

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PLUMBER: 40 years' experience FWG resident, call Stan on 082 552 8155.

PHYSIOTHERAPY: Vanessa Fourie Physiotherapy, 30 years of experience, treatment for headaches, neck and back pain, post op rehabilitation, sports injuries, home visits within 3 km, medical rates charged, 26 White Ash Street FWG, call Vanessa on 083 458 4720.

PROFESSIONAL CLEANERS & ORGANIZERS: In FWG, we offer professional cleaning services for your home before a move in or after move out, also available are customized services such as window cleaning, organising closets, garages or offices, FWG resident & owner, please call 072 195 7793 for more information.

POOL SERVICES: Maintenance, repairs, re-marblelite, pumps, sand changes etc. For all pool requirements call Jackie or Martin on 072 132 5703.

PROFAVOUR CONSTRUCTION: We specialize in carpentry, ceiling, roofing, fitted cupboards, plumbing, electrician, office partition, building, brick laying, plastering, gamazine, painting, please call Faith on 011 056 0143 / 079 696 2842 / fndima127@gmail.com

QUICK SERVICE I.T.: We supply quick, quality onsite I.T. services, support, service, networking printers etc. Contact us for all your I.T. requirements, call 083 600 2533 / www.quickserviceit.co.za / quickserviceit@icon.co.za

SANDTON POOLS: Sign up for weekly maintenance and never pay another service, we will also donate R5 to SPCA Midrand as long as the contract runs, new pools, infinity pools, real rock pools, pool windows, natural dams, streams, lapas, renovations, spas, water features, gold fish and koi ponds, econo deck, and Rhodesian teak decks, leak detecting, heat pumps, chlorination, chlorine inline

feeders, energy saving pool pumps and stainless steel fittings, submersible pumps, call Brenda on 082 332 7253.

SUBJECT CHOICE ASSESSMENTS: By a registered educational psychologist, contact Gillian Ilsley 083 414 0869.

SIYAKHISIZWE BUILDERS: Available to do all alterations (major or small extensions) driveways, tiling, patios and rubble removal, and garden refuse guaranteed quality and professional workmanship. Please call Alfred on 082 407 7022 / 078 417 5151.

SOLMAN GAS: For all your gas requirements from installs, service, maintenance and COCs (certificate of compliance) to delivery, contact Peter on 082 886 5568 / 011 658 0472 or peter@solman.biz. Life's a gas!

TRANSPORT HIRE: 3 Cube Tipper truck for hire, for building materials, rubble removal or garden refuse, call Ozzy on 073 058 0464.

TREE CARE: Tree felling, stump removal, rubble & garden refuse removal, palm trimming & irrigation maintenance & installation, contact Frank on 076 669 1918.

THE CLEANING MEDIC FOURWAYS: Offering a 100% dry, no water, no soap or steam, personal cleaning service ranging from Persian Carpets, carpets, upholstery, mattresses to a full day complete deep clean, suitable for Homes, Offices, Bed & Breakfasts and Restaurants. For more information or a free site inspection and quote contact Phillip on 082 453 2151 or phillip@thecleaningmedic.co.za

TRABLE TREE FELLERS: Tree Fellers & Palm tree tidy up, trimming & pruning, tree felling stump removal, professional work done, call Pascal on 081 055 4089 or Naoko on 079 940 9488.

TUTOR: Final year BEd student, tutoring available across school subjects. Grade 0 – 7, homework supervision, reading assistance, literacy and numeracy, contact Miette on 079 893 2712 or miette8@gmail.com

TUTOR: Experienced tutor situated inside Dainfern offering afterschool help with Mathematics, Accounting, Business studies and Economics, previous students marks have increased by at least 20% each. R250 per hour, contact Jodie Currie on 060 682 5709 or jodiecurrie3jc@gmail.com

TUTOR: Maths tuition by a qualified teacher, all grades up to and including Grade 10, phone Mike on 082 448 4311 / mike@4waysscuba.co.za

PRODUCTS FOR SALE:

FOR SALE: Bargain – DSTV Explorer 2 decoder, unwanted gift, unused and still in the box, obtained from multichoice only R 895, contact Keith on 011 465 9577.

