



OUR FIRST MOVIE NIGHT WAS A BLAST!

April in the garden

Let's talk about money

Owl release 2018

TRAVEL:

**Going
north in
Kruger Park**



Lew Geffen

Sotheby's

INTERNATIONAL REALTY



LIVE | Fourways Gardens

Contact your Fourways Gardens Specialist on 011 469 4950 or 079 241 1245
Shop 11, Dainfern Square, Broadacres Drive, Dainfern
dainfernooffice@sothebysrealty.co.za • www.sothebysrealty.co.za

Each office is independently owned and operated



CONTENTS

April 2018

- 03 From the General Manager
- 04 Security
- 06 Monthly Draw
- 08 FWG Activity Providers
- 10 FWG Gardening Club
- 12 Turfnet
- 16 Owl Release
- 18 Ladies' Networking Breakfast
- 23 Movie Night!
- 28 Wine Club
- 31 Travel: Kruger National Park
- 35 Let's Talk About Money
- 40 #LoveYourBones
- 42 Graeme Butchart
- 44 Classifieds
- 48 Humour



12

Cover photograph: Steve van Niekerk

IMPORTANT NUMBERS

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

Estate Security 24/7 011 465 5465/66
 Main Control Room

Emergency and 011 467 1400
 Medical Response 011 444 2237
 Netcare 911 082 911

Council Service 011 375 5555
 and Enquiries:

Clubhouse 011 465 0937

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

6

23

28



Fourways Gardens Natalia & Tracey



SOLD

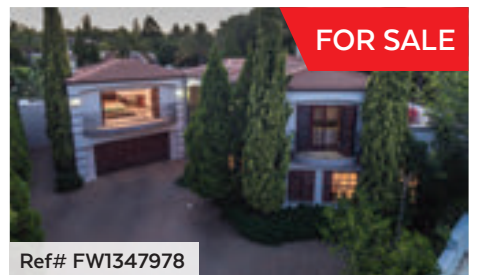


FOR SALE

Ref# FW1358530

4 Bedrooms / 3.5 Bathrooms

R5.4 million



FOR SALE

Ref# FW1347978

5 Bedrooms / 3.5 Bathrooms

R4.499 million



FOR SALE

Ref# FW1308351

4 Bedrooms / 2.5 Bathrooms

R7.45 million



FOR SALE

Ref# FW1313013

4 Bedrooms / 4.5 Bathrooms

R3.95 million



FOR SALE

Ref# FW1312536

3 Bedrooms / 2.5 Bathrooms

R3.9 million



TO LET

Ref# FYL1367575

4 Bedrooms / 4.5 Bathrooms

R45 000pm



TO LET

Ref# FYL1366767

3 Bedrooms / 2 Bathrooms

R25 000pm



TO LET

Furnished

Ref# FYL1355275

2 Bedrooms / 2 Bathrooms

R25 000pm

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

MESSAGE FROM THE GENERAL MANAGER

Before I move onto property tips, I would first like to update you on the following project upgrades that will be enhancing property values in Fourways Gardens:

1. Access Control

At the AGM held on 21 February 2018, Secsyst Access (Pty) Ltd were appointed by vote as the new service provider, starting 1 April 2018.

2. CCTV

The first phase of the installation is scheduled to start before the end of March 2018, by 24/7 Security Services. Cameras will be installed on the perimeter, and in selected areas within the Estate.

3. Gardening & Landscaping

One of the three major issues raised by residents in a survey conducted in early 2017, was the state of the common areas in the Estate. After a tender process which involved residents who sat on the selection review committee, Turfnet were appointed as the new service provider, starting 1 April 2018.

The next phase of addressing the green belts and wetland, will involve the rehabilitation of the dam in Phase 2. Management and representatives from the BOD have been in ongoing discussions with Joburg City Parks & Gardens regarding this issue. At a recent meeting held on 1 March 2018, which involved a site visit to the dam by their environmental managers, FWG

were advised to submit an Environmental Management Plan for consideration. The BOD and Management are optimistic that we will receive the required approval to start with the rehabilitation of the dam.

4. Estate Roads

Management and the BOD (with the assistance of our local Ward Councillor David Foley) have also been in discussion with Joburg Road Agency(JRA), to take over the full maintenance and repairs of the roads in the Estate. On the request of JRA, our final proposal (which has been approved in principle by JRA), was submitted for consideration and approval at an MMC meeting. We are awaiting feedback in this regard.

INVESTING IN YOUR OUTDOOR SPACE

Although kitchen and bathroom renovations still top the list as the upgrades that add the most value to a home, a growing number of homeowners are now looking to improve their outdoor living areas.

In spring and summer, South African families spend a great deal of time outdoors. An outdoor home improvement project will assist in maximising the enjoyment of the property's outdoor spaces and add to the appeal of the home when it comes time to sell.

There are several reasons why investing in the outdoor living area of your home could pay off in the long run:

Increased value and buyer appeal

To a large extent, you will be able to recoup a significant portion of the money spent on renovating and upgrading your home, as long as you do not overcapitalise and spend above the ceiling price of the neighbourhood.

An outdoor addition such as a deck or swimming pool will increase the value



of a home, and depending on the circumstances, between 65% and 90% of the cost could be recouped at sale. Apart from adding value to the property, an outdoor improvement will also add to the home's overall buyer appeal, which might be the determining factor that pushes the deal in your favour.

Enjoyment and entertaining

Increasing the property's value is a massive benefit to any home improvement. However, this only materialises when the property is sold. The immediate benefit is that once the project is complete, the home's occupants will be able to use and enjoy the improved outdoor space. An outdoor

area designed around your specific needs and preferences can optimise the space and act as an extension of the livable areas of the home.

Space to relax and de-stress

According to medical research spending time outdoors can help with alleviating stress, as well as improving one's mood. A pleasant and accessible outdoor area can bring all the benefits of spending time in nature into the comfort of your home.

Potentially saving money and water

Adding functional outdoor features such as a low-maintenance deck or patio will reduce areas of lawn, saving water and lowering utility costs. Having an outdoor recreational area means that the family is likely to spend more time at home, which will also reduce entertainment costs.

Investing in your outdoor living spaces will not add to the home's value financially, but it will also create a space for the whole family to relax and reconnect at the end of a hard day.

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.

PUBLISHER: Nico Maritz nico@eiapublishing.co.za SALES MANAGER: Martin Fourie 072 835 8405 martin@eiapublishing.co.za
EDITOR: Kathy Thersby 082 446 8456 kathy@eiapublishing.co.za ADVERTISING SALES: Marc Adrian LaHoud marcl@nowmedia.co.za 076 749 6531

PRODUCTION CO-ORDINATOR: Anna Sawa, eiaads@nowmedia.co.za DESIGN: Diane van Noort, d2vn@mwweb.co.za

EIA PUBLISHING OFFICE: Tel: 011 327 4062 Fax: 011 327 4094
32 Fricker Road, Illovo, Johannesburg
www.eiapublishing.co.za

Fourways Gardens Estate achieves second place nationally!



24/7 Security's patrolling officers were ranked second best performing team in the Bloodhound Silver Category in South Africa for the month of February 2018.

It is a national ranking and 24/7 Security achieved 97.1%; the national average is 80.5% across all categories. The Silver Category represents sites with between 6 and 25 patrolling officers.

24/7 Security has nine patrolling officers who cover Fourways Gardens Estate with patrols starting at 18h45 and ending at 05h45. These officers conducted 1730 patrols between 1 and 28 February 2018.

To ensure regular and effective patrolling of the 24/7 Security patrolling officers, 24/7 Security utilises the Bloodhound GPS Patrol System. The device, which resembles a cell-phone, offers two-way

communication between the guard and the controller. GPS based patrols are pre-loaded and the device tracks these. In the event of a patrol not starting or being interrupted, an alarm is automatically triggered. The device also contains a panic button. The main feature of this system is that full reports are generated by Bloodhound SA daily and is sent to clients without input from the security company, thus ensuring full transparency.

Out and about holiday tips

- Always be aware of your surroundings.
- Beware of people asking for directions or indicating that there is something wrong with your vehicle.
- Always keep car doors locked and never open the windows more than 25%.
- Know where you are going and do not go into strange areas late at night.
- When you park your car – make sure the doors lock – beware of scanners that cut off the signal to your car preventing the locking of the doors.
- Always inform someone reliable of your plans, routes and destination when you do a trip that is out of the normal.
- Keep valuables in the boot of the car.
- Handbags must never be left on the passenger or back seats.
- If you get a light bump from behind do not just jump out. Think and look around for signs that it might be an attempted hijack.
- Attract the attention of other motorists if you suspect that you are in danger.
- If your vehicle is approached by suspicious people while stationary at a robot or stop sign, drive off quickly if it is safe to do so.
- Never leave your car door open with the engine running when you are opening your gate or garage door.
- Be careful of vendors at stops signs or robots. They distract you to enable the criminal to get to you.
- Do not stop at a scene of an accident if you are unsure, uneasy or the only vehicle at the scene. Drive past the scene some distance and use your cell phone to get help. Only approach when emergency vehicles or other vehicles arrive.
- Always lock the door when using public toilets and try to go with a friend that can keep a lookout or summons help if you need it.
- When approached by a stranger on the street for information etc. try to stand with your back against a wall or a shop window.
- Be careful when people bump against you, burn your clothes with a cigarette, etc. This is a distraction to pick pocket you.

FOURWAYS GARDENS RESIDENTIAL ESTATE SECURITY OFFICER OF THE MONTH

– IRVINE NDLOVU

company number: 1027192

Irvine is one of three Shift Commanders that we have on site at FWG and has been recommended as officer of the month by a number of residents

Thank you Irvine for the hard work, keep it up!



Stay in touch

We look forward to suggestions and recommendations via the General Manager, Gary Haynes, which we will address accordingly.

24/7

SECURITY SERVICES

Personal • Integrated • Effective

Exclusive offer to Fourways Gardens Residents



FOURWAYS GARDENS

Residential Estate

Alarm Kit Option 1

- 1 Neo control panel
- 1 Neo LCD keypad with built-in receiver
- 1 Sherlo 150m receiver
- 1 Sherlo single button remotes
- 2 Neo wireless pet friendly passives
- 2 Neo wireless door contacts
- 1 Battery
- 1 Transformer
- 1 Siren

R9 450 excluding VAT

Alarm Kit Option 2

- 1 Neo control panel
- 1 Neo LCD keypad with built-in receiver
- 1 Sherlo 150m receiver
- 1 Sherlo single button remotes
- 6 Neo wireless pet friendly passives
- 4 Neo wireless door contacts
- 1 Battery
- 1 Transformer
- 1 Siren

R14 950 excluding VAT

Alarm Kit Option 3

- 1 Neo control panel
- 1 Neo LCD keypad with built-in receiver
- 1 Sherlo 150m receiver
- 1 Sherlo single button remotes
- 6 Neo wireless pet friendly passives
- 6 Neo wireless door contacts
- 1 Battery
- 1 Transformer
- 1 Siren
- 2 Wireless Vxinfinity outdoor passive

R20 950 excluding VAT



info@24-7security.co.za

011 444 2237

www.24-7security.co.za

Monthly Draw – February

Three lucky draw winners walked away with beautiful gift hampers, sponsored by Century 21. All adults in attendance qualify to enter the lucky draw!

1. Gary Wade
2. Kerry Nagel
3. Colin Burns

Mr Charles Schneider, 5 Wild Olive Road, would have won R6,000 but he was not in attendance! The pot has therefore rolled over to March!



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.

Our cash prize is for homeowners only and all owners in good standing are automatically entered into the draw. You have to be in attendance on the night to claim your prize. If not, Century 21 will donate another R1,000 that rolls over to the next month!

Remember, you have to be there to win!

The Monthly Draw takes place on the last Friday of every month in the Clubhouse at 19h00!

Find your Dream Home!



DUAL MANDATE

SALE: R3 800 000

Web Ref: 21DN-2721

NEW RELEASE | EXCELLENT VALUE WITH ENDLESS OPPORTUNITIES!

Hidden away behind a north facing walled 1129m2 stand, lies this inviting family home surrounded by a beautiful mature garden. The large entrance hall sets the tone for an elegant home, leading to the lounge, with wood-burning fireplace and dining room. The home comprises three spacious bedrooms and two full bathrooms. The kitchen lead off to a private sunny courtyard. North facing terrace overlooking the garden. Sash windows throughout the home. Staff accommodation. Double automated garage and ample secure off street parking for guests.



SOLE MANDATE

SALE: R3 999 000

Web Ref: 21DN-2675

SINGLE STOREY REFURBISHED FAMILY HOME!

