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Cover photograph: Elmine Durandt

IMPORTANT NUMBERS

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

Estate Security RSS 011 465 5465/66
Main Control Room

Emergency and Medical Response 011 467 1400

Council Service and Enquiries: 011 375 5555

In case of emergency:
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ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

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

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JHB Metro Police 011 490 1600

Fire and Ambulance 10177

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FOURWAYS GARDENS

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Tracey-Lee Savage (rentals) 083 654 2729 • pamgolding.co.za/traceylee-savage



We are Fourways Gardens.

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

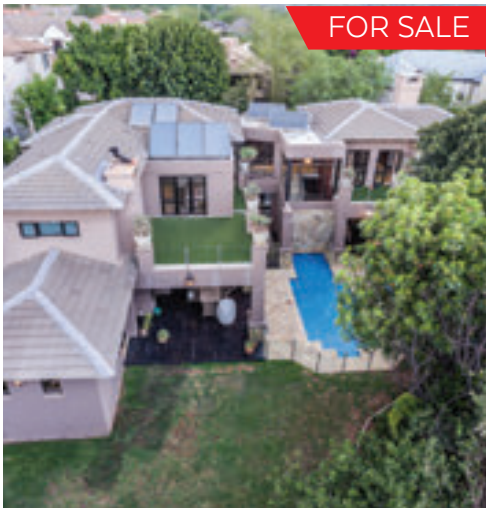
We are your Fourways Gardens agents **Natalia & Tracey-Lee.**
(Assisted by Taryn Anderson & Rowan Anderson)



R8.9 million / R60 000 pm Ref# FW1270333



R3.7 million / R24 800 pm Ref# FW1287074



R5.95 million Ref# FW1284467

Bedrooms 5 / Bathrooms 4.5 / Meticulously designed with large rooms and double volume ceilings, 3 flowing open-plan receptions. Covered patio with wooden decking, boma, fire pit and koi pond.



R4.49 million Ref# FW1284298

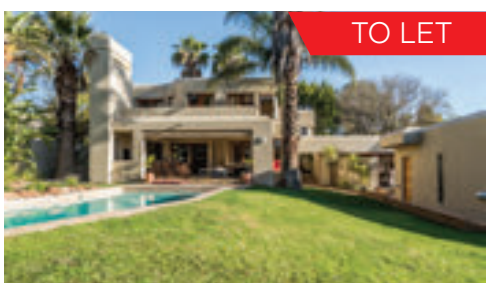
Bedrooms 4 / Bathrooms 2.5 / Spacious family home with 3 open-plan receptions. Large rooms. North-facing entertainment area with wooden decking and a solar-heated pool. Staff accommodation and 3 garages.



R4.29 million Ref# FW1289773



R4.95 million Ref# FW1200764



R37 000pm Ref# FYL1284252



R32 000pm Ref# FYL1289452



R23 000pm Ref# FYL1274409



BY GILLIAN BENSON

MESSAGE FROM THE VICE CHAIR OF THE BOARD 2016/17

To our residents, and on behalf of our beautiful Estate, I wish to formally introduce the new Board of Directors to our members:

Raymond Flint – Chairman and Security Portfolio

Gillian Benson – Vice Chair and Legal Matters

Stuart Marshall – Financial Portfolio

Nicholas Huson – Strategic Planning

Andrew Ward – Environmental Portfolio

Jonathan Cooke – Social and Recreational and
Communication Portfolio

Marten Spencer – Architectural Portfolio

As many of you will appreciate, as the “new” board we have faced many challenges since we were elected, on the 27th of October 2016. We have, in the past month, dedicated many hours (and days) to the commitments and challenges facing us. We are so appreciative of the fact that the residents (and relevant stakeholders) of this Estate have placed their trust in us,

and we wish to assure you that we intend to serve on this Board to the best of our abilities. We also thank our families for their understanding and patience when we are kept away from our homes!

That being said, we cannot succeed in our goals without the active participation of our residents if we wish to improve Fourways Gardens Residential Estate for the benefit of all. Our main focus at this juncture is to improve the aesthetics of our Estate. To do so, we need the input of all of our residents (members and tenants), and interested stakeholders. Whilst we intend to improve the appearance of our parks and common areas, we also hope that we can improve the appearance of each property in the Estate.

The current Board has so many exciting and refreshing ideas! After several meetings between us – and strategic planning sessions – we have highlighted the importance of Corporate

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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Governance within the FWG HOA. This Board wishes to engage on an effective operational level, and we encourage the formation of sub-committees (comprising of residents) for various portfolios, in order to assist us in each of the targets we have set. We welcome the active participation of all of our residents, and invite any resident willing to dedicate their time and knowledge, to approach us in order to assist.

Our vision as the Board, for our term, is to rejuvenate our Estate, and to promote transparency, integrity and communication. We are dedicated to serving the residents of this Estate to the best of our abilities! We will make every effort to keep our residents informed at all times, especially in relation to the ongoing challenges we face at present.

As the year draws to a close (already?), and with this being the last edition of the Estate magazine for 2016, we wish each of our residents a happy, peaceful and restful festive season!

Should you be travelling over the next few weeks, we urge you to exercise great caution with our precious cargo!

We also remind residents who will be on vacation to please ensure that pets are safely placed in a kennel whilst you are away. It is a very stressful period for pets, and sadly many "house sitters" only pop in once a day and leave the

pets unattended for a majority of the period. Again, we also request that residents refrain from the use of fireworks over the festive season.

For the safety of the Estate we encourage residents to complete the holiday register at the security control room. If our officers are aware that you are not home, they will be in a position to patrol your property more often, and be on the lookout for any suspicious movement around your home.

Please also take note of the building holidays this year: the last "working day" for contractors working in the Estate will be Thursday, 15 December 2016, and the first "working day" back on the Estate is Monday, 9 January 2017. The estate office will be closed from Friday, 23 December and will re-open on Tuesday, 3 January 2017. We wish all of our dedicated staff members a much deserved and happy break! This Estate would not be what it is without them!

We look forward to a happy and prosperous 2017, and hope that all Fourways Gardens residents will join us to ensure that our Estate becomes the "flagship lady of old". Be safe, and always happy!

Yours in service,

Gillian

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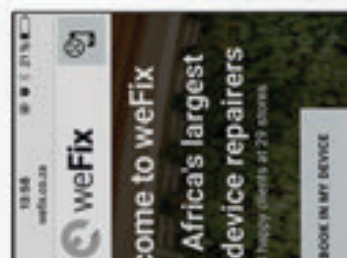
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HOLIDAY PREPARATIONS

Another year has come and nearly gone again at Fourways Gardens Estate. Life within the walls of the Estate has carried on safely and securely. A safety that the Security Department has worked at diligently. However, there is always room for improvement no matter how ideal the results of our work have been. The security industry is one that is constantly changing to meet the ever-changing crime levels. That said, to have an Estate as large as FWG with a zero perimeter

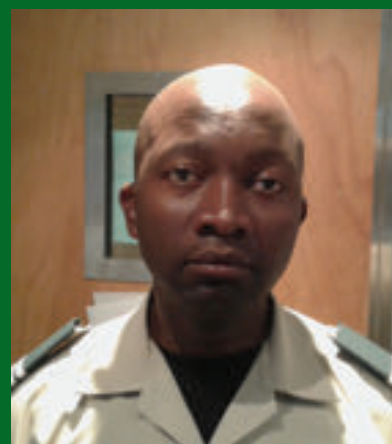
breach record for the year is almost unheard of in South Africa, yet these are the results attained this year by FWG Security. I take this opportunity to thank everyone involved with maintaining the safety of our Estate for their hard work. Special thanks goes to my team of men and women who get up every morning and come to work and contribute to making our Estate internationally recognized due to its security record. Like any other sectors in the service industry, security work largely does not get noticed until it is not being done at all!

Below is a holiday checklist and a few tips to those going away this year:

Season's Greetings,

Matthew Smith
Site Manager Fourways Gardens

Our Officer of the Month



Our officer of the month for November is Teboho Mohapi.

Check:	Done:
• Remember to have your alarm serviced before going away. This includes checking that your alarm signals are being received by the control room.	
• Cancel where possible any subscriptions that are delivered to your door.	
• Install a day/night switch on your external lights or have a neighbour turn your lights on and off if possible.	
• Notify the security control room that you are going away so we can keep an eye on your property for you.	
• Make sure all your gardening and DIY tools are locked away.	
• Unplug all electrical devices that don't need to be on.	
• Beware of posting holiday pics on social media.	
• If travelling abroad, keep your valuables in a safe.	
• Hide or lock away passports and official documents - identity fraud is on the rise.	
• Make arrangements for family pets to be looked after.	
• Notify the Estate office to suspend access for your domestic worker/s for the time while you are away.	
• Ensure that any house sitters have fingerprint access or sufficient codes for the time you are away.	



