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*Residential Estate*

October 2015

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THEM WORK**

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Playgroup  
in FWG**

**NEW TRENDS  
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FOURWAYS GARDENS  
Residential Estate

# THANK YOU TO EVERYONE WHO JOINED US AT OUR **SPRING DAY CELEBRATION**

On Sunday the 6th September we celebrated the start of Spring with our annual Dog Walk and Kite Day. Lots of fun was had by all kids, parents and pups. Thank you for coming to join us. A huge thank you also goes to Eukenuba, Royal Canin, Animanía and Palm Gardens Vet for sponsoring some amazing prizes. For more photos from the day follow us on our facebook page - [www.facebook.com/PGPFourways](http://www.facebook.com/PGPFourways)



## PLEASE FEEL FREE TO CONTACT YOUR AREA SPECIALISTS:

Natalia Atanassov 084 783 3010, [natalia.atanassov@pamgolding.co.za](mailto:natalia.atanassov@pamgolding.co.za) (sales)

Mark McGowan 083 358 5652, [mark.mcgowan@pamgolding.co.za](mailto:mark.mcgowan@pamgolding.co.za) (sales)

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Cover photograph: Joan Madder

## IMPORTANT NUMBERS

Estate Office	011 465 7731
(operating hours 08h00 - 16h00 Mon to Fri)	
info@fwg.co.za	
Estate Security RSS	011 465 5465/66
Main Control Room	
Emergency and Medical Response	011 467 1400
Council Service and Enquiries:	011 375 5555
In case of emergency:	
Douglasdale Police Station	011 699 1300
ER 24 Emergency	084 124
Police/ Flying squad	10111
Life Hospital	011 875 1000
Eskom	086 003 7566
City Power	011 375 5555
Joburg Water	011 375 5555
Water/Sanitation/ Sewer problems	011 375 5555
Fraud & Corruption Hotline	0800 002 587
JHB Metro Police	011 490 1600
Fire and Ambulance	10177



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24



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## FROM THE ESTATE MANAGER

**T**his being the last quarter of 2015, it is evident that the social calendars are filling up and the weather warming up nicely! It seems that spring was skipped this year as the Estate is already showing off its summer colours and beauty.

It is with pleasure that I congratulate Elizabeth de Kock as our first Chairlady of Fourways Gardens Estate. Despite her petite frame, she appears to be filling very big shoes with great ease. The board of directors have settled into their new portfolios and under the guidance and with the support of Elizabeth (Liz) and the newly appointed board, the HOA team has compiled a clear list of priorities that we would like to achieve before the next AGM. One of the first priorities that we wish to achieve is the re-zoning of the peri-erven stands in Phase 1. Of utmost importance to us is to finalise and arrange the installation of infrastructure that will allow fibre to the home throughout the Estate. This project is already in an advance stage and we should be able to communicate installation dates shortly.

The clubhouse construction that seemed to have carried on for eternity has now come to a phase of finalisation. We are extremely happy to advise that the generators connected to the clubhouse facility and the HOA office will ensure that



Elizabeth de Kock

no man-hours are lost due to electrical supply disruptions. The next step in this project is to beautify the external areas around the clubhouse for summer. As with all building projects, our vegetation did take a bit of strain, but this will be rectified and improved under the guidance of our experienced environmental director, Johan Barnard. Johan's years of experience in landscape design has made him an invaluable part of this board and I am sure that our residents are not aware of the extent of the benefit he is already adding to the Estate. Johan has also joined up with the Aesthetics Committee, which is being led by Charles Schneider, to ensure that the objective of this committee is being carried out in a practical manner.

Another project that was overdue has also been completed. Our turnstiles at both pedestrian entrances were dilapidated and caused many maintenance headaches over the past couple of years. With the assistance of Stephen Beuthner, the security director, this project has been completed and will provide smooth functionality to our security-vetted pedestrians. Stephen has also been the driving force behind the fibre to the home project. What started as a security necessity, namely fibre link between the Estate office and the security control room at the gates, ended in a project that should put Fourways Gardens Estate in a leading position with regards

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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to connectivity. This will also do no harm to your property value.

It is a pleasure dealing with the many architectural-related aspects with George Paneras. He has proven himself to be a no-nonsense, solution-driven individual and has already proven his worth in this short time.

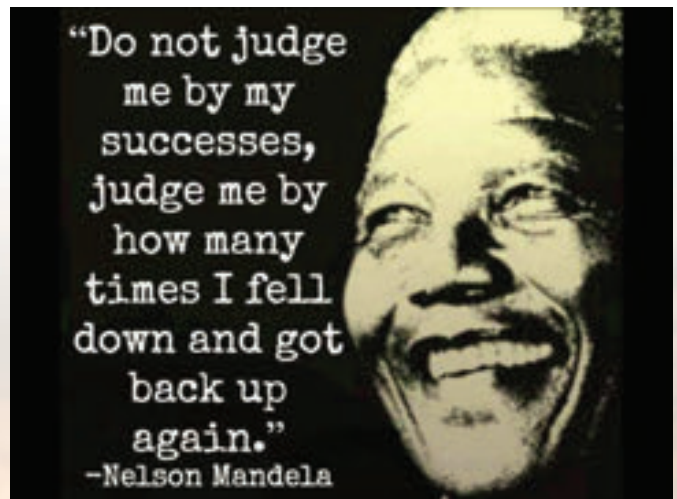
Jonathan Cooke's re-election to the board was very well received by all members. As communications director he has given input and support and manages effortlessly to convey a message. We look forward to working with him this year and I can speak for my team when I say that we are very happy to have him back on board!

Under the hawk-eye of Brenda Anderson, the Estate's finances are in good hands! She has a proven track record over the years and I wish to thank her for making herself available this year to serve on the board. Rob Pritchard, together with the members of the social and recreational committee, will ensure that the Estate never has a dull moment and they are already working on next year's fun-filled events calendar.

I also wish to extend my appreciation to my team at the Estate office. We are a diverse team of dedicated individuals that seem to complement one another and get the job done. From numerous positive comments received recently I am convinced that the HOA team, together with the board, will achieve all objectives.

Last but not least I wish the matrics of 2015 the best of luck for their final exams. Buckle down and study hard. The after-party at Ballito will be so much more enjoyable if you don't have to stress about the results.

I would like to leave you with the wise words of Madiba:



Regards,

*Johan*







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# GPS MONITORING

**W**hilst many people are fast asleep in their beds cosy and warm in the middle of the night the award winning patroller team from the security department is operating throughout the streets of the Estate. This industrious team patrols every metre of roadway in the Estate every night of every day of the year. As can be imagined weather conditions out in the street are not always optimal, however these men are on their station no matter what. The officers are assisted in their momentous task by the Bloodhound Patrol System or affectionately known as the "Bloodhound".

The Bloodhound Patrol System is a GPS live monitoring system that is custom suited to the Estate's specific requirements. Each officer is monitored by the onsite control room and individual officers can be pinpointed to within one metre of the officer's location at any time whilst on patrol. Naturally the real life applications of the system are nearly limitless from a monitoring stand point and from a safety aspect to the officers.

The need to monitor the productivity of one's guard force has and always will be in the forefront of security managers' minds. Fourways Gardens is no exception and making sure the officers are out on patrol is key to providing a professional service to our residents.

Bloodhound works with many of the leading local and international security-guarding companies to ensure operational compliance. For instance in South Africa, where security is a major consideration, Bloodhound is used by most, if not all, of the large guarding companies for patrols

scheduling and monitoring, the execution of location-based checklists and the management of workflows and incident escalations.

Given the broad use of Bloodhound in the security industry, it is able to benchmark performance both within individual customers and across the industry. This allows us to help pinpoint key performance and productivity drivers and advise on how to adjust patrols to improve overall performance.

Bloodhound also plays a critical role in providing an objective measure of service delivery, helping to facilitate a proactive and productive relationship between the guard force and the Estate.

As mentioned earlier in this article, the FWG team of patrollers is the leading team of Bloodhound patrol teams in the country for 2014 and if our stats are anything to go by for this year we will be number 1 again this year.

## Our Officer of the Month

Our Officer for the Month of September is Aaron Cumbe. Aaron has been a member of the FWG Guard force since 2007 and has been chosen for officer of the month due to his attention to detail where he blocked the entry of a person of interest and referred the matter immediately to management.

**Ricardo Naidoo**  
Assistant Site Manager





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# Monthly Draw – 28 August 2015

A wonderful evening, with live entertainment supplied by Dave Abbott, was enjoyed by our residents and their guests on Friday evening, 28 August.

The monthly draw takes place in the restaurant at 19h00 on the last Friday of each month. The rules are simple: you have to be there in order to win! All owners are automatically entered into the cash draw and there are

also three lucky draw prizes for anyone who attends the evening.

The cash prize of R3,000 was not won as the owner of 32 Myrtle was not in attendance. The amount rolled over and the draw for 2 October will be for R4,000! The erf draw was for Stand 1325, 32 Myrtle owned by Blue Horison Properties 90 (Pty) Ltd, Jos Hooyberg.

Cliff van der Watt



## Lucky Draw Winners

1st Cliff van der Watt, 44 Coral Street  
2nd Snooks Cole, 47 Karob Crescent  
3rd Ian Smith, 15 Wild Olive Road  
Erf Draw: Rolled over

Snooks Cole



Ian Smith



Lovely ladies of FWG





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## **RUGBY WORLD CUP 2015 GAMES ON BIG SCREEN AT THE CLUBHOUSE**

**Friday 18 September - 21h00 England v Fiji**

**Saturday 19 September - 17h45 South Africa v Japan**

**Saturday 26 September - 17h45 South Africa v Samoa**

**Saturday 3 October - 17h45 South Africa v Scotland**

**Wednesday 7 October – 17h45 South Africa v USA**

**Saturday 17 October - 17h00 and 21h00 - Quarter Final**

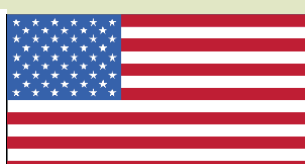
**Sunday 18 October - 14h00 and 17h00 - Quarter Final**

**Saturday 24 October - 17h00 - Semi Final**

**Sunday 25 October - 18h00 - Semi Final**

**Friday 30 October - 22h00 - Bronze Final**

**Saturday 31 October - 18h00 - Final at Twickenham!**





# FWG Activity Providers

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08h00	Boot Camp 08h00-10h00 Rhona Williams 083 600 1868 rhonawill@gmail.com		Boot Camp 08h00-10h00 Rhona Williams 083 600 1868 rhonawill@gmail.com		Boot Camp 08h00-10h00 Rhona Williams 083 600 1868 rhonawill@gmail.com
08h30		Pilates 08h30-09h30 Tracey Daniels 082 894 6096 traceyd.sa@gmail.com		Pilates 08h30-09h30 Tracey Daniels 082 894 6096 traceyd.sa@gmail.com	
09h00	Yoga 09h00-10h15 Wendy Stead 011 465 7155 / 083 400 6211 wendyyoga@telkomsa.net				
09h30					
10h00			My Nanny and Me 10h00-12h00 Loën Law 072 622 0308 mynannieandme@gmail.com		My Nanny and Me 10h00-12h00 Loën Law 072 622 0308 mynannieandme@gmail.com
11h00					
12h00					
13h00					
14h00					
15h00		ABC Dance Programme 15h15-16h15 Bash 074 740 3205 Amy 062 239 2861	Helen O'Grady Drama Academy 15h00-18h00 Kerry Holbrook 083 410 2940 www.dramafrica.com	ABC Dance Programme 15h15-16h15 Bash 074 740 3205 Amy 062 239 2861	
15h30					Yogabats 15h30-16h30 Desley White 011 465 1939 / 084 465 1939 catsanyoga@gmail.com
16h00					
16h30		Karate - Goju-Ryu 16h30-19h30 Stef & Roberta Bagioni 083 384 3026 083 309 5352 fourwaysmartialart@vodamail.co.za		Karate - Goju-Ryu 16h30-19h30 Stef & Roberta Bagioni 083 384 3026 083 309 5352 fourwaysmartialart@vodamail.co.za	
17h00	Jazz 16h45-17h45 Debbie Jewson 082 425 6098 debdiane@iafrica.com				
17h30					
18h00	Yoga 18h00-19h15 Wendy Stead 011 465 7155 / 083 400 6211 wendyyoga@telkomsa.net	FWG Running Club Hilton Schipholt & Mandy Scrutton 082 411 6744 083 462 2725 hilton@lejn.co.za ascrutton@acenet.co.za	FOR GUEST SPEAKERS AND HOA MEETINGS	FWG Running Club Hilton Schipholt & Mandy Scrutton 082 411 6744 083 462 2725 hilton@lejn.co.za ascrutton@acenet.co.za	
18:30					
19:00					

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

- Clubhouse
- Phase 1 Outside
- Phase 2 Outside



# MAKING THE first steps fun!

A child's early childhood education plays a vital role in his/her social, emotional, physical and academic development. Care and education cannot be separated.

**H**edgehogs Educational Playgroup is a small nurturing school which will be re-opening its doors in January 2016.

Aimed specifically at children between the ages of 18 months and 3 years, it is an ideal 'home from home' environment. It will be run by a qualified Foundation Phase teacher and an experienced assistant, in the secure Fourways Gardens Estate.

A proven and structured curriculum, which encompasses early childhood development methods with weekly themes and creative activities, forms part of the learning experience.

Hedgehogs encourages a love for learning, a positive self-esteem and character development in a fun, creative environment. The independent/private school calendar will be followed, and the playgroup will operate Monday to Friday from 08h30-12h30. However, the hours are flexible for working parents.

Please feel free to visit Hedgehogs Playgroup to enrol your child – it is the link between home and the large nursery school. For more information, contact: Debbie Hutchinson on 083 253 1414.

## **The Steps to the Nursery School – what should be introduced at Playschool:**

1. **Body Image** – spatial concepts. A child learns to relate his/her body to the space around him. A pre-requisite for learning to write and draw.
2. **Movement Skills** – Movement is a fundamental need for every child. Activities and skills programmes are necessary to develop balance and posture, gross and fine-motor co-ordination and bi-lateral integration.



3. **Language** – The basis of communication. Concept development, categorisation and receptive and expressive language.
4. **Visual Perception** – Visual discrimination between form/shape, size, colour and number.
5. **Auditory Processing** – Listening skills for auditory discrimination-identifying sounds.



## **Hedgehogs**



**Educational Playgroup**



## NEW TRENDS & TIPS ON LANDSCAPING AND GARDENING

Shirley Wallington, well-known oracle in landscaping and frequent 702 and Classic FM radio broadcaster, addressed our Gardening Club at our meeting on 10 September.



**T**he trend is to move away from the English country garden; it is trendy now to use hard landscaping, paving, decking and water features. Life is becoming more and more hectic and thus people have less time for gardening. The Grasses phase is over... the trend is now for large drifts of Watsonias and Agapanthus rather.

Lollipop trees are firmly OUT – the trend now is square hedges... Eugenia, for example, gets a haircut from ground level to waist level and is reshaped to a square floating hedge with plants underneath.

Colour is back in style – landscapers are playing with complementary colours like purple and yellow. Avoid clashes of orange and pink. When planning your garden update, don't be in a rush. Remember 80% of success in the garden is planning and preparation.

1. Take your notebook and camera to the nursery and leave your purse at home. Research the plants that will work well in your garden: particularly their adult size, sun/shade and soil preferences.
2. Prepare the soil, using natural composts and fertilizer products.
3. Water is crucial to successful gardening – get a storage tank and guttering/piping (see our article in last month's magazine or write to Francesca for a copy).
4. Make your plant selection exciting:

- look for something different and special such as Wild Peach.
5. At our Gardening Club we should share our plants such as Clematis, Crab Apple, Prunus – all unusual – Cobus Scandus vine with delicate flowers, Giant Watsonias and Iris nathia.
  6. Azaleas don't like competition with other plants or ground cover – they like to be alone. Plant Azalias together in pots of acid compost.
  7. Clivias love to be in groups – keep them in clumps and do not split.
  8. Lawns are hugely expensive and avid feeders: try to incorporate some hard landscaping – rocks, pebbles, grave, for example.

### SHIRLEY'S GARDENING TIPS

- Take clematis cuttings using cinnamon or turmeric as a growth hormone.
- Through next winter take a cutting from a successful tomato bush and grow it in a bottle of water during winter. Come spring, plant it again for another harvest.
- For caterpillars on clivia or amaryllis use a 50/50 mix of baking soda and flour, alternatively use Johnsons baby powder.
- To fertilise roses use Epsom Salts.
- Use methylated spirits neat on woolly aphids or rose scale. Don't use on ferns.
- For aphids and most other pests, cook up a cocktail of onion, garlic and chilli/cayenne pepper. Boil in 4 cups of water and then add some grated soap. Boil another 20 minutes. When cold, blend

the result and mix 1:10 with water and use as a spray.

- Leave a gallon of water with a peeled onion in it in the sun for three days – use the result to spray in the house to get rid of mosquitoes or insects.
- Slugs hate one part ammonia to 10 parts water.
- Snails – put some beer in a yoghurt cup buried in the soil – they will die happy, but dispose of them into outside rubbish bin, not in compost.
- Get your gardener to pick up snail shells as they carry hosts of eggs in their shells.
- Aspirin in water is a great fertiliser for roses, fuschia and ferns.
- Coffee grounds are great for all plants as are old tea bags.
- Banana skins are good food for plants – dry them out and crush them.
- To rid weeds in the driveway, pour vinegar on them.
- If going away, soak newspaper in plenty of water in the bath and leave your indoor plant pots on top.
- Get an owl box in your garden to naturally rid it of mice and rats.
- Grow avocados and mangoes in pots – they like good drainage, lots of sun, rich soil with nitrogen in spring and potassium in autumn.
- Plant basil with tomatoes – they will be tastier.
- Plant chives with carrots, they will be sweeter.
- Plant marigolds with tomatoes and roses to keep pests away.
- Plant nasturtiums with squashes and broccoli, petunias with beans, oregano with cucumbers.
- Our many thanks to our Chairlady, Morag Vlaming, and her husband, Jan, for arranging Shirley's talk and for opening her home to our Club as the venue for the meeting.

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### FOR SALE



**SOLE MANDATE  
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### FOR SALE



**PHASE 2  
R4.195 m**

### FOR SALE



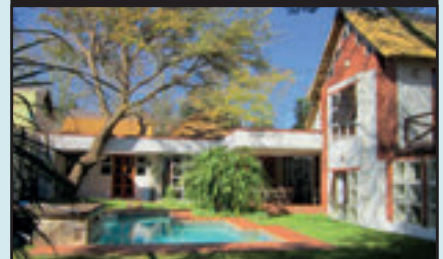
**SOLE MANDATE  
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### FOR SALE



**PHASE 1  
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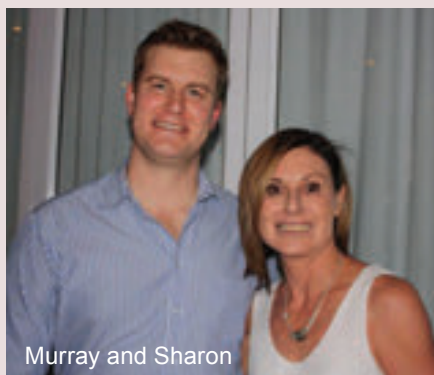
Subject to availability. E&OE.





## Fourways Gardens Wine Club

**M**urray Barlow, cellar master at Rustenberg Wine Estate presented their wines to the wine club on Tuesday, 1st September. We were packed to capacity and it proved to be a very popular and thoroughly enjoyable evening. Murray was charming, very knowledgeable and passionate about his wines. It was a fun evening where lots of wine was consumed and new friends were made!



Murray and Sharon



Murray and Roy



The **final event for the year** will be a **Wine Fair** hosted by the Clubhouse. All Fourways Gardens residents are invited to come and taste the wines and you will be able to order wines for December at list price! Diarise the date as the following farms will be at our Wine Fair:

- Boschendal • Kanonkop • Bellingham
- Franschoek Cellar • Lourensford • Vergelegen

Date: 04th November 2015

Time: 18h00 until 20h30

Cost: Free







# FOURWAYS GARDENS ESTATE CHRISTMAS MARKET

*Saturday, 7 November 2015*

*11h00 to 16h00*

*Clubhouse lawn area*

**The perfect opportunity to get your early  
Christmas shopping done and support the community**

**Entertainment for the children will be free!**

**Mechanical Bull and Rocket Launcher**

**Face Painting and Sand Art**

**Paid entertainment – Cupcake Decorating and Bunting Kits**



***If you would like to book a table, please contact Debbie on  
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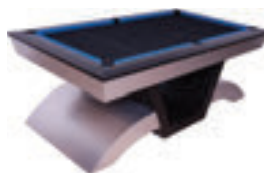


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# Trick or Treat

## Saturday 31 October

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**Ages 7 – 12 at 17h00**

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**Trick or Treat from 17h00 to 20h30**





# annual **Spring** **Dog Walk & Kite Day**



**A wonderful day was enjoyed by our residents and their four-legged friends on Sunday 6 September. The morning kicked off with a brisk dog walk and was followed by a morning of fun. Our sponsor for the day was Pam Golding Properties and they provided everyone on the morning with free ice creams, bottled water and a jumping castle for the kids to enjoy!**

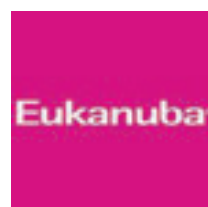


We were very fortunate to have long-standing sponsors who always participate in the event. We wish to thank the companies for their involvement and continuous support of Fourways Gardens Estate!

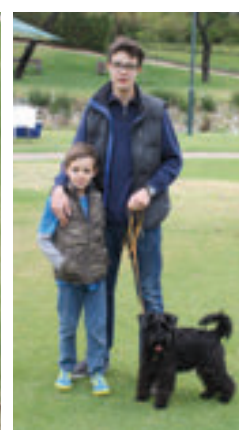
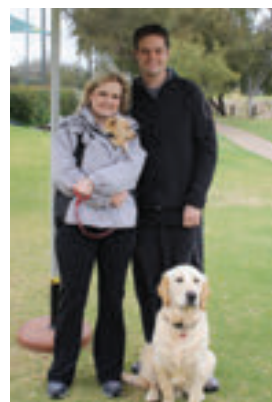
- Animania – Two lovely hampers as well as 25 dog and 25 cat parcels filled with toys and gifts appropriate for your cat or dog. Dr Wendy Cresswell was

in attendance to do free doggie dental checks and to give the dogs an expert “once-over” as well as to answer any dog-related questions for our residents.

- Eukanuba – Three lovely hampers worth over R400 each, as well as sample meal sachets for our participants
- Royal Canin – Four lovely big lucky draw hampers
- Palm Gardens Vet – Three vouchers valued at R200 each

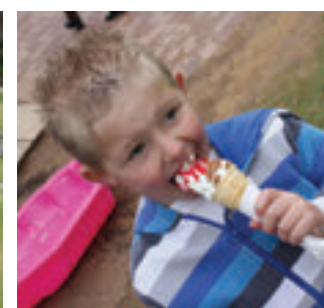






We also wish to thank the residents who donated goods and those who made cash donations to Woodrock Animal Shelter on the day. The donations were very well received!

Once the walk and lucky draw was completed, Pam Golding had kites for sale to our younger residents. The children and their parents had lots of fun attempting to get their kites airborne. We look forward to hosting this annual event and wish to thank Pam Golding Properties' agents Dee, Natalia and Mark for sponsoring this wonderful family event for Fourways Gardens Estate!







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BY JAMES CLARKE  
PICTURES BY MARY BROADLEY

# PILANESBERG

*so near, so worth visiting*

I might not have said this a few months ago but I will say it now with conviction: **the Pilanesberg National Park, just two hours or so from Johannesburg, rates among South Africa's top five game reserves.**



Hartebeest – one of many antelope species to be seen at the Pilanesberg National Park





I visited it in August for the first time in many years. I had read from time to time how it had deteriorated. How the Pilanesberg Centre was tatty and offered dreadful food at high prices and how the souvenir shop was a rip off.

Its peripheral resorts such as Bakubung, Kwa Maritane and Manyane remained well run throughout and I've experienced all three.

I am not sure what happened at the reserve in the interim. All I can say is that the 500 square kilometre game reserve – it's bigger than Timbavati and bigger than Sabi Sand – is today one of Africa's jewels. Scenically it is a most attractive wildlife reserve, zoologically it is very rich indeed and, geologically, it is fascinating.

From space the Pilanesberg appears to be a spectacular circle – a vast

crater filled with hills, which is what it is. It is the geological wreckage of a cataclysmic event that began long before any life began on land. More than a billion years ago it was a volcano 7 000 metres high – far higher than Kilimanjaro, Africa's highest mountain.

Its outer wall – a rim of attractive hills – shields it like a fortress from the *middeelveld* beyond.

Today it circles a beautiful landscape of rounded hills and natural rockeries blanketed by golden grass and a range of habitats making it suitable for a rich diversity of wildlife – at least 40 kinds of large mammals and 350 bird species.

In the not too distant future it will be linked by a contiguous group of conservancies all the way to Madikwe Game Reserve to the west on the Botswana border to form a 2 500sq km reserve.

Pilanesberg National Park is not really a national park. It does not fall under the National Parks Board. It acquired its title only because it was part of the short-lived Republic of Bophuthatswana created for the Tswana people during the apartheid years. It is named after Chief Pilane, whose clan is still prominent in the region.

I was involved with Pilanesberg in its early stages. I first visited it when it was still farmland in the 1970s and I watched the farm fences come down and the farm buildings demolished. I saw the first animals arrive, although leopards, bushbuck, kudu, brown hyena and a few other species were there already. Lions, cheetah and wild dogs followed. By 1979 it was a proclaimed reserve – but there were problems galore.

Elephant and rhino were brought in. The elephants were young orphans – calves rescued after Kruger Park's



**What impressed was the cleanliness of the well-equipped toilet facilities – even at hides and picnic spots.**



*Elephants are now well established at Pilanesberg.*

culling operations. They had not been subject to normal elephant community life, where discipline is strict. They were a bunch of hoodlums and they killed at least 40 white rhino before it was realised what was going on. Neither species had encountered the other before. The rhinos were from Zululand, where elephants were extinct; the elephants were from Kruger Park where rhinos were extinct. Lacking the required etiquette at waterholes, the rhinos failed to give way to elephants and were often tusked to death.

The young elephants were dangerous to humans as well. Only after mature elephants were brought in did the youngsters settle down.

It was Anton Rupert who initially raised the funds to fence Pilanesberg and there followed years of turning the clock back by allowing nature to take over. Walking in the reserve one comes across the

occasional relic. I have found blue glass medicine bottles dating back to the 19th century and the decaying foundations of farmsteads.

In the late 1980s, in a bush vehicle from nearby Sun City, I overheard an American woman and her husband reminding each other what they had seen that day. I surreptitiously jotted them down – elephant, white rhino, lion, cheetah, leopard, impala, kudu, waterbuck, wildebeest, and what was probably steenbok, porcupine, red hartebeest, zebra, giraffe, monkeys and baboons... it was as good a variety as one could hope to see anywhere in Africa..

Mary and I were there during the winter drought, nevertheless the big bird hides were worth visiting.

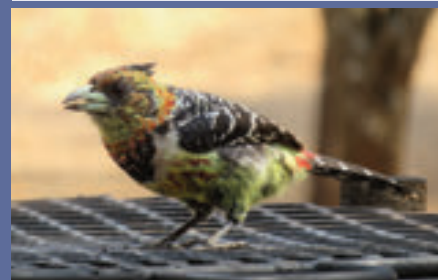
What impressed was the cleanliness of the well-equipped toilet facilities –



*White rhino have learned to give way to elephants.*



*Warthogs snoozing at the roadside – oblivious of passing vehicles.*



*Barbets love a braai – cold, at dawn.*



*Camp follower – the friendly banded mongoose.*

even at hides and picnic spots. And the Pilanesberg Centre with its cafés and souvenir shops are now clean and efficient.

We enjoyed cool drinks while watching a pageant of wildlife visiting the salt lick a few metres away. What a transformation from the early '80s when it was a cluster of municipal buildings surrounding a magistrate's court! All that remains is the 1930s court, which now houses the shops and cafés.



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*Plascon Spaces Showroom situated at the Design Quarter, Fourways.*

**T**he 2016 Plascon Colour Forecast continues a tradition started in 1999 with the launch of a pioneering publication in the South African market. Led by Anne Roselt, Plascon's Colour Manager, the Forecast has been produced this year in partnership with the colour experts at MIX magazine, a global thought leader in the world of design and interiors. This combination of local expertise and global insight means the forecast is both relevant to the South African context but also dialled into international trends and understandings.

The Forecast expresses key directions in colour trends across four themes, each taking the form of a colour palette and décor direction, encompassing not just what the theme looks like, but also the mood and energy evoked by each one. It also introduces the Plascon colour of the year, Atlantic Beach. This intense, vibrant blue is inspired by the energy of Rio and the Olympics set to capture the global imagination for 2016.

#### **The 2016 Forecast Themes:**

**ELEMENT** is a theme that uncovers geological inspiration to explore our





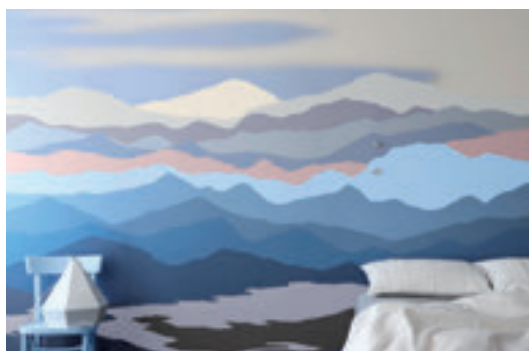
Discovery



Connect



Heirloom



Element

relationship with the landscape around us. A palette of soft neutrals, raw surfaces and tonal colours, Element is both luxurious and tactile. Its design expressions include mineral geometry, chalky colours and gradated finishes.

**DISCOVERY** looks to the skies around us for inspiration, with colours that reflect our fascination with astronomy. This palette features cool colours complemented by soothing neutrals and bright colour pops to recreate night sky starscapes. The design expressions include weightless ombrés, powdery effects and interstellar bands and stripes.

**HEIRLOOM** looks to the past for indulgent luxury. Rich colour and texture inspire a new classicism in design, with a sensual palette of neutrals and moody tones. Design expressions here include colour treatments that mirror Old Master paintings, a careful balance of light and dark tones and artful decay in textures.

**CONNECT** is bold and bright, taking the energy of the Memphis design movement and channelling it into unpretentious and exuberant interiors. A palette of upbeat colours is used here to create lively patterns and surface

treatments. Design expressions include geometric motifs, sculptural colour treatment and all-over colour.

The 2016 Colour Forecast is available in issue 17 of Plascon's Spaces magazine at the Plascon Spaces Showroom situated at the Design Quarter, Fourways. This showroom, with its ever changing "Stage" offers leading industry designers the opportunity to showcase to customers what the latest design trends are through the visual display area and turns the pages of Plascon's cutting edge magazine into a physical presence.

Plascon's experienced Spaces Consultants give free advice on products and colours, using their interior design qualifications to keep customers on trend by showcasing the latest designs, paint techniques, colour palettes and concepts. The consultants use specialised software to integrate the colours into images of their clients' interior and exterior projects. This provides solutions to the customers, who often cannot visualise the end product of their dream home.

Customers are encouraged to book an appointment at Plascon's showroom

where a one-on-one interactive discussion can take place and digitally prepared, exciting "before and after" inspiration boards are given to help customers make a final choice. Together with this, the experienced team will then give product advice on which of the Plascon brands is best suited for the project. Their Premium Range – Double Velvet, Cashmere, Kitchens & Bathrooms, Non-drip Water Based Velvagro Enamel and Non-drip Velvagro Enamel, Micatex as well as Wall & All and Nuroof Cool - offers product guarantees up to 15 years for interior brands and 12 years for exterior brands.

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# UTILISING THE Power of the Sun

By converting our homes to be reliant on solar power we can contribute to the national effort to reduce energy demand and start shifting towards efficient and renewable energy use.



A very helpful and easy to understand website, [www.solarpanel.co.za](http://www.solarpanel.co.za), is worth visiting to understand the complexities of running your home entirely on solar power and to be independent from grid electricity (ESKOM).

"Probably the main concern to any homeowner is the high cost of the initial outlay for such a system, which can cost as much as R300 000. But in the current climate of load-shedding, we probably do not have a choice in South Africa. Also, keep in mind that the immediate financial implications could be offset when the property is sold, as future buyers might be swayed by the advantages of purchasing solar powered homes. Your monthly electricity bill will be reduced by at least 50% so the system eventually pays for itself," shared Craig Hutchison, CEO of Engel & Völkers Southern Africa.



Craig Hutchison,  
CEO of Engel & Völkers  
Southern Africa.

that will provide power for a TV, DVD, DSTv, a radio and cellphone chargers and say 10 x 15W lights one would require:

- ☐ 4 x 80W solar panels
- ☐ 2 x 20A regulators
- ☐ 4 x 102A Deep Cycle batteries
- ☐ 1 x 2000W 24V True Sinewave Inverter (so that future increased needs can be accommodated)
- ☐ 4 x panel roof mounts
- ☐ Cables, connectors and flex
- ☐ Installation.

It is important to invest in the right equipment from the beginning. Of course, thereafter as you add more appliances to your solar power system, you would need to increase the size of all the above components, so it is absolutely essential to consult a professional company for assistance. The most important is to

invest in a system which you can add onto, without making what you already have redundant. Batteries can always be added, but your biggest single cash layout would be for the Inverter and Solar regulators. In this way, you will be able to start off with a system costing less than R20 000 and expand that to a system worth R300 000 over a period of time, without problems.

There are many adaptations found in the solar industry such as cells that have been integrated into building materials, for example Solar Roof Tiles. These integrated technologies are relatively new, but will definitely become more popular in the future.

As the costs of the various solar components are dependent on what you buy and for what use you want them, it is worth exploring the many suppliers and, as always, ask for references.

Starting a solar system for your home can be done in stages. For example, to start with the basic solar system



The solar panel converts sunlight into DC power or electricity to charge the battery. This DC electricity/(charge) is controlled via a solar regulator which ensures the battery is charged properly and not damaged and that power is not lost/(discharged). DC appliances can then be powered directly from the battery, but AC appliances need a power inverter to convert the DC electricity into 220 Volt AC power.

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# Straight Talk...

by Maureen Collins

[www.straight-talk.co.za](http://www.straight-talk.co.za)

Conversations that get results

## ABOUT THE AUTHOR

Maureen Collins is a consultant and coach, helping people develop the skills that build better relationships at work and in their personal lives.

## SPRINGTIME

**W**hile you're about it, you should look into your garage, storeroom, and attic where you're bound to find accumulated stuff you no longer use. Check the bedrooms that your grown-up-and-now-at-college children used to occupy: lots of stuff there that will never be needed again. If you start early on a spring morning you'll be surprised how much clear space you can create before lunchtime.

Physical clutter accumulates everywhere. Even those of us who feel we have it under control can be surprised how difficult it is to move house or office, or retire and downsize. Part of the problem is that it is often as much an emotional issue as it is a question of physical space, especially when possessions hold memories of personal times past or belong to loved ones who have moved on with their lives or passed away.

A modern clutter problem is that of data. How many files do you have on your PC that you'll never open again? Videos you've recorded that you'll never watch? Books you've read and won't read again. Magazines you'll never read? Digital photos you won't find time to edit and that will be junked, unopened, after you're gone? No ... your children won't be interested in them. I checked with mine. They might look at family photos if you have selected relevant, important ones and made them easily accessible, of good quality, labelled and dated ... maybe. Get a big box and make a start.

We accumulate relationships too. Some grow and develop into lasting satisfying friendships, partnerships and marriages. Some don't. They are like

Bakkies, cars with trailers and luxury SUVs called into service for the occasion, are queuing up at refuse disposal sites. It's the springtime clear-out.

garden weeds. They sap energy and time, adding to stress levels, choking off our creativity and sense of adventure. It's much harder to let a relationship go than it is to clear away physical clutter or old photos, but the impact of a toxic relationship is extensive and insidious. Unfortunately we only realise that after it's over and after the damage has been done. In the clear air of a spring

day, think about the people draining energy from your life and make a plan.

Within relationships there is the clutter of bothersome issues that are never resolved and never go away. Topics like an ex-wife, a difficult mother-in-law, or the best way to handle your rebellious teenage son, can be a breeding ground for argument over years. Or it could be the relatively simple problem of a friend who hogs the airspace with every detail of their personal problems without allowing for the times when you'd really like to talk something of your own through with them. Choose a gentle spring evening, broach the subject gently, and agree some ground rules that will help smooth out your conversations in future.

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was only  
your garden  
that needed  
to be cleared  
out...**



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Article written by Nicoleen Davies, Director Life Talk Forum

# *Blended families* **MAKING IT WORK**

With divorce rates being so high, second blended marriages and families are becoming the new norm. Chances are you are a step-parent or your spouse is one, or maybe even one of your own parents is a step-parent. Successfully blending two families is no simple task and the complexities should not be underestimated. There is a lot that needs to be considered and well thought through, requiring much discussion within the family.

## **THE CHALLENGES**

Statistics worldwide show that failure rates on marriages are high, around 50% for first marriages and 75% of second marriages, with very few of these second marriages surviving the first five years. Parenting within blended families is also more difficult with issues like authority, affection, challenges and role ambiguity manifesting. Parents potentially face animosity from their step-children, feelings

of resentment, with children feeling that they need to compete for their parent's attention – all potentially causing conflict between the children and the adults in the home. Many of these marriages fail because these important discussions are not had up-front, where decisions can be made to help drive the day-to-day running of a blended home.

Remember also that divorce creates a sense of abandonment and therefore everyone has a heightened need for safety and security. This could result in rushed or ill-thought-through decisions to enter into a second marriage, for perhaps the wrong reasons, so be very aware of this.

This process entails massive changes – maybe a new home in a new



# Life Talk

neighbourhood with new schools, in the daily home life routine, there are others to now consider or consult, the stress of adapting, less time with your parent... the list goes on. Everyone will need time to adjust.

## SO, CONSIDER THE FOLLOWING

No two blended families are the same and each one is shaped by their unique shared experiences and level of involvement by family members, but the following could be useful to consider.

**Conversations:** There are three sets of important conversations that need to take place – one within your existing family, the other with your new spouse and finally a third, with your spouse's children. The best way to address uncertainty, fear and any other negative emotion would be to talk about it, preferably before the marriage even takes place. Ongoing, open and honest discussions throughout will also help avoid conflict.

**Listen:** The children must feel heard, so allow them an opportunity to talk and express themselves. Listen with empathy and try not to discount what they are feeling. Perspective through the eyes of a child will always be different, but to them, it is very real and unsettling. Children who feel heard will feel safer.

**Your relationship:** Remember this is the core reason the family came together in the first place so focusing on your relationship is critical. Try to do things together as a couple and have some alone time.

**Parenting approach:** In the conversation with your new spouse, discuss things like discipline, decision-making, your individual parenting styles, how to share special occasions, boundaries – all the potential hot topics that can lead to arguments and unhappiness. Create a new way of doing things within your new family.



**Discipline:** All the experts agree that, the step-parent should never be the primary disciplinarian – especially initially. This should always be the biological parent but with consistent and fair support from the new spouse. This is a tough one! But, failing to consider this approach could result in resentment building between the parent and step-child, leading to endless rounds of conflict. What often happens then is that the biological parent starts over compensating to make up/cover up for the “harsh” step-parents, which results in further negativity, now amongst the parents. By supporting the biological parent in disciplining, the relationship with the step-child will form faster.

**Alone time:** It is so important for each child to feel valued and important. It would be so easy for them to “get lost” within the new family dynamics. One-on-one time or a special activity with each of your children and with your step-children will go a long way to make them feel special and secure. Support individual relationships with each child.

**Family meetings:** Consider Life Talk's Table Tuesday initiative, which could work perfectly for this. Pick a day when everyone is home regularly and together and make this your new family's meeting day. It creates opportunity to bond and be together but also to have the opportunity to express opinions and talk about things – both positive and negative. Creating new family traditions are also useful – something which will be unique to this family.

**Be fair:** Especially towards your step-children and take an interest in them. It might be tricky to start with but once you

get to know and understand them better, it will undoubtedly have a positive impact on your relationship.

Accept each other. Look for the good in each person and don't focus on the not-so-good parts.

## SOME DON'TS

Lessons learnt by others are invaluable and can save you much heartache.

- Don't push relationships – rather let them develop naturally. These relationships will be more authentic and this will lay solid long-term foundations.
- Don't resent one-on-one time or compete for attention. Individual family members feeling happy, safe and secure should be a priority.
- Don't under- or over-discipline – a common mistake. And be consistent in your disciplining.
- Don't lose your temper – or at least try not to! It won't help the situation and will foster more negativity and resentment.
- Try to act lovingly towards your step-child even if you don't love them. In time these feelings may well become genuine.

Younger children seem to adapt and adjust better to the new blended family so if you have teens in the home, be aware that this may not be an easily accepted transition for them and they may need professional help to cope. In fact, children from blended homes are three times more likely to need counselling or other professional care.

Finding the right balance takes time. The chances of being happy a second time around may seem slim but with some effort, love and patience there is no reason why your blended family can't be a success.

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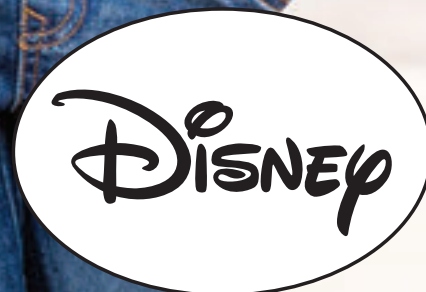
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**FWG Wine tastings** – *First Tuesday at 18h30, monthly at the Clubhouse. Tickets can be bought directly from the Clubhouse at R100 pp.*

**Craft & Charity Club** – *Meet Wednesday afternoons at 14h00. For more information contact Pat on [pemclintock@gmail.com](mailto:pemclintock@gmail.com)*

**Book Club** – *Meet in the Clubhouse “couch area” second Friday of each month at 14h00. For more information contact Lucy on [lucy@simply-search.co.uk](mailto:lucy@simply-search.co.uk)*

**Tennis Club** – *Plays Tuesday and Thursday mornings. Please contact Jane on [pjaxon@iafrica.com](mailto:pjaxon@iafrica.com)*

**Bridge Club** – *Meet on Friday afternoons. Beginners welcome. Contact Norma on [normandyjohnston@gmail.com](mailto:normandyjohnston@gmail.com)*

*Mah-jong is going slow, but we can start up again if anyone is interested in joining or learning, contact Jen on [jen.joburg@gmail.com](mailto:jen.joburg@gmail.com)*



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# A TRANSFORMATION IN premium tyre fitment REACHES FOURWAYS



The Cutting of the Ribbon at the BestDrive Store in Randpark Ridge.  
From left : Rolf Lensch previous MD of ContiTrade Africa, Jody Robey owner of Jody's Tyres,  
Shaun Uys MD of Continental SA.

## Coming to a store near you – look out for ContiTrade Africa's exciting new BestDrive store that will be replacing the Fit&Go branch in Fourways.

**D**riven by the growing need for exceptional, top notch service to discerning customers who demand the best, BestDrive brings superior expertise, service excellence and stylish lounge amenities to the tyre fitment business.

South Africa is the latest country to benefit from the BestDrive phenomenon, which was first developed in Europe more than nine years ago by the tyre division of Continental and the Continental Corporation's trade division, ContiTrade. Today, an extensive network of BestDrive fitment centres operates around the globe – and in Europe and Asia, the brand is a clear leader in the industry. Locally, BestDrive is managed by ContiTrade Africa, responsible for Continental's tyre fitment, retail and franchise operations on the African continent.

The first four fitment centres to be converted to BestDrive stores previously formed part of the Jody's Tyre group, arguably the most successful tyre fitment group in Johannesburg's northern suburbs. The group's success was pivotal in the decision made by ContiTrade Africa to acquire it in September 2013.

The next store to be converted to the BestDrive formula is the Fit&Go Fitment Centre at Forest Road, Fourways. This fitment centre was initially HiQ Fourways, opened by Jody's Tyres in 2005. After the change of ownership, the HiQ store was changed to a Fit&Go store and now, thanks to the loyalty and support from the Fourways community, the store has qualified for an upgrade to a BestDrive store.

"The store will trade under the new brand name, but the same great team remains,"



comments Louis Van Dyk, Sales & Operations Manager for ContiTrade Africa. "Under the management of Graeme van Blerk, the branch has gone from strength to strength. We have a strong focus on meeting the needs of our clientele, both men and women – and on convenience. We offer a shuttle service to the mall or to people's offices within a 15 km radius of the store – so there's no need to spend valuable time waiting around if you have things to do."

For those people who don't mind waiting, the BestDrive store will have a very comfortable lounge with complimentary coffee and WiFi.

### PREMIUM SERVICES

BestDrive offers a wide range of all leading tyre brands including the top 5 - Continental, Michelin, Bridgestone, Goodyear, Pirelli – as well as Firestone,



*The BestDrive fitment experience allows you to enjoy the comfort and seclusion of their tranquil lounge while they take care of your car.*

General Tyre, Matador and many more. Other products offered are: brakes, shock absorbers, mag wheels and batteries. Along with additional services that include puncture repairs, wheel balancing, fitment and rotation, wheel alignment, mag wheel repairs and refilling nitrogen, the BestDrive outlets also perform a free safety check on all vehicles that come into their stores.

#### **SAFETY FOR THE FESTIVE SEASON**

"Don't wait until the last minute to get your car ready for the holiday season," advises Louis. "Please visit any of our BestDrive outlets to get your free safety check done - it only takes 5 minutes. In particular, check your spare wheel and make sure you have all the necessary tools and accessories in case of an emergency."

To contact the BestDrive Fourways store, call 011 465 2425. GPS co-ordinates: Longitude:-26.02083, Latitude:28.012208.



*The personal work booths available at selected BestDrive stores.*



*FIT&GO Fourways (ex Hi-Q) which will soon be converted to a BestDrive store.*



*One of the first BestDrive stores in Randpark Ridge, where the launch was held.*



*Just some of the guys on their great team.*



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**HOMEMADE:** Homemade Tofu from GMO free or certified, organic soy beans, no additive's, no preservatives, best choice for the healthy diet especially for vegans and vegetarians, for free delivery in FWG, call Agnes on 083 763-3072

**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 / Ian on 084 888-1632 / 011 704 4614.

**OLIVE BRANCH COOKERY SCHOOL:** All types of cookery classes, children and adults. Free range Lifestyle Centre, 42 Witkoppen Rd, Cnr Kingfisher Drive, Fourways, Rustic Timbers, for booking call Margey on 082 854-7388, Web: www.olivebranchcooking.co.za, email: cooking@olivebranchcooking.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

**RUSH ELECTRICAL:** For your entire household electrical and plumbing needs. Also appliance repair and general handyman jobs, call David 084 037-4884.

**TEMBALI PARTY PARK:** New party venue behind Broadacres, open day on Wednesdays. www.tembali.co.za, call 082 900-5474.

**SOFT PLAY:** Hire for babies & toddlers, contact: estelle@nickerbockerdoodlebug.co.za or Candice on 083 742-0121.

## SERVICES OFFERED

**ALEX DEWSBERRY PLUMBING SERVICE:** Fix-Service- Replace Contact Alex on 078 511 9177.

**AIRPORT SHUTTLE:** Chase Shuttle and Tours – for good prices contact Sybil on 082 472-0041 / 082 444-0248 or 011 954-5875

**ANIMAL / PET / HOME SERVICE –** Daily feeds & walks – reliable, trustworthy caregiver, frequent sitter in FWG, reasonable rates / references available, contact Deirdre on 083 319-2220 / dee.vanheerden@gmail.com

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

**AUTOWASH FOURWAYS:** At the Fourways Gardens Shopping Centre, next to Domino's Pizza, we are offering all residents professional valet services. Trading hours are every day from 8:00 am till 18:00. Book your car today. Call Angelo on 011 465 1576 or mobile 072 949-2222, you can also visit our website www.autowash.co.za.

**BOYS ON THE GO:** For all your building, painting, tiling, plastering, paving & rhino lite, contact Alpha on 073 048-9629 for a free quote.

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

**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.

**CELEBRATE YOUR PET:** Through a watercolour portrait – the perfect gift. To discuss, please call Jane on 083 656-4977.

**DOG WALKING:** Don't have the time to walk your dogs but know they need to be exercised? Contact Claire Rose on 072 5431684 Basic training included during walks.

**DOG BEHAVIOURIST:** Battling with your dog's behaviour & how to understand them? Want to build your bond? Contact Claire Rose on 072 543 -1684.

**DSTV DOCTOR:** Approved DSTV – all installations, Aerials, Sales & Repairs, Multi choice accredited installer. Call Junior on 078 228-3182 / 011 072-6791 or email: 4waysat4@gmail.com, www.dstvdoctor.co.za, address; Plot 79 Cedar Rd, Chartwell Fourways.

**DAMP PROOFING / WATER PROOFING:** By Damp & Worx. Owner supervision. All work guaranteed, Call 082 352-6382.

**ELECTRICIAN:** Certificate of Compliance, New Installations & Maintenance, Tripping & Fault Finding, Power Failure, Geysers, Stoves, Plugs, Lights, Installation of Generators, 078 739-6773 / 073 127-3921.

**LAUNDRY NOW OPEN:** Loads of Laundry – Full laundry service. Shop 19 Broadacres Shopping Centre. Tel: 011 465 9589.

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

**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

**GARDEN REVAMPS FOR SPRING:** I will update and make over your existing garden using as much as possible of what you already have, so keeping costs down, experienced team with great references, contact Lyn on 082 552-1527.

**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 on 082 778-5566.

**GATES MOTOR, GARAGE DOOR MOTOR & INTERCOM:** We manufacture gates & palisades plus installations and repairs to all makes. We've been a Fourways Gardens Service Provider for the last 4 years. Call 071 363-9229.

**HANDYMAN:** A British Tradesman for the jobs you hate!!! 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 / emchikati@yahoo.co.uk

**HANDYMAN:** Plumbing, Transport, Painting, Tiling, Gardening, Gutters, Carports, Electrical, Waterproofing, Rubble Removal, all household maintenance, contact Newboy Mlotshwa on 071 714-6192 / newboy mlo18@hotmail.com

**QUICK SERVICE IT:** For all your IT requirements 083 600-2533 / quickserviceit@icon.co.za, ON –SITE sales, service, support, and networking – all makes.

**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.

**MASSAGE:** Full body massage done in the comfort of your own home, R700 pp or R1000 per couple, all oils, robes, towels, massage bed provided. Please contact Gracia on 082 632-4131 for bookings.

**MOVING:** We'll clean after you moved out, or before you move in, or both. You move we will clean! Call Brenda 082 497-3304.

**NAILS:** Annah's Nails – in the comfort of your own home, manis, pedis, nail extensions & gelish. Phone my happy clients for a reference, very reasonable rates, 071 346-6907.

**OSAM CARPENTRY:** Door Hanging, Wood laminate flooring, Built in cupboards, Kitchens, Ceilings, Cornices, Skirting, Dry walls, Painting & Varnishing. Call Ozzy on 073 058- 0464 / ozzy223@ovi.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.

**PAINTING:** By Damp & Paint Worx. Owner supervision, all work guaranteed. Call: 082 352-6382.

**PERSONAL TRAINING:** In the privacy & comfort of your own home, weight loss & toning, pre & post natal training, rehabilitation after injury, reasonable rates, contact Tarryn 082 462-7519 / info@activemommies.co.za

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

**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: (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.

**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, email rainbowwaterproofing63@gmail.com / 011 057 7007 or 084 449-9722.

**RAINBOW PAINTING SERVICES:** Reliable, supervised and professional painting team as well as painting products to suit any price, free quotes, call Grant on 082 725-1230.

**SOLAR SOLUTIONS:** For electricity back up or hot water requirements, call us today for invertors, batteries and solar power, German quality. Sonnenkraft SA 011 781 6104 (FWG resident) / www.sonkrag.co.za

**TUTOR:** Medical student willing to tutor high school students in Maths, science, biology & IT, call Evan on 072 986-3284.

**THE DOCUMENT CHASER....NEED NEW OR RENEWED LICENSES, REGISTRATIONS, VISAS, PERMITS,BUILDING PLANS AND OTHER APPLICATIONS?** Let Beverly Bedggood take all the hassle out of getting your documents up to date with her door to door service, collecting forms, required IDs and medical certificates, standing in line at government offices and delivering your licenses, visas, registrations, building permits etc. Call Bev today on 082 809-0303 or 011 465 5418.

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

**WINDOWS CLEANED:** Done under personal supervision. Call Brenda on 082 497-3304.

**WATERPROOFING:** Consultants since 1984 Roofing, Rising Damp issues plus Air Conditioning, Re-gas service. Sewer cleaning by "The Sewer Rat", all drainage problems Harris (Pty) Ltd, Contact Ron Gunnett 082 562-1566.

**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.

## DOMESTIC WORK

**Jenny:** Is a vibrant hardworking and honest lady, is looking for full / part time domestic. For ref please contact 082 302 0559 or Jenny on 078 240 1160.

**Susan:** Is looking for part / full time live in domestic work, she is a Hardworking and honest person good English. For ref please contact Marie on 078 300 2793 or Susan 073 993 9885

**Martha:** Absolutely reliable, honest & hardworking, my char for 9 yrs, she has 2/3 days free, call Karen on 082 441-7436 / 011 467 4999

**Gladys:** Has worked for me for 17 yrs, she is looking for work on Thurs, she is a reliable baby sitter and helped me raise 4 children, she is also willing to do ironing which can be dropped off at our home in FWG, call Gladys on 079 864-2852 or Heidi on 082 557-2036 for a reference.

**Thandi:** Due to relocation, Thandi is looking for part / full time work as a domestic; she is hardworking, trustworthy and good with children & pets, for ref call David on 078 101-9775 or Thandi on 072 815-2284.

**Joyce:** Looking for live-out domestic position from Mon to Fri, honest reliable and hardworking, 13 years domestic work experience, call Joyce on 072 477-8285, for reference email: michellelaoussadi@gmail.com

**Servie:** Has been working for me for a year on a part time basis and we have to assist her in finding employment, if you are looking for a domestic who is hardworking & reliable, please contact her on 084 624-6795 or Taryn 083 369-2655 for a reference.

**John:** Malawian comes highly recommended, excellent in housework, child-minding and can cook anything from biscuits to full meals, also takes and fetches children from extra murals and school, for reference call Vicky on 081 444-1234, John seeks live in employment.

**Gladys:** Looking for Sat. work to do ironing or baby-sitting, call Gladys on 083 497-7571.

**Susan:** My very reliable and hardworking domestic has been filling in whilst my house keeper has been ill, she is trustworthy and very good with children & pets, live in position if possible, for reference call 082 341-1713 or Susan on 083 716-6198.

**Lindiwe:** Looking for part time work on Mon, Wed & Fri, her duties include cleaning and ironing, she is diligent and is an asset in any home, call Kevin on 082 490-1349 / 082 447-1740 for reference or call Lindiwe on 072 677-0696.

**Alice:** My domestic assistant Alice is looking for work on a Thurs & Sat, she has been with me for over 8 years and is honest, reliable, trustworthy and a hard worker, please contact Vanessa on 073 257-1436 / Alice 074 244-2673.

**Dudu:** Experienced, highly recommended cleaner with good references, available Mon, Tues, Wed, Fri, please call 072 425-8920 or 011 465 5418 to set up interview.

**Steffina:** Looking for 2- 3 days' work, she is friendly, hardworking and very honest and has been working for us for many years, for a reference call Lizelle on 082 890-8514 or Steffina on 076 623-1489.

**Florence:** Looking for part time work in FWG, she is available on Tues, Thurs & Sat, Florence is reliable and trustworthy, contact her on 071 092-7792, for reference call Tanushiya on 079 885-0385.

**Rose:** Looking for full time, live in domestic work, due to our relocation our hard working, reliable, gentle and kind Rose is looking for new employment after 14 years being with her in FWG, for ref: call Denise on 083 309-1417 or Rose on 073 929-7239 / 081 489-6120.

**Elsah:** Extremely reliable and honest, competent in her work is looking for full time domestic work, for reference call Patricia on her mobile 076 682-9405 / Linsay on 082 379-1775 or Elsah on 072 817-4395.

**Gloria:** Looking for part time domestic work, she is reliable, honest and hardworking, she comes highly recommended, please call Madelein for reference on 082 809-9660 / madelein375@gmail.com or Gloria on 073 224-8063.

**Elizabeth:** Hardworking, extremely honest and works with initiative with more than 20 years' experience, looking for full time work as a domestic / baby sitter, please call 083 964-5188 or Cristina on 071 623-6308 for a reference / salvioncristina@gmail.com

## GARDENERS

**George:** Has been my gardener for 8 yrs he is honest, reliable, knowledgeable and a pleasure to have around, he is looking for work on a Sat, please call George on 078 851-6952 / Vanessa on 073 257-1436 for a reference.

**Thomson:** Malawian looking for work as a gardener, 8 yrs experience and staying in FWG, Thomson on 073 405-0678 / 068 411-5840

**Simon:** Seeks part / full time live out work as a gardener or houseman, he worked for 4 years as a houseman and 6 years as a gardener, he paints very well and he is also a builder, for reference call Norman on 083 610 0616 or Patricia on 076 682-9405 or Simon on 074 405-6004 / 063 148-7182.

**Winston:** Looking for work in gardening for Mon & Tues, working in FWG for 3 yrs, call Winston on 083 543-8479 or Michelle on her phone 083 645-5441 for a reference.

**Vingstone:** Seeking a job as a gardener for Mon, Thurs & Sat call Vingstone on 072 958-4731 or call 011 465 9986 / 083 295-0260

**Samuel:** My Malawian houseman is looking for full or part time work, he has worked in my garden and continue to do so on weekends, he also walks my dogs, please contact Hilary on 083 255-2381 or (Chance Moyo – father) on 082 212-5683.

**Isaac:** Our gardener reliable and hardworking seeks work on Sat & Sun, he has been working for me for the past 6 yrs, he has good manners and he is highly recommended, for reference call Renee on 082 320-6154 or Isaac on 073 389-1827.

**Masa:** Malawian looking for part / time work on Wed, Thurs & Sun, can do gardening, painting, housekeeping, taking care of pets, and any other odd jobs, call 071 764-1463 / 082 446-8358, for reference call 082 446-8352

**Andrew:** Due to relocation my Malawian gardener needs work once a month; please call Jenny for reference on 072 963-2158 or Andrew on 078 936-6890.

**Owen:** Malawian gardener looking for work 3 days a week, honest and reliable, hardworking, for reference call Lesley on 083 450-8850 or Owen on 084 420-2273.

**Maxwell:** Our gardener Maxwell is looking for work on Mon, Wed, Thurs & Fri, he is a hard worker and worked for us for 7 years, he can also do household chores, call Maxwell on 073 358-3165 or Angela on 083 679-4438 for a reference.

**Smith:** Excellent gardener looking for part time work in FWG, available on Thurs, for reference call Alison on 083 310-2696 or Denise on 083 309-1417 or Smith 072 536-9252.

**Joseph:** Seeks part time work as a gardener on Mon, Wed & Fri, he is honest & reliable and works well without supervision, call Lara on 072 673-3714 for a reference or Joseph on 078 819-4813.

**Mike:** Our hardworking gardener is looking for work on Mon, Wed & Fri, highly recommended call Georgie on 072 495-5307 for reference or Mike on 073 800 2107.

**Dennis:** Young Malawian in early 20s looking for part / full time job as a house keeper, cleaner or gardener, extremely hard working and friendly, has 3 yrs garden experience, has a work permit, call 076 792-6560 for reference or Denis on 083 514-5697.

**Bester:** You will love what I can do for your garden, when I have turned your flower beds and trimmed the lawn edges, pulled out the weeds, you may not recognise it! Call me on 071 906-9132 or for reference call 082 440-1599.

**Moriss:** Our gardener is looking for work only on Sat, he has worked for us for 8 years, and he can also paint, for reference call Mrs Calkoen on 082 845-8002 or Moriss on 073 561-3225.





### APPROVED ESTATE AGENTS

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  
082 659 1700  
Trish Walton  
082 442 9112

faith.stanbridge@century21.co.za  
trish.walton@century21.co.za

[www.century21.co.za](http://www.century21.co.za)



Sue Brownlie  
083 450 1600

sue.brownlie@everitt.co.za

[www.chaseveritt.co.za](http://www.chaseveritt.co.za)



Andre Potgieter  
082 555 3587  
Nigel Mullen  
082 339 1368

andre@chernodavis.co.za  
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[www.chernodavis.co.za](http://www.chernodavis.co.za)



Eloise De Stefanis  
082 929 7264  
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082 497 0155

eloise.destefanis@engelvoelkers.com  
garth.humphries@engelvoelkers.com

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Maureen James  
082 882 0228  
Ingrid Manni  
083 601 5521

info@fourwaysgardensrealty.co.za

[www.fourwaysgardensrealty.co.za](http://www.fourwaysgardensrealty.co.za)



Denalee Drotskie  
082 874 5828

denalee@frankiebells.co.za

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Francesca Beattie  
083 678 8001

info@fbproperties.co.za

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Gaye Cawood  
083 601 1593  
Susan de Boer  
082 452 0086

gaye@gcr.co.za  
sue@gcr.co.za

[www.gcr.co.za](http://www.gcr.co.za)



Dee Thomas  
083 375 5646  
Mark McGowan  
083 358 5652  
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084 783 3010

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Steven Goosen  
083 449 5518

steven.goosen@rawson.co.za

[www.rawson.co.za](http://www.rawson.co.za)



Lee Peterkin  
082 832 6585

lee@remaxexec.co.za

[www.remaxexecutivegroup.co.za](http://www.remaxexecutivegroup.co.za)



Sharon Caradoc-Davies  
082 560 7042  
Michelle Zuccollo  
082 850 8356

sharoncaradoc.davies@seeff.com  
michele.zuccollo@seeff.com

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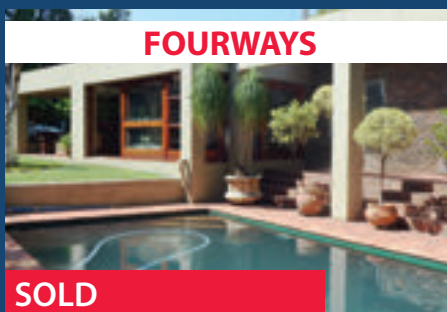
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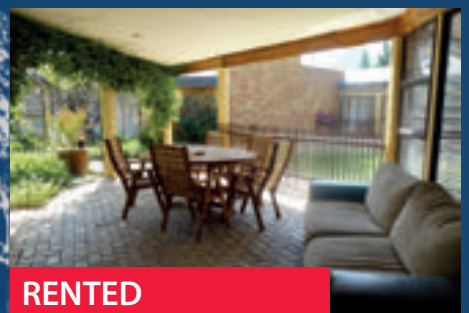


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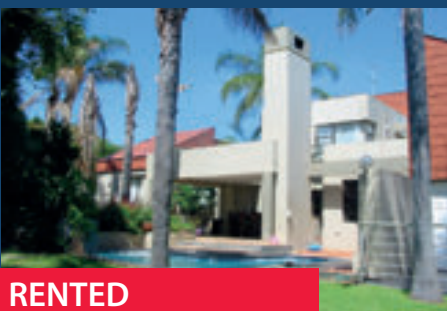
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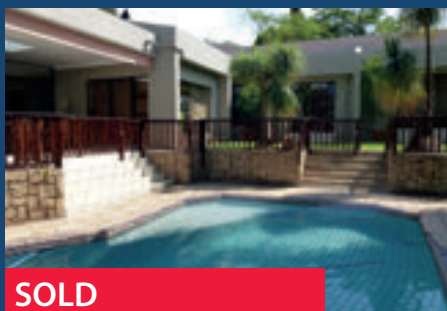
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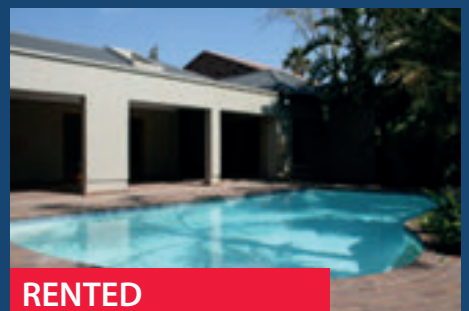
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# ...keep away from children

By James Clarke

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

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

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

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

"These people – if you can even call them that – deliberately violate every social norm. The depths of depravity that these tiny psychopaths are capable of reaching are really quite chilling."

(A psychopath by the way can be charming and even appear sympathetic but at heart is merciless and entirely without conscience. A lot of politicians are psychopaths.)

The study has met with a sharp and negative reaction from adults involved with children under 10.

I am on their side.

My two little girls were so charming as children and so filled with praise for their parents ("you're the best mummy and daddy in the world!"), especially at Christmas, that it was only a pleasure to buy them whatever they wanted. Me?



Manipulated? Absurd!

The kid next door was different. I heard him tell his mother, "I want an ice cream!" She said, "And what's the magic word?" He said, "NOW!"

A Saxonwold reader, Glenda, who has two small daughters, forwarded some parental observations regarding bringing up children. These are not necessarily her own views, I hasten to add:

You spend the first two years of their lives teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.

When their children become teenagers a lot of mothers begin to appreciate why some animals eat their young.

In later life God rewards them – grandchildren are God's reward for not eating one's children.

Glenda said, "Children seldom misquote you. In fact they usually repeat word for word what you should not have said". One of the best things about holding children's parties is to remind yourself that there are children more awful than your own.

And she says, "It's no good trying to child-proof your home – they still get in".

When you come to think of it, despite God's omnipotence He still fell short with His own children. After creating heaven and earth, God created Adam and Eve and, according to the Bible, He immediately said to them, "DON'T!"

Adam: Don't what?

God: Don't eat the forbidden fruit.

Adam: Forbidden fruit? We have forbidden fruit? Hey, Eve! We have forbidden fruit!

God: Do NOT eat it!

Adam: Why.

God (wondering why he hadn't stopped after creating chimps): Because I am your Father and I said so!

(They eat an apple.)

God: Didn't I tell you not to eat the fruit?

Adam (the kids could well have been brats from Syracuse): Uh huh.

God: Then why did you?

Eve: Don't know.

Adam: She started it!

Eve: Did not!

Adam: Did so.

God, having had it with the pair of them, decreed they should have children of their own. Thus the pattern was set for ever and ever.

Footnote for mothers: If you have a lot of tension, aspirin will help. But do exactly what is on the label:

"Take two tablets ... and keep away from children."

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

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