



# FOURWAYS GARDENS

*Residential Estate*

July 2017

**FURRY FRIENDS  
NEEDING A HOME**

**Yoga in the Park**

**Winter pruning tips**

**Comrades 2017**

**Oh, to be beside the seaside**

James Clarke reviews two new guide books  
that add new dimensions to enjoying the outdoor

Lew Geffen

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Their wealth of experience, not only in real estate but of the lifestyle of Fourways Gardens means that buyers and sellers are in trustworthy company. Seeff were the market leaders in 2016 – and look set to advance this further in 2017. Conveniently situated in the Agora shopping centre, just outside the gates of Fourways Gardens, this specialised team is readily available to assist you with a valuation, sale, purchase or rental.

An understanding and love of the family-friendly community and being supporters of local initiatives such as the recent street clean-up, Michele and Trish are both well-known in the estate as a result of their commitment to customer service excellence.

Michele Zuccollo  
082 850 8356 | 011 467 3233  
michele.zuccollo@seeff.com



Trish Walton  
082 442 9112 | 011 467 3233  
trish.walton@seeff.com



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It's a funny thing. Once they were your advisors and now you're theirs. Perhaps you've never spoken much about family finances but now would be a good time. At Evergreen we often find ourselves having these conversations with parents and their grown-up children and what we say always comes as good news. After all, we believe that our Life Right model offers anyone in retirement the very best lifestyle at a price that is flexible and tailored to their finances, with the goal of fully funding the future and all that it may hold. Those living at Evergreen will testify to how liberating it is to live without stress or fear. It's a feeling that lifts a burden from you too.

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For more information, please call us on 011 467-7097 or e-mail [info@evergreenlifestyle.co.za](mailto:info@evergreenlifestyle.co.za)  
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Cover photograph: David Reid

## IMPORTANT NUMBERS

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

Estate Security RSS 011 465 5465/66  
 Main Control Room  
 Emergency and Medical Response 011 467 1400

Council Service and Enquiries: 011 375 5555

In case of emergency:  
 Douglasdale Police Station 011 699 1300  
 ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

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

Fraud & Corruption Hotline 0800 002 587

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# 23



# 39



# 47



# FOURWAYS GARDENS

Natalia Atanassov 084 783 3010 · pamgolding.co.za/natalia-atanassov  
Tracey-Lee Savage 083 654 2729 · pamgolding.co.za/traceylee-savage



We are  
Fourways  
Gardens.

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

We are your  
Fourways Gardens agents  
Natalia and Tracey-Lee.



FOR SALE

Ref# FW1315376

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FOR SALE

Ref# FW1323065

Fourways Gardens / R4.59 million



FOR SALE

Ref# FW1312800

Fourways Gardens / R6.95 million



FOR SALE

Ref# FW1300250

Fourways Gardens / R3.85 million



FOR SALE

Ref# FW1318358

Fourways Gardens / R8.89 million



FOR SALE

OPTION TO RENT

Ref# FW1320190

Fourways Gardens / R4.68 million



FOR SALE

OPTION TO RENT

Ref# FW1320201

Fourways Gardens / R8.2 million



TO RENT

OPTION TO RENT

Ref# FW1320190

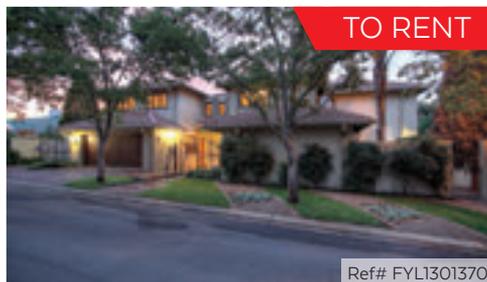
Fourways Gardens / R7.25 million



TO RENT

Ref# FYL1320691

Fourways Gardens / R58 000 pm



TO RENT

Ref# FYL1301370

Fourways Gardens / R45 000 pm



TO RENT

Ref# FYL1317394

Fourways Gardens / R34 000

## FROM THE FWG HOA BOARD OF DIRECTORS

# “DREAMS AND DEDICATION ARE A POWERFUL COMBINATION.”

**T**he Board of Directors have many dreams for the enhancement and improvement of our beautiful Estate. To this end it has been the dream of our residents, our predecessors and our approved estate agents that we eventually own our own roads. This remains one of our dedicated projects, and we are engaging with the relevant authorities in the hope that this dream may one day be a reality.

Residents will hopefully have noticed that whilst we aim to make such dream a reality, we have commenced with other projects to tidy and beautify our Estate. Our maintenance staff have been hard at work painting our road markings and fixing our street signage. Oscar and his team work hard each day to reach these objectives and we are appreciative of their efforts in this regard.

The board members also wish to convey their thanks to our staff members at the HOA, and all those residents who have volunteered to serve on our security sub-committee, during the tender process for guarding, access control and CCTV installation. As residents will appreciate, the tender process and the adjudication of tenders received



pursuant thereto is exceptionally time consuming. We are confident that a transparent process has been followed, which will ensure that the best interests of the residents are upheld.

Security in the Estate is paramount and the main reason that residents reside in our Estate. Sadly, this does not mean that our service providers can cover every loophole. Residents are accordingly urged to also play

their role in securing their homes and ensuring the safety of all residents in the Estate by adhering to the speed limit and following the correct access protocols for visitors and contractors. In this regard we will also require the co-operation and patience of the residents in the months to come, as our new access control system is imminent and new structures and systems will be put in place.

As the month of July is upon us and Mandela Day is fast approaching, we are reminded that the smallest act of kindness is worth more than the grandest intention. We accordingly urge residents to participate in the activities which we have lined up for Mandela Day. This will include, *inter alia*, a potjie kos competition (where the delicious meals will be sold to residents to raise funds) as well as a Throwback Party for our over 30's in the evening!

To achieve the objectives that this Board has earmarked for Fourways Gardens Estate, we need all residents to be involved and active with their contributions and suggestions. Let's create this dream together!

Regards,  
*Gillian Benson*  
Chairperson

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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# INTRUDER ALARMS

## Officer of the Month



Our Officer of the Month for June is Michael Machaka. Michael is one of our dedicated K56 officers and has earned the accolade this month through his exemplary work in the park.



According to Wikipedia, Edwin Holmes (April 25, 1820–1901) was an American businessman who is credited with commercialising the electromagnetic burglar alarm and with establishing the first burglar alarm networks.

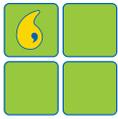
Many changes have taken since the time when the first burglar alarm was made in 1858. To many South African households, burglar alarms or intruder detection alarms are now an integral part of their daily routines. A misconception prevails in Fourways Gardens though in as much as some residents don't believe they need intruder detection alarms. Whilst the FWG Guard Force does its utmost to keep the bad guys out of the Estate, we have to rely on residents to ensure they don't invite the criminals to their houses. The intruder alarm is an invaluable tool to assist residents safeguard themselves from undesirable elements entering their homes. Technology in the intruder detection alarms industry has advanced so that the old days of having to punch in the code on the keypad is no longer necessary. The ease of use astounds many people not familiar with alarms. Once installed, though, the alarm system is only any good when it is used and maintained. Here are a few Intruder Detection Alarm tips to remember:

- Don't be the "boy who cried wolf".

Persistent false alarms irritate neighbours and lead to a false sense of urgency. If there is something wrong with the alarm have it fixed as a matter of high importance.

- Test your alarm on a monthly basis. It's as easy as phoning the control room and telling them that you want to test your alarm. The controllers will help you from there.
- Make sure the alarm is plugged into the wall and is turned on. Most transformers (the big box attached to the wall near the plug) have an LED which is lit when the alarm is provided power from the mains.
- Have a technician service the alarm about once a year. He will clean out the detectors, make sure the wiring is still good, check the battery and change it if required and ensure the general good health of your device.
- Make sure you and only those you want have access to activate and deactivate your alarm.

*Matthew Smith*  
Security Manager of Fourways Gardens



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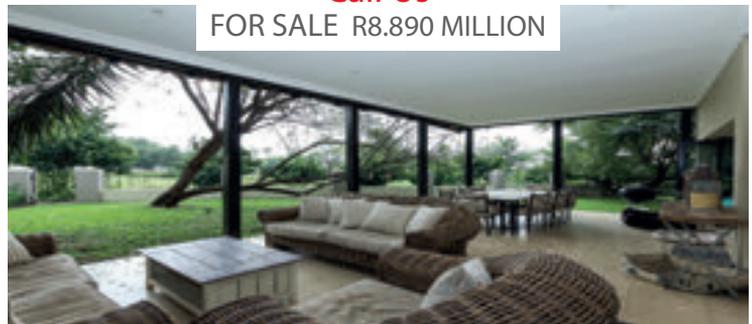
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# Monthly Draw – May 2017

Our Monthly Draw took place on Friday, 26 May and with R18,000 in the pot the restaurant and hall were jam packed.

**Hamper winners:**

- 1st Lou Holding
- 2nd Elsje Calkoen
- 3rd Jennifer Spencer

**Erf winner:**

- 1537 3 Robinia Crescent  
Kenric and Lindsey Owen.

Unfortunately, the Owens were not in attendance on the evening, so the cash pot will roll over to R19,000 for the June draw, which will take place on 20 June at 19h00 in the Clubhouse. All registered home owners in good standing are automatically entered, but you have to be at the Clubhouse Draw to claim your prize! Hope to see you at the next one!

**Rules for the monthly draw:**  
Anyone in attendance stands a chance to win one of the lucky draw prizes.

Simply complete your details on an entry form and you can win one of three beautiful lucky draw prizes.

Remember, you have to be there to win!

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# FWG Activity Providers



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00		Outdoor Fitness Classes (8-10)		Outdoor Fitness Classes (8-10)		Outdoor Fitness Classes (8-10)
08:30			Pilates - Tracey (8:30-9:30)		Pilates - Tracey (8:30-9:30)	
09:00		Yoga - Wendy (9-10:15)	082 894 6096	Rhona Williams 083 600 1868	082 894 6096	Rhona Williams 083 600 1868
09:30	Yoga with Virusha Gowrie 072 500 7215 virusha.gowrie@gmail.com	Rhona Williams 083 600 1868	011 465 7155 083 400 6211			
10:00				Cristina (10:00-11:00)		
10:30				Flamenco Dance 076 521 8750		
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00				SmartPlay Soccer (14:00-15:00)	SmartPlay Soccer (14:00-16:00)	
14:30				Vincent 078 1223 944	Vincent 078 1223 944	
15:00				Helen O'Grady Drama Academy (15:00-18:00)		
15h30		Debbie (15:45-16:45)				Yogabats (15:30-16:30)
16:00		Jazz - 082 425 6098		Kerry Holbrook 083 410 2940 www.dramafrica.com		Desley White 011 465 1939 / 084 465 1939
16:30			Goju-Ryu (16:30-19:30)		Goju-Ryu (16:30-19:30)	
17:00		Cristina (17:00-18:00)				
17:30		Flamenco Dance 076 521 8750	Stef and Roberta 083 384 3026 / 083 309 5352		Stef and Roberta 083 384 3026 / 083 309 5352	
18:00		Yoga - Wendy (18-19:15)		<b>FOR HOA AND AGM MEETINGS</b>		
18:30		011 465 7155 / 083 400 6211				FWG Running Club secretary@frra.co.za Mandy 083 462 2725
19:00						
19:30						
20:00						

Clubhouse Phase 2 Outside Phase 2 Soccer Nets All fees and times to be confirmed with the activity provider concerned.

# Yoga in the Park – Phase 2

I am Virusha Gowrie, a qualified Hatha and Transformational Yoga teacher, and this has been my passion for many years and now my way of living.

In fact, by practising yoga I have learnt to be more present in my everyday life. This requires constant checking in and dedication to be able to still the mind.

My advice... connection to sensations in the body while in an asana (pose). Become aware of surroundings, connection of groundedness on your mat, begin to surrender the feeling of resistance in certain parts of the body. Let your gentle breath be your teacher, the mind tends to become more interested on what is happening in the body.

Practise for myself and others are gentle, profound, connective and integrative. Yoga has been gaining immense popularity due to short term as well as long term benefits that it provides. The aims of yoga enthusiasts are extremely varied. Some are particularly inspired by the spiritual and relaxing element that yoga provides, others by the increased fitness and flexibility that it results in. Some people find solutions to suffering from varied health disorders and there are others who achieve an all-round development of a calm, stress free mind and a fit body.

It has been the subject of research for the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, and chronic disease.

Yoga in fact means "Union" of individual consciousness with the supreme consciousness. The goal of yoga shows that it is a holistic way of life, leading to a state of complete physical,



social, mental, spiritual well-being and harmony with nature. Yoga is effective in prevention as well as management of stress and stress induced disorders.

Training of yoga asanas (poses) and pranayama (breath-work) for a few months, 1 hr everyday can develop a sense of well-being. There are many types of yoga, Hatha yoga

is combination of many styles and one of the most popular styles that I teach.

Wouldn't it be beautiful to drift out of work or home to the nearest park for some al fresco asanas (poses). The beautiful expansiveness of the sky above you, the spreading trees as your inspiration for standing postures and grass tickling your feet while in grounding poses and relaxation, the sun warming you gently, bringing vital aliveness to each flow of movement.

"Yoga is settling of the mind into silence. When the mind has settled, we are established in our essential nature, which is unbounded consciousness. Our essential nature is usually overshadowed by the activity of the mind"

Join me every Sunday Morning from 9.30am until 10.30am during winter months and 09.00am until 10.00am during summer months.

Contact: Virusha on:  
072 500 7215  
Email: [virusha.gowrie@gmail.com](mailto:virusha.gowrie@gmail.com)



# WATER: OUR MOST VALUABLE UNDERVALUED RESOURCE

## TALK BY DAMIAN BOOTH TO THE GARDENING CLUB OF FOURWAYS GARDENS, JUNE 8TH MEETING 2017.

Benjamin Franklin said,

“When the well’s dry, we know the worth of water.”

AMANZI4SURE is owned and run by Fourways Gardens resident Damian Booth and provides municipal water backups, water harvesting and drinking water filtration systems.

Water is scarce and water prices are going to escalate in coming years. The consistent, mostly reliable supply of water in our area is at risk due to the increasing developments in Northern Johannesburg and lack of services upgrade to keep pace. This includes the massive mall development happening in Fourways.

Compared to the rest of the world, our water tariffs in South Africa are low and water is a significantly undervalued resource. Business tenants are now insisting on standby generators and municipal water backups as a prerequisite for rental agreements. This is also starting to be a trend in residential letting for expats.

So what are our options to ensure a secure consistent supply of fresh safe water?

- Grey water is an option but a challenge as untreated grey water contains chemicals and bacteria and cannot be stored for longer than 24 hours. The water can only be used for irrigation and it needs heavy treatment.
- Borehole water is an option. If you’re fortunate enough to drill successfully, the quality of the water needs to be tested and usually treated to make it suitable for drinking and other household use. Drilling, testing and

filtration can be costly. Most Fourways Gardens boreholes hit water at 40 – 60 metres and achieve yield of between 500 - 2500 litres/hour. A yield of less than 250 – 300 litres/hour is not financially viable.

- Rainwater harvesting is a “green” way to go and will ensure you have stored water in the rainy season. Rainwater can be used to water the garden and top up the pool.
- Installing a municipal water backup is a sure way of securing your drinking and household water supply for interruptions in the municipal water supply.
- Filtration of drinking water due to the decreasing quality of the municipal supply. AMANZI4SURE supplies residents with options of filtering the municipal water for the entire house or only selected taps used for drinking water.

After assessing the various options, the most popular way residents and businesses go is either a Municipal Water Backup or a Borehole, the latter being the significantly more expensive option.

AMANZI4SURE specialises in Municipal Water Backups, the most popular being 2500 or 5000 litre storage tanks, which will last between 2 and 5 days for an average household, depending on how responsible the water usage is. The system works on water pressure as the trigger of the backup to start feeding the house with water. As soon as the municipal water pressure drops below a certain level, when a tap is turned on in the house, the backup pump kicks in and pumps water from the JoJo tank into the house. It is recommended to run the backup once a week for a short period to ensure the water circulates and remains fresh. Designing the backup system for each residence is different and depends on where the water enters the property, location of

underground pipes, paving, and so on. AMANZI4SURE only uses quality parts on their installations, ensuring the longevity of the installation.

Tips for choosing an installer:

- Ensure the installer uses quality plumbing materials.
- Don’t go with an installer who quotes you without a site visit. The foundation for a successful installation is a good customer specific design, which cannot be done without a site visit.
- Don’t go with an installer who does this as one of the things they do. Select one that specialises in municipal backups to get the best results.
- Beware of the cheapest quote. Repair costs on botched jobs by fly-by-night installers cost the customer more in the long run.
- Once you have short listed the suppliers, invest some of your own valuable time and do at least one site visit of an installation that is at least 6 months old, preferably a year. That way you see how the workmanship stands the test of time.
- Ensure the tank is installed in a concrete plinth or similar flat surface – without this most tank warranties are invalid.
- Ensure a good quality, correctly spec’d pump is used – that’s usually the first thing to break (make sure you run it regularly if it’s not on a timer).
- Invest in the biggest tank you can afford and fit into the space you have available. The cost difference of a 2500 and 5000l is not much when you considered the entire installation.





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# WINTER PRUNING TIPS

## Trees & Shrubs

When it's cold outside it is easy to forget about our trees and shrubs outdoors. Winter is actually one of the better times of year to prune some of your deciduous plants. Pruning in general is important for many reasons. It helps to control the size of the plant, guide its growth, and encourage flowering and fruiting. It is a necessity to keep your trees and shrubs healthy by pruning out broken, diseased and dead branches.

## Why prune in winter?

Pruning in the winter has its advantages. First, with the lack of leaves on the plant you can better determine where to make the proper cuts. The structure of the plant's branches is easier to see and easy to follow. The winter weather also provides the least amount of chance of diseases being transmitted from one plant to another.

Many deciduous, or broadleaved, trees and shrubs can be pruned in the winter while dormant. This will help prepare them for the upcoming spring season. It is important not to prune evergreens. It is typically recommended that they are pruned during their growth season.

## What are the best practices?

When deciding which branches to prune, be sure to follow the natural lines of the plant. Cut off any dead or diseased branches first. If there are any unnatural-looking limbs that are sprouting from the base or at right angles to others these can also be removed. To promote air circulation, thin the canopy of trees out. Start at the centre and move to the exterior, thinning out the branches that make

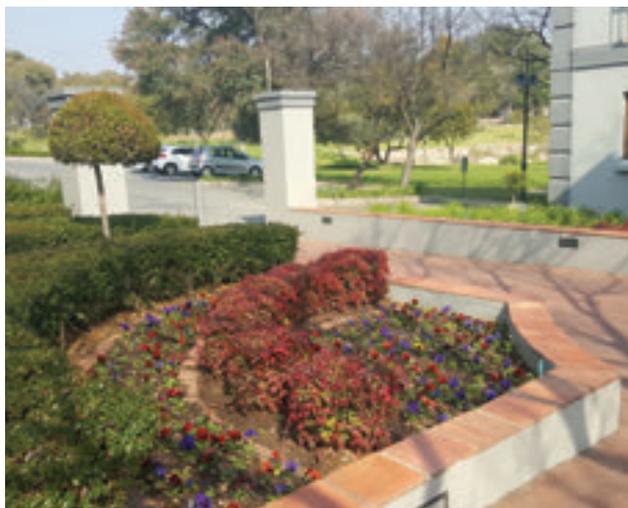


## Beetles

5000 Beetles were released into the waterways at Phase 2. This is a way to control the Parrot Feather weed in an eco-friendly manner.

## Clubhouse Annuals

New annuals were planted at the Clubhouse to revamp the beds and add a new splash of colour for the winter months.



## Chipping for Mulch

Real Green staff chip weekly to produce mulch on site. As part of our winter programme all beds will be prepared and mulched during the winter months.



up the densest part of your tree or shrub. When cutting, be sure to prune just above a bud.

Be sure to never remove more than one-fourth of the plant. Also avoid topping or cutting off the tops of your shrubs. Topping only encourages unmanageable growth. Another word of caution: if you are dealing with a large tree or your plant is close to power lines, it is best left to the professionals. (RealGreen is able to provide quotations for such instances.)

## Rose Pruning

Pruning roses is intimidating to many gardeners, but actually very good for the plants. Becoming an accomplished rose pruner takes time and practice, but keep in mind that it is very hard to kill a rose with bad pruning.

### Why prune your roses?

Encourage new growth and bloom  
Remove dead wood  
Improve air circulation  
Shape the plant

### When to prune your roses

Rose pruning is done during late winter. Throughout most of South Africa this should be left until late July and August. This is when the days start to get longer and temperatures start rising which leads to new growth and a great time to shape and prune your roses.

In areas which experience severe frost and cold nights its best to wait till late August and even early September. Pruning a bit late is always better than not pruning at all.

Remember pruning in early winter and late autumn could stimulate new growth before winter, resulting in cold damage.

### Rose Pruning Basics

- Use clean, sharp tools.
- Look at the overall plant, but begin pruning from the base of the plant.
- Prune to open the centre of the plant to enhance light and air circulation.
- Make your cuts at a 45-degree angle, about 1/4 inch above a bud that is facing toward the outside of the plant.
- Make sure it is a clean cut, not ragged.
- Remove all broken, dead, dying or diseased wood (Any branches that look dry, shriveled or black. Cut until the inside of the cane is white.)
- Remove any weak or twiggy branches thinner than a pencil.
- Remove any remaining foliage.

So, even in the cold Winter months we can still enjoy gardening! It is generally agreed that most mistakes will grow out very quickly and it is better to make a good effort at pruning roses than to let them grow rampant.



# Quiz Night at the Clubhouse



Our second Quiz Night was hosted on Friday, 2 June at the Clubhouse. Once again the event was fully booked within days of opening bookings and the hall was jam packed with quite a few return patrons and some new ones.

The “Reigning Champs” had their work cut out for them as it seems that a few families were studying up for the quiz night! Competition on the night was so tight that second and third place went to sudden death as both scored the same points!

Thanks to our generous sponsors of the evening! Francesca Beattie Properties, who sponsored a R1,000 cash first prize, The Friendly Plant for sponsoring the very professional Quiz Master and the Clubhouse for sponsoring our second and third prizes. A R400 and R200 Clubhouse voucher comes in very

handy after enjoying a great evening at the Clubhouse.

Thanks to everyone involved for making this event as much fun as it was and all 16 teams that entered for bringing a great vibe to the Clubhouse! We will hopefully host another Quiz Night soon but keep an eye out for the announcement in our weekly newsletter!

**Winners – The Greens with 57 points**  
**Second Place – Friends with 55 points**  
**Third Place – Reigning Champs with 55 points (3rd due to sudden death round)**



Friends



The Greens



*The Reigning Champs*

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souvenir "Half Yard Glasses" and one litre Beer mugs on offer.

Bring the family to see the numerous artefacts and weapons displayed in the restaurant halls, "Fred" the skeleton in the dungeon, and the suits of Knight's armour. You are also welcome to dress up in costume to suit the occasion - there are over 300 costumes to choose from.

All in all, a unique experience, and an out-of-the-ordinary day out in the country and still as popular as ever.

Or book a Friar Tuck's Picnic Basket of delicious treats. Bring a rug, and enjoy a picnic on the lawns of the beautiful gardens or in the Royal Orchard. A typical basket could include artisanal bread, a selection of local cheeses, pâtés and dips, thinly sliced roast beef with harissa paste, honey roasted chicken cuts, and gooey chocolate brownies. Then it's time for a relaxing snooze in the gardens...

In addition, there are eight craft beers on tap, and a comprehensive wine list, with

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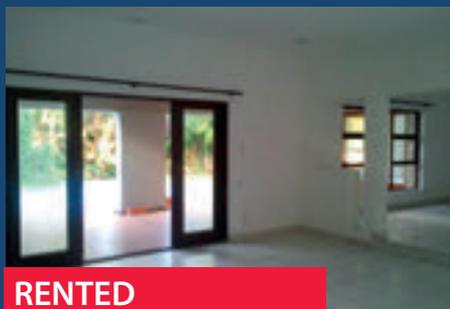
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## Our June wine tasting was presented by



Fourways Gardens Wine Club

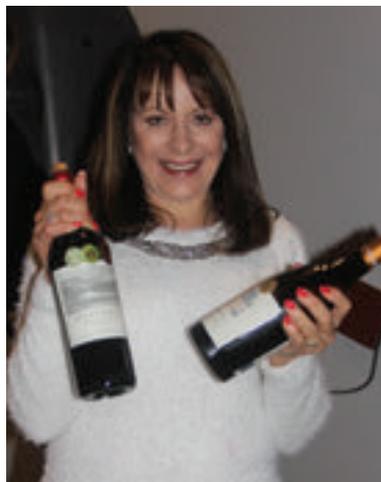
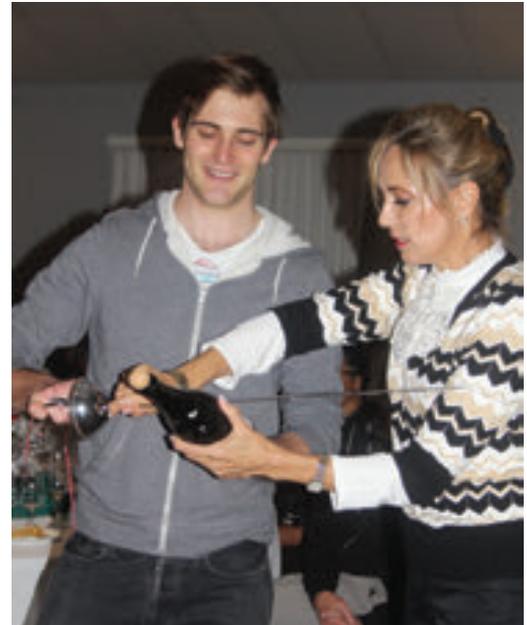
When word got out that Junel Vermeulen was returning to the FWG Wine Club evening to present Alvi's Drift Wines, booking of tickets was brisk. By the second week we had sold the usual 60 tickets but our restaurant, managed by Francois in his usual calm and controlled manner, told us he would be able to accommodate additional wine tasting enthusiasts. We eventually packed 90 guests into the hall who were treated to a wonderful evening of wine tasting, furthering their knowledge of Alvi's Drift wines and their champagne.

Junel treated us to a very interesting comparison of wines, tasting similar grape varieties that were either steel barrel or French oak barrel fermented. It was interesting to note the contrast of

the differing fermentation processes on the end product, and from the tastings, the French oak fermentation generally seemed to produce the preferred wine. She has a most wonderful way of presenting facts with a delightful sense of humour that keeps the audience enthralled.

Tyson Properties sponsored a wonderful Alvi's Drift Merlot which we had with our meal supplied by our restaurant. The food was plentiful and tasty and well complemented by the wine. Three lucky draws took place for wine hampers, sponsored by Tyson Properties.

Again a very successful wine tasting evening held by the FWG Wine Club, with a lot of happy attendees.





# The August 2017 wine tasting will be presented by



Acclaimed for bespoke wines and sweeping panoramic views, Constantia Glen is one of the gems of the Constantia Valley, the home of South African wine with a proud history of winemaking dating back to 1685. They produce the following award winning wines: Constantia Glen TWO, Constantia Glen THREE, Constantia Glen FIVE and a special Sauvignon Blanc.



In addition to Constantia Glen, we will also be tasting Le Riche Wines.



Le Riche Wines is situated on the slopes of the Helderberg Mountain, in close proximity to the historic town of Stellenbosch.

Etienne le Riche created this winery where he could express the cultivar he had grown to love and respect, Cabernet Sauvignon. Preferring not to be inhibited by estate classification, he chose to select grapes from the best possible terroirs Stellenbosch had to offer. The resulting wines have shown great elegance and class, consistently proving to be of superb quality and maturation potential.

Date: 2<sup>nd</sup> August 2017

Time: 19h00

Cost: R130.00

Our restaurant will provide local cheese and biscuits with the welcome wine on arrival and Chicken Curry and Rice served with a green salad and an assortment of breads AFTER the Wine Tasting. A vegetarian option is available - please let us know when making your booking if that would be your preference.

**Please make your bookings and payment directly at the Clubhouse.**

**Numbers are Limited.**



# Camping with intent!



**A**t Dainfern College all pupils in both the Senior Preparatory and the High School go on a grade camp each year as an important and purposeful part of the educational process – camping with intent rather than camping within tent!

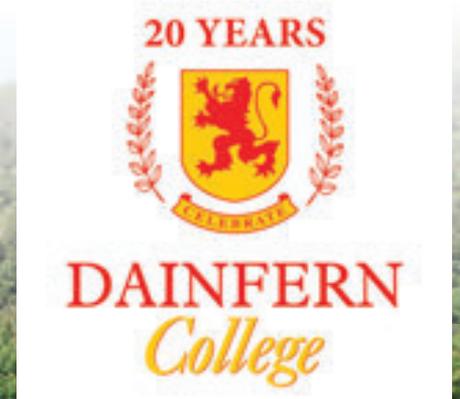
The purpose of Senior Preparatory camps is to encourage personal growth, team building and an appreciation of the environment. It is also a time for pupils and teachers to spend time together in a less formal situation than that of the classroom.

In the High School camps are an opportunity for students to be taken out of their comfort zones, put together in activity groups and given the chance to experience different and often challenging situations. They learn much about themselves and about group dynamics and, if the programme is well run, about being both a leader and a follower. Each High School grade camp has a significant leadership component as an intentional element of leadership development at the College.



The camps culminate in the Grade 12 Matric Retreat that takes place in the third term. This very special time of reflection, introspection, friendship and growth is the last time that the Grade 12s can bond as a group before they scatter to their respective universities, colleges and careers.

To find out more about Dainfern College, contact Mrs Deidré Proxenos, marketing manager, at [dproxenos@dainferncollege.co.za](mailto:dproxenos@dainferncollege.co.za) or 011 469 0635.





Fourways Gardens  
Social Club



June Overview

Once again we met on the first Tuesday of the month for coffee and cake. This is just an opportunity for new and current residents to get together and meet others living on the Estate.



The Wine Club had a wonderful evening tasting excellent wines from the wine farm Alvi's Drift with over 90 people attending! These wines have been very successful in the show circuit and everyone enjoyed the tasting.



Bridge on a Friday afternoon in the Clubhouse Restaurant continues to have a popular turnout. So if you are keen to have a game, please come along at 1pm.



The Ceramic Painting Group has been producing some wonderful art pieces. They meet every fourth Tuesday and new members and crafts are always welcome.



The Book Club meets on the third Tuesday in the month. In June we just got together to find out what everyone is reading during these cold winter days. There is currently about 10 people in the group and it is always great to find out everyone's recommended reads.

For now there will be no more board game evenings, but if this is a club you are interested in please get in touch.

The weather has turned colder for tennis so there haven't been many games lately but if you would like to play please get in touch as there are always people looking to play.



JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1st Tennis - 15h00-17h00
2nd	3rd	4th Tennis - 7h00-8h00 Social Coffee - 10h30	5th Wine Tasting - 19h00	6th	7th Bridge - 13h00	8th Tennis - 15h00-17h00
9th	10th	11th Tennis - 7h00-8h00	12th	13th	14th Bridge - 13h00	15th Tennis - 15h00-17h00
16th	17th	18th Tennis - 7h00-8h00 Book Club- 10h30	19th	20th	21st Bridge - 13h00	22nd Tennis - 15h00-17h00
23rd	24th	25th Tennis - 7h00-8h00 Ceramic Painting - 10h00	26th	27th	28th Bridge - 13h00	29th Tennis - 15h00-17h00
30th	31st					

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## GETTING THE BASICS RIGHT

The biggest challenge in the contracting industry is the miscommunication between the client and the contractor regarding the basic business principles that apply to any form of contractual agreement. Below are a few questions you should be asking when taking on a new build or renovation.

### 1 Am I choosing the right company?

Does the company you chose suit your building or renovation requirements? Does it deliver the style you are looking for? Does it offer a turnkey building package that includes architectural drawings, council approval and hand-over, or does it specialise in only one area?

### 2 How much will it cost?

One of the most important factors is to ensure that the project cost was made clear before any work commences, and that what was quoted is delivered. The biggest challenges and disagreements come to light when there are hidden costs or changes to the original cost of the project.

### 3 Do I have to worry about site safety?

While working on the project, does the company offer public liability on the site's facilities, including the health and safety of the workers on site, as well as site visitors?



#### **4 Who will handle quality control?**

Are there staff members on site available to answer the questions and address the needs of the client? Is there a designated staff member who ensures that the project meets the standards of the current building regulations?

#### **5 Will this project keep to the agreed time frames?**

It is important to stay within the time frames of the project, and also acknowledge the different building seasons and downtimes.

#### **6 Who will hold the builders accountable?**

It is important to take stock and ensure that what was quoted for is delivered, and that all certificates from the relevant parties can be provided when needed.

The Mighty Tigris will be offering a series of features tackling all of your building and renovation matters, so look out for next month's edition. For questions regarding this feature, email [info@tigris.co.za](mailto:info@tigris.co.za).



Jaco van Deventer is an expert in the field of construction, and turnkey building projects. As general manager of The Mighty Tigris, Jaco is passionate about delivering high-end services to his clients and ensuring that the vision for each project is fulfilled.

**For more information on The Mighty Tigris:**

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Who created all these?  
He who brings out the starry host one by one  
and calls forth each of them by name.  
Because of his great power and mighty strength,  
not one of them is missing.  
Isaiah 40:26*

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# COMRADES 2017

The world's oldest and largest ultra-marathon took to the streets of Kwa-Zulu Natal on Sunday the 4th June. The 47th Comrades Marathon Up-Run saw 17,031 athletes starting the 86.73km race outside Durban city hall with 13,852 finishing within the 12 hour cut off at the Scottsville Racecourse.

And amongst the finishers was an incredible 59 members from our own Fourways Road Runners Club. Our first male to cross the line was current Chairman Kirsten Leemans, who was going for his Green number (10th) finish in a time of 6 hrs 32 minutes and the first female was Karen Maas in a time of 9 hrs 42 minutes.

Well done to all the runners on an amazing achievement and a huge thank you to all the supporters and helpers along the route.

Fourways Road Runners has weekly time trials of 4, 5 & 8km every Thursday evening in the Gardens and long runs of about 16km every Saturday morning. If you are interested in more information please visit the website [www.FRRA.co.za](http://www.FRRA.co.za) or call Mandy on 083 462 2725.



Elanor and Marie



Khanyiso



Kirsten Leemans and Lindsey Parry



Hard day out

Fourways Road Runners has weekly time trials of 4, 5 & 8km every Thursday evening in the Gardens and long runs of about 16km every Saturday morning.



Supporters Table

*Estate News*



Scott and Julian



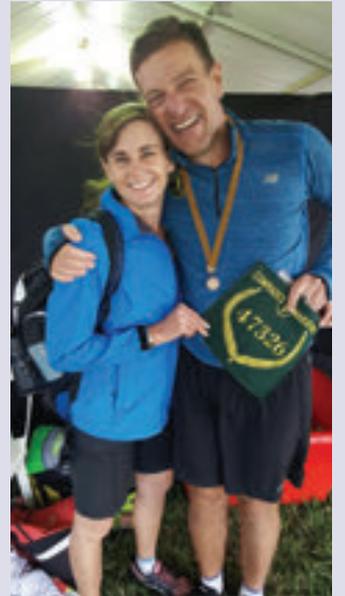
Jaco



*We made it!*



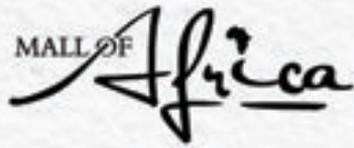
Kirsten with his Green Number



Hilton celebrating his Green Number



The day after celebration



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## Oh, to be beside the seaside



James Clarke reviews two new guide books that add new dimensions to enjoying the outdoors.

Considering there are 13 000 species of coastal animals and marine plants along the South African coast there are surprisingly few guide books for those of us who are compulsive beachcombers. I don't know about you but when walking along the high tide mark I am constantly having to pick up things and examine them.

I find it frustrating not being able to identify what I am looking at.

While there are many current and comprehensive guide books to help us identify Southern Africa's 900 or so kinds of birds and several reference and field books for identifying our hundreds of species of mammals and reptiles, for the 13 000 species of creatures found along our coastline I know of only one useful broad scale reference book.

Yet look at the enormous variety of shells we have, let alone arthropods such as crabs and shrimps, and there's a whole range of jelly fish, starfish and all those fascinating little animals that play hide and seek in the tidal pools and the variety of other fish, seaweeds and sponges. Then there are the coastal birds and mammals such as dolphins and sea lions. And let's not forget the turtles that come ashore at night.

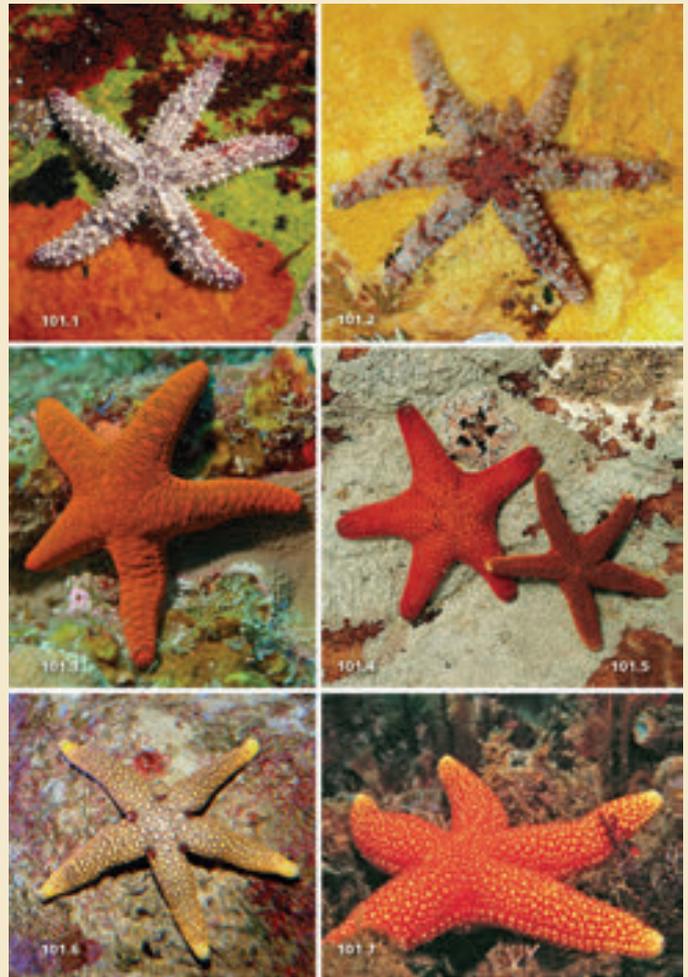
I recently mentioned the sheer joy of birding with an enthusiastic youngster but it is even more fun to stroll along a beach with inquisitive children or foreign visitors.

I must, therefore, doff a respectful hat to Struik Nature publishers (a division of Penguin/Random House) for coming out with an expanded edition of *Two Oceans – A guide to the marine life of southern Africa*.

Of necessity it is a thick book (464 pages) but still perfectly portable and reasonably priced too thanks to generous financial support from Nedbank's Green Trust, the World Wildlife Fund and dozens of generous individuals, and thanks too to the details added gratis by knowledgeable beachcombers.

This new edition illustrates far more species than the last, plus the text has been updated and so have the geographic distribution maps that cover the South African coast from Walvis Bay in the west to Inhambane in Mozambique to the east.

Southern Africa has 6% of the world's known coastal species and a third of them are unique to our region. Margaret Smith, when she headed the JLB Smith Institute of Ichthyological at Rhodes years ago, told me she received seven to eight new species a year – and that was just fish.



*Two Oceans* has several hundred colour photographs: 80 of crabs alone and hundreds of shell species. The book provides easily digestible details of creatures from whales to winkles. It even comes inshore to help identify organisms in the dune forests.

Two of the authors, George and Margo Branch, in 1981, with photographer, Anthony Bannister, produced *The Living Shores of Southern Africa* (Struik), a wonderful exposition of sea life. But it was no field guide.

*Two Oceans*, as a reference book and “field guide” is nothing short of spectacular and when I next go down to the sea I will make sure to pack it.



George and Margo Branch, Charles Griffiths and Lynnath Beckley.

It's a toss-up whether there is more variety of animal life along our shores than there is inland. Certainly there's an equal amount of fascination. And thanks to nature programmes on television and the plethora of new and quite specialised wildlife books the public's curiosity regarding nature is deepening and widening.

From the same stable as *Two Oceans* comes a new field guide: *Tracker Manual*. The 312-page book concentrates on animal spoor and droppings – including those of birds and reptiles. It's a comprehensive work – encompassing the combined knowledge of Alex van den Heever, who founded and manages the South Africa College for Tourism's Tracker Academy in Graