WATERWISE GARDENING Trick or Treat 2015 The Christmas Market Maropeng where a strange creature lives in a mound Christmas menu at the Clubhouse restaurant

December 2015

Published in close co-operation with the Fourways Gardens Home Owners Association

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2015 was a very successful year for Seeff Sandton.We could not have done this without our clients, agents and administrative staff and thank all of you for your continued support during the past year. May you have a blessed Christmas and a Happy New Year, spent with family and friends.

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Cover photograph: Giovanni Toldo

IMPORTANT NUMBERS

Estate Office (operating hours 08h00 - 16h00 Mon to info@fwg.co.za	011 465 7731 o Fri)
Estate Security RSS Main Control Room	011 465 5465/66
Emergency and Medical Response	011 467 1400
Council Service and Enquiries:	011 375 5555
In case of emergency:	011 699 1300
Douglasdale Police Station	
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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Estate News



MESSAGE FROM THE **GENERAL** MANAGER

ith the sun setting on 2015, we have a lot to be proud of that was accomplished during this year. The Clubhouse is fully operational and delivering a great service to the benefit of our residents. Many of our social events are taking place in this area on a regular basis and we have received numerous compliments and suggestions on how to enhance the Clubhouse environment continuously.

The current weather conditions have placed strain on the Estate environment. Hot and dry weather contributed to new maximum high temperatures being measured in several towns across South Africa. This brought along a whole set of new challenges and forced people to focus on water consumption and the scarcity of this valuable resource. I cannot emphasise strongly enough the importance of responsible water usage during a drought. The Estate, in association with our service providers, designed and implemented a manual night watering schedule in order to minimise water loss due to evaporation and to be compliant with the level 2 water restrictions that were implemented in Gauteng. Together with Johan Barnard (environmental director) and FSG Landscaping, the HOA is looking into the potential incorporation of water-wise and drought resistant flora in the Estate.

In light of recent terror attacks across the world, it has been highlighted how fragile our safety and security actually is. I urge residents to be vigilant and not to become too comfortable in your environment. Security is and will always be paramount to estate living. We can however not win this battle without



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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Fourways Gardens • 5 • December 2015

Estate News

the assistance of each and every resident. A chain is only as strong as its weakest link! A few security tips before leaving on holiday would be:

- 1. Please list your home on the security holiday register before leaving on holiday.
- 2. Ensure that house sitters are registered on the security biometrics system.
- 3. Remove any unnecessary individuals registered on your property from the security access system.
- 4. Ask neighbours to please keep an eye on your home while you are away and to report any suspicious activities to security.
- 5. Arrange for appropriate kennelling for your pets. Security is annually inundated by complaints from residents staying home for the holidays due to barking dogs that are left unattended. Needless to say, this prevents them from attending to actual security matters.
- 6. Check that all doors and windows are securely closed and or locked, test your alarm and ensure it is in good working order, lock all valuables out of sight, preferably in a safe!
- 7. Please inform security who could be contacted to gain access to your property, if necessary.

These may seem like obvious suggestions, but implementing these simple points would be helpful to preventing any unnecessary incidents during the Festive Season. Always remember that security starts at home and security performs at its best when informed, as a specific holiday procedure comes into play, looking after unattended homes. I wish to extend my thanks to a few residents who formed the Social Club here in the Estate. The Book Club, Charity Club, Arts and Crafts as well as the Wine Club were some of the areas where they enhanced estate living to the benefit of our residents. They also assisted with help for charitable organisations such as knitting and donating jerseys for the xenophobia victims as well as identifying the Eventide home for the aged, which has subsequently become a recognised Estate charity that will also benefit from Estate events. If you would like to get involved, all contact details may be obtained from the Estate office.

Last but definitely not least, I wish to thank the HOA team who has worked with me during the past year. Many challenges were faced and successfully dealt with preparing us for 2016. With the support of the current board of directors, I am convinced that the New Year will be productive and positive under their guidance. Working with theses directors has been a pleasure and I don't think many residents know just how much of their time is spent working for the benefit of the Estate. On behalf of the team, I sincerely thank you for all you have done!

For those of you who are travelling on holiday, please do so safely and have a wonderful break! Residents staying at home will be enjoying the tranquillity and peace Johannesburg offers this time of year. Either way, my wish is a wonderful Festive Season for all and we look forward to welcoming all to an exciting 2016!

May these wise words guide us all in the New Year:

"Be at war with your vices, at peace with your neighbours, and let every New Year find you a better man." – Benjamin Franklin

Johan



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2015 has been a challenging year with a decrease in sales turnover in Fourways Gardens. I am going to take this as a good indicator to reflect how happy and settled all our Fourways Gardens Residents are! If you are considering selling or renting in the New Year, please call us now to plan the way forward so that you are ready and well prepared. Gaye Cawood Realty would like to wish all the Residents and the Estate Office Staff a wonderful festive season!



Gaye 083 601 1593 gaye@gcr.co.za



Sue 084 452 0086 sue@gcr.co.za



Security

2015: The Year in Review

At the risk of sounding like a cliché it seems as if it was last week when I was preparing my men for a new year at the end of 2014. It may be age creeping up on me or the fact that Joburg seems to get faster every year but whatever the reason, the past year seems to have gone by more quickly than most. This is over and above there only being 28 days in February this year.

The year itself was a mixed bag in terms of safety and security. The year started out with Stanley Coetzee as our site manager and my taking over shortly after this with Ricardo Naidoo joining the team a little later. Over the year the team has remained number 1 on the Bloodhound patrols nationally by conducting over 23 000 patrols and

Our Officer of the Month



Our officer of the month is **John Tshabalala** who has overcome great personal challenges recently but remained one of our most reliable patrollers through it all.

retaining over a 99% average. This is an amazing feat considering the logistics that go into managing and coordinating these patrols on an estate of this size. My congratulations go out to our team for maintaining this excellent standard.

Unfortunately it is not all good news, with the armed robbery at one of our gates late in the year. However, in spite of this we had no breach of the perimeter and the residences on the Estate were not in danger. The fact that it happened at the gate and not inside the Estate also speaks volumes about the psychological security of the Estate where the criminals did not want to risk entering the Estate. All in all, though, the incident has to be viewed in relation to the rising crime levels in the surrounds and not an incident targeted against the Estate directly.

The purchase and implementation of the traffic safety equipment and program was met with mixed reactions from the proverbial big thumbs up to the big thumbs down. One of the largest misconceptions was that the program was a revenue generating exercise. This is completely incorrect as the revenue generated from the program to date is negligible, however the speed and the safety on the roads of the Estate have improved dramatically.

The year 2015 will most likely be remembered in part for the devastating load shedding that plagued the country. Here at the Estate we were not excluded from this aggravation. Thankfully due to the upgrades done on the backup generators at the security office the interruptions were minimized. What could have been disastrous for the Estate's access processes was in fact only limited to a few days due to initial teething problems.

Seen as a whole 2015 shall be remembered as a year of challenges that were overcome through perseverance and just a little help from our friends.

To our residents who are travelling this Festive Season, please go safely and return to us refreshed after a well deserved break. To all our residents, the Security department extends our thanks for the continued support over the past year and we look forward to looking after your safety in the New Year.

Season's greetings,

Matthew Smith

Site Manager Fourways Gardens

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Estate News



MESSAGE FROM THE **ENVIRONMENTAL DIRECTOR**

Dear Residents,

My name is Johan Barnard, and I am one of the new directors on the Board of Directors for Fourways Gardens, responsible for the Environmental portfolio. This is my first time writing to you in the Fourways Gardens magazine.

