



FOURWAYS GARDENS

Residential Estate

January/
February 2019

FWG ESTATE CHILDREN'S CHRISTMAS PARTY AND CAROLS 2018

Christmas Eve Dinner at the Clubhouse

Kids holiday activities

Is it your child's eyesight or ADHD?

Celebrate Valentine's Day



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Each office is independently owned and operated.



Cover photograph: Craig Beulich

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IMPORTANT NUMBERS

Estate Office 011 465 7731
info@fwg.co.za

(operating hours 08h00 - 16h00 Mon to Fri)

Clubhouse 011 465 0937

Estate Security 24/7 011 465 5466/5465/2302
Main Control Room or 011 467 2005/ 1400

ER 24 Emergency 084 124

Netcare 911 082 911

Council Service and Enquiries: 011 375 5555
City of Jhb (Water and Sanitation) 0860 562 874

In case of emergency:

Douglasdale Police Station 011 699 1300

Police/ Flying squad 10111

Fourways Life Hospital 011 875 1000

Eskom 086 003 7566

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

09



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20





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Fourways Gardens Realty

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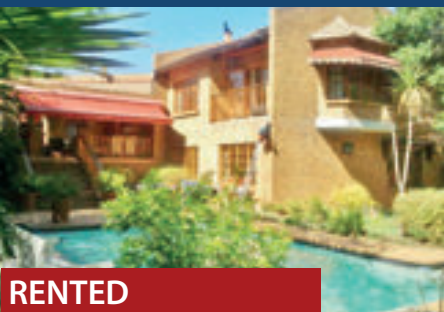
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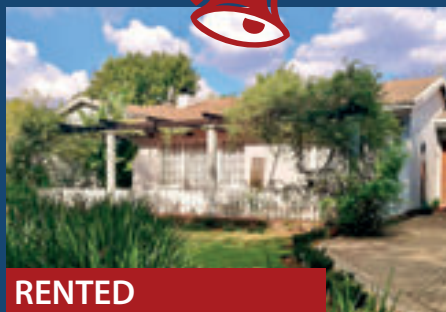
Best wishes to all our Clients, Residents of Fourways Gardens, and Colleagues. May you and your loved ones have a joyous Holiday Season, and a Happy New Year filled with health, love and spectacular success for 2019. Thank you for your continued support.



Ingrid and Maureen



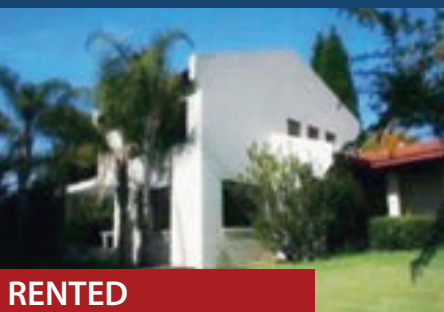
RENTED



RENTED



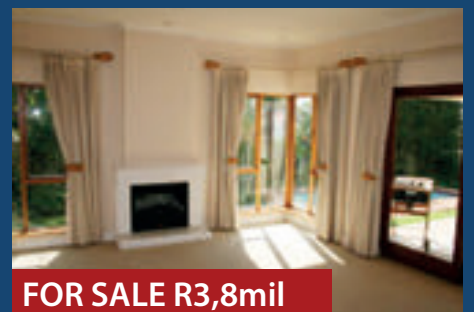
FOR SALE R5,3mil



RENTED



RENTAL R7 000pm



FOR SALE R3,8mil

MESSAGE FROM THE GENERAL MANAGER



Dear Residents

I hope all of you enjoyed the holiday season.

I would like to wish you all a Happy New Year, and a successful 2019. We hope you are ready for the challenges of the New Year.



Gary Haynes

We continue with our drive to restore Fourways Gardens to its former glory.

I WOULD LIKE TO THANK ALL THOSE RESIDENTS WHO HAVE MADE THE EFFORT TO UPGRADE AND IMPROVE THEIR VERGES.

With the extreme hot summer temperatures we have been experiencing, the rains over the Festive

Season brought a welcome relief to our Estate gardens and verges.

I am sure you will all agree that Camdeboo Road, Phases 1 and 2, the window into our Estate, is looking quite lovely.

On this positive note, we urge residents to consider the importance of maintenance to their homes, yards, and property areas. Please remember that poorly maintained homes and gardens impact on the value of not only your home, but on your neighbouring properties as well.

Thank you for helping keep our Estate looking great!

Security

We are pleased to report that there were no major security breaches or incidents over the festive season.

Security did however receive a few noise complaints and we once again would like to remind all residents that fireworks are strictly banned in Fourways Gardens Estate.

Another contentious point is speeding, and with the year always a rush, we ask all residents to be mindful of this and stay within the required limit of 40km/h.

We look forward to a prosperous and incident-free 2019!

Gary

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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KEEPING OUR ESTATE SAFE



As much as security is a community effort, it does not help matters if security-related issues are posted on Social Media, without or before reporting it to the Security Department.

Please immediately report all security-related issues to the Security Department to enable them to deal with the matter there and then, as close to the time of the incident as possible. You cannot pick up a glass of water after it has been spilt and, in the same way, issues need to be reported immediately, not after the fact, or hours/days after the incident has taken place.

Should you have a negative experience with any of the security personnel in the Estate, please record their name and company number - which can be obtained from their company ID card around their neck. In the event of an incident involving a security vehicle, take note of the number on the vehicle. Report these details, together with the time, date and nature of experience. Kindly provide this information to the Security Management, and

they will investigate the incident and action correctional measures accordingly.

Please email or contact

Ricardo - sitemgrfge@24-7security.co.za / 071 224 6776 or

Daniel - assistsitemgrfge@24-7security.co.za / 071 222 7037.

Your identity will be kept anonymous.

General comments of satisfactory service etc. can also be sent to the above email addresses.

Your input is valued to make Fourways Gardens Residential Estate an even better place to live in.

Please let us work together!

Report all security matters to the onsite Security Control Room immediately without delay:

011 465 5466/5465/2302 and 011 467 2005/1400

Personal safety when using public transport



Please share with family, friends and employees.

- Plan your journey. This includes deciding on the kinds of transport you intend using. Get to know the timetables.
- Ensure you know the distance, direction and time it takes to get to your destination.
- Avoid using vehicles that are in a poor, non-roadworthy condition. Your safety depends on the state of the vehicle you choose to travel in.
- Avoid overcrowded vehicles or train compartments.
- Be alert at all times and don't fall asleep while using public transport, especially when travelling by yourself.

- If you are followed when you exit a vehicle/station, go to the nearest well-lit populated area, call the police or scream for help.
- Have your exact fare ready and keep your bags close to your body. If you carry a handbag or backpack, make sure the straps are secure and strong.
- Wait until the bus, train or taxi has come to a complete standstill before boarding or getting off.
- Watch out for side mirrors as the bus or taxi arrives or leaves.
- Use the handrail when standing on the bus or the train.
- Don't distract the driver while the vehicle is moving.

- Avoid placing any luggage or large objects in the aisle of the bus and/or taxi.
- If seatbelts are available, be sure you use them.

Stay in touch

We look forward to suggestions and recommendations via the General Manager, Gary Haynes, which we will address accordingly.



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Monthly Draw – 30 November 2018

For the draw on 30 November, Century 21 offered a guaranteed cash amount to a lucky home owner. The first draw was for the total amount that was in the cash pot, which stood at R11 000. Mr Norman Brassell was not in attendance and we drew for a second time. The owner of 4 Karob Crescent was also not in attendance to claim a cash prize of R7 000. As the saying goes, third time lucky - for a cash amount of R5 000, Mr Ansara of 79 Camdeboo Road was in attendance and able to claim his cash prize!

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

Monthly draws take place on the last Friday of every month in the Clubhouse at 7pm. All home owners in good standing are automatically entered into the cash draw with their stand numbers. All other visitors on the evening stand a chance to win one of the lucky draw prizes.

The lucky draw prize winners for November were:

Kiddies Prize: Mikayla Cross

– (R150 voucher)

1st Prize: - Alice Smith

– 74 Camdeboo (champagne hamper)

2nd Prize: - Michelle Amyot

– 13 Wild Olive (champagne)

Hope to see you
at the next one!



Recent Achievements!

SOLD



R3 395 000

Hidden away behind a north facing walled 1129m2 stand, lies this inviting family home surrounded by a beautiful mature garden oozing tranquillity and harmony. The large entrance hall sets the tone for an elegant home and lead to the lounge with a wood burning fireplace with a dining room adjacent to the kitchen. The home comprises three spacious bedrooms and two full bathrooms. The kitchen lead off to a private sunny courtyard. North facing terrace overlooking the garden. Sash windows throughout the home. Separate laundry room. Double automated garage and ample secure off street parking for guests.

RENTED



R30 000

Spacious home in Fourways Gardens offering 5 bedrooms and 3 bathrooms (two en-suite) with a study and an outside gym area. Enter through the double volume foyer leading to the reception areas consisting of a dining room and formal lounge. The open-plan kitchen is fitted in solid wood cabinetry and granite tops with a central island and ample built-in cupboards. Fitted with an eye-level oven, microwave, double fridge/freezer and a washing machine. Separate scullery. Additional study, kids play room or storage space. A sweeping staircase lead to the large upstairs entertainment area with built-in bar. Built-in wood burning fireplace. Lovely outdoor entertainment area overlooking the feature pool. Covered patio looking onto and enclosed walled and private garden. Staff accommodation and triple automated garage.

FOR SALE



R3 950 000

Web Ref: 21DN-2531

The immediate impression of this single story home is welcoming, cosy and comfortable, for a family young or old, or empty nesters and big enough at 300sqm. Entrance hall offering view into the home with tv room/study to the right and large family/formal lounge to the left with access onto patio. Large modern open plan light and bright kitchen with granite tops, space for double door fridge, under counter oven hob and overhead extractor fan plus separate scullery with space for all appliances, adjacent large family room with wood burning fireplace leading to large covered patio with view over mature garden and pool set in paved deck, three carpeted double bedrooms with BIC all over looking garden and pool. Main extra-large with sliders to garden, en suite full bathroom with double vanity plus second bathroom with bath and guest cloak in entrance hall. Double garage and staff accommodation. Neat clean and tidy lovely home.

FOR SALE



R5 750 000

Web Ref: 21DN-3117

Stylish and modern, fully refurbished single storey home with immaculate finishes throughout, offering 4 bedrooms and 4 bathrooms - 2 en-suite. Gated entrance leads to the glass front door. Boasting porcelain tiles, wood laminate flooring, aluminium windows and doors and a superb lighting. The home comprises of 3 reception areas with the large family lounge. Open plan integrated kitchen fitted with high gloss cabinetry and Caesar Stone tops, gas-hob, breakfast bar and double eye level ovens. Separate scullery, 2 Full modern bathrooms and 2 shower only bathrooms. Study. Covered patio with built-in braai overlooking the pool and garden. Staff accommodation. Double garage with a 3rd covered drive through garage. Paved driveway offering off-street parking for 6 vehicles! This is a great opportunity to own a home in this secure lifestyle estate which is ready to move-in!

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified evaluation. We welcome your call and will be pleased to discuss your property needs at any time.

Our experienced team will provide you with the best professional service!

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756

Tel: 011 460 1599 | Email: lifestyle@century21.co.za | www.century21.co.za

Even though you're
growing up, you should
never stop having fun.

– NINA DOBREY



The 2nd Monday of each month:
is Book Club at the Clubhouse at
06:30 for 7pm. Annie abgrealy@iafrica.com



The 1st Tuesday of each month:
Coffee at the Clubhouse at 2:30pm
run by Rose - rose18@westnet.com.au



The 4th Tuesday of each month:
Art & Ceramics at Morag's house
run by Morag - morag@vlaming.co.za



The 1st Wednesday of each month:
Wine Club at the Clubhouse
run by Clubhouse and HOA – clubhouse@fwg.co.za



Every Friday:
Bridge at the Clubhouse at 1pm
run by Norma - normandyjohnston@gmail.com



The 2nd Tuesday of each month:
Charity Group at the Clubhouse at 3pm
run by Annie - abgrealy@iafrica.com



Every Tuesday Tennis at the Clubhouse courts at
7am and Wednesday evenings @ 7pm - court 2.
These are run by Ria - Ria@Treasures4U.co.za

FWG ACTIVITY PROVIDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	Outdoor Fitness Classes (8:00-10:00)		Outdoor Fitness Classes (8:00-10:00)		Outdoor Fitness Classes (8:00-10:00)
08:30	Rhona Williams 083 600 1868	Pilates - Tracey (8:30-9:30) 082 894 6096	Rhona Williams 083 600 1868	Pilates - Tracey (8:30-9:30) 082 894 6096	Rhona Williams 083 600 1868
09:00	Yoga - Wendy (9-10:15) 011 465 7155 083 400 6211				
09:30					
10:00					
10:30	Nunu's and Nannies (10:30 - 12:30) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com			Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00			Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www.dramafrica.com	Ballet (15h00-15h30) Nicky Ridley 072 238 8063 nickyridley33@gmail.com	
15h30	Jazz (15:45-16:45) Debbie 082 425 6098				Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
16:00		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	Boxing lessons (16:00-17:00) Sean 076 854 8650	Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	
16:30					
17:00					Boxing lessons (17:00-18:00) Sean 076 854 8650
17:30					
18:00	Yoga (18-19:15) Wendy 011 465 7155 / 083 400 6211	FWG Running Club secretary@frra.co.za Mandy 083 462 2725	FOR HOA AND AGM MEETINGS	FWG Running Club secretary@frra.co.za Mandy 083 462 2725	
18:30					
19:00					
19:30					
20:00				Ballroom and Latin Social Dancing (19:30-20:30) Zane 079 550 0755 dancingdna5678@gmail.com	
20:30					

Clubhouse Phase 2 Outside Phase 2 Tennis Gazebo

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

FWG ESTATE CHILDREN'S CHRISTMAS PARTY AND CAROLS 2018



For the Festive Season, the HOA and our co-sponsor, Gaye Cawood Realty, combined two favourite Christmas events to celebrate a most enjoyable day with the residents and friends of our estate.

The afternoon of fun commenced with an old school party, magic show and animal farm for the enjoyment of our little ones. This was followed by the much anticipated visit from Father Christmas. Little people and patient parents lined up and each child had his or her turn to sit on Santa's lap and tell him their dream gift for 2018. It was so special to watch the excitement on their little faces when their turn came up, some combined with a bit of apprehension and some with absolute fear of the jolly guy in the red suit!

The Christmas party was followed by our annual carols that were led by PJ Powers. Even though she introduced quite a few non-Christmassy songs in her line-up, our residents enjoyed a wonderful evening!

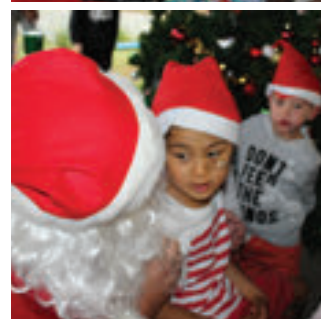
Many thanks to Gaye Cawood and her colleagues for teaming up with the FWG HOA and arranging, amongst other things, the beautiful décor for the evening! Your tireless efforts and attention to detail made for a beautiful evening. Thanks to our residents for joining us on the night and we look forward to hosting many more fun evenings in 2019.

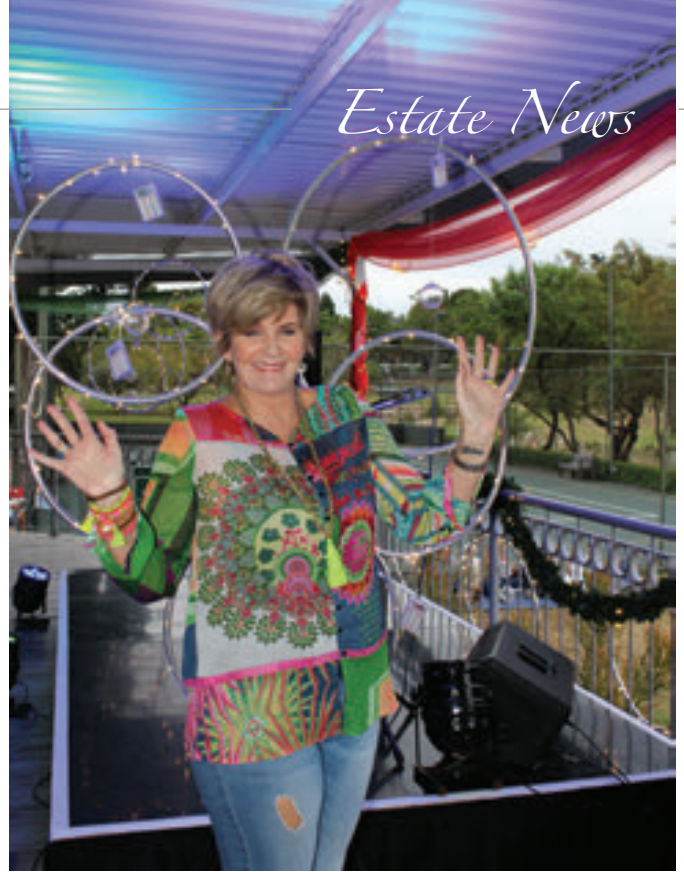




 **Gaye
Cawood**
reality







CHRISTMAS EVE DINNER AT THE CLUBHOUSE

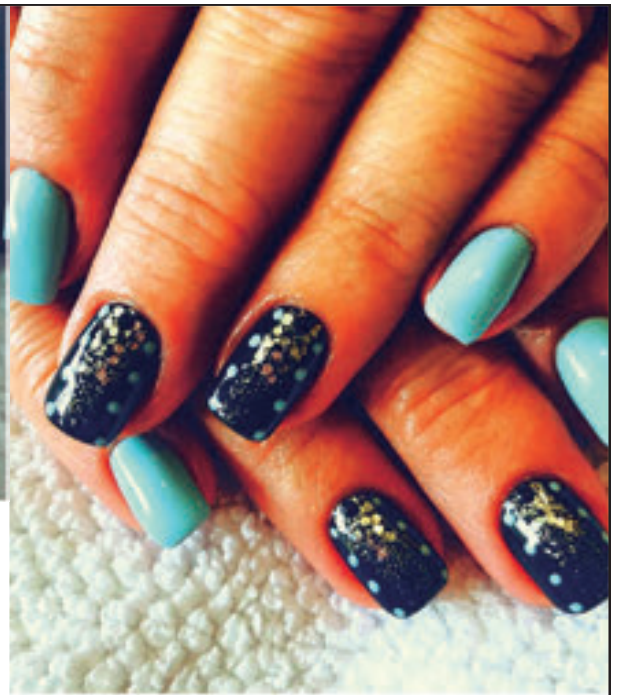
An undoubted highlight of the December calendar at the Clubhouse is the Christmas Eve Dinner, which last year was a resounding success. The menu on offer included gammon and succulent roast leg-of-lamb served at the carvery, along with those perfectly roasted potatoes that the kitchen does so well, pickled fish (an exceptionally popular component of the meal), cheese boards, premium Double Chocolate and Cookies-and-Cream ice creams, homemade Christmas pudding, and more! The dinner was well supported, and some groups really went to town with personalising their tables, and bringing the Festive Cheer!