FOR SALE: Ice Maker R 400, Golf Club Travel Bag R200, Small garden shredder R200, Bosch pressure hose spray R200, Oil fin heater R20, all in working order, call Doug on 083 783 3954.

DOMESTIC WORK:

Jennifer: Looking for domestic work full / part time, employer in FWG has relocated, for reference call 083 736 1003 or 078 240 1160.

Thembi: Looking for 4 days' work per week, she is very hard working and extremely thorough with her work, she has a pleasant, quite nature and is very good with animals, call 078 660 0603 or 083 454 9615 for a reference.

Caroline: Malawian seeks domestic / childminder work full time / part time, contact 062 241 3821 / 071 997 1250, for reference call 084 318 5750.

Elsah: Has 10 yrs experience in domestic work, she is looking for any day in the week, she is a lovely reliable, hardworking lady, call 072 627 0557 or 076 881 7832 for a reference

Elsie: Looking for live out work on Wed, Thurs & Fri, she is hardworking, honest & reliable, for reference call Wendy 083 604 0931 or Elsie on 073 031 5889.

Amanda: Looking for work on Wed, she is hardworking, trustworthy & reliable, 072 340 9943 for a reference or Amanda 083 729 7488.

Lonely: Malawian lady looking for domestic or child minding work full or part time, contact her on 078 909 1767, for a reference call Jessogan on 083 274 4821.

Thembi: Looking for part time or full time work as a domestic, on Mon, Wed, Fri, honest, hardworking, call 078 500 2463 / 083 632 21107.

Baliswa: Saturday work wanted, I work and stay in Phase 1 and looking for Saturday work. I am honest, reliable, good with kids and enjoys cleaning, please call me on 081 039 1523 and I do have contactable references.

Tammy: My fantastic domestic is looking for work on Tues, Thurs & Sat, she is trustworthy, hardworking and reliable, call Lola on 072 928 3187 or Tammy on 060 476 8061.

Veronica: Looking for work on Tues & Fri, has a working visa, hardworking, any household chores, including childminding, reliable and extremely humble, call 084 768 9145.

Irene: Looking for work on Wed & Sat, excellent char, hardworking and reliable, been working in FWG for 8 yrs, call irene on 072 065 1672 or Tinker on 082 923 9631.

Violet: Domestic assistant / housekeeper available on Mon – Sat part time or full time, honest, reliable & dependable, call 076 052 6349.

Iglett: Has worked for me for 21 years, can't get anyone better, never taken a day off sick, sadly we have to relocate, live out position, Mon, Wed & Fri, contact Natasha on 082 900 7051 or Iglett on 071 425 6652 / natasha.goodall@gmail.com

Maria: Seeking a domestic, baby sitting or child minding work, she is energetic and trustworthy, has many years' experience, works with minimum supervision, call 078 129 7333.

Malumbo: Malawian looking for work as a dog walker, Mon – Fri after 5pm also as a baby sitter, for reference call Hannah on 079 300 3632 or 078 306 9479, currently living in FWG, Phase 2.

Christina: Looking for domestic work full or part time, call 073 035 7590 or for a reference call 083 260 5276.

Joyce: Looking for full time live in position as a domestic worker / child minder, she is intelligent and pleasant to be around, excellent with the children and pets, available from 1 March 2017, for a reference call Nicky on 083 378 6094 or Joyce on 073 275 6909.

Faith: Looking for full time live out position, highly recommended also a good cook, call Tryphina on 011 786 4600 / 011 786 4605 or Faith on 078 688 2098.

Fannie: Is a housekeeper who has 3 days a week available, she holds a certificate in household management, she has worked for us for 5 yrs, she is reliable, trustworthy and is an asset to any household, please call me for a reference: Helen 079 106 4459 or Fannie on 076 901 0191.