This home offers a spacious, light and bright open-plan interior, with modern finishes, beautiful tiling and wooden flooring. The foyer lead into the vast reception room with a double sided combustion fireplace separating the dining room and the lounge area. Sky light letting lots of light to the interior. The family lounge has a gas fireplace with doors leading to the patio. Adjacent to the dining room is the modern fitted eat-in kitchen, featuring a gas hob and a scullery. 3 Bedrooms and 3 bathrooms (MES), plus a study or 4th bedroom. Covered patio with built-in braai. Private walled garden and lap pool. Staff quarters with kitchenette. Gated driveway. Double automated garage.

PRICE REDUCED!



SALE: R3 999 000

Web Ref: 21DN-2688

OLD WORLD CHARACTER!

Grand old lady from a bygone era. Gracious living after renovations or just move in, either way you cannot go wrong. This semi double storey house of 355 sqm on large stand of 1531 sqm comprises of entrance hall, very large airy lounge with wood burning fire place, big dining room leading to covered patio pool and super large garden with lapa, bright eat in kitchen with space for all appliances, double door fridge, hob and eye level oven, guest cloak room, bedroom and full bathroom plus study or third bedroom. Staircase leading to upstairs large main bedroom with spacious covered balcony, walk in dressing area plus full bathroom en suite. Ample space for additional 2 bedrooms under roof from upstairs landing. Double garage and staff accommodation.

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified valuation. We welcome your call and will be pleased to discuss your property needs at any time.

Our experienced team will provide you with the best professional service.

SMARTER. BOLDER. FASTER!

Tania Heurtaux
082 550 2222

Joep Rijntjes
083 462 2756



FWG ACTIVITY PROVIDERS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868		Outdoor Fitness Classes (8-10) Rhona Williams 083 600 1868
08:30			Pilates - Tracey (8:30-9:30) 082 894 6096		Pilates - Tracey (8:30-9:30) 082 894 6096	
09:00		Yoga - Wendy (9-10:15) 011 465 7155 / 083 400 6211				
09:30	Yoga with Virusha Gowrie 072 500 7215 virussha.gowrie@gmail.com					
10:00				Cristina (10:00-11:00)	Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
10:30				Flamenco Dance 076 521 8750		
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00					Ballet (14h00-14h30) Nicky Ridley 072 2388 063 nickyridley33@gmail.com	
14:30						
15:00				Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www.dramafrica.com		Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
15h30		Debbie (15:45-16:45) Jazz - 082 425 6098				
16:00						
16:30			Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	
17:00		Cristina (17:00-18:00)				
17:30		Flamenco Dance 076 521 8750				
18:00		Yoga - Wendy (18-19:15) 011 465 7155 / 083 400 6211		FOR HOA AND AGM MEETINGS		FWG Running Club secretary@frra.co.za Mandy 083 462 2725
18:30						
19:00						
19:30						
20:00						

Clubhouse

Phase 2 Outside

Phase 2 Soccer Nets

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



CHRISTIAN ETHOS CAMBRIDGE CURRICULUM

 **GRADE R - GRADE 7**
 **GRADE 8 - Grade 12**
(CHECK POINT - AS & A LEVEL)

TEL: +27 11 704 1148

+27 11 7 04 1073

Email: info@acaciaschools.co.za

Website: www.acaciaschools.co.za

**200 Blandford Road, Northriding JHB, 2188
cnr Bellairs Drive & Blandford Road**



Like us on
Facebook



Follow us
on Twitter



*Take the 1st step and learn to
dance today!*

Have more fun out of life...

Relax more...

Exercise more...

More exciting social life...

Start DANCING
1st Lesson Free
Call us (011) 706 7557

1st Floor, Shop 3B

Broadacres Shopping Centre

Corner Cedar Avenue and Valley Road

Broadacres



Call Us

For Sale **R6.500 MILLION**



For Sale **R6.999 MILLION**

For Sale **R5.900 MILLION**



For Sale **R4.500 MILLION**

For Sale **R4.395 MILLION**



For Sale **R5.500 MILLION** *Rental* **R42 000 per month**



Rental **R57 000 per month**



Sales and rentals specialists • (011) 469 4070 • www.gcr.co.za



Gaye

083 601 1593
gaye@gcr.co.za



Glenda

072 186 0600
(Intern Agent)
glenda@gcr.co.za



Sue

082 452 0086
sue@gcr.co.za

YOUR SIMPLE KITCHEN GARDEN – start with tomatoes, lettuce and french beans



In these days of drought, a higher VAT charge on the horizon, driving up the costs of just about everything, you can feed your family fresh veggies, starting with the humblest of kitchen gardens.

Take three or four normal flower boxes, place outside the kitchen door or outside



the door you most frequently use, in full sun. Fill with a mixture of 70% soil and 30% potting soil and plant one 6 hole tray of tomato seedlings. Plant them in the medium up to the first real leaf.

A feeding of Talbourn Seedling Food every week and when they grow and flower, a feeding of 3:1:5 fertilizer every two weeks.

Bamboo stakes are available at Builders Warehouse in packs of 10. You will need two of these teepees with string or wire to provide support for your tomatoes. Water every day early in the morning and watch your lovely tomatoes grow. They taste so much sweeter than shop bought.

In the other boxes sprinkle seeds of lettuce – just a few a week, feeding as above, to give you a constant supply of baby lettuce leaves.

Maybe a few Lazy Housewife French beans, providing support when they grow taller.

We planted three and will plant three more now they are beginning to flower, to provide an ongoing supply of succulent baby fine beans.

Don't forget to water every day.



YOUR RESIDENT Property Specialist!

*"I have been living and selling property in
Fourways Gardens for 14 years!
Your asset is important to me."
Francesca Beattie*

**DEAR RESIDENTS – WE HAVE SOLD OR LET MOST
OF OUR STOCK IN FOURWAYS GARDENS
PLEASE LET US DO THE SAME FOR YOU !!!**



R4.2m PHASE 2



ARLINGTON PLACE R2.65m



R50 000 p.m.



R3.995m PHASE 1

TESTIMONIAL

Francesca approached us regarding assisting in the sale of our property in Camdeboo Road, Fourways Gardens in April 2017. We had left the sale in the hands of two good agents, but nothing seemed to be happening. Francesca came up with the idea to House Stage – dressing receptions and bedrooms in our empty house and offered to pay half the costs in return for a sole mandate. She also arranged cleaning, supervised our gardener and took her own paintings and props to add to the homely feel of the house. We thought she was a breath of fresh air and went with her. She brought us 2 offers, one in May which we rejected and the other in June which we accepted. We realised it was the best possible in the depressed property market in S.A. at the time. We would recommend Francesca as an independent estate agent who works hard and thinks out the box to make sales happen.

Kelly and Dan Erasmus



011 705 2384 / 083 678 8001



info@fbproperties.co.za



www.fbproperties.co.za



FRANCESCA Beattie
properties

property • art • gardening • diy





April in the garden

According to the calendar it should be early autumn, but in South Africa Mother Nature's sun is still hot and sitting high in the sky with no great hurry to set at the end of the day. Enjoy this special month by running around with your wheelbarrow filled with excellent quality organic compost. Plant like there is no tomorrow, feed everything that has given you pleasure so that they do it again, and go shopping for winter and spring flowering bulbs.



COMPOST AT HOME

– Compost is one of the most important ways to create a no-waste, eco-friendly lifestyle. It's a very beneficial material that not only offers a nutrient-rich solution for the growth of in- and outdoor plants.

BENEFITS OF COMPOSTING

– Healthy growth and good care for all you're in-and outdoor plants. During this process beneficial organisms are also introduced into the soil to break down organic material and ward off plant disease.

COMPOST USED FOR

– New planting areas, established planting areas, top dressing and established lawn, new lawns, potted plants / container plantings and also around trees and shrubs.

Plastic bags also pose a serious danger to birds and marine mammals that often mistake them for food. Plastic Buy a few reusable bags (and leave them in your car.

BEST HERBS TO PLANT IN AUTUMN

The first step is to pick herbs that are hardy enough to weather cold high-veld winters. We recommend thyme, oregano, chervil, parsley and sage for culinary use. Thyme, sage and parsley also have strong medicinal properties and to complement them you can grow hyssop (for bronchitis) and yarrow (for infections and fevers).

Herbs like sweet basil, borage, lemon balm and the various mints are too tender and will die down so it's worth treating them as summer annuals.

Herbs need at least four hours of sun in winter and a sheltered position. For this reason, they should be grown in pots so they can be moved around to follow the sun.

Choose containers that are a minimum of 20cm in diameter, have drainage holes and are deep enough for the herb's roots to develop. Use a normal commercial potting soil that drains well.

Herbs don't like wet feet so don't put saucers underneath the pots. Check the soil moisture levels daily because the soil should not dry out completely. Generally potted herbs only need to be watered once or twice a week in winter, preferably in the morning. Feed once a month with a liquid fertilizer, like Multisol, Nitrosol or Multifeed, at half the required strength.

When harvesting collect small quantities at a time and always leave two growth points on the twig for re-shooting. Instead of cutting at random rather use the opportunity to pinch out or prune the plant to encourage bushiness. Once picked handle the herbs as little as possible because the subtle nuances of flavour are lost if handled or allowed to wilt.

Try Contour compost!!!

This is the best compost in the market. It is organic, and it is a natural alternative to chemical fertilizer and much kinder to the environment.



Ian 0832503736
Office 011 469 4300

CARE CONSTRUCTION AND PAVING

We specialise in new houses, additions and alterations, paving, painting and all your building requirements, no matter how big or small. Over 30 years experience.

Web site: www.careconstruction.co.za

Email: ian@careconstruction.co.za

TOM'S IRRIGATION



for
Irrigation Systems

COBUS

071 075 3330

tomsirrigation@vodamail.co.za

www.tomro.co.za

“Gas experts since 1985”

Deliveries
Appliances
Gas Installations
Repairs & Maintenance
Certificates of Compliance (COCs)

We Deliver

(011) 660 3723/4 (orders)
sales@westerngas.co.za

082 495 8195 (installations)
www.westerngas.co.za



**western
gas**



**JOIN OUR VIBRANT
LEARNING COMMUNITY
AT BROADACRES ACADEMY**

Preschool (9 months – Gr 00)

Prep School Gr 0 – 3 (up to Gr 7 by 2020)

Tutor Centre (Grade 6 – Grade 12)

WHERE CHILDREN LEARN, NATURALLY

www.broadacres.com | 011 465 3810

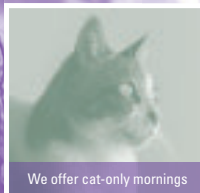


**PREMIUM GROOMING &
SHOPPING EXPERIENCE**

VET OWNED AND MANAGED

OFFER

Receive **10% off** a
grooming treatment
and **5% off** all
merchandise



We offer cat-only mornings

One per client or family of pets. Offer valid until 31 December 2019 on presentation of this advert.



FERNDALE | Ferndale Village Shopping Centre
011 326 3626 | spa@twistedwhiskers.co.za



HOBART | Hobart Grove Shopping Centre
011 463 5957 | hobartspa@twistedwhiskers.co.za

To view our range of products and services, visit www.twistedwhiskers.co.za



**FOURWAYS
PLUMBING**

MAINTENANCE & CONSTRUCTION
ESTD 1992

YOUR LOCAL PLUMBER

WASHING MACHINE CONNECTIONS //
FRIDGE WATER CONNECTIONS
STORMWATER DRAINS // BLOCKED DRAINS //
LEAKING VALVES
ROOF FLASHING // LEAKS & DRIPS
// GEYSERS

ALL WORK GUARANTEED

CALL STEVE // 011 705 2145 // 082 440 5111 // 082 795 8088

WWW.FOURWAYSPLUMBING.CO.ZA



To advertise in
this publication,
please contact:

eia publishing



Martin Fourie

Sales Manager
072 835 8405
martin@eiapublishing.co.za



Marc Adrian LaHoud

Sales Executive
marcl@nowmedia.co.za
076 749 6531

Tel: 011 327 4062 / 011 214 7300

Now Media Centre

32 Fricker Road

Illovo • Johannesburg

www.eiapublishing.co.za



**TILL END
OF MAY**

Proudly brought to you by

LIFESTYLE
HOME GARDEN
www.lifestyle.co.za

LIFESTYLE
COLLEGE
www.lifestylecollege.co.za



Cnr. Beyers Naudé Drive & Ysterhout Ave, Randpark Ridge, Randburg
• Tel: 011 792 5616

2018 GARDEN DESIGN SHOW

Get inspired by the 9 fully integrated gardens which take visitors on a gardening journey, that showcases pertinent and innovative garden designs easily replicated in your home and garden.

When: 10 February to end May 2018
Where: Lifestyle Home Garden

Free entry, pre-arranged guided tours and interesting talks and events accompany the show.