We also had a staff Christmas party in the afternoon, with each staff member getting a hamper filled with cold drinks, sweets, chips, biscuits and so on, to take home – so their Christmas was also that bit more special.

The Clubhouse wishes to thank all the patrons of the Christmas Eve Dinner for their support, as well as their suggestions for the next dinner, which will be an even bigger success, I'm certain! The Clubhouse management also extends their thanks to the staff and waiters who were instrumental in the success of the dinner.

Francois
Restaurant Manager





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NOVEMBER GARDENING CLUB MEETING



The Gardening Club met on 22 November for the last time in 2018. Eighteen of our members celebrated the start of the Festive Season; there were 3 super gardening prizes won in a lucky draw; and awards and recognition were given to our fantastic Chair Lady Morag, our new Chair Lady Jean was welcomed and our previous knowledgeable Chair Lady Irene was thanked.

John Moody held our complete attention in his enlightening talk on how to make compost. (See alongside for more details.)

John worked originally in the AECI Research laboratories with a team who developed an ideal fertiliser for mielies for South African farmers. He



later started a large commercial scale compost business which he ran for a few years. This compost operation is now owned by Turfnet.

HOW TO MAKE COMPOST

To build a compost heap in your garden, you need an enclosure made of fine chicken wire or you can buy a plastic one from a hardware store. It must have holes all the way round to allow air into it.

The enclosure or compost bin should have a lid or cover to allow easy access to ensure good weekly mixing. Remember, too much moisture is also not good for the process.

The compost must be made up of layers of grass cuttings, leaves, flowers, fruit and vegetable peels from the kitchen. Paper can also be added but it should be shredded and have



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Gardening Club

very little printing on it. Twigs are also satisfactory provided they are cut into small pieces. Banana skins are ideal, provided they are cut into small pieces. Fruit skins are also good but it is best not to add too many pips.

One always wonders about the addition of seeds and pips. They can be added in moderation as, if the compost reach a temperature of about 55°C and above, the weeds, seeds and pips will not survive.

Accelerators can be used, and standard types are available at nurseries. Certain fertilisers high in nitrogen such as LAN are also often added as accelerators but this will only work if there are fungi or micro-organisms present. Another method is to add a small quantity of ready-made compost as this will help to get the reaction going.

Yeast, watered down, can also be added to promote the decomposition of the waste. A cube of yeast bought from the local supermarket dissolved in at least a litre of water is sufficient for about one cubic metre of compost. The yeast solution should be well dispersed. Remember, it isn't a good idea to add too much yeast, as it will rapidly multiply by itself, provided the temperature is right. This happens particularly once the compost starts to increase in temperature.

A thermometer placed in the centre of the heap should reach around 55°C to 65°C (131°F - 149°F). This means the micro-organisms and fungi are working and the decomposition is taking place.

A number of other items can be added to the compost. Ash from wood fires is good for the heap. Briquettes can also be added, provided they are completely burnt.

Coal ash in small quantities is also good but, once again, it must be completely burnt out. These extra ingredients certainly add the trace elements needed in the final mix.

Fertilisers can be used to boost the potassium and phosphate requirements. Often a general fertiliser like 232 should be used and once again it must be



carefully distributed throughout the mix. In this case the nitrogen is not vital as the mulch of decomposed plant matter always contains a lot of nitrogen. Nitrogen can be added later, if necessary.

The moisture should be maintained at about 50%. This, with air, introduces oxygen, to ensure the decomposition reaction.

Commercial types of compost you can buy:

- 1. Lawn dressing:** this is made up of fine compost with at least 25% top soil.
- 2. Fine compost:** compost where the larger particles like sticks have been removed.

3. Coarse compost: this composition has a mixture of large particles and fine materials.

4. Potting soil: this contains fine compost with equal amounts of soil that does not contain a lot of clay, but the mixture should be able to hold its moisture. Sometimes vermiculite is added with a little 232 fertiliser.



We celebrate our Matric Class of 2018

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8 Distinctions



Michael Browne
8 subject distinctions:
Accounting, Afrikaans, English, Information Technology, Life Orientation, Mathematics, Music and Physical Sciences

7 Distinctions



Erin van den Heever

7 Distinctions



Gina Ballard

7 Distinctions



Anna Moreira

6 Distinctions



Luca du Toit

5 Distinctions



Lateefah Monareng

5 Distinctions



Ilinca Stefan

5 Distinctions



Vincent Lesch

5 Distinctions



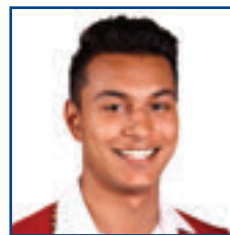
Duncan Macpherson

4 Distinctions



Nishendran Naiker

4 Distinctions



Joshir Singh

4 Distinctions



Julius Smith

4 Distinctions



Courtney Lappeman

**Grade 8 2020
Scholarship
exams**

**Wed 6 March
07h30-11h30**

**High School
Info Evening**

**Wed 20 February
18h00-20h00**

Dainfern College's legacy of Academic Excellence continues!

KIDS HOLIDAY ACTIVITIES

A few very creative estate moms came together and started arranging and offering holiday activities for the kids of Fourways Gardens Estate. Thanks to Karen Booth, who spearheaded the initiative, our little ones had a wonderful time.

Here are some photos of activities that were offered. Be sure to keep an eye out for social media notices and newsletters about further activities that will be offered during the next holidays in the estate!



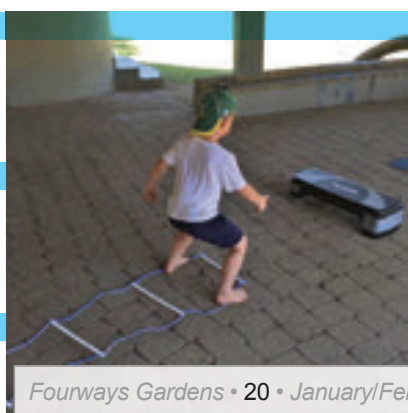
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LOVE IN ALL ITS DIFFERENT GUISES



We're no sooner over the Festive Season and Januworry and Valentine's Day is upon us. Much as we'd love to lavish gifts on our significant other, it might be out of our reach budget wise so early in the year. But let's not panic yet. Here are a few ideas that won't break the bank and may be appreciated just as much.



At their core, love and kindness go hand in hand and, this month, spreading some extra joy and compassion is highly appropriate. Even though this Valentine's Day is on a Thursday and we're all embroiled in the commute to and from schools and work, with some advance planning, the day can still be celebrated with a few special touches.

SAY IT WITH TASTY TREATS

Healthy food does not have to be boring and transforming it into a Valentine's feast could be quite fun. All you need to do is make everything look like a collection of hearts, right?

For breakfast, serve heart-shaped toast covered in scrambled eggs. Cappuccino with a heart sprinkled on the foam. An energy bar to take along to work. And a note or poem to make their day.

A candlelit dinner out in the garden will make a romantic end to the day. Be sure to use a citronella candle and have some Tabbard handy to chase away the bugs. If you're not one for champagne, cranberry, apple or grape juice can work just as well, provided it's served with a flourish at a table decorated with flower petals, serviettes covered in hearts and a centrepiece of flowers or fruit. Salmon, avocado ritz, a healthy chicken and salad main course finished off with strawberries for dessert are highly recommended for the menu.



GIFTS THAT LAST

If you feel that you're a bit of a cluts when it comes to preparing and serving tasty cuisine, think of special gifts that can be enjoyed for more than just a day or so. With the heat that we've been having lately, cut flowers, in any event, won't last more than a day. So consider rather buying an indoor plant, a cactus in an attractive pot, a photo in a stylish frame – or even photos of the two of you made into fridge magnets.

INCLUDE THE WHOLE FAMILY

Whether the kids are young or already teenagers, it's great to get everyone together for a brainstorming session

to make the Month of Love more of a family affair. They will enjoy being part of the decision-making process and may even come up with some bright ideas themselves. If there are events taking place later in the year that they would like to include, no problem. Each one can get a coupon to be redeemed at a later date. It could be getting the whole family moving and bouncing at Bounce, or finding a rescue puppy or kitten to add to the family. What about zip lining in the Magaliesberg, or water skiing down on the Vaal?

Don't forget granny and grandpa in the bigger scheme of things. If they are



Ard Matthews



Wonderboom



Matthew Mole



Rubberduc

living alone, simple things like inviting them to watch Gary's karate grading or Melissa's gymnastics won't take you out of your routines but may mean the world to them, to feel included. Even if it's inviting them to go fruit and vegetable shopping so you can buy in bulk and have them take a share for themselves, it will go a long way towards making them feel they're still wanted and appreciated.

And finally, here's one that the whole family can enjoy – this one will cost you

a few bob but it sure was fun last year and promises to be an absolute blast this year too!

Animal lovers will be uniting on the 30th of March at Casalinga in Muldersdrift for 'Love Paws 3' – it's a day that's all about raising funds for our furry friends and reducing the more than 1 million animals put down every year! Join The Parlotones, Arno Carstens, Ard Matthews, Wonderboom, Matthew Mole and Rubberduc for an afternoon of awesome fun, raising money for Woodrock Animal Rescue, PawsRUs, 4paws and 1 Revolution.