My responsibilities include:

- · General Estate maintenance excluding security
- Common area garden maintenance
- Broader environmental issues.

My first three months involved getting the hang of things and the following priorities emerged:

- 1. Understand where the current garden maintenance contract and Four Season Gardens are in terms of meeting the service level agreement.
- 2. Ensure that the latent defects on the river project that had been attended to and see to the remedial work on the sewer pipe and the storm water inlets.
- 3. Give input to the new Aesthetics Committee.
- 4. Do further research in terms of play area and park upgrades.
- 5. Identify future projects in terms of budgeting processes.

Our current garden maintenance service provider, Four Seasons Gardens, has been going through a difficult time as they lost three successive site managers for a variety of reasons. This, along with the dry spring, made their life very difficult. They were unable to meet their level of service and this has obviously created confusion and problems in terms of the labour force insuring authority and control. These issues are being addressed by Four Season Gardens following the appointment of a new site manager, Stephan Coetzee, and re-organizing their work force. One thing that stands out is the top quality of the circle at the top of Camdeboo Road in Phase 1 and our entrance circle, which always looks good.

Elements of the work that fell behind were tree care and pruning

of large shrubs. We have decided to proceed with the tree pruning as we haven't had decent rains. But we are holding back with the pruning of the shrubs until next winter. This will become the subject of a separate communication with residents leading up to 2016 winter when we propose to commence with a large scale pruning exercise. This is necessary due to the fact that the Estate is relatively old and most plants, in particular indigenous trees and shrubs, do require a serious pruning exercise from time to time. I managed the pruning of Pecanwood Golf Estate a year ago and I can testify to the fact that it makes a huge difference in rejuvenating the "look and feel" of the estate as well as opening up the Estate so that it is a lot more visible in the understory.

By now most of you are fully aware of the current drought situation, with Level 2 water restrictions being implemented in November. We have had below-average rainfall and some sources say it's the driest summer in the past 22 years. It is a natural cycle and we will have dry period cycles, lasting several years, every seven or eight years. We unfortunately had a dry summer last year too, and the indications are that it is not going to improve soon.

The most important thing to consider during dry situations is the eradication of listed invasive aliens who are literally "water guzzlers". Most of them remove a lot more water from the soil than local indigenous trees, which are also more suited and better adapted to periodic droughts. Pruning by "crown lifting" or "crown pruning" of existing trees and shrubs will improve the balance between roots and foliage, helping the plants to cope with the heat and evapotranspiration.

At Fourways Gardens we have a number of challenges in terms of the irrigation systems. Firstly, our systems are very old, and secondly, currently only operating manually due to wires that have corroded and controllers that are no longer functional. This would be one of the projects that require priority going forward and will be presented at the next AGM. However, in the meantime we rely on Four Seasons to do the best they can. We are negotiating on adjusting their schedule so that they have some staff available before 06h00 in the morning and after 18h00 in the evening to irrigate the areas. Security staff may also get involved in trying



to assist in this matter. Our boreholes are unfortunately not very strong and are very old and they will be reassessed going forward. One option is to irrigate the Estate from the river water, but the amount of water that we would need would require us to have a Water Use Licence and this process can take up to five years to obtain approval. In addition to this we would need infrastructure acquisitions such as tanks and pumps.

The Aesthetics Committee identified the following priorities:

- Look at upgrading Phase 1 park a meeting has been set up with Johannesburg City Parks and Zoo.
- Look at the landscaping around the newly upgraded clubhouse.
- Address the sidewalks, in particular paving, which needs to be upgraded.
- · Look at fitness trail through the Estate.
- Upgrade our nature reserve
- Appoint a landscape architect to give advice on some of these issues.

An assessment will be made of each one of these aspects along with the costings early in 2016 and be presented at the next AGM for consideration.

In the meantime I have had an initial meeting with JCP as we require their approval to do any upgrade work to our open

space as they belong to COJ and City Parks is the agency that manages these open spaces. Although we have maintained it since inception date, there is no memorandum of understanding between us and City Parks. This has to be put into place.

City Parks is at the moment busy in the area with street tree pruning and we have requested that they attend to some of our larger trees. Even if they do some of the branches it would lighten the load on our team. You might have noticed that in Phase 2 park the garden maintenance contractor has already started with some basic pruning that was badly needed.

We have finished the river rehabilitation project inside the Estate, bearing in mind that maintenance is always going to be required. We now have a much better functioning stream with far less flooding, erosion and caving in of the embankments. It was confirmed by our local councillor that the parts of the river upstream of Fourways Gardens has received funding for a similar rehabilitation project. We trust that they will do a good and legally compliant job as a few years ago City Parks received a fine for unauthorised river work in that wetland area. Hopefully this will improve the functionality of the river both in terms of dealing with flash flooding as well as the silt load that is still coming down from construction occurring in the Fourways areas.

I will be communicating again with you about the pruning programme in the winter of 2016. The "gardens" of Fourways Gardens are what everyone sees; it is the face of Fourways Gardens and our team is dedicated to achieving great things.

Estate News

Monthly Draw – 30 October 2015



Our October draw was a wonderful evening enjoyed by our residents. The weather was perfect and many residents enjoyed sitting on our newly built deck while watching kids play on the lawn.

The **lucky draw winners** of a beautiful hamper each were:

1st - Thelma Taylor | 2nd - Cameron Judge | 3rd - Elsje Calkoen

The cash draw for R5 000 took place and the property that was drawn was 49 Meidoring Place, owned by Dirk Strewig. Unfortunately, Mr Strewig was not in attendance so the money will roll over to R6 000 in November.







The monthly draw is sponsored by Century 21 and takes place on the last Friday of the month. The rules are that every stand is entered into the cash draw automatically but only owners in good standing and present at the draw are eligible to win! The lucky draw ensures that three lucky attendees each wins a hamper monthly. Anyone attending the evening may enter the lucky draw.



HAPPY HOLIDAYS From our home to yours!

Faith Stanbridge 082 659 1700

3010

Ε

Trish Walton 082 442 9112

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Estate News

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.		My Nanny and Me 10h00-12h00 Loën Law 072 622 0308 mynannieandme@gmail.com
1100			com		mynannicandine@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.dramaafrica.com	ABC Dance Programme 15h15-16h15 Bash 074 740 3205 Amy 062 239 2861	
15h30			2		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	5
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 of	onfirmed with the activity pr	ovider concerned	Clubhouse

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Estate News



12th, November, 2015

Residents of Fourways Gardens

Dear Residents

Preparing yourselves for the 2016 Municipal elections - Voter Education and Information

The Municipal Elections will take place in May, 2016. The exact date is yet to be announced.

As usual, the election will be preceded by two Voter Registration weekends. They will take place on the Saturdays and Sundays 6 and 7 February and 5 and 6 March, 2016.

This information is vital for you if you wish to vote.

There is an important difference between a National and Provincial General Election and a Municipal Election. Whilst in a National Election one may vote anywhere, in a Municipal election one may vote only in the voting district and at the voting station where one is registered.

The Registration and Voting station for Fourways Gardens is at Witkoppen Combined School in William Nicol Drive.

If you have doubts as to where you are registered to vote, have recently moved into Fourways Gardens and need to reregister or if you have a child who will turn 18 by mid-May 2016, please avail yourself of the services offered in the websites https://selfcanvass.da.org.za.

https://me.da.org/za https://check.da.org.za

This service is available to people of all political affiliations.

I am available to answer all questions which you may have.

Yours sincerely Councillor John Mendelsohn

> 86 Komari Avenue, Paulshof, Johannesburg PO Box 257 Rivonia 2128. Tel: +27 11 803 3673 Fax: +27 11 234 2501 E-mail johnjay@telkomsa.net Cell phone 082 547 2513



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FWG Gardening Club



Our members met for the last meeting of the year at Phase 1 Park Boma on Friday 20th November.

bout 30 strong, we enjoyed good company, good snacks, and our Sponsor, Francesca Beattie Properties provided us with good sparkling wine and some great Spot Prizes! We were entertained and educated by our Estate Director of Environmental Issues, Johan Barnard, with the following talk.

WATERWISE GARDENING AND WHAT TO DO ABOUT THE DROUGHT

Summer rains are late this year and forecasts have it that we can expect less than normal rainfall for the early part of summer. It was the hottest September – EVER – in 138 years of temperature recording.

We have received only half of our normal annual rainfall and there are only six weeks left of the year.

What can a gardener do?

We have to be "water wise" in our gardens:

1. Waterwise Gardening

- Retain moisture in the soil by adding a layer of mulch – do not remove leaves/ twigs from beds and add wood chips – these all decompose and feed the soil to boot.
- Bark mulch is mainly decorative and not as good.
- Your plants will tell you which ones are not able to deal with the drought

 consider moving them closer to a tap or where you can give it a bit more water, or better still start replacing them with hardier plants
- You might have noticed that plants like Clivias are surprising drought tolerant.
- Do not rake up and discard fallen leaves – spread them around plants in the flowerbeds.
- Aliens on the invasive species list must

be removed – they are fast growing and are water gulpers. (You will notice they were still not wilting while our Combretum's leaves are curling up.)

- Thin out your trees and shrubs to reduce the evapo-transpiration – balance the roots volume compared to leaf area.
- Until the rain on Monday, you could have pruned plants back as if it was still spring.
- Chip up these pruned branches which will keep soil cool, prevent water evaporation and from running off.
- Make sure the plants are well composted, but do not fertilise as it requires water to dissolve and be absorbed.
- Zone your garden "zeriscaping" put plants with high water demand close to the tap.
- Use succulents on sidewalks and hot dry places.
- Reduce lawn areas or be ready not to water them.
- Use decorative mulch-like pebbles, rocks and bark as groundcover.
- Use quick-growing succulents to cover bare soil, like Aptenia, Othonna or Bulbine.
- Use stepping stones/paving or gravel to add interest to hard surfaces.





TRIBUTE TO IRENE

Irene Howard, First Chairlady of the Club and currently Deputy Chairlady, has been an integral part of the FOURWAYS GARDENS GARDENING CLUB since its creation in 2013. She has helped shape the Club, provided endless creative ideas for members' entertainment and edification, been unstinting in her generosity to all involved and tireless in giving her time and effort to make the Club the popular success it is today! Irene, we would not be where we are today without you!



FWG Gardening Club -

2. Water harvesting:

- Catch all rain and grey water!
- Let your bath or shower water run into the garden.
- Shower in bucket and water your pots/ planters.
- Extend a gutter to get rain water directly into pool/ponds
- Do not let your rain water run off your property if you can put shoots under gutters to disperse into garden.
- Allow storm water to collect on your lawn.
- Catch some rain water a 5,000ℓ tank will pay back in three years.
- Full rainwater harvesting will pay back in less than seven years.

- It will halve your water bill.
- You need 125m² of roof to fill a 5,000ℓ tank!
- You use up to 6,000 *l* I to water an average stand in FWG x 2 if you water your garden twice a week
- 700l t tanks are only for watering pots, but useful during water disruptions to fill toilet cistern.
- You should not need to water more than twice per week.
- Set your controller correctly short watering on the south side – longer on west facing garden section.
- Rather water longer with longer gap in between.

- Water early in the morning like 05h00 in summer.
- In winter you must water later in the morning because of frost.
- Check irrigation sprinklers regularly.
- Use a "water budget" function on controller – 120% in Oct, but then 80% when the rains have come and 50% in winter.
- Wash your car on the lawn not in the driveway.

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Bring the Outdoors in this Festive Season



The festive season is almost upon us, with holidays, celebrations, sunshine and relaxation less than a month away. This season, we invite you to bring the outdoors in with some Christmas decorations that are inspired by nature, summer potted plant ideas for your home and some general tips for keeping your garden maintained over the holidays.

There is no doubt that South African summers are truly spectacular throughout every province. With a hot, dry summer ahead for much of the country, water restrictions are causing an increased awareness in the need for waterfriendly, indigenous plants that are able to thrive with minimal water – particularly during the summer months. Reducing lawns or replacing part with gravel or hardy, endemic grass is one way to save water in the garden, while plants such as lavender, Helichrysum, Aloe, Strelitzia, Rosemary and cacti will require less water than exotic species that use up more water. FSG Landscaping Group can assist in getting your garden water wise, and advise on which plants and trees are best suited for your garden.



Christmas Decorations Inspired by Nature

This Christmas, get inspired by nature, for decorations and even Christmas trees that are unique, natural and rustic. Some ideas for decorating with nature include the following:

- Look for large, unusual branches such as Soap Aloe or Tree Aloe, which can make eye-catching trees when placed into a pot.
- Use a live, indigenous tree that can be planted into the garden or kept on your patio after the holidays. Top picks include Yellowwood and Cheesewood.
 - Rosemary is a fragrant, leafy plant that is ideal for making wreaths of all sizes. Tie with garden wire or string, and hang to your tree, door or mantel.





Estate News



- Collect pods, seeds and dried plants to spray paint, decorate or hang naturally. Jacaranda pods, Aloe pods and blooms, winged pods and other interesting things you find in your garden will all add just the right touch.
- Dried fruit such as orange and lemon slices can be hung with string or ribbon, adding an inviting scent and rustic look to your tree.

Summer Pot Plant Ideas for Patios and Living Rooms

Wondering which patio plants are best suited to the summertime? Water-resistant succulents are a good choice, along with local, eco-friendly species such as Spekboom. Blooms flowering during the summer months include Chrysanthemum, Freesia, Gladiolus, Iris, Clivia, Fuchsia, Tulip and Orchid, while many ornamental fruit trees will be producing fruit between October and December. Potted citrus trees such as orange and lemon add a cheerful touch of colour while also producing smaller sized fruits that can be eaten or simply enjoyed for their decorative quality.



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For patio trellises, grapevines offer plenty of shade (not to mention delicious grapes later in the summer); however only mature vines will produce fruit. Lavender is a fragrant choice for patios, and grows very well in containers. Petunias also thrive in pots, blooming throughout the summer.



Many rose species also flower in summer, working well in pots or windowsills.

Indoor plants to choose over summer include a variety of evergreen leafy plants such as Aloe Vera, Chinese Evergreen, Cast-Iron Plant, Snake Plant, Bamboo, Yucca, Ficus and ornamental fruit trees such as plum, orange, lemon and lime.

Whichever plants you decide to choose, remember to do a bit of homework and make sure that they are adapted to indoor or shaded environments so that they will happily thrive throughout the season.



To find out more visit **FSG** online at **www.fsgroup.co.za** or call us on **+27 (0)11 763 2925.**



Estate News

Fourways Gardens Estate through the eyes of an eleven year old -

Hannah Whitaker



n August this year, one of our young residents, Hannah Whitaker, shared with us a few of the photos she has taken in Fourways Gardens Estate. I found it fascinating to see what catches the eye of an eleven-year-old girl armed with a camera and let loose. It is wonderful to see that beauty, nature and a happy frog were some of the things she found interesting enough to snap. We hope you enjoy these pics as much as we did!

Thank you, Hannah, for sharing these with us!













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Kyalami Down Centre, Cnr Kyalami Boulevard & Pitts Avenue (R55), Opposite Kyalami Residential Estate

Estate News



Wine Club

FOURWAYS GARDENS WINE FAIR



n 21 October 2015, the Fourways Gardens Clubhouse in conjunction with the FWG Wine Club hosted our end of year Wine Fair. It was decided that our monthly Wine Club would not host Boschendal as their year-end event as they could only accommodate 60 people. Therefore the decision to host a fair with six big names in the wine industry, right here in our estate.

DGB Wines arranged with the following farms to host the tasting at the Clubhouse where all residents were able to order their Festive Season wine stock at list price.









The farms were the following:

- Franschhoek Cellar
- Boschendal
- Kanonkop
- Lourensford
- Vergelegen
 Bellingham
- Deminyrian

This fair will be hosted annually but due to the success of the evening we may even look at offering it three times a year. This will be in addition to our wonderful Wine Club Tastings that will still cater for the more discerning wine connoisseurs who like to taste and learn about the various wines our country has to offer.

Please keep an eye out for these events. We will advertise them in the weekly Estate newsletter.

Our sincere thanks go out to Lyle Bishop, our Clubhouse Operator, and Sharon McLintock, FWG Wine Club Coordinator, for bringing these wonderful evenings to our Estate!





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Estate News



CAGE

ourways Gardens Estate residents pulled out all the stops for this year's Trick or Treat! It was hosted on Saturday, 31 October and the date coincided with the Rugby World Cup final. That was a recipe for a huge party, for young and old in the Estate!

The following homes were the winners of our best decorated competition! Thanks to Century 21, our generous sponsors, each owner received a beautiful gift.



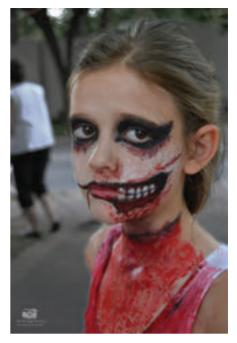




Estate News





















THE HOUSE WINNERS:

1st	32 Raintree Crescent – Phase 2
2nd	18 Raintree Crescent – Phase 2
3rd	33 Paperbark Road – Phase 1

The children and their parents were extremely creative with their outfits this year. From fairy-tale characters to the scariest monsters and vampires, and everything in between. We selected a boy and girl from each of the age categories as a winner but it was an incredibly difficult task. Well done to each and every one for going to the trouble of dressing up to enjoy the night.







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Estate News

CHRISTMAS MARKET AT FOURWAYS GARDENS ESTATE



e hosted our annual Christmas Market on 7 November at the Clubhouse. The uptake from residents who requested stalls was wonderful. It is quite interesting to see the various fascinating goods that many create and sell part time.

Thanks to each and every one who supported their community by shopping up a storm at our market. The stall holders were thrilled with the day and look forward to returning to this beautiful estate next year. We look forward to hosting the fun event again next year!





Estate News







Fourways Gardens • **32** • December 2015

Estate News











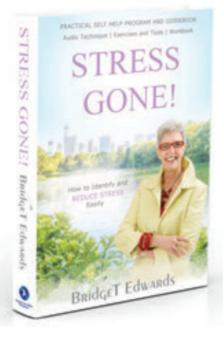
Book Review



December holidays and the festive season is supposed to be a joyous occasion and time for celebration, but in reality this has become an overrated commercial racket, complete with extravagance and over-indulgence.

ypically prices sky-rocket and stocks are limited. People fret over what gifts to buy. Budgets are limited, yet people overspend and get into debt. Crowds, queues and traffic bottlenecks become the norm. Resorts are overcrowded. As people overindulge, diets fly out the window. Naturally emotions spiral uncontrollably. Frustrations, guilt, regret, remorse and stress levels soar.

December is so often bitter sweet. Come year end, most of us are only too happy to have some reprieve from the daily grind because we're exhausted, frayed at the edges and in desperate need of a holiday. But for others this is a time of great disappointment, loneliness, grief and sadness as loved ones may have passed away during the year, and this is their first holiday alone. Perhaps they've recently divorced, separated, or the children have grown up, left home or gone away with friends on holiday.



Maybe that long awaited bonus didn't materialise. If this has happened to you, it is quite natural to feel you're on an emotional rollercoaster, anxious, worried, stressed, depressed or filled with dread.

Perhaps it's been a tough year; you feel pressured and are struggling financially. Although attempts to keep up with the Jones' may look or feel fabulous, realistically this simply compounds stressful woes. Maybe you are eager to please your family, and keep the peace? Perhaps you feel let down or guilty because of your financial situation? Either way these emotions are disconcerting and stressful.

What about family obligations? Possibly after an arduous, long year all you want to do is kick off your shoes, chill out, be quiet and relax but you feel bombardered with demanding obligations – family reunions, the dreaded in-laws, noisy kids, or those ever-pressing, incomplete DIY chores.

Not everyone enjoys spending so much time with family. The inevitable and often unpleasant questions arise, *"Who will we*

spend time with this year? Your family or mine?" Then there are the same old awkward conversations, stale jokes or snide remarks that can be so dreadfully uncomfortable causing additional anxiety and stress. We ask ourselves, *"why did I do this to myself ... again?"* Ensuing arguments, hurt and tears that follows can be traumatic. Small wonder early January sadly yields the highest divorce statistics of the year. So much for happy holidays!

Lest we forget, not everyone celebrates Christmas with the same religious vigour, or gets excited about noisy celebrations and festive cheer. Without being cynical, those nauseating seasonal pleasantries dripping with fake smiles of happiness can be annoying, especially if you're not in the mood! This fuels dread, anxiety, depression and unnecessary stress for yourself and others.

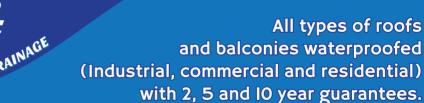
Since this is traditionally the season of giving, instead of buying unnecessary gifts, can we develop an awareness of other's needs? Can we show compassion. kindness, respect and tolerance for what others may be faced with? By observing, listening and being mindful we develop and grow ourselves. Surely this is something we should strive towards as sentient beings, instead of accumulating more unnecessary stuff, overindulging or suffocating our emotional pains in order to cope with stress? Can we smile, hug and laugh more? Can we be appreciative, grateful and simply smell those beautiful roses? When we consider others, our own problems dissolve and disappear, including stress. If necessary, I'm always available to help. Wishing you and yours a happy and stress free holiday!

Bridget Edwards

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Don't re-roof

Words: James Clarke Pictures: Mary Broadley

- WHERE A STRANGE CREATURE LIVES IN A MOUND

A Japanese touring party enter Maropeng – the Tumulus ahead.

Travel

or a most unusual and stimulating day it's worth driving out to Maropeng. It is the focal point of the Cradle of Humankind and a pleasant hour's drive north from Johannesburg among some of the most pleasant scenery in Gauteng.

This year it became world famous because of Professor Lee Berger's historic discovery of a new species of *Homo* – the genus to which humans (*Homo sapiens*) belong. I met Berger – who turns 50 this month – when, in 1989, as a graduate palaeo-anthropologist, he arrived from Georgia in the United States to complete a doctorate at Wits.

