



FOURWAYS GARDENS

Residential Estate

April 2019



THE ROLE OF A DIRECTOR ON THE BOARD

Paint Night at Fourways Gardens

Ethiopia's Omo Valley: Emphatically Breathtaking

Fourways Road Runners: Valentine's Time Trial



LIVE RENEWED

Lew Geffen | Sotheby's International Realty
wishes you and your loved ones a safe and festive Easter Holiday.

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Fourways Gardens Specialist

Contact us on 011 469 4950 | dainfernooffice@sothebysrealty.co.za | www.sothebysrealty.co.za
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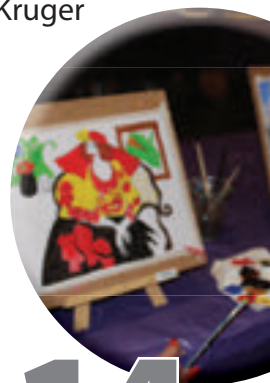
Each office is independently owned and operated.



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IMPORTANT NUMBERS

Estate Office 011 465 7731
info@fwg.co.za

(operating hours 08h00 - 16h00 Mon to Fri)

Clubhouse 011 465 0937

Estate Security 24/7 011 465 5466/5465/2302
Main Control Room or 011 467 2005/ 1400

ER 24 Emergency 084 124

Netcare 911 082 911

Council Service and Enquiries: 011 375 5555
City of Jhb (Water and Sanitation) 0860 562 874

In case of emergency:

Douglasdale Police Station 011 699 1300

Police/ Flying squad 10111

Fourways Life Hospital 011 875 1000

Eskom 086 003 7566

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

9

24

26



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FOR SALE R3,45mil

RENTAL R27 500pm

RENTED

RENTAL R31 000pm

RENTAL R29 000pm

FOR SALE R4,375mil

FOR SALE R5,2mil

MESSAGE FROM THE GENERAL MANAGER

Dear Residents

In this article, I am going to speak about being a Director on the Board.

Each year, we are faced with encouraging homeowners to consider running for the Board of Directors, which can be a very rewarding experience, depends which way you look at it ☺.

We are looking for professionals who are familiar with the Companies Act, and who understand what Corporate Governance is all about in running a Homeowners' Association. Please remember that retired professional members of our community can offer an invaluable service, as they have additional time available during working hours, when important issues require urgent attention. In addition, retired professionals come with a wealth of information to add to our community.

Here are some of the most important portfolios in managing an Estate that we are looking for Directors to fill:

- Security
- Finance
- Legal

- Human Resources
- Gardens and Landscaping
- Architecture, Environmental
- Communication and Events, which also includes our Restaurant.

A homeowner who takes on the role of a Director on the Board is a special individual with many different motivations. I believe that the biggest motivating factor in being a Director on the Board should be the willingness to step out there and make a difference in our community. The main priority, however, is to protect not only your own investment, but also those of all the other homeowners. Yes, sometimes it may seem like a thankless job, but it can also be very rewarding, by knowing that you are making decisions that are in the best interest of the Estate, and in doing so, making the Estate more marketable by enhancing the property values.

Sitting on the Board puts you in a position of trust, showing that you are willing to take responsibility for being a part of what's happening, rather than being a bystander. You will have the pleasure of working with a group of public-spirited homeowners trying to do the right thing for the community.

In doing so, you will feel pride and pleasure when things go right. You will not always get the thanks from your fellow residents you think you deserve as a Director on the Board, therefore the rewards should come from within, in making a difference.

Residents will love or hate you regardless of how carefully you tread, so make ethical decisions in the best interests of the community, and move forward. Recognise that this temporary situation in which you find yourself is a unique opportunity to significantly impact on your community's lifestyle, your fellow residents' well-being and, most importantly, your own sense of self-worth.

If you are prepared to serve on the Board, please feel free to e-mail me directly with any questions. We ask members who are prepared to stand to indicate which portfolio they are interested in, as well as their experience in that field. Emails may be directed to gary@fwg.co.za.

Gary



Gary Haynes

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

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TAKE CARE DURING THE HOLIDAY PERIOD

The public holidays are a time for rest and relaxation, and many people use this opportunity for a well-deserved break. If you are going away, please remember to complete the Holiday Home Form at the Security Office.

SAFETY TIPS

Out and About

- 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 embark on 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.
- 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.

Child Safety

- Always keep a close eye on your children. Don't let them wander off on their own or be without the supervision of a responsible adult.
- Never leave children in the care of an adult you don't trust. Don't leave children under the supervision of other children.
- Never leave children alone in a car.
- When travelling by car make sure that babies or young children are buckled up or in a car seat and drive responsibly.
- Child-proof your home or the place you are staying by making

Stay in touch

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



sure that all dangerous substances and items are out of reach. Make sure that all electrical wiring is safe and swimming pools are sealed off with a SABS-approved safety fence or safety net, preferably both.

- Talk to your children before a family outing. Make a rule that you must always be able to see them, and they must always be able to see you. It may sound simple, but keep reminding them periodically, especially if you think they're getting restless.
- Use the "two giant steps" rule – your children should never be more than two giant steps away from you. It's a fun and uncomplicated way for young children to remember not to wander away.
- Teach your children that if they ever become separated from you, they should look for a "safe stranger" for help. Some examples include a mom with kids or a cash register person.
- With older children, agree on a "meeting place" ahead of time, in case you become separated. Make sure that your children know your cell phone number.
- Teach your children never to leave the mall or store to go looking for you, no matter what anyone tells them.
- Remind your child that you would never leave until you are reunited.
- Establish the "check first" rule with older children. They must always check first with you before going anywhere in a public place, including another store, play area, or even the restroom.
- Don't treat public facilities as a "convenient babysitter." Do not leave your children alone at movie theatres, play areas, or other public places. Predators are known to look for unsupervised kids.
- If older children go to the mall, teach them to always stay in groups. If a stranger tries to get them to leave, they must scream and make the people around them aware of what is happening.

**Report all security matters to the
onsite Security Control Room
immediately without delay:
011 465 5466/5465/2302
011 467 2005/1400**



INDABA HOTEL, FOURWAYS LAUNCHES HERITAGE RESTAURANT

Steeped in history as one of the oldest accommodation options in Fourways, Johannesburg, the charming Indaba Hotel now welcomes guests with a refreshing facelift and spruced up restaurants, including the new Bistro 407, that honour the hotel's countryside roots.

Bistro 407 is a smaller, more intimate eatery within the larger hotel dining area and is now open for more upscale dinners.

The name of the new bistro is a nod to the history of the Indaba Hotel, as the property began its life located on lot 407 of the original farm, Zevenfontein.

More heritage commemoration can be found in the two new signature cocktails, namely the 407 Lavender Pina Colada and the decadent 407 Toasted Marshmallow Daiquiri, which features Toasted Marshmallow Flavouring and White Chocolate Sauce. Other tempting Bistro 407 menu options include Scottish Salmon, Wild mushroom & sun-dried tomato risotto, Lamb Noisette, perfect Smoked Pork Belly and the 407 Death by Chocolate dessert.

In addition to Bistro 407, other Indaba Hotel upgrades include the spruced up Courtyard Bar, which is an outdoors cafe set below the tall trees of Johannesburg's urban forest and centred around an original farmhouse feature, a sweet 1950s-era fountain.

**TANTILISE YOUR TASTEBUDS BY BOOKING
YOUR TABLE AT BISTRO 407. OPEN TUESDAY
TO SATURDAY FROM 18H00 UNTIL 22H30**



BISTRO 407 AT INDABA HOTEL, FOURWAYS
CNR. WILLIAM NICOL DR & PIETER WENNING RD
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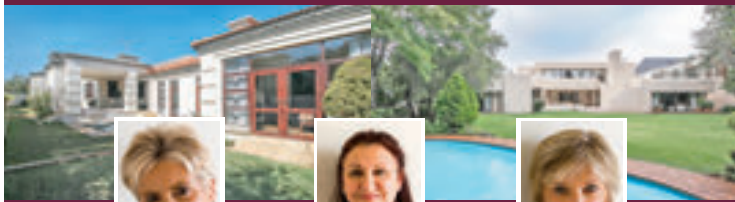
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Gaye
083 601 1593
gaye@gcr.co.za



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



Sue
082 452 0086
sue@gcr.co.za

Monthly Draw – 22 February 2019



Our Monthly Draw takes place on the last Friday of every month in the Clubhouse at 7pm. All homeowners in good standing are automatically entered into the cash draw using their stand numbers. In addition, all other visitors on the evening stand a chance to win one of the lucky draw prizes.

The lucky draw prize winners for February were:

Kiddies voucher – Gareth Ferguson

2nd Hamper – Sue Smith

1st Hamper – Yvette Coleman

Lucky Draw rollover

John and Jenny McMillan from 19 Redbud Road were drawn for the cash prize. Unfortunately, they were not in attendance. The pot rolled over by another R1 000 so the prize value for 29 March will be R8 000!!

Thanks to Joep and Tania from Century 21 for sponsoring this fun evening!



These fine properties for sale!

FOR SALE



R5 295 000

Web Ref: 21DN-2476

Large family home on a corner stand with double volume entrance, including a formal lounge and dining room plus a family room with built-in cocktail bar & fireplace. Open plan kitchen with granite counters, a pantry and scullery. 5 Bedrooms all on the upper level (2 with aircon) and 4 bathrooms (3 en-suite). Guest cloakroom. Also included is a The home private study and a roof top studio or gym, Large covered patio with built-in braai overlooks the large pool and walled garden. Staff suite and storeroom. Double automated garage plus double covered carport.

FOR SALE



R4 995 000

Web Ref: 21DN-2920

Spacious modern interior featuring a formal and informal lounge plus a TV lounge with built-in wooden bar and TV lounge. Formal dining room opening onto the patio. Japanese styled courtyard garden off the study. Covered patio overlooking the large sparkling pool featuring wooden decking, set in a spacious private and walled garden. Modern fitted kitchen with breakfast nook including high-gloss fitted cabinets and granite work tops. Upstairs features a rumpus room, home office or gym. A separate wing hosts a spacious bedroom with Victorian en-suite bathroom. 4th bedroom or optional granny flat, complete with kitchenette and en-suite bathroom. Double garage and off street parking for guests.

FOR SALE



R3 595 000

Single storey home on a spacious 1023 sqm stand with lots of opportunity to expand with reinforced foundations for double storey, allowing you to create your dream home! 3 Bedrooms and 2 full bathrooms (MES), with 3 reception areas. The large kitchen has been newly renovated with granite tops and lots of built-in cabinets, providing ample storage space. Separate scullery. This kitchen is adjacent to the dining room which opens onto the garden and pool. An outdoor gazebo/ games room with built-in bar and braai area, is ideal for outdoor entertainment. Sparkling pool set in a spacious private garden. Staff accommodation. Double automated garage and additional car port for 2 vehicles.

FOR SALE



R4 950 000

Web Ref: 21DN-2973

Set on a corner stand with a walled garden, this 3 bedroom home has been newly renovated and perfect for the family who enjoys entertaining. A gated entrance lead to the front door which opens into the interior featuring two large reception areas plus a spacious dining room. Included is a state of the art wine cellar, open-plan modern kitchen fitted with granite tops and ample cabinets for storage, boasting a gas hob. Private home office. 3 Bedrooms and 3 bathrooms, 2 en-suite, with modern fitted vanities in the bathroom and a walk-in closet in the master bedroom. A gym or optional 4th bedroom. 4 Fireplaces offers warmth to the interior. The entertainment areas all open up onto a large sunny covered patio that offers ample space for an outdoor entertainment. Sparkling pool and mature garden. Double automated garage and driveway parking.

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified evaluation. 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!

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756

Tel: 011 460 1599 | Email: lifestyle@century21.co.za | www.century21.co.za

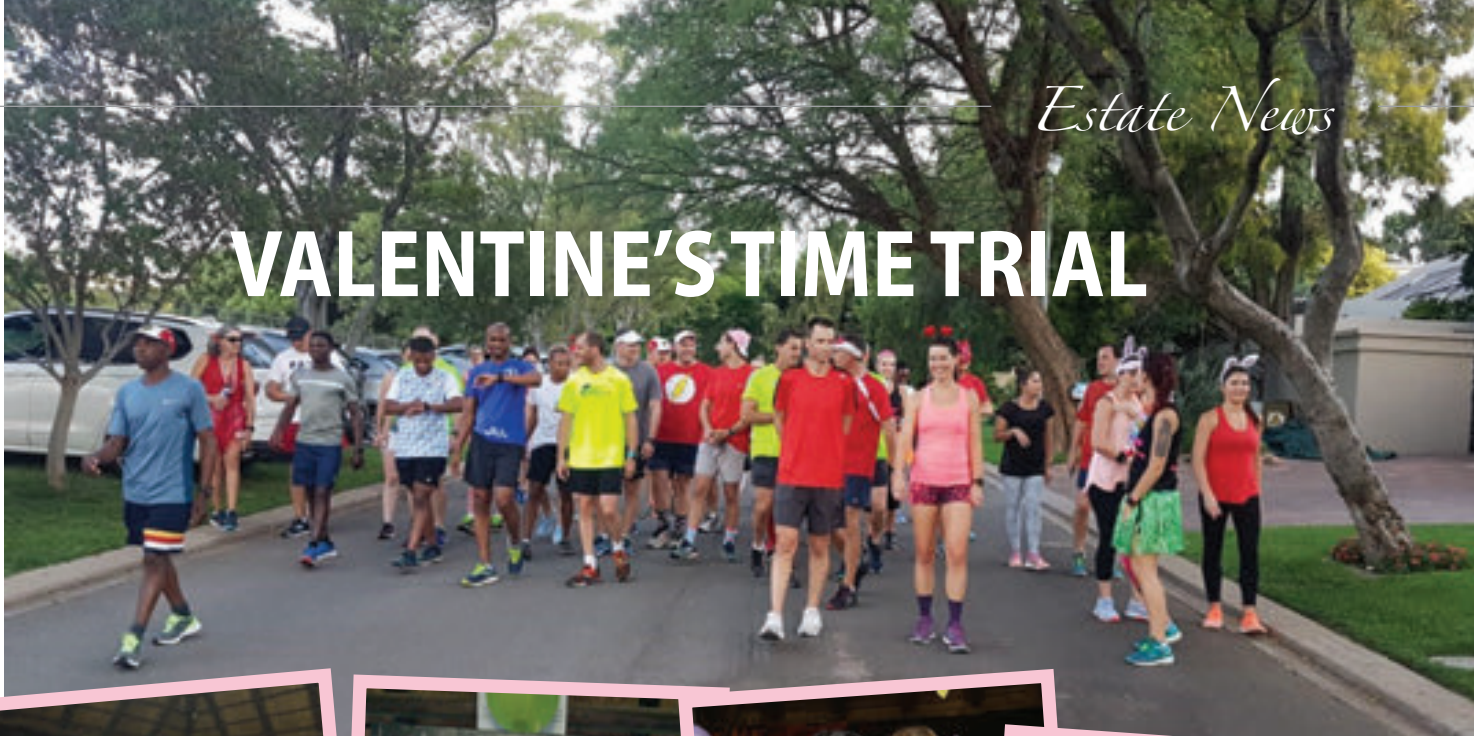
FWG ACTIVITY PROVIDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00					
08:30		Pilates - Tracey (8:30-9:30)		Pilates - Tracey (8:30-9:30)	
09:00	Yoga - Wendy (9-10:15) 011 465 7155 083 400 6211	082 894 6096		082 894 6096	
09:30					
10:00					
10:30	Nunu's and Nannies (10:30 - 12:30)			Nunu's and Nannies (10:00-12:00)	
11:00	Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com			Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00			Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www. dramaafrica. com	Ballet (15h00-15h30) Nicky Ridley 072 238 8063 nickyridley33@gmail.com	
15h30					Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
16:00			Boxing lessons (16:00-17:00) Sean 076 854 8650		
16:30	Jazz (16:45 to 17:45) Debbie 082 425 6098	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					Boxing lessons (17:00-18:00) Sean 076 854 8650
17:30					
18:00	Yoga (18-19:15) Wendy 011 465 7155 / 083 400 6211		FWG Running Club secretary@ frra.co.za Mandy 083 462 2725		FWG Running Club secretary@ frra.co.za Mandy 083 462 2725
18:30					
19:00					
19:30					
20:00				Ballroom and Latin Social Dancing (19:30-20:30) Zane 079 550 0755 dancingdna5678 @gmail.com	
20:30					

Clubhouse Phase 2 Outside Phase 2 Tennis Gazebo

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

VALENTINE'S TIME TRIAL



For many of you, the sight of runners circling the same block, pounding the same hill or madly racing against one another on a Thursday night has become the norm. But running is not all this group does well! They have been known to socialise and have fun on more occasions than can be counted. The most recent of these was the Valentine's Time Trial run which took place on 21 February 2019, a week later than the original date, for on that night Cupid was not shooting arrows of love but rather firing bolts of wild electricity, which was enough to make even the bravest of runners panic hysterically and stay indoors.

While the notion that distance running means occasional parenting, and running widow(er)s and running-based holidays are somewhat true, it is important to us at Fourways Road Runners that families, partners and friends are always involved and included.

Thankfully, we are not all 'run' and no 'heart'. This year, we introduced our Development Runners' Programme

and identified 2 runners that fit the criteria. We have purposefully kept the programme very small so that we are able to give the runners the necessary attention and, where possible, financial assistance.

Our Valentine's social saw the introduction of a Kissing Booth, where you wooed the one you love (or want to love) and in return for your public display you made a small donation to the Development Runners' Fund.

Our Kissing Booth is for hire and all proceeds go to the Development Runners' Fund. However, you may find it easier to rather give a small donation. This will help us send our runners to key race events, such as Comrades and Two Oceans, and we would be incredibly grateful to be in a position to make this happen for them.

Thank you residents of Fourways Gardens for opening up your roads to the club, providing a safe place for us to do what we love.



ARTIFICIAL INSTANT FIXES FOR YOUR GARDEN



Fourways Gardens Gardening Club's monthly meeting on 17 March 2019 was presented by Gaynor of EASYIVY, a premium artificial foliage company that offers instant fixes to your gardens and homes. We learnt that this premium product, which has a 5 - 8 year lifespan, is 100% fade-resistant and, of course, 100% maintenance-free too!

EASYIVY offers three ranges, from economy to Lux, with 18 different options to choose from. The products are perfect for vertical gardens, green rooftops, privacy screening and even to hide an unsightly Jojo tank. They also offer topiary balls, artificial hedge boxes and lattices, which can help the aesthetic appeal of your home. The lattices are easy to fit and Gaynor, who is responsible for sales and projects in JHB, is happy to come out and advise on specific applications. One example of their work can be seen at the Conservatory Building at 13 Baker Street, Rosebank.

Call 082 329 5804 or email: gaynor@easyivy.co.za for more information.





YOUR RESIDENT Property Specialist!

*"I have been living and selling property
in Fourways Gardens for 14 years!
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Francesca Beattie*

FOR SALE



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PHASE 2

Asking R3.65m

FOR SALE



PHASE 1

Asking R3.49m

SOLD BY US



PHASE 1

Asking R2.65m

FOR SALE



PHASE 1

Asking R4.85m

RENTED BY US



PHASE 2

I have known Francesca for many years and she has assisted me with a number of property requirements. She placed a long-term rental in an investment property, as well as selling 2 houses.

Fran is always available, goes the extra mile for her clients, and regularly provides feedback on her activities. She is a consummate professional and an extremely ethical person.

All my dealings with her have resulted in the desired outcome and have been a pleasure. I particularly appreciate her sense of urgency, so that her sales and tenant placements are speedy.

I hold her in high regard and would highly recommend her for any property services.

Lynda Burns



FRANCESCA Beattie
properties



info@fbproperties.co.za



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011 705 2384 / 083 678 8001



APRIL IN THE GARDEN

Garden care/Tips

April is an excellent time to plant, as during the cold winter months the plants have time to settle in and develop root systems before the heat of summer arrives.

If you are living in an area prone to frost, be sure to pick up some frost protection from your local garden centre before winter arrives in full force. Planting in advance will allow you to make sure you have all those delicate plants protected before you are caught off guard.

TO DO MULCHING

Mulching your beds will help to keep the soil temperature slightly warmer during chilly nights. You will benefit in the long run if you spend a little time in your garden, clean up the dead plants and add to the compost heap. Turfnet organic mulch breaks down over time so it maintains soil nutrients, contributes to soil health, reduces winter injuries, helps to discourage weeds, prevents soil erosion, controls pests, encourages earthworms to move in and also makes your garden look more attractive.

PLANT

Now is also an excellent time for transplanting all trees and shrubs as the worst of the summer heat is over. Before transplanting them, prepare the soil in the new position by adding plenty of Turfnet's contour compost. You can also plant:

- Poppy, pansy and gazania seedlings

- Bulbs such as Watsonia, freesia, ixia, daffodils, irises and tulips
- New roses
- Perennial plants such as lupins, Shasta daisies and aquilegias.

And then add the last of the spent summer bedding plants to the compost heap.

SOW

It is not too late to be sowing seeds for great winter gardens, and nearly all cool season varieties will thrive if sown early in the month. Start with veggies now:

- Peas
- Parsnips
- Carrots
- Onions
- Beetroot
- Broccoli

For winter, start sowing healthy herb seeds in windowsill containers. All you need for a good crop is high light levels and a reasonable indoor temperature. Guard against leaving containers on windowsills overnight as glass is not a good insulator and the cold will affect the plants.

SPRAY

It's time to start preparing for the inevitable

onslaught of garden invaders. They may be tiny, but they can cause serious havoc to your plants and soil.

Snails and slugs love the young, tender leaves on your new plants, so remember to scatter a few snail bait pellets around when sowing seeds or planting new seedlings.

Alternatively, place cardboard collars (made from a 'slice' of toilet roller inner) around all your new seedlings to prevent any snails or slugs from getting up close to those new leaves. Closely inspect your flowers and if there are still a few of these pests around, control the infestation with a plant protector, or snail ban and snailflo which you can pick up from your local accredited garden centre.

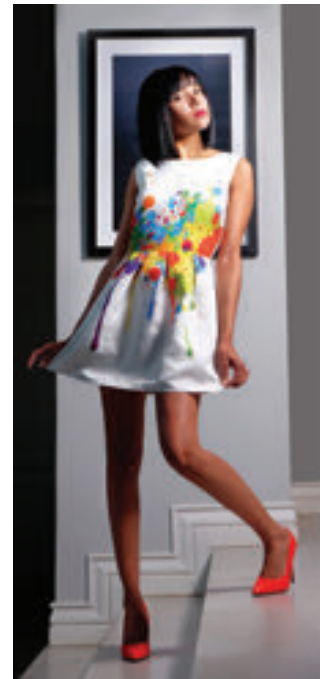
FEED

To keep your lawn, plants, seedlings and soil healthier, you need to feed them. Turfnet products are the best garden feeding products and have all the nutrients that you need for your garden. Because they are natural and organic, they are good for anything, including humans. They are used to improve plant growth rates and to boost the yields of flowers and fruits.



To feed your garden, call the TURFNET Office. The friendly help desk lady will be ready to HELP YOU!

To purchase natural gardening products, or for more information on how to be eco-friendly, give Turfnet a call: 073 935 9754/011 469 5051/4 • School road, Plot 17, Diepsloot



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STYLE SHEET & POSES

We do hair, make-up, and styling guidelines to ensure that you look your best natural self. A lovely 'Guide to Posing' allows for a unique expression that rocks.

PORTRAITS AND PACKAGES (INTRO OFFER)

Choose from a variety of styles (from R3,900 to R8,000 for Full House) to best tell your story. Once you have paid your Session Fee of R400 to secure a Shoot date, you will receive your Package Selection bundle - and that's where all the fun begins!



Let's start the Conversation

MOBILE : **083 310 1348**

ALTERNATE : 074 187 1535

LINDA.MAG.DESIGN@GMAIL.COM



100% at your service.

There is something truly exceptional about Fourways Gardens, which is why we love selling and letting homes here. With our extensive property knowledge within the area, we'd be delighted to help you achieve the best price for your property.
You're invited to be in touch and benefit from an Exclusive Mandate with Pam Golding Properties.

Martina 083 260 1562 • martina.forsyth@pamgolding.co.za
Tracey-Lee (rentals) 083 654 2729 • traceylee.savage@pamgolding.co.za

PAINT NIGHT AT FOURWAYS GARDENS

Our first Paint Night was hosted on 13 March 2019 at the Clubhouse. The evening was fully booked and our resident budding artists had a fun evening of chatting, drinking wine and, of course, being creative!

Natalie from cathARTic walked our residents through the night, step by step, but leaving space for individual creativity. Even though everyone painted the same picture, the results were very different. This all depended on the personal level of creativity, taste and, towards the end of the evening, how much painting and/or chatting took place!

We will definitely host this again in the near future! Keep an eye out for our newsletter and Facebook announcements of upcoming events!





FWG WINE CLUB Presentation of Delheim on 6 March 2019



Fourways Gardens
Wine Club

The family-owned Delheim estate is situated high on the slopes of the Simonsberg Mountain, 50km from Cape Town, and it is here that the Sperling family has been making wines of character for many decades. The late Michael Hans "Spatz" Sperling was the patriarch and a South African wine industry legend. His wife Vera still resides on the farm along with two of their children and their families. All year round, visitors to the estate can experience the farm with its majestic surroundings, their superb wines and the wonderful food they serve in their restaurant.

On 6 March 2019, the Fourways Gardens residents in attendance were treated to a selection of Delheim wines in the comfort of their own estate. The wines on offer were the Pinotage Rosé, Wild Ferment Chenin Blanc, Gewürztraminer, Shiraz Cabernet Sauvignon, Merlot and Shiraz, offering something for all taste buds and preferences. Two of these wines are even vegan-friendly due to the use of protein isolated from potatoes and peas!

Delheim produce a range of award-winning wines, led by the majestic Grand Reserve which, since its release in 1981, has been honoured with much prestigious recognition. Their ever-popular Pinotage Rosé (the first of its kind to be produced in South Africa, in 1976) that was tasted on the night, and the quirky Spatzendreck dessert wine, are just two of the other favourites that have helped to turn Delheim into a household name.

A holistic approach to community and land, to winemaking and to enduring good business practices are what sustain Delheim. The aim has always been to nurture a strong culture of sustainable development on the farm and within the surrounding community that works together on the Delheim estate.



New at Fourways Gardens Clubhouse: Hoegaarden Draught coming April 2019! Hoegaarden will be included in our normal happy hour (Half price, Monday-Thursday, 6-7pm). Hoegaarden will also be the only draught on Happy Hour promotion on a Friday (Half price, 6-7pm)!



NATURALLY DIFFERENT

A WINNING COMBINATION

Herbacious and (orange) zesty.

Hoegaarden can be considered the original craft beer as its brewers were amongst the first to experiment with exotic flavours, setting the trend for all modern craft beers. Coriander and bitter orange are not "typical" beer flavours, though thanks to Hoegaarden they've been with us for decades. Together, they're distinctive, bright, and easy to drink. Like summer in a glass. And the story of how they came to be together is one worth sharing.

All about that orange.

The first wheat beers were incredibly sour, at least until Belgian monks began experimenting with dried orange peel and coriander from the Curaçao. Since then, the bright and fragrant flavour of orange peel has been a mainstay ingredient in Hoegaarden.

Yes, really. Coriander.

Like the citrus that came from Curaçao, coriander made its way to Hoegaarden. Its addition, along with orange peel (of course), gives Hoegaarden its bright refreshing flavour.

HOEGAARDEN AWARDS.

World Beer Cup



Since the start of this biennial event in 1996, winners of the World Beer Cup have been recognized with the highest level of praise in the world of beer. Hoegaarden has been a medal winner at the event 9 times over and is also the most awarded Belgian wheat beer in World Beer Cup history.