Tickets - R340 online or R360 at the gate. Children under 12 half price. Infants and toddlers free. Book now for 'Paws 3' at casalinga.co.za.

ENTER AND WIN

For a chance to win tickets for two to watch this amazing line-up, simply answer the following question:

Q: Where will the Love Paws 3 concert be staged this year?

Email your answer, with "Paws 3 Concert" in the Subject line, along with your cell number and stand number to: info@eiapublishing.co.za. The winner will be notified by email. Terms & conditions apply.

HELPING YOUR KIDS BE HAPPY, HEALTHY AND SUCCESSFUL

It's every parent's wish to give their kids the best start in life. One of the tips recommended to parents is to move into the best neighbourhood and Fourways certainly has a lot to offer. Here are some of the services available in the area, to help your kids get a head start.

Dancers and Dreams opened its doors in July 2014 and has been trading ever since. The shop is situated at the Fourways Gardens Shopping Centre. Its owner (Leanne van Eck) wanted to create a French-inspired shop to tap into the beauty and romance of dance. She has been involved in dance her entire life and is actually a qualified Cechetti teacher.

The shop stocks all types of dancewear and accessories and carries an entire gift range for all occasions. Custom made costumes for events and festivals can also be arranged with prior notice.

"In our shop we want each and every child to experience 'The Beauty of Dance' with our personalised customer service and unique shopping experience," says Leanne.



*Fourways Gardens Shopping Centre,
cnr Uranium Street & Bushwillow Ave,
Fourways.
Tel: 011 465 4515*

Since it was established in 2000, Dream Furniture has become a market leader in luxury children's and baby furniture, linen and accessories. Dream Furniture is a one stop shop catering for all ages, from birth to teens. Focusing on each client's individual needs, colours and designs, they assist them to transform empty spaces into the perfect nursery, later progressing to the ideal child's room and eventually a teenage pad. It is their goal to assist you in designing the most exclusive haven for your child, at cost-effective prices. They have a beautiful showroom that their clients can visit or you can browse through their comprehensive online store offering over 500 products.

*Visit their showroom at The Ridge Wellness Centre,
1 Ateljee Street, Randpark Ridge, or shop online for custom
baby and kids' furniture: www.dreamfurniture.co.za*



At HeronBridge College they do all the things that all good schools do. But it is their deep-rooted and practical Christian ethos permeating each and every corner of the School that marks them as different. It is this genuine care for their pupils, parents, staff and wider community that really stands at the core of what they do and who they are.

Their rigorous academic programme is second to none. They have qualified subject specialists offering top quality teaching that ably prepares the children

for the unpredictable world that lies ahead. They also offer sporting, outreach and cultural programmes that are wide-ranging, accessible and nurturing while allowing for and encouraging excellence in each field.

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Winners will be notified by email and the PhotoShoot will take place in Apr - June 2019. We adopt a zero spam policy.

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FAMILY PHOTO SHOOT

TWO lucky readers stand a chance to win an awesome professional PhotoShoot, to celebrate their transition to young adulthood.

(T&C's apply)



Photo Credit : Pinterest Lacoste

Kiddocut is an exciting ICELAND themed kids' hair salon where haircuts and plaiting are fun. There's an adventurous atmosphere for the kids, who can have their hair shampooed in a lay flat hair basin whilst watching their favourite cartoons.

"We are a unique kiddies salon and the only kids salon around Johannesburg that caters for ethnic and Caucasian hair in one setting," they say. "We offer balloons and lollipops for free and we have toys and snacks on offer too."

They pride themselves on the work done



Tel: 011 465 3508 or visit:
www.kiddocut.co.za
for more information.



by their highly experienced hairstylists and assistants, who know just how to handle kids.

They offer a wide range of kiddocut hair products and first haircuts are made memorable with a first haircut certificate!



Kid Vantage Express (KVE) is a school transport service that shuttles school children between school, home and extra-murals. Their mission is to provide a safe, reliable and cost-effective transporting solution to all schools, parents and learners.

"Our transport service is known for its reliable, flexible, safe and consistent approach when transporting children," says founder, Renee Stalbaum.

Established in 2006, KVE has grown its fleet to over 30 vehicles and currently transfers in excess of 700 children daily. "Our transport concept is simple, manageable and reliable, with a direct hands-on approach that ensures a steadfast level of service," Renee adds.

Contact Kid Vantage Express by emailing kidvantage@outlook.com or visit: <http://www.kvexpress.co.za> for more information.

At Movizion Optometrist you'll find a team dedicated to providing you and your family with comprehensive and quality eye care. Being a family owned and run practice with over 15 years' experience, they offer a unique blend of technical expertise combined with a personal touch.

"We are committed to helping you keep your eyes healthy through our complete eye examinations,

early detection and treatment of diseases, disease prevention, and the dispensing of high quality products," they say. "We take pride in building lasting relationships with our patients and strive to give you the best vision, advice and fit today...and in the years to come."

Rustic Timbers Garden Centre, Witkoppen Road, Fourways. Tel: 011 467 9776 or visit: <http://www.movizionoptometrist.co.za>



Expand your culinary horizons at the Olive Branch Cookery School. It's a great way to spend a morning, afternoon or evening. In addition to adult courses, the Olive Branch Cookery School offers a variety of Children's Courses:

- **Cooks and Tots 2 - 4 years:** a moms and tots class to interact with your little ones.
- **Children 4 - 10 years:** girls and boys participate in hands on cooking classes. These fun-filled classes will teach children basic skills, safety in the kitchen,

and allow them to use their imaginations to create delicious dishes.

• **Teens 11 - 16 years:** basic and advanced cooking skills are taught. Students will take their recipes home, and be able to recreate these menus at home to impress friends and family.

These courses are fun and build confidence so that kids can enjoy one of the fundamentals of modern life – cooking!

42 Witkoppen Rd, Fourways.
Tel: 082 854 7388 or visit:
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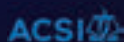
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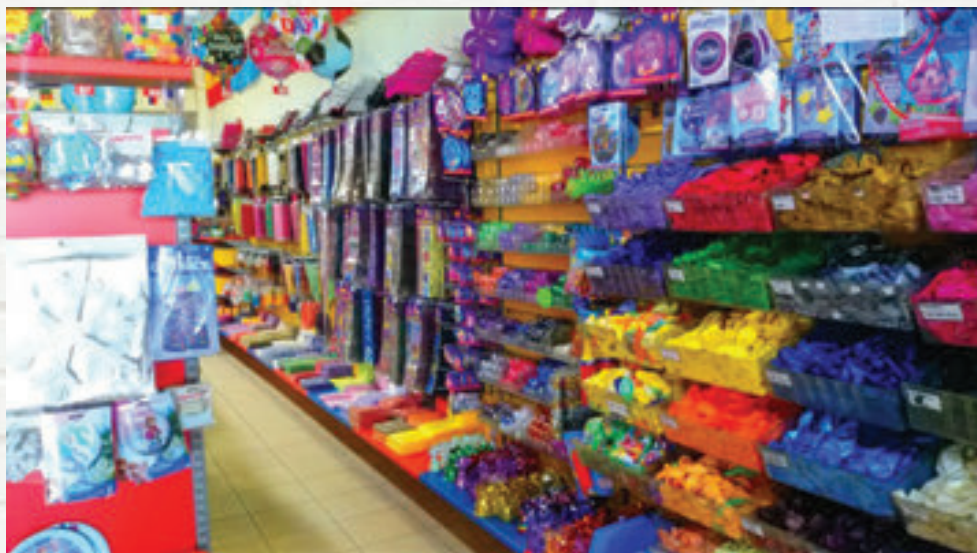
Shop U8, Upper Level,
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lovely 'Guide to Posing' allows for unique expression that rocks.

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*Let's start the conversation!
Contact Linda on 083 310 1348 or 074 187 1535, or email: linda.mag.design@gmail.com*



Trendo Kids, a specialised kids' hair salon based in Cedar Square Fourways, is designed for kids with style. "Our kid-friendly stylists are here to help you as a parent make your son's or daughter's haircut, plaits, or hair treatment an enjoyable experience," they say. Trendo Kids uses kid-friendly hair products which keep your children's hair healthy and shiny.

At the end of the day, Trendo Kids' aim is to make sure your kids are happy. If they're happy, so are you as a parent.

"Come through. We look forward to hearing from you!"

*Cedar Square Shopping Centre, Fourways. Tel: 011 465 0264
www.trendokids.co.za*





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Kid Vantage Express (KVE) is a school transport service that shuttles school children between school, home and extra-murals. Our mission is to provide a safe, reliable and cost-effective transporting solution to all schools and learners.

Our transport service is known for its reliable, flexible, safe and consistent approach when transporting children.

Founded in 2006, KVE has grown its fleet to over 30 vehicles and currently transfers in excess of 700 children daily. Our transport concept is simple, manageable and reliable, with a direct hands-on approach that ensures a steadfast level of service.



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THE DAINFERN COLLEGE JOURNEY



The Class of 2018

2019 started on a high note for Dainfern College with the release of the excellent Matric results achieved by the Class of 2018. A champagne breakfast was held on 3 January to celebrate these confident young men and women, who proudly maintained the College's unbroken record of 100% pass since the first Grade 12 class wrote Matric in 2001. They achieved a remarkable 96,7% degree pass, meaning that 59 of the 61 students are eligible to apply for university, as well as an average of 1,9 distinctions per candidate.

"We celebrate our 2018 matriculants, who have proudly upheld our reputation for excellence," commented College Principal, Matthew Davies. "Our top students outdid themselves, but we are equally proud of those students who rose to the occasion to achieve their own personal best."