It did not take him long to realise that the 200km chain of hills



A school party against the backdrop of the Heritage Site.

north of Johannesburg and stretching from Krugerdorp to Pretoria, must surely contain the remains of the first humans.

Thousands of fossilised apemen bones (*Australopithecus africanus*) had been found in the caves that honeycomb the hills.Three years ago, near where, for years, he had been fossil-hunting at Gladysvale not far from Lanseria, Berger unearthed a near-complete female and juvenile *australopithecine*.

They looked so near to being *Homo* that he thought, for a time, they were.

For half a century Northeast Africa had claimed to be the birthplace of humans. This was on the strength of a few primitive and distorted *Homo* skulls and bone fragments found there. South Africa was deemed to be a "dead end" – where apemen evolved and died out.

Berger thought otherwise and his success this year has science agog.

He announced that recreational cavers had found – in a barely accessible deep cave – 1 500 perfectly preserved bones and skulls (even tiny inner-ear bones) belonging to at least 15 individuals, adults and young. He labelled the species *Homo naledi*.

These small-brained creatures were unquestionably of the genus *Homo*. They were stocky and beetle-browed. How

Travel

near was *H. naledi* to us humans? Well, if Naledi, dressed in a good suit, were to step on to a bus, everybody would leap off and run.

A life-sized model of *H. naledi* (Naledi refers to a star – a name by which the cave was known) was put on show in October at Maropeng.

Its striking features are its feet. They are just like ours. But its curved fingers reveal it must have been able to leap into trees and, perhaps, sleep in trees just as baboons do.

Because the Cradle's fossil-bearing deposits carry no residues that can be dated, it's impossible to age *H. naledi*. They might have been relatively modern, which suggests there might have been many species of *Homo* living on earth at the same time. After all, Nanderthal man was around only 35 000 years ago.

I went to Maropeng in October to see the *H. naledi*'s bones, which are now back at Wits University Evolutionary Studies Institute's strong room, along with other crown jewels of anthropology. But there are perfect replicas on show at Maropeng.

Maropeng is one of the world's major public centres concerning human evolution. But the struggle for recognition goes back 90 years.

In 1925, Australian-born Professor Raymond Dart of Wits University, announced the discovery of a small skull at Taung in The Northern Cape – the "Taung Child". The Star proclaimed it "the missing link" for, in appearance, it was somewhere between ape and human.

Dart named it *Australopithecus africanus* (the southern ape of Africa).

But Britain's top anthropologists denounced it. They had staked their reputations on the discovery, 13 years earlier, of a skull found at Piltdown in Sussex. It had a large brain and an ape jaw, thus suggesting that humans developed from big-brained Englishmen. Dart, incensed, needed to find an adult skull.



Naledi's skull - a braincase far larger than the apeman



H. naledi's hands (for climbing?)



H. naledi's feet. Just like ours.

It was found 11 years later at Sterkfontein caves and nicknamed "Mrs Ples". The pro-British lobby again scoffed at it – until, in 1953, it was revealed Piltdown man was a hoax. It was a modern skull and a stained, filed-down orang-utan's lower jaw. Terminally humiliated, the British school fell into an embarrassed silence.

But by then South Africa had adopted apartheid and was ostracised by the scientific community.

East Africa stole the show. It had unearthed some early Homo skulls. They were distorted and incomplete, but definitely Homo. Only when apartheid ended in 1990 did the world's scientific community become interested in South Africa.

The story is all there at Maropeng.

One enters Maropeng along a "Processional Way", through a circular market place to the Tumulus – an enormous grass-covered "burial mound". Maropeng is a Setswana word for "returning to the place of origin".

Travel

The permanent exhibition stimulates the three senses – seeing, hearing and feeling. High up, inside the Tumulus, the remaining two senses – tasting and smelling – are catered for in a pleasant restaurant with an inspiring panoramic view of The Cradle of Humankind World Heritage Site – bush-covered hills; golden grassland and the long blue wall of the Magaliesberg.

In the heart of Maropeng's Tumulus is a subterranean gallery filled with imaginative exhibits; many are interactive and they reveal the story of our planet's beginnings; how life began and the story of humankind.

There's a brilliantly-made life-sized tableaux of a family of apemen based on the latest information.

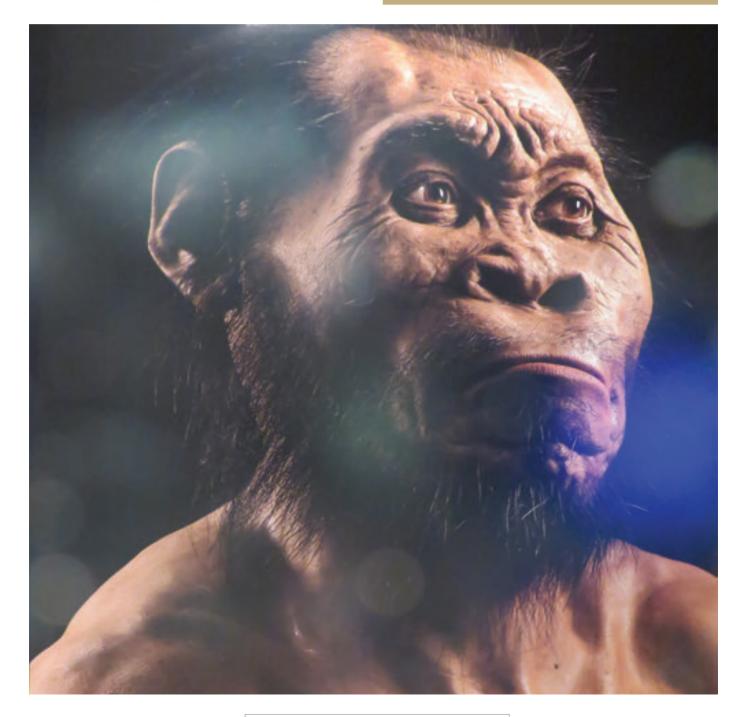
There's plenty to intrigue children – including hands-on exhibits, dozens of imaginative educational focuses, a

Kiddies' Cave for the very young and a great deal of space to run around in.

Ten kilometres away at the Sterkfontein Caves visitors can watch palaeo-anthropologists at work.

Maropeng is open seven days a week from 9am to 5. Admission: R160 for adults, R90 for children and R100 for students. On Monday is "Old Fossils' Day" when pensioners get big reductions.

Most pleasant route: after Lanseria take the tarred road on the left (Kromdraai) and follow the signs to Sterkfontein Caves. At the T-junction turn right onto the R563 (Hekpoort) and after 8km turn left (R24) towards Magaliesberg. Maropeng is signposted.





Life Talk

BY NICOLEEN DAVIES, DIRECTOR LIFE TALK FORUM

'TUG OF LIFE' EMPOWERS TEENS TO MAKE BETTER LIFE CHOICES

Recent survey reveals 75% success rate

oday's teenagers and parents face a number of challenges, many of which are considerably more complex than those encountered a few years ago. Alcohol and drug abuse, bullying, promiscuity, depression and eating disorders are just some of the escalating challenges that the team at Life Talk Forum are constantly dealing with.

To address what's happening and to enable a proactive approach, they have identified one key area that can drastically reduce many of the challenges. They say that the more parents, educators and society can empower children and adolescents to make good and wise choices, the greater the chance of getting those challenges to release their grip.

When all the stories shared with Life Talk are examined, it turns out that so many issues could have been avoided if only the choices had been made differently. When young people are helped to identify their challenges, choices and the consequences of



The Life Talk Forum and author Izabella Gates donate 530 'Tug of Life' books to Grade 8 and 9 learners and educators.

their choices, as well as the outcomes they desire, then a huge shift occurs. The Tug of Life initiative achieves just such a shift, and its powerful results provide much food for thought. Based on the groundbreaking Tug of Life book, the initiative addresses many of the challenges faced by today's young people, and empowers them to take charge of their lives by making lifeenriching choices.

Recently, a monitored pilot was run for 480 Grade 8 and 9 learners and the results were measured, particularly where choices, goals and problem solving were concerned. A summary of the outstanding results shows that, after being introduced to the Tug of Life® concept:

- More than 75% of the programme participants feel that the programme assisted them with their choices and helped them to realise the consequences thereof in their lives;
- More than 75% of the programme participants feel empowered to achieve their goals after being in the programme – they therefore have hope as they developed a better future perspective;



Life Talk



The staff at Steenberg High School listen to a presentation of the Tug of Life concept.

- More than 70% of the programme participants can effectively solve their problems after being in the programme;
- 4. More than 70% feel that the Tug of Life 'characters' helped them in their lives and helped them to understand their choices more clearly.

In addition, after participating in the Tug-of-Life, the programme participants developed the following:

- Enhanced self-image, self-esteem and self-respect;
- More self-confidence;
- More assertiveness;
- The ability to make better choices;
- Positive future perspective;
- More hope;
- Empathy for others (they want to help and assist others);

· More honesty and trustworthiness.

The Tug-of-Life is simple and fun, and totally flexible in how it is applied, and it assists in drawing up an effective 'game plan for life'. As expressed by Mr Andre Kraak, principal of Steenberg High: "The beauty of Tug-of-Life is its simplicity and the fact that it can be applied within minutes of a brief introduction. There are no deadlines or time-consuming demands on the educators – it's just a thought process and a vocabulary that everyone, irrespective of age, can apply to every situation in their life. I wish I'd had this tool a long time ago, it would have changed my life!"

According to Life Talk, the Tug of Life works. The results are powerful and exciting. In the words of school principals, company directors and church leaders (including Cardinal Wilfrid Napier) "this is what South Africa needs!" If you, or anyone you know, would like to implement the concept in your school or community, all you need to do is contact the Life Talk team.

As the Tug of Life's reach is determined by available funding, if you would like to help in any way please email Nicoleen@lifetalk.co.za, lzabella@ lifetalk.co.za or visit www.tugoflife. com. Life Talk Forum is a registered PBO so all donations are tax-deductible and it provides a great CSI opportunity for companies. Let's get South Africa tugging!

Advertorial

DON'T GET CAUGHT HIGH AND DRY

This year has taught us not to take anything for granted. With load hedding becoming part of our everyday planning, and the more recent drought and water shortage we faced, it is definitely the time to look towards the future and to ensure that we are prepared.

As the government was forced to restrict water usage, and with us not knowing what we could face in 2016, it is time to adopt alternative solutions as we did with solar power earlier this year.

Water is a precious natural resource and we all use it on a daily basis. Water conservation needs to be a way of life and not just something we think about when we are forced to. If we all try and save a little water, we can make a huge difference for the environment and the generations that follow. Although doing your bit around the house by checking for dripping taps or water leakages is of the utmost importance, it is perhaps time to broaden our focus and investigate systems which could make a drastic and immediate difference.

"Adding alternative water preservation systems to your home will not only guarantee you a quality life in future, but also ensure a return on investment increasing your home's market value," noted Craig Hutchison, CEO of Engel & Völkers Southern Africa.

Invader plants and trees

With recent changes in the property law, regulations stipulate that when there is a change of ownership, the seller must disclose to the buyer, in writing, prior to the conclusion of a sale whether there are alien and invasive species on the property. The buyer also has an obligation, however, as soon as he becomes the new owner, to obtain a permit in his own name for any alien plant species on his property. The CARA regulations refer to 198 invasive alien plants, to find a full list of band species use this helpful website: www.sanbi.org

Grey water

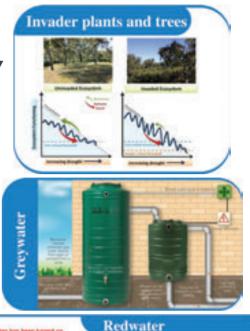
Grey water is an alternative water source, and is defined as the "waste" water generated from showers, baths, bathroom basins and from the washing machine. If this grey water is properly treated it can be recycled and re-used again and again. Grey water is channelled into big containers with a filtration system on the outside of your home. Grey water does not include water from the toilets, kitchen/ scullery sinks or dishwasher. This water is classified as black water, which is un-recyclable.

"The installation of a grey water harvesting system is best handled by a professional. JoJo Tanks have a list of preferred suppliers on their website: www.jojotanks.co.za," said Grant Neser, Managing Director, JoJo Tanks.

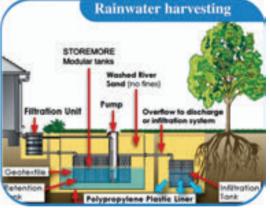
Red water

Another form would come from your hot water source in your house. It takes time for the hot water to travel through pipes and for hot water to flow through the tap. While you are not using the hot water tap, the water in the pipes cool down. The next time you need hot water again, this cool water needs to be pushed through the pipes and is washed down the drain before the hot water arrives. This is commonly known as red water. This cool water can be saved by installing a Redwater Diverter which automatically diverts the cool water. This cool water can be reverted to either a rain water tank. a header tank in the roof to flush the toilets, to the garden or to top up the swimming pool.

BY CAMILIA DU PLOOY



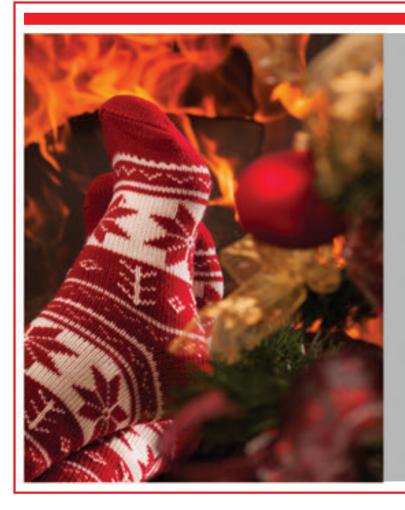




Rain water harvesting

Collecting and storing rain water for later use is an ancient practice. It is still used in many rural places throughout the world, and today it is making a comeback in urban centres as an additional source of water. At its simplest, rain water harvesting consists of a rain barrel placed under the downspout of your home to collect rain water for garden irrigation. Larger, more sophisticated, systems can be incorporated into your home's plumbing system to provide water for a variety of household needs, from toilet flushing to laundry, and even drinking water.





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installed unit for a small home, shop or office (5Kva), www.emergencybackupinverters.co.za / sales@ emergencybackupinverters.co.za / 011 463 4296. BLINDS: Vertical, block out, bass wood or aluminium Venetian, panel blinds and more, competitive prices. Please contact Tony on 083 290-1757 or tony@bonetts. co.za, www.bonetts.co.za

BONGANI HOME IMPROVERS: House painting, painting, waterproofing, plastering, rhinolite, building renovations, Call 072 395-6727 or email: info@bonganihomeimprovers. co.za / www.bonganihomeimprovers.co.za

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

COMPOST: All organic, 2 cubes delivered for R450, No weeds, no smell. Spring is around the corner, prepare your garden! Phone Dieneke on 083 326-3007.

DANCERS AND DREAMS: Situated in the Fourways Gardens shopping centre, we stock all Ballet and Dancewear requirements, including gifts, tracksuits and accessories. For more info call us on 011 465 4515 or visit us.

DOMESTIC OVEN CLEANING: Spring clean your oven, with MR Oven to a show room finish. Contact Rob on 082 398-5205 or email rob.bucher68@gmail.com

FOR SALE: Manduka yoga mats just arrived from the States, Life time guarantee, call Desley on 084 465-1939. FOR SALE: 2013 (less than 27 000kms), Mercedes C180, PME stand mixer, Hammock, Fans, Heaters, Lamps, Blowdryer, Potted Plants, call Michele on 072 450-4551. FOR SALE: Pink wendy house as new R4000 (to collect)

FOR SALE: Pink wendy house as new R4000 (to collect), call Michelle on 084 923-7560. HOLLANDS PAINTING SERVICES: Simply the absolute

best at painting, crack & wall repair, plaster work etc. Specialist in Dulux, we can suit any budget; call Grant on 082 725-1230.

HOLIDAY HOUSE TO LET: Dec / Jan, Trafalgar (adjoining Southbroom) 4 beds, 4 baths, 1 minute from Blue Status Beach. R1600 per night, sleeps 10 with aircon, call Lorraine on 082 339-8949.

HOLIDAY ACCOMMODATION: Pet friendly, self-contained fenced cottage on tranquil equine estate, The Crags, Plettenberg Bay, 10 mins from the beach, call Janice on 082 903-1957.

KNOWLEDGE ELECTRICAL: For your new electrical systems, new construction and installation, upgrades, renovations, power wiring, maintenance, testing & repair, emergency service, COC certified, contact Bernard on 071 707-2882 / 074 715-4765 / 011 074 5002 / knowledge@knowledgeelectrical.co.za / www.knowledgeelectrical.co.za

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 Margy 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

RENTA HAND: Building renovations, Tiling, Painting, Waterproofing, Paving, Plastering, Hanging of frames, for efficient and friendly service on mentioned requirements, call Peter Furstenburg on 083 452-0635

THE PURPLEORANGE CROCHET COMPANY: Classes for adults and children in knitting, crochet and weaving, beginners to advanced, wool, cotton and all accessories available at our store in Broadarces, 072 152-1345 / www. purpleorangecrochet.com

TREASURES4U: Lonehill 011 467 8310 – Lonehill shopping centre, German/Belgian and Dutch food / home and clothing and general merchandise#German xmas deco, German candles, German Stollen, Lebkuchen etc. SIYAKHISIZWE BUILDERS: Available to do all alterations (major or small extensions) driveways, tiling, patios and rubble removal, garden refuse guaranteed quality and professional workmanship. Please call Alfred on 082 407-7022 or 078 417-5151.

SERVICES PROVIDED:

ALEX DEWSBERY 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.

AIRPORT SHUTTLE, TOURS AND TRANSFERS: FWG resident owner/driver. For all your transport or driving requirements contact Mike on 072 284-0340 / 011 465 3262 or email: mikeashcroft@telkomsa.net

ALL TYPES OF WOOD CARVINGS: Specializing in Zanzibar and East African style hand carved doors and treasure chests + picture/mirror frames, carvers workshop now open in Fourways, we also make Pallet furniture call Iain on 083 426-2426 / 072 100-4511 / email: cheresalmon@iburst.co.za ANIMAL / PET / HOME SERVICE – Daily feeds & walks

ANIMAL / PET / HOME SERVICE – Daily feeds & walks – reliable, trustworthy caregiver, frequent sitter in FWG, reasonable rates / references available , contact Deidre on 083 319-2220 / dee vanheerden@gmail.com ARMSTRONG TENNIS ACADEMY: Professional tennis coaching, contact Duane (USPTA & TSA Certified) duane@armstrongtennisacademy.co.za or 082 456-5441. 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.

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.

AU PAIR: Required for family living in Lonehill to look after two children (aged 6 & 12). Lifting from school and also to extra murals in the afternoon. Hours required between 14:00 & 18:00 daily but subject to change depending on sport. Must have own car, valid driver's

license and be a non-smoker, references essential, required from 13 January 2016, interested applicants to michelles@tmfilms.co.za

AU PAIR / FACILITATOR: I am looking to hire a facilitator for my daughter for 2016 school year (Grade 5). Applicants must be preferably be studying part time towards a teaching qualification, must be female and have their own reliable transport. No facilitating experience is required; however some experience working with children is preferable. Pls call Hayley 083 776-7806 for more information.

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

BABYSITTING: I am studying early childhood development and would like to offer my services as a baby sitter, I live in FWG and love being with children of all ages, please call Paige on 074 531-2356.

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

BRILLANT PAINTERS: Painting, waterproofing, tiling, damp proofing and plastering, call Jerry Mahlangu on 072 313-6778.

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.

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 / efrcoursesjhb@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

FLOORING AND DECKING: All types of flooring laminate, vinyl, engineered) and wood and composite decks, 19 years experienced, contact Mike on 082 574-5029. 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.

GARAGE DOORS: Just garage doors-30 Years' experience, call Rowena on 011 465 7094. 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 / enchikati@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 addictive'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.

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

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 tution 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, mani's, pedi's, nail extensions & gelish. Phone my happy clients for a reference, very reasonable rates, 071 346-6907.

Classifieds

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

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 enquires 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.

PHYSIOTHERAPY: General Physiotherapy Practice in FWG, special interest in Sports Injuries, Orthropaedics, Musculo – skeletal wellbeing, to book an appointment phone Anke on 083 386-8558.

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 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.

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 philosopy 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, Linestha 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

Nelly Nyasulu: (Aged 23) she has little experience but very eager to learn, she is looking for either part / full time domestic work also available for baby-sitting, she is very patient with young children. Please contact 072 045-0771 for further details.

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

Queen: A very reliable worker, great with kids, cleaning, ironing and cooking, previous employer has re-located to Denmark, looking for full live in position, for reference call B.Joubert on 084 465-1201 or Queen on 082 099-5375. Stha: Looking for work on a Mon, Wed & Thurs, great with children and elderly, she is very reliable and extremely efficient, I can highly recommend her, for references call Kerry on 076 048-8347 or Stha on 071 745-1686. Pretty: Looking for domestic work in Fourways Gardens, available 4 days a week, for reference call Glynis on 083 212-6048 or Pretty on 078 385-5622.

Susan: Excellent housekeeper with impeccable integrity. Highly recommended by expat family relocating to Switzerland, call Michele on 011 465 7434.

Hilda: Our nanny is going to be available in January, she has been with us for 3 years, dedicated, hard worker and great with children, I totally recommend her, for a reference call Marta on 079 838-6473 or Hilda on 082 099-1080. Esther: My domestic worker is looking for work from the 1st of January, she worked for me for 5 yrs at both my residence in Martigues and at Hamble Bush Estate, and she is reliable, punctual and efficient, for more information call Tara on 083 632-0702.

Blessing: My lovely domestic worker is looking for domestic work on Mon, Wed & Fri (live-out) she is trustworthy, hardworking and very thorough with great attitude, good with children, you won't be disappointed, please call Blessing on 078 196-1331 or myself Sonet on 082 349-5252 for a reference.

Queen: My very reliable domestic worker, great with kids, cleaning, ironing and cooking, previous employer has relocated to Denmark, full time live in position, for reference call B. Joubert on 084 465-1201 or Queen on 082 099-5375.

Jeaneth: We are returning to the UK and my lovely domestic helper is looking for full time live out position, she has been with us for 2 years and is reliable, honest and hardworking, she is willing to learn and uses her initiative and nothing is too much trouble, she always has a smile on her face, please contact Ruth on 079 044-5007 for reference or Jeaneth on 072 423-9839, available from mid-December.

Molline: Looking for part time domestic work, for reference call Phillipa on 084 249-3939.

Mangi: Has worked for me for 7 yrs, needs 2 days employment on (Tues & Thurs) she is honest and reliable, contact Lynne for reference on 083 325-8469 or Mangi on 071 262-8354.

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 lvy 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. Johanna: Domestic worker comes with references, can cook, child-minder, all domestic work, needs accommodation call Pearl for reference on 082 530-6888

or Johanna on 083 242-3266. Iglett: The most incredible domestic looking for live out work on Tues & Thurs, worked for me for 20years, for reference call Natasha on 082 900-7051 or Iglett on 071 425-6652 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 liveout 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. Tasta: Our live in domestic is looking for part time job during late morning and afternoon. Mon, Wed to Fri, 100%

honest and reliable, she has been (and still is) living in FWG, phase 2 for more than 10 years, for references please call Leifon 082 740-0009.

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. Lindiwe: Looking for full / part time work live in /out, she is extremely hard working and is very good with children & animals, for a reference call Michelle on 082 923-7560 or Lindiwe on 076 564-6187. GARDENERS

Felex: Looking for gardening work for on Tues, has 2 years gardening experience, for reference call 083 650-2080 or call Felex on 073 721-8097.

Alex: Malawian looking for work as a house keeper / gardener, Mon – Fri, very hard worker and have 4yrs work experience in gardening and housekeeping, for reference call lnge on 072 591-0987.

Michael: Hard working, reliable and honest gardener looking for part time work on Mon, Tues or Wed, already working in FWG with references, call Michael on 063 064-5376 or for a reference call 083 309-2433.

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.

George: Has been my gardener for the past 24 yrs and he has now bought a truck for responsible removal of garden refuse or builders rubble, call George on 078 851-6952. 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: 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

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

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: Employed in Phase 1 on Mon, Wed & Fri, he is a capable, hardworking gardener and is looking for employment on Tues, Thurs & Sat, phone 073 800-2107 and for reference call Dawn on 083 281-9036. 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.

Austin: My gardener has Austin has been working for me for 10 years, he is hard working, reliable & honest, avail. On Mon & Fri, for reference call Michelle on 082 923-7560 or Austin on 063 153-7672.







FOURWAYS GARDENS

APPROVED ESTATE AGENTS FOR 2015

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:

Century	Faith Stanbridge 082 659 1700 Trich Walton	faith.stanbridge@century21.co.za	www.century21.co.za
	Trish Walton 082 442 9112	trish.walton@century21.co.za	
CHAS EVERITT	Sue Brownlie 083 450 1600	sue.brownlie@everitt.co.za	www.chaseveritt.co.za
—	Andre Potgieter 082 555 3587	andre@chernodavis.co.za	www.chernodavis.co.za
ChernoDavis Didagram nd ana panad	Nigel Mullen 082 339 1368	nigel@chernodavis.co.za	
	Eloise De Stefanis 082 929 7264 Garth Humphries	eloise.destefanis@engelvoelkers.com	www.engelvoelkers.com/za/broadacres
ENGEL&VOLKERS	082 497 0155	garth.humphries@engelvoelkers.com	
Fourways Gardens Realty	Maureen James 082 882 0228 Ingrid Manni 083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
Bell's	Denalee Drotskie 082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
FRANCESCA Beattie properties	Francesca Beattie 083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
Gave	Gaye Cawood 083 601 1593 Susan de Boer	gaye@gcr.co.za	www.gcr.co.za
carroou	082 452 0086	sue@gcr.co.za	
	Dee Thomas 083 375 5646	dee.thomas@pamgolding.co.za	
x tata	Mark McGowan 083 358 5652	mark.mcgowan@pamgolding.co.za	www.pamgolding.co.za
PAM GOLDING	Natalia Atanassov 084 783 3010	natalia.atanassov@pamgolding.co.za	
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Straight Talk...

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.

IT'S GOING TOO FAR

by Maureen Collins

Life for most of us happens on our smart phones.

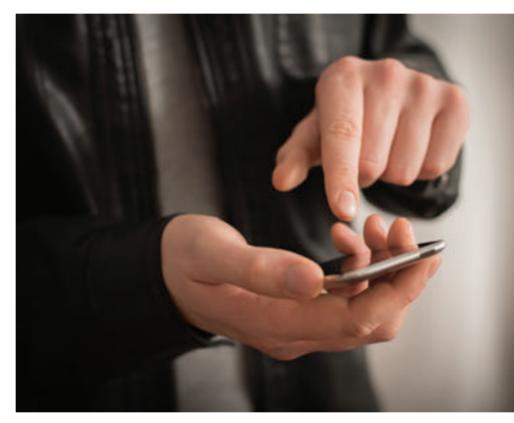
Texting and dealing with mail has become the norm in meetings, classrooms and lecture halls. We text through dinner with family and friends. We take calls in movies and gym classes in spite of the aggravation we cause to others. Social media seems to be isolating us as much as it connects.

Engaging and connecting with someone involves giving your full attention to the person you are talking to. You have to make time and space to do so, and you need to be skillful in listening and acknowledging what you hear.

When did you last give your full attention to anything for more than 30 seconds? We text while we're watching TV, scanning the newspaper, and trying to show interest in how the people we live with have spent their day. We make calls and text while we're driving. When we're out for dinner with friends we text other friends to let them know what we're doing.

To properly hear what someone is saying you need to listen intently, noticing body language so you pick up on the full content of what is said and even what is not said. Empathy is the human tendency to care about and share other people's emotional experiences. It is a cornerstone of human behaviour and an essential component of the ability to form close, trusting relationships.

Recent research, however, demonstrates that empathy levels amongst young people have been declining over the past 30 years. In the same period, narcissism has reached new heights, perhaps explaining why



for many people, the hardest part of listening is the part where they have to stop talking.

We are slow to realise what our behaviour is doing to our lives and relationships. When we don't connect with our own feelings and those of others our relationships become superficial.

Smart phones take away the possibility that we need ever be bored, ever experience solitude, or ever engage deeply with anything. Yet these are the moments in which reflection and creativity create new products, strategies, and solutions to complex problems. Without time to reflect and design new approaches we are left applying the same old solutions to what are inevitably new and different problems. We are starting to realise that we need to log out, switch off, and engage with the moment more often. We've talked about phone etiquette. It could be time to develop a new 'phone free' etiquette. Perhaps in the public wifi spaces that allow us to be always on, there will also be spaces for solitude and contemplation where switching on would be unheard of. In families, it may be time to discuss the norms of behaviour that are acceptable instead of merely accepting the norms that have developed over time.

The choices we are currently making seem to be driving down our ability to create close trusting relationships. We don't have to accept that we are doomed to become a society of selfobsessed loners living in isolation from each other. We could make different choices.



We would like to extend our gratitiude for your valued support. Wishing you and your family a blessed and joyful Festive Season and may you travel safely. Let 2016 be filled with peace, love, joy and special family memories.

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