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Casual Meals

Brunch, picnics, & patios



The Wine Moments

Going after white wine drinkers.

The Hangouts

A perfect beer
For the outdoors.





EASTER EGG HUNT AND FAMILY FUN DAY

**CHILDREN AGED 2 – 10
MAY PARTAKE IN THE EGG HUNT
FOLLOWED BY FAMILY FUN DAY FOR ALL!**

Phase 1 Park - Sunday, 7 April
Egg hunt at 9.30 am
Family Fun Day and Picnic 10 am

**Games in the Park for all ages, Croquet, Table
Tennis, Badminton, Park Cricket and Jumping
Castle!! Braai fires will be made available.**

Easter Egg Day proudly co-sponsored by
Fourways Gardens HOA & Campbell Property Group:



**CAMPBELL
PROPERTY GROUP**

Even though you're
growing up, you should
never stop having fun.

– NINA DOBREY



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is Book Club at the Clubhouse at
06:30 for 7pm. Annie abgrealy@iafrica.com



The 1st Tuesday of each month:
Coffee at the Clubhouse at 2:30pm
run by Rose - rose18@westnet.com.au



The 4th Tuesday of each month:
Art & Ceramics at Morag's house
run by Morag - morag@vlaming.co.za



The 1st Wednesday of each month:
Wine Club at the Clubhouse
run by Clubhouse and HOA – clubhouse@fwg.co.za



Every Friday:
Bridge at the Clubhouse at 1pm
run by Norma - normandyjohnston@gmail.com



The 2nd Tuesday of each month:
Charity Group at the Clubhouse at 3pm
run by Annie - abgrealy@iafrica.com



Every Tuesday Tennis at the Clubhouse courts at
7am and Wednesday evenings at 7pm - court 2.
These are run by Ria - Ria@Treasures4U.co.za



OMO VALLEY: EMPHATICALLY BREATHTAKING

BY SIMONE OSBORNE, FOURWAYS GARDENS RESIDENT

I recently visited the Omo Valley of southern Ethiopia to photograph and learn more about the various cultures of the region.



The Omo Valley is a place like no other. It is spectacularly diverse in terms of ecosystems, cultures and language. The area is a cultural melting pot with at least 16 distinct ethnic groups who have managed to retain their traditional lifestyle. The harsh environment makes it undesirable to outsiders as it is mostly dry, inhospitable and extreme, thereby preserving its unique local ethnic communities.

My journey in the Omo Valley was a phenomenal experience. We spent time with 7 different ethnic groups and learnt that each group has unique and individual traditions. The trip was life-enriching and the images I captured are like no others I have taken. Each day presented a different interaction and opportunity to the previous day. My photographs grew in depth and meaning and each has a fascinating story of tradition and custom. As a photographer, I grew and developed as I became more enthralled by the knowledge about each group's history

and traditions. Here are two of the clans that I found really fascinating:

Mursi

The most well known ethnic group, the Mursi, live a predominately pastoral lifestyle. Today, the Mursi population is approximately 7 500 and they are famed for their lower lip plate. About 6 - 12 months before marriage (usually between 15 and 18 years old), a young woman has her lip pierced by her mother or a kinswoman. The initial piercing consists of an incision in the lower lip of around 1 - 2cm and a small wooden peg is inserted. After the wound heals, the peg is replaced by a slightly bigger peg and, once the incision is at 4cm, the first lip plate is inserted. Every woman crafts her own plate from clay and takes pride in its decoration. The final diameter ranges from 8cm to 20cm.

Scarification is also practised. Scars are usually made with a razor blade and dirt is rubbed into the wound to make the scar stand out. The Mursi tribe also



wears a lot of metal armbands, bracelets and anklets and on special occasions will adorn themselves with headdresses, animal skins and warhog tusks.

Dassanech

The Dassanech people are the most southerly group in the Omo Valley. Over time, the ethnic group has absorbed many different people and can be divided into approximately eight clans, each with its own customs. The Dassanech population is around 47 500.

Both men and women adorn themselves with beads and bracelets and wear clothes made from leather. Men often carry a small wooden stool to sit on. Both Dassanech men and women are circumcised as a pre-requisite for marriage. Boys undergo circumcision together in temporary huts built for the occasion, whilst girls are circumcised around 10 - 12 years of age, normally in a mother's house, with girls of the same age participating in the same ritual. Once the



ritual is completed, the girl wears a necklace given to her by her mother and a leather skirt. She is now considered an adult and marriage usually takes place shortly thereafter.

To celebrate the beauty and diversity of the Omo Valley people, Simone Osborne Photography and Kirsty Ho Photography will be hosting an open exhibition on Saturday 4 May 2019 at Upstairs in the Bamboo Centre, cnr 9th & Rustenberg Road, Melville from 9am to 4pm. Come along to learn more about "An Africa untouched by our own culture".

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BY JAMES CLARKE,
PHOTOGRAPHY BY
MARY BROADLEY

AN HOUR IN KRUGER

We were booked into Tamboti Tented Camp, a five minute drive inside Kruger Park's central entry point, Orpen Gate.

The safari tents, set on platforms head-high above the ground, range from being quite basic to large – large includes a kitchen and dining area on the platform.

The tents, each out of sight of the others, overlook the wide but usually dry N'waswitsontso River. We found a set of recent elephant footprints coming straight across the river to within a few metres of our dining corner but an electrified fence had intervened.

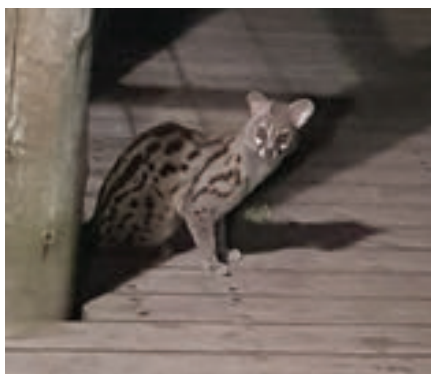
A spotted genet arrived at dinner time and although it came no nearer than 3 metres from our table it plainly expected to be fed. There's a R500 fine for feeding wildlife which is tough on women because they are hard-wired to feed any animal that looks at them. I suggested Mary found a mouse or small bird to feed it – genets love them – but my suggestion was met with narrowed eyes.

Next morning our breakfast companion was a tree squirrel that also kept its distance but was also hopeful of a hand-out. Unlike the genet, it's a vegetarian though it doesn't mind an insect or two.

On our last day in the park we set off at 6am but on an expedition outside the park. We decided to spend the morning driving back the way we had come two days before – back along the Mashishing (Lydenburg) road as far as the JG Strijdom Tunnel next to the market stalls.



Safari tent on a platform



Spotted genet waiting for a handout of food



Michael Kumako at the Taita Site

This was because, while at Tamboti, we heard that a Taita Falcon – arguably South Africa's rarest bird – was in residence at the tunnel. It was too good an opportunity to miss. I'd had a very unsatisfactory siting a year before and, for Mary, a member of that exclusive fraternity whose members have positively identified over 700 South African bird species, the Taita would be a lifer.

Via her phone she had arranged a meeting with Michael Kumako who runs a souvenir stall at the tunnel and

who's an authority on the falcon. And there he was, waiting at the side of the road with a scope on a tripod. The scope was lined up ready for us and, at a neck-craning height, there sat the elusive predator.

Taitas sit on cliff ledges waiting for birds, even a fast-flying swift, to skim past whereupon they dive after it at a speed that must approach 200km/h and pluck it from the air. A great example of fast food.

I bought one of Michael's hand-crafted dishes bearing his really excellent hand-painted likeness of the bird. He sells them at R200 but "only to people who have positively identified the falcon". So this, for me, is something of a trophy.

But what a wonderful way to earn an honest living and it is thanks to Birdlife Africa which bought Michael the scope and to the Endangered Wildlife Trust whose Environmental Education Awareness scheme trained him as a nature guide and, in particular, bird guide. He has identified more than 40 species near the tunnel entrance.

The Taita disappeared for four years. "It was awful," said Michael whose income dropped to almost nil.

The escapade left us with only four hours back inside the park for we were due in Hazyview late in the afternoon. Once back inside, we were driving along the Orpen/Satara road when we were flagged down and told of a kill along the S36. The turn-off was two minutes ahead to our right. We had just enough time – one hour in fact – for a brief excursion down the S36.

It's amazing what we saw in that hour.



Scavengers doing their job



Big mamma and family



Unusual sight

The kill turned out to be a few days old; the wreckage of a full-grown buffalo lying next to a fallen tree trunk along which sat several hunched-up white-backed vultures looking like a row of morbid rubbernecks. Several hyenas were crunching away at the rib cage while two black-backed jackals darted in and out snatching what they could.

We drove a little further along to the Muzandzeni picnic spot where we were rewarded by seeing a Scops-owl asleep in a tree. We turned back, stopping again at the carcass and noting how quickly the hyenas had chewed down each of the main ribs that looked as tough as car springs.

We were about to drive off when, from over a low rise behind the kill, a four-

ton elephant materialised and began hurrying towards us. It appeared to be fleeing from something. Seconds later, a dozen more elephants and small calves followed – all running. They crossed the road just ahead of us.

It was only then we realised they were making a beeline for a sunken pool to our left and into it they tumbled just like a joyous family on a hot afternoon: splashing and drinking and dousing themselves with water.

Minutes later we came across two giraffe totally relaxed, sitting on their haunches – a sight one rarely sees.

We also noted, within that allotted hour, buffalo, kudu, duiker, impala, steenbok and zebra.



Ancient bull

What a haul! But that's what makes Kruger the greatest wildlife show on earth.

AUDI Q2

BY SAMUEL DA FONSECA, PROUD FOURWAYS GARDENS ESTATE RESIDENT

In a market that is demanding more SUVs and crossovers with each passing month, how does the Audi Q2 manage to stand out from the crowd of 'boring' small SUVs? Put simply, it doesn't. However, that isn't necessarily a bad thing.



In terms of small family SUVs, the Audi Q2 is as interesting as they come. Audi claims that the styling of the Q2 resembles that of a football player with aggressive body lines and a staunch stance coupled with a sharp front-end. It definitely looks the part and even more so because there are a variety of customisation options to set your Q2 apart from lesser crossovers. For instance, the Q2 features a side-blade on the rear-quarter of the car which can be had in just about any colour your heart desires. The interior is also available with a host of customisation options such as unique coloured trim and ambient lighting packages.

Small SUVs need to be practical and the Q2 ticks all the boxes a family would care most for. Boot space is a whopping 405 litres with the seats up and the boxy shape of the Q2 makes it easy to pack the boot full of items. Passenger space in the rear is also admirable in the Q2. It makes light work of carrying three passengers abreast in comfort and fitting a child seat is made simple by easily accessible Isofix points. There are loads of storage spaces dotted around the cabin, all of which manage to fit larger items such as bottles and sunglass cases.

Once seated inside the Q2 you will immediately find that it is a pleasant place to spend some time in. Build quality is top-

notch with only the softest materials being utilised. Driver comfort is also top-class with loads of seat adjustment options available. Although electric seats and lumbar support are an optional extra, you nevertheless won't find it difficult to find



very easy to navigate. Bluetooth is also standard but you will have to pay extra for features such as Apple Car Play/Android Auto, sunroof, dual-zone climate control, reverse camera, virtual cockpit and LED lights, and leather seats to name a few.

When driving, the Q2 comes into a world of its own. Its raised ride height allows for a higher drive whereby you'll be looking down on the other hatchbacks on the road. The drive feels safe, solid and confidence-inspiring. In fact, if you decide to take the Q2 for a spirited drive through some corners, the sporty characteristics and road manners of the car will surprise you.

There are 2 engines to choose from, both being turbocharged – the 1.0TFSI and the 1.4TFSI. The 1.0TFSI is good enough to get you around town in a relaxed fashion with relatively low fuel consumption - under 7.0l/100km, but it is the 1.4TFSI that is the pick of the two. With over 90kW and over 200Nm, it makes overtaking and accelerating a breeze and, if you are after a sporty experience, it is definitely the engine to go for.

All in all, the Audi Q2 is an attractive package for a small family. It offers admirable practicality as well as class-leading safety. What's more, you can make your Q2 stand out from the run-of-the-mill crossovers on the streets of Jozi and it even offers a raised driving experience that still manages to be sporty.



Images courtesy of QuickPic

a comfortable raised driving position without them. The Q2's list of standard kit isn't all that boastful but you do get a 7-inch screen infotainment system that is



SOLVING YOUR RE-LOCATION BLUES

BY JOSH TRUTER

Brytons Removals will guarantee that you have the smoothest transition when moving overseas.

So many people these days lead such high-pressure lives that even their family time and recreational activities have to be programmed into their busy schedules. If they are also executives at the top of their game, it probably means that they have to travel, too. So, when their company decides to transfer them to another part of the globe – or if they and their family decide it's time to re-locate – what happens? They have to STOP. Somehow, they have to bring the wheels of their busy lives to a grinding halt – because moving takes time. And it takes effort. And a lot of organising.

Re-locating for most families is a very emotional time as family, friends and colleagues are left behind. The security of their routines is about to be disrupted. The last thing that they need is the added stress of packing and shipping the entire contents of their household, only to find that their favourite items of furniture and memorabilia arrive in pieces when they unpack in their new home thousands of kilometres away.

If you are finding yourself in this position, the best decision that you can make at this juncture is to use a team of professionals who not only know what they are doing, but have a reliable network of service providers who will look after you and your loved ones every step of the way. For this kind of exceptional service, you really needn't look any further than Brytons Removals.

Brytons is part of a large global movers group that prides itself in offering only the best local and international relocation services. They specialise in shipping household goods overseas – their extensive network of global movers ensures that there is no area that they can't relocate you and your family to.



Their professional packing services guarantee that you have the smoothest transition when moving overseas, as their staff have been expertly trained to safely pack and transport your valuables.

Prior to your move, Brytons will provide you with a moving checklist to help you get everything ready from your end. This ranges from advice on preparation from 3 weeks before your move to the day of the move.

Having moved thousands of homes over many years, Brytons has built up the necessary experience to be able to cope with removals of all shapes and sizes. Your requirements may differ from other customers and packing is a key area where special needs may apply. By preparing well, listening to their customers and finally having the right materials on hand, Brytons is able to provide a full and secure packing service that reduces wear and tear to

your household goods during the course of your global move.

At your destination their network of overseas moving agents will handle everything with the same care and attention as Brytons in South Africa. Your international removal agent will also handle all practical matters, details of import documents, customs clearance and delivery.

Other services offered by Brytons Removals include: assisting families moving to South Africa, including the importation of motorcycles and motor vehicles; moving businesses; a wide range of storage options; air freight; full liability cover and other related document processing.

To make your global re-location as effortless as possible, get in touch with Brytons Removals now. Call 011 392 3962 or email: brytons@brytons.co.za.

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THE BEST OF BOTH WORLDS: INTERNATIONAL EDUCATION AT A PROUDLY SOUTH AFRICAN SCHOOL

Given the increasing globalisation of the world, it is vital that schools continually innovate and recognise the importance of internationalism for today's students.

Dainfern College strives at all times to be at the forefront of educational development and has therefore carried out extensive research into international educational opportunities. This resulted in the decision to add Cambridge Assessment International Education to its academic offering from 2019, giving Dainfern College students the option of an international qualification that benchmarks them globally.

The Cambridge programme encompasses an international curriculum that develops deep knowledge, conceptual

understanding and higher-order thinking skills to stretch, challenge and inspire students of all abilities. Cambridge reflects the latest thinking in each subject area, drawn from expert international research and consultation with schools and other stakeholders. Their qualifications are recognised by the world's best universities and employers, giving students a wide range of options in their education and career. [<http://www.cambridgeinternational.org/about-us/>]

In the High School at Dainfern College, students from Grade 11 now have a choice between following the South African education system that leads to the IEB National Senior Certificate as the exit examination at the end of Grade 12, or the Cambridge Studies curriculum, leading to A Levels at the end of Grade 12. Dainfern College firmly believes that both systems have their advantages and offer significant but different benefits to their students.



Physics practical



Geography lesson



Physics practical



isiZulu lesson



Director of Cambridge Studies Joulia Karamichael with some of the 2019 Cambridge students

Cambridge International AS Level is a one-year course, while A Level is a two-year course. This means that in Grade 11 students study five or six subjects at AS Level and write external examinations at the end of Grade 11. They then proceed to Grade 12, where they select three of their AS subjects to continue in Grade 12, thereby attaining an A Level qualification at the end of the two-year programme.

This international education option is headed up by Ms Joulia Karamichael, Director of Cambridge Studies at Dainfern College. She is ably supported by Mrs Karen Cosh, Deputy Principal: Academics in the High School, and Mr Matthew Davies, College Principal, both of whom were instrumental in the establishment of Cambridge Studies at Dainfern College after carrying out detailed investigation and research over several years.

Joulia Karamichael comments: "Our Cambridge Studies students are very much a part of the Dainfern College student body and family. Cambridge Studies students wear the Dainfern College school uniform, belong to one of the three Houses - Griffin, Kraken and Phoenix – and are able to participate in our rich extracurricular offerings and exceptional Leadership Programme. The only difference is the academic programme that they follow."

The 2019 intake

"We have four Grade 11 students pioneering the Cambridge AS syllabus this year," says Karamichael. "We are confident that this number will grow very quickly as the programme becomes an established part of our offering. We were thrilled at the large number of families who attended our recent Cambridge Studies information evening. Anyone interested in joining the programme in 2020 should contact us as soon as possible."

Who should select Cambridge Studies?

The A Level syllabus incorporates focused, in-depth and rigorous curricula and is thus best suited to the academically strong student who can work independently, has a proactive, self-driven disposition and is committed to daily, extensive academic application. As internal assessments, projects and assignments completed throughout the year do not form part of the final mark, this system therefore suits students who cope well under exam conditions and are confident in their ability to be assessed in one exam session on the content of a year-long curriculum.

Karamichael concludes: "Through the introduction of Cambridge Studies at Dainfern College, we aim to provide students with a global passport to international success, one that will provide them with a competitive advantage in whatever field of study they may choose."





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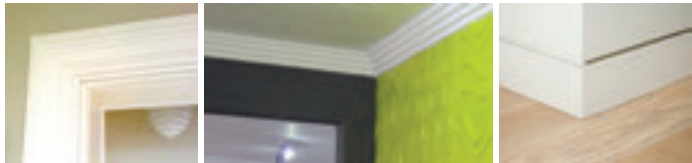


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TO SNIP OR NOT ...

Despite vets strongly recommending routine sterilisation, there still seems to be some misinformation regarding the spaying and neutering of dogs and cats, leaving some pet parents confused and uncertain.



Even those of you who have shared your homes with sterilised pets before may find there are some things you didn't know about the process of sterilisation.

Twisted Whiskers' useful guide will hopefully help you to feel confident in your choice regarding The Snip.

MEDICAL BENEFITS

Sterilisation of dogs and cats is performed, **not only to prevent unwanted litters, but because it is proven to eliminate various types of cancers** and to reduce other diseases that are regularly seen in intact (unsterilised) pets. Intact females are automatically predisposed to the development of **mammary, uterine and ovarian cancers** with every heat that they experience. These cancers are very difficult to treat and often spread to other organs.

Also, any intact female that doesn't give birth has a high risk of developing a **particularly nasty condition called pyometra**. This is pretty much a rotting womb, filled with pus that will eventually rupture and cause a life-threatening peritonitis and septicaemia. Pricey emergency surgery and a long recovery period would be the only chance of saving her life. These conditions are totally preventable through early sterilisation.

For intact males, prostate and testicular cancers are prevalent. Both conditions are problematic and potentially fatal.

Additionally, **intact dogs and cats tend to wander long distances in order to find mates**. This places them at risk of being hit by cars, injured in fights with other animals and contracting diseases spread through fighting.

Sterilised pets live longer, healthier lives.

BEHAVIOURAL BENEFITS

Many unwanted behaviours in a pet, such as increased territorial aggression, dominance, frequent urine marking, escapism and wandering are effectively addressed in male dogs and cats through neutering, as these behaviours are driven by their testosterone levels, which are reduced by the operation.

Sterilisation will not fix all dominance and aggression problems in pets, as not all of them are hormone-related. If you struggle with a bolshie pet, sterilise it for all the other important reasons, but speak to your vet and/or a behaviourist to assist you with the specific behavioural issues.

One of the most common questions we hear from clients regarding sterilisation is, "Won't it change his/her personality?"

Spaying or neutering a dog will not change its intrinsic personality, its affectionate behaviour, playfulness, ability to learn, nor its protective instincts towards you and your family. **It simply stops the unwanted behaviour, like continual urine marking inside and outside the house, territorial fights, or hitting the canine or feline "dating scene" going on beyond your walls.**

Sterilised cats are noticeably more affectionate than their intact counterparts, are happier to remain close to home and form social bonds with the other pets sharing their space.

SOCIAL CONSIDERATIONS

Owning intact animals can be incredibly disruptive. Female cats (called queens) are very "yowly" and unruly when they're in season (something that occurs every 3 weeks in spring and summer) and female dogs (called... well, we all know what they're called and this is a family magazine, so we're not going to print it) are on heat for 3 weeks each season, with two seasons a year and are often more aggressive during this time.

There are products available which are the doggy equivalent of sanitary pads, to manage the blood spotting, but these are neither practical, nor easy to use. Of more concern is the fact that **the scent of a female on heat can be picked up by intact males from several kilometres away, and they will literally do anything to get to her.** Procreating is, after all, a survival instinct. This all too often leads to animals being injured while running around the streets or trying to squeeze under gates or fighting each other for "the prize".

The responsible thing to do if you own a female on heat is to kennel her for the entire heat period, in the interests of not causing utter mayhem amongst the other pets in your neighbourhood. If owners choose not to do this due to the expense, or do not want to be separated from their pet for several weeks, keeping her safely locked away becomes imperative. Male dogs and cats can be very persistent when it comes to "chasing tail". If only we had a Rand for every time someone has proudly announced that they will carefully keep their girl separated from all potential suitors, only to be surprised 63 days later by a litter of adorable furry

bundles of questionable parentage....

ADDRESSING SOME COMMON PET OWNER CONCERNS AND MISCONCEPTIONS

WE'D LIKE OUR GIRL TO EXPERIENCE MOTHERHOOD

While a doggy-mom nursing her pups or a cat teaching her youngsters to hunt is the very epitome of motherhood, this maternal instinct lasts only as long as their babies need care, and is an evolutionary adaption to ensure that the young are raised to a point where they can fend for themselves. It is not an emotional experience that our pets hanker after. Dogs have a pack structure, so mothers and their young *may* have an affectionate relationship after the pups are independent. Then again, they may become rivals and fight.

Cats are solitary. Once the kittens are weaned, there will be no motherly affection between the queen and her offspring. Studies have shown that once queens are separated from their young, they show little, if any, recollection of them if they are re-introduced after a period of absence. If you're a young adult cat, there's no such thing as going back home with your laundry during varsity vac, sorry! **The miracle of motherhood exists for dogs and cats exclusively as a means of continuing the species.**

WON'T MY PET MISS HAVING A SEX LIFE?

Unlike human beings and primates, **dogs and cats do not engage in the sexual act outside of the mating period, as it is not a recreational activity. It is a purely biological act, governed by cyclical hormonal processes, and serves only to further the species.** Sterilised animals have no hormonal drive to mate and therefore simply don't.

This should not be confused with "humping" behaviour, which may be demonstrated by female and male dogs towards another animal, or an inanimate object, as a sign of social dominance. It serves no sexual purpose and occurs when that pet feels displaced in the group hierarchy of the family and attempts to dominate those he/she feels should be subservient by mounting them. Humping furniture, blankets, or clothing, especially





in cats, may be a self-comforting behaviour, much like a toddler sucking their thumb, and is often seen in hand-raised cats.

WHAT EXACTLY IS INVOLVED IN THE STERILISATION OPERATION?

In the neutering of males, the testicles are removed from the scrotum, so that sperm can no longer be produced or released. Spaying of females involves a full hysterectomy, where the womb and ovaries are removed.

Specific post-op care of your pet is important:

- The care of the sterilisation wound involves keeping a close eye on the area to ensure that it stays clean and dry, does not become swollen and that your pet does not interfere with the stitches. Cats, particularly, are guilty of the latter, and an Elizabethan collar (a.k.a "the cone of shame") or other barrier may need to be put in place

to prevent them from pulling out their stitches.

- Stitches will need to be removed by your veterinarian or vet nurse 10 - 14 days after the operation, or as directed.
- Females should be kept confined for at least 7 days after the operation and prevented from jumping, climbing and running, to avoid damaging their internal stitches and causing a hernia.
- Painkillers will be sent home with your pet after the op, to reduce discomfort. They may not want to eat on the evening of Operation Day, but should be eating normally by the next morning.

Dogs and cats are hard-wired to heal as quickly as possible from any injury as in the wild, their survival depends on fending for themselves. Both sterilised male and female pets may be a bit sore and subdued for a day after the op but thereafter you will struggle to keep them calm in order to heal, as they'll be back to their normal rambunctious selves in no time.



WHAT'S THE BEST AGE TO STERILISE MY PET?

Pets should be sterilised at 6 months, before they reach sexual maturity. Welfare organisations perform the operation at a much younger age, without side-effects, as they are unable to otherwise guarantee that the pet will be sterilised after rehoming.

CAN THE FEMALE BE SPAYED WHILE SHE'S ON HEAT?

While it is possible to sterilise female animals while they're on heat, the procedure is much more complex and carries a bit more risk. There is a heavier blood supply to the reproductive organs when a female is in season, resulting in more blood loss during the operation. It's advisable to sterilise pets before they come into heat, or to wait until they have finished their heat.

If your pet is in season when she's spayed, you will need to ensure that she is strictly separated from males until her stitches have been removed. She will still be giving off attractive pheromones and, if she is mounted during this period, there is a risk of internal stitches being dislodged, resulting in life-threatening internal bleeding.

WHAT DO I DO IF MY PET BECOMES PREGNANT?

There are two options - the pet may be sterilised as early as possible during the pregnancy (ie. the pups or kittens will be aborted), or you commit to the proper supportive care of your girl during her pregnancy and to finding good homes for her babies. If your pet has become

pregnant and the litter is not a purebred one, please consider how many mixed-breed dogs and cats are already desperate for homes, before adding another litter to the number.

Bear in mind that some of the larger dog breeds may have as many as 16 pups, which means you'll need to find homes for all of them! Also, some breeds, like the English Bulldog, are often physically incapable of giving natural birth due to their body shape, so they require a caesarean section. Raising a litter of puppies or kittens, even with their mother's help, is time consuming and a financially intensive event. Before homing the new pups or kittens, they will also need to be dewormed and have their first vaccination. So **pet pregnancy can be expensive and prevention is preferable!!**

Both dogs and cats are pregnant on average for 63 days from conception. With regards to feeding during the pregnancy - for the first 2 trimesters, dogs and cats can be fed their regular diet. In their last trimester, they should have free access to a full bowl of **a balanced diet high in protein and fat**. For dogs, that would be either a small/medium



breed puppy food or a high-performance diet for working dogs. Cats should be allowed ad lib feeding on a kitten diet or a specific mother and baby product. Twisted Whiskers' recommendations for dogs are - **Eukanuba Premium Performance, Hills Performance, Royal Canin Mother & Babydog**. For cats we suggest **Royal Canin Mother & Babycat, Hills Kitten or Iams Kitten**.

WILL MY CAT OR DOG GET FAT AFTER STERILISATION?

The **ONLY** drawback of the sterilisation operation is that it can slow down the metabolism in both cats and dogs. **BUT**, this is in no way a reason not to sterilise: not all breeds are equally affected and with **the correct changes to your pet's**

portion sizes and/or type of food, they will maintain a lovely lean figure post op. Twisted Whiskers staff or a member of your veterinary healthcare team will happily advise you on exactly what changes to make.

IS STERILISATION A RISKY PROCEDURE?

Any surgical procedure carries risks, and sterilisation is no different. However, **spaying and neutering are the most common and routine operations performed by veterinarians, with few complications.**

Unless you are a registered breeder who has thoroughly researched your breed, are committed to ethical breeding practices and accountable to the relevant breed organisations, there really is no reason to keep your pet intact. The benefits of sterilisation are multiple and the cons, virtually non-existent. Our advice:

Be Wise - Sterilise!



RESTAURANT COMPETITION FOR **APRIL**

Don't forget to enter our monthly restaurant competition.

Each restaurant has been carefully chosen and we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

The question for this month's competition:
Who hosted the Paint Night on 13 March?

Please email your answer along with your full name, your cell number and your stand number, detailing 'Wine and Dine Competition' in the Subject line, to: info@eiapublishing.co.za. The winner will be notified by email.

Each restaurant featured in this section has been carefully chosen and we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

Terms and Conditions:

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

WINNER

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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
	Philip Myburg	079 241 1245	philip@campbellprop.co.za	www.campbellprop.co.za
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	tania.h@century21.co.za joep.rijntjes@century21.co.za	www.century21.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	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Gaye Cawood Sue de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Maureen Taggard	086 450 1751	maureent@sothebysrealty.co.za	www.sothebysrealty.co.za
	Martina Forsyth Tracey-Lee Savage (rentals)	083 260 1562 083 654 2729	martina.forsyth@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Charmaine Rousseau	071 331 5944	charmaine@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccolo 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
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A BUILDING PROJECT TO REALIZE? Small to large – alterations, additions and new build. Concept design, Local Authority approval, tender and construction documentation, admin of building contract. Practising adjacent to Cedar Square Shopping Centre. Contact Lance Fulton on 082 644 7843 or architect.script@gmail.com or 011 465 1897 / www.linkedin.com/in/lance-fulton-3154798.

ABOUT PIANO LESSONS: Barbara-Ann Horsfield is an experienced and highly qualified piano teacher residing in Fourways Gardens Phase 1. Offering tuition Mondays to Thursdays from beginners through to the advanced grades. I look forward to sharing my passion for music with you. Please phone Barbara-Ann on 083 267 5006.

ALL WOOD WORK: Installation, Repair and Maintenance, Door Hanging, Kitchen and Built-in Cupboards, Laminated Floors, Skirting, Ceiling, Cornices etc. Email: info@osamcarpentry.co.za, Call Ozzy on 073 058 0464.

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ALTERATIONS, ADDITIONS AND NEW BUILDS: Raycon Construction – A resident of FWG for the past 25 years. References in the Estate available. Call Steve 083 601 1594 / 011 465 4547. No job too Big or Small.

ALL GROW: Sherp Team Garden Service. Call Shepard on 084 496 7254 / 063 963 3523.

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, I have more than 20 years' experience. Bradley Ferraris 082 446-7625.

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DOG WALKER /HOUSE AND PET SITTER: A FWG resident who just completed school, loves animals, will walk dogs, pet sit and house sit. Please contact Ross on 061 501 3372 or email: andersonmizzett@gmail.com

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

DRIVER/HOUSE ELECTRICIAN: Kevin is offering the services of being a Driver/House electrician. He has a code 10 Driver's License plus PDP and has over 10 years' driving experience as a Driver. He also has a Trade certificate in Electrical Engineering. He can fix socket outlets, light switches and appliances. Please contact 078 224 2243 / 082 795 6789.

DRIVER: Joseph can transport kids to school, transport elderly people and he can assist in general driving duties. He has a Code 8 driver's license. Call him on 078 179 9337. References are available or call Claire on 083 631 6725.

DSTV DOCTOR: Approved DSTV – all installations, Aerials, Sales, Wi-Fi Extender/Booster over cat 6E & Repairs, Multichoice 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.

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HOUSE / PET SITTER: Going Away? No Worries! As a mature woman with many years of experience, I will feed and walk them, take them to the vet if necessary, and even keep them company in the comfort of their own home. Areas: Lonehill, FWG, Fourways, Dainfern and Cedar Lakes. Many references available. Call Nicky on 072 129 0698.

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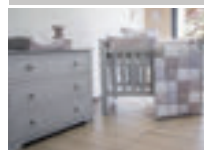
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FOR SALE: Petrol Generator. 6.5KW. Like new, hardly used. Email me for specs. R8000 neg. Call Caron on 082 572 2654 or caronm@iafrica.com

FOR SALE: Camping for sale, Canvas tent, size 3x3m, only used 3 times. R2500. Please call 083 326 0998.

DOMESTIC WORK:

Charity: My reliable, honest domestic worker is looking for a full-time or part-time job. I have relocated. Please feel free to contact me for a reference on 076 444 4164.

Stella: Looking for full-time domestic or childcare work. Contact 078 397 8167 or 072 622 4747.

Anna: Looking for part-time live-out employment, Mon, Wed & Fri. Very honest, reliable and hardworking. Please call Anna on 073 144 9785. For a reference call Claire on 084 555 5552.

Ivy: Needs employment on Tues & Thurs. She has worked for us for 10 years and is an excellent worker. Call Cathy on 082 300 9235 for a reference.

Caroline: Fantastic housekeeper looking for work on Fri and or Sat, very reliable, great with children/babysitting and an excellent cleaner. Call Caroline on 078 439 0119 or Kathy on 083 654 2334 for a reference.

Janet: Malawian seeks part-time domestic/child minding work, Mon, Wed, Thurs & Sat, very honest and hardworking, highly recommended. Call Janet on 073 957 2104 or Neil on 083 281 1871.

Leah: Our part-time domestic helper of 10 years is looking for 2 day's work (days negotiable). She lives with us in FWG. She is unquestionably honest and pleasant. She shows initiative and has cooking skills. To meet Leah, call Vanessa on 083 284 4049 or Leah on 083 986 5059.

Thandeka: Looking for part-time work on Mon, Wed, Thurs & Fri, she is a hard worker and trustworthy. Call 084 362 2536 for a reference or call Thandeka on 065 808 2615 / 074 824 2223.

Tammy: My honest domestic worker is looking for part-time work on Tues. Please call Lola on 078 779 0650 for a reference or call Tammy on 060 476 8061.

Edith: Malawian lady looking full-time work as a domestic, she is hardworking, good with children, honest and reliable. She has 5 years' experience. For a reference call Stacie on 084 839 1562 or call Edith on 063 288 4978.

Martha: Looking for full / part-time work as a domestic, her previous employer emigrated, she has a nice personality and is very trustworthy. For a reference call Ria on 082 777 6636 or contact Martha on 072 404 7624.

Thandi: Reliable, trustworthy and very hardworking, at present working for me part-time, seeking work on Tues, Wed & Thurs. Call Barbara-Ann on 083 267 5006 or Thandi on 073 035 3274.

Teresia: Assisted while my helper was on leave, she is happy, honest and keen to learn and assist. I can highly recommend her. For a reference call Desley on 084 465 1939 or Teresia on 083 516 4164.

Progress: A reliable and hardworking domestic looking for work on Mon, has excellent references. Call Colleen 082 773 8961 or call 064 160 4394.

Jenet: Looking for work Mon to Sat in FWG. Please call Jenet on 079 402 1933 or call 083 327 0114 for a reference.

Zodwa: Due to downsizing, I am having to reduce Zodwa's days from 3 days to 2 days per week, she has worked for us for the past 7 years and is cheerful, reliable, trustworthy, helpful and has a good command of English, both written and spoken. Zodwa is looking for work on Wed, you will be delighted if you take her on. I would be happy to give up one more of my days if you needed her for 2 days per week. Please contact Caryn 082 460 4074 or Zodwa directly on 078 569 4077.

Caroline: Looking for part time or full-time work, she is able to live in or out. Caroline is hardworking and meticulous with ironing and cleaning. She has a friendly disposition. For a reference please call Inge on 083 631 0353 or Caroline on 078 561 2564.

Hilda: Due to relocation, Hilda is looking for new employment, she is friendly, trustworthy, independent and very patient with kids. She has basic CPR training and takes very good care of the house, she has been working in FWG for past 15 years with expat families. Call Martha on 079 017 6779 for a reference or call Hilda directly on 082 099 1080.

Betty: Malawian seeking full-time live-in employment as a housekeeper. She has experience with caring for children, honest, trustworthy, reliable and very hardworking. Call 063 548 6536, for a reference call Locunda on 083 308 3889 or Sandy on 082 852 5907.

Gladys: Zimbabwean with work permit has worked for us in FWG for almost 20 years, due to downsizing, she is available 2 days per week, she is quiet and hardworking, irons beautifully, can cook and her salad making is Legendary, she is incredibly trustworthy and has never missed a day's work. Call her on 063 263 5693 or call Praline on 083 703 2600 for a reference.

Thandwe: Looking for Saturday part-time work. Call 072 841 1641 or call Nina on 082 412 3450 for a reference.

Brenda: Lovely, gentle lady looking for live out work, great with children. We are emigrating Please call Brenda on 073 615 8888.

Katherine: Our living out domestic helper has been working for us for the past 8 years, she is very modest, of a quiet demure, pleasant, very diligent and reliable. Great with general cleaning and ironing, nothing is too much trouble for her, as we won't require her to work for us full-time, she will be available to work for 2 to 3 days a week from March 2019 (Tues, Thurs & Sat). Please call 083 627 7840.

Violet: Our excellent housekeeper is looking for work on Saturday. Please call Violet on 073 126 2535 or for a reference call Agnieszka on 060 922 5489.

Sylvia: Due to relocation, my reliable maid is looking for work on Tues, Wed, Thurs & Fri, she is excellent at domestic work and can also do babysitting. Please call 082 975 0614, for a reference call Carol on 082 320 1715.

Zine: Looking for work live in or live out, she is kind and honest and eager to work, she helped me for 6 months when her sister was off. Please call Zine on 083 326 0951 or for a reference call 074 179 5558.

Simphiwe: Excellent cleaner and laundry lady. Fast and efficient, looking for part-time employment on Tues & Thurs. For a reference call Wendy on 083 604 0931 or Simphiwe on 079 316 1583.

Joyce: I can't recommend her highly enough – excellent for all domestic work, great with kids and pets. Joyce takes initiative, communicates well and is a pleasure to work with, looking for live in or live out work, also available for babysitting. Call Robynn for a reference on 083 324 1521 or Joyce on 084 397 6312.

GARDENERS:

Andrew: Malawian gardener is looking for work on Tues and Thurs, hardworking and reliable, for reference call Adri on 083 235 0372 or call Andrew 083 645 9607.

Happy: Looking for work on Mon, Tues and 3 Fridays a month, incredibly hardworking, trustworthy and takes direction well. Call Jess on 079 394 6429 for a reference or call Happy on 083 496 5155.

Masher: Malawian looking for work on Fri & Sat, he is hardworking, reliable and trustworthy. Call Masher on 073 108 5388 or Janet on 082 445 0704 for a reference.

Matthew: Looking for work as a gardener or assistant to a handyman. Call Matthew 063 947 3927 or Gray 072 532 9042 for a reference.

David: Has worked for me and my family for over 15 years and continues to do so. He is versatile in the house or garden, great with dogs, house / dog sits and helps me with stock control and other packing in my business. David is a hard worker and loves to be needed and involved, has a valid Zimbabwean passport and work permit, available Tues, Fri & Sat. Call Nikki on 083 265 5754 or David on 078 035 4609.

Michael: Seeks gardening work on Tues & Sat part-time Call 078 383 9715 or call 082 375 7898 for a reference.

Abel: Malawian seeks part-time garden work on Tues, Wed & Fri, he is a hard worker and I recommend him. Call for a reference 084 330 5963 or Abel directly on 078 643 2311.

Frank: Zimbabwean gardener with real green fingers. He used to look after my half acre garden in Douglasdale and has helped me create a little oasis almost from scratch in FWG. Good at general gardening but amazing at propagating plants from existing stock. He is looking for work on a Thurs. He has a valid passport and work permit. Call Nikki on 083 265 5754 or Frank on 076 902 6958.

Mabvuto: Looking for work as a gardener on a Sat, has many years' experience, for more information please call 078 282 6280 or call Winnie on 083 648 2568.

Happy: Seeking garden work on Mon, Wed, Thurs & Sat, he is very reliable and is an excellent gardener. Call him on 083 654 8941.

Geoffrey: My gardener for the last 5 years is looking for work on Wed. Call him directly on 074 781 6466 or Andrea on 082 889 1232.

Watson: Reliable and hardworking, at present working in FWG, seeking work on Tues to Fri. Call Norman on 082 452 1671 or Watson directly on 084 275 3925.

George: Malawian looking for work on Wed, Thurs as a gardener, also can do ironing and cleaning. Call 078 320 0553 or for a reference call Mr Moore on 082 889 5117.

Stanly: Looking for part-time gardening work, he is honest, trustworthy and very hardworking, available on Mon, Wed & Sat. Call Stanly on 083 371 0495, for a reference call Doreen on 078 188 0786.

Mike: Malawian seeks gardening work on Mon, Wed, Thurs, Fri, Sat & Sun (on Tues he needs fortnight), he works without supervision and is very reliable and hardworking. Please call Grant for a reference on 084 700 1004 or Mike on 073 800 2107.

Richard: Looking for work on Mon, Wed, Thurs, Fri & Sat, he is honest and reliable. Call Richard on 064 802 1254.

Moses: Our wonderful Malawian gardener is looking for work on Mon, Tues & Fri, he is reliable, friendly and a good worker and always on time. Please call Moses on 074 521 0635.

Anele: Looking for garden work on Tues & Fri, he is a nice, trustworthy and hardworking gardener who is very knowledgeable about his field, I highly recommend him. Please call 061 974 6176 or 065 823 5503.

Makhosini: My hardworking and reliable gardener is looking for work on Mon or Tues. Call Mak on 073 094 9549 or Mandy for a reference on 083 627 7799.

Lyford: Looking for gardening work on Mon & Thurs, has 16 years' experience in gardening and swimming pool care. Please call 078 143 0984 / 064 011 1015 or for a reference call Jenny on 083 325 8678.

Joshua: Has worked for us for 13 years, he is reliable and honest and comes highly recommended, looking for part-time work on Sat & Mon. Please call Jean on 082 579 4326.

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

Martin: Malawian housekeeper/gardener/painter is looking for work, he is a hard worker and very reliable, also good with kids and animals. Call 083 626 6641 or 073 528 8582.

George: Hardworking, honest and reliable person, looking for work on Saturdays. For a reference call 073 257 1436.



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VOTE FOR NAP – AND RELAX

Despite the general election next month, local statistics show that hundreds of thousands of South Africans don't care about politics and will stay away from the polls. Think tank organiser, Antony Trowbridge, pointed out to me that there are so many apathetic people, that, logically they hold the balance of power. He said, "You must surely realise that? So why doesn't Densa launch a political party for apathetic people?"

Densa?

He was referring to a club I formed years ago for those of us too stupid to get into Mensa – Mensa being the international society for the highly intelligent.

Threnody! THENODEEEEE! Where is that girl?

Threnody is my secretary y'know. Files everything under M for Miscellaneous. (Prolonged sound of running feet. Sound of tripping. Crash! Groan. Running feet resume.)

Ah, there you are Threnody! Have you put the office teabag out to dry? Good girl! Waste not, want not.

Threnody, I have a letter here from a fellow whom (or even who) I am pretty sure is from Mensa. He says that under the auspices of Densa I should start a party ... (Sound of running again. They get fainter and fainter.) Threnodeeee! Where are you going? What? To hire a jumping castle! No, no Threnody - not THAT sort of party.

He means a *political* party to fight next month's elections.

He says what I have said so often - that I could, if I tried, become President of South Africa and demonstrate to the world that there is still some normality in South Africa. The truth is, Threnody, most people don't give a jot or a tittle about politics. Especially a tittle.

I shall call my party the National Apathetics Party - NAP!

We'll need a slogan. Not like the ANC. Just listen to theirs: "Together - fighting for change". That sounds like a load of passengers in Togetherness Tshabalala's



taxi when he claims he's run out of change. Perhaps our motto could be, "Don't worry - NAP!"

Yes, yes. I like that. Circularise all Densans and ask for ideas for our manifesto.

No, no. I've changed my mind. We don't want ideas. NAP won't make any decisions because the public is quite capable of making stupid decisions themselves without politicians helping.

Anyway, as Trowbridge said, "Today's political solutions become tomorrow's problems".

We will stage rallies so that the apathetics can demonstrate their solidarity by staying away – especially on Election Day. They'll stay home and watch soccer on the telly instead.

Threnody? Are you noting all this down? What? You've only got as far as "tittle"?

Yes, yes, it's got three tees. But who cares really? In fact, Threnody, you are so delightfully apathetic I shall make you general secretary of NAP. Congratulations!

What do you mean, "Who will lead the party?"

Have I not made myself clear? Was I not L*E*A*D*E*R of the Yellow Six of the 1st Streetly Boy Scouts between August 10, 1951 and September 3, 1951? Have you

forgotten I was L*E*A*D*E*R of the PA (the Pedestrian Associations) who fought the AA which doesn't give a hoot for us pedestrians?

NAP will need a man of my calibre.

Next month's elections will bring into parliament even more unskilled labour than there is now. They will win their seats on lies and promises like, "One man, one Mercedes". But I shall keep my promises, Threnody.

I shall promise to do nothing. I will just NAP. The country can run itself. After all, there's nothing a government can do that the public can't do better.

Another NAP slogan: "No solutions! No problems!"

We'll organise a great rally at the FNB Stadium and members of NAP will demonstrate their solidarity by not turning up. The empty stadium will demonstrate our resolve.

On Election Day, our success will be gauged by the number of people who don't turn up to vote! Next month, just watch Threnody! We'll show 'em!

Threnody? Threnody?

Snnukkzzzzzx.

She's fast asleep! My policy works! It works!

Not that anybody cares.

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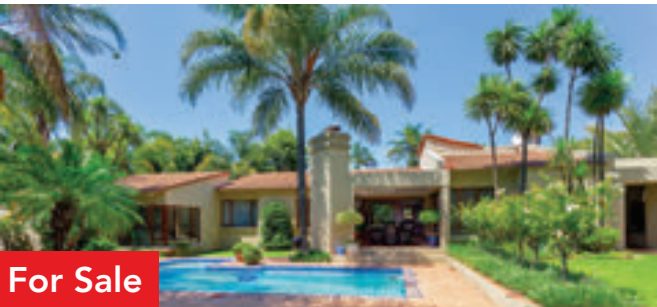
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