THE ANNUAL LIFESTYLE GARDEN DESIGN SHOW

Lifestyle Home Garden and the landscape design students from Lifestyle College have once again brought forth the ultimate event on the South African gardening calendar from 10 February until the end of May 2018.

A kid's friendly garden; 'Hundreds and Thousands' full of wonder and fascination welcomes children of all ages to play and experience the products on show; be it a sprinkle in the gentle mist, a scribble on the blackboard, a chill out in the gazebo or just enjoying the scented plants. Then a garden of utilitarian splendor; 'Scents and Sensibility' showcases oodles of inspiration for those wannabe edible gardeners, solutions for composting and responsible gardening as well as delightful innovations that create the feeling of being within a garden room.

Feel the tropical embrace when enjoying 'Peace of Paradise' and relish the sophisticated urban chic of 'Shabby Chic' resonated through the contemporary angular planting. 'Spectral Splash' showcases a spectacular spectral swathe of floral colour, with two water conscious gardens; 'Aloe, Aloe, Aloe' and 'Succulituous' merging into one another featuring succulents, aloes and grasses grouped according to water wise zoning, with terrific trellising innovations from above and inventive water feature ideas. Finally, you are enthused by the magnificent visual appeal of 'Ring-a-Rosey' an audacious yet classical rose garden with a patio and apartment space, as well as the ecological beauty of the show; 'Eco Echo' which showcases a bog garden, meadow and woodland with a



bee hive, garden patio and rock cascade water features that create a place of safe harbour for creatures.

Visit the annual Lifestyle Garden Design Show – now in its 21st year – and be inspired by the 9 fully integrated gardens that not only take visitors on a gardening journey, but also showcase pertinent and innovative garden designs which can easily be replicated in your home and garden!

As the practical component to the full time landscape design course at Lifestyle College, the Lifestyle Garden Design Show is a spectacular showcase of landscape design mastery and gardening excellence. Conceptualized and constructed by the landscape design students and head lecturer these exquisite and awe-inspiring gardens are the product of a year-long programme at Lifestyle College in conjunction with Lifestyle Home Garden retail support.

The 2018 Garden Guide is on sale now and by donating R50 to JAM SA to help feed a child for one month you will receive your Garden Guide for free. Full of home and garden inspiration, product tips and valuable articles, in addition to the breakdown of each of the 9 show gardens.

Don't miss a beat by joining us for our regular Lifestyle Garden Design Show events. Simply visit the events calendar on www.lifestyle.co.za for the full schedule and information.

When: 10 February to end May 2018

Where: Lifestyle Home Garden – Lifestyle Garden Centre Cnr. Beyers Naude Drive and Ysterhout Avenue, Randpark Ridge

Free entry, pre-arranged guided tours and interesting talks accompany the show.
For more info visit www.lifestyle.co.za or call 011 792 5616



OWL RELEASE 2018

On Monday 28 February our two new little barn owls were delivered to our Estate. At first a little worried about their relocation, they soon discovered how peaceful the aviary in the FWG Nature Reserve was and that food was brought daily at 16h00. They were fondly named Burpee and Slurpee by a young resident who helped with the feeds.



Barn owls are not territorial and the Estate can therefore do an annual release when Ecosolutions have rescued birds that need relocation. We had to ensure that the owls were kept in captivity and fed daily for 21 days before the release could take place. This was to ensure that they were healthy, getting used to their new environment and hopefully convince them to stay in the area.

When the day arrived for their release, it

had to be done early morning just before sunrise at 5am. This is to allow the birds to take flight to a tree in the vicinity, but then to stay there for the day. As nocturnal birds of prey, it is hoped that once they start to hunt on their own in the evening, they would make the area home. We were extremely fortunate that our owls did stay in the area and that they were spotted and photographed by residents later on the day of the release. Let's hope Burpee and Slurpee has made Fourways Gardens their new home!

QUICK FACTS

Size

Range Weight: 430 to 620 gm.
Range Length: 32 to 40 cm.
Range Wingspan: 107 to 110 cm.

Habitat

Barn Owls occupy a vast range of habitats from rural to urban. Generally found at low elevations in open habitats, such as grasslands, deserts, marshes and agricultural fields, and near human habitation which provides nesting and roosting sites. They are considered an asset to the farmer as they keep rodent populations in check.

Distribution

The Barn Owl is one of the most successful and widespread predators on earth, being found across the globe, and in almost all habitats.

Diet

They feed on small rodents including voles and mice as well as frogs and insects.

Socialisation

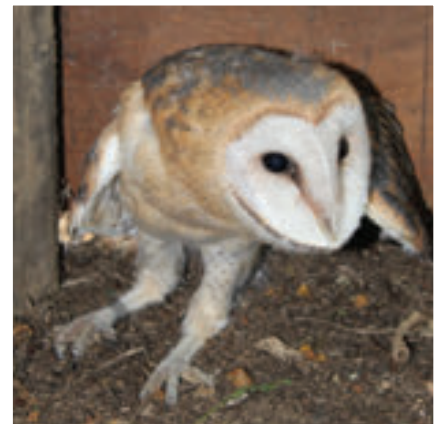
Barn Owls are monogamous usually mating for life. However, there are reports of males occasionally having more than one partner. Barn Owls usually occurs in pairs and spends the day roosting in hidden cavities including old buildings, nest or natural cavities in trees and rocks.

Communication

Barn owls do not hoot - they let out a long, eerie screech as well as hissing, snoring and yapping sounds.

Reproduction

The Barn Owl breeds mainly from August to September in the Western Cape and March to May elsewhere in the country.



Breeding is timed to coincide with the best season for hunting when the chicks are being cared for. The owl does not build a nest but simply lays the eggs on a suitable depression.

Incubation

Incubation lasts about 32 to 34 days and young fledge at 50 to 70 days.

Life Expectancy

From as short as 1 year to as long as 30 years. The average lifespan in the wild is 20 months.

Predators

Adults have few predators but nestlings are taken by snakes. Adults may be preyed on by eagles, kites, buzzards, peregrine falcons, lanners and other large birds of prey.

References
Animal Diversity Web; Archive.



LADIES' NETWORKING BREAKFAST

Our first ladies networking breakfast was hosted at the Clubhouse on Friday, 9 March to celebrate International Women's Day.

The first breakfast was facilitated by Elize Brazzell and Di Timberlake, residents who also own Ezabekwa Group. See below feedback from Elize regarding the morning.

"Due to this event being the first of its kind, Di and I were not sure of the structure, however, we both were sure that the event needed to add immediate value to all attending. We, therefore facilitated an interactive session where we were able to offer a business tool that could assist attendees with an opportunity to analyse and assess the health of their business and identify areas that may need attention. The results excelled expectation and it is apparent that many face a similar challenge in that they are unable to access the correct markets to offer their services to. In addition, many also indicated that they were seeking opportunities to network with other entrepreneurs as working from home can be a lonely journey.

*As per our agreement, a lucky draw took place via random computer selection and we are pleased to announce the winner of the **Mastering Your Marketing and Sales Funnel Masterclass** – valued at R2 495.00 is **Winner: Veronica Aswani**
Company name: Wavunow"*





We are planning another session and this will be for all entrepreneurs in the estate. The Clubhouse will offer breakfast at R60pp and seats would have to be pre-booked. Taniel Cooke has kindly offered to facilitate the next session for the Estate. More details will be circulated but we are currently planning to host the next networking breakfast on 20 April.



RAISING AWARENESS OF PLASTIC POLLUTION



Dainfern College Prep pupils swimming through plastic bottles

The annual Dainfern College Swimathon fundraiser was given an environmental twist this year when the Dainfern College Foundation and Student Head of Environmental Affairs, Stella Rutsito, got together and decided to do something bold to bring to their students' attention the damage created by our consumption of plastic.

The annual Swimathon, a tradition driven by the Dainfern College Parents' Association for many years, involves Prep School pupils swimming lengths to raise funds for Dainfern College and its outreach initiatives. The school's Foundation, which promotes student social engagement, saw this as a perfect opportunity to put experiential education in motion.

While the pupils got ready for their Swimathon, the High School team polluted the pool with plastic bottles so that the students could experience the destructive nature of plastic and how it affects one's ability in the water, showcasing



Preparing to swim in all the plastic



This is not what we want for our oceans

the ongoing aquatic crisis affecting our planet. The Grade 8 students then set an excellent example to the younger pupils by removing all bottles from the pool after the event.

"What started out as an awareness campaign for the students, then went viral on Facebook, as environmentalism is such a topical subject," says Tracey Blyth, Foundation Manager.

The Foundation post about the event was made on Wednesday 7 March, and has since been shared by over 4500 people and reached over half a million people globally. Encouraging comments from all around the world have been received in support of the school, many asserting that other schools should do the same in order to increase awareness at school level.

The best education is through experience
The pupils were only given ten days to collect plastic bottles



Dainfern College is proud to be a member of the international Round Square network of schools



The Grade 2s say no to plastic



The High School clean up the pool



Stella Rutsito, student head of Environmental Affairs with Tracey Blyth, Dainfern College Foundation manager

for the initiative. "It was worrying to see how much plastic was available for us to collect in such a short space of time," commented Adrian Kriel, Grade 7 pupil at Dainfern College.

Dainfern College teachers then used this innovative experience to highlight that we are the only ones who can control the outcomes on our planet and that we have the power to change ourselves for the better.

Dainfern College, which is proudly part of the international Round Square network of innovative schools, places a major emphasis on Environmentalism in their quest to teach students to think globally and act locally.

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



A pristine pool once more - we can all make a difference





CARE FOR YOUR LOVED ONES WITH FOSCAM

See your world from anywhere – whether you're next door visiting neighbours or travelling halfway around the globe.



Wireless IP cameras are fast replacing CCTV set-ups when it comes to monitoring your home and work environments and Foscam South Africa offers some smart DIY solutions that allow you to use your existing Wi-Fi internet access.

KEEPING AN EYE ON THE KIDS

Living in a gated estate is great for keeping your family safe, but statistics show that many accidents actually happen in and around the home. Even if you have an au pair or child minder looking after the little ones, she can't always be everywhere at the same time, especially if she also has to prepare their meals and tackle other responsibilities.

Foscam's indoor and outdoor cameras provide those extra eyes and ears, so you can check on your nearest and dearest, no matter where you are. They transmit real-time video footage via the internet to your web browser, cell phone or smart device – making them ideal for monitoring your holiday home, too.

All Foscam IP cameras are fitted with infra-red capabilities, allowing you to see at least 10 metres indoors and up to 20 metres outdoors. They even record sounds, so you can both see and hear what's happening.

NEED AN AFFORDABLE AND EASY-TO-USE NANNY CAM OR CCTV?

With Foscam's range of indoor cameras, you can have peace of mind while baby is sleeping or playing in his/her room or the older kids are running around the house. They range from high definition 1,0 megapixel cameras that give you crystal clear resolution and 6x zoom capability, all the way to 4,0 megapixel cameras, allowing you to record or view live from anywhere you find yourself. At work or away on business, you can still keep an eye on your home and loved ones.

By means of an app on your smartphone or tablet, you can remotely operate the cameras, even panning around the room if you have one of their pan and tilt cameras. You can also record memorable moments to an SD card, NVR or the cloud, to play back to your family and friends at a later date.

Foscam has a full range of weatherproof outdoor wireless cameras, as well - useful for covering areas like the pool, gate, driveway or garden.

These cameras are easily set up with your wireless network by scanning a QR code supplied on the unit. Once you have entered your account number, the system is activated.



With these powerful capabilities, ease of use and affordability, what more could you ask for?

For additional information about these amazing cameras and Foscam's services, call Craig Nicholls on 011 465 9173 or email craig@foscam.co.za.

MOVIE NIGHT!

We hosted our first open air Movie Night at Fourways Gardens on Saturday 10 March! Pam Golding Properties sponsored this fun evening for the residents of Fourways Gardens Estate. They even supplied free popcorn.

Our residents, young and old, seemed to have had a fantastic evening out and from the feedback we received, this should be done again soon!











bbqWORKSHOP
WOOD FIRED • SOUVLAKI • GELATO

**Get a 1kg rack of our
PORK CAGE RIBS**
R129 ALL DAY
Every Thursday and Sunday - T&C's apply

kyalami@bbqworkshop.co.za | 010 020 6848
rivonia@bbqworkshop.co.za | 011 234 4157



the **ROCK**

Looking for some dining inspiration?
The Rock offers the best in contemporary dining with
a menu full of unusual and exciting treats. Open from
06h45 until late.



The Rock | Kyalami Corner 010 020 6837 | Design Quarter 011 465 5011
We cater for corporate and other functions
www.therockdiner.co.za

Andiccio24[®]
pizza • your way • always



OPEN
24⁷

pizza - pasta - bread sticks - salads - soups - cup cakes - ciabatta - milkshakes

fourways | 011 658 1634
011 465 7665 | leaping frog



Our March wine tasting was presented by



Fourways Gardens
Wine Club



We are now well into the 2018 wine tasting year, having just had Boschendal present their stunning wines to a hall packed with 100 wine enthusiasts. We were well entertained by Derrick Ramsden, a renowned Cape Wine Academy Master, who was flown in especially for the evening. The tasting consisted of 5 wines and an MCC welcome drink. The wines presented were across the board from their range, but the highlight of the tasting was their Black Angus red blend. This wine is superb and is bottled in their unique new Boschendal Heritage bottle. Judging by the sales, this wine was the evening winner!

Our restaurant served pork belly roast, which everyone raved about, and this was well complemented with bottles of Boschendal Lanoy, which were sponsored by Tyson Properties. Again our thanks to them for their ongoing support. Below are the upcoming tastings – book early!





Our next Wine Tasting Events

4th April 2018 – Star Hill Wines, a lesser known Winery producing award winning wines, this event is not to be missed!

2nd May 2018 – Stellenrust Winery

6th June 2018 – Springfield Wine Estate

**Please make
your bookings
and payment
directly at the
Clubhouse.**

THE ROCK

Situated in Kyalami Corner and NOW Design Quarter, The Rock restaurants are one of those places that are just too chic not to visit again and again.

The ROCK ALL DAY DINER in Kyalami has been dishing up rewarding and enjoyable meals for a little over a year. The location offers a view too gorgeous for words, giving you an outdoor feeling, while under roof.

Typical diner food The Rock All Day Diner offers an impressive variety of food including chili dogs and burgers. They serve Breakfast, Lunch and Dinner and is an inimitable opportunity to satisfy your palate.

The newest addition to the family is The ROCK at Design Quarter, a beautifully appointed and contemporary styled restaurant within the Fourways area. The place is huge and has been created not only for visual affect but for practical use too.

Spacious and airy. The kitchen features huge glass windows that allow you to watch the entire culinary process while you wait for your meal. Some have referred to the kitchen as the heart of the restaurant but the true focal point of the restaurant is a central spiral sea shell staircase. It was inspired from Mediterranean roots and is genuinely a piece of art but with a practical use: it allows service staff to gain quick and efficient access to the tables and parties based upstairs in The Carnelian (a relaxed tapas area above The Rock). Even the beautifully decorated bathrooms are something to talk about.



The Rock boasts an inside as well as an outside area that has a retractable awning structure. So, weather or mood dependent you can have a fabulous indoor or outdoor dining experience. You may think this sounds fancy and expensive but instead they chose to create a space that you can kick back and relax in.

A wide variety of delicious and decadent dishes, whatever your palate desires, are served and cooked to their esteemed Chefs highest standards. Burgers, pastas, sushi, pizzas, seafood, poultry, steaks and ribs are topped off with an amazing array of specialty desserts. The Rock's milkshakes are a must; unique, original and just down-right yummy! The portions are big and you will certainly leave feeling content and pleased.

Their well-equipped bar is complemented by classic and signature cocktails, with awesome names as well as a variety of champagne. The Rock even has Prosecco on tap – seriously! So, for all those bubbly-loving fans out there, this one is definitely a reason to visit.

Overall, The Rock All Day Diner and The Rock Design Quarter are solely about the experience. It is wonderfully relaxing with an urbane ambience, inviting you to return time and time again.

the ROCK

For more information visit
www.therockdiner.co.za.
Design Quarter 011 465 5011
Kyalami Corner 010 020 6837





GOING NORTH IN KRUGER PARK

Monotonous mopane scrub

WORDS: JAMES CLARKE
PICTURES: MARY BROADLEY

It's been years since I travelled the full length of Kruger Park. The distance from Malelane in the far south to the extreme north on the Limpopo is not much shorter than from Johannesburg to Pietermaritzburg – 430km compared with 460km.

Determined, for a change, to spend time in the northern region, Mary and I started at Phabeni gate near Hazyview, the nearest gate to Kruger for people driving from Gauteng. This cut the distance to 409km.

I know the south of the park quite intimately – I've been going there for half-a-century – and was looking forward to a few leisurely days getting to Punda Maria, Kruger's most northerly and certainly most rustic camp. Our final destination was Pafuri Camp which Return Africa operates with the Makuleke community who own and largely staff the tented camp strung along the Luvuvhu River.

It had been years since I'd visited this far north-eastern corner of the park wedged between Zimbabwe and Mozambique. We chose, on the way up,

to stay first at Satara, then Mopani and then Punda Maria.

Satara, with that most productive "S100" N'wanetsi route (known for its variety of game) was my favourite camp. Alas its standards have been allowed to slip. Our circle of huts was coated with bird droppings and the lawns unkempt. Its row of cafés and restaurants were empty. Mugg and Bean which had taken over in recent years pulled out, disillusioned by the park's management.

We found the same at Letaba where we hoped to have lunch but found the riverside restaurant closed.

At both camps "field kitchens" had been set up and one dined within a few paces of buckets and hoses and the sight of washing up. At least that's how it was in December though there was

talk of the camp's management being improved in the New Year.

Things perked up considerably at Mopani Camp, which was clean, welcoming and well managed.

There we witnessed the awesome spectacle of the massing of the "locust bird" – dense clouds of twittering quelea finches filling the evening sky and settling in the trees just in front of us. We watched them settle along every available branch tightly squashed together. At dawn they swarmed across the sky, billowing like smoke.

We crossed the Tropic of Capricorn just beyond Mopani Camp and felt we were now truly in the northern region. The vegetation changed to mostly monotonous mopane scrub. I remember in the 1950s, before the elephant population explosion, the landscape



Pafuri Camp on the Luvuvhu River

was mostly parkland forest with grazing between the tall mopanes.

We stopped at Shingwedzi for breakfast. The camp has been refurbished since the devastating 2013 flood submerged it up to its rooftops, dumping chairs, tables and refrigerators way down river.

We reached Punda Maria in the early afternoon.

The scenery and ambience in the north is very different from that of Kruger's central and southern regions. It is thickly forested but there's savannah too with some monumental baobabs and, I am sure, the tallest mopane trees in South Africa.

We discovered near the camp one of the most beautiful loops in the Park – the Mahoney Loop where we saw our first lion of the trip and a rich variety of birds.

The name Punda Maria has long intrigued me. I understood that the first

ranger had used the Swahili name for zebra (punda milia – meaning striped ass) but changed Milia for Maria – his wife's name. But, I wonder. The Venda people had a name for an adjacent area near the Soutpansberg – Phande Mariha. Coincidence?

Here we made a great discovery: a delightful little cottage adjacent to, but outside Punda Maria camp. It is called Russell Cottage. It's a very private, beautifully furnished two-bedroomed cottage that accommodates four people. It has two lovely "period"



Tropic of Capricorn



bathrooms, a fully-equipped kitchen and a braai with a view.

One's private gate leads on to Punda Maria's short nature trail which takes one to the camp's centre.



Purple Roller dries out after shower

Decades ago the cottage was a police station but Roland D'Ivry Russell – one time ranger at Mana Pools in Zimbabwe - and his wife, Ursula, bequeathed their estate to Kruger Park which used the money to convert the building. To stay there cost us not much more than we would have paid to stay in one of Punda's family cottages.

As I say, our final destination was Pafuri Camp (formerly Wilderness Safari Lodge) whose widely separated safari tents – all en suite and sheltered under thatch – look down at the passing wildlife parade along the Luvuvhu.

Each tent has its own private deck and each is reached from the dining and communal heart of the camp, by an elevated wooden walkway. This was our type of "camping"! – the beds are enormous and a bathroom full of luxurious little touches – and breakfast and dinner prepared by a top chef plus a morning and a sunset drive with a knowledgeable guide.

It was "Birding Big Day" and, thanks to our guide, Tristan Phipps, we managed to identify 138 birds. Mary, with well over 700 species on her life list, chalked up three new ones.

The site is very near Crooks Corner which is reached by following the Limpopo itself. We watched a herd of elephant moving like wraiths through South Africa's biggest fever tree forest.

Pafuri Camp's entrance is only metres past the Pafuri Bridge on Kruger's H1-9 route. There, at dusk, during the evening drive and sundowners, we identified a green sandpiper, a rare vagrant in South Africa. An amiable bull elephant contemplated using the bridge but changed its mind. Minutes later a magnificent leopard appeared behind us and we spotted a lone buffalo 50 metres way – three of the big five in one go.

We vowed to return to the north for a longer stay.



Mahonie Loop



ASTON MARTIN SANDTON

VANTAGE

A drive so intensely felt that it
demands to be experienced time
and time again

Sms Vantage, your name and number to
41198 to book a test drive



Aston Martin Sandton

Jashwin Chotu - 071 501 4469

jashwin@astonmartin.co.za 011 301 7100



LET'S TALK ABOUT MONEY

Money is the root of all evil.
The source of great pleasure.
The key ingredient for
chaos, suffering, misery, fun,
entertainment and contentment. It is an
ingenious concept that strikes at the heart
of all our wishes and desires, while at the
same time can feel like a scary monster
under our bed keeping us up all night.

What is this thing called money and how
does it have such a powerful effect on our
lives?

First and foremost, in its most basic
sense it is merely a reasonable form of
energy exchange between two or more
parties. When viewed in this manner it
makes perfect sense to have money in
our lives as it allows for a fair exchange
to commence in order for a need to be
met. It allows for an accepted value to be
gained for the time, energy, skill and talent
that went into the creation/management
of the product or service that is being
offered.

Money is just a tool and a resource to
help us meet our needs. It assists the
movement of our societal evolution so we
can become better, smarter, quicker and
more efficient. It is a collective human
invention at its best and is currently the
right tool on hand to meet our collective
needs. Therefore, money cannot be the
enemy or the saviour in our society. We
must choose to go within and evaluate
our own psychology if we are to find any
answers for which we seek.

The real enemy at the gate is the
confusion between wants and needs.
Humans have very few real needs in
order to survive. We need adequate food
and water supply. We need basic shelter,
decent amounts of sleep, clothing to
keep us warm and the ability to procreate
to ensure the survival of the species.
Beyond that it starts to become a matter
of psychology and it's in this area where
the confusion between wants and needs
starts to become apparent. Although it
is essential to feel safe, valued, happy,
fulfilled, confident, loved and free, it can
create distortions in the way we view
reality. Human nature is geared towards



moving away from pain and towards
pleasure. This is where the seduction of
money can sweep us off our feet and lead
us down some strange paths.

As long as money is helping us move in
the direction of pleasure, we will find it
to be of value. However, the balance is
like thin ice that can crack under our feet
at any moment because when money,
starts to lead us toward pain, then we can
succumb to pain-associated feelings such
as anger, frustration, jealousy, anxiety,
depression, and so on.

If money is just a tool then it is our
relationship with money that must change
if we are to work in harmony with it. If this
relationship is currently in disharmony,
then we must ask ourselves where are
we going wrong and how can we start to
repair the damage that has been done?

Firstly, we must look at the relationship
itself. If money were your life partner, what
would its characteristics be? Would it be
kind, nurturing and loving or would it be
harsh, critical, estranged and irritable?
What are your expectations of it and
do you nurture this relationship? Are
you getting your needs met or are you
frustrated by its lack of support?

Secondly, how is the relationship between
your closest loved ones and money?

Thirdly, how were you taught to think
about money while you were growing up
from your parents or guardians? Were
any limiting beliefs about money passed
on to you? Are you passing on any limiting
beliefs to those closest to you?

Lastly, what money patterns seem to
dominate your life? Is it a matter of
feast or famine? Loss and betrayal?
Never enough? An exciting adventure?
Which money patterns seem to repeat
themselves over and over again in your
life?

From this above exercise you can start
to get a clearer picture of the dynamics
of this relationship you have with money
and the role it plays in your life. If you are
to fix the holes in this relationship then it is
crucial to be honest about your role in this
relationship, where you may be faltering
and then be willing to do what it takes to
find a sense of harmony going forward.
This may take time, patience and practice,
but with some determined effort anyone
can change direction and move toward a
better destination.

The people who have mastered their
relationship with money have realised
that opposed to being a slave to money,
money is in fact their resourceful servant.
These people have broken the shackles
in their minds and freed themselves from
this mental slavery. Freedom from mental
money slavery is a choice. It is now up to
you to choose to keep your shackles on
or dare to be free and find out for yourself
what lies beyond the horizon!



Donovan Rabie
– Hypnotherapist
& Life Coach
www.donovanrabie.co.za
078 952 0328

PET FOOD – FEASTS, FEARS AND FADS?

The food our pets eat has a critical effect on their health and longevity. But there's such a confusing array of pet foods available, both in veterinary stores and supermarkets, as well as a host of dietary trends punted on the internet. How can we possibly know what's best for our furkid from a nutritional perspective?

These Twisted Whiskers tips will help you to ask the right questions about your chosen brand or dietary approach and, hopefully, arm you with the information you need to make a choice that keeps your dog or cat healthy, bright-eyed and bushy-tailed throughout their life.

1. IS IT BACKED BY SCIENTIFIC RESEARCH?

Canine and feline nutrition are pretty exhaustive subjects (and, it's worthwhile to note here, species-specific: cats are not small dogs and require more key ingredients to be present in their diet than dogs do). The brand or type of diet you opt for should have the backing of peer-reviewed veterinary nutrition studies and, ideally, be supported by generations of healthy dogs and cats who have thrived on the product or formulation, rather than on someone else's unscientific opinion.

2. DOES IT MEET MY PETS NUTRITIONAL REQUIREMENTS COMPLETELY?

Pets in various life-stages and with differing activity levels have specific requirements in terms of amino acids, protein and carbohydrate digestibility, as well as other nutrients.

Puppies and kittens are growing, so they need more calories, as well as a vitamin and mineral profile to support their developing bodies and immune-system. DHA, an essential fatty acid, is also added to certain veterinary recommended premium diets, as it's proven to aid in brain-development and trainability of young animals.

Toy breed dogs have tiny tummies, so their





food needs to be nutrient dense and fed in divided meals to meet their energy requirements.

That said, excess weight in pets is always a health concern and those animals that are overweight (or have a tendency to be), should be fed a diet that is lower in calories, yet still supports their nutritional needs. For older animals and large dog breeds, joint support is a must.

There is no “one size/age fits all” diet that will provide optimum nutrition for our pets and careful consideration needs to be taken when choosing the most suitable diet for each individual.

3. IS IT SAFE TO FEED?

Given the recent concerns regarding human food production, the safety of pet food deserves attention. Does the brand you’re looking at go through rigorous testing (both of the raw ingredients and throughout production) and does it offer a customer guarantee on both quality and palatability? Is there a customer care line or advisory service you can contact with any questions about the food or its safety? Or, if you’re feeding RMBD (Raw



Meat-Based Diet), or home-cooking, can you guarantee the safety of the ingredients you’re using?

4. WHAT ABOUT DENTAL CARE?

Dogs and cats can’t brush their teeth and, although our vet is always recommending that we do it for them, the number of us who actually manage this (even on a semi-regular basis) is very low. Brushing our pets’ teeth is still the best way to care for their oral health but if we aren’t doing this, it’s vitally important that we feed a diet that provides dental care. This may take the form of a mechanical aspect – many veterinary-recommended premium diets extrude the kibbles in such a way that when they are broken by the pet’s teeth, they have a “brushing” effect on the enamel and help remove plaque. Others include a polyphosphate coating, which activates on contact with saliva and coats the teeth to prevent calcium solids attaching and forming plaque. Pretty cool technology!

A word here on feeding bones – while chewing these helps to keep teeth clean, it also helps to damage them! Veterinary specialist dentists strongly advise against feeding bones as they see the resultant damage to the teeth of their patients. And for those who believe that eating bones is “normal” for dogs – wolves that have been brought from the wild into captivity, for example, have plenty of dental fractures as a result of chewing bones in their natural environment. Apart from this, bones can cause damage throughout the digestive tract, from getting stuck in the mouth, to puncturing intestines and organs, to causing obstruction, or clogging up the works in the rectum. Please feed bones with care.



5. WHAT’S IN THE FOOD?

To correctly assess the quality of the food based on the ingredients stated on the label requires a good knowledge of pet nutrition, but there are a couple of things lay-people can be aware of. Your chosen brand should preferably feature an animal protein as the first ingredient, or at least in the top three ingredients listed. Cats are obligate carnivores which means they HAVE to eat meat in order to fulfil their dietary requirements of micronutrients. Dogs, although omnivores like humans, do best on an animal protein diet. Look for diets that specify the protein source (eg. chicken and turkey), as opposed to using terms like “meat and meat derivatives”. In the latter case, it shows that the product doesn’t have a fixed recipe and that the manufacturer can speculate on which protein happens to be the cheapest at the point of purchase. This could result in tummy upsets due to changes in formulation and consistency from batch to batch.

Because manufactured pet foods have a shelf-life, they have to include preservatives to ensure that the food’s safety, freshness and nutrient integrity are maintained. Look out for products that use natural preservatives like Vitamin E. It goes without saying that pet food should ideally not contain artificial colours and flavourants as they add no nutritional value.

AS NATURE INTENDED?

The sometimes heated debate on trends in nutrition can be confusing for pet-parents. Some people may feel a bit odd feeding manufactured kibble food to their pets, are possibly concerned about the lack of variety,



or think that a more “natural” diet would surely be better. We strongly recommend consulting with your veterinarian before considering Raw feeding, home cooking or vegan/vegetarian options for your pet. Meat protein is vital for dogs and cats to thrive. The tonne of research that underpins this statement aside, one look at their dentition and intestinal tract shows that they are best suited to a carnivorous diet.

However, feeding a Raw Meat Based Diet to domesticated animals, unless you're working with a veterinary nutritionist to ensure this diet is balanced, could do more damage than good. Not only does your furkid run the risk of suffering nutritional deficiencies, if the stringent hygiene protocols required for correctly managing such a diet are not adhered to, your pet is at risk of contracting a bacterial or parasite infection. Such is the reality of this concern that a number of international veterinary governing bodies advise against feeding Raw, for the safety of the pet and that of in- contact persons and animals. If young, elderly or immune-compromised people or animals live in the home, Raw-feeding should not even be a consideration for the pet!

Home cooking is a better option from a safety aspect, as it kills bacteria but, again, getting the nutritional balance right is important. A quality home-cooked diet does not include sharing with the pet whatever the human family are eating, or boiling up chicken carcasses and adding a sprinkling of rice and the odd piece of butternut. In addition, the dental care benefit of feeding a kibble formulation is lost so



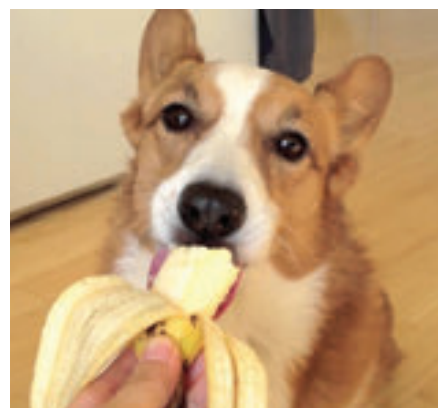
extra attention should be paid to the pet's oral health.

Vegetarianism and veganism are growing in popularity as human nutritional lifestyles. BUT! To impose such a lifestyle choice on an animal that is built to consume meat and thrives best on a meat-based diet, is a questionable decision, especially for cats. Nutritional deficiencies resulting from feeding cats a non-animal-protein diet can lead to blindness, heart failure and even death and will probably not meet a dog's requirements either, over time.

Veterinary recommended premium diets are the safest choice in nutrition

for your pet – think of them like the ready-to-eat meals provided by the military for soldiers in combat. Or the nutritional shakes favoured by gym aficionados. They're extensively researched and packed with everything your pet needs to thrive. Their manufacturing process and the quality of the end product are tightly regulated and this gives pet-parents the peace of mind that they are providing their dog or cat with the safest and most complete nutrition possible.

Twisted Whiskers is vet-owned and managed and our staff are trained to assist you with a variety of pet-care-related queries. We're always available to talk pets!



Look out for the Twisted Whiskers advert in this publication. On presentation thereof, you'll receive 10% discount on a grooming appointment for your pet/s, as well as 5% off merchandise purchased at our stores. (T's & C's apply)

Furnishing **millions** of homes
around the **world**

www.ashleyfurniturehomestores.co.za




Ashley
FURNITURE HOMESTORE

65 Landmarks Ave, Kosmosdal, Centurion | Tel: 012 749 3100

#LOVEYOURBONES

You can't stop time - but you can stop osteoporosis



Over 200 million people worldwide are affected by osteoporosis. One bone gets fractured every 3 seconds – that's a lot of broken bones. "In fact it equates to almost 9 million fractures a year," explains Dr Aneesa Sheik, Medical Director of Lilly South Africa and an official partner of World Osteoporosis Day.

It may sound like a disease that the elderly are more prone to relate to, but approximately 50% of bone mass accumulates during adolescence – making it a critical time for bone building! Osteoporosis is a growing global problem that respects no boundaries and impacts all populations. It accounts for more days in hospital than other disease like breast cancer, myocardial infarction, diabetes and others. Quite simply – it can take a heavy toll on your future if left undiagnosed and untreated.

Osteoporosis is a condition in which bones become thinner and more fragile, making them more likely to break (fracture). A person with osteoporosis may suffer a broken bone after only a minor bump, a sneeze, or a fall from standing height. Around the world, about one in three women and one in five men aged 50 and over will break a bone due to this disease. Urbanisation and ageing populations are driving rapid increases in the global osteoporosis disease burden.

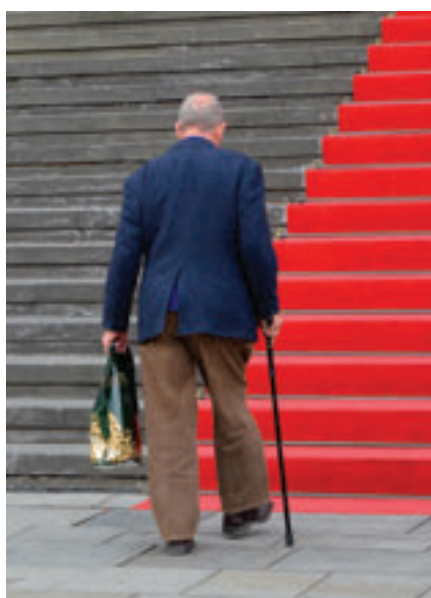
Because it affects older people, the younger generation tend not to give it much thought. “But in fact it’s young people who can protect a future of brittle bones and change the picture of thinking that hip replacements and brittle bones are an unavoidable threat when they get older,” says Dr Sheik. “By reaching their maximum genetic potential for strong bones, a young person will be less susceptible to osteoporosis and fractures in later life. It’s worth giving your bones some love while you have the chance, because the result of potentially life threatening fractures is often pain, immobility, disability and loss of quality of life later on,” says Dr Sheik.

But it’s not about the old and the young; there is a need for people of all ages to take preventative action. It is an eye-opener to note that 80% of people who have had at least one osteoporotic fracture are neither identified nor treated for osteoporosis. And only one third of vertebral fractures come to clinical attention.⁵

In men, the risk of fracture is up to 27% higher than the risk of prostate cancer. By 2050, the worldwide incidence of hip fracture in men is projected to increase by 310% and by 240% in women. Most fragility fracture patients aren’t assessed or treated by their health-care system, resulting in



Osteoporosis is not an unavoidable threat. It is a silent disease. Take steps to protect your bone health – and start as early in life as you can!



a failure to ‘Capture the Fracture’ and reduce risk of subsequent fractures. “A prior fracture is associated with an 86% increased risk of any fracture,” says Dr Sheik. “This is one of the reasons it has become a major public health concern. Osteoporosis is an underlying cause of chronic pain, long-term disability and even premature death.”

Hip fractures cause the greatest morbidity with reported mortality rates up to 20-24% in the first year after a hip fracture. This kind of fracture can cause loss of function and independence with: 40% unable to walk independently; 60% requiring assistance a year later; 33% being totally dependent on or in a nursing home in the year following a hip fracture.

Preventative action ranges from nutrition to testing:

- Taking a bone health assessment should be considered for women aged 50 and over, men aged 70 and over, or for anyone younger with osteoporosis risk factors.
- A Fracture Risk Assessment (e.g. FRAX) is an important first step in identifying patients who need further assessment and possibly treatment.
- Bone-healthy nutrition together with weight bearing and muscle strengthening exercise are both important ways to help prevent osteoporosis and reduce risk of falls and fractures.
- There is also the IOF One-Minute Osteoporosis Risk Test, which recognises personal risk factors for osteoporosis and fractures. If you have risk factors talk to your doctor about your bone health. <https://www.iofbonehealth.org/iof-one-minute-osteoporosis-risk-test>.

For patients at high risk, lifestyle changes alone are not enough to significantly reduce fracture risk. If medication is prescribed, treatment should be followed.

THINK DEEPLY AND BROADLY. Now, what is it you need to let go of?

Despite all his nonsense and there was plenty of it, I had a fairly good relationship with my father.

He came from another time completely, enduring the harshest of experiences as a youngster, growing up under the tyranny of Scottish Presbyterianism.

He survived six long years of world war, unlike many of those he fought with. At wars end, he was only twenty-four but was already wise to the world and how to get by in it.

He taught us (seven children) a great many positive values and lessons. He also introduced many not so

helpful, practices and ideas. A number of these inappropriate behaviours caught me out, on my journey through life. Causing me to reassess and rethink a great deal of what I had learnt, under my dad's disciplined regime.

He was an extremely gifted engineer, who designed and produced gas and oil pipelines all over the world. With that vast experience he developed principles and

beliefs, that he held up as 'the way' to do things. We quickly learnt not to challenge those and other concepts, unless of course we had compelling evidence to support our argument. In that respect he was open to hearing alternatives, but as a man of science and practicality, any alternative had to come with unarguable evidence, were to it have any hope of displacing his thinking.

So, ultimately we took much of what he said and did as 'truth'.

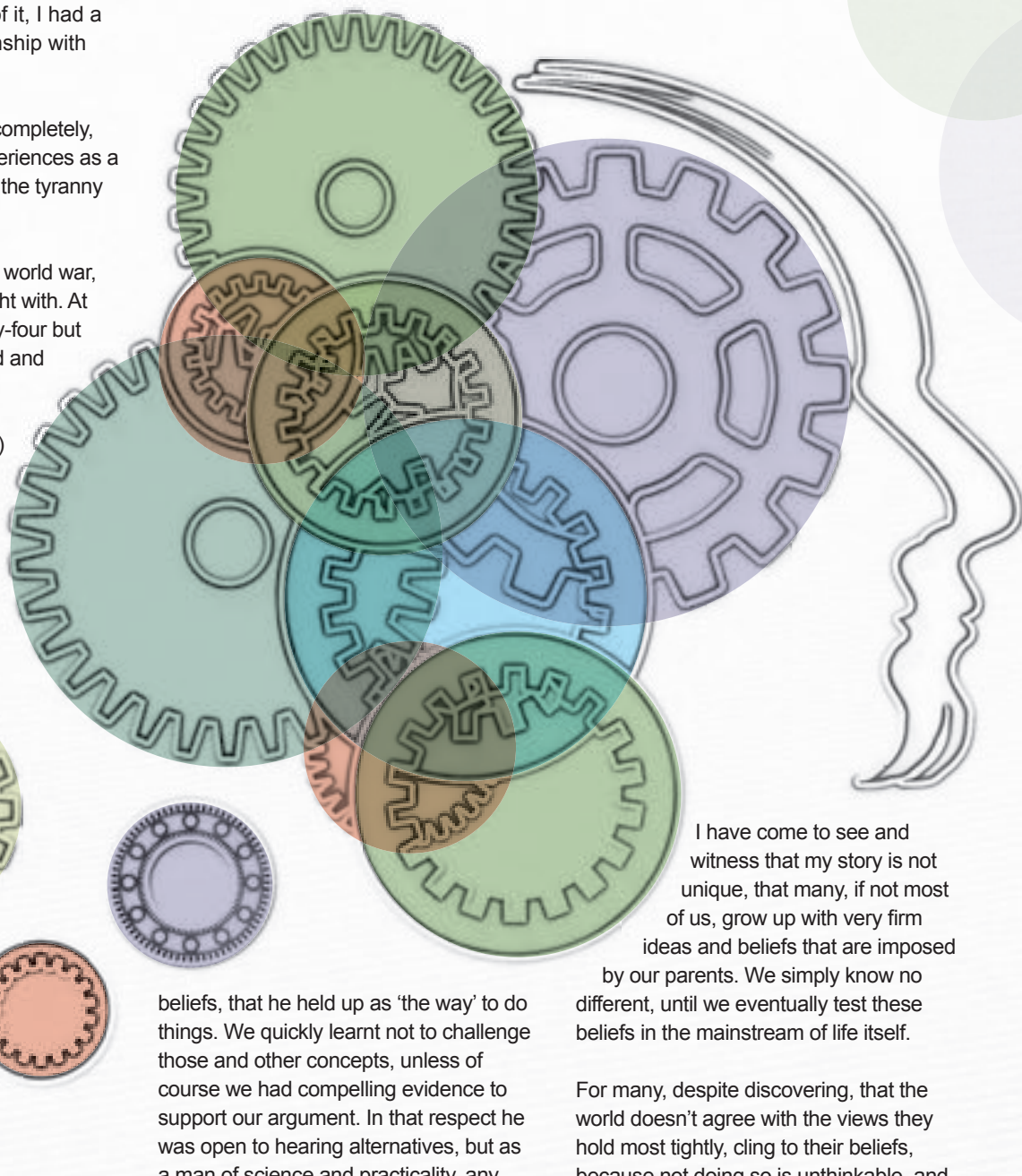
As I said above, some of that 'truth' caught up with me eventually, and I paid a hefty price for holding certain of those beliefs.

I have come to see and witness that my story is not unique, that many, if not most of us, grow up with very firm ideas and beliefs that are imposed by our parents. We simply know no different, until we eventually test these beliefs in the mainstream of life itself.

For many, despite discovering, that the world doesn't agree with the views they hold most tightly, cling to their beliefs, because not doing so is unthinkable, and because they simply have no alternatives.

Like my dear old dad, who came to confront many of his illusions later in life, discovering that some of the ideas and strongly held beliefs that he held, were vulnerable and not true after all.

My dad once said to me – "I would never make a living out of that creativity nonsense."



Yet, at age twenty-six, a partner in my own ad agency, my dad had to concede that his view of creativity was fundamentally inaccurate after all.

I have come to see and believe that one of our greatest challenges as we navigate the marvel of life, is to question and let go of, ideas and beliefs that no longer serve us.

This is true of business as well. So many floundering businesses are in trouble, not because they want for good ideas, good people or markets, rather because they cling to practices and principles that their founders or boards created, which have now simply become out of date or redundant. But like testaments carved in stone, are untouchable.

This is evidenced in these often quoted corporate phrases...

"It's a good idea, but that's not how we do it here."

"It's a good idea, let's form a committee to discuss it further."

"If it's such a good idea, why hasn't someone else come up with it before?"

Issued, usually to new comers to the business, these shutdown comments are designed to prevent inquiry and growth.

Successful businesses also cling to certain traditions and cultures, which were their relevance questioned – may open the business to becoming even more successful.

I believe people do the same, unconsciously, all the time.

We cling and cling, hoarding all sorts of ideas that have become deeply held beliefs, long after their sell-by-date.

We do it with physical stuff as well, that's for sure...

We all have shoes, skirts and shirts, books, bags and beautiful things, that no longer fit us, work for us, or will ever be

read again. They occupy our shelves, cupboards and garages. We hold onto them, not because we need them, but because we never challenge ourselves as to why we hold on to them.

Go and be honest with what's in your cupboards and you'll see.

What's in your head is the same, although far more complex and wider of range. Up there in the attic of your mind there is a whole bunch of beliefs and ideas that you cling to. Those that continue to inform and determine every moment of your life, yet much of it has never been questioned.

This is the territory of emotions and mental frames.

One such example would be 'resentments'.

As we travel through life, interacting and encountering other people, we also connect with alternative personalities with their own belief systems. Occasionally, such experiences can cause upsets or distresses. We may argue or strongly disagree with a colleague, associate or friend. In the process words are exchanged and sometimes not of a pleasant nature. Then we go on our way, on with life, but clinging.

The words hurt and we remember the hurt. We often, re-feel that hurt. That's where the concept of resentment comes from – to re-feel.

Many of us carry these resentments for a long time, often a lifetime. But they serve us not one tiny bit, the only person they harm, is ourselves.

Freeing ourselves from resentments is our challenge and to do so requires us to ask forgiveness from the person that we have built the resentment toward.

I built a number of resentments toward my dear old man. For some of the ideas and beliefs he imposed on me.

Whist we enjoyed a very good relationship in the latter part of his life, I never got around to asking for his forgiveness for the resentments I held, before he died.

But I did eventually free myself from those resentments.

This is what I did.

Immediately after throwing his ashes into a favourite river, I tossed in a number of pebbles. On each pebble I had carefully written the resentment I had had. One after the other, they hit the water and vanished. As did the resentments thereafter and because of the positive effects that I felt as a consequence, I have worked deeply toward continuously ensuring that I don't develop unconscious attachments to beliefs and ideas.

In winding up, here is a very smart quotation from a very smart person. I find it to be particularly relevant and important...

"The problem is never how to get new, innovative thoughts into your mind, but how to get the old ones out." Dee Hock.

So, here is your challenge...

Are you going to be smart – and free yourself from the many un-needed and un-serving ideas and beliefs that are holding you back? Or, will you choose to remain attached to potentially redundant concepts?

If so, let me know how you go – and how you do that.

Till next time,

Graeme



Graeme Butchart
Developer of Great People
082 897 1463
www.graemebutchart.com

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

ABSOLUTELY IRONING: Local hand ironing service now available from R20 per kg. COD – Contact Leila on 062 117 4347, “We iron out all your problems”

ACCOMMODATION: Secure Holiday House to rent, 4 Bedrooms, 4 Baths, on beach road in Trafalgar (next to Southbroom) Sleeps 8. R1200 per night, maid extra, call 082 339 8949.

ANYTIME HOME IMPROVERS PAINTERS: House painting, Waterproofing, Rhinolite, Damp – proofing, contact 072 395 6727 or email: info@anytimehomeimprovers.co.za / www.anytimehomeimprovers.co.za

ALL BUILDING: New renovation, Repair work, call Sally 074 881 5137 or email: AllBuilding20@gmail.com

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

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: 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

AU PAIR: Child Day Diploma, Age 20, living in Fourways Gardens, experienced with special needs children and planning creative activities, homework supervision, license and transport. Call Shannon 082 493 6446.

BODY STRESS RELEASE: Is a complimentary health technique pioneered in SA 30 years ago, which gently assists the body in releasing stored tension. BSR is particularly effective in the relief of headaches, migraines, latent whiplash, lower back pain, neck & shoulder pain or tension amongst others. Contact Greg at BSR Fourways on 082 780 8486 / www.bodystressrelease.co.za

BEREAVEMENT SUPPORT GROUP: Lost a loved one? Join a warm caring intimate support group to assist you and your family through this difficult time. Held on Thursdays 6pm. Langham's Lifestyle Estate. Bridget Westwood – Chetty (Clinical psych.) 083 242 4766.

BODY & BEAUTY CONCEPT: Beautiful home based salon in Craigavon. Convenient for Crawford parents! Offering Regim A peels, Theravine facials, Environ cool peels and Environ DF machine, hot stone back massages, waxing, manicures, pedicures and more. Please contact Kim on 074 116 7280 for a booking.

BIN CLEANING: Get your dust bins washed and sanitised professionally by KLEEN BIN. Did you know that a bin that is not properly cleaned remains bacteria ridden and, when washed, the contaminated water with maggots are discharged onto your lawns/premises? We scrub and wash the bins with a sanitiser on our trailer; then wipe it dry and brush it with an insect repellent deodoriser. Contact : randburg@kleenbin.com; 083 298 7806; www.kleenbin.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: Blinds, Curtaining, Upholstery and more. Get the right design advice and quality products to suit your requirements. Contact Candice – 082 363 0542. Interior Decorator established in 2005 www.candiceinteriors.com candice@candiceinteriors.com

CARPET CLEANING: All your Carpet / Upholstery / Rug / Mattress Cleaning as well as Pre and Post Occupation Cleaning, please contact Spottless: Cindy on 074 149 4089 / www.spotlesscleaning.co.za

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

CHEF: For all your catering & cooking needs, contact Tshepo on 073 066 1019 or Karen on 083 303 7773 for a reference.

CHARTWELL STABLES: Beautiful, friendly yard, Beginners to advanced – all ages, Inter school's success, Four arenas, Affordable half baiting option, Convenient location near Fourways, 30 year's experience, Super ponies, qualified instructor's, Fun days & Pony Camps, Full Livery. Call us mornings: 073 952 8572 or cstables@netactive.co.za / www.chartwellstables.co.za

CHILDREN'S PLAYGROUND: “Higo” we offer Indoor and Outdoor playground, please call 011 397 1390 / 076 296 6666, you are welcome to visit our showroom – unit 15 Jan Smuts Park, Jet Park.

CLINICAL PSYCHOLOGIST: Individual, couple, family therapy. Areas of speciality: Teens, loss / bereavement, stress and burnout, Depression and Anxiety, Chronic illness. Contact Bridget Westwood – Chetty on 083 242 4766. Medical aid rates apply.

CORE-TONE & BODY CONDITIONING: For Adults and teenagers. A mind – body exercise toning the body from within. You can expect a full body workout strengthening and aligning the core thus enhancing daily physical skills and mobility. Core-training helps to improve strength, stability and flexibility of the muscles. In house classes offered. Contact Yolandie, 082 889 4266 / yolandiebouwer@gmail.com

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

DOCTOR: Dr Vicki Schutte – General Practitioner in Stratford Office Park, Block 3, Valley Road, Broadacres, contact details: 011 465 6715 or 073 729 0959 / www.drwickischutte.co.za

DRY FIREWOOD: “Razor sharp service” email: brightfirewood@gmail.com / 082 786 3225.

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.

EB CONSTRUCTION: All renovations, Additions & Extensions and Paving. Full Turnkey and Project Management, call Ben on 078 872 8844.

ELECTRICIAN: (Lazis Electrical) Certificate of Compliance, New Installations, Tripping & Fault Finding, Power Failures, Geyers, Stoves, Plugs, Lights, Installation of Generators, call 078 739 6773 / 073 127 3921.

ENGLISH LESSONS: In your home (or online via Skype). I am a qualified English language instructor. I teach all levels – from beginners through to advanced and business English. Lessons can be private or in small groups (max 4). All aspects of social and business language covered. Perfect for new expats settling into South Africa! My lessons are fun and informal. For more information please email me on lindacharamonte.koch@gmail.com or 082 659 1298 (AND LEAVE A MESSAGE AND I WILL RETURN YOUR CALL)

FOOT REFLEXOLOGY: Fine tunes the body to achieve a natural equilibrium in every organ, gland, muscle, tissue & cell through stimulation of reflexes on the feet which release blockages & restore wellness. It assists with the release of toxins, stress, supporting the immune system, alleviating sinus problems, headaches, hormonal, respiratory & sleep disorders, for an appointment, call 073 223 9715, resident of FWG Phase 2.

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

FOUR SEASONS: Resident electrician and other complete maintenance, contract on all Trades. Qualified personnel. Contracted pay half the normal labour rate. Call Stuart on 083 775 6290 or email: 4seasonse@gmail.com

GATE MOTOR REPAIRS: Alarms, CCTV, Gate Motors & Intercom System Repairs & Installations. Call Ninja 011 071 0773 or Quinton on 084 354 5596 / 7.

GARAGE DOORS & GATE MOTORS: Contact Razz 011 465 7094 / 063 376 3377, for all your repairs, replacement, new installation, service and quotations.

GARDEN REFUSE REMOVAL SERVICE – GARDENDRUMS: Garden refuse picked up weekly – service agreement with monthly fees. Options: Steel drum with lid OR 6 standard household plastic bags per week. Email us: gardendrums@mweb.co.za / Philip 082 782 4864.

GENGROW – LANDSCAPING: Garden maintenance, installations, Clean-ups. Irrigations-installations, repairs, Water-feature installations and repairs. Tree felling, Compost, Lawn dressing, Pool maintenance and repairs, Lawn care program, Rubble removal - contact Doane- 083 456 3480 or email: doane@gengrow.co.za

GARDEN MANAGEMENT SERVICES: Top class garden and pool service at affordable rates. We also specialize in clean-ups, instant lawn, irrigation, tree felling. Contact Rob 082 778 5566.

GOLD THATCHERS: For all thatching requirements, New Installations & Repairs, Painting, Decking, Fire Retarend, contact Moses on 083 726 6353.

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, Pool Repairs and House renovations, call Alex on 073 836 5049 / 071 836 2601, references available in FWG.

HANDYMAN: We offer a reliable, affordable all round handyman service with contactable references. Our services include: electrical, plumbing, pool and garden service, plastering, painting, carpentry, generator repairs and general maintenance. Contact us today for a free, no obligation quotation! KC's Handyman – Bennie – 071 130 7929, Sandra – 072 324 4614, email: kcshoppe@mtlnloaded.co.za

HANDYMAN: British tradesman for all the jobs you hate!!! Building, Total house renovations, Wooden Flooring, Painting, Cupboards, Damp proofing, Tiling, Plumbing, Roofing, Ceilings, Kitchen & Bathroom renovations and electrical work, plastering, paving & alterations...No job too small..Offers a friendly and reliable service, contact Steve – 076 823 6847 / 082 955 5642.

HANDYMAN EMMANUEL: We do renovations, plumbing, tiling, ceiling repairs & installations, cornices & skirting, painting, building work and paving, call Emmanuel on 073 110 3590 / 084 333 0267 / 011 050 7264 / email: emchikati@yahoo.co.uk / www.wondersrenovation.co.za

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

HOUSE CLEANING SERVICES: Moving out and need your blitz!!! We specialize in cleaning homes before new tenants take occupation or after a house becomes vacant. Ready for new owners or tenants. House Cleaning – including cupboards, windows, floors and carpets. Contact Elmarie and her team on 082 955 5642.

HOUSE AND PET SITTER: Why leave your pets alone and away from home in an impersonal kennel? Rather leave them in their own loving home in my competent hands; Mature Lady with 20 years' experience will fill the gap that you leave. Please call Dee-Jean 076 035 6908 / djb160453@yahoo.com, references upon request...NB (including Dainfern, 4WG, Cedar Lake)

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.

HOUSE / PET SITTING: Don't put your pets behind bars when you go away! As a mature woman with many year's experience, I will feed, walk and keep them company in their own home, even living in, call Nicky on 072 129 0698.

LAWN CARE PLUS: All year round lawn care, 14 year's 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 Philippa on her cell 072 208-3587 / Ian on 084 888-1632 / 011 704 4614.

INTERNET & TELEPHONE: Need Faster Internet, contact Travis Copley@Centracom and get a free Feasibility done! Currently running promotions on Fibre, wireless and LTE services. Get a competitively priced quote across 15+ providers within 24hrs. Centracom manage services and implementation. Centracom Do Voip, Cloud Solutions and Connectivity services. Contact Travis Copley on 083 600 4439 / travisc@centracom.co.za

INVESTMENT BUY: Private sale, kids at Tuks why rent? For same price you can own. 3 Bedroom, 3 Bath flat for sale in Cambridge Court Hatfield. 2-minute walk to university of Pretoria, call 082 339 8949.

IRRIGATION – SOFT RAIN: I have gone solo after 4 year's 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.

KARATE: Goju-Ryu Classes are conducted in a fun environment while learning a form of martial arts. Benefits are discipline, strength building, bilateral integration, co-ordination and focus to mention a few. As an instructor I have more than 15 years of teaching experience with Children through to Adults. Ages welcomed from 4 years to 18 + years. A Free Introductory lesson is provided should you be interested. Contact Sensei Roberta 083 309 5352 5th Dan Goju-Ryu Instructor.

MARTIN TSHANA'S TRADING: Waterproofing, Roof Repairs, Roof Painting, Roofing, Ceilings, Dry Walls, Skimming, All Brick work, contact Elijah 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@hotmail.com

M & S TENNIS ACADEMY: Professional tennis coaching ages 5 and up, also available on Saturdays and Sundays, contact Marcel Botha on 083 305 7754. Group Lessons on Thursday 9 to 10am.

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

PAUL POOLS SERVICES: Repair pump filters monthly charge- R550.00 Including chemicals. Contact Paul on 072 193 0680.

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.

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

PAINTING: Is your home in need of TLC? BWowr Painters has 16yrs experience in the paint industry. We assist in colour choices, do the preparation and paint interior & exterior, giving your home an instant increase in value. Contact Vanessa 082 456 7191.

PAINTER: Call Lucus on 072 481 0702 or Sharon on 083 305 8853 for a reference.

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.

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

PLUMBER: (RC PLUMBING) Reliable professional local plumber for all your plumbing maintenance needs at reasonable rates. Please contact Ryan on 082 598 4881 or 011 465 5198.

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

PLUMBING & HANDYMAN SERVICES: By ZIPHI NKOMO – 24hrs – The calibre of our plumbing team's knowledge ensures that any domestic plumbing or handyman query can be met, and our focus on satisfying all our clients plumbing tasks with expediency and unmatched value gives us an edge in the field. During office hours: 011 025 3354, After hours: 071 857 5334.

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

REMS UNLIMITED CORPORATION: We specialize in Building, Painting, Tiling, Plumbing, Wooden Floors, Garden Services, Paving, Swimming Pool & Electrical maintenance, please contact Khorommbi on 011 054 1458 / 071 578 9976.

SPOTLESS WINDOW CLEANING: By PURA-FLO & ZIPHI NKOMO – An economical service that uses NO chemicals.... only purified water to wash any windows, at heights of up to 26.5m safely from the ground. Cleans ANYTHING – including Glass surfaces, Signage, PVC Ceilings External Gutter Cleaning, and so much more! For a personalised quote contact Leo 081 450 0899.

SQUEAKY CLEAN: Specializes in eco-friendly internal & external window cleaning. Our waterfed pole system will reach where you can't, leaving windows professionally cleaned and streak free. Contact SQUEAKY CLEAN on 076 656 1708 or visit our website: www.squeakycleanservices.co.za

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.

TRABLE TREE FELLING: Tree Felling, Trimming & Pruning, Stump Removal & Rubble Removal, Free Quotation, do you need to cut the Wood? Call Pascal on 081 055 4089.

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

TUTOR: High school English teacher in Fourways Gardens offering English tuition. All ages, all levels, matric & beyond, particular interest & experience in learners with ADD/ADHD. Contact Heidi on 082 557 2036.

TUTOR: Extra Math lessons, I provide one on one lessons in your home for Grade 8 – 12, I have more than 9 year's experience in helping students achieve their goals. Please contact Quinton Barnard on 071 492 1152 or quintonbarnard45@gmail.com (FWG resident)

WONDERS CONSTRUCTION & RENOVATIONS PTY LTD: NHBRC registered, we specialize with new construction, extensions & alterations, bathroom renovations. Contact: 011 050 7264 / 084 333 0267 / 073 110 3590 / emmanuel@wondersrenovation.co.za / www.wondersrenovation.co.za

FOR SALE:

PAINTING: We have 3 Michael Albertyn paintings for sale. The sizes are 90x60 and are fully framed, they are part of his early paintings. Interested? Please call Mike on 082 442 1977.

DOMESTIC WORK:

Molly: Has been working for us for the past 4 years, she is very attentive to her duties, hardworking, good with pets and children. We are relocating, prefers live in but could live out, call 084 305 3844, for reference call 082 459 7706.

Thembi: Available on Wed & Sat, reliable and honest, works very well with no supervision. Call Thembi on 082 839 7858, for references call Craig 082 825 9028 or Laura 083 703 5066.

Blessing: Truly a blessing. She is my employee in Fourways Gardens, Mon, Wed & Fri, seeks employment on Tues & Thurs. Please contact Jean Simpkins 082 895 1523.

Alice: Hardworking, honest, lovely lady. She has worked in our very busy household of 3 kids and is always punctual and reliable. On top of the ironing and cleaning, she is always happy to help with extras including staying over at the weekends to look after the dogs, we are relocating, so Alice is looking for either part time (Mon, Wed, Fri) or full time work. Call Alice 071 350 4151 or Nikki 063 394 0362 for a reference.

Goodness: South African looking for domestic work on Tues, Wed & Fri, she has been working in FWG for 5 years and we are relocating. Highly recommended, hardworking, trustworthy and reliable. Fantastic at ironing and cleaning and brilliant with pets, call Goodness on 072 793 0435 or call Chris on 072 623 9148 for a reference.

Thandiwe: As we are moving away, we are having to say goodbye to our amazing domestic worker. We are hoping she can be a part of a new family. She has been loyal, loving, caring & fully committed for 22 years to our family, helped with the children & excellent with animals / all pets. She is needing a full time job as soon as possible. Contact Thandiwe Mini on 072 841 1641.

Rachel: Absolutely excellent Malawian domestic worker who is hardworking, honest, reliable, trustworthy with valid work permit is looking for part time work on Mon, Wed & Fri, good with kids and pets, live out position, call Rachel 073 612 3880 or Nicky 083 792 0083 for a reference.

Nyembesi: Looking for full time work Mon – Fri, she is honest, reliable and punctual, has a childminding certificate, has references, call her on 084 647 8334.

Winnie: Due to relocation, our wonderful nanny / domestic is looking for full time, live in work. She is an extremely caring, hardworking and honest person and took great care of our house and 2-year-old son. Call Winnie on 076 045 8311 or for a reference call Annabel on 072 483 6622.

Thuli: Hardworking, honest and reliable domestic is looking for a part time work on Thurs & Sun, domestic work, child minding, call Lekua for a reference on 071 592 6436.

