

August 2017

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Travel: The N2

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info@fwg.co.za	
Estate Security RSS Main Control Room	011 465 5465/66
Emergency and Medical Response	011 467 1400
Council Service and Enquiries:	011 375 5555
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ER 24 Emergency	084 124
Police/ Flying squad	10111
Life Hospital	011 875 1000
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Water/Sanitation/	011 375 5555
Sewer problems	
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FOURWAYS GARDENS

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

We are Fourways Gardens.

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

We are your Fourways Gardens agents Natalia and Tracey-Lee.

Ref# FW1300250



Fourways Gardens / R3.79 million



Fourways Gardens / R4.59 million



Fourways Gardens / R6.95 million



Fourways Gardens / R35 000 pm



Fourways Gardens / R32 000 pm

Fourways Gardens / R6.8 million

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Fourways Gardens / R35 000 pm

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Fourways Gardens / R3.85 million

Fourways Gardens / R3.895 millon



Fourways Gardens / R50 000 pm



Estate News

FROM THE FWG HOA GENERAL MANAGER HIGHLIGHTED PRIORITY PROJECTS IN OUR VISION

Dear Residents

t has been a busy two months settling into the position of General Manager at Fourways Gardens Estate. It is imperative to note from the beginning that my appointment at the Estate by the current board was to help them to realise their vision for Fourways Gardens Estate. They have identified a five-year plan in which to restore the Estate to its former glory. To this end I need to emphasise that certain areas within the Estate have been highlighted as priority projects and therefore less important matters will have to take a back seat for the time being.

A survey that was completed by residents highlighted the following issues that the Board and the HOA team need to address. They can be detailed as follows:

Security - This element of estate living comprises the biggest allocation of funds of your monthly levies. It is imperative to ensure that the Estate security is of the highest quality and the Estate Management's duty to ensure that cutting edge security is in place. To this end we have entered into a tender process for our guarding, access control and CCTV installation in the Estate. CCTV installation has been delayed due to the fibre requirements that have now been met in the Estate. The successful tender company will be appointed effective the 1st September 2017. We will advise all residents via the weekly newsletter once this appointment has been finalised.

Roads within the Estate – Where

previous Boards discussed repairing roads in the Estate with JRA. it has become evident that the situation is dire in certain areas and would therefore need urgent attention. The roads seem to be the single most important issue that is affecting property values in a negative manner at the moment. With that in mind, the current Board has entered into discussions with JRA regarding the possible transfer of roads to the HOA to empower us to do the necessary repairs and to maintain them in such a manner. At the moment the HOA required permission from JRA to fill a simple pothole. This will however be discussed and voted on at the next AGM before any decisions in this regard are taken. What the Board wishes to ensure is that we have options as an Estate.

Gardens and Landscaping - As the saying goes, a new broom sweeps clean. This is my passion. I am currently in discussions regarding improvements to upgrade the islands within the Estate as well as the circle at the entry gates. I believe that this is the first impression of Fourways Gardens to the public and to ensure that these areas are beautified will enhance the overall impression of the Estate. I have visited several other estates in the area and we definitely have room for improvement. Our current landscaping team is happy to assist in this regard. From spring, this project will take off and hopefully have visible results within a couple of months.



Clubhouse - It has been a pleasure to see the Clubhouse grow in recent months. It is very well supported and received positive feedback from the recent survey. We will endeavour to improve the ambience in the restaurant as this seemed to be the biggest complaint regarding the facility. I would like to congratulate Steve, Francois, Thandi and Lori-Anne on doing a great job, based on the e-mails of thanks that we have received from residents making use of the Clubhouse for private functions and dinner. We also look forward to many more events that will be hosted in the Clubhouse area for our residents.

With the most important matters covered, I invite residents to make contact with me if you wish to share any ideas. I fully believe in an open door policy and welcome you at any time. I look forward to managing the Estate and helping us get it up to its former beauty.

Kind regards

7ar General Manager

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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Security

DRIVING HABITS



With "follow-home" robberies on the increase I feel it is prudent to address this subject this month.

The value of defensive driving can never be underestimated. Knowing the basics of defensive driving is also not as difficult as one would think. Indeed, we are all taught the basics of defensive driving when we undertake our driving tests in South Africa as it is part of the K53 driving solution. A huge element of defensive driving is vigilance. No matter where you drive you always need to be vigilant. Whether it is because of the driver next to you or the criminal trying to follow you home, if you drive ignorant of the hazards around you, you are bound for disaster.

Here are a few defensive driving tips to remember when you are out and about:

- Never drive past your brakes what this means is don't drive faster than it is possible for your brakes to stop you. This includes your tyres. Sounds like common sense but when you are racing to get to your meeting that you are already late for, common sense sometimes becomes redundant.
- Anticipate hazards before they happen

 the best SA example of this is that taxi
 in front of you. What are going to be your
 actions if he suddenly stops or if one
 down the road pulls out in front of you.
 By anticipating hazards, you can react to
 them better if they happen.
- Don't get tunnel vision don't focus on one element of your environment to the exclusion of others. As mentioned before, if you see the taxi in front of you don't focus only on him because there

are many more hazards to be aware of all the time.

Specifically relevant to our focus this month are:

- Following distance remember to always leave a 2 second following distance from the vehicle in front of you. This distance not only gives you time to stop in the event of an emergency stop but it also gives you room to manoeuvre should you be forced to do so.
- Stopping distance following distances should be known to everyone but equally important is the correct stopping distance. The standard here is to stop far enough behind a vehicle that you can see their rear wheels. Whilst the standard works for most situations, there are some that you will need to use a common sense to have the correct stopping distance in every situation. This added gap between you and the vehicle stopped in front of you again gives you space to manoeuvre if you need to.
- When pulling off from a stationary position such as at a traffic light, don't pull off until the vehicle in front of you also pulls off too. If you pull off too soon your space that you saved when you stopped will be eliminated and leave you no room to escape should you need to.
- If you think you are being followed make an unexpected turn. Criminals love predictability more than most people because they use it to anticipate your movements. Upsetting this balance will throw their game plan out of schedule



causing them to adapt to your actions and removing their upper hand. Just remember not to turn into a dead-end and trap yourself.

• Being an FWG resident you are aided by the fact that we have already thought about these issues and planned accordingly. If you think you are being followed, do not stop at the gates when you arrive here. Rather put your hazards on and drive around the circle until you are stopped by one of the security officers. The officers have all been trained to identify when a vehicle is driving around the circle and what actions to take should this occur to safeguard the occupants of the vehicle.



Officer of the Month



Our Officer of the Month for July is Dumisani Makhubele. Dumisani has been acting as a shift supervisor whilst he has been on leave for the last month. He has earned this award this month due to his professional conduct during a SAPS shooting incident near the perimeter of the Estate recently.

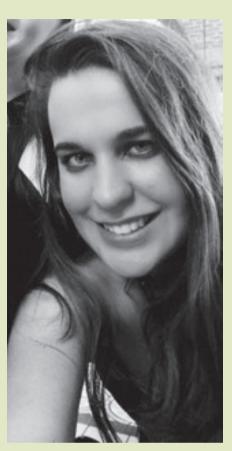
Estate News

GREETINGS FROM THE NEW FINANCE MANAGER

am very delighted to be have joined the Fourways Gardens Homeowners Association as the new Finance Manager on 1 July 2017. The past few weeks have been a fantastic journey where I have been finding my feet in the new work environment and I look forward to the challenges set out for me.

A bit more information about me: I grew up in the Free State on a farm south from Bloemfontein and completed my high school in Knysna, Western Cape where both my parents still reside. To answer the burning question you have – my parents were blessed not to be directly affected by the horrible fires in June, for which I am very grateful for.

I am 26 years old and currently completing my second Post Graduate Diploma in Applied Accounting Sciences hoping to write my Chartered Accounting Board Exams in January 2018. I completed my SAICA Trainee Accountant Programme at Mazars Pretoria in 2015. At the age of 24 I somewhat stumbled upon my passion for the Estate Living Industry when I was appointed as the Management Accountant for the property developer - Steyn City Properties. Coming from a family where both my parents



are involved in the building and development of both residential and commercial properties in Knysna (father as mechanical engineer and mother working for a geotechnical engineering company), working for a developer felt familiar and reminded me of 'home'. At the age of 25 I was promoted to become the Finance Manager for the Steyn City Management Association NPC where I was required to set up the Finance Department for the "HOA" at Steyn City. During my time at Steyn City I have grown as an individual and believe that my experience gained has given me the appropriate skills and knowledge to direct the Fourways Gardens HOA Finance Department in the right direction.

In my free time I love to cycle, play a round of golf and travel our beautiful country. I am probably not defined as your typical accountant as I am definitely not an introvert and I will most likely be seeing you at the Monthly Draw for a glass of wine or two...

From a financial point I believe in transparency, efficiency and an open door policy to all our Residents and related parties.

I look forward to the new journey and thank you for allowing me to be part of this beautiful Estate.

Kind regards.

Mariechen Mariechen Jannette (MJ) Basson

Fourways Gardens • 7 • August 2017

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Winning at a South **African level**

We have all heard the saying: "Hard work pays off". Well, this time it really has. Aidan Zeeman, Malcolm Driessel and Nicholas Dobson have

been doing Karate since they were 5 years old. For such young children to be able to have such a level of commitment and dedication is really inspiring and the hard work and endless hours of training is paying off.

The team consisted of three boys, Aidan, Malcolm and Nicholas. What did they achieve? They came first in South Africa for unison Kata, meaning that the



three boys did a kata together in unison. (Kata, which is a Japanese word, is defined as a detailed choreographed pattern of movement). The time and dedication that they have put into their sport is well worth the mention... Hard work pays off.

All three boys will be grading for their junior black belts within the next year, another milestone.

The style of karate that the boys do is Goju Ryu Karate and their trainers are Sensei Stef Biagioni - 6th Dan (Roku Dan) Goju Ryu Practitioner and Sensei Roberta Biagioni - 5th Dan Goju Ryu Practitioner. The

Fourways Martial Arts Dojo has been in the community for over 18 years and the instructors are dedicated and have competed internationally and won many medals.

Training in Fourways Gardens is really convenient and Karate is an excellent way for the little kids to get rid of the extra energy and accomplish something that they feel proud off.