Pretty: Honest, consistent, reliable and thorough Pretty is looking for part time work in house cleaning or child care on Mon & Thurs, call Tiro on 073 130 5256 for a reference or call 083 432 3433.

Debrah: Looking for full time / live in position, excellent with children, animals and housework, has worked for us for 8 yrs and comes highly recommended, for reference call Sue 082 377 0243 or Debrah on 061 151 8983.

Gilfina: Hardworking, honest young Zimbabwean domestic worker is available for 3 days per week, call Alison on 082 955 4369 for a reference or call 073 665 1820.

Cynthia: She is an honest, efficient and dedicated person who is highly recommended, available on Mon & Thurs, call Maria on 071 884 3887 for a reference or Cynthia on 072 489 8184.

Thembi: Due to relocation, I would like to suggest Thembi as an excellent and pro-active helper, she is looking for full week position being flexible for sleeping in or out, she worked with me for one full year being all the time helpful, knowing how to do her tasks in an efficient and independent way, always with a great attitude and very gentle with my kids, never skipped on a day of work, call 084 653 3999.

Lulu: My faithful, loyal, reliable and honest domestic of 25 years is needing work on Tues & Thurs, please call Sandie 082 824 7274.

Juliet: Looking for part time cleaning work on Wed & Thurs, she works for me and is extremely hardworking, call her on 062 404 3547 or 082 323 4111 for a reference.

GARDENERS:

Washington: He is an honest dedicated person, highly recommended, available on Tues & Fri, for reference call Alheight on 072 339 1885 or 071 830 0037.

George: Malawian seeks part / full time garden work, he is totally honest, hardworking and meticulous in all garden work, he is courteous and very quiet and extremely private, contact George on 063 181 1281 or Doreen on 078 188 0786.

Vingstone: Seeking for garden work on Mon & Thurs, he is an honest worker, for reference call 074 110 1223 or 072 958 4731.

Manwell: Our lovely driver will be looking for a new position, our family is emigrating, he has been in our family for almost 10 yrs, he is Malawian and is very quiet and kind, shows initiative and is good at his job, he has a valid driver's license, highly recommended, call him on 071 853 0646.

Duncan: Malawian is looking for part time garden work Mon – Sat, call Duncan on 073 234 3081 or Andrew on 082 801 0726.

Moses: Seeks work on Mon, Tues, Sat & Sun, he is hardworking, very honest and works without supervision, he has been working for me in FWG for past 4 years, and I highly recommend him, call Moses on 063 159 5225 or Debbie 083 302 7493.

Jeremiah: Hardworking and reliable, worked in Fourways Gardens for 8 years, looking for work on Wed & Thurs, references available, please call 078 138 0177.

Abel: Looking for work for Tues & Thurs, he has worked for me for 4 years at 5 Leopard Tree Close, has helped me create and maintain my beautiful rose garden, he has many years' experience at a nursery and has done courses at Ludwicks Rose Centre, contact Tracey Boon 082 901 0198 or Abel 084 275 5630.

Edward: Due to our relocation, my reliable, competent and hardworking gardener is looking for work on Sat in FWG, he is Zimbabwean with a SA ID, he has been with my family for over 20 years and is totally honest and trustworthy and needs little or no direction in the garden, we are so sorry to lose him due to our move, please call 076 902 6944 or Andrew for reference on 083 274 3503.

Emmanuel: Handyman and gardener looking for work Mon, Tues or Thurs, contact 076 819 9108 for references call Bernadine on 083 457 4070.

Mzondi: Malawian looking for part time garden work on Mon & Sat, can also painting and waterproofing, hardworking & reliable call Marianne on 076 881 7832 or Mzondi 074 757 1431.

George: Looking for gardening work on Tues, he is reliable and a hard worker, for reference call 083 600 2135 or George 060 357 9510.

Desmond: Reliable gardener looking for work on Tues, Thurs, Sat & Sun, works currently in FWG, call Desmond on 063 009 0285 or Greg Baldwin on 083 442 6969 for a reference.