Davies attributes this success to the enrichment and strong partnership that exists across the College. "We strive at all times to provide a 'world of education' through the structured and progressive academic journey that is in place from Grade 0 through to Grade 12.



Celebrating the Matric results

Our innovative approach to all aspects of education, together with the strong leadership programme and international influences that drive our offer, ensures that our students are indeed given an 'education for the world'."

Dainfern College prides itself on being at the cutting edge of education. New and innovative teaching methods and approaches are rigorously interrogated before being rolled out in the various phases of the school, always ensuring that these fit into the whole school journey.

The Junior Preparatory is a vibrant and happy space for Grades 0 to 3, headed up by Patti Blackhurst, a highly experienced educator with a passion for children, who has ensured that the latest thinking in early childhood development is in place for these young students. The Grade 0 - 2 children at the College enjoy an integrated day at school, which ensures that they not only experience a wealth of cultural and sporting opportunities during the school day, but also learn and develop the foundations of language and mathematics within a day that is playful and collaborative, inspiring



Ray van Gass, new principal of the Senior Preparatory at Dainfern College

curiosity and creativity as it engages the children in meaningful learning experiences. From Grade 3, the children follow an academic programme during the school day and can choose from the extensive extramural activities on offer in the afternoon to ensure they also develop physical and cultural literacy.

The new principal of the Senior Preparatory, Ray van Gass, had an immediate impact on parents with his presentation on the latest trends in education and their implementation throughout Grades 4 - 7 this year. Van Gass brings a wealth of experience to the Senior Preparatory and is currently serving as the Chair of the SAHISA Gauteng Prep Schools Curriculum Development and Shared Assessment Committee.

This year will see the formalised implementation of inquiry-based learning in the Grade 4 - 7 classrooms at Dainfern College. The core subjects of Mathematics, English and the additional languages remain a key focus, while aspects of the other traditional school subjects are incorporated into a cross-curricular programme that teaches core 21st Century skills such as higher order thinking, problem-solving, communication, team work and reflection. There will be considerably less mark-based assessment as a result, and a greatly reduced homework burden on students too.

This cross-curricular approach continues seamlessly into the High School where the Grade 8s and 9s are exposed to Xtend-it, an innovative programme developed



Grade 0s enjoying their first day of school



We're in big school now! The new Grade 1s at Dainfern College

by Dainfern College's own staff based on the educational trends from Finland. As students have to write an exit exam at the end of Grade 12, all formal school subjects are taught as well, with Xtend-it enhancing students' skills and abilities. From Grade 11, students at Dainfern College can now choose between the South African IEB curriculum leading to the Matric exit exam, or follow the Cambridge International

curriculum and write A Levels as their exit exam of choice.

The carefully structured and innovative educational journey that students travel from Grade 0 through to Grade 12 at Dainfern College ensures that they leave school with all the necessary skills and knowledge to embrace an exciting future with confidence.

DAINFERN
College



For further information about Dainfern College, please contact marketing manager Mrs Deidré Proxenos on 011 469 0635 or dproxenos@dainferncollege.co.za.



At Beaulieu College we pride ourselves on the close working partnership of teachers and pupils, together pursuing local and global excellence. Operating transparently, communicating effectively, we mentor each child to achieve personal success. Academic work is a core focus at Beaulieu College. Our advanced learning, remediation and mentorship programmes, as well as small class sizes are geared toward academic and personal growth. Beaulieu College boasts an overall pupil teacher ratio of 11:1 with a maximum class size of 27. The results speak for themselves. Since inception our matric cohorts have achieved a 100% pass rate, with an average of 93% scoring Bachelor Degree (university entrance) status.

We believe sport and cultural activities are integral to the holistic development of each individual. The main goal of the co-curricular programme is to give pupils an opportunity to express themselves and develop skills outside the classroom, while also enhancing social skills and physical and mental health.



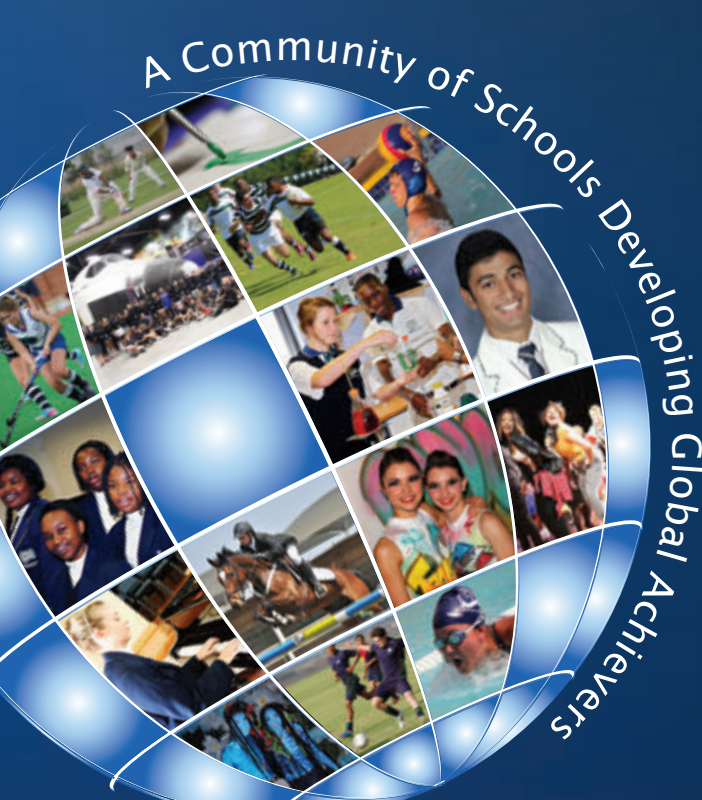
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- 151 DISTINCTIONS
- AVERAGE OF 1,9 DISTINCTIONS PER CANDIDATE
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- DYLAN ROUSSOUW OBTAINED 100% FOR MATHEMATICS!

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YOUR CHILD MIGHT BE MISDIAGNOSED

Visual skills might be the problem and not ADD/ADHD

Your child enjoys listening to the teacher reading but as soon as he has to read, or do homework, he loses concentration and interest, displaying signs and symptoms of ADD/ADHD. Unknown to many parents, ADD/ADHD is not always the correct diagnosis. Current research in the US indicates that approximately 1 out of 4 children and 7 out of 10 juvenile delinquents have vision problems that interfere with their ability to effectively respond to the educational system.

Vision is like walking and talking – it is a learnt skill. It's a complex process involving many visual skills that race along more than 65% of all pathways to the brain. Deficiencies in any one or more than one of these skills could be masquerading as ADHD. These skills include eye movement control, focusing far to near, sustaining clear focus, eye teaming ability, depth perception, eye hand co-ordination, visual form perception and memory.

The vision chart that we have all come to rely on was developed in 1892. It screens for distance vision, not near vision nor any of the critical visual skills required for learning. Since it only picks up 5% of all visual problems, undetected vision problems such as eye tracking, eye coordination, eye teaming and eye focusing may be misdiagnosed as ADD/ADHD, since these children skip and re-read words, have poor reading comprehension, take a longer time to do homework and show a short attention span when doing close work.

- According to the EYE Centre for Children's Vision, Learning and Technology, 25% of children today have vision issues impacting learning. In a survey of one million children, that represents 250 000 children in need.
- About 90 000 children need eye glasses

for near-sightedness (myopia). Distance and near vision screening WILL DETECT these problems in children.

- About 130 000 children need eye glasses to correct far sightedness (hyperopia). Distance and near vision screening WILL NOT DETECT most of the children at risk of this condition.
- 200 000 children will have amblyopia (lazy eye). Distance and near vision screening WILL DETECT these children at risk.
- 30 000 children have strabismus or an eye turn. Distance and near vision screening WILL MISS most of these children at risk of this condition.
- 50 000 have binocular/ eye focusing instability like convergence insufficiency. Distance and near vision screening WILL MISS most of the children at risk of this condition.
- Few people realise that many visual performance problems are identical to the common ADHD symptoms. As a result, ADHD has surged to epidemic proportions. Consequently, huge numbers of children are medicated with Ritalin, Adderal, Dexedrine, Concerta and other medications and are put into special education classes with special accommodations.

WHAT IS 20/20 VISION AND WHY IS IT ONLY PART OF THE PICTURE?

The best known visual ability is referred



to as 20/20 eyesight. Unfortunately, 20/20 eyesight with or without glasses does not mean that, during learning, a child can see clearly for more than a few minutes. It also does not mean that your child has depth perception and localisation skills (particularly important for night driving when your child becomes an adult), or that your child is free from vision-related headaches. All 20/20 means is that your child can call out six small letters on a doctor's chart. Therefore, in addition to 20/20 vision, we need to assess several key visual abilities that are ignored during most eye examinations. These are:

EYE MUSCLE COORDINATION

Each eye has six sets of muscles, just like many parts of the body. The brain must coordinate these muscles so your child can see comfortably and efficiently. Both eyes need to work together, even under

BY DHARMENDRA J BHOOLA



stressful conditions. If this coordination is difficult or even off a little bit, eyesight may be clear at times and blurred or double at times. Your child's unconscious efforts to prevent blurred or double vision can cause premature fatigue, or loss of attention and comprehension during reading and learning. Further, some eye muscle coordination problems can reduce depth perception for driving and sports. Poor eye muscle coordination can even cause cross-eye or lazy eye.

EYE-TEAMING (BINOCULAR VISION)

Eye-teaming is the ability of the two eyes to align and team together to enable a child to judge his or her orientation in space and have depth perception. The technical term for this ability is 'binocular vision'. A student experiencing eye-teaming difficulties can be observed to cover one of his eyes, blink frequently,

exhibit poor desk posture, tire easily when reading and take extended periods of time to complete homework.