FWG ACTIWITY PROVIDERS

TIME					SDAY				FRIDAY
08:00	SUNDAY	Outdoor	VDAY	TUE	SDAY	Outdoor Fitness Classes	THU	RSDAY	Outdoor Fitness
08:00				Pilates - Trac	ey (8:30-9:30)		Pilates - Tra	ICEV	
09:00		Fitness	Yoga -	082 894 609		(8-10)	(8:30-9:30)	,	Classes (8-10)
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09:30	Yoga with	(8-10)	(9-10:15)			083 600 1868	002 094 003	90	083 600 1868
03.00	Virusha Gowrie	Rhona	· /						
		Williams	011 465						
	072 500 7215	083 600	7155						
	virusha.gowrie@gmail.	1868	083 400						
	com	1000	6211						
10:00						Cristina (10:00-11:00)			
10:30						Flamenco Dance 076 521 8750			
11:00						521 8/50			
11:30									
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15:00		Dabbie (45.4	E 40.4E)	_		Helen O'Grady Drama			Verselate (45:00 40:00)
15h30		Debbie (15:4	,			Academy			Yogabats (15:30-16:30)
16:00		Jazz - 082 42	25 6098			(15:00-18:00)			Desley White
						Kerry Holbrook			011 465 1939 / 084 465
						083 410 2940			1939
16:30				Goju-Ryu		www.dramaafrica.com	Goju-Ryu		
17:00		Cristina (17:0		(16:30-			(16:30-		
17:30		Flamenco Da 8750	ance 076 521	19:30)			19:30)		
18:00		Yoga - Wend	v (18-19·15)	Stef and	FWG	FOR HOA	Stef and	FWG	
18:30		011 465 715	• • •	Roberta	Running	AND AGM	Roberta	Running	
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19:00		0211		3026 / 083	secretary@	MEETINGS	3026 /	secretary@	
13.00					frra.co.za Mandy			frra.co.za Mandy	
19:30				309 5352	083 462		083 309	083 462	
19.30					2725		5352	2725	
20:00									
Clubhou		se 2 Outside	DL	se 2 Soccer	Note	ees and times to be co	<i>.</i>		

Estate News

Monthly Draw – June 2017

The June Monthly Draw was truly a spectacular evening as Century 21 agreed to pay out a guaranteed R10,000 cash prize on the evening if the R19,000 prize was not won on the first draw! We kicked the draw off with the lucky draw prizes and the following three residents were lucky enough to win!

- 1. Grant Manicom 10 Soetdoring
- 2. Arjen Bouwmeester 5 Celtis Crescent
- 3. Hayley Fennell 23 Sweetgum Crescent

The main event for the evening was the draw for R19,000!

First draw was for stand 964, belonging to Mr R Marillier, but he was not in attendance!

Second draw was for stand 980 Mr P Lowe, who was also not in attendance.

On the fifth draw we hit a member in attendance for stand 1568, and Mr Raymond Rahme, the owner of 92 Camdeboo Road, won the R10,000 guaranteed cash prize! Our July draw will take place on 28 July and a cash amount of R10,000 will be up for grabs once again! Remember, you have to be there to win!

Thanks to Joep and Tania from Century 21 for sponsoring this fun monthly event for the residents of Fourways Gardens Estate!





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.

Remember, you have to be there to win!





FROM OUR NEW TEAM...

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 Image: Constrained state state

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.



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Tania Heurtaux 082 550 2222



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FWG Gardening Club -

ATTRACTING BIRDS AND BUTTERFLIES AND FAVOURITE FRAGRANT PLANTS



raig de Necker of The Friendly Plant Landscapers addressed our members at the July meeting. He is passionate about this subject. It adds another layer to your enjoyment of your garden. To sit back on a sunny afternoon, resting, watching the butterflies and listening to the soundtrack provided by the birds. Watching the birds enjoy a bath in a beautiful water feature or bird bath can soothe stress and bring us back into balance. Choose almost any plant (whether indigenous or not) that produce berries, for example the Brush Cherry (from Australia), Buddleia auriculata (weeping sage) and Rhaphiolepis indica (Indian hawthorn).

Butterflies will be attracted by *Gaura* (the Butterfly bush) and *Hemerocallis* (Day lilies).

The SA Nursery Association suggests Aloes, watsonias, lion's ear (*Leonotis spp.*), red-hot pokers (spp.) and wachendorfias that will attract nectar feeding birds such as the sunbird. Seed eating birds are attracted to the seed heads of grasses and grains. Plant patches of mixed bird seed and you'll be fascinated to see the response from local birds. Seed eaters also thrive the seeds of ordinary daisies (such as the euryops daisy). Leave the dried-out dead heads of daisies for as long as you can to give the birds time to take most of the seed at the end of summer. To attract fruit eating birds, such as the loeries, plant fruit producing plants. Try the tree fuchsia (Halleria lucida), dune crow-berry (Rhus crenata) or white stinkwood (Celtis africana).

Craig's favourite fragrant plants are: Tree: Bauhinia galpinii (Pride of the Cape) which has a real perfume-like fragrance. Shrub: Brunfelsia (Yesterday, Today and Tomorrow): a beautiful strong perfume.

Tomorrow): a beautiful strong perfume. **Creeper:** *Trachelospermum jasminoides* (Star Jasmine), which makes him think of sunny beaches. **Ground Cover:** *Mentha requienii* (Corsican Mint), best planted between sleepers or flagstones. It is an easy to propagate and vigorous growing plant, giving a divine minty aroma when trodden on.

Feed your plants to encourage flowering, either organic compost which should be just scattered on the soil and the earthworms will do the rest, or his family have always used Superphosphate, cast by hand just as you see the rain is imminent. It has an almost immediate effect.

It's also interesting to note that birds are the natural enemy of termites, Ladybirds pollinate plants and eat aphids.





YOUR RESIDENT Property Specialist!

"I have been living and selling property in Fourways Gandens for 12 years! Your asset is important to me." Francesca Beattie

SELLING OR RENTING ?

Remember the golden rules: Declutter • Fix anything that's broken • Clean fastidiously including windows and skylights • repaint if necessary • Regrout showers/bath surrounds • Ensure the garden is tidy and pretty











Success consists of doing the common things of life uncommonly well.





Estate News

RealGreen



The RealGreen Roving Team are also currently assisting with upgrading and replanting of the road islands.

Nursery A nursery is currently being constructed in the K56 area. Andrew Ward is managing this.



FOURWAYS GARDENS Residential Estate

Although things usually tend to quieten down during the Winter months, this is always an opportunity to programme items you would not normally have time to do during the Summer months. We have been busy revamping the majority of landscaped beds by applying mulch. This will assist with preparation for the Summer planting, nutrition to the soil and moisture retention during the drought period.



All the stormwater channels have been cleaned and reeds along all the waterways have been cut and opened up.

An interesting Read ... HOW A WARM WINTER AFFECTS TREES AND SHRUBS

Plants obviously don't use calendars or wear watches.

Instead, they rely on a relatively predictable pattern of cold and warm temperatures and varying amounts of light and dark to regulate a good number of their systems. When these conditions are outside the norm, trees and shrubs can get a bit confused. Warm winter temperatures can cause plants to break dormancy and begin to push out new growth during the wrong time of year. Bud break, some leaf expansion and flowering are all possible reactions to warmer than usual temperatures.

What can you do about plants budding at the wrong time?

Some species of trees and shrubs seem to be more prone to being tricked by the weather. Flowering magnolias often push out colourful blooms way too early in the season, which are killed off by cold temperatures.

Avoid heavy pruning in late summer and fall. Pruning stimulates new growth in a plant, and if that happens just before winter, that new growth will most likely be killed. Often times these affected young shoots will turn black and linger on the plant for several months.

Unfortunately there's no practical way to protect new growth or flowers once temperatures return to their normal cold during the winter. Colder temperatures can kill new growth or flowers, but generally this is only a cosmetic issue for the plant.

Growers and nurseries produce new varieties of plants every year that are designed to bloom a bit later in the

spring to help prevent damage caused by temperature swings. Consider some of these when planting if temperature swings in your area have caused issues with your existing landscape.

Why is fertilization important for trees?

Trees depend on soil for a variety of needs, including water, anchorage and nutrients required to thrive.

Once spring arrives, most healthy plants will be able to move past a bit of cold damage without any issues. Prune to remove any damaged or dead shoots or limbs. Use proper irrigation during dry times and fertilize as needed to help promote overall plant health and allow the plant to recover from most weatherrelated issues. Loving plants requires a certain amount of acceptance that Mother Nature is ultimately in control.





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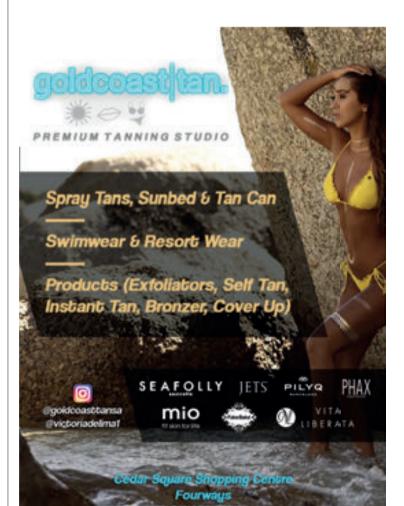
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gaye@gcr.co.za (Intern Agent) glenda@gcr.co.za ARTIST IMPRESSION

Advertorial

EVERGREEN MAKES TRANSITIONS EASY Matching lifestyle to life stage

he post war years - between 1946 and 1964 - produced a generation affectionately known as the Baby Boomers – confident, optimistic independent individuals who valued innovation, self-reliance, accomplishment and change. Unlike their parents who survived two world wars, Boomers lived well, while advances in medical science mean that they now also live longer.

With the oldest among them currently approaching 70 years, it's no surprise that the Boomers are still living active lives and showing no signs of slowing down. Instead, many are choosing to extend their working lives - either out of financial necessity or a desire to remain vital and engaged. Those who can't or won't stop working are redefining the

meaning of retirement, and they are doing so within a rapidly changing world - a world with many challenges, including shifting family structures, health and vitality, technology, the world of work and security.

In this day and age, security concerns and the hassles of home maintenance mean that fewer people choose to grow old in the family home. Sixty-five is invariably a transition point for seniors – either into full blown retirement, or into a down-scaled, more manageable, and more secure lifestyle. It is therefore imperative, according to Evergreen Lifestyles Chief Executive Officer, Arthur Case, that retirement lifestyle developers focus more intensely on meeting the needs and constraints of today's working seniors, and help them to match their lifestyle to their life stage.

