



FOURWAYS GARDENS

Residential Estate

November 2015



STOP HUNGER NOW

Food packing event

FWG now a major bird sanctuary!

The Witkoppen Tors

Teddy Bear Clinic

Lew Geffen

Sotheby's

INTERNATIONAL REALTY



It's not just a Home, it's a Lifestyle
Fourways Gardens



Fourways Gardens Specialists

Shop 15 Corner White Hills Boulevard & William Nicol Drive Fourways
Johannesburg • Tel. 011 465 1187 • fourwaysproperty@sothebysrealty.co.za
www.sothebysfourways.co.za • www.sothebysrealty.com

For a hassle free, no obligation valuation in Fourways Gardens,
call Janet Sapire on 083 344 4065 or at janet@sothebysrealty.co.za

Season's Greetings



Established 51 years ago, Seeff has grown from a small family business into one of the largest property companies in Southern Africa.

We could not have done this without our clients, agent force and administrative staff and thank all of you for your continued support during the past year. We wish you a blessed Christmas and a Happy New Year enjoyed with family and friends.

Properties FOR SALE in Fourways Garden



Fourways Gardens R 4 590 000



Fourways Gardens R 7 300 000



Fourways Gardens R 4 500 000



Fourways Gardens R 6 950 000



Sharon Caradoc-Davies
082 560 7042
[O] 011 467 3233

www.seeff.com | smart move



Michele Zuccollo
082 850 8356
[O] 011 467 3233

Properties Available in Fourways Gardens



FW1237497

R3.85 Million



FW1233364



R8.75 Million



FW1228548

R4.5 Million



FYL1238289

R35 000



FYL1235475

R45 000



FYL1233676

R50 000



FYL1236555

R34 000



FYL1236011

R20 000



FYL1183980

R20 000



FYL1238108

R22 000



FYL1237339

R27 400

LET US ASSIST YOU WITH YOUR PROPERTY NEEDS

PLEASE FEEL FREE TO CONTACT YOUR AREA SPECIALISTS:

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

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

Dee Thomas 083 375 5646, dee.thomas@pamgolding.co.za (rentals)

Fourways 011 467 4119, fourways@pamgolding.co.za



An International Associate of Savills



www.pamgolding.co.za/fourways



Cover photograph: Mary Broadley

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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to simplify
your life**

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MESSAGE FROM THE GENERAL MANAGER

With a fun-filled and surprising 2015 Rugby World Cup just behind us, this year is gaining momentum once again with a jam-packed events calendar into the Festive Season. While the rest of us are enjoying all the festivities, our scholars and students are buckling down for final exams. Our best wishes go with you in the final stretch of the academic year.

Many of the Estate projects are also in the final stages of completion or have recently been completed. Our clubhouse is now fully functional and on generator back-up power to ensure uninterrupted enjoyment of the facility. This is also the reason why Carols by Candlelight has been moved to this area, to ensure we do not have to cancel this event in case of load shedding or inclement weather conditions. The upper river work that was carried out during October has been completed and was done to protect the sewer line that runs in that area. This work also incorporated alleviating erosion caused by the storm water from Celtis Road and adjacent area.

Animal lovers constitute the majority of our residents in Fourways Gardens. We recently introduced a new schedule of use for the K56 dog walking area. This was done with the input of the users to ensure the area be used to its maximum. Half an hour slots were introduced for single users as well as a social hour from 17h00 daily. The feedback has been very positive and where there were niggles, we were able to sort them out promptly with the input of our residents.

The much anticipated project introducing Fibre to the Home in Fourways has been finalised and will be implemented shortly. We have appointed Link Africa, which will use several sub-surface infrastructures to lay fibre cables in the Estate, thereby limiting the need for digging and trenching on side-walks and in roads. There will be some areas where this will be necessary but via their method the Estate will be the least affected by the installation. The MOU for this project is currently being scrutinized by both parties and, by the time you read this article, installation of the fibre infra-structure may have commenced. Running simultaneously with this

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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project will be the fibre link connecting the security office at the gates with the HOA Estate Office. Residents living in Camdeboo Road in Phase 2 must please be aware that a certain amount of trenching between the gate and office will be inevitable. All areas affected by this installation will be repaired to their original state by the contractor. The current schedule of works would mean that the first houses will be connected by Easter 2016 and the entire Estate shortly thereafter.

With most residents in the process of finalising holiday plans, we urge you to please remember to plan for your pets. More information is in the security article in this publication. It is imperative that house-sitters are registered with the HOA prior to your departure. Please also remember to register your home with security on the "holiday register" to ensure that your home is incorporated with the security schedule over the Festive Season.

The armed robbery that recently took place at our security gate highlighted several aspects that needed attention on a security level. Always remember that security starts at home. When travelling outside the Estate, please be aware of your surroundings and if you believe you are being followed please go to the nearest police station instead of bringing the danger home! Even though our officers are trained for these occurrences, it poses a danger to all residents and guests making use of the gates due to the intensity and level of violence of crime currently in South Africa. In co-operation with RSS, the board of directors and the Estate team we have the situation covered to the best of our ability and ask all residents to play their part in maintaining a secure environment.

My team and I hope you enjoy the upcoming social events and that the rest of 2015 will be productive and rewarding for you. I invite residents to talk to us regarding any matters of concern in the Estate and wish to re-iterate my open invitation on a Wednesday afternoon for residents who wish to have a face-to-face talk to iron out any concerns.

I wish to leave you with the words of a great warrior and leader:

**"Very little is
needed to make a
happy life; it is all
within yourself,
in your way of
thinking."**

– Marcus Aurelius

Johan



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sue@gcr.co.za




FOURWAYS GARDENS
Residential Estate

CAROLS BY CANDLELIGHT

PRESENTING THE WELSH CHOIR



**CAROLS
SING STAR
COMPETITION
from 5pm**

- **Sunday 29th November 2015**
- **Fourways Gardens Clubhouse**
- **4:30 pm - 7:30 pm**
- **Cash donations to light the 'tree of light' for our beneficiaries Eventide Home for the Aged and Unity College**
- **Refreshments on sale**
- **ANIMAL FARM from 4:30 pm**

Proudly sponsored by

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reality

Domestic Workers Accreditation Revisited

The national crime statistics were released last month and to no one's surprise the country's crime trends are worse than before. More alarming though is the fact that violent crime has increased across the board. Looking at the map of crime stats for the country a bright red stain over Gauteng shows it is clear that we are the hardest hit by crime. Fourways Gardens has unfortunately not been untouched by the rise in crime with an armed robbery at the gates of the Estate in the past month.

As alarming as this incident was, the crimes committed inside the Estates houses by their domestic workers outweighs these by far. I have mentioned the matter on several occasions before but we still have Fourways Gardens residents learning through great heartache and even greater financial loss that they could not trust their domestic workers.

It is a generalisation to say that all domestic workers will steal from their employers. The vast majority of them are the caring loyal individuals that we believe they are. The very small minority that do steal create the necessity for home owners and employers to keep a suspicious eye on our domestic workers.

However, in spite of the previous articles written and the newsletters that are generated in this regard I still see regular domestic workers using codes to enter the Estate. This is in itself a clear threat to the other residents of the Estate. In the coming months Estate Security will be clamping down on this threat but we can only do so much in this regard. It is the responsibility of each resident to ensure that the people they allow into their houses and gardens are who they say they are and not wolves in sheep's clothing.

The following tips will assist in screening new domestic employees:

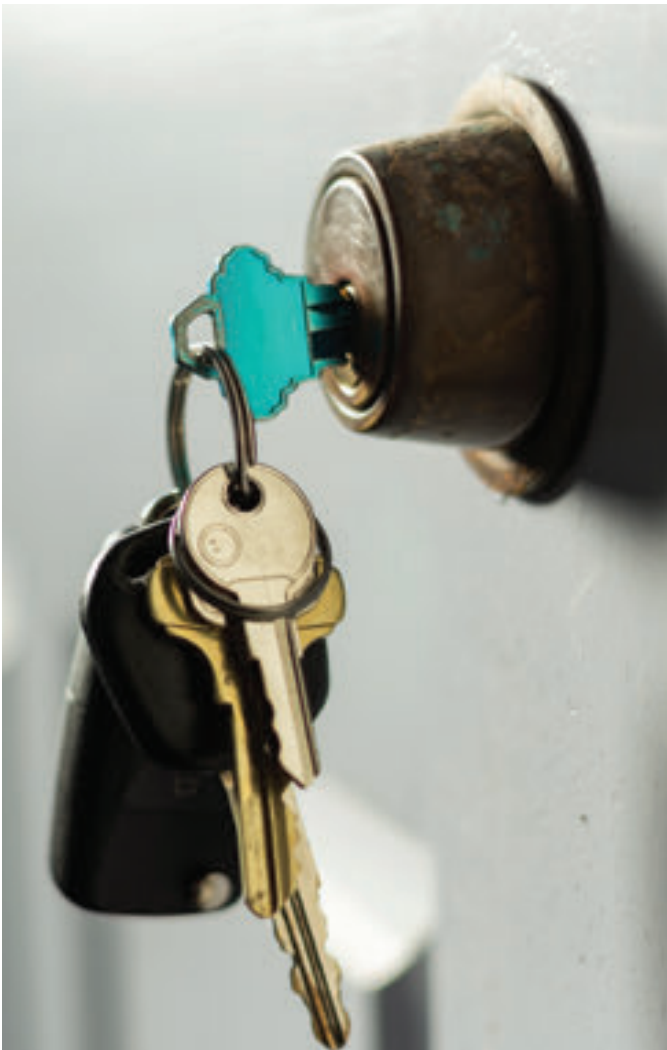
- Have a criminal background check done on new employees. What seems like a daunting task is relatively simple. There are numerous agencies that can assist for a nominal fee or you can do it yourself by having the prospective employee go to the nearest police station and have their fingerprints taken. They will be sent to Pretoria to see if the prospective employee has a criminal record. However, this will only work on SA citizens.
- For foreign nationals, insist on getting a copy of their Asylum Seekers documents or valid Work Permits. This is a difficult task though as there are so many fake permits available that it takes a professional to identify which is which. If in doubt stop past the Security office or the Estate office and get somebody that works with these to assist. Counterfeiter syndicates are truly nefarious as they prey on the immigrant who in most



cases does not know any better.