FOCUSING NEAR-TO-FAR

This is the ability to make the eyes look quickly from near to far and back again without momentary blur, conscious effort or discomfort. A student experiencing a near-to-far focusing difficulty will get frustrated and have trouble copying from a book, and even greater difficulty copying from the board.

VISUAL TRACKING AND PERIPHERAL VISION

Visual tracking refers to how quickly and accurately we move our eyes across a line of print, look at symbols (such as numbers, letters and words) so we can remember what to call them, and get the sounds out of our mouths.

Problems with peripheral vision – seeing people and objects “out of the corner of the eye” – can reduce peak performance. During reading, children with poor visual tracking lose their place, confuse one word with another, make careless errors, and have difficulty breaking words into their parts. Prediction plays a significant role in reading, and peripheral vision greatly influences prediction.

VISUAL MEMORY

This is the ability to recall learned facts. A child with poor visual memory will have difficulty remembering material that was visually presented to him. The same child, however, might be able to recall the same information that was verbally read to him.

CONVERGENCE INSUFFICIENCY

In a study published in 2005 in the

medical journal, *Strabismus*, David Granet, a paediatric ophthalmologist at the University of California in San Diego, said that children with the vision problem known as Convergence Insufficiency (CI) are three times more likely to be diagnosed with ADHD than children without the disorder.

Convergence Insufficiency is a common eye muscle coordination problem. When doing close work, a person's eye must turn in (converge) for the words to appear single. This usually happens without thinking. In CI, the eyes do not turn in as easily and as a result extra convergence effort must be used to force the eyes in. This additional effort can cause a number of symptoms such as eye strain, headaches, blurred vision, double vision, difficulty concentrating, loss of place and concentration as well as reading slowly. CI has no obvious signs and is only detected through a comprehensive visual examination evaluating all the critical visual skills discussed above.

Virtually all people who have Convergence Insufficiency (CI) have 20/20 vision. However it is not enough to have 20/20 vision and be able to see clearly. For the visual system to function properly, we must use both our eyes together in a very precise and coordinated fashion. This ability is the 'binocular vision' mentioned previously.

Every time we look at something we must accurately aim the two eyes directly at the object of interest. Each eye sends an image to the part of the brain that is involved in the process of seeing. This part of the brain called the visual cortex, then attempts to combine these two images to form one 'fused' image. If these images are identical, the result is normal, clear, single vision with a perception of depth. If however, if the two eyes are not performing in a coordinated manner, the visual cortex will receive two different images and will experience double vision.

There are many types of eye teaming or binocular vision problems. The eyes may tend to drift in, out, up, down, or a combination of these variations. The most common eye teaming problem is convergence insufficiency, in which the



eyes tend to drift outward when reading or engaged in any near visual activity.

Data gathered recently by The Convergence Insufficiency Treatment Trail Investigator Group in a series of studies, showed that performance-based symptoms, loss of concentration, re-reading the same line, reading slowly, trouble remembering what was read or feeling sleepy occurred more frequently than eye-related symptoms i.e. blur, headache, diplopia (double vision) or asthenopia (eye fatigue).

This potential link between Convergence Insufficiency and attention disorders has practical implications for educators, physicians, psychologists and other professionals involved in the detection, diagnosis and treatment of attention deficit hyperactivity disorder.

Since a child's vision is similar to adults by the age of 3, the American Optometric Association recommends a comprehensive eye test on an infant before one year of age. Further, in the United States, comprehensive visual examinations assessing all the critical visual skills required to read and learn are mandatory prior to a child starting Grade 1. This comprehensive visual evaluation should take at least 90 minutes.

A TAKE HOME MESSAGE FOR PARENTS

Convergence Insufficiency (CI) is a common vision problem in school age

children. Children with this problem may experience numerous symptoms that would make it more difficult to read and learn.

Research has shown that office-based vision therapy by a Developmental Behavioural Optometrist can effectively treat the condition, with most patients learning to control their muscles and overcome the disorder in 6 - 8 months.

RED FLAGS FOR ALL PARENTS

The 5 most common signs that a vision problem may be interfering with your child's ability to read and learn are:

- 1) Skips lines, rereads lines
- 2) Poor reading comprehension
- 3) Homework takes much longer than it should
- 4) Reverses letters like 'b' and 'd'
- 5) Short attention span with reading and schoolwork.

ABOUT THE AUTHOR:

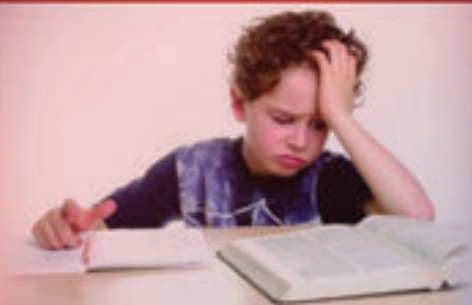
Dharmendra J. Bhoola has a Behavioural Optometry Practice in the Kingfisher Shopping Centre in Fourways. The practice offers specialised services in visually related learning problems and ADHD, Binocular Vision (Eye Teaming) problems, Sports Vision, Neuro Optometric Rehabilitation, Concussions, Vertigo and TBI (Traumatic Brain Injuries) in addition to primary care optometry.

He can be reached at 011 705 1619, 073 509 4846 or email at djbhoolaoptometrist@yahoo.com

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ELEPHANTS ARE JUST LIKE US



Humans, as much as elephants, love socialising before reverting back to family life.

Elephants have been around in their present interesting shape for more or less 20 million years. They have adapted to living in deserts, in canopy jungle, in savannahs and in mountains – just like us.

There are so many other facets of the elephant's nature that can be described as being 'just like us', that it is quite uncanny - their family loyalty for a start, and their respect for social order. Calves stay close to their mothers for the first 10 years and all in the herd respect, with unswerving loyalty, the herd leader who is always an elderly female.

The matriarch forces out the males when they become mature. They will roam alone or with a male 'askari' forever, seeking receptive females. Isn't that reminiscent of some human cultures?

There's a term for shared behavioural similarities – 'convergent evolution'. It describes how circumstances over thousands of generations can cause quite unrelated species to become similar in their way of life, their reactions and even their shape. Look at how the beautiful streamlining of sharks, which are fish, so closely resemble the streamlining and fins of dolphins, which are mammals. Each evolved separately but their adaptations converged - the shark evolved from a primitive fish more than 400 million years ago; the dolphin evolved from a four-legged, semi-aquatic land creature 50 million years ago.



It began with Goodall, who came from London to Africa in the late 1950s as a secretary to Louis Leakey, the Kenyan anthropologist. He recognised her unusual ability to observe wild animal behaviour with intelligence and analytical skill – she was a born ethologist. In 1971, a decade after becoming a scientist, she wrote her bestseller, *In the Shadow of Man*. It gave the world its first glimpse into the private lives of an animal few people had known outside zoos. Then it was Dian Fossey, another Cambridge PhD who lived with and wrote about mountain gorillas and paid for it with her life - murdered by a poacher.

In the 1980s, Cornell PhD, Katy Payne, discovered how wild elephants kept in touch with each other via aerial vibrations even when out of sight. Then came Joyce Poole, another Cambridge PhD who made even more inroads into the private lives of elephants.

An observation by an American expert on insects, Caitlin O’Connell, a PhD from Hawaii, who just happened to be visiting Africa, astonished everybody. She was watching a passing herd of elephants and noticed one stop dead in mid stride “as if it had heard something”. She could sense it was listening intently, but for what? Being an entomologist, she recalled seeing insects freeze in similar fashion after picking up the vibrations of potential partners (through their legs) and homing in on them to mate.

The recent surge of interest in the character and behaviour of Africa’s wild elephants owes a lot to the latter-day influx of women into the science of animal behaviour (ethology). The recent discoveries by female ethologists have often been startling, even to scientists who are not easily startled.

Perhaps it’s because women scientists are not quite as nervous as their male counterparts about anthropomorphising – that is attributing human behaviour to animals. Jane Goodall upset her Cambridge mentors by giving names to her wild chimpanzee study group in Tanzania’s Gombe forest - remember

the big male chimp, David Greybeard? She had been told to assign them only numbers.

And, I suggest, women are more empathetic by nature and so they are more able to tune into and intuitively understand animal behaviour, especially when it comes to mothers and families.

Two generations of dedicated and intrepid women field-biologists like Goodall, have been responsible for a watershed in the pace and direction of research. They popularised behavioural research without affecting the dignity of science.

It transpired that the elephant was, in fact, “listening” to vibrations through the soles of its feet. An elephant’s cushioned feet have cartilaginous nodes directly above the soles capable of picking up waveforms passing through rock and soil. The nodes are of similar fatty material whales and dolphins have in front of their skulls which picks up underwater seismic waves emitted by others. Dolphins and elephants, how far apart can one get? It’s another instance of convergent evolution.

Nearly all mammals, at birth, have a brain size roughly 90 percent of the



Elephants listen with their feet



Bull elephants at Isimangaliso

weight of the adult brain. Their survival is based largely on instinct not on learning (brain work). In stark contrast, human babies are, uniquely, born with a brain only a quarter of adult size (28%) and elephant babies with not much more (35%).

Humans and elephants are helpless at birth and have to learn from their mothers how to survive. Both of us remain vulnerable throughout our long childhood and so our brains constantly develop and expand as we mature. For the first 10 or so years, elephant babies never move far from their mothers or from the extended family comprising aunts and grannies. All members of an elephant herd show a responsibility for the young regardless of whose young they are.

Elephant herds are always led by females, usually the oldest. The families may, on occasion, coalesce into bond groups but when they split up and reform back into family groups, they continue to stay in touch. We use technology - elephants use infrasound - sound waves too low in frequency for the human ear but capable of being

heard by elephants far afield and which can then be relayed to more distant groups.

Most if not all field biologists remark how elephants, when not being persecuted by poachers and by 'sportsmen', are the most social, family-conscious, altruistic and friendly of all creatures. It is the family discipline within elephant society that most impresses, and the admirable, selfless behaviour of mothers.

The field biologists working in Africa are, without exception, impressed by the degree of cooperation within the herds and the way mothers and their offspring stay together in tightly-knit groups. When danger threatens, the females immediately form circles around the young.

Joyce Poole provided compelling evidence of the way elephants use role models in calf development and how important, in elephant society, the attitude of its individuals is towards the upbringing and discipline of the young. She found mothers even teach their daughters appropriate courtship behaviour and observed how, when an

older bull approaches a young female, the relatives stay close.

Mating, after all, can be fraught considering the tonnage involved and how time is of the essence because females are in oestrus for only three days a year. It has recently been discovered that receptive females emit a unique infrasonic sound that attracts lone males from many kilometres away. As Poole wrote, "Being part of an elephant family is all about unity and working together for the greater good."

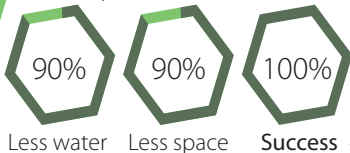
Elephants use vocal sounds, infrasounds through the air, and seismics by stomping; they scream, they trumpet, they chirp, they signal via smelly chemical secretions; they use body language quite as much as we do with our nods and waves and they touch each other just as we do when we tap somebody on the shoulder or give them a playful nudge in the ribs.

Sadly, it is only now, since we've shot the hell out of them, that we are beginning to realise how close we are - how very close - and how much we owe them in the way of apologies.



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CATS VS. DOGS

Throwing the Cat amongst the Pomeranians...

It's been said that the only thing Dog People and Cat People can agree on is that Bird People are the craziest... But seriously, while some may staunchly favour one type of pet over the other, most pet-lovers are what a well-known US behaviourist calls 'bi-pet-ual', and have a mixed fur family.

In the majority of cases, depending on how well you understand each species and set up a safe and comfortable environment for each, things will run smoothly and your dogs and cats will co-habit in a tolerant, if not completely adoring, relationship. The pointers here should highlight some key areas where

cats and dogs differ, and help you to achieve a harmonious canine-feline balance in your home.

HUMAN INTERACTION

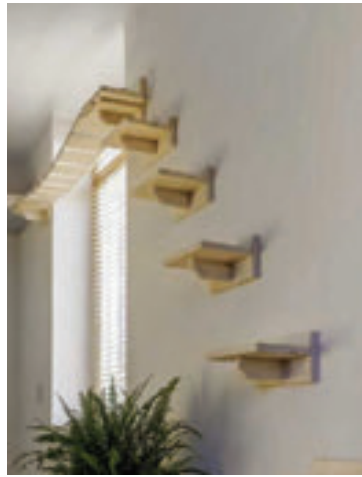
It is generally accepted amongst behaviourists that, while humans domesticated the dog, cats domesticated themselves. Dogs are pack animals and relish interaction, if not with each other, then with their human 'pack members'. Cats are solitary hunters, so they prefer to seek out company (whether human, or that of other family pets) on their own terms. They enjoy their privacy and independence and do not crave company, as their canine brothers and sisters do. **While dogs are pretty much always ready for activity or affection, cats like to initiate these with us when they are 'in the mood'.** Cats are well-known for hopping straight onto the lap of the guest who professes not to like cats, or who is allergic. In fact, probably the best way to engage a cat's attention

and interest is to play hard to get! Cats can be taught appropriate behaviour, like staying off counters, but you'll need to accept that they will never live to please you, like dogs do.

For the most part, **cats avoid the rough-and-tumble type of play favoured by dogs, and appreciate being approached with a degree of calm and composure.** It might help to visualise your dog as a varsity student, and your cat as an opinionated 40-something. The former sees every event from breakfast to a walk in the park as a party situation; the latter, you can discuss your politics and spiritual views with.

PREY OR PLAY? SAFETY FIRST!

Given that cats are generally much smaller than dogs (unless you are owned by a Maine Coon and a Chihuahua combination), **it is vital to a cat's safety in the home that all dogs are taught, from Day 1, to respect**



their feline siblings. There will always be exceptions, but it is ill-advised to bring cats into a home of dogs with a fighting breed background (Pit Bulls, Bull Terriers, Staffies), dogs that were bred to hunt small live prey (Dachshies, Whippets, Greyhounds) or members of the Terrier group. These dogs were originally bred to kill animals that look and behave a lot like cats, and there will always be a natural born instinct in them to chase or attack cats, especially if they try to flee. Horror stories abound of happy family pets who seemed to get on really well ending up attacking each other following a trigger-event of some sort. It's just not worth the risk. **It is always preferable to introduce a new**

puppy to an existing family of cats, where he can learn 'cat manners' along with all the other social skills he must master when he joins the family. If you plan on adopting a rescue dog, ensure that he has been socialised with cats and that his behaviour around cats (and other dogs) has been assessed, or you may have either an assembly of fuming felines, or a potentially life-threatening situation on your hands.

When bringing kittens into a home with dogs, even if the dogs have grown up with cats – ensure that any interaction between the species is supervised initially (until the kittens are at least 16 - 20 weeks of age and stronger and quicker, to get themselves to safety if need be). Lock them safely in a room by themselves when the humans are out.

Observe your dog's behaviour and learn to identify when it's play and when it's prey. Canine body-language indicates when he wants to stalk/hunt: dropping down through the shoulders, fixating his stare on the cat, furrowing brow,

stiffness in the body. It's vitally important that your dog understands and has mastered the 'LEAVE!' command, as this will enable you to stop any undesirable behaviour immediately. Remember to always reward your dog for obeying your instruction with a yummy food treat, big cuddle or vocal praise.

You'll also want to learn to tell when your cat is stressed, eg. avoiding being in the room when another pet is occupying the space, urine marking, hiding/cowering, etc. It goes without saying that young children also need to be taught to interact gently with all pets, and to initiate play with dogs and cats differently, according to their individual preferences.

INTROVERTS AND EXTROVERTS

Cats are private creatures and ensuring their comfort in a multi-pet household involves paying specific attention to a few basic requirements. Litter trays need to be placed in areas where a cat can conduct his or her toilette away from the traffic of other pets and family members. A hooded litter tray with carbon filter for odour management may be just the ticket - visit Twisted Whiskers to see what's on offer. Remember the **1 + 1 rule: one litter tray per cat in the household (unless they have free access to the outdoors), and there should be one extra available.** Feeding stations and sleeping areas should also be 'far from the madding crowd'.

Many cat breeds have evolved from being tree-dwellers and consequently enjoy aerial entertainment. Providing them with wall shelving or cat trees helps reduce anxiety, especially that caused by overbearing doggy friends. (Ask TW staff about custom-built cat trees to suit every home and budget.)





Dogs, on the other hand, thrive on exercise as a means of keeping in touch with the outside world and burning off excess stress and energy. They are true socialites and value any opportunity to interact with their family and extended pack at the local dog park. Factor in plenty of 'team activities' for them like Doggy Day Care, puppy socialisation or obedience classes, charity dog walks, etc. Your dog's calendar should be busier than yours!

FEEDING HABITS

If you've previously been owned either by cats or by dogs, choosing a bi-pet-ual lifestyle may take some adjusting to. For starters, cats are 'grazers', preferring to snack on small meals throughout the day. It is therefore completely acceptable to leave food down for them so that they can eat ad lib. Twice daily feeding works well for dogs, who flourish in a structured environment. Taking up his bowl 5-10 minutes after he has walked away from it, regardless of whether or not the food has been eaten, helps reinforce for your dog the concept that he depends on you, his Top Dog, for food, rather than being allowed to 'feed himself' throughout the

day, as he pleases, if the bowl is left down. If your dog has a clear understanding of this vital principle, it can go a long way towards avoiding issues like anxiety and aggression resulting from him feeling superior to the human pack and therefore responsible for their well-being - and consequently being resistant to having boundaries placed on his behaviour.

Cat food is higher in both protein and fat than dog food, making it practically irresistible to most canine palates. Added to this, dogs tend to be of the opinion that what's in anyone else's bowl is way more exciting than what's in theirs... Food left at ground level for the cats in a multi-pet family is therefore at grave risk of being vacuumed by the dogs at the first opportunity. Dogs can be trained to 'LEAVE!' the cat food, but it's safer to place cat food on a counter, out of reach of curious snouts. The kitties will thank you for the opportunity to be able to dine in peace and the dogs will retain their lean physiques.

Cats remain hunters at heart, regardless of how regularly we provide them with



yummy meals out of a pack or tin. It's only a matter of time before your cute little ball of candy-floss presents you with a freshly-dismembered bird. Or a Parktown prawn, valiantly clinging to its last shred of mortality. These are often artfully displayed on your pillow, or tucked lovingly into one of your favourite slippers. Try to avoid the urge to part company with your breakfast and/or to cart the cadaver off smartly in the direction of the nearest bin - for the uninitiated, the polite response is to praise your kitty for being such an amazing hunter. Fake it 'til you make it!

THE JOYS OF BEING BI

Now that we've looked at the amber lights, let's consider some of the fantastic things about being bi-pet-ual:

- Enjoy the adoring, unconditional love from your dogs, as well as that special



sense of pride that can only come from knowing that you've been 'chosen' by your cat.

- Relish all the exciting adventures you have with your dog, and then retreat into the tranquil 'sacred space' provided by stroking a purring cat on your lap.
- Appreciate your dog's clowning and your cat's elegant composure.
- Prepare to be amazed at how deep a bond both your dog and your cat can build with you - expressed in completely different ways.
- Embark on an intellectual journey with your pets as you observe how the inherent traits of canines (pack animals) and felines (solitary hunters) play out in a domestic situation and how well developed they are for these roles, as well as the special and sometimes unique characteristics exhibited by the various breeds of dogs and cats.

We may find we 'connect' more easily with one species than another, but any animal who is shown care and respect will respond in kind, and investing in our relationships with both our dogs and our cats will bring rewards beyond our wildest imaginings.

Anatole France once said,

"Until one has loved an animal, a part of one's soul remains unawakened."

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4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
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HOUSE & PET SITTING: Would you like peace of mind for the well-being of your home and pets while you travel? Mature male available to look after your pets and home. Services include maintaining your swimming pool and watering of plants. References available on request. Please call Clint Stebbing on 072 532 7580 or email: clint.stebbing@gmail.com

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DOMESTIC WORK:

Charity: My reliable, honest domestic worker is looking for a full time or part time job, as I have relocated. Please feel free to contact me for a reference on 076 444 4164.

Veronica: Malawian with work permit, hardworking, trustworthy, friendly, looking for any household work including childminding, Mon, Wed & Fri. Call Veronica on 084 574 8400, for a reference call Cindy on 082 378 3440.

Hilda: Looking for part / full time live out domestic work, honest, wonderful at ironing, good with kids and animals, working for me for the past 5 years, she is South African citizen. Call Hilda on 076 786 6594 or Cindy on 082 378 3440 for a reference.

Caroline: Looking for part time or full time work, she is able to live in or out. Caroline is hardworking and meticulous with ironing and cleaning, she has a friendly disposition. For a reference please call Inge on 083 631 0353.

Sarah: Looking for domestic / childminding / Tea lady / Office Cleaner position, hardworking and available immediately. Call Sarah on 076 567 6109 / 061 672 2929. For a reference contact Laurence on email: aramanfamily@hotmail.com

Selina: My fantastic domestic is looking for work on Mon, Tues, Wed & Fri, she is a hard worker, trustworthy, excellent at ironing and cleaning, brilliant with pets. Call Selina on 073 390 7324 or Waldete on 082 377 0430 for a reference.

Innocentia: Looking for work as a domestic, hardworking and works well under pressure. Call 071 502 0372 / 061 678 0268 or contact Laurence on email: aramanfamily@hotmail.com

Joyce: Fabulous for all domestic work and highly recommended. Joyce will often notice what needs cleaning before I do, and will take initiative to get it done beautifully. She communicates well and is a pleasure, open to full or part time work. Call Robyn for a reference on 083 324 1521 or Joyce on 084 397 6312 / 078 746 0626.

Sarah: Malawian domestic looking for work on Wed, Thurs & Sat, 6 years' experience. Please call 073 095 1096 / 073 604 2467 or 064 356 2873.

Betty: Malawian seeking full time live in employment as a housekeeper, has experience with caring for children, honest, trustworthy, reliable & very hardworking. Call 063 548 6536. For a reference call Locunda on 083 308 3889 or Sandy on 082 852 5907.

Sylvia: Due to relocation, my reliable maid is looking for work on Tues, Wed, Thurs & Fri, she is excellent at domestic work and can also do babysitting. Please call 082 975 0614. For a reference call Carol on 082 320 1715.

Jess: She is a hardworking, reliable worker and a fantastic ironer, looking for work on a Sat. Call Jess on 063 231 3784 or for a reference call Cathy on 082 903 3968.

GARDENERS:

Andrew: Malawian gardener is looking for work on Tues and Thurs, hardworking and reliable. For reference call Adri on 083 235 0372 or call Andrew 083 645 9607.

Stanly: Looking for part time gardening work, he is honest, trustworthy and very hardworking, available on Mon, Wed & Sat. Call Stanly on 083 371 0495.

Sangwani: FWG gardener for the past 11 years is looking for additional work on Mon & Wed. Contact Sangwani on 071 068 7204, for a reference call Caroline on 083 287 1486.

Grandwell: Malawian looking for painting or gardening work, also dog walking, on Wed, Thurs, Fri & Sat. Call 073 721 8097, or for a reference call 083 650 2080.

Danny: Hardworking gardener looking for work on Mon, Wed & Sat, references available from FWG residents. Call Danny on 081 014 8731.

Phaskani: Malawian looking for work as a gardener on Tues & Wed. For a reference call Matthew on 083 375 3000 or call Phaskani on 081 055 4089.

Maxwell: Our gardener is looking for work on Mon, Thurs & Fri, he is trustworthy and hardworking, he is Malawian. Call Maxwell on 073 358 3165, or for a reference call 083 287 5587 / 083 460 6484.

Lyford: Looking for gardening work on Mon & Thurs, has 16 years' experience in gardening and swimming pool care. Please call 078 143 0984 / 064 011 1015 or for a reference call Jenny on 083 325 8678.

Roy: Malawian looking for Thurs and weekend part time work, he is hardworking and reliable with a valid driver's licence. Call Roy on 073 857 4329, or Cindy 082 378 3440 for a reference.

Simon: Looking for part time work on Mon, Wed & Thurs as a gardener, painter or driver, honest and hardworking. Call Simon on 074 405 6004, or for a reference call Christina 083 660 8944.

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Agency	Agent	Cell Number	E-mail	Website
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	Brian Falconer	082 651 7890	brian.falconer@everitt.co.za	www.chaseveritt.co.za
	James Le Bihan	082 777 3543	james.lebihan@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni Maureen James	083 601 5521 082 882 0228	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Droskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Martina Forsyth Tracey-Lee Savage (rentals)	083 260 1562 083 654 2729	martina.forsyth@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Charmaine Rousseau	071 331 5944	charmaine@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
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HOW I WAS CAUGHT UP IN A SEGS SCANDAL

Now that London has enhanced its War Rooms underneath Whitehall from where Britain conducted World War 2 – the war that began 80 years ago – there is a resurgence of interest in that war.

Even in the sleepy Cotswolds where I was not long ago, I came across a tiny museum filled with memorabilia of the war years including - to my joy - a handful of metal studs called Segs. Now Segs will mean nothing to most readers, but to me - I was a small child when the Germans were redesigning British cities by dropping bombs on them - the sight of those studs released a cascade of memories.

We had moved out of London where I was born, to live in the Warwickshire countryside where the bombs were being dropped in a less concentrated manner. But life was frugal. No liquorice all sorts and we had to eat ox hearts and bowels because (mother said) the kids in China were starving. I have never quite worked out how this helped the kids in China.

But there was in the UK a shortage of almost everything - including cows and this meant a shortage of leather. Because leather was almost

unobtainable, our shoes had to be made from imitation stuff, but the soles were of real leather. To make them last as long as possible my father hammered into them these heavy metal studs.

Like Cinderella, I had two ugly sisters who, despite their tearful objections, had to wear Segs in their shoes. When we three walked down our road to the village we sounded like the Brigade of Guards. Dull red sparks flew from our feet sometimes setting light to hayfields.

Walking on Segs was fun for me - a bit like wearing roller skates because they elevated one some distance above the ground. For years I never knew what it was to walk at ground level and it was only after the war, when the cows came home and Segs were no longer necessary, that I discovered I was quite a short little fellow.

A few years after the war our biology mistress announced the time had come

to teach us about sexual reproduction. She was very embarrassed, and she coyly asked if any of us knew anything about sex. She was hoping, I suppose, that we would all nod enthusiastically and she could then skip the subject and get on with the respiratory system.

Nobody reacted, except me. Having very narrow ear channels I thought she was asking if any of us knew about Segs and that she wanted to reminisce about those dark war days.

My hand shot up. She was surprised. Everybody was.

She bade me take the floor and I told the class how Segs made you feel tall and how really good Segs caused sparks to fly and set light to hayfields. Noticing the way the biology teacher's eyes shot open I warmed to the subject and told the class that my father claimed the more Segs you had the longer your shoe leather lasted.

I was about to tell her how the cobbler's wife down in the village, Mrs Deeming, would give us boys free Segs - but she motioned me to sit down and we all had to take out our text books and turn to page 147 and read (quietly to ourselves) about the reproductive habits of the common newt.

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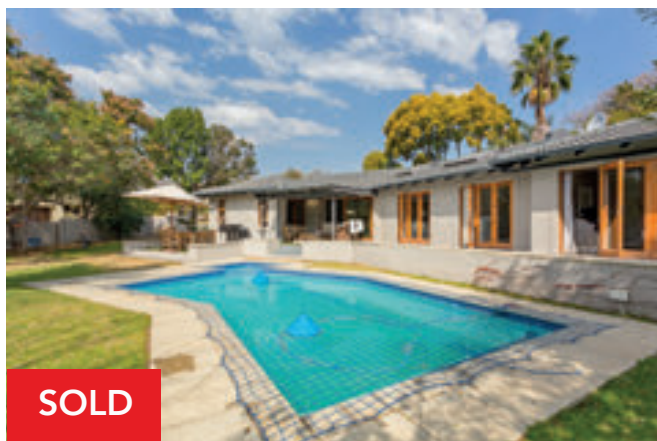


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