HOMES DESIGNED FOR TODAY'S WORKING SENIORS

"At Evergreen Lifestyles, we recognise that this generation of retirees is looking for an environment that enables them to fully enjoy their years, to function effectively and to remain vital. Our residents enter this phase with a need to be connected with their world, to be fully functional, fit and productive, and with the desire to meet the major challenges that lie ahead – mainly health, wealth, significance and security," Case says.

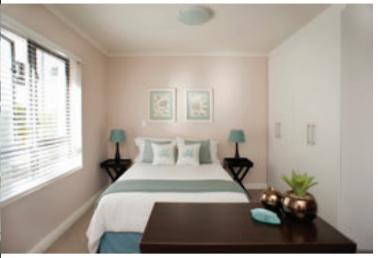
Along with beautiful spaces and tailored services, Evergreen's modern village environments provide work-from-home solutions, technology in the home, access to gyms and heated swimming pools, and full maintenance and security teams. However, as Case points out, none of these matter, unless those moving into Evergreen villages are able to relax in the knowledge that they can sustain themselves financially.

EVERGREEN MAKES RETIREMENT FUNDING EASIER

"Financial insecurity casts a shadow over what some refer to as the golden years," he continues. "Many of our residents come to Evergreen with immediate financial constraints, or uncertainty regarding the longer term sustainability of their lifestyles. Where affordability and financial security are concerned, the

Evergreen Life Right Purchase model overcomes a number of key concerns. In our model, Evergreen retains ownership of the village - holding both the obligations and the benefits of keeping it in tip top condition - and the buyer purchases the right to the occupation of a home for life. On the passing of the holder, this right is sold as part of the holder's estate. A consequent benefit of this model is flexible pricing - a life right may be purchased at a reduced price in exchange for a reduced capital return on re-sale. Because Evergreen is financially strong, we take a long term view on returns, and we're prepared in special circumstances to liberate funds further down the line for residents who may need them."

Advertorial



Flexibility and access to capital allow Evergreen residents to plan and fund their lifestyle according to their particular circumstances - and vitally - without concerns regarding sustainability and affordability.

THE ADVANTAGES OF AGING IN PLACE

According to Case, few retirement village developers are paying enough attention to design and technology in their villages. "Top retirement lifestyle providers have to design their villages to allow residents to age-in-place-intime. This means that stylish modern homes for young retirees must be easily retro-fitted to cater for ageing residents. Residents should enjoy easy access to technology to extend independence when age eventually catches up, and



•

....

they need to know that they will be able to downscale from their larger Evergreen homes in the future.

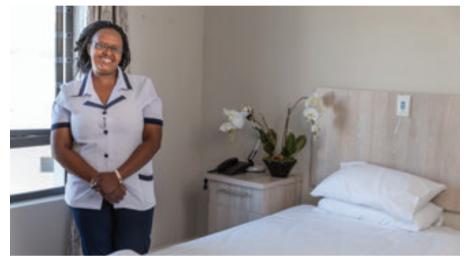
THE ADVANTAGES OF SPECIALISED HEALTH AND FRAIL CARE

While Boomers may not like to speak about it, they are often deeply concerned about their health and independence as they into any Evergreen village feels like coming home to a safe and happy haven.

JOY IN SIGNIFICANCE AND BELONGING

"Boomers moving to an Evergreen Lifestyle Village may be certain that when they finally say goodbye to their working lives, they will continue to enjoy their social lives, with sufficient hobbies, interests and companionship to ensure continued meaning and purpose," Case concludes.

At Evergreen, being part of a community full of laughter and



age. Evergreen's active aging philosophy is supported by personalised homebased and discrete primary healthcare, administered by friendly staff. Evergreen's fully equipped Care Centres provide 24hour nursing, frail and dementia care.

SECURITY MEANS A GOOD NIGHT'S SLEEP

Many people contemplate a move to Evergreen for personal safety reasons. Single access, high perimeter walls, electric fencing, CCTV cameras and security patrols on site 24/7 provide excellent security. In Evergreen villages, security guards become part of the family, looking out for residents' wellbeing: driving

friendship is one of life's many pleasures. Evergreen prioritises community formation and enjoyment providing superb resort-style facilities, where clubs, special interest groups and lasting friendships form naturally and easily. Knowing you are in an environment that anticipates and caters for your needs as you age is hugely reassuring. The Evergreen Lifestyle model provides a full suite of tailored services and facilities which enable residents to age in place and to manage the transitions from one life stage to the next, all the while sustaining a secure, rewarding and thoroughly enjoyable lifestyle.

NEW APARTMENTS NOW LAUNCHING

Among the most beautiful of Evergreen's lifestyle villages, Evergreen Broadacres is conveniently positioned in the warm heart of Johannesburg's northern suburbs. The next exciting phase of development has commenced with the construction of a 4000m2 state-of-the-art Lifestyle Centre and the release of 24 spacious one and two bedroomed apartments priced from R 1.2 million.

Join us for the launch of the apartments on Thursday, 17 August from 2-4pm to experience retirement living at its best. RSVP or to book a private viewing contact Maureen on 011 467 7097 or email info@evergreenlifestyle.co.za



A group of five ladies met for the first Tuesday of the month for coffee and some yummy clubhouse cake. It was great to see so many in the middle of winter, especially as lots of people are away.

Kyburg Boutique Wines presented their wines to the Wine Club in July. The estate produces a limited quantity of wine and therefore dedicates their attention to every detail. It was an excellent tasting with some stunning wines and great food supplied by the Clubhouse Restaurant. The Book Club met on the third Tuesday in July to find out everyone's recommended reads. Some of our favourite reads this month include *Into The Water* by Paula Hawkins – author of *Girl On The Train* and *From Whiskey to Water* by Sam Cowen.



The Ceramic Painting Group gets together on the fourth Tuesday and welcomes new members and crafts. The group has been busy painting and creating new pieces.





Fourways Gardens Social Club



Bridge on a Friday afternoon is at 1pm in the Clubhouse Restaurant and is very popular and new players are always welcome.

Due to the cold weather tennis is now at 7.30am on a Tuesday morning and all are welcome. We are trying to get a regular group together for a doubles game, but at present not everyone can play each week so sometimes there are just 3. So if you can be the fourth please let us know and you don't need to play every week!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1st Tennis - 7h30-8h30 Social Coffee - 10h30	2nd Wine Tasting – 19h00	3rd	4th Bridge - 13h00	5th Tennis - 15h00-17h00
6th	7th	8th Tennis - 7h30-8h30	9th	10th	11th Bridge - 13h00	12th Tennis - 15h00-17h00
13th	14th	15th Tennis - 7h30-8h30 Book Club- 10h30	16th	17th	18th Bridge - 13h00	19th Tennis - 15h00-17h00
20th	21st	22nd Tennis - 7h30-8h30 Ceramic Painting – 10h00	23rd	24th	25th Bridge - 13h00	26th Tennis - 15h00-17h00
27th	28th	29th	30th	31st		



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COME JOIN US FOR A SPRING CELEBRATION





Fourways Gardens and Pam Golding Properties supported by Chefs4Pets invites you to bring the family and come join us for a fun-filled morning at the Fourways Gardens Clubhouse.

Dog walk **registration will start from 8h30** in front of the clubhouse with the **walk starting at 9h30**.

Radical kites on sale from 11h00 or bring your own. **Jumping castle** and music on the clubhouse lawn.

Please bring donations of puppy food or cash for Ark Animal Shelter.

STAND THE CHANCE TO WIN LUCKY DRAW PRIZES



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MANDELA DAY AT FOURWAYS GARDENS ESTATE

















This year Mandela Day was celebrated in a slightly different way. We hosted a potjiekos competition on 22 July, where residents entered and sold their food to raise funds for our charity. The selected charity is the Mahlasedi School in Diepsloot. This school is run privately by Lucy who is an absolute angel. Fearing for the number of pre-school children left unattended while parents are at work, she opened her doors and is now helping almost 60 children daily. The funds that were raised will be used to purchase much needed stationery and educational toys for the children.

With 12 potjies entered in the competition, it was extremely competitive! Some residents presented amazing tables and décor while others just focused on the food! We even had two families celebrating birthdays while making their pots and entertaining family and friends. What an incredible idea! We wish to thank each and every one who supported the day! Our judges for the day were Steve Ford, the Clubhouse Food and Beverage Operator, our Chef Mbuso and we also invited Brad from

Estate News

Copperlake Brewery to judge. The judges had various points allocated to taste, tenderness and presentation and decided on a winner based on the combined point allocation!

Fine & Country contacted us and offered to sponsor fantastic prizes and items for the day! Geoff and his assistant, Paula, also offered to sponsor a jumping castle for the kids and the half drums for the competition! Copperlake Breweries also donated prizes for our winners and we hope to invite Brad and his team back to the Estate soon!

Our winners for the day were:

3rd Place – Lyn and Connor, who sold out their pot first and raised R1 200! **2nd Place** – Colin and Leon with a Lamb Masala pot; Leon also celebrated his birthday!

1st Place – Jess and Devenee Chetty with a Chicken Curry Pot!

In true Fourways Gardens fashion the day did not end there! A Throwback disco was hosted at the Clubhouse for our residents from 19h00! The theme was a Throwback Dress-up and residents who came, did not disappoint! We wish to thank all those who supported the evening and we will definitely host this night again! Austin Powers, Rod Stewart, Madonna, to name but a few, donned the dance floor with their moves! The Loco-Motion also had everyone on the dance floor. Feedback from everyone on the night was that it should have been better supported by our residents as the ones who were there partied until 2am!



Chef Mbuso, Steve, the Clubhouse Food and Beverage Operator, and Brad of Copperlake Brewery.



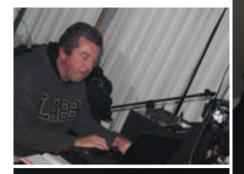
Lyn and Connor

Colin and Leon



Jess and Devenee Chetty

































Fourways Gardens • 23 • August 2017

GET FIT AND SAVE YOUR TIME WITH INNOVATIVE EMS TRAINING



n recent years, there has been more than enough publicity regarding the dangers of heart disease, diabetes and stroke, and their proven link to the rising levels of obesity prevailing in First World countries worldwide. While this may have led to a greater awareness of such risks, it has, however, done little to reverse or even to slow the steady deterioration of fitness levels among the general public.

Advertorial

There is, of course, a core of fitness enthusiasts for whom daily visits to the gym and a few hours of punishing resistance training are simply a part of their daily routine. Needless to say, it is not these who are affected by expanding waistlines and breathlessness in the face of modest physical effort, but those who most need the exercise, yet can't find the time. Today, however, a new form of fitness training known as Body20 EMS is becoming increasingly popular, and this innovative technology and training solution could save your time, your health, and perhaps even your life.

Financial pressures have seen a steady increase in the number of households now dependent upon two breadwinners. This, in turn, has led to a greater appreciation of leisure time, and convenience foods and home entertainment have made this possible. The downside, of course, is that our evenings are often as sedentary as our working days and, together with the TV A new form of fitness training known as Body20 EMS is becoming increasingly popular, and this innovative technology and training solution could save your time, your health, and perhaps even your life

dinners and takeaways, have served to decimate fitness levels.

Many of you will have learned just how many hours and how much effort it takes to lose weight or to build muscles with a conventional exercise programme. There is every chance that you were among the many thousands forced to abandon their gym membership through lack of either or both. In practice, you could have saved most of your time and a great deal of effort with a course of Body20 EMS training. Electro-muscular stimulation, to give it its full name, is a process that mimics the effect of exercise by inducing involuntary contractions of various muscle groups. For instance, instead of the voluntary contractions produced during a bicep curl, the same effect is produced by applying an electric current to the biceps via an electrode positioned on the skin above.

While this eliminates the need to lift weights, it does not explain the accelerated results when compared with conventional exercise. By applying a rapidly pulsed current, it is possible to subject the targeted muscle groups to up to 150 times more stimulation than when they are contracted voluntarily. In practical terms, this means that a single 20-minute session at a Body20 studio is able to produce the same physical results as 4-6 hours of pumping iron and press ups. Imagine being able to save so much of your time and see the results of EMS training in just a few weeks.

Whether you are an accomplished athlete or a couch potato, young or old, or hoping to lose fat, tone up, build muscle or reduce cellulite, a Body20 consultant will assess your fitness, and compile and supervise a personalised programme to meet your unique needs.

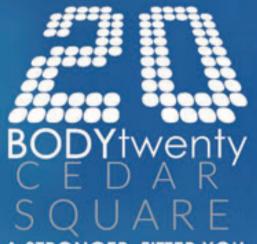


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Estate News

Our July wine evening was presented by Kyburg Boutique Wines



Another great evening was had by all at this month's wine evening. This time it was Kyburg Wine Estate that spoilt us with their collection of premium wines.

The owner, Fred Ruest, gave us an interesting talk on the history of Kyburg, the different wines and various methods of fermentation. The picturesque Devon Valley near Stellenbosch produces some of the finest wines. Fred continued to illustrate the different types of berries used and farming techniques employed in order to produce this select collection of wine. We were treated to glasses of Merlot, Cabernet Sauvignon and a cheeky Shiraz before settling down to a wholesome lasagne prepared by our restaurant!

Next up and before the evening drew to a close, the answers to the competition were given, making Guenter Nerlich this month's happy winner!

As always, we were joined by our sponsors, Tyson Properties, who make this event possible. Look out for details on our next wine tasting – it's always a lot of interesting fun enjoyed by all!







Fourways Gardens Wine Club



Guenter Nerlich, this month's happy winner!









Estate News







The September 2017 wine tasting will be presented by



Officially proclaimed in 1693, Saxenburg is one of the oldest farms in South Africa. Created by nature, crafted through passion and enjoyed by connoisseurs around the world, discover the unique qualities of their award-winning wines.

"We are a team of passionate 'vinophiles'. We believe there is an important story to be told behind every wine in our portfolio. Our rich experience and appreciation of wine have made us expert storytellers knowing the places and people behind our wines. So take a seat



at the table as we share our passion and expertise with you and invite you to enjoy all the wonderful wines we have to offer."



Date: 6 September 2017 19h00 Time: R130.00 Cost: **Kerry Sutherland Presenter:** Our restaurant will provide local cheese and biscuits with the welcome wine on arrival and delicious roast chicken, roast potatoes and a green salad served with an assortment of breads AFTER the Wine Tasting. A vegetarian option is available - please let us know when making your booking if that would be your preference.

Numbers are Limited.

Please make your bookings and payment directly at the Clubhouse.



Travel

WORDS: JAMES CLARKE PICTURES: MARY BROADLE



riting can sometimes be very trying. For instance, when a war correspondent is trying to pen something and bullets are pinging off his helmet. Or, as I found myself one day, trying to write notes on the Hermanus seafront, while whales were distracting me by cavorting in Walker Bay.

Indeed, as a writer of many summers and almost as many winters I have known suffering.

I was at the time following the N2 highway that begins at Ermelo and passing through Piet Retief and Pongola and, from there, it more or less follows the coastal plain to Cape Town from where the N7 takes one north to Namibia.

One can begin, as I did, by taking the first turn to the east after Pongola. This takes one to Kosi Bay by passing through Jozini (a dreadful little town) and skirting Jozini Dam. The road is not in good condition (I was driving a lowslung car) but the journey is worth it for Ndumu and Tembe Elephant Reserve and on to Kosi Bay with its lakes, its fish and its forest patches which rates as one of South Africa's most interesting and unusual destinations. One can go south-east from Jozini to Sodwana Bay (this is the best route to this magical coast with its wonderful coral reefs.

The less adventurous will prefer to skip Jozini and carry on down the N2 which now has many diversions to game reserves such as Mkuze, iSimangaliso Wetland Park (take the turn off to Mtubatuba and St Lucia) and, for those who want five-star luxury, there's Phinda Private Game Reserve.

Beyond this point we took a chance on B&Bs along the entire route and were spoilt for choice wherever we stopped. B&Bs have become very competitive so tariffs are reasonable. And Airbnb and cellphones make it very easy to book even an hour ahead.

The highway takes one on to Ballito Bay and Durban and the South Coast. Here we were warned not to go through the Transkei. We did so all the same and found it an excellent road, though be careful of goats and beware too of drivers who got their licences via correspondence school.

The N2 offers one of the world's great touring experiences – tropical forest; unrivalled wetlands; great beaches; deep gorges, unparalleled wildlife, wild coastal scenery, grand mountains and fynbos.

One can do it in sections as I have done. The Wild Coast stretch is just one highlight with its charming little resorts within easy striking distance and then the Eastern Cape. One can, at Grahamstown, take the short deviation to Kwandwe, a 15 000ha reserve in the Fish River valley. It's a most unusual region, rich in wildlife and fynbos. The design and decor of Kwandwe Lodge – set in the middle of a truly vast wilderness of bush-covered hills – is world class.

On down to Port Elizabeth and Addo Elephant National Park which now extends to the coast – and on to the

Travel

Garden Route. There's Plettenerg Bay and Knysna – Knysna where we opted for a cruise on the 16-ton yacht, Oudtenique, which was to have taken us through the Knysna Heads but the weather was foul and we'd arrived late so the skipper ushered us below into a warm and capacious cabin where a table was generously laden with what I would call Mediterranean fare and some excellent Cape wine.

We spent two nights nearby at the Kingfisher Inn just inside Sedgefield, which was comfortable and friendly. Then on to Mossel Bay and, if time is no problem, there are some worthwhile deviations – such as to the De Hoop Nature Reserve - intensely beautiful and rich in plant and animal life (a World Heritage Site). Its 16km-long, birdfilled lake was once an estuary and is classified as a wetland of international importance.

After entering the reserve one descends steeply on to a dense fynbos plain. To the south is a line of white sand dunes resembling snow-covered hills. A walkway through the dunes brings one to a bay where, even in winter one sees the occasional whale - but in summer they come close inshore.

We carried on to Bredasdorp and on to Cape Agulhas, Africa's most southerly tip and where we visited the relatively new Agulhas National Park.

Instead of rejoining the N2 we stayed two nights in Arniston, a delightful old fishing village. From here we thought of rejoining the N2 via the Bontebok National Park and then on to Cape Town with the options of crossing the highway to Fanschhoek or going down the Sir Lowry's Pass to False Bay and Cape Town.

Instead we kept to the coast to join False Bay at Rooi Els and then along the winding coastal road to rejoin the N2 beyond Gordon's Bay.

We continued our "summer cruise" by heading north along the N7 which, with its deviations to Paternoster, Langebaan Lagoon and then Cedarberg is a totally different experience.



Kosi Bay's fish traps



Penguins at Agulhas



Leopard at Phinda Lodge



Dolphins off Western Cape



De Hoop cottages





Bakoven, Cape Town



Paternoster off the N7

Advertorial

"A professional photograph captured well, paints a unique and timeless expression of at least 1000 beautiful words." LMM, 2017



n a world of Selfies and data banks of digital images, what is the real difference? Well, in the case of this year's Matriculants it's about capturing the transition from childhood to young adulthood in a unique, glamorous and 'seriously cool' professional photo shoot.

Today's youngsters call for something different that speaks to where they're at in the new world and on the brink of self-discovery. It's a time that celebrates the uniqueness of the emerging young adult.

Our photo shoot does just that, whilst adding glamour and pizazz, or the Rock Star appeal of a real Fashion photo shoot.

Choose from the selection of Packages to best tell your unique story. Because there are many aspects to growing up and transitioning - from Besties, to Hobbies, to Achievements, to Unsung Heroes you can select what is significant and emphasize those categories specifically in a meaningful way.

It's about creating timeless beautiful photographs as wall art; for treasured albums when the nest empties and for overseas relatives, in the awesome journey of the newly emerging young adult - indeed a joyful celebration! We offer both Outdoor and Studio photo shoots, as well as Video Packages. For example outdoors in the local park where you may have spent time as a child, or where you learnt to drive or skateboard.

Because it may all seem quite daunting, our Stylists do hair, make-up (natural and



glamour) and wardrobe to ensure that you look your best natural self. And soon you relax and start to "live the moment like a Ross "

SMART SIXPENCE CREATIVE

We're about pioneering new and meaningful experiences in the world of creative expression.

By way of introduction I, Linda Magennis, am a newly graduated BA (Visual Communications) with a double major in both Photography and Graphic Design. My midlife career transition has been from Professional Pharmacist to Creative Director, living my new passion.

Because I've always enjoyed capturing life's memories, it is a logical progression to want to create images that are natural and genuinely reflect the talent and personality of the young adult.