Japhet: Looking for work in FWG on Mon, Tues & Wed, he is very reliable and a great worker, please call Japhet on 078 706 3163.

Please visit the website for full list of domestic staff.



APPROVED ESTATE AGENTS FOR 2016/2017

Please remember that only Fourways Gardens Approved Estate Agents are allowed to list and sell houses in Fourways Gardens. You may contact any of the following agencies to sell or let your home:

Agency	Agent	Cell Number	E-mail	Website
	Faith Stanbridge Trish Walton	082 659 1700 082 442 9112	faith.stanbridge@century21.co.za trish.walton@century21.co.za	www.century21.co.za
	James Le Bihan	082 777 3543	James.LeBihan@engelvoelkers.com	www.engelvoelkers.com
	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Maureen Taggart	083 450 7151	maurent@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage (rentals)	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remalexecutivegroup.co.za
	Michele Succollo Sharon Caradoc Davies	082 850 8356 082 560 7042	michele.z@seeff.com sharoncaradoc.davies@seeff.com	www.seeff.com
	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com
	Grant Raw Mark McGowan Dee Thomas (rentals) Sally d'Hotman	079 495 9357 083 358 5652 083 375 5646 082 442 7693	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za
	Keri-Ann Hart	083 844 3150	keri@univestre.co.za	www.univestrealstate.co.za

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Contactable references available



VIDEO GAMES AND LITTLE MONSTERS

A survey by researchers at Aston University, Birmingham, found that children who regularly play video games are prepared to admit that the games lead to them acting out the violent scenes.

Yet if children are seriously being influenced by those funny little computer figures that jerk and flutter across their monitor screens kicking dragons over ramparts and dealing karate chops to flying, man-eating tortoises, chopping off the heads of sword-wielding characters, what on earth did explicit, gruesomely violent "fairy stories" do to us – the over 50s generation?

The children of the pre-television days would not go to sleep until they'd heard, for the umpteenth time, how Hansel and Gretel were locked inside a cage by a blind and wicked witch. And how the wicked witch was trying to fatten them up until they were, as we say today, "oven-ready".

The witch would insist on feeling one of the children's fingers to see if they were growing fatter. As I recall it the little girl – girls were always the smarter sex – held out a stick instead of her finger.

The story stopped short only at giving us the witch's recipe for a kiddie pies.

My generation were thrilled at the thought of giants plummeting to their deaths from the clouds trying to climb down sky-high bean stalks, or witches being reduced to greasy little puddles after having water thrown at them.

We listened, salivating, at the thought of evil old women giving beautiful girls poisoned apples, and how children, shrunk by magic formulas, had to fight



off killer rats five times their size, using only darned needles as swords.

We were spellbound by stories about parents who, on the pretext of going to cut wood, lead their own children deeper and deeper into the dark woods and then abandoned them to the wolves and hobgoblins.

We loved to hear (as we hid under the blankets) how big bad wolves were axed to death by angry dads who then hacked open their stomachs to retrieve dear old granny, presumably all slimy with mucus but, according to the picture, still wearing rimless glasses on the end of her nose.

How did such horror stories affect us?

I don't believe they did. I don't believe these stories did anything at all to us.

Take me for instance.

OK, it is true I am terrified of the dark and of old ladies with hooked noses. And I am nervous of beanstalks higher than my knees. Yes, it's true too, I suppose, that I would never have walked into even a small woodland with my parents – especially if my dad was carrying an axe.

But that's perfectly normal, surely.

Aston University's video survey showed that only three out of 10 children said video games were their favourite pastime. And only about one in seven gave up other hobbies to play video games.

Nick Alexander, a video distributor, said the survey supported his belief "that children's attitudes to video games are far more level-headed than some adults suggest".

On the other hand...

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

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

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

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



For more James Clarke, visit Blogsite:
<http://stoepstalk.wordpress.com>
 or www.jamesclarke.co.za

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