- Where possible check references. Don't just check the most recent one either; it is important to check further back as the best forecast of future behaviour is past behaviour. The more background you can get on the prospective employee is invaluable in finding out who and what type of person they are.
- Obtain banking details for payment purposes. It provides recourse on your side should the unthinkable happen and will assist the SAPS in tracing them.
- If possible try to have more than one interview. Have the first interview at a coffee shop or a diner – this will make them more comfortable as this is neutral ground, which in turn will lead them to talk more freely. The second can be held at your house and their possible future work place. Use an old police tactic here – during the first interview try to write down as much as possible of what they say and should they seem suitable for a second interview check in the second interview that what they told you in the first interview is true or fabrication.

Once you've chosen your candidate have them registered at the Estate office's fingerprints as soon as possible. With the automated system it will give you greater control over their movements at the Estate and in the end give you peace of mind.



Our Officer of the Month



For October is **Thapelo Mothibedi**. Chosen this month for his quick thinking at one of our gates, he stopped a catastrophe from happening and saved the Department and Estate a great deal of inconvenience.

With the holidays fast approaching here are a few recommendations that you should implement before going away:

- Advise the security department you are going away and ensure to visit the security office to fill out a holiday inspection form. Inform your neighbours of your holiday plans so that they can keep an eye on your property.
- Have your alarm system tested and serviced at least three weeks prior to going away. Make sure that the alarm battery is tested and replaced if necessary.
- If you are hiring a house sitter, ensure that you teach them how to use your alarm correctly and have their fingerprints registered at the Estate office. Remember to give them a copy of the Estate rules.
- Ensure that all your outside locks are a minimum of four lever locks or double cylinder security locks.
- Never leave a key in the inside of an outer door that has glass panels or glass near the door lock.
- Having security gates fitted on outer doors is a highly effective security measure that gives you an extra line of defence.
- Sliding doors can be secured simply by placing a piece of timber cut to size in the sliding rail. To make sure that sliding doors cannot be lifted vertically place the simple pin lock or patio door lock for sliding doors to guard against this. The lock is available at most major hardware stores.
- Have good exterior lighting, preferably on a day/night switch.
- Do not leave tools like ladders or spades outside, as they can be used to break into your house.
- Make sure you turn off all your utilities, such as water and gas before leaving on the day. Double check that you have locked and secured all windows and doors before leaving home.
- If you can do without them during this time, don't have your domestic workers come to work. Notify the Estate office to suspend their access whilst you are away.
- Stop all newspaper deliveries and ask a friend or neighbour to collect your post. A bulging post box is a dead giveaway that you are not at home.





LIFESTYLE TEAM

PROPERTIES FOR SALE!

R 6 950 000

WEB REF: 21DN-0656



R 6 950 000

WEB REF: 21DN-1367



R 5 650 000

WEB REF: 21DN-1240



R 4 950 000

WEB REF: 21DN-1332



R 4 295 000

WEB REF: 21DN-1298



R 3 995 000

WEB REF: 21DN-1320



FAITH STANBRIDGE
082 659 1700

TRISH WALTON
082 442 9112



Open letter from resident

Serious but Simple Solution to our Woes in the Fourways World

I have a solution to our woes of unemployment and crime in Fourways, Joburg and South Africa.

We need to start cleaning up. Funds saved from corrupt, overspending areas should be redirected to:

Giving communities/groups of unemployed people, our streets and areas, from which to eradicate all the invasive vegetation such as LANTANA, SYRINGAS, MULBERRIES and litter. These people should be trained by Working for Water as to effectively remove the invaders. Then follow up with establishing small businesses, using for example, the eradicated Eucalyptus, wattles.

Our streets would be indigenous, beautiful, unique in the world. There would be no litter, Lantana etc, only our beautiful, flowering Acacias, Combretums, Rhus, with stunning under-growth of shrubs (drought resistant), also nice paths, our wonderful grasses, which are under severe threat. At the current rate of habitat destruction, grasslands, along with dependent birds and insects could vanish in this century.

The habitat for bush-babies, the few remaining genets, endangered bird species and other fauna and flora, would be extended into the city, with this STREET-KEEPERS model. Visitors could enjoy/appreciate Africa-in-the-city.

On the litter note, bins should be provided that would be cleared by the municipality on the relevant days. These STREET-KEEPERS should have some law-enforcement training that they could issue tickets for littering. The remuneration should be based on the success of the clean, beautiful, indigenous streets. The knock-on effect would be less need for development for job-creating sake, such as fracking and other environmentally unfriendly options. We should create jobs by fixing what we already have.

Imagine how many jobs would be created in this beautifying project? How many tourists would then want to visit? How many more tourist related jobs would be created? Hence less crime. Already side-walks that have been nicely landscaped, such as the short distance along Witkoppen, the Nicol/Main intersection, which provides some visual joy during the traffic. YAY!

Start a STREET-KEEPERS, Wild-Africa-in-the-city. This is my dream for Fourways and Joburg. Why can't this happen?

Monthly Draw – October 2015



Century 21

The winners
of the lucky draw prizes were:

1st - Jenny Mackintosh – 9 Wild Pear

2nd - Ian Smith – 15 Wild Olive

3rd - Kieran – 5 Celtis Cres

Monthly draw R4 000 (rolled over)

— Mrs Ward – Erf 1197 – 29 Camdeboo Rd was not in attendance to claim her cash prize.

Remember, you have to be there to win!

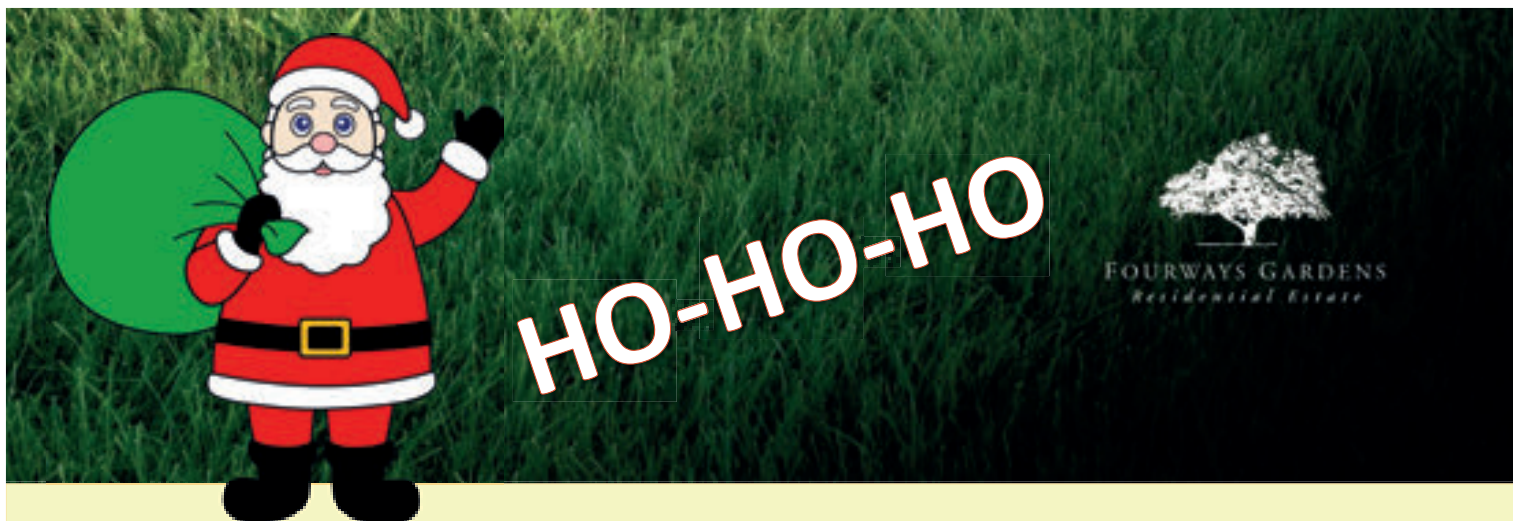


FWG Activity Providers

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



Children's Christmas Party

Saturday, 5 December
At the Clubhouse Hall.



*Please register at HOA office for
your child to receive a free gift
at the party!*

Limited space available and only
for children up to the age of 10.

Please arrive at the Clubhouse 09h00

- ✓ Magic show!
- ✓ Father Christmas visit!
- ✓ Waterslide fun!

*We request each child to please donate a
new teddy bear to the Teddy Bear Clinic
for abused children.*

Proudly sponsored by:





The Teddy Bear Clinic for Abused Children

A Journey to Healing

*"Child abuse casts a shadow
the length of a lifetime"* - Herbert Ward

Childhood is supposed to be a wonderful time where children don't have a care in the world. Some children, however, are forced to deal with situations that most of us could never imagine in our worst nightmares.

Child abuse is tragic and traumatising, and the pain doesn't stop when the child reveals their abuse. After a child has been abused, there are physical and mental scars.

The Teddy Bear Clinic assists abused children by accompanying them step by step on their journey to healing.

A child's journey to healing begins when they disclose their abuse and they have access to the services provided by TTBC.