Insight into the needs of both parents and teenagers make this a special, fun event that portrays the youngster's character and preferences using professional photographic techniques, whilst creating something unique and memorable in the form of a modern-day album and good old photos that one can hold and look at without an Internet connection! "Yes indeed, there will be a Social Media component too!"

WORKSHOP & LAUNCH

Our 'Young Adult Year Book' (YAYB) service offering is relatively new in South Africa, and is based on the firmly established concept High School Seniors Year Book in the USA.





Consequently, a portfolio and website is still being crafted, and the packages will be tweaked to best suit the South African market. Be sure to sign up or stay in touch for the workshop dates and launch specials!

We work with Fuji XT-1 in the main, which is renowned for its sharp images and clarity. Video content is shot using the Nikon D7100 which renders beautiful colours and sound quality.

BOOKING

An upfront Session Fee is payable to secure a Shoot date, after which we meet to discuss the details and you receive your 'Package Selection Bundle' where all the fun begins!

A typical shoot takes a good 4 to 9 hours depending on the package selected. Video can be requested at an additional cost. Please see our advert further on in this Publication for more details.

To complete the package with a

useful valueadd, we include the more formal, yet striking Head & Shoulders images for:

- Profile pictures for Social Media
- CV's, LinkedIn and
- University / College Applications.

CLASSIC CARS AND A PHOTO SHOOT

Smart Sixpence Creative also provide a Classic Car Photo Shoot for the Matric Dance, Spring Ball or other special Event. This Shoot is slightly different in that it is tailored to the vehicle, the drive and the arrival at the venue - with all the glitz and glamour of the event!

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WHERE TO PARK...

Food Court Entrance:

Park on the Ground (0) Level of the North East Parkade (NEP); accessible from Ruby Close & Short Street (down ramp to Ground (0) level).

PostNet Entrance:

Park on the 1st or 2nd Level of the North East Parkade (NEP); accessible from Short Street & Ruby Close (up ramp to upper levels).

Sorbet Entrance:

Park in the Mezzanine Paid Parking; accessible off Short Street. Alternatively, use the PostNet Entrance, off Level 2.

Checkers / Mr Price Home / Entrance 2:

Park in Zone 2 Parking; accessible from Short Street via Fourways Boulevard or Percy Street. Alternative convenient parking is available in the North East Parkade (NEP).

Woolworths Entrance:

Park in Zone 2 Parking; accessible from Short Street via Fourways Boulevard or Percy Street. Alternative convenient parking is available in the North East Parkade (NEP).

Dischem Entrance:

Park on the 3rd Level of the North East Parkade (NEP); accessible from Short Street & Ruby Close, & up the ramps.

Game Entrance:

Park in the Game Parking, directly off Short Street or on the 3rd Level of the North East Parkade (NEP) & cross the bridge into Game; accessible from Short Street & Ruby Close.

Fourways View / Banks & Retail:

Park on the 1st, 2nd or 3rd Level of the West Parkade; accessible from Percy Street via Fourways Boulevard or Short Street. Alternative open parking still available.

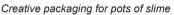
Food Lovers Entrance:

Park in the original open Parking; accessible from Percy Street.

Advertorial

DAINFERN COLLEGE CELEBRATES MANDELA DAY 2017







Making bookmarks in the Junior Prep



Junior Prep collection for Mandela Day 2017



Putting together packets of sweets in the Senior Prep



Mandela Day activities involve the whole community



project for Mandela Day: The Junior Prep children brought in books and socks to be donated to children in neighbouring underprivileged communities. The pupils also decorated delicious vanilla cookies and crafted beautiful bookmarks to be gifted to these communities. "A lot of children do not get food or money and these donations will make their hearts shine," says Alexa

The Grade 5 and 6 pupils had great fun making slime and packaging it into tubs that they personalised. Meanwhile, the Grade 4s practised kindness and service, giving the College support staff

Steedman, a pupil in Grade 2N.

a big 'thank-you', and then taking over the school clean-up for 67 minutes. The Grade 7s designed their own activity books, which they then packed with stationery and sweets for underprivileged schoolchildren.

The High School students were joined by members of the College's dedicated Parents' Association and produced dozens of beanies, hand warmers, bed socks and cushions. Says Deputy Principal, Cheryl Coetzee, "Mandela Day was an overwhelming success. Walking into the Dainfern College Function Room to see moms and students all actively creating items for the needy filled me with pride."

Madiba said: "What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead."



High School students looming and making emoji cushions

Dainfern College students, staff and parents joined hands this year to make a difference in the lives of others, bringing to life the school's motto for 2017, *I Am Because We Are*.

If you are interested in learning more about Dainfern College, please contact the enrolments manager, Mrs Kathryn Dornan, on 011 469 0635 or kdornan@dainferncollege.co.za.







"A professional photograph captured well, paints a unique and timeless expression of at least 1000 beautiful words."

UNIQUE, GLAMOROUS & SERIOUSLY COOL MATRIC PROFESSIONAL PHOTOS

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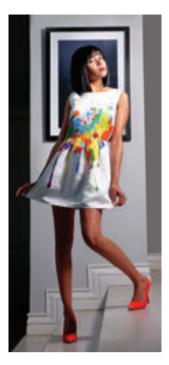
STYLE SHEET & POSES

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 R10,000) to best tell your story. Once you have paid your Session Fee of R400 to secure a future 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



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MIND YOUR DIGITAL FOOTPRINT

e live in a world where technology has become an integrated part of our lives. We've all Googled a holiday destinations or perhaps images of places, only to find the next time we go on Facebook, we receive targeted marketing, offering hotel accommodation in that area. So much of what we do online is tracked and used by advertisers using cookies, placed on your web browser, to track movements, make the internet more usable and help to secure online transactions. In this way companies can customise marketing solicitations to you. Increasingly employers, schools and universities go online to look into your background and you can well imagine that this could have a significant impact on decisions they may make.

From a young age, children are being exposed to technology and, by early primary school; many already have their own cell phones. Devices give them access and whilst they are young, spontaneous and unable to always make the right choices, they are incredibly vulnerable online. Their decision-making skills, ideas and judgements on aspects such as privacy, both in the real and online world, are still being formed and they are unable to grasp and truly understanding consequences of impulsive actions. They tend to over-share, react instantaneously – placing themselves at risk.

Every move they make online starts to paint a public picture of who they are, of how they behave. It is therefore essential, that we teach moderation and caution, from a young age. And, whilst this applies to our children, it certainly applies to teens, young adults and parents too.

What is a Digital Footprint?

Essentially, as we move around on our devices, we constantly leave behind pieces of information on the Internet - sites we view, things we buy, comments we make, pictures we post, apps we use and even Skype calls we make. This footprint is made up of our traceable digital activities, communication, contributions and actions. Over time, we create both a passive and an active digital footprint. The passive footprint is all the data which is collected without our knowledge and can be stored for later use. The active footprint we create consists of personal data we

deliberately share about ourselves on websites or on social media, which is stored online.

As you can well imagine, this starts to create an image of us and so, starts to build your online reputation. People can view all aspects of your world – who your friends are, what you do for fun, what your views are on various things – all based on comments and posts.

Sexting and your sexual footprint?

There is another aspect to the digital footprint in the online world, one which people don't often consider, and that is our online sexual footprint. Young tweens and teens are experiencing body changes, hormonal fluctuations, suddenly other people start to look very attractive to them and they crave peer acceptance. They start flirting and dating and it feels wonderful to have this positive attention directed at them. But, their primary communication channel is now through their devices and so, it's all too easy to get caught up in sexting.

Sexting is any online message, photo or video which is sexually suggestive, contains nudity or even sex. Nude or





suggestive selfies are often the greatest danger. If these messages or photos were to be passed on, it would be incredibly embarrassing, humiliating and could ruin reputations. This often leads to bullying, to them being victimised and ostracized. This in turn leads to anxiety, self-esteem issues, depression and even suicide.

It is so important to make your children mindful of the dangers of sexting from a young age:

- · Once they send a message of this nature it is out of their control.
- · Every action they take or words they post, creates a picture of who they are - and in this context - their sexual footprint.
- Legally speaking, taking a sexually explicit photo is considering as making porn.
- · If they send or forward the photo, they are distributing porn.
- If they receive the photo, they are in possession of porn and they are underage.





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Online Reputation

When having a conversation with your children about safety and awareness in the world of social media, discuss appropriate behaviour, consequences and possible repercussions that could harm their reputations. Here are some useful tips to share with your tween or teen:

DON'T:

- Accept anyone as a 'friend' if you don't personally know them.
- · Post anything online when you are angry or hurt.
- · Post anything you wouldn't want your parents, teachers or future employers to see.
- · Be unduly negative or offensive online.
- Lie.
- No sexting this may be considered child pornography.
- Post inappropriate photos especially not when drinking, drugging, or being sexually provocative or inappropriate
- Beware of political or radical statements of opinion your views may change over the years.

DO:

- Set your profile to private.
- Think before you post.
- · Showcase your interests and hobbies.
- · Create a positive blog if you wish to write online content.
- · Build your credibility.
- · Project an image of who it is you want to be known as, what you stand for.
- · Delete anything or anyone questionable.
- Using common sense is a good rule of thumb.
- · Speak to a trusted adult if you are concerned.
- Report online abuse.

Always encourage your children to think about who they want to be, what they want to stand for and be known as. The only one

> who can really protect them in the online space, is themselves. They need to take responsibility for their own safety and actions - even in the virtual world.

Other sources: http://kidshealth.org/en/parents/2011-sexting.html https://www.youtube.com/watch?v=ckqQn7eG9es https://www.youtube.com/watch?v=ckqQn7eG9es https://www.internetsociety.org/your-digital-footprint-matters?gclid=Cj0KCQj whrzLBRC3ARIsAPmhsnXUovmfvPhjnuI9N4HOLyzBfsC7FJwDAXkwbi2u hPzFDw9WGum5Wa4aAiFfEALw_wcB

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Remarkable resilience of being

I am so often rewarded in witnessing the remarkable greatness of the human being as they overcome a challenge in life.

hrough experiences I can confirm we all have deep resources of physical, spiritual and mental strength, which are at our call any time we wish to use them. It is when we harness all three at once, and direct them with purpose, that truly remarkable achievements are reached.

My wife and I were recently on a stopover in Athens, before heading on to one of the smaller Greek islands, to soak up some Mediterranean summer sunshine.

Through previous travel experiences, we have learnt to engage in guided local tours when in big cities. In this way we encounter many of the sights and insights that can often go unseen when following typical touristic patterns. Over time we have engaged in cycling, walking and food tours.

Being in Greece for the first time, we thought getting to know the truth behind their many well-known food dishes would be a worthwhile venture. Well – we got a great deal more than tasty nibbles to eat.

We were asked to meet our guide at 9am in Monastiraki square, a train station just beneath the Acropolis which, for those who are unaware, is a particularly busy part of the city.

There waiting for us in the shade of an tiny ancient monastery was Sophia. A diminutive woman who we would learn later was about to turn 40.

She immediately asked of our origins, home town, and importantly for a food tour any allergies that we may have.

Once we had answered Sophia's formalities, she then informed us that we would be heading in to areas of Athens that are off the tourist track, where we may be exposed to certain things that aren't so pretty. We confirmed that we were ok with that and that we had no problem seeing the honesty of the environment with the realness of life.

So within a sort while we were marching

off behind our guide deep into working class Athens.

Lifestyle

Unusually perhaps for a tour guide, who is essentially promoting their city and their country, Sophia readily introduced the subject of her failing government and a tragic, broken economy.

She shared, that the various attempts to create alternative growth strategies had failed to have any substantial impact or motivation, and that unemployment was now at an all-time high and sadly, suicides were daily occurrences, with many Greeks feeling so powerless over their futures, that choosing to end them gave them some margin of control.

As she shared this insight, I could feel her anger rising, and without missing a beat she passionately directed us...

"First we are going to stop at this wonderful bakery (be careful crossing the street) and then I will tell you all about our dreadful and delusional prime minister. He's just an ignorant man gambling with our lives."

At the bakery we shared some typical Greek morning pastries, spinach pie and feta pie, as Sophia took a break from the political commentary and informed us as to the deeper meaning behind 'pie' and how all things edible in Greece had the potential to be pie – she even ventured to suggest that ice too could

Lifestyle

be cut into slices and therefore could be pie!

Soon we were off again, dashing between lemon coloured taxis, going about their morning trade, and Athenian citizens out doing what they do. We passed many other little enterprises, finally arriving at her chosen destination for the next episode of the traditional Greek breakfast.

As Sophia presented a tray of what appeared to be medium sized doughnuts covered in cinnamon, and dripping with honey, I asked if she would continue her story.

"Not here," she said, saying that we will pick that up later, and what she really wanted us to experience at this particular venue was the character and personalities that made this their morning ritual.

"Look about you," she requested.

Around us, engaged in their demonstrative and passionate conversations, were mostly middle aged and older male patrons, drinking their coffees, and wolfing down, these truly awful, sickly sweet doughy chunks. In between mouthfuls they argued a point in the conversation.

"They have been coming here day after day, year after year. This is their world, their reality."

And there, suddenly, I was taken back to the 1950s of it all, the deco and furnishings probably hadn't changed in 60 years, same lighting, same wooden panelled walls. Ancient cigarette smoke stained the ceiling.

Pulled back to the moment, we were off again, at pace, leaving the time warp and the nasty little doughnuts far behind.

But by now, I was even more curious to hear Sophia's view of governance. I mean, coming from South Africa, I believe we can speak with some authority on the subject of atrocious government.

There was no time for that as we



passed through the city's central meat and fish markets, past an abundance of fresh fruit and spectacular selections of roasted nuts and others delicacies and we were educated as to the preferred diets of the Grecian appetite.

At the conclusion of this maze we found ourselves at the entrance of the one of the oldest coffee shops in town. Here we experienced the traditional slowly cooked Greek coffee, little copper jugs nestled in heated sand.

Seated with her coffee in hand, as we sipped at our dark, thick and rather gritty Greek version of espresso, Sophia finally began to open up with her view of the current social crisis.

Sophia is a highly educated, degreed in business acumen, and had worked for a leading Greek owned, oil shipping company for 15 years, until 18 months ago. Which is when her nightmare began.

You may recall it was a few years ago now that the crisis Greece reached such a scale that it became global news, week after week.

Demonstrations were the order of the day, politicians fighting for their lives and existence, postured for relevance as they proposed referendums on staying or leaving. And the might of the powerful and wealthy European Union leaning down heavily, demanding to know when debt payments were going to be settled.

Within this environment (as we well

know) economy's falter, already fragile confidences give in, and real tragedies begin to unfold in increasing numbers.

Sophia's company, one of many, was trapped in an awful cycle of product being sold to businesses that no longer had the cash to settle the bill. As with countless other businesses in Greece, the cycle of continuous extended promises finally faltered, the pretence ended and with it harsh realities came home to roost.

The business informed their staff of the tough choices ahead...

Leave immediately, with no hope of recovering any past wages, or continue to operate without pay, praying for a turn in economic confidence and fortune.

Sophia made the decision to stay on (her 15-year investment was a big influencer). That decision also meant that she had to go and borrow the money to pay her rent, monthly living expenses and cover her medical insurances and private pension.

While Sophia, some of her colleagues, and the owner of the business placed their trust in some form of short-term economic recovery, the young and newly elected prime minister attempted to persuade the EU to buy his vision for Greece.

Finally, after 18 months of constant anxiety, the business Sophia worked for could go no further. It was forced to close its doors and the owner, a proud

Lifestyle



man of 85, took his own life, leaving a message, that said: 'Whilst he had done some tricky and not necessarily honest business deals in his lifetime, the one thing he couldn't live with was not being able to pay his staff.'

Sophia was left with 50 cents in her pocket, and her own mountain of debt.

But she never gave in, she never quit.

Sophia set about demonstrating that remarkable human resilience does exist, even at the darkest of times.

She dug deep and began to question who she really was and what she could do differently and that would begin to create the different outcomes she was seeking.

She was smart enough to know that she was over-skilled for any of the limited positions that were available within her current corporate field and that seeking more informal, entrepreneurial work, outside her current skill set may provide greater opportunities.

She then started doing some very simple, smart things, like asking her closest friends what they thought her strengths and weakness were and what aspects of her character she should guard against in finding a new income source.

Armed with honest feedback, an analysis of her own skills, strengths and weaknesses, a dose of determination and the willingness to be bravely Sophia set about demonstrating that remarkable human resilience does exist, even at the darkest of times.

creative, she approached a small tour operator who had just begun running guided food tours.

She admitted she knew little about food, that in truth she actually didn't have much appetite for it, but that she did know every single street in Athens, having lived there all her life, and everyone said she was good with people - all kinds of people.

The owner appreciated her honesty and directness and gave her an opportunity.

And the rest, as they say, is history.

We had long since finished our coffees, and it was time to wind our way back to the beginning of our tour, passing more fascinating and tasty experiences on the way. We sampled meats in a mesmerizing delicatessen, made salad in the back of an olive oil merchant, and lapped up the smoothest yoghurt and honey imaginable.

As we finally said our farewells, each vanished in opposite directions into the growing tourist crowds. It was clear to me that there is more to Sophia's remarkable fight back and recovery than this brief story can tell. Sophia is such a wonderful example of resilience. Even at her lowest point she turned to friends and family for support and learnt so much about herself by simply being open to change. She is tangible evidence that you don't have to be an expert to find a new career, that financial ruin does not mean the end, and that in new opportunities lies the possibility of learning even more. She is loving her new role and takes each meeting of a new tourist as a new learning experience.

As we all move forward into every more uncertain futures, I think we could all learn from people like Sophia, who had no time for self-pity or regret, who focused clearly on creating her own opportunities, and fighting for them.

Wherever you are at this moment Sophia, Sara and I salute you.

Graeme



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Advertorial

JOINT CARE FOR FURRY SENIOR CITIZENS How to keep your 'Golden Oldie' comfy this winter

Winter can be a challenging time for anyone with sore, creaky joints but often we don't realise that our pets are in as much discomfort as humans with arthritis.

HOW DO I KNOW IF MY PET IS IN PAIN?

Of course there are the obvious signs: your pet appears to have difficulty getting up after lying down for a period of time, or limps visibly.

But some might not be so obvious. If your pet shows any of the following, chances are he/she is sore:

- Reluctance to play or exercise;
- · Lagging behind the others on a walk;
- Reluctance to climb stairs or jump down from a height or up onto furniture;
- Annoyance or aggression towards family members who attempt to engage the pet in play;
- Lying around for hours without getting up and moving around (this is seen particularly in cats and is often passed off as 'normal cat behaviour'; the truth is, most cats over the age of 11 years display some arthritic changes which affect their mobility and they move less as it causes them discomfort;
- Weight gain;
- Loss of toilet training (dogs do their business inside or cats do not reach the litter tray in time).

Dogs and cats are very stoic, a throwback to thousands of years ago when they had to appear strong in the wild. They will seldom cry out in pain due to arthritis, so please don't wait for this before you take action.

AT WHAT AGE ARE PETS AT RISK?

Pets of any age may experience arthritic changes following trauma to joints or skeletal abnormalities such as hip- and elbow-dysplasia, but osteo-arthritis is most commonly a wear and tear condition and is associated with old age.



Cats and small to medium breed dogs (up to 25kg adult weight) are considered Seniors after **7 years** (although many reach very advanced ages close to 20 years... which is a long time to potentially be living with joint pain!) Large breed dogs (25-40kg adult weight) are Seniors at the age of 6 years. Giant breed dogs (40+kg adult weight) become Seniors at the age of 5 years!

Advertorial



SO WHAT CAN I DO?

First and foremost, prevention is better than cure. There are many things you can do to minimise your pets' chances of developing joint problems later in life:

- Ensure your pet is kept within his optimal weight range lifelong! Excess weight is by far the biggest factor in joint conditions and can mean the difference between your pet developing arthritis or remaining mobile.
- Provide non-slip surfaces in the home – slipping on floors and falling with legs splayed out on a regular basis damages the joints irreparably.
- Never over-exercise growing puppies, particularly the heavier breeds - running with your puppy before his growth plates have closed (around 18 months for large and giant breeds) will damage the immature joints.
- Feed a size-specific, super-premium veterinary diet from Day 1 – these diets are balanced with the correct ratios of the bone minerals calcium and phosphorus, and include other joint support nutrients to guard against osteo-arthritis. They are proven to lengthen a pet's lifespan and improve overall health and well-being in a multitude of ways.
- Take your pet for yearly veterinary check-ups throughout his life to catch potential problems as soon as they start.

WHAT IF MY PET IS ALREADY SHOWING SIGNS OF ARTHRITIS? Ensuring that your elderly pet is



comfortable and pain free is your number one priority:

- Provide thick, soft bedding (ideally a memory foam mattress with lots of blankets on top).
- Keep the pet warm. Allow him to sleep inside and turn on safe heating sources for him in cold weather.
- Visit your vet for advice on what prescription joint care diets are available, and which are proven to help arrest joint problems and minimise discomfort.
- Discuss whether your pet is at a point where **supplements** might help, or whether intervention with **pain medication** is required. There are a variety of safe non-steroidal anti-inflammatory drugs on the market and these are vital in the pain management programme for pets with advanced osteo-arthritis. **DON'T leave it too late and allow your pet to suffer in silence.**
- Ensure that everything your older pet needs (bedding, food, water, litter tray) is downstairs and within easy reach.



- Explain to children that the older pet doesn't feel well and can't play anymore, and ensure that younger pets are kept separate so that your precious Senior Citizen can enjoy some peace and quiet.
- Encourage **regular light exercise**, even a stroll in the garden or a slow walk around the block (or a short, daily game of catch with a favourite toy for cats) and keep a close eye on his weight – even a few extra grams can significantly increase pain levels and discomfort. Ask your veterinary health-care team or Twisted Whiskers staff for advice on a healthy weight range for your older pet.
- Hydrotherapy is very beneficial, both to ease muscle strain and to maintain muscle strength and tone.
 Twisted Whiskers offers both warming Hydrotherapy and Aromatherapy Massage treatments, designed to ease discomfort.

Our furry Senior Citizens deserve every bit of the respect, kindness and patience we afford our older human loved ones.

These, together with some minor routine changes in the home and a wealth of knowledge and handy products available at your local vet or Twisted Whiskers branch, will ensure that your 'Golden Oldie' will sail through his or her twilight years and be able to actively participate in family life for years to come.

Humour

Join the club

Several years ago Johannesburg's Rand Club decided to allow women to use its front entrance. Until then women could use only the side entrance in Fox Street. Even then they had access only to the restaurant. The next hurdle was to allow women to use the grand staircase into the heart of the club – a staircase ironically dominated by a huge portrait of the Queen.

For nearly 100 years women had been forbidden to use those marble stairs. The original reason, I was told, was because members might then be able to look up their dresses. I say! I suppose this would have led to the slopping of drinks and perhaps older members collapsing.

But women don't wear dresses much nowadays – they wear trousers – so it won't matter even if they slid down the banisters.

I recall seeing, for the first time, women in the club's bar. According to friends some were even offering opinions. Many old members when they saw this for the first time said it was the end of something, I forget what.

Today the club is no more. Anybody can now hire the magnificent old building for an event.

Men's clubs worked well for centuries. Then came this women's liberation thing and next thing even London's Reform Club was having to eject women from its steps because they were using abusive language and demanding membership.

Why were men's clubs so chauvinistic?



I think it was because men are more able to sit in a companionable silence for long periods. Women cannot sit in silence for longer than...

Ring. Ring.

THRENODY, DON'T ANSWER THAT PHONE! Too late. I knew it. It's the E*D*I*T*O*R. Threnody (she's my secretary y'know) says the editor says if I carry on like this I'll be horse-whipped by irate women readers.

Maybe I should confine myself to discussing this new theory that women invented language way back in prehistoric times. It's hardly surprising. Men had to stalk wild and dangerous animals right up until the cow was invented and that required silence or, at most, the occasional "Psssst!" Exhausted hunters, returning home dragging a mammoth or woolly rhinoceros, would hardly have been in the mood to join in chatter.

Womenfolk, having to constantly tell their kids to eat their boiled lizards nicely, would have had a much greater need for words. And working communally, gathering berries, would have been conducive to chatter. "I say, Sybil, you smell dee-vine! Are you using that warthog gall bladder juice again?"

They probably compared each other's head lumps from the night before when they were bonked (if you'll forgive the expression) on the head by clubwielding lotharios before being dragged off for a romantic interlude. (As I say, clubs have always been important to men.) This is why men can happily sit in a club lounge all afternoon and evening and say nothing. He can simply go "hurrumph!" and the club steward will know to bring a pink gin.

Women would be talking all the time about kids and clothes in that highpitched way they have. Clubmen don't care how their fellow members dress – as long as they wear a dark suit, black shoes, quiet tie and non-commercial cufflinks. Nor do they discriminate as long as members are all male, all the same colour, have a similar standard of education, speak the same language and share the same views about damned foreigners. Modern women currently attacking male exclusivity are displaying nothing less that the Bobbit syndrome.

Ring, Ring.

Threnody! DON'T TOUCH THAT PHONE! HEY? WASSAT?

A friend tells me of a fellow who, to prove to his wife that women talk too much, read out a news item: "Men use about 15 000 words a day – women use 30 000."

His wife said, "That's because we have to repeat everything we say." He said, "What?"

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





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

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

FUN TUTOR: Experienced, friendly Kumon tutor available in Lonehill for extra lessons after school: English, Reading and Mathematics, from 5 years of age up until Grade 6, call 073 978 7368 or email: ckaps10@gmail.com. Can do sessions in your home, references avail.

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.

FURNITURE MAKERS: Can't find the furniture you are looking for? Furniturespot.co.za has collected the best furniture makers on one platform. Your furniture idea, custom made for you, your piece, your colour, your style, your budget, send your idea to Wouter via WhatsApp on 071 308 6379, or wouter@furniturespot.co.za / www. furniturespot.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.

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

GUITARS FOR SALE: New, Pre-owned & Vintage Acoustic Guitars for the discerning player, collector & investor. www.hughsfineguitars.co.za or contact Melanie on 082 658 2895.

HANDYMAN: Looking for weekend work for any maintenance around the house, including building, painting, waterproofing, paving contact Samuel on 074 883 3780 / 072 414 7585.

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

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

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

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, emchikati@yahoo.co.uk / www.wondersrenovation.co.za

HANDYMAN: For all your roofing, roof repairs and re-roofing, damp and waterproofing, ceiling, guttering, fascias, insulation, skylight, tree felling, stump removal, and painting, call Stephen 072 292 8245.

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

HEDGEHOGS PLAYSCHOOL: Small Educational Playgroup run by a qualified teacher in Fourways Gardens Estate, (Phase 1) ages 18 months to 3 years, weekly themes and creative activities form part of the curriculum. Register now 2018! For more info or to make appointment to visit the school, contact Debbie Hutchinson on 083 253 1414

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

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 Deidre on 082 335 5096 deidredevine89@gmail.com References available on request request.

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)

HOUSESITTER: Friendly, mature and responsible lady available for pet and house sitting, Francoise 011 803 1556 or 076 440 8014.

HOUSESITTER: Need someone to look after your place at the last minute? A reliable someone to take care of your beloved pets? Well I may just be the house sitter for you! Contact Jason on 079 496 1227.

HOUSESITTER: Friendly, mature and responsible lady avail. for pet and house sitting. Call Francoise on 011 803 1556 / 076 440 8014.

Classifieds

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

KIRASPA: Body massage, body exfoliation, manicure, pedicure, waxing, facials, LPG, lipomassage (slimming body) call 079 806 6555, 011 465 1319 / kiraspa02@ gmail.com / facebook: kiraspa / www.kiraspa.co.za, Agora Shopping Centre.

LITTLE SMART~IES: (Private Tutoring for children 2 – 6 years) Give your child a head start in education, qualified nursery school teacher. For more information, contact Michelle 083 395 5672.

LAWN CARE PLUS: All year round lawn care, 14 years' experience, winter lawn root-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 / lan on 084 888-1632 / 011 704 4614.

LIFESTYLE COACH: Is Fitness and a Healthy Lifestyle on your mind? Come and train with us, tennis training mixed with intensive cardio fitness, individual, groups and semiprivate slots available, bring a friend. Deuce International Sports Institute, call 071 095 2689.

LEISURE STORAGE SOLUTIONS: Secure storage of your trailer, caravan, boat or vehicle from R 360 pm. Facility is located behind Northgate. Delivery and collection service offered. Contact Geoff on 083 626 0400 / geoff@ leisurestorage.co.za

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

MUSIC LESSONS: Experienced music teacher offering tuition in piano / keyboard, voice, guitar and recorder – from beginners to advanced, age 5 yrs. upwards. Music is my passion and I would love to teach you in my happy studio on Lonehill, please call Toni on 082 575 4601 / notedbytoni@gmail.com

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

OMEGA WEALTH: A qualified independent financial advisor will assist you with your retirement, estate planning, medical aid and life insurance requirements. Omega Wealth is based in Fourways Gardens Phase 1, and we have a team of specialists in all fields of financial services. For a no-obligation, no-cost financial needs analysis, contact us on 011 465 8650 or email: admin@omegawealth.co.za

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

PAINTER: Solomon has worked for me as a painter when required for 20 years, he is an excellent painter, honest & reliable, highly recommended, call John for a reference on 084 683 3366 or Solomon on 076 469 0343.

PARKWAY GARDENS: Garden Redesign, weekly garden maintenance, general house maintenance, weekly pool service, contact Tino Musasa on 073 967 8953 or email: parkwaygardenservice@gmail.com

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

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.

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-marblelite, pumps, sand changes etc. For all pool requirements call Jackie or Martin on 072 132 5703.

PROFESSIONAL CARE NURSE: Christen has been in the industry, taking care of people at home anywhere, dealing with old people or toddlers with trachea, feed via peg, diabetic to count, give an insulin, recover at home from hospital, doing exercise together and taking vital signs, has driver's license and has traceable references, please call 078 132 8874.

Q.G CONSTRUCTION: Building renovation, pool renovation, painting, tiling, paving call Givemore on 071 349 7486.

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

RAD WASHLINES: Quality powder coated, wall mounted, foldaway & TPiece or round wash lines. We also do repairs & rewiring of all wash lines, we deliver & install countrywide. For a quote, please call Alvin on 082 446 6574.

RAYCON CONSTRUCTION: Additions & New builds, resident builder, we specialize in up market houses – new and alterations, contact Steve on 083 601 1594 / office on 011 465 4547.

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.

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

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

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

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

TREE FELLING & RUBBLE REMOVAL: Experienced and skilled tree fellers! Call Richard on 073 631 1241.

TUTOR: A student currently studying towards a Bachelor's degree in Education is looking for part time job as a Zulu tutor from Grade 1 – 12, contact Sarah on 084 904 6409 or Toby on 076 789 8746 for references, she is currently based in Fourways Gardens.

TUTOR: Maths tutor grade 8-12, qualified and experienced teacher offering extra lessons in Fourways Gardens, all curriculum taught, for more information contact Melanie on 067 677 7089 or email: zwarts. tutoring@gmail.com

OTHER:

SECOND HAND CLOTHES: Elsah is looking for second hand clothes in bags (men, women & children) please call Elsah on 072 817 4395 or Marianne on 076 881 7832 / mariannevos@gmail.com

EMPLOYMENT WANTED: Driver seeks employment, has a code 10 & 14 driver's license with DGP and 4 years' experience, FWG resident, contact Rodwell on 073 604 7596.

EMPLOYMENT OFFERED: 1. Assistant Buyer / Purchasing clerk – based in Kya Sands. R negotiable. Male 25-35. Must live within a 15km radius of Kya Sands and have own car. Matric with Bachelor Pass. Experience working with Pastel and Excel. Experience in quoting, raising orders, follow up with suppliers etc. Must have worked in a pressurized environment – dead line driven, industrial / machine / tools / drilling background. Call Stella on 083 253 7824.

2. Invoicing Clerk: Based in Kya Sands. R negotiable. Must live within a 15km radius of Kya Sands and have own car. Matric with a Bachelor Pass that includes Maths. Experience working with Pastel and Excel. 5 years working experience. Pressurized position and daily deadlines. Call Stella on 083 253 7824.

DOMESTIC WORK:

Grecious: My fantastic domestic worker is looking for part time work on Mon, Wed & Thurs, she is trustworthy, hardworking and reliable, call Eve on 082 456 2456 for more information or call 082 393 5775.

Ellen: Looking for part time work on Saturday as a babysitter, call 071 806 3332.

Melody: Looking for full time work live in / out, good with children and excellent with domestic chores, call Yvette on 082 858 5920 for a reference or call Melody on 073 417 7750.

Gloria: Looking for part time work as a domestic / housekeeper, hardworking and friendly, honest and loyal with a strong work ethic, currently working in FWG, please call Gloria on 073 224 8063 or Tish for a reference on 083 380 3002.

Suzen: Malawian is looking for work as a domestic worker, part or full time, call 078 924 8690, 071 258 6671 for reference.

Gloria: Looking for part time work as a domestic / housekeeper, hardworking and friendly, honest and loyal with a strong work ethic, currently working in FWG, please call Gloria on 073 224 8063 or Tish for a reference on 083 380 3002. Patience: Looking for cleaning / ironing work for Wed, for a reference call Zoks on 082 551 1613 or call 072 141 5382.

Faith: Looking for part time work as a domestic, good with cleaning and ironing, for reference call 084 465 1939 or Faith on 078 498 6775.

Anna: Requires part time work as a domestic on Mon & Wed, references available on request, call 073 144 9785.

Paulina: My excellent assistant – kind and dedicated, looking for work on Tues & Thurs, excellent caring skills, for reference call Priscilla 073 565 3990 or 078 649 8574.

Mabel: A committed, gentle, outstanding employee assisted me as a caregiver for my elderly mother as well as domestic chores, full or part time on a daily basis, for reference call Priscila on 073 565 3990 or 074 015 0630.

Precious: Zimbabwean 43 years old, looking for domestic / child minding work, requires live in position, she has been with us for the past 3 years, she is honest, reliable and trustworthy, great with pets and young children, for a reference call Candice on 076 612 7060.

Rebecca: Has worked for me for nearly 20 years, she is honest, hardworking and reliable, looking for work on Mon, Wed & Fri, for a reference call John on 084 683 3366 or 083 483 6751.

Hilda: Looking for domestic work on Mon and Thurs, she is a magic ironer, honest and reliable, please call her on 076 786 6594 or Alex for reference on 082 844 4888.

Beauty: Looking for full / part time domestic position, Beauty worked for a family that emigrated to Australia and was not assisted with a placement, I have been employing her as a char on part time basis and I find her to be a delightful and competent person to have around, contact Beauty on 063 867 5375.

Mevis: Zimbabwean, very pleasant, hardworking and cheerful person to have around, seeks domestic work part or full time, call 073 466 4257 or 082 376 6279 for a reference.

Philani: Domestic worker looking for full / part time work, highly reliable, hardworking Zimbabwean lady, sadly we are down scaling and no longer need 2 x domestic workers, call Philani on 083 638 7923 or Daniela on 082 323 8039 for a reference.

Lindiwe: Due to relocation my fantastic helper is looking for part / full time work as a domestic / childminder, she can do first aid & CPR, she is hardworking, trustworthy and a magical ironer and great friends with my dog, for reference call Sandra on 079 320 4377 or Sandra. lantinga@gmail.com or 072 677 0696.

Grace: Zimbabwean looking for Sat work, currently working in Coral Tree Crescent, has completed courses on child minding & Basic household, call 079 076 5109.

Elsah: Looking for work 2 days a week as a domestic worker, she is very hard working, reliable and trustworthy, call Elsah on 072 817 4395, for reference call Marianne on 076 881 7832.

Maria: Is very hard working and don't need any supervision she just gets on with the job, she is honest and is always on time, her ironing and cleaning is of high standard, feel free to give Doreen a call on 082 574 4066 for a reference or Maria on 072 866 8252.

Christabel: My very sweet and kind domestic worker is looking for part time domestic work in Fourways Gardens Estate from Aug – Dec 2017, she is trustworthy, hardworking and thorough, please call Christabel on 062 975 6795 or myself Sonet on 082 349 5252 for a reference.

Phindile: Looking for part time work on Mon, Tues, Thurs & Fri, she is very hardworking, honest and reliable, for a reference call Gaye on 083 308 8610 or Phindile on 076 545 4948.

GARDENERS:

George: Malawian looking for garden work on Mon, Thurs, Fri & Sat, very hardworking and reliable, five years' experience, call 063 181 1281, for reference call Dorin 078 188 0786.

Dexter: Malawian is looking for work on Thurs, he is friendly, intelligent and very hardworking, knowledgeable on irrigation systems and swimming pools, he shows a lot of initiative and also has his own transport, call Dexter on 073 171 6388 or Lizelle on 082 890 8514.

Aaron: Looking for garden work 3 days, Tues, Fri & Sat, contact 078 888 6521 / 074 759 1416, for reference call 083 278 9009.

Lucky: Malawian wants to work as a gardener on Tues, Thurs & Sat, call 073 760 4665 / 082 555 7203.

Neil: Looking for garden work or house work immediately, he is hardworking, honest, reliable and has a professional and quiet nature, he is very capable with all tasks given to him, call Robyn on 084 777 4332 or Neil on 061 804 9631.

Maxmos: Malawian seeks work as a gardener / welder on Mon, Tues, Wed, Fri & Sat, call 060 891 2488 / 074 970 4845.







FOURWAYS GARDENS Residential Estate

APPROVED ESTATE AGENTS FOR 2016/2017 Please remember that only Fourways Gardens Approved Estate Agents are allowed to list and sell houses in Fourways Gardens. You may contact any of the following agencies to sell or let your home:

You may contact any of the following agencies to sell or let your home:									
Agency	Agent	Cell Number	E-mail	Website					
Century 21	Joep Rijntjes Tania Heurtaux	083 462 2756 082 550 2222	Joep.rijntjes@century21.co.za Tania.h@century21.co.za	www.century21.co.za					
	Detmar Nuttall	082 840 5511	detmar.nuttall@engelvoelkers.com	www.engelvoelkers.com					
FINE COUNTRY	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa					
Gardens Realty	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za					
FRANCESCA Beattie	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za					
Bell's	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za					
Gave Cawood	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za					
HAMILTON'S	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za					
Lew Geffen Sotheby's	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za					
PAM GOLDING	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					
REMEX Excusion Streep	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za					
Seeff	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com					
HIGH S ¹	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com					
TUSON PROPERTIES	Grant Raw Mark McGowan Dee Thomas (rentals) Sally d'Hotman	079 495 9357 083 358 5652 083 375 5646 082 442 7693	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za					
	Keri-Ann Hart	083 844 3150	keri@univestre.co.za	www.univestrealestate.co.za					

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HOUSE SITTING / PET SITTING

Going away for a few days or on holiday? Are you concerned about the well - being of your beloved pets, the pool, the garden and the security of your home?

We are a retired couple with years of pet sitting experience that can resolve that concern and give you peace of mind by providing a home and pet sitting service in your home.

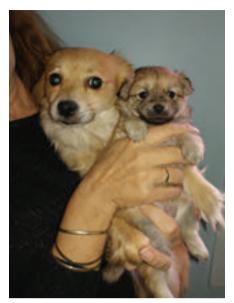


Deidre - 082 335 5096 Henry - 082 565 9317 deidredevine89@gmail.com Contactable refereces available



Pet's Page







Peggy is a very loving 4-year-old but is timid and can't cope being kennelled.

Adopt don't shop... please!

It's puppies and kittens everywhere at FORA! If only people would realise the damage they do by not sterilizing their animals.

At the Friends of Rescued Animals (Fora) we're still desperate for a home for poor timid Peggy, who is only 4 years old and doesn't do well in kennelling. Is there perhaps a place for Peggy in FWG? In the last magazine we told readers about her plight and that she is a bit timid. Please consider adopting pretty Peggy.

Old Bruno was adopted! We were worrying about him and now we know that he will have a comfortable retirement. Thank you for adopting Bruno!

If you're looking for a puppy, we have the most gorgeous selection of pups. First, we have a litter of the cutest Pekinese crosses, which will remain small. Also on offer are beautiful Toy Poms.

Come and have a look!



Min Pin x Jack Russell

If you can't adopt a cat or dog, please consider a donation.

Contact Details 1A Windsor Road, Luipaardsvlei, Krugersdorp, 1744 Banking Details: Friends Of Rescued Animals NPC **NEDBANK** Florida (#190541) Account 1073 509 893



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	8 vital food groups		Berliner Black Tongue Fernridge Liquor Jonny's Mozambican Restaurant Kai Chinese Restaurant & Take Away Lil'Kitchen Piatto The Market	011 462 0400 010 597 7894 011 469 4760 011 469 2010 011 469 4994 011 057 7785 011 469 4848 082 552 4781			
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