Auttilia: Seeking employment for Tues, Thurs & Fri, got skills in child minding as well as housekeeping, call 084 431 3031, for a reference call Juli van Zyl 084 604 8912.

Eggnietier: Looking for work on Mon, Wed & Thurs, hardworking and trustworthy, for reference call Alison 083 327 4938 or Eggnietier 081 066 6947.

Margaret: The best domestic helper I ever had Margaret has worked for me for 18 months and is diligent, punctual, self-motivated and huge asset to any household, she seeks employment for Tues & Thurs, call her on 072 298 7435 or Deidre 083 264 5098.

Verna: Looking for live in or live out, full time work, she is very loyal, hardworking & trustworthy, she is good with children, animals & general housekeeping, she comes highly recommended, please contact Verna on 071 634 4991, reference call Mandy 082 464 5085.

Christina: Looking for work as a health worker, she has a certificate and experience in taking care of patients: bed, bath, general hygiene, mobilizing and feeding patients, for a recommendation call 083 889 9444 or call Christina on 072 698 8380, she is a hard worker, honest, communicates fluently and is time conscious.

Beauty: Our precious Zimbabwean domestic worker is looking for a job as we are leaving soon. NB: Beauty does not leave your house until all work is done! She does ironing,

laundry, cleaning the house until it's all bright and shiny, very good with kids and pets, reliable and responsible with humour and kindness. You will Love her! Available on Tues & Thurs, for references call Jessica 082 343 5913 / Gill 079 477 8306 or Beauty on 083 952 4713.

Pretty: Hardworking, honest and reliable is looking for part time work on Mon, Wed & Fri, call Pretty on 078 572 5363, for a reference call Ash on 074 558 4796.

Beauty: Efficient, trustworthy and reliable lady has been working for us for the past 3 years. Domestic work, child minding, house / pet sitting she has done it all. Looking for 3 – 4 day's work a week or possibly full time, as we are emigrating. Zimbabwean with work permit. Contact Beauty: 072 955 8137 (Abby 082 332 4048 for reference)

Annah: Are you looking for a champion cleaner, honest & reliable. Has been our angel for 10 years! Available Mon, Tues, Thurs, Fri & Sat. Please call her directly on 084 084 0133 / 011 467 1260 for a reference.

Mery: Malawian looking for domestic work full / part time basis, please contact her on 083 684 3120 or for a reference call Bernadette on 082 857 7114.

GARDENERS:

Bongani: Seeks gardening work, he is enthusiastic pleasant person, cheerful and hardworking, good with pets, call Heidi 082 557 2036 for a reference.

Mnthali: Looking for work on Mon – Sat, call Mnthali on 060 349 5077, for a reference call 071 767 6839.

Joseph: Malawian gardener of 5 years is looking for work on Tues & Sat, he is hard working and reliable, for reference call Lara on 072 673 3714 or call Joseph on 078 819 4513.

Geoffrey: Looking for work on Wed, has 5 years gardening experience, honest and reliable, call Andrea on 082 889 1232, for a reference call 074 781 6466.

Isaac: Our Hardworking Malawian gardener is looking for work on Tues – Sat in FWG, he is honest, reliable and hardworking, call him on 072 639 1879, for a reference call Dave on 076 237 8671, also looking for a room to rent.

Godfrey: Looking for more work in the week, he also helps with changing lights, fixing stuff around the house and is wonderful with pets, call Godfrey on 061 019 9750.

Shadrack: An excellent gardener, he is always on time and very friendly and honest. He is looking for work on Tues & Fri. Call Shadrack on 079 104 7004 or Nikki 063 394 0362 for a reference.

Joseph: Malawian looking for part time work as gardener or painter on Mon, Wed, Fri & Sat, he is honest and reliable and works well without supervision, highly recommended, call Joseph on 065 524 6300, for a reference call AI on 083 668 6600.

Wellings: Malawian, my excellent honest, trustworthy gardener looking for work on Sat, stays in FWG, call him on 078 589 7996 or Elaine on 083 610 0613 for a reference.

Augustine: Malawian gardener looking for work full / part time, very hard worker, reliable, friendly and honest, call 061 237 8517 / 078 848 9028, for reference call Paul on 078 104 5276.

Vydhah: Malawian looking for full / part time work, call 083 351 2053 or for a reference call Sally on 083 232 3869.

Moses: Efficient gardener is looking for work on Mon, Tues & Fri, he is punctual, diligent and is highly recommended, call 078 761 0214 or for a reference call 082 677 5004.

Bonface: Malawian looking for garden work on Mon, Wed, Fri & Sun, he is good at work, friendly and very hardworking, honest and reliable, for references call Sandra on 079 320 4377 or Bonface 073 390 7324.

Piet: My excellent gardener is looking for work on Wed & Sat, he is honest, reliable, knowledgeable, hardworking, capable of using his own initiative and justifiably proud of his work, he also does general maintenance and can hang curtain rails etc. Call Diane 083 2691241 for a reference or call Piet 076 609 2046.

Andrew: Looking for garden work on Tues & Sat. He is honest, hardworking and does not require constant supervision. For reference call 078 706 6414 or Andrew on 083 645 9607.

Simon: Looking for part time work on Mon, Wed, Thurs as a gardener, painter & driver, honest & hardworking, call Simon on 074 405 6004 or for a reference call Christina on 083 660 8944.

Reuben: Reliable, honest gardener. Currently works in FWG, is looking for work during the week, flexible with days. Contact Reuben on 060 811 6992 / 087 240 6713, for a reference call Jo on 082 873 4983.











Sangwani: Has worked for us as a gardener for the past 11 year's. He is looking for extra work on Mon, Wed & Sat. For a reference contact Gary 082 551 9774 or Sangwani directly 071 068 7204.

Tsepo: All garden work – contact 073 066 1019, for a reference call Karen on 083 303 7773.



APPROVED ESTATE AGENTS FOR 2017/2018

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
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	tania.h@century21.co.za joep.rijntjes@century21.co.za	www.century21.co.za
	Brian Falconer	082 651 7890	brian.falconer@everitt.co.za	www.chaseveritt.co.za
	James Le Bihan	082 777 3543	james.lebihan@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni Maureen James	083 601 5521 082 882 0228	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Droskie	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
	Leonard Fourie	083 648 0806	leonard.fourie@harcourts.co.za	www.4ways.harcourts.co.za
	Philip Myburgh	079 241 1245	philipm@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
	Leanne Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Dee Thomas Sally d'Hotman	083 375 5646 082 442 7693	dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za

Find us in cyberspace



Fourways
Gardens
always at your
fingertips

www.fwg.co.za

Fourways
Gardens
Realty

Life keeps moving along...

Tel: INGRID 083 601 5521

email: info@fourwaysgardensrealty.co.za

website: www.fourwaysgardensrealty.co.za



RENTED



RENTAL R25 000pm

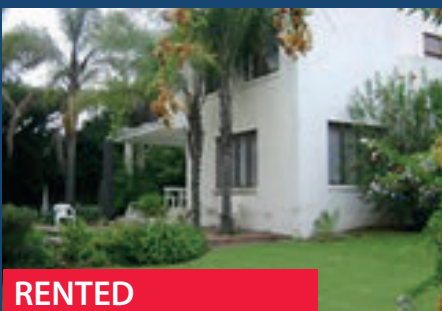


SOLD

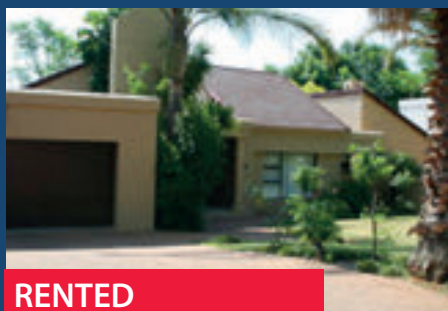


Lonehill 15 Matika

RENTED



RENTED



RENTED



RENTAL R18 500pm

Hit the ground running

The late globetrotting US lawyer, sports agent and management consultant, Mark H McCormack, was the consummate air traveller.

I often pictured him coolly striding through some airport exit in the Far East in his white, uncreased tropical suit; his silk tie unstained by airline coffee and his silver hair neatly in place. And there, at the kerb, just as he knew it would be, was his hire-car with its obsequious attendant dangling the keys, welcoming him by name and bowing ever so slightly.

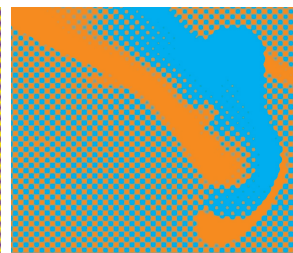
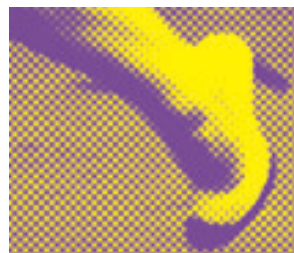
In 1995 Mark H McCormack produced a book on how he does it – how he manages to get things just right when he travels. It is called *Hit the Ground Running: The Insider's Guide to Executive Travel* (Jonathan Ball).

You begin to hate him soon after chapter 2. By chapter 4 you find him perfectly insufferable, but you plough on, fascinated that somewhere out there there's a man who can cut through an airport like a knife through butter and waltz into hotels where the staff shout out his name in ecstasy.

You'll hate him because you know perfectly well that if ever you manage to hit the ground running when your plane lands it will merely mean they forgot to put the steps up against the aircraft door.

McCormack tells you how to get the better of overbooked airlines which say: "Sorry, the flight is full." He books for the same destination on more than one airline. And he tells you how to be comfortable: Never drink something fizzy before take-off – the bubbles enlarge inside you at altitude. You could find yourself floating against the ceiling.

At home he keeps a sort of "busy



executive's survival kit" ready-packed at all times. It contains toilet stuff (no, not Harpic) such as ear plugs, sleeping mask, inflatable neck brace for sleeping and two litres of drinking water... I thought this last item was going too far until I read why he does it. Apparently, some airlines go around the world continually topping up their water tanks with unholy water from the Ganges, water from the Nile from which only the crocodiles have been filtered, and from supplies in developing countries – the water having been passed by Third World health officials, if you see what I mean. The aircraft's reservoir eventually becomes thin vegetable soup with small creatures frolicking and splashing around in it.

In fact if you drink water from an airliner's tanks you are practically guaranteed to hit the ground running.

McCormack tells you what seats to book on different makes of planes, how to ensure you'll have hotel accommodation, how to ensure the headwaiter remembers you. He says you should tip him heavily first time.

(I would argue it is best to *trip* him heavily. That way is cheaper and he'll certainly never forget you.)

"A smart traveler will plan every step of the departure, the flight, the arrival at the airport, the trip to the hotel, and the schedule after."

He recommends the best hotel, restaurant, take-away and golf course in each of several cities. How does he do all this? When you read his dedication you discover his secret. He dedicates the book to "my trusted personal assistants, secretaries and associates" and he then names Laurie Roggenburk, Sarah Woolridge, Fumiko Matsuki, Penny Thompson, Michelle Lane (etc), "who tirelessly work to make sure that I hit the ground running".

That's how – and that's why you hate him. All I have is Threnody Higginbottom, my secretary who files everything under M for Miscellaneous.

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

JAGUAR F-PACE

**BIRDS FLY, FISH SWIM,
JAGUARS ROAR.**



WINNER

WORLD CAR AWARDS

2017 WORLD CAR OF THE YEAR
2017 WORLD CAR DESIGN OF THE YEAR

The Jaguar F-PACE speaks for itself. With a muscular stance and responsive, agile handling, it's no wonder it was voted World Car of the Year 2017. It brings together our latest Ingenium engines, Lightweight Aluminium Architecture and styling cues from the remarkable F-TYPE sports car. And with rear seat flexibility that offers up to 1,740 litres* of loadspace, the F-PACE can adapt to wherever your lifestyle takes you. A car this practical shouldn't feel this exhilarating.

Call or visit to find out more:

Jaguar Waterford

Cnr of Witkoppen and Waterford Dr, Fourways
011 6581445

waterford.jaguar.co.za

THE ART OF PERFORMANCE

**HOME
IS OUR
STORY**



For Sale

Camdeboo | R6 500 000
web ref: 346771



For Sale

Cape Chestnut | R5 995 000
web ref: 457494



Rental

Ebony Place | R57 000 p/m
web ref: 324680



**For Sale/
Rental**

Oudoring Way | R6 450 000 /R48 000 p/m
web ref: 460826 / web ref: 460827

Contact us for any residential Sales, Rentals and Market Related Estimates



Michele Zuccollo

082 850 8356 | 011 467 3233
michele.zuccollo@seeff.com



Trish Walton

082 442 9112 | 011 467 3233
trish.walton@seeff.com

Seeff

Expertise Built Through Generations of Trust

www.seeff.com