FWG Activity Providers

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

Clubhouse

Phase 2 Outside

Phase 2 Soccer Nets

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

Monthly Draw – October 2016



The hamper winners are:

- 1st Bernice Olsen 23 Leopard Tree
- 2nd Graham Taylor 6 Wild Pear
- 3rd Reed 5 Katdoring

Unfortunately, the person who was drawn for the cash prize was not in attendance. Therefore, the pot rolled over to R15,000.

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

For the cash draw, all registered home owners in good standing are eligible to enter the cash amount and are entered on your stand number. You have to be at the Clubhouse at 19h00 when the draw takes place to claim the cash amount.

Remember, you have to be there to win!

Proudly sponsored by Century 21.



The last draw for the year will take place on 2 December at 19h00 at the Clubhouse.

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

Hope to see you at the next Monthly Draw!



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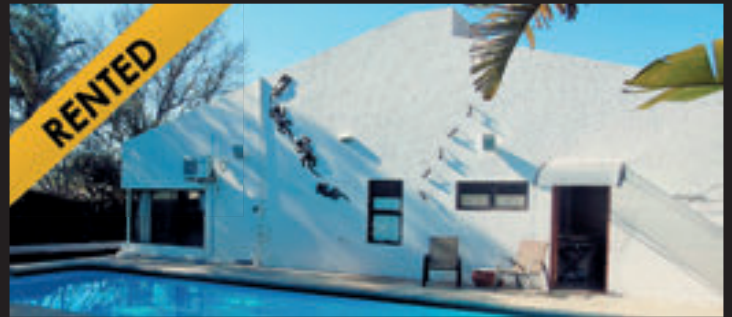
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R27 500



Wishing you Happy Holidays!



Faith Stanbridge 082 659 1700

Trish Walton 082 442 9112

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FWG Gardening Club

FOURWAYS GARDENS GARDENING CLUB



A merry meeting of 30 Gardening Club members and friends was conducted on 3 November at 19 Wild Peach Crescent in Phase 1, our Chairlady and her husband's lovely home.

We had a hilarious presentation from one of our Honorary Members, James Clarke, which we share with you below. Clem Angus of Green Stationery also addressed us presenting articles

JAMES CLARKE'S CHRISTMAS PRESENTATION, NOVEMBER 16, 2016

About 10 years ago a flat topped iceberg the size of Switzerland broke away from the Antarctic Ice Shelf. It is now within sight of the open sea.

Technically, using the South African giant tug, Wolraad Woltemade, it could be towed at a speed of one knot to anywhere in the southern ocean. I am now seeking funds for a small party of friends to land on it and declare a sovereign state.

Its climate will change for the better as it drifts north into warmer latitudes.

Although it was born of global warming, ironically it could well be the last nation on earth to succumb to it because it is underlain by 543 718 886 000 tons (rounded off) of solid ice which, if multiplied by the square root of the law of thermal dynamics would, even on the equator, take about 10 000 years to melt down to the size of your average ice cube.

My plan is to lead a few friends to take possession of it and, as we jump ashore, I would have to say a few stirring words for posterity such as, "That's one small step for a penguin, but one helluva leap for somebody my age".

Whatever is said, it would have to be said quickly because, as sure as nuts, with the sort of companions I have, one will pre-

such as pens made from bamboo, notebooks with covers from recycled cartons, pencils made of recycled newspaper, rulers from recycled plastic, eco cutlery and food containers made from bagasse, which can be used to heat food in a microwave oven or a conventional oven up to 200 degrees, table napkins and loo paper made from bagasse (sugar waste). Plant it yourself in packs of flowers/herbs/vegetables/ indigenous trees designed to remove plastic bottles from circulation.

empt me with something perfectly asinine like, "Bloody hell, how do you keep your footing on this stuff?"

Before announcing the birth of our new nation we'd need a name. It'll entail a lot of argument.

"Iceland!" somebody's bound to suggest. I'd have to tell him the name's been taken.

Somebody's then bound to say, "How about Chilly?"

"The Republic of Iceberg!" another will cry.

Personally, I'd prefer a kingdom to a republic. I'd be King James the First! – it has such a nice ring about it. On the other hand, a republic is also OK. As president I'd be unique – the only president in the world whose presidential seal could flap its flippers and balance a ball on its nose.

But, just think of starting a new country with no pollution, no divisive religions, no crime, no taxes.

I can see us now... standing in our mukluks claiming sovereignty over 50 000 square kilometres of virgin territory knowing that wherever we drift we will have fishing rights for 200 miles around. Fishing will underpin our economy – well, that and the export of tankers filled with ice blocks to drought-stricken countries.

We enjoyed sparkling wine provided by our sponsor, FRANCESCA BEATTIE PROPERTIES and had five lucky draw prizes sponsored by the Gardening Club, Francesca Beattie Properties and Clem Angus of GREEN STATIONERY. And of course a huge offering of delightful snacks provided by the members and plants to swop amongst us.



We could tow it to the South African coast and hold Africa's first Winter Olympics.

Transport will be pollution free because most of our progress will be achieved by sledding, skating or sliding around on our backsides feet in the air.

Our towns will be on soil-covered platforms so as not to accelerate the melting of the ice and our currency would be sardines. Judging by the price of fish we can expect an exchange rate of \$2.40 to the S.

But, again, what to call this paradise? "How about Schnapps?" somebody might say. "How can you call a country 'Schnapps'?" I'd reply. "No, no, I meant let's have schnapps to warm up."

That's the trouble with my friends. Here we have the opportunity to start a country from scratch and perhaps provide a shining example to a troubled world, and what do they do? They set up the folding chairs, find some chips and next they're shouting "Down the hatch!"

I should never have asked them in the first place. In fact forget the whole thing.



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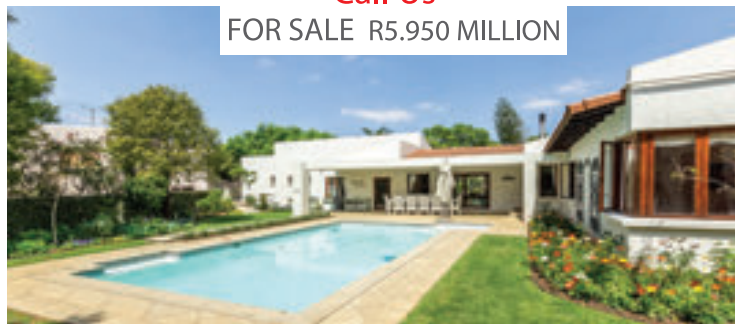
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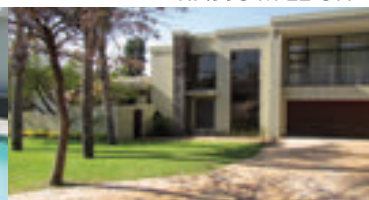
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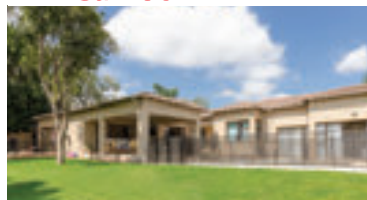
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INCREASE IN BROAD LEAF WEEDS



As this time of the year comes around there tends to be an increase in broad leaf weeds in our lawns.

Below is some information and tips on how to control these troubling weeds.

What are Broadleaf Weeds?

The term "Broadleaf Weeds" refers to a very large number of very different weed types that all fit into a similar pattern of having mostly broad leaves, as well as being treatable by the same type of herbicide.

Broadleaf weeds can include many wild grasses, clover, bindii, catsear, dandelions and hundreds if not thousands of other weed types.

What is your first treatment option?

Broadleaf Weed Killers

Because the category of broadleaf weeds is so varied and immense in size, it is often the first type of herbicide to turn to when there is multiple or unknown weed types in home lawns. A spray with a broadleaf herbicide will usually kill many weeds in its first application, leaving only more specific weed types that can then be most easily be identified and treated.

Applying Broadleaf Weed Killers

There are many different brands of broadleaf herbicides available and they are all very similar in their applications. They can be bought from most nurseries in a concentrated form and mixed up in spraying bottles as per manufacturer's directions.

Spraying the lawn is very straight forward, with the homeowner only keeping these points in mind when planning on spraying:

Never spray one week prior to, or after, lawn mowing. This allows the grass to heal its wounds from mowing, and if it wasn't done then the lawn would absorb much of the chemical that are being applied to it, thus killing the lawn.

Never water your lawn for several days after the application of broadleaf herbicides. The longer the lawn can go without a drink, the better, as this will allow as much herbicide as possible to penetrate the weed before any residual is washed away from watering.

Buffalo Lawns and Broad Leaf Weeds

Buffalo lawns are extremely sensitive to broadleaf weed sprays, this is because the same principle the herbicide uses to attach itself to the broad leaf of these weeds, also attaches itself to the broad leaf of Buffalo grass. The result can be the sickness or even death of the lawn.

Some broadleaf herbicides are suitable for use with Buffalo lawns, so always be very careful before choosing the right herbicide and always check the label as to it's suitability for use on Buffalo grass prior to purchase.