These services are aimed at minimising the affects of abuse through specialised care, protection & support to the children & their families.

All these services are provided free of charge. This ensures all children have access to our services.

If you would like to sponsor a child on their journey to healing, or even just one aspect of their journey, please contact us:

Tel: (011) 484 4539 or 4554
Cell: 083 469 9196 (Dalene Bishop)
Email: daleneb@ttbc.org.za
Web: www.ttbc.org.za

Banking Details
Investec
Branch Code: 580 105
Account No: 100 11 311 625



TEDDY BEAR CLINIC
FOR ABUSED CHILDREN

- Intake interview
- Full medical examination
- Referral & case management
- Report & expert testimony
- Monitoring & evaluation
- Admin & corporate management



- Intake interview
- 6 to 15 sessions
- Monitoring & evaluation
- Admin & corporate management



**Medical
Examination
R 1538**



**Forensic
Assessment
R 776**



**Therapy
R 2189**



**Court
Preparation
R 859**



**Total Cost
per Child
R 5362**



- Intake interview
- 3 to 6 sessions
- Final report writing
- Expert testimony
- Monitoring & evaluation
- Admin & corporate management



- Intake interview
- 6 to 8 sessions
- Group sessions
- Final report writing
- Debriefing
- Monitoring & evaluation
- Admin & corporate management



Prices as at August 2015

MAKE A LIVING **PATIO SCREEN**

The Gardening Club visited Steyn City Gardens on Friday 23 October and will report back in our next article.



In the meantime, with summer here already, here is a lovely project for you to undertake, care of [The Gardener Magazine](#):

Make a living patio screen

Filled with colourful, healthy plants, this pot rack is guaranteed to brighten up an ailing area of your patio.

Should you wish to change the colours or theme of your patio, all you need do is replace the plants with those appropriate for your new look.

What You Need

- 3 Maranti wood panels (865 x 222 x 22mm)
- 2 Maranti beams (2400mm x 44mm x 32mm)
- 9 Clay pots (top diameter 160mm)
- Full thread cut screws
- Wood glue
- Maranti wood filler
- Woodoc 30 Exterior Wood Sealer



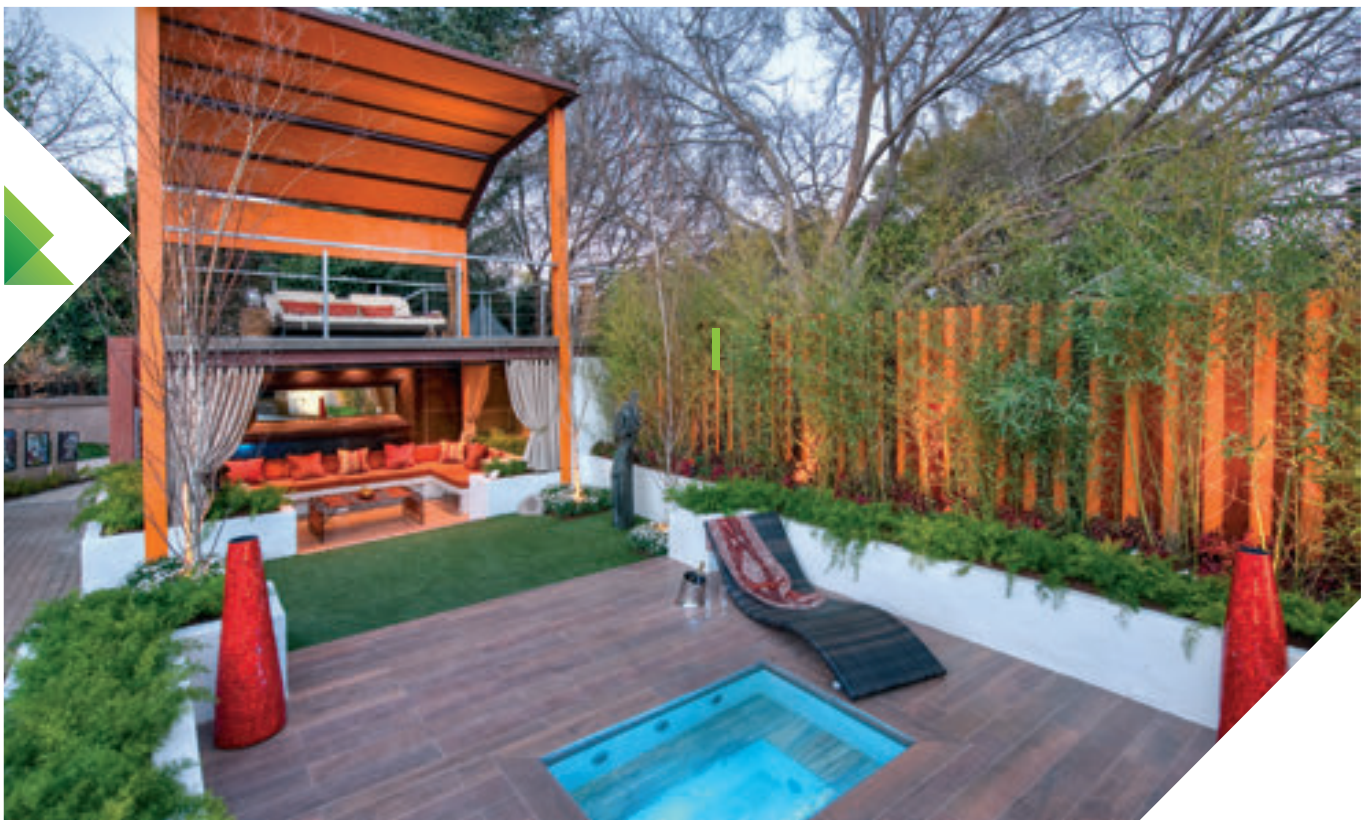
Step 1: Find the centre point of the three wood panels and mark a notch on both short edges, measuring 44 x 32mm, to accommodate the support beams (see picture). Mark out the three circles, 150mm in diameter, on each beam, spacing them evenly with a 100mm gap between them. Use a jig saw to cut out the circles and notch and round off the square edges.

Step 2: Mark a point 100mm from the bottom of the support beams for the bottom shelf. Drill two pilot holes so that the screws are flush with the sides. Apply wood glue and screw the support beam into the shelf using the notches made earlier. Use this technique to continue attaching the shelves leaving 600mm between them.

Step 3: Use Maranti wood filler to fill in around the screws and leave to dry. Sand thoroughly and round off all sharp corners. Paint with two coats of Woodoc 30 Exterior Wood Sealer leaving time for drying between coats. Position the pots and plant up.

Gear into Summer

WITH AN UPDATED OUTDOOR SPACE



Summer is just around the corner, and for many South Africans, this means the chance to enjoy plenty of long, hot days and warm, balmy evenings outdoors. Whether you have a tiny garden or room for a large outdoor area, you can make the most of your outdoor space to create an inviting area that is perfect for relaxation, entertaining and leisure time.

South Africa is certainly made for summer weather, with hot weather enjoyed throughout the country. Patios, bomas, gardens and even the tiniest of balconies can all be transformed into a space to enjoy time with friends and family in the spring and summer months, as well as throughout the rest of the year when the weather is clear. With ample experience and expertise within the garden landscaping industry FSG Landscaping Group is able to integrate outdoor

dining and seating within your existing patio, create an outdoor fireplace or fire pit for cooler evenings, build a custom boma or patio from scratch and help you achieve your dream outdoor space. Whatever your idea of a perfect patio may be, we can make it a reality!

Looking for some ideas and inspiration on how to make the most out of your current space? Keep reading for some quick fix ideas that help you maximise your outdoor area, and some ideas for planning a larger upgrade.

Quick Fix: Easy Ways to Enhance Your Outdoor Area

1. **Seating:** Consider having custom seating built into your patio for an integrated seating option, or invest in some





weather-proof seating that can be left outdoors without the risk of damage. Fireside seating is a great way to create a cosy atmosphere. Benches are always a practical and affordable option too.



LANDSCAPING GROUP
Create, Grow, Sustain

2. Drinks Station.

If you have an old cabinet or bar cart that is not being used, you can use it to set up a drinks station for tea, coffee, cold drinks and even beers. Store glasses and other equipment, set up an ice bucket and stock up on your favourite beverages to enjoy while relaxing outside.

3. **Water Feature.** Adding a mini fountain or water feature is a quick and simple way to add instant tranquillity. The sound of gently running water is one that is soothing and calming. Combined with plenty of pot plants and greenery and a comfortable seating area, you will have your very own retreat in no time at all.

4. **Outdoor Rugs.** One of the simplest (and most affordable) ways to add a comforting touch to your outdoor space is adding a rug that is suitable for outdoor weather. This will give the area a sense of cosiness, while also adding comfort underfoot.

5. **Mosaic.** Add a touch of colour with mosaic tiles, for a look that can be as subtle or bold as you wish. This is a great choice for those who want to create a boho style sanctuary in their garden, but if you prefer a less vivid look, you can choose neutral toned mosaic tiles to place on steps, low walls or floors.

Plan Ahead: Adding an Outdoor Boma to Your Home

If your budget and space allows, adding a boma is an excellent investment for any home. These areas can be used throughout the year – summer, spring, autumn and even winter. Adding a custom designed outdoor area will not only add value while it is in use; it can also add value to your home should you ever decide to sell the property.

Simply put, a boma is a patio area that features a fire pit. Seating is often integrated into the boma, with bench structures positioned around the fireplace in a circle. Depending on your preferences and how much space you have to work with, you could also consider adding a built-in braai and bar area with counters and an outdoor fridge. You could also keep it simple with a basic stone fireplace and comfortable seating. Cover can be provided by thatched or fabric umbrellas, or a pergola but many bomas are left open while in use so that the full effect of dining and relaxing under the stars can be enjoyed.



FSG is able to assist with the design and creation of a variety of bomas and patios to suit your specific requirements. To learn more about how to add a boma to your home, visit us online at www.fsgroup.co.za or call us on +27 (0)11 763 2925.





Fourways Gardens Wine Club

Jeanine du Toit presented Edgebaston wines to the Fourways Gardens Wine Club in October. She was a lively presenter and entertained us all. We were able to taste and buy some wonderful wines.

Her comment was: "The group was such a fun crowd to present to."

I think that sums up how much the evening was enjoyed by both her and by all of us – rumour has it the last people left well after midnight!



This was the last Wine Tasting Event for the year. We will be resuming our tastings in the first week of February 2016 and already have an exciting line-up of Estates!

We would like to take this opportunity to thank you all for supporting us this year and patiently putting up with us as we learnt along the way. We would welcome feedback on ways to improve on the event. Please also let us know which Wine Estates you would like to see.

A big thank you to Lyle, Thandi and Elmine for making it all happen.





FILL THE NEED



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011 469 9220
PICK N PAY LIQUOR

Pick n Pay BIG NAMES OPEN TILL 8PM

AFRICOLOGY
BASECUT STUDIO
BOWS AND BUBBLES

011 469 0376
010 492 9992/3
011 469 0549

CLICKS
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The Silver Lining

Opening soon at Dainfern Square – look out for Azura and experience the pleasure of composing your own personalised stories.

For the last twenty-three years, Michael Maack has been running his high end jewellery store, MD Michaels Designs in Fourways Mall. He has created and sold individually handcrafted jewellery with huge success. Even though the market for high end jewellery is still there, Michael recognised the need for change in the industry, due to the current economic climate and change in consumer buying patterns. In October 2013, Michael opened his silver jewellery store, Azaura Jewellery.

Sterling silver is the brightest of all the precious metals and many people choose to wear sterling silver jewellery because they love its bright, shiny look. Its resurgence in the jewellery industry has made way for more choices among sterling silver jewellery designs and has sparked the creation of collectable jewellery which nurtures each person's individual taste and life experiences. Many of these successful silver jewellery ranges, such as the Nominations Italy, Thomas Sabo, Trollbeads and Engelsrufer brands, are now available at Azaura Jewellery which makes Azaura the ideal place to go shopping for those truly personalised gifts. With the first store up and running successfully in Fourways Mall, Azaura is now ready to branch out into the Dainfern Square shopping centre. The new store is due to open soon and there's much anticipation that it will be a huge success.

What's Trendy @ Azaura?

An unforgettable journey, a first anniversary to celebrate or the satisfaction of a long desired success. A word of love today, a smile tomorrow, a baby on the way and a kiss yet to give.

Life is made up of special moments that are forever impressed in our hearts.

With the NOMINATIONS ITALY Composable bracelet you can choose a personal and precious way to celebrate the special moments you have enjoyed and all those yet to come.



Communicate your passions and tell your story - as your life is enriched with new and exciting emotions, keep collecting and customising your bracelet so that it becomes a unique symbol of life, love and happiness.

TROLLBEADS started life as 'Troldekugler' in 1976 in a small jeweller's store in Copenhagen, Denmark, and is the original beads-on-bracelet brand.

Trollbeads is an exquisite set of interchangeable jewellery pieces. At the heart of the collection are the beads themselves. Each piece in the TROLLBEADS collection has its own little history, taking its inspiration from mythology, astrology, fairy tales, fauna, flora, cultural diversity, and last but certainly not least, in the familiar things of everyday living. Trollbeads products include beads on bracelets, necklaces, earrings, rings and accessories.

Elegant, slender twines, delicate leaves, spars the Love, friendship, life mottoes – with its 'Make Memories Last' slogan, the new THOMAS SABO LOVE BRIDGE range captures special moments for all eternity. A filigree bar made of 925 sterling silver joins the two ends of the bracelet and is the creative stage for deep emotions and feelings and provides space for a personal free-of-charge engraving. The custom of attaching a personalised love lock to the most famous bridges in the world is the inspiration for the new LOVE BRIDGE range of bracelets.

Every form of love finds its unique proof in the THOMAS SABO LOVE BRIDGE range – the customisable bracelets manifest the bond between two soul mates, be they lovers, friends or family members. Adorned with declarations of love, tokens of friendship or life mottoes, these delicate bracelets become very personal items of jewellery, whose significance can be determined by the wearer themselves by means of an engraving. The wide range of styles and colours is not only perfect for combining with existing THOMAS SABO looks, it also offers everybody the opportunity to capture their heartfelt emotions for all eternity – regardless of whether a rebel or a glam girl.

If you believe in guardian angels and want to connect in a closer way, the ancient tradition of the “Engelsrufer” will help you call your angel. This precious jewel is fragile like an angel but possesses strength to help in all situations. Handcrafted with care and high-quality, the beautiful pendant baskets are made from 925 sterling silver which is rhodium plated.

Open the basket and discover a handcrafted interchangeable chiming sound ball. The sound balls are available in 16 different colours, with each colour having a special meaning. White signifies brilliant perfection, innocence and purity; black dominates light and is mysterious and elegant; green stands for hope, health, balance and honesty; and red portrays strength, fire, passion and love.

Each ball has its own unique, subtle sound and the delicate chime of the Engelsrufer calls your guardian angel to your side to protect you from all danger. Choose your colours wisely, so that you can find your special angel to listen to all your secret wishes. The sound balls can be purchased separately and exchanged individually. The Engelsrufer is available in three sizes and three colours – silver, gold or rose gold plated. Add on angel wing pendants to further personalise your purchase.

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Why take a walk?



Millions of people seem to think that if they can't join a gym and spend a lot of time working out, they might as well forget about health benefits from exercise.

Yet, that isn't true. Dr Russell Pate of the University of South Carolina says: "I think we have to officially sanction the idea that a nice, comfortable walk around the block after dinner is a very desirable thing to do."

But will a walk really do you that much good? Does walking have health benefits that are truly significant?

Walking Is Good Medicine

Greek physician Hippocrates viewed walking as "man's best medicine". In fact, there is an adage that says, "I have two doctors, my left leg and my right." Is walking really that healthful?

Well, some studies suggest that people who walk consistently may develop fewer illnesses than people who are sedentary. The studies show that walking reduces the risk of heart disease and of having a stroke. It can fend off diabetes by improving the body's ability to use insulin. It keeps bones strong, preventing osteoporosis. Walking builds strength, flexibility, and stamina. It supports weight loss and weight maintenance. Additionally, walking improves sleep, enhances mental function, and can even help to counteract depression.

Some years ago researchers at the University of Southern California reportedly found that a 15-minute walk brings more relief from anxiety and tension than a mild tranquilizer! Like other physical activities, walking triggers the release of endorphins, brain chemicals that relieve pain and stimulate relaxation, producing a sense of calm and well-being.

According to The Medical Post of Canada, even a leisurely stroll can produce health benefits. A study published in The New England Journal of Medicine reveals that walking as little as half a mile (800m) a day reduces mortality. Recent studies suggest that exercising three times in a day, for 10 minutes each time, will do you almost as much good as exercising continuously for 30 minutes. So you might think about parking farther away from your destination and walking the rest of the way. Or you could go for a mini-walk sometime during the day.

Even greater benefits can come from brisk walking. Dr Carl Caspersen of the US Centers for Disease Control and Prevention in Atlanta, Georgia, said: "Going from being sedentary to walking briskly for a half hour several days a week can drop your risk [of disease] dramatically." And what is so good about walking is that people of all ages and practically all health levels can do it. Moreover, it doesn't require special training or athletic skill — only a good pair of shoes.

Enjoy a Good Walk

Wear comfortable, loose-fitting clothing. For warmth, add layers that are easily shed. Use flexible, lightweight shoes with a cushioned low heel and roomy toe box. They should be

somewhat larger than your usual dress shoe. If you plan to walk for more than half an hour and there will be no drinking water on your route, you may want to take a light container of water with you. Warm up by walking at an easy pace for the first five minutes. Maintain an upright posture, keeping the elbows and knees slightly bent and hands cupped, not clenched.

After warming up, fall into a natural, brisk stride in which the heel of the foot strikes the ground first, rolling through the step to the toes. Flexible shoes are thus needed. Does all this sound like a lot to remember? Relax — most people walk this way naturally. Your pace should allow you to carry on a full conversation without getting breathless. If you are new at walking, build up your time, distance, and speed gradually. Cool down by slowing your pace near the end of your walk.

Increased heart and breathing rates are normal signs of exertion, as is mild-to-moderate sweating. You may feel some muscle aches and tenderness the first few days. Pay attention to your body's response. If you feel as though you are pushing too hard, slow down or take a short break. However, if you experience such symptoms as tightness or pain in your chest, palpitations, severe shortness of breath, dizziness, or nausea, stop walking and seek immediate care.

Because it is low impact, walking can have a definite advantage over such activities as running and aerobics. As a result, there is less chance of injury to joints and muscles. Indeed, walking is the number one activity recommended by fitness experts. So, for your well-being, take a walk!

For those interested in burning calories, going from a 12-minute km to a 9-minute km will use up 30 percent more calories per minute. Increasing the pace from a 9-minute km to a 7-minute km will burn up 50 percent more calories per minute. Most fitness walkers cover a kilometer in about 7 to 9 minutes.

It may be best to consult a doctor before beginning an exercise regimen, especially if you suffer from heart disease, high blood pressure, or some other medical condition.

SOME DO'S AND DON'TS OF WALKING

- Walk tall, with your chin up (parallel to the ground), focusing 20 feet (6 m)] ahead
- Maintain a moderate pace. Don't feel that you must walk so fast that you become too breathless to converse normally
- Don't overstride or elongate your steps. For extra speed, take quicker, shorter steps
- Swing arms front to back, with elbows close to the body. Avoid swinging your arms from side to side
- Don't land flat-footed. Roll through each step, and push off with your toes
- Don't feel obliged to carry weights. These throw off natural walking movements and can strain ligaments and tendons

Source: Watchtower Online Library

Secrets of the Garden



Selling or buying? What makes one house a head turner and another not noticeable? Studies report that the magic word is “green” and it might just do the trick to get that offer signed. Spend enough time looking and you’ll see that all the best examples have things in common, like a fine front door, a pleasing colour scheme, and landscaping that softens the hard edges. Then there’s the subtle details like the right roof, windows that work with the house’s style or the way the walkway welcomes you. Together these features can make a home stand out on the street, giving you a sense of pride, whether you decide to showcase your home or call it your own.

“Budget-conscious and low maintenance enhancements in the garden have the added benefit of increasing your property value,” says Craig Hutchison, CEO of Engel & Völkers Southern Africa. Top of the list could be to install a borehole for water supply to make sure there are no extra costs added to the household water bills every month, or a steel front gate with a vintage rustic finish that will never need repainting. Even with adding the right elements to a property with no garden could add value and make it so much more appealing than “the place next door”.

Craig noted that the latest trend for small properties is vertical gardens. These units cover vertical surfaces, making use of previously unsightly or unused space. They have a positive environmental impact and are useful as an architectural piece. Vertical gardens are great for small patios, sun rooms and can even increase the flow of fresh air. The latest product to hit the shelves from Modiwall, creates an easy to use vertical garden system that scales easily to any size. Panels slot together to form a 1m² unit that is easily fastened to any wall or hung from beams. This system comes with self-irrigating pots that one clips onto the front panels. Creativity has no limit, since panels have a swivel action that allows for curved gardens. Water supply is put to work by a capillary system that minimises waste and maintenance. These panels are made with durable recycled UV-resistant plastic, with a long lifespan.

Paul Smit, one of the founders of Modiwall, notes that their vertical garden system has proven exceedingly popular with homeowners that have limited space available but want to green their everyday living space. Modiwall is all about easy installation, low maintenance and bringing green closer to home.

Quality upgrades continue to add value. Home prices may vary and never stay stagnant, but the return on remodelling investments remains strong. According to Craig, dependent on the upgrade you can achieve significant returns on the investment. There’s never a wrong time to make your home more of a haven.

We have some tips when considering renovations:

- **Be a tree hugger:** If an old yellow wood is obscuring the front of your home, don’t cut it down. Hire an arborist to trim it instead. 83% of property specialists say that mature trees enhance the value of a home.
- **Plant for all seasons:** Your landscape should be eye-catching year-round, even in the dead of winter. So choose a mix of plants to provide four seasons of interest—spring and summer flowers, bright fall foliage, and colourful berries or shades of bark in winter.
- **Do sweat the small stuff:** Potted plants are inexpensive and go a long way toward dressing up an entry.
- **You can never be green enough:** Plants do play a major part in any property. Nature is your most important and inexpensive marketing tool. Ensure that you make the property a retreat for the next owner.
- **Remove the rubbish:** From that old garden tool you keep meaning to throw out to those items that are being kept for a rainy day, homeowners who are serious about selling need to get rid of any rubbish from their garden. If you leave rubble lying around it will make your garden look sloppy and give an unkempt first impression. So if you’re looking for a sale, keep the rubbish out of sight.

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Dainfern Valley

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Jenni Leach **ENV73506**
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Dainfern Valley

Investment home. Arguably the best river frontage position in Dainfern Valley. The home is rented out to a top rated American engineering company and the tenant would prefer to sign a 3 year lease.

Jenni Leach **ENV71549**
083 273 8183 **ZAR 8,5 million**



Dainfern Valley

Offering 4 spacious upstairs bedrooms with air conditioning, whilst the 5th bedroom, on the ground floor, is en suite. Features a modern kitchen, 3 reception areas, a covered patio a braai and fire pit area.

Jenni Leach **ENV81066**
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Dainfern

Lovely 2 level thatched home offers 4 bedrooms, 4 bathrooms (2 en suite), 3 living spaces, 2 studies and a beautiful covered patio leading onto a reasonable sized garden.

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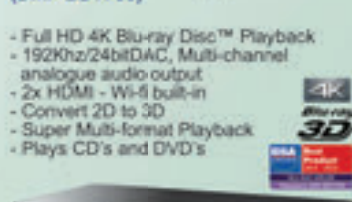


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Stop Hunger Now food packing event

On 19 September we hosted a food packing event for Stop Hunger Now SA. The R67,000 that was raised at our Mandela Day celebrations on 18 July was donated to Stop Hunger Now SA. They in turn delivered ingredients to the value of our donation to the Estate for packing. Various ingredients are included in the meal packs to ensure maximum nutrition. As you can imagine, it could be quite labour intensive to try and pack these meals but with the three assembly lines that were set up, the residents and friends of Fourways Gardens Estate made light work of it!





With more than 100 volunteers who signed up for the day, 24 000 meals were packed and boxed, ready for shipment throughout South Africa. This was accomplished within three one-hour packing sessions.

I was amazed at the number of young children and teenagers who volunteered to help on the day. They were truly the backbone of the packers. Most who arrived for the first shift of the day had so much fun that they offered to work all three shifts. The Jetten/Clarke family of four teenagers even stayed to help pack the truck after the event was concluded.

Well done to each and every one who had a part in the day and a special thanks to Claire Rose who initiated the Mandela Day event and worked tirelessly to make this possible. The Estate office will notify residents when another packing event will be arranged in 2016.





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Fourways Gardens now a major bird sanctuary



When I first moved into Fourways Gardens – 13 years ago – its pride and joy were two lakes in Phase 2. I was disappointed to see them metamorphose over the past three years into a wetland.

But there's a positive side.

The question was, would a wetland provide more habitats and nesting opportunities than the lakes?

Might a wetland give rise to a greater variety of birds, perhaps more waders – especially if sandy beaches or sand flats form.

In fact Phase 2 has become a major bird sanctuary; far richer in bird species than most of Gauteng's burgeoning estates with their artificial ponds often manicured right down to the water's edge.

Two years of summer's storms bought down a great deal of silt into Fourways Gardens because every new inflow, on reaching

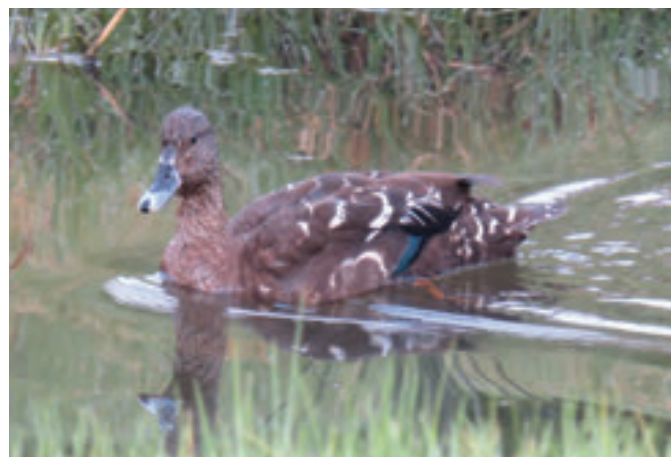
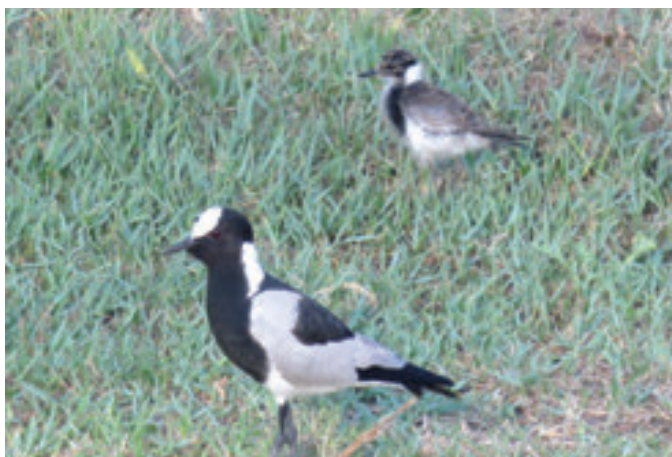
the dams, slowed down thus allowing the solids to settle out and fill the dams.

But no new waders – so far. I have witnessed only a solitary and transient Wood Sandpiper in November 2013 when the dam had some newly created beaches. It makes one wonder if we should clear some of the reeds beds that have sprung up in the last two months – before weavers take over – and reinstate at least one sand flat habitat.

One of our most consistent waders – really the only one unless one counts the Blacksmith Lapwing – has been the tiny, ever-busy Three-banded Plover. It might be significant that I haven't seen one for a month.

Early in the morning of October 21 (this year) three spurwing geese arrived – the first I have seen at Fourways Gardens. They stayed just long enough for Mary to fetch her camera and photograph them near the bottom spillway.

That same morning we saw a group of eight newly hatched



Egyptian Geese and five Yellowbill ducklings. A pair of black ducks has become settled and are so secretive they too might well be hiding chicks.

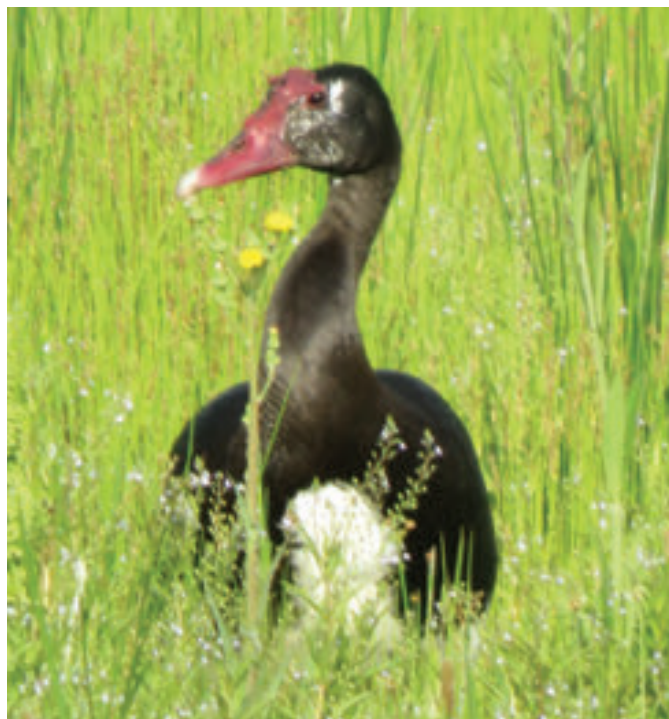
We spotted a passing White-faced (Whistling) Duck in September but there's been no sign of them settling and breeding here as they did last year. Again, a beach might encourage ducks.

Moorhens have produced chicks wherever there are reeds and water grasses. The Red-knobbed Coot is back and has reared a precocious chick that is unafraid of dogs or people.

The most welcome waterfowl, at least to my mind, has been the occasional visit of a small group of Spoonbills.

Phase 2's newly – and beautifully – landscaped river course has succeeded in partly taming the storm water and has provided new nesting opportunities for riverine birds.

The current excavation near the wooden bridge is to protect a sewerage pipe. Fortuitously the clever landscaping looks as if





it will mature into a most attractive focus along the stream.

The sudden appearance of an aggressive weed along the stream has to be watched, as does the invasive parrot weed down near the bottom spillway.

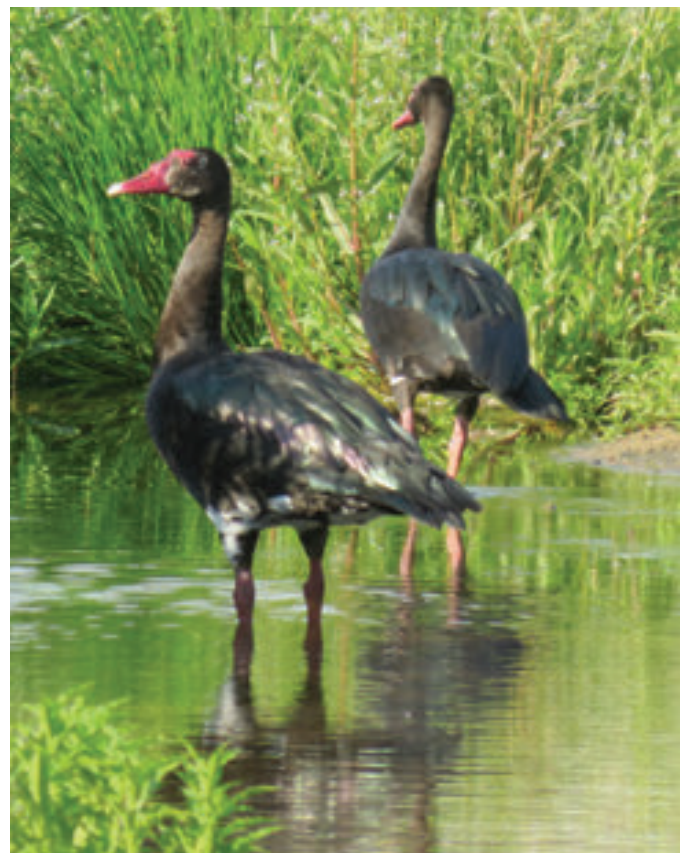
The African Wattled Lapwings have all but disappeared (just temporarily, one hopes) as did the Crowned Lapwing some years ago. Blacksmith Lapwings have flourished. What protective parents they are! Neurotic even – dive bombing people and their dogs when they come too near.

There's an illustration in Iain Douglas-Hamilton's book, *Among the Elephants*, showing a Blacksmith Plover, defending its eggs, advancing on a full-grown elephant. It is flashing the white underparts of its wings, "threateningly". The elephant is backing off.

Fourways Gardens now has six of Southern Africa's 10 species of heron: the Grey, the Black-headed, the Purple, Black-crowned night, the Squacco and the Green-backed – plus their close cousins, the Black-crowned Night Heron, Little Egret and Cattle Egret.

We have six of Southern Africa's nine species of kingfisher; namely the Giant, the Pied, the tiny iridescent Malachite, the Brown-hooded and the migratory Woodland from the bushveld.

In 2013, in an article, I listed the 116 bird species I had identified up to that point and included the Half-collared Kingfisher. I now wonder if it might have been an immature Malachite Kingfisher which, like the Half-collared has a black bill. The Malachite develops its bright red bill only when fully mature. So it's off my list.



[I'd be interested to hear about bird sightings on the estate– jcl@onwe.co.za and by clicking the "F" (Facebook sign) you'll get my blog.]

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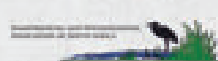
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BY LINDA CUMMING

WITKOPPEN TORS



We have a unique piece of Africa in our midst. This jewel being the Nature Reserve, Witkoppen Tors. It is one of the last remaining wild areas in Sandton, along with Lonehill koppies, Rietvlei and Norscot Koppies.

If the 'koppies' (boulder rocks) could talk, they would tell a story of over three billion years of life on Earth. These igneous boulders were formed deep in the earth's crust, of molten lava. They lay hidden until the impact of a giant meteor caused their exposure, along with the gold-bearing reefs of the Witwatersrand. They are dated as being some of the oldest rocks in the world. Today, they form a picturesque foreground to sunsets in Phase 1.

Unique flora and fauna developed in and around the area. Common trees being the *Dombeya Rotundifolia* (Wild Pear), *Acacia caffra*, *Ac. karroo*. *Ficus Salicifolium*, or Wonderboom is at its most southerly location in Africa, at this point. Many trees are hundreds of years old.

The area was certainly inhabited by early man, *Homo Habilis*; also, Early, Middle and Stone Man. More recently, Iron Age people lived and had workings there. Their remnants have been found in excavations. And sometimes in adjacent gardens when digging deep!

Lush savannah grasslands meant that just more than 100 years ago massive herds of elephant, sable and other antelope were grazing right here. The remaining inhabitants are now... dassies, one duiker, a few mongooses and tortoises. Only 50 years ago there was a Cape Silver Fox. Sadly the area is too small and fragile to host any more creatures that we might deem suitable to see. What is required is the restoration of the soils and grasses to their former glory. Natural habitation will then occur for genets, bush-babies, more mongooses, snakes and owls.

But, alien invading plants continue to plague and threaten the unique trees of Witkoppen Tors. These are *Lantana camara*, *Melia azedarach* (*Syringa*) *Celtis senensis*, *Cestrum Laevigatum*, Mulberries and Prickly Pear. A serious invader in the K56 road reserve is the *Campuloclinium macrocephalum* (pom-pom). One stalk can have up to 30 flowers; each flower has about 100 to 150 seeds, which means in one dustbin bag full, there may be over a million seeds! All should be burnt. So do go walking with your bag to collect invaders, for burning!

How can you help retain, extend and develop this piece of Africa in amongst the jungle of development?

- Be vigilant in your garden and when walking, for the invaders. This could aid enormously in controlling



the spread of virulent, harmful plants. They pop up continuously and are spread by the birds.

- Ask questions when shopping for trees. If you'd like the White Stinkwood, buy only from an indigenous nursery as the exotic white Stinkwood, *Celtis sinensis*, has been widely planted in Fourways Gardens. It is promoted as the 'real thing' and is fast becoming a problem. Hybridization has occurred with the true African variety (*Celtis africana*) and there is now a 'mixed breed'.
- Plant indigenous to the Highveld, especially grasses, if you have the space. Grassland birds are struggling and some species are virtually extinct. They have been replaced by forest birds like barbets and loeries.
- If rebuilding, leave space for a natural garden or 'creature corridor'. And use a fence, not a wall. FWG has the potential to become a bush-baby haven.
- Take out a 'bad' tree and replace with 'good' one. (Don't haul out harmless exotics), just the baddies. But new plantings, please, should be eco-enhancing, such as *Acacia* species, essential for bush-baby habitats.
- Work towards an alive garden (an ecosystem) that has birds, butterflies, insects, frogs and perhaps even a visiting reptile. Avoid a 'green desert'.
- Phone the office if you need any lists of what to plant or pictures of what to eradicate.

These are just a few tips that will make Fourways Gardens a more wonderful place in which to live!



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Straight Talk...

by Maureen Collins

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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.

TIME TO SPEAK UP



The end of every year encourages us to congratulate ourselves on what we've done well, commiserate on what we could have done better, and sets us thinking about the things we should have known better than to do at all.

So before your good intentions to get it right next time, are lost in the whirlwind of celebration, holidays and family overload, consider a question.

Is there a relationship in which you could be doing better?

It could be with a depressive family member, friend or colleague, whose endless recounting of their personal problems drains the energy from the air. It could be a friend who takes advantage of your good nature to help them manage their lives and their children. 'Would you mind...?' 'Could you possibly...?'

It may be a bully at work, your toxic boss, or a partner whose behaviour you find inconsiderate and demanding.

When you don't speak up against abusive behaviour it doesn't stop. It may well get worse because you're condoning it. Your sarcasm and the heavy hints you've dropped continue to be ignored.

The easy way out is to use everyday busyness as an excuse to keep to yourself, button your lip and let your emotions boil inside.

But it's more likely that in some unguarded moment the emotion will explode.

There will be blame and accusation, tears and tantrums, apologies and making up. Things will ease for a while, but so long as you have no calm conversation in which you clear the air, get to the bottom of the problem and agree on some different ways of relating to one another, in a short time the cycle will start over.

In our personal relationships, we tacitly agree to live in silence. The bigger the elephant in the room, the less chance there is that we'll discuss it. We replace openness and intimacy with avoidance and tension.

All relationships are two person games so think about how you may be part of the problem. Plan how you could open a conversation without blaming or accusing anybody. Stick to the facts as you describe how you see that the current situation has come about. Describe how you feel about it. Keep it short and use simple words. Then ask the other person for their view.

When they talk, listen...and keep on listening until you've heard them out. Once you've both had a chance to put your version of events on the table and both of you feel that you've been properly heard, it's often not difficult to negotiate an agreement or a solution to a problem.

Only then you can move on into a better relationship.



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Opting out – The legacy of Suicide

Twenty-three lives are lost to suicide, in South Africa, every day! And, for every successful suicide, 20 plus people have attempted suicide. At least 20% of the population will suffer from a depressive order (illness affecting the body, mind and thoughts) at some point and only one third will get the help they need. Left untreated, depression can lead to suicide.

Suicide leaves a legacy of pain, devastation, guilt and even mystery... why did they do it?

Suicide is tragic and devastating, leaving traumatized victims in its wake. Those left behind are left with a psychological mess and years of personal recovery ahead of them, notwithstanding having to deal with the loss of someone they loved but also with the guilt and blame they will inevitably feel. They will go through a range of emotions from sadness, frustration, anger and hurt, to remorse and regret, being a stark reminder of the fragility of life. Many of the family and friends questions will go unanswered forever (only one in four people leave a suicide note), complicating the healing process for those left behind.

According to Cassey Chambers, Operations Director for SADAG, "the most common reason is untreated major depression, associated with an imbalance of the brain chemicals that influence mood. It is more likely to occur if you have a family history of depression or other mental problems, or if you are experiencing environmental stress. This ranges from abusive or bullying relationships to work pressure (unemployment or exaggerated expectations)."

More often than not, those contemplating suicide suffer in silence, afraid of being judged, not knowing how to open up

or feeling that they have no one to talk to who will understand them. It is also hard for people, suffering from depression to even consider that they may be alternatives to stop their pain, suffering or anxiety. Often they just can't see beyond the emotions they are experiencing in the moment.

Everyone is potentially at risk. Men are four times more likely to commit suicide, and, by way of example, in the last decade, suicides of men aged 45-59 have risen by 40%, being a quarter of all suicides in the UK. Similar stats are being reported worldwide. Several factors contribute – financial pressure, unemployment, undiagnosed mental conditions and the reluctance to tell some or to seek medical advice.

In contrast, decades of research show that depression rates amongst women are higher than in men, most likely resulting from the ever increasing pressure to balance work with raising children and being the breadwinner due to escalating divorce rates. This juggling of roles put women at risk of depression.

Typical signs and symptoms of depression

It's vital to know what to look out for. Be especially vigilant if you know that someone is under extreme pressure and feeling stressed or depressed. These signs could include:

- Withdrawal and isolation from family and friends
- A loss of interest in family and things that used to interest them
- Lack of energy and fatigue
- Irritability, anger and hostility
- Drug and alcohol use and abuse
- Changes in eating and sleeping habits, especially difficulty sleeping
- Feelings of hopelessness, sadness, guilt and being trapped
- Preoccupation with, and thoughts about, death
- Talking about suicide
- Acting-out behaviour in teens: running away, problems at school, drugging, criminal activity such as vandalism or shoplifting, sexual activity, reckless and dangerous behaviour
- Lack of interest in their physical appearance

- Unexplained aches and pains
- Panic and anxiety attacks
- Inflicting injuries on themselves through cutting and other forms of self-mutilation.

How you can help

Once you have identified that there is a potential problem, there are many ways you can help:

- Encourage them to talk to you. Listen and don't judge, and be there for them when they need to talk. Be supportive.
- Be attentive and look out for warning signs that their depression is escalating. Seek professional guidance as soon as possible.
- Take threats of suicide very seriously – don't ignore the danger signs.
- Find a support group – having someone you can talk to, who is in a similar situation, can be an enormous source of strength and encouragement.
- Educate yourself on depression and mental illness to help understand what you are dealing with (visit www.sadag.org for more information).
- Don't do too much for your depressed loved one – it is important that they do things for themselves, have a purpose for the day and engage with the world around them.

If you have a teenager in the home

The risk of suicide amongst the youth is fuelled by issues such as undiagnosed mental issues, bullying, school pressures, alcohol and drug abuse, and the availability of firearms in the home. In South Africa, suicide rates amongst 10-14 year olds has more than doubled in the last 15 years and suicide accounts for 8% of teen deaths as reported in academic hospitals, but the real figure is higher. If you suspect that your teen is depressed,



Thomas Burkhalter advises: "Consultation with an appropriate professional is recommended to assess the situation. Depression is not something you deal with on your own."

In addition, Izabella advises, "In addition to obtaining professional help, parents can help by:

- Keeping communication flowing, focus on listening, discussing and sharing
- Encourage your teen to take part in positive activities
- Help them to develop a positive attitude, to change negative thought patterns, to find ways to deal with life choices, decisions and challenges
- Provide opportunities for laughter, fun, and light-hearted or uplifting family activities.

What to do if YOU are feeling depressed or even suicidal Get help! If you are feeling hopeless and overwhelmed you may be depressed. It is important to tell someone and get help! Remember that you are important to those close to you and you owe it to them to do something. Regardless of whether you have financial pressures, are ill, lonely, have made a mistake, are being bullied or are struggling with an addiction, there is always someone who can help. Depression is highly treatable and the earlier treatment is started, the more effective it can be. Support groups can be a great option if you feel uncomfortable in confiding in those closest to you.

Who to call for help
0800 567 567 or SMS 31393 - SADAG
(South African Anxiety and Depression Group)
0861 322 322 - Lifeline

For more important parenting tips & information visit www.lifetalk.co.za or email Forum@lifetalk.co.za

Other sources:

www.SADAG.org

Mentalhealthdaily.com

Psychologytoday.com

Newsweek: The Trouble with Men. Daniel Biddulph



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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

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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.

AVOID THE CCMA AND LABOUR LAW: 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 and I will come to you. More than 20 years' experience, call Bradley Ferraris on 082 446-7625.

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

BONGANI HOME IMPROVERS: House Painting, Waterproofing, Plastering, Rhinolite and Building Renovation, email: info@bonganihomeimprovers.co.za / 072 395-6727.

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.

CYCLE REPAIR CENTRE: Now open at Fourways Gardens Shopping Centre, 94.7 cycle challenge special on services & bike check over, for more information contact Robbie on 011 056 6499 / 071 131-3430

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 Fourways.

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

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.

FIRST AID COURSES: For households and domestics, accidents can happen at any time; at least one person in each household should be certified. Internationally recognised certification, for more information contact Megan on 082 416-9561 / efirstcoursesjhb@gmail.com

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 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 / WOODWORK: Over 12 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

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

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.

INTER-SAT SYSTEMS: We install and repair DSTV, Air con, CCTV as well as intercoms. We install gates and garage doors, so please call

Vusi on 083 512-3463.

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

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.

OUTDOOR GROUP TRAINING: For ladies in the Fourways area. Fun, social and awesome results. Suitable for all fitness levels, for a sneak preview of what we do visit our Facebook site at <https://www.facebook.com/MinFitness>, starting soon – kids core and fitness fun! For more information contact Mike on 076 329-9220 / Mike@Ministryoffitness.co.za

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

PAMPER SERVICES: Nails, Massages & Facials by Burgundy Beauty Salon, we cater for birthday parties, slumber/pyjama parties, bridal showers, baby showers and bachelorette parties. For day-to-day pampering make use of our MOBILE PAMPER services, if you can't come to us! For enquiries 083 271-8199 / info@burgundybeauty.co.za

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: Owner supervision, all work guaranteed. Call: 082 352-6382.

PERSONAL TRAINER: Training sessions in the comfort of your home with a qualified personal trainer, call now for more details or to book your first complimentary session, references on request, call Nicole Baker 081 045-6010 / nicoleba1@yahoo.com

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.

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

Q.G CONSTRUCTION: Building renovation, pool renovation, painting, tiling, paving, Call Give more 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.

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

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

VEDANTA CLASSES: Join us in exploring the ancient Vedanta philosophy which leads to the ultimate goal of self-realization ensuring a dynamic life free from stress & anxiety, classes @ 1572 Bridgewater street, High gate Village, Dianfern Golf estate, every Saturday from 8 – 9:15 am, contact Shanti Dominic on 082 884-2961 / shantidominic@gmail.com, Linesstha 074 166-1222 / info@vedanta@org.za

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

Bridget: Looking for full time work live out, she is hardworking and honest, good with children, for reference call Michelle on 082 608-0278 or Bridget on 079 506-4459 or 078 379-6464.

Veronica: Has done ironing for me for over 2 years, she is efficient and pleasant, she has also worked for 4 Coral Tree for 4 years ironing, baking & cleaning, call Di on 083 631-1402 for a reference or Veronica on 072 262-2175.

Ivy: Seeks domestic full time work with accommodation, honest, hardworking, trusted, with 4 years' experience, call Ivy on 073 998-6226 or 076 436-9318, call Gloria on 076 934-9440 for a reference.

Lindiwe: Due to relocation, Lindiwe is looking for part / full time work as a domestic; she is hard working, trustworthy and good with children, for reference call Lindy Crea on 072 861-1744 / lindycrea@gmail.com or call Lindiwe on 073 982-2845.

Sharon: Looking for part / full time work as a domestic, very good at cleaning & ironing, honest & reliable, for ref. call 074 630-4445.

Hannah: Housekeeper of great quality is available for part time work in the estate, she lives on the premises in the estate available on Tuesday & Thursday, she is an excellent housekeeper and child minder, please contact Hanle on 082 802-3417.

Grace: Has been working for me on a part time basis for over 15 years. She is seeking part time employment as her employer is relocating to Durban. Grace is absolutely honest, hardworking and excellent cook. Looking for Mon, Wed & Fri work, please call Grace on 078 223-4204 or Terryl Louw on 082 825-9035 / 011 467 1919 for a reference.

Mercy: My family is relocating and Mercy my Nanny/ housekeeper / child-minder is looking for work, she has been in our family for 5 years and her kindness has completely enriched our lives, she has done a CPR & First Aid course, she is a hard worker and honest, please call Kathy Whyte on 083 308-8219.

Lynette: Family relocating, Lynette has worked for us for 9 years and for another family who emigrated for 3 years before this, she is looking for a full time position live-in or out, cheerful, hardworking & excellent with kids and pets, call Nicky 083 258-6228 or Lynette on 082 260-5007.

Nancy: Looking for full time live in position in FWG, excellent with children, dogs, cleaning, ironing, washing etc, for reference call Mala on 072 155-2257 or Nancy on 073 454-3545.

Lindiwe: My fantastic domestic is looking for part time work on Tues, Wed & Fri, she is reliable and hardworking, call Lindiwe on 072 677-0696 or Sandra on 079 320-4377 for a reference.

Granny – Nanny: Available to live in, experienced nanny & gran of 3 young girls aged 0 to 6, offers nanny services, cooks, clean drivers record, can assist young children with homework, call Beverley on 082 809-0303 or 011 465 5418, references available on request.

Cecilia: Looking for part time work on Tues, Wed & Sat in Fourways Gardens, she is reliable, hardworking and very pleasant, call 076 287-1508 or 083 267-4771.

Agnes: We are relocating, Aggie has been with us for 8 years, she is looking for part / full time live-out work, she is honest, reliable, and hardworking & I wish I could take her with us! Call Aggie on 083 942-0170 or Lara for reference 078 457-2510 / larahurst@yahoo.com.

Caroline: Available immediately, seeking live-in or live-out position, worked for me for 10 years, excellent with children, reliable, trustworthy, wonderful sense of humour, hardworking, please contact Lizelle on 082 806-0599 for

reference or call Caroline directly on 076 451-9166.

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.

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.

Tryness: Currently employed on a part time basis, I found her to be extremely trustworthy and reliable, for reference call Braan on 082 443 9631 or Tryness on 084 710-7030.

GARDENERS

Timothy: (Malawian) has been working in the Estate for more than 8 yrs as a painter, gardener and a car washer. He is looking for part time, available on Tuesday. For ref call Claire on 084 555 5552 or Chanel 079 496 8576 Timothy 074 404 8184

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.

Masa: Malawian looking for part / time work on 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.

Norman: Works as a gardener in FWG, looking for work on Sat, call 079 833-4663, for a reference call Graham on 082 903-1111.

John: Zimbabwean with working visa is looking for work in the week, he has been in our family for the past 5 yrs and his kindness has enriched our family, he is honest and a hard worker, please call Kathy on 083 308-8219.

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

Paksani: My gardener is looking for a job on Tues, Thurs & Sat, for reference call 073 232-3061 or Paksani on 081 055-4089.

George: For removal of any garden rubbish or builder's rubble, call George 078 851-6952.

John: Looking for part time work on Tues, Wed & Sat, for a reference call Namic on 083 377-7776.

Prince: Looking for gardening work on Tues, Wed & Fri, for reference call Simon on 072 309-2772 or call Prince 076 991-0698.

Norman: Malawian looking for gardening work Tues & Thurs lives in FWG, Tina 076 186-3920 for reference or Norman 071 995-0061.

Vingstone: Seeking a job as a gardener for Mon, Thurs & Sat call Vingstone on 072 958-4731 or call 011 465 9986 / 083 295-2060

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.

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.

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.

Bonface: Looking for work on Tues, Thurs & Sat, for reference call Sandra on 079 320-4377 or Bonface on 073 390-7324.

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 Mary-Ann 082 344-4801 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
	Sue Brownlie 083 450 1600	sue.brownlie@everitt.co.za	www.chaseveritt.co.za
	Andre Potgieter 082 555 3587 Nigel Mullen 082 339 1368	andre@chernodavis.co.za nigel@chernodavis.co.za	www.chernodavis.co.za
	Eloise De Stefanis 082 929 7264 Garth Humphries 082 497 0155	eloise.destefanis@engelvoelkers.com garth.humphries@engelvoelkers.com	www.engelvoelkers.com/za/broadacres
	Maureen James 082 882 0228 Ingrid Manni 083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Denalee Drotskie 082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Francesca Beattie 083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Gaye Cawood 083 601 1593 Susan de Boer 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Dee Thomas 083 375 5646 Mark McGowan 083 358 5652 Natalia Atanassov 084 783 3010	dee.thomas@pamgolding.co.za mark.mcgowan@pamgolding.co.za natalia.atanassov@pamgolding.co.za	www.pamgolding.co.za
	Steven Goosen 083 449 5518	steven.goosen@rawson.co.za	www.rawson.co.za
	Lee Peterkin 082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Sharon Caradoc-Davies 082 560 7042 Michelle Zuccollo 082 850 8356	sharoncaradoc.davies@seeff.com michele.zuccollo@seeff.com	www.seeff.com
	Janet Sapire 083 344 4065	janet@sothebysrealty.co.za	www.sothebysrealty.co.za

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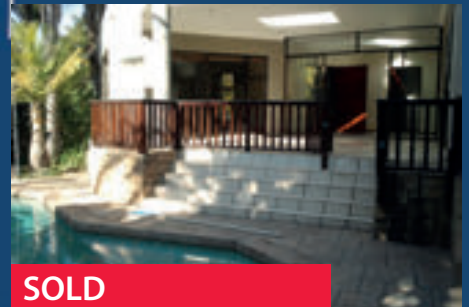
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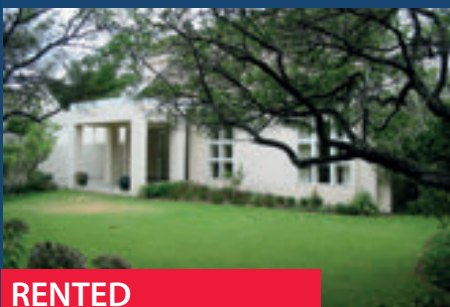
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1ST STREETLY BOY SCOUT TROOP

I heard some time back how the 1st Streetly Boy Scout Troop in the county of Warwickshire in England celebrated its 50th anniversary. To mark it, it held a "grand prix".

Now why would this interest me? Because I was once a member of that troop. In fact I was the ever-so modest L*E*A*D*E*R of the Peewit Patrol, known as the Yellow Six. (Not that titles mean anything to me.)

The "grand prix" was a souped-up version of what was known in my day as a "soap box derby".

In the summer of '49 the Boy Scouts Association announced a real grand prix – a grand scale 'soap box derby'. The Yellow Six decided to enter.

A soap box derby is simply a downhill race for free-wheeling carts which we referred to as trolleys. The Scouts had a tradition for soap box derbies and the trolleys we made often reflected the sort of ingenuity that created the Titanic.

Other skills were necessary too. Larceny for instance.

The trolley we assembled in 1949 was made possible only by Bodley-Smith removing, on a temporary basis let it be said, the wheels from his baby sister's pram. The pram was one of those regal conveyances rather like the Royal Stage Coach for it had big rear wheels and little front ones. We went for a similar configuration and our adaption of it was shamelessly copied years later by drag racing car designers.

We called our trolley the Yellow Streak and we chose the bleak heights of Barr Beacon hill, above the west end of our village, for the test run.

Beacon Hill begins with quite a steep descent – a stomach dislodging drop in fact. It then goes into a long, fast, 1.5km downward slope to end in abrupt collision with the cat-flattening traffic on the Chester Road.



The Beacon itself is the highest point from there to the Ural Mountains in Russia. When the north-east wind blows it comes straight off the Russian Steppes causing one's teeth fillings to shrink and drop out.

Bodley-Smith was given the honour of piloting our machine.

There were no brakes. The only way to stop a trolley was to place one's shoes on the road, which could well burn them clean away.

I am told that, today, soap box trolleys have to have two braking systems. Two! In South Africa even butane gas tankers don't have to have two.

No sooner was Bodley-Smith seated than the Yellow Streak plunged forward and rocketed away down the hill. Many watchers covered their eyes.

We all agreed afterwards that Bodders did from 0-100 km/h in three seconds. He himself recalled nothing except feeling terribly cold. This could be because halfway down the hill he hit a bump which caused the Yellow Streak to soar to a height where, I fancy, it probably passed through the high altitude jetstream blowing off the Siberian tundra.

He then performed a slow-motion victory roll, followed by a barrel roll and, finally, re-entry – clean through the Turberville's much admired yew hedge which, up to that instant, had been a celebrated example of 18th century English topiary.



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