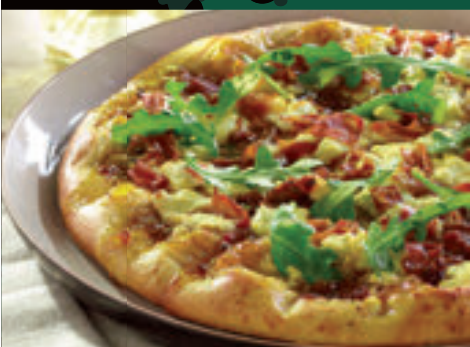
Weed and Feed Herbicides

These herbicides are the ones which are usually attached to a garden hose and sprayed onto the lawn to kill off weeds. They are almost always broadleaf herbicides and mostly will adversely affect Buffalo lawns. They are very weak and of very little benefit, and generally should be avoided at all times, a good concentrated broadleaf herbicide should be purchased instead, it is easily mixed in a sprayer and will provide far greater results than any weed and feed ever will.

Hopefully these few tips will be helpful to any homeowner who has broad leaf weeds in their lawns.



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The Fourways Gardens Beer Fest, held on 15 October, was enjoyed by one and all. It was heart-warming to see our Residents mingling and making new friends in our beautiful Estate. We're already looking forward to the next Beer Fest!





FWG BEER FEST IN PICTURES



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BLUE CRANES IN THE NATURE RESERVE

The Fourways Gardens Nature Reserve has been home to Blue Cranes for many years. Initially a resident obtained the permits for the birds and asked to home them in the Estate's Nature Reserve. Years later his son took over the permits and decided to sell the birds when he was immigrating. It was truly a sad day for the Fourways Gardens residents, who over the years had hand reared one of the Blue Cranes and had become very close and protective of them.

The FWG HOA immediately started correspondence with the Johannesburg City Parks and Zoo management in an attempt to replace our beloved Cranes.

On 3 November, two young Blue Cranes were released into our Nature Reserve and have been lovingly named Jack and Jane. Resident Irene Howard, who lives on the boundary of the Nature Reserve, volunteered to take over the feeding schedule that was prescribed by the Johannesburg City Parks and Zoo management.

Welcome to your new home, Jack and Jane, we hope you enjoy many happy years in Fourways Gardens Estate and that you will produce many babies for our reserve!





FEATURING MOPANE LODGE

Mopane Lodge is a sectional title complex, established in 1990 incorporated in Fourways Gardens Estate. It was developed by Montagu Homes. Of the 36 units, 18 are duplex units and 18 are stand-alone single storey units.

The complex has a community swimming pool and park area for the use of its residents. The residents of Mopane Lodge consist mostly of single people, newlywed couples or retirees who live there. It is the perfect way to have access to Fourways Gardens Estate with its fantastic security and facilities, without having to buy a big house. Most of the retired people in Mopane Lodge downscaled from homes within Fourways Gardens Estate once their children left home. Very few units come up for sale and are snatched up quickly by interested parties, therefore are a great investment opportunity for retirement planning.



FWG CHRISTMAS MARKET

The Market was held on Saturday 5th November in Phase 2 and we were very lucky the weather held out for us until the very end!

There were 70 stalls of gorgeous arts, crafts, artisanal foods, veggie planters, clothing and some very pretty Christmas decor!

Residents were out and about with their families enjoying the live music from Deon Grey and the delicious food provided by the Clubhouse.

Kids were well entertained with the rocket launcher and the delicious candy floss.

All in all it was a super day that was only cut a few minutes short by Mother Nature with the glorious rain that was much needed.





Kids' Corner

What's the buzz...

Spot the 10 differences

Christmas Word Scramble

Look at each Christmas picture and unscramble the letter and write the Christmas word on the line provided

	naast		eret
	noretamn		ganel
	ownsnam		gitsconk
	repsten		lednac



Magic Reindeer Food

Make a wish and close your eyes tight.
Then sprinkle outside on Christmas Eve Night.
As Santa's reindeer fly and roam,
This will guide them to your home!

Magical Reindeer Recipe

1 cup of oats

$\frac{1}{2}$ cup Cheerios

2 tbsp red and green sugar (glitter)

2 tbsp Christmas sprinkles



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

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





CHRISTMAS EVE DINNER

FOURWAYS GARDENS CLUBHOUSE

Continental Cold Meat Platters
Pickled Fish
Mixed Micro Green Salad
Walnut and Gorgonzola Coleslaw

Rare Roast Sirloin of Beef with Horseradish Sauce
Roast Gammon with assorted Mustards
Roast Stuffed Breast of Turkey served with Cranberry Jelly
Roast Potatoes
Creamed Spinach
Smashed Roasted Cinnamon Butternut
Minted Peas
Rice
Gravy

Traditional Christmas Pudding and Custard
Ice Cream and Bar One Chocolate Sauce
Lemon Cheese Cake

Cheese Board

18H30 TO 21H00

Cost R300 per head, Children 4 to 12 R150 and kids under 4 eat Free.

All reservations by email only, through functions@fwg.co.za . Confirmation will be sent back to the customer with our banking details so that all payments can be made before Christmas Eve.

COPING WITH TODDLERS AT CHRISTMAS TIME

Nothing derails a perfectly functioning toddler schedule faster than Christmas holidays. Add in the endless supply of Christmas treats, general present excitement, Father Christmas anticipation, and times with extended family, and you've got a recipe for one grumpy, hyped-up child. But don't be afraid – it is possible to survive this time of twinkling lights while enjoying the festive fun for yourself and your family. Just follow these simple steps, and you'll make it to the New Year with your Christmas spirit intact.

Rein it in

Maybe this is the first Christmas your little one really gets the whole idea or maybe you have an experienced 8 year old ready to negotiate her wish list with Father Christmas, but managing their expectations is a big part of keeping your

children happy this time of year. You can have conversations about what's reasonable for a present list, exactly how many treats you'll allow at the Estate Christmas party, and why bedtime is still important on Christmas Eve. Mentally preparing your toddler for limits will set her up for a better response when you eventually have to say "No".

Make Your List

I'm a big champion of organisation in times of chaos, and making a list (just like Father Christmas) always helps keep the stress at bay. Whether it's a list just for Christmas presents or dishes to be cooked for holiday parties or one that covers all your to-do's, you'll be better equipped to handle the inevitable surprises (and meltdowns) that arise if you already have your other duties written down.

Snug in Their Beds

Keeping to a strict nap schedule may not be feasible on Christmas Day (or even in the busy days leading up to it), but finding some time for rest and quiet is essential for everyone's sanity. Older pre-schoolers who may be dropping their naps will also benefit from a little break, even if it's just colouring or playing quietly in their rooms for an hour. Let the littlies start naps early or late as needed, and don't forget the glory of the car nap on long drives to visit relatives. The same applies for night, try as much as possible to stick to their set bed times times – well rested children are happy children!

Reindeer Food

Just as sleep keeps toddler tantrums to a minimum, eating "real" food helps keep the grumpies away as well. Whenever possible offer healthy snacks to counter Christmas party sweets and biscuit

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platters. Pack sliced apples, carrot sticks, naartjes, raisins, or other healthy snacks and raw veggies for when you're on the go, or offer to bring something full of vegetables and vitamins to the party yourself.

Santa's Little Helpers

Wherever possible, let your children help in the holiday preparation. Maybe they can hand you tape or gift tags when you're wrapping. Or give them small chores like dusting when you're cleaning up before guests arrive. You could use the help, and they'll love being involved.



Toddlers and Trees

What do you get when you cross a curious toddler with a Christmas tree covered with glittering, dangling 'toys' and enticing, shiny lights? At the very least, a season of toddler chasing and distracting, and at the worst a season of shattered ornaments and tree-scaling, toppling nightmares. So what's a parent to do? Must we scrap the tree so we can have a merry Christmas while we have little ones in the house? Not at all!

A Christmas tree plopped down right in the middle of a child's play space (i.e. lounge) is just too much temptation for any little person, so one solution is to place the tree in a lesser-used room such as a study or office or even a covered veranda where the tree can be seen but is less accessible to little hands. Another option is to put the Christmas tree in a play pen to keep the tree safe while still

having it in a central location in the house for everyone to enjoy. A table top tree is also an option. Keep the tree away from the edges and watch out for dangling tree skirts and light cords so little hands can't pull the tree down on top of little heads.

For families who have lots of littles toddling around year after year, a child-proof tree may be the answer. Use fishing line to anchor the tree to the ceiling. Non-breakable ornaments (homemade ornaments are great alternatives) tied to the tree with ribbons instead of metal hooks (choking hazard!) are the solution to your smallest little pickle who loves to crawl under the Christmas tree and lie looking up at the sparkling lights from underneath.

Silent Night

Probably the most difficult thing to do during the holidays is slow down, but find ways to take a break or a breather or just let stuff go where you can. You can start a family tradition of spending Christmas Eve in your pj's playing a board game or singing carols together. If you don't have to go anywhere on Christmas morning, save time for the kids to actually play with their presents, or spread out when you open things so instead of a confusing flurry of wrapping paper and bows you can open and appreciate a few things throughout the day. Most toddlers are easily distracted, so they'll be more likely to remember the presents you chose with such care if they're doled out slowly.

Let It Go!

You'll feel a lot better about holiday upsets and schedule changes if you can let go of the idea of controlling everything. Your aunts and uncles won't care if you took a little holiday cooking help from the prepared foods aisle. And your kids won't care if their presents aren't wrapped like a Pinterest project. Sure, the baby may throw a fit right during your 6 year old's Christmas play, but in a week or so the incident will just be a funny story you can tell. What's important is spending time together, appreciating the love you share. The small ones in your life won't be small forever, so make sure you take time to appreciate them in all their messy, grumpy, sugared-up glory!



Footprint Christmas Tree

What you will need:

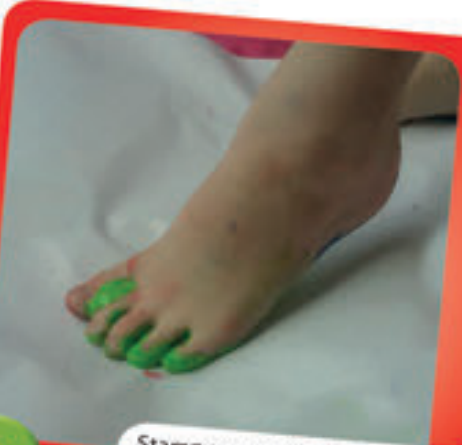
- ◆ Green Paint
- ◆ Paint Brush
- ◆ Paper Plate
- ◆ Scissors
- ◆ Coloured Paper
- ◆ Glue

1



Paint your foot green

2



Stamp your painted foot onto a paper plate

3



Cut out various shapes using different coloured papers

4



Paste and decorate the tree as you wish

5



The footprint Christmas tree is done. Tie a string and hang it on your real Christmas tree



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FUN GAMES TO PLAY IN THE CAR

The time to leave for holiday has eventually arrived! The kids are simply bursting with excitement and mom and dad can't wait to unwind and enjoy the desperately needed holiday.

But in between driving out of the driveway and getting to your holiday destination is a gaping, scarily long journey that could turn into a nightmare if the kids get bored and cranky. If you've travelled a long way with kids before, you'll know that you're hardly out of your suburb when they first ask the dreaded question: "Are we nearly there?"

You might have brought along the electronic games, laptops, tablets and DVD players, but even if you do have these devices, you'll find that children get bored with them in no time and want human interaction.

Playing a game in the car is a great family activity and many games are educational too, developing vocabulary, memory and spelling and maths. Make some happy memories of road trips by playing one of the fun games below.

ALPHABET GAME

Our family loves to play this game when we're driving. It's extremely simple and goes like this: you choose a category, such as animals, and then everyone has a turn to name an animal that begins with 'A', for example. It's some times better to let the youngest player have his or her turn first so that all the easy options aren't taken by the time it's their turn.

Other categories could be makes of car, countries, plant names, sports ... whatever you can think of!

I SPY

This must be one of the games most played in cars! Player One looks around and chooses an item he can see. He says: I spy with my little eye something beginning with A (or whatever the first letter of the item).

The other players then have a certain number of tries to guess the item. Whoever guesses correctly wins and it's his turn to "I spy..." If nobody gets it right, the player has another turn.

GEOGRAPHY

This is another favourite. Simply say the name of a place – such as a country, province or river– and the next player responds by naming a place that begins with the letter with which your place ended. For instance, if Player One says "Johannesburg", Player Two must choose a place name that starts with "G", such as Germany. You can make it harder for older players by restricting the names to a particular area. For example, only places in South Africa or in Gauteng.

ANAGRAMS

Take along a white board and you can have fun unscrambling words. One person thinks of a five or six letter word, such as P-U-N-C-H, and jumbles up the letters, for example C-U-P-N-H. Another player has to figure out the word.

LICENCE PLATE DOUBLES

See how many doubles (two of the same letter or number together) you can spot. The person who gets the most wins.

SPOT YOUR CAR

Choose a model of car, for example a Ford Fiesta. See how many you can spot in a certain amount of time. Make it more difficult by specifying the colour of the car.

20 QUESTIONS

One player thinks of an animal, plant or object and the other players are given a total of 20 "yes" or "no" questions to guess the player's item. The game usually begins by narrowing down whether the item is an animal, vegetable or mineral; for instance, you could ask "Is it an animal?" Other good questions can relate to size, such as whether the item is larger than a bread box, or location (for example "Would you find it in a kitchen?"). Any of your 20 questions can be a guess. If you do not correctly identify the item after 20 questions, one free bonus guess is permitted.

CAR CRICKET

Look at the cars in the oncoming traffic. Different cars represent different numbers of runs. For example, a truck is 6 runs, and a normal hatchback or sedan is one run. SUVs and bakkies represent 4 runs. A minibus means you're out.

60 SECONDS

You'll need three players. Everyone gets a pencil and paper. One person has to be the timekeeper. The timekeeper says a letter and then says "GO" and players have to write down as many words as they can that start with that letter in only a minute. When the timekeeper says "STOP", the player with the most words wins. Challenge: give yourself a minute to write a story with as many words from your paper as you can.

These fun games should keep you all busy and happy, so enjoy the drive and the holiday

Christmas Cupcakes

How to make:

Christmas snowman

1. Roll 2 different sized balls of white fondant (one the size of a small marble and the other the size of a large marble).
2. Place the 2 balls on top of each other to form the head and the body of the snowman.
3. Imprint the 2 eyes with a toothpick and form a bigger hole for the nose.
4. To make the nose, roll a small ball of orange fondant paste into a teardrop shape, but with 2 ends (one point to be inserted into the hole and the other to form the 'carrot' nose).
5. Roll a thin sausage in purple fondant to wrap around the head for the scarf.
6. For the hat, roll a ball of dark brown fondant into a ball and flatten the ball for the rim of the hat and roll a bigger ball into a sausage with flat ends to form the top of the hat.

Christmas tree

1. Roll a large ball of bright green fondant into a teardrop shape. Insert a toothpick at the base for easier handling - the point of the teardrop to face upwards.
2. Using a small sharp scissor, start at the top and, pointing the scissor upwards at an angle, cut small incisions to form the tree spikes. Continue around the teardrop to the base at the bottom.
3. Roll small balls of different coloured fondant for decorations.

*Any decorations can be added on the tree as decorations, tinsel, stars, angels, etc.

Merry Christmas



Notes:

- Secure all the different parts of the figurines with edible glue (available at most good baking shops - it can also be known as sticky stuff (Rolcem)).
- Fondant paste: 100g Fondant - 5ml Tylose /CMC powder
- When colouring fondant paste, please keep in mind that the colour develops darker overnight, so it is always better to colour your fondant a day or two in advance before making the figurines.
- Always wash your hands in between using different colours of fondant (especially when working with dark colours) as the paste can stain your hands and be transferred to the other colours.

Happy decorating!!



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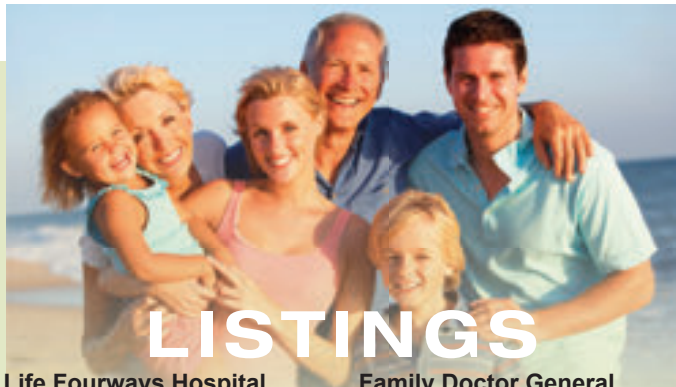
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“PORTUGAL – A RHAPSODY IN BLUE”

Our plan for yet another of our cycle rides in Europe was to cycle south from Lisbon and follow Portugal's Blue Coast until we reached the second most westerly point in Europe – the most westerly being quite near where we were at, northwest of Lisbon.

We chose Portugal for our seventh annual ride because the Atlantic coast is the sunniest and warmest stretch of Europe's coastline and had few hills. And partly because we like grilled sardines and Portugal is very good at grilling them. And also because Portugal is not very expensive. Oh yes, and partly because we would be accompanied by a little yellow bus filled with drinks and sandwiches, Band-Aid and cycle repair kits. We'd booked through a cycling company, Cycling Through the Centuries, which, the year before, had accompanied us through Andalusia.

At home we went into training, eating sardines and drinking Periquita.

We spent our first night in Sintra, a short drive north of Lisbon. It's an enchanting Romanesque town – a World Heritage Site – where a lot of writers and artists live. Grand houses are scattered among the deeply forested Sintra Mountains – a landscape sculpted by violent earthquakes. The last violent quake was a mere 261 years ago which, in geological time is like yesterday last night. It destroyed Lisbon and wrecked towns down the Blue Coast.



Sixpack

From Sintra we set off south in the yellow bus that took us through Lisbon to the Hotel Club d'Azeitão, a magnificently restored manor house set among fields and vineyards where our hired bikes were waiting for a dawn departure.

Our route began by taking us away from the coast and up a rise before descending into the fishing village of Sesimbra famous for its restaurants and Muscadel wine – just in time for lunch. We lunched at the Pedra Alto on chopped octopus tentacles, large clams and grilled fish – wonderful Portuguese fare. We needed the kilojoules.

Then it was down the coast to the

minor port of Setúbal on the huge estuary of the River Sado. Setúbal was an important Roman port until a tsunami destroyed it. It is interesting how many catastrophic natural events have devastated Portugal's coastline.

Our rather cramped 4-star hotel, Albergaria Solaris, was literally sheathed in azulejos – the decorated glazed blue tiles so favoured by the Portuguese, who adopted the art from the Moors who once occupied this region.

We sat in brilliant sunshine looking out at the sea and eating vast quantities of perfectly grilled sardines. By eating a lot and cycling a lot we were getting neither fitter nor fatter.

Sardinhas cooking



Stork chick

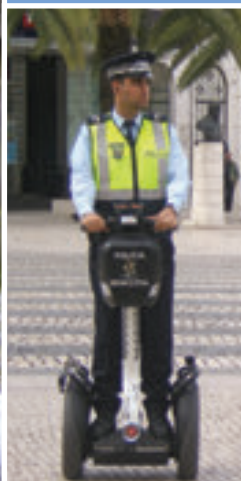


Pulpos





Wine-sipper



Lisbon Copcicles



Quaint Blue Home

Next day we had a long kilojoule-shedding ride to Santiago do Cacem down the coast passing through a one-street village, Comporta. Its chimneys had raised platforms for the storks to nest on. It was good seeing so many young birds for stork numbers have been declining in Europe. The air was filled with the clattering of stork bills.

We cycled through a sun-bleached, semi-arid landscape along a road bordered by shining mesembrianthiums and black-eyed susans and other semi-desert species – a bit like the Karoo by the sea.

Jimmy filled his water bottle with Coke. An hour later, forgetting he'd replaced the water, he emptied the bottle over his head. (When one is over 70 these things happen.)

Much of the route had a dedicated cycle lane. The Blue Coast's charm is that it is quiet and unspoiled with many secluded coves. Its rolling farmlands go right down to the sea.

Our next B&B was in a small valley and hidden by giant trees – a former manor house, the Pousada Quinta do Ortiga. A pousada being an inn. We crossed a courtyard of marble cobbles to reach its impressive entrance and found our upstairs rooms to be spacious, each having a balcony looking down on what used to be a farmyard.

Exploring the grounds at dawn I came across a large swimming pool whose sheltering walls were richly decorated with azulejos. Many Portuguese believe, as did the Moors, that blue tiles ward off evil spirits. Many white-washed cottages that we passed had their windows framed in blue.

We used the bus for a 40km detour to the 2 200-year-old extensive Roman settlement of Mirobriga that had an incredibly advanced and still largely intact thermal bathhouse with basement furnaces and central heating. Its hippodrome, for chariot racing, sat 25 000 spectators. The forum and even

a shopping street were preserved.

The 70km route to Villa Nova de Milfontes was easy cycling. The small town had a village atmosphere and a jumble of ancient buildings at its centre. This is where the Rio Mira meets the sea and where Hannibal once sought shelter for his ships – Hannibal, the Carpathian general whose army crossed the Alps with elephants greatly surprising the Romans.

Here we spent two nights in a moated castle and I was given the room at the top of Turret Number One from where I could watch out for Moorish invaders.



Pushing Seventy

We sat in brilliant sunshine looking out at the sea and eating vast quantities of perfectly grilled sardines. By eating a lot and cycling a lot we were getting neither fitter nor fatter.

We spent a day cycling in a wide loop looking at the sort of windmills that turned on Don Quixote with rolling countryside on either side.

Next day an 80km ride took us to the "corner" of the Iberian peninsula where we had the choice of turning abruptly east or falling off the edge of Europe into the sea. This was the Algarve so beloved by sun-starved English tourists.

There were now more and impressive historical sites and reminders that Portugal produced some of the most adventurous people on earth. Four centuries ago this corner of Iberia produced many brilliant navigators who explored and helped develop several parts of the world. Their language is today the lingua franca of Brazil, Mozambique, Angola and parts of the Far East. Portugal retired from seafaring long ago to become Europe's quiet, bucolic uncle respected by all for having been there and done that.

The Algarve provided leisurely cycling on smooth, safe roads but with scope for stronger cyclists to choose their own more challenging deviations. Lots of amateur cyclists would welcome this but we were, after all, professionals who didn't need challenges and preferred grilled sardines.

We were now very near the epicentre of the catastrophic 1755 earthquake that destroyed most towns along the coast. Lisbon itself was laid to waste. It was, I imagine, the worst natural disaster to hit western Europe since Vesuvius buried Pompeii in AD 79, and so recent.

The earthquake, caused by the Africa plate pressing up against southern Europe, was on All Saints Day when the cathedrals and churches were full. They collapsed on top of their congregations.

This seventh expedition remains the most tranquil and leisurely of all our sorties into Europe.



Grotto

Field



Beach spectacular





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PROACTIVE PARENTING: THE IMPORTANCE OF PARENTS AS ROLE MODELS

When you hear someone say, “Your child is a mini-you” or “The apple doesn’t fall far from the tree” or “Like father, like son” – doesn’t that make you feel so proud? But, have you ever really thought, as a parent, about your impact as a role model, in your children’s lives?

Research indicates that children grow up to be a lot like their parents. Children, who live in homes where parents smoke, are more likely to become smokers. The same applies to other substances such as alcohol or drugs and, even to domestic abuse – these are cycles that tend to repeat themselves from one generation to the next. Sadly too, parents with low self-esteem, often raise children with low self-esteem.

On the flip-side, children who come from happy homes tend to be happy adults; when they are exposed to love, care and support growing up they tend to demonstrate those same characteristics towards others.

Role modelling

By definition, a role model is a person whose behaviour, example and success others admire and then want to emulate. From a very young age, our children do

just that, they take their cues from us, watching our every move. Whether it be through direct interactions with us, or observing how we conduct ourselves, how we behave in certain situations, how we deal with stress or anxiety, and even how we love and treat those around them. Our children learn from our examples and are very likely to follow in our footsteps. And role models aren’t just parents – they can be any significant adults in your children’s lives. That is something to be aware of – especially if that person doesn’t share your value system and you don’t want them influencing your children directly.

Why is this so important?

We all want to raise well-adjusted children we can be proud of and, as they reach the teen years, that they are young people with the ability to make good decisions in the face of many challenges and temptations. As parents we can directly influence this and as our children grow, our roles as parents also

change, all the while presenting opportunity to integrate learning activities. It is really vital that we are aware and cognisant of the influence we can be having on our children's perceptions of acceptable and appropriate behaviour.

But, we also know it is impossible to be perfect all the time and in fact, it's totally unrealistic. Allowing our children to see that parents and adults are also human, and flawed and can make mistakes is really important. In these situations, how we deal with difficulties and how we recover, is the real life lesson.

Be as aware as possible, in the presence of your children, of how you deal with disappointment or anger, the way you treat others in terms of honesty or respect, tolerance and kindness and perhaps even the way you socialise (how much you drink, smoke or swear and behave). These are all aspects which can fundamentally affect the young people you are raising.

Positive outcomes

Day-to-day situations make for wonderful active learning opportunities. These suggestions might be valuable to consider:

- Show your child how to behave – there is no better way! Walk your talk and lead by example!
- Discipline yourself – especially

Day-to-day situations make for wonderful active learning opportunities.

when children are around. That's a tough one but it's a reality. We can't really expect our children to stay off their devices and communicate with us when we don't do it ourselves. How often does your child try to get your attention but you are busy replying to messages or are on Facebook?

- When it comes to decision-making, include your children in the discussion. Let them observe how you and your spouse discuss things and make decisions. If appropriate, you can even ask them what they think and guide them in this.
- Be aware of what you say, especially in a more volatile situation. Try to control your anger and aggression. According to experts at the KidsHealth website, children who display aggressive behaviour often learnt this from their role models in the home environment.
- With matters relating to tolerance, respect and kindness, they can learn those skills simply from the way you treat them and each other in the home. Do try to demonstrate this outside of the home – so that they know that other people also matter.
- Actively decide on the positive aspects of life you would like to role model for your family. This

could be diligence, happiness, compassion, patience, respect and even self-respect. You could consider monthly themes for the whole family to participate in, to actively encourage thinking about behaviour and its impact.

- Live with positivity – it can be very energising.

So, despite the fact that our children may mimic some of our less-than-favourable traits, good parenting can go a very long way. It's up to us as parents to break any negative cycles that may exist within our families and to raise strong, resilient children through effective parent role modelling.

Maybe this can be the real gift you give your children this upcoming year – the gift of good role models with sound values and positive behavioural traits. You can actually shape your children's behaviour in doing so.

In parting, if you have a moment, watch the YouTube clip on this link – it really does say it all! <https://youtu.be/OOhGmaJt5kE> Kids copy our Behavior! Beware of your impact on future generations!

For more advice on these and other topics, purchase this book at www.lifetalk.co.za or email Forum@lifetalk.co.za. Proceeds assist our NPO in continuing our vital work in schools and communities countrywide.

Contact Nicoleen@lifetalk.co.za to find out about our essential services

- Parenting workshops topics: Digital Parenting, Building Self-Esteem and The Parenting Journey.
- School talks on a wide range of topics
- Staff Development in the Workplace: Invest in your staff – parents who are coping at home are more productive and focused at work.
- One-on-one self-esteem coaching
- Career guidance and psychometric testing

Additional resources: https://en.wikipedia.org/wiki/Role_model • <http://kidshealth.org/http://raisingchildren.net.au/articles/role-modelling.html>



PRODUCTS OFFERED:

ACCOMMODATION: Seaside Log Cabin to Let – Cape Town, fully equipped, three bedrooms, two-bathroom wooden house on mountain in Glencairn Heights with spectacular views of the sea and Simonstown. R1600/day, contact Nicky on 083 258 6228.

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

ACCOMMODATION: PLETTENBERG BAY, beautifully appointed home with pool, 3 minutes' walk to the beach, 2 ensuite bedrooms plus further bedrooms accommodating up to 8 children, available from 16th December for minimum of 3 weeks, call 082 469 0092.

BANTING COACHING: Successful Weight Loss (the Low Carb Hi Fat way) and improved Health. Coach accredited by Sally-Ann Creed and studying Clinical Nutrition, to add even more value. elise@bantingbuddies.com / 083 455 7500.

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

CANDICE INTERIORS: I can assist you on making the right design choice to suit your style & budget. Curtaining, Blinds, Rods, Shutters, Upholstery, Furnishings etc. Est 2005. Call 082 363 0542 / Candice@candiceinteriors.com / www.candiceinteriors.com

COMPOST: Delivered in Fourways Gardens. R250 per cubic meter. Minimum delivery 2 cube, our compost is organic, weed free and has no smell, order from Dienneke on 083 326 3007 or dienneke@donnybrook.co.za

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

CHARTWELL STABLES CHILDRENS RIDING SCHOOL: Specialise in teaching children 4-16 years, safe ponies, qualified instructors, pony camps, fun days, training shows, ladies rides am. Tel: Shirley 083 500 0103 or Nadia 073 952 8572.

ESSENTIAL TANNING: Spray tanning in Fourways Gardens, we use an exciting new product called "The Tan Lab", that will not only give you a natural looking tan, but will also ensure a long lasting tan that will fade evenly. Please contact Deanne at ESSENTIAL TANNING for a booking and specials on 083 410 7299 or deanne@cinet.co.za

EXCLUSIVE POP UP BOUTIQUE: Located in FWG, our range consists of the perfect fitting jean for all body types, light weight tops, dresses and kaftans, we come to you or you come to us, contact Marine Evans on 079 629 6882.

FEN-WICKS BREWING: Bring a little Christmas cheer to beer lovers this festive season!! Fen-Wicks brewing by Numbers Craft Ale kits are the perfect gift for any DIY or craft beer fan, Craft ale kits available in five variations, fermenter kits sold separately, for more info and pricing visit Facebook.com/FenwicksCraftAles. Free tastings available on request, Peter on 083 700 0413 or Peter@Fen-wicks.co.za

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

GIFTS FOR CHRISTMAS: Bargain prices, paintings for sale along with handmade crafts including crocheted clutch / handbags by artist Liffey Speller (www.liffeyspeller.com) Saturday 19 November 10am – 2pm, 48 Karob crescent Phase 2.

GRASSROOTS IRRIGATION: A reliable and cost effective solution for all your irrigation requirements, contact the "Irrigation specialist" to solve your problem of keeping your garden lush and beautiful, and SAVE WATER at the same time! Call for a free quote...no call out fee!! All workmanship is guaranteed; we also offer general plumbing services. Contact Glen on 078 578 7597.

HERBALIFE: Independent distributor, free delivery, call Carin on 082 557 4638, free wellness evaluation worth R500 call NOW!!

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.

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

KARATE GOJU-RYU: Classes are conducted in a fun environment while learning a form of martial arts. Benefits are discipline, strength building, bilateral integration, co-ordination and focus to mention a few. As an instructor I have more than 15 years of teaching experience with

Children through to Adults. Ages welcomed from 4 years to 18+ years. A Free introductory lesson is provided should you be interested, contact Sensei Roberta on 083 309 5352. 5th Dan Goju-Ryu instructor.

NORVELLE SPRAY TANS: Done in the comfort of your Home. Thursday afternoon / evening appointments only. R350. Please contact Caitlin at Timeforyou on 079 137 5694.

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

SERVICES PROVIDED:

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

ADVICE TO CREATE FINANCIAL HEALTH, WEALTH AND HAPPINESS: I am qualified independent broker with 23yrs experience who recently moved into 4 Sunbird Close, FWG (Phase 1). I am contracted to all the major insurances and investment companies, ensuring you unbiased advice. Protect your ability to earn an income now and in the future. Call me for an appointment for an objective analysis of your personal financial portfolio. Norman on 082 452 1671 / norman.s@telkomsa.net

AIRPORT AND ALL OTHER TRANSFER / CAB SERVICES: Be driven Business Class at economy rates in an eco-friendly Toyota Pirus, professional owner / driver service, call Ward on 082 453 3632 or email: skywalker4452@gmail.com Advance booking essential.

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

ATTORNEY: All contracts: selling your home – buying a new one – call US. Getting Married? CALL US...LET US DO YOUR ANC Contract... Have you updated your Will? CALL US...Power of Attorney or Notarial Certification of documents (for foreign travel) – CALL US... SCHWELLNUS INC (011) 467 8733 or Zoks on 082 551 1613 / zoks@schwelnus.com

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

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

B4 ELECTRICAL: For efficient friendly service on all your electrical requirements 24hr call out. Peter Bekker 083 452 0635. Certificates of Compliance Issued

BRILLIANT PAINTERS: Services include, Painting, Waterproofing, Tiling, Jerry on 072 313 6778, Mrs Cathy on 082 823 3233 for ref.

CAMP HERO: Kids outdoor adventure camp in Magaliesburg for 8-17 years old from 8 to 11 Dec 2016. Zip sliding, abseiling, wall climbing, obstacle course race, kayaking etc. safe & secure environment. Call Phil on 076 050 4763 / www.camphero.co.za / info@keyecoaching.co.za

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

CONVERSATIONAL ENGLISH LESSONS: Small groups and private lessons. Experienced teacher, interesting topics. All nationalities welcome. Limited places available, Call Marianne now to enrol on 082 564-6985 / 011 486-4126.

DAVIES PAINTERS: Is a professional painting and renovating company with 20 years' experience in crack repair and painting, waterproofing, wood, tile and brick sealing, honest well trained staff, thorough preparation and the finest products guarantee the success of the project. Free quotations, fixed price contracts, very reasonable prices. daypaint@netralink.com or Mike 082 442 6989.

DÉCOR: I specialize in all interior décor aspects of your home. Curtains, Blinds, Re-upholstery, Wallpaper, Print effects, Painting of existing furniture, Accessories. Estelle Steyn on 082 847 1220 or iondesign@mweb.co.za

DSTV DOCTOR: Approved DSTV – all installations, Aerials, Sales & Repairs, Multi choice accredited installer. Call Junior on 078 228-3182 / 011 072 6791 or email:

4wayssat4@gmail.com, www.dstvdoctor.co.za, address; Plot 79 Cedar Rd, Chartwell.

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

DECEMBER MAINTENANCE: If you have offices, schoolrooms, showrooms or any other property that requires maintenance, but you don't want to interrupt your busy work schedule, Davies Painters are available during the December builders break to do any painting, tiling and any other maintenance work during the annual "builders break", daypaint@netralink.com or Mike 082 442 6989.

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

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

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

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

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

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.

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

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

HANDYMAN / WOODWORK: Over 14 years of reputable Handyman Services in Fourways area – specializing in Woodwork, decking, woodwork repairs, custom built woodwork, oil treatment of window frames and doors. Building, damp proofing, waterproofing, steel work, tiling, roofing, under floor heating, painting, minor electrical, plumbing, solar technology, special features and odd jobs, references on request. Please contact Grant on 060 343 6626, www.grantbarnes.co.za

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

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.

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

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

HOUSE SITTER, DOG WALKER, DOG FEEDER: Fourways Garden resident will be available throughout the December / January break to fulfil any of the above, or any other tasks that may require whilst you are away. Reliable graduates. Call 082 578 6148.

HOUSE SITTER: If you are looking for a baby sitter or someone to look after your pets when you are away or even just to house sit, please call Melissa on 073 093 0447.

HOUSE & ANIMAL SITTER: Stellenbosch student is available in Nov, Dec, Jan to doggie / house sit in the estate, she resides in FWG, call Shannon on 076 932 6564 or Gayleen on 072 532 9042.

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

HOUSE SITTER: Single lady offering my services as a house sitter, No Charge to you from the 1st October to the 7th December even for a few days, watch and feed animals,

manage swimming pool, contact Lindsay Bekker on 083 452 0636 or 011 465 1104/7

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.

IRRIGATION: Pete, of RWS Irrigation, is back in Fourways with his 30 years of experience specializing in design, supply, repair and

installation. Call 083 375 9222.

IRRIGATION AND SPRINKLER SERVICES: For new installations, upgrades, maintenance and general repairs...Simunye Solutions LTD is always there for you! No job is too big or too small, call us for a free quote on 011 070 1343 / 074 977 3755 / 061 236 0089.

K & I ELECTRICAL: Installation, maintenance, repairs, new wiring, power shortages etc, can also do renovations and plumbing, call Bernard on 074 715 4765 / 071 707 2882 / 011 074 5002 / www.kielelectrical.co.za

K.C HOUSEHOLD TRADING: Tree felling, Building & Plumbing, Paving, Trimming, Removal & Painting, Stump out, Garden Refuse, five years' experience, call Clever on 073 032 4694 / 062 516 0464.

MARTIN WATERPROOFING: We specialize in waterproofing, roof repairs, drywalls, ceiling, painting, roof painting, for a free quotation call Elijah on 078 169 2858 or elijahdubee@gmail.com

MGUNI GREEN FINGERS: Garden maintenance, garden refuse removal, tree felling service, call Isaac on 083 562 0636 / 084 999 2487 isaac@mgunigreenfingers.co.za / www.mgunigreenfingers.co.za

NIGEL GARDEN SERVICES: We do weekly maintenance, lawn dress, fertilising tree felling and clean ups, please call Nigel on 073 180 3406 / nigel.mlambo@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

PET & HOME 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)

PAINTING: We do painting and waterproofing, very professional, please contact Sydney on 083 483 5085 or 073 180 3406, for reference call Joe on 083 380 3803 or Jeff on 082 451 4271, nigelgardenserv@gmail.com

PET SITTING SERVICES: Trustworthy and loving attention – book now for the holidays! Visit petcare.aveui.com / Call Annele on 073 446 6722, your pet deserves the best care when you cannot be here!

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

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.

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

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.

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.

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

RAINBOW WATERPROOFING AND ROOF REPAIRS: Roof repairs, water proofing, skylight, gutters, ceilings, roof painting call on 011 057 7007 / 084 449 9722 or rainbowwaterproofing63@gmail.com

RAVEN SCAPE: Once off garden clean up, landscaping, garden maintenance, new irrigation installations and repairs, garden refuse removal, contact Stefan on 079 415 1221 / ravenscapepty@gmail.com

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.

THE BEEHIVE PLAY GROUP: Based in Phase 2, we have small classes with a high teacher to student ratio, we run the British EYFS curriculum which promotes learning through play. Ages 1-5, full / part time options available, call Michelle on 084 386 0055 or go to www.beehiveplaygroup.co.za

TREE CARE: Tree felling, stump removal, rubble & garden refuse removal, palm trimming & irrigation maintenance & installation, contact Frank on 078 669 1918.

TABLE TREE FELLERS: Tree Fellers & Palm tree

tidy up, trimming & pruning, tree felling stump removal, professional work done, call Pascal on 081 055 4089 or Naoko on 079 940 9488.

DOMESTIC WORK:

Sinah: Our lovely housekeeper and right hand woman, Sinah will be looking for a new position from July (although if an opportunity comes sooner, she can take up employment when needed) our family is emigrating, she has been in our family for almost 10 yrs and she is South African, she is a kind, quiet, and has an unbelievable initiative and is really good at her job, she also has her driver's license and have her own car, she is amazing with children and I cannot recommend her highly enough, if you or someone you know requires domestic help (Sandton, Fourways, Midrand area and beyond) please give her a call on 073 355 8511.

Poppy: Good worker, sewer, child & pet minder, very honest, looking for part / full time work, call Carol on 082 322 2479 for references.

Jeanette: Hardworking lovely lady looking for part / full time live in/out work, great with house chores, for ref. Nikki on 082 418 6681.

Dorris: Looking for part time work on a Fri from Nov, she is well educated, a fast worker and is excellent at ironing, she is a pleasure to have around, always happy and reliable, she is good with babies or young children and will do anything that is asked, please call Laila on 082 907 6212 for a reference or Dorris on 083 246 6269.

Jenny: Is an honest, hardworking lady and great with kids, we are relocating in December and she will be looking for part / full time work, call her on 078 240 1160 or Candice on 082 302 0559.

Tinas: Looking for full time domestic work, live in good with children, honest, reliable, trustworthy and hardworking, call 078 479 6166.

Florence: Looking for work as a domestic, very hard working and trustworthy, on Mon & Wed, call Florence on 078 227 2248 or Heidi on 071 115 0475 for a reference.

Joyce: Looking for work on Wed, she is honest and hardworking, she can cook, clean and take care of children, she is happy and kind hearted, call 078 220 4875 or 060 929 1953, for a reference call 072 616 1356.

Thembi: My house keeper is looking for work part / full time, honest and a hard worker, 074 551 5145, for a ref. call Jim 082 679 9307.

Kieketo: You will be forever grateful if you employ her, she is looking for live out position on Tues & Thurs, has worked for me for 21 yrs, brilliant, we are moving to UK, call Jane on 082 900 7051.

Hilda: Our experienced, honest & lovely helper is looking for additional domestic work 1-2 days per week, highly recommended, call Isabel on 072 270 8901 or Hilda on 076 786 6594.

Grace: Honest and trustworthy domestic / childminder is looking for work Mon-Fri, she is good with children and pets, call her on 062 357 4417 or 062 075 1964

Tryness: Hardworking housekeeper, looking for extra work on Tues / Thurs, for a reference call 071 812 1948 or 084 710 7030.

Rebecca: Our lovely and wonderful housekeeper is looking for a new position from November because we are emigrating, she has been with us for 2 years and has been part of the family, she is honest, reliable and hardworking, please call Rebecca on 083 483 6751, for a reference email: piero.comelli22@gmail.com

Meriam: Looking for live in position as domestic, she can cook as well as sewing and look after children, she also has a driver's license, she is honest and trustworthy, highly recommended, she can work in FWG, Fourways and Dainfern areas, call 076 730 9642 or Colleen on 082 926 2064 for a reference.

Baliswa: We are emigrating and our domestic is looking for a live in position from January 2017 or can start work immediately, she is awesome with kids, happy to play sports outside with them or take the dogs for a walk, she cleans like a dream, she is honest / reliable and always happy, we are very sad to be leaving her behind, call 074 179 5558 / leonagalloway@yahoo.com.

Zine: Looking for live in/out position, she has only 6 months' experience so will need some training, she is honest and a quick learner and eager to start working, she is happy to earn a lower remuneration for experience, call for a reference 074 179 5558.

Thando: Looking for work on Mon, Wed & Fri, she is an excellent cleaner with a heart of gold, brilliant with kids and pets and very happy to help with anything if needed, she is honest, responsible and a very hard worker, contact her on 060 934 7145, for references call Serena Venter on 083 253 2065.

Evah: Due to our relocation my reliable, honest and hardworking domestic helper is looking for Mon – Fri in FWG, happy and friendly disposition, integrity beyond question, she will be an asset to any household, please call Evah on 063 542 6313 or Tracey for a reference on 083 297 9057. Evah also worked for Riza whom can be contacted on 082 446 3167 for another reference.

Classifieds

Rose: If you are looking for a babysitter, look no further, Rose has lived and worked as a full time domestic for 16 years here in FWG, she is available any time after 5pm every day – Mon – Fri, Rose is kind, humble and very reliable with kids, call Rose on 073 929 7239 or Monique on 082 321 4239.

Nelisiwe: Looking for work as a care giver or child minder, also trained in private health care, worked in Milpark Clinic, please call Nelly on 083 627 8891 or 078 300 2796.

Sarah: Looking for December house sitting, call her on 079 808 5167.

Longi: Looking for full time live in position, she is hardworking, reliable and trustworthy, I know her for 5 yrs Esmeralda 078 474 6216.

Florence: Looking for full or part time domestic work, very good with children, she is honest and reliable and has worked for me for 9 years, for a reference call Fran on 082 460 2024.

Precious: Looking for babysitting Mon – Fri from 2pm until late, also looking for part time work on Sat & Sun, available from 18 Dec, live in FWG, call 074 344 2983 or 078 499 0945.

Thokozile: Malawian, due to relocation, our hard working, trustworthy and reliable lady is looking for part / full time domestic work, she is highly recommended, please call her on 073 687 9372, for a reference call 082 782 9708.

Tiny: Zimbabwean with valid work permit – looking for live in position, lovely lady, please call Irene on 083 260 3421 for a reference.

Sandra: Has been employed in FWG since January 2013, her employer is relocating, she has fulfilled the functions of a domestic, cook, childminder and housekeeper as her employer travels frequently, she is looking for part / full time please email: guimba16@yahoo or her previous employer in Phase 1 on 083 281 9036.

Emily: Looking for domestic work, she comes from Malawi and has been in the Fourways area for 3 years, she has experience working with children and is comfortable around pets, she is also very proficient helping with people with disabilities, she is available Monday to Friday, please call 073 150 0890, for a reference call Karen Kennedy on 076 716 6882.

Nombulelo: Looking for work as a nanny or domestic, worked in the estate for the last 6 years, looking to start on the 1st November 2016, for reference call Sharon on 072 027 9824 or 060 703 1284.

Beauty: Available for live out position Mon to Fri, excellent housekeeper – all duties, worked in FWG for 10 yrs, employer is relocating to the States, warm and welcoming personality as well as initiative, a pleasure to have in your home call Beauty on 063 857 6570

Tryphina: Our domestic will be looking for a new position from July (although if an opportunity comes sooner she can take up employment when needed) our family is emigrating overseas, she has been with our family for about 4 yrs and she has proved to be a capable and proactive house keeper and occasional child minder, she is South African and is a friendly, kind and honest person, if you or someone else is looking for domestic help (Sandton, Fourways, Midrand area and beyond) please give her a call on 072 469 4008.

GARDENERS:

Moses: Has been our wonderful gardener for the past 3 yrs, we are relocating in December, he will be looking for work once a week, call Candice on 082 302 0559.

Matthew: Looking for work on Mon, he is an excellent gardener and he is also very good with pools and painting, he has oiled my garage doors and my wooden frames and painted steel railways to perfection, highly recommended, call Shirley on 072 271 8747.

Kondwani: Excellent gardener looking for an extra day, reliable, honest, very dedicated, looking for Mon, Wed & Sat, references call 071 812 1948 / rentalstct@gmail.com or Kondwani on 071 848 1749.

Manfred: Malawian gardener looking for work on Wed & Sat, experienced and hardworking, currently works in Phase 1, call 063 035 9532 or call Marianne on 071 738 5285 for a reference.

Austin: Malawian looking for work on Tues & Sat, he is honest and dedicated, highly recommended, call 078 769 7245 / Trish 082 457 4631

Andrew: Looking for work on Mon, Fri & Sat, he is honest and hardworking, call 083 645 9607 or 082 553 4555 for a reference.

Mike: Malawian seeks gardening work on Mon, Thurs, Fri, Sat & Sun, he is hardworking person, very honest and I would recommend him to you, he works without supervision, please call Dino on 072 647 7670 for a reference or Mike on 073 800 2107 / 063 839 5180.

Isaac: Malawian looking for garden work on Wed & Sat, he is friendly, reliable and knowledgeable, call Isaac on 073 785 4339.

Isaac: Our amazing gardener is looking for work on Tues & Fri from July, he has been with our family for 14 yrs, we are relocating please call him on 073 245 8259.

Mzondi: Looking for garden work, he is reliable and does his work properly, he is looking for work on Mon, Tues & Sat, for a reference call Patricia on 079 558 2110 or Mzondi on 074 757 1431.



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:

	Faith Stanbridge Trish Walton	082 659 1700 082 442 9112	faith.stanbridge@century21.co.za trish.walton@century21.co.za	www.century21.co.za
	Keri Ann Hart	083 844 3150	keri.hart@everitt.co.za	www.chaseveritt.co.za
	Nigel Mullen	082 339 1368	nigel@chernodavis.co.za	www.chernodavis.co.za
	James Le Bihan Cindy Wallace	082 777 3543 083 458 6225	James.LeBihan@engelvoelkers.com cindy.wallace@engelvoelkers.com	www.engelvoelkers.com
	Brian Day	082 653 0216	brian.d@fineandcountry.com	www.fineandcountry.com/sa
	Maureen James Ingrid Manni	082 882 0228 083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za
	Gail Mather	083 447 7327	gmather@huizemark.com	www.huizemark.com
	Janet Sapire	083 344 4065	janet@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Averil Slome	082 900 4622	Averil.Slome@Remax-Masters.co.za	www.remax-masters.co.za
	Sharon Caradoc-Davies Michelle Zuccollo	082 560 7042 082 850 8356	sharoncaradoc.davies@seeff.com michele.zuccollo@seeff.com	www.seeff.com
	Grant Raw Mark McGowan Dee Thomas	079 495 9357 083 358 5652 083 375 5646	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za	www.tysonprop.co.za

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website: www.fourwaysgardensrealty.co.za

We would like to take the opportunity of thanking the residents of Fourways Gardens for their support over the past year and wish them a very happy, safe holiday period and a New Year with many Blessings.



RENTAL R28 000pm



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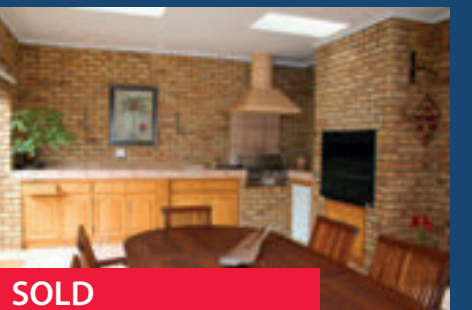
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RENTAL R25 000pm



FOR SALE R3,7mil



SOLD

THE MIND OF A SAUSAGE DOG

According to a veterinarian, a quarter of dachshunds will suffer crippling back problems because they are too fat.

I remember years ago a dog food manufacturer inviting pet owners to enter a competition to see whose overfed pet could lose the most weight. The prize was a holiday for two in Mauritius – not including the dog.

To make sure competitors didn't starve their animals in order to win, owners had to consult a vet throughout...

Herr Kaiser von der Strafzettel, a glossy dachshund with a pedigree almost as long as himself, came down the hallway. His fat, pink belly made a squeaky noise as it dragged over the floor tiles.

He looked at his dish and then at Roland, his owner. Roland was making himself some toast. Then Kaiser looked at his dish again. Instead of the customary dish of liver – which was sometimes in pâté form and spread on buttered toast – there was just a little lump of pale meat.

"Vot!" said Kaiser. "No liffer?" Then he looked at his auxiliary dish. "Und no schteak! Und verr iss mein melk?" (Dear reader, I am not asking you to believe that Herr Kaiser von der Strafzettel actually articulated these words, but just take it from me that dachshund owners can interpret exactly what their dogs are saying simply by looking at them.)

Roland was clearly uncomfortable as he buttered his own toast. He told his dog: "I am doing this for YOUR sake, Kaiser. I have entered you for the Pet Slimmer of the Year award. You are obscenely overweight and your veins must be solid cholesterol."

"Und vat do I get out of zis competischun, ja?"

"Well, for a start you will get slim and

healthy and your stomach will not drag along the ground."

"I see!" (Herr Kaiser said this with all the sarcasm that a dachshund can muster, which is quite a considerable amount.) "Und vat do YOU get out of zis, ja?"

"Well, um, I get a holiday in Mauritius."

"Und I get put into kennels?"

"Well, you can hardly stay here on your own."

"Vat ist zis stuff in mein bowl?"

"It's low calorie rabbit, the favourite food of your Bavarian ancestors... Your ancestors were thin enough to crawl down rabbit holes – you are so fat you couldn't even crawl down a train tunnel.

"Look here Kaiser, according to this dog food company, 30 percent of dachshunds have obesity problems which can lead to painful and even life-threatening illnesses – arthritis, disc problems, ruptures of joint ligaments, heart...?"

"Giff me mein liffer und I vill decide vich disease I vant."

"Und take a peepinlooken at yourself! Vot if I entered YOU for a competischun and cut off YOUR food zupply. Vot would you say, ja? Vell? Vot?"

"I am NOT cutting off your food. I have to take you to the vet for a regular check to see that you are properly nourished..."

"Senk guttness for zat!" said Kaiser, rolling his eyes in exaggerated fashion.

"And no more titbits at the table, I'm afraid," said Roland as he spread liver pâté, quite thickly, on his toast. It was a thoughtless thing to have done under the circumstances.

As Roland raised a piece of toast to his mouth, Kaiser gave an involuntary whine and raised his big brown eyes in a beseeching manner exposing lots of white beneath. It is a singular talent that dachshunds have.

And so it was that man and his best friend sat on the kitchen floor and shared liver pâté on hot buttered toast and Roland never mentioned Mauritius again.

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





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**KIDS CRAFT ACTIVITIES
9 DEC - 24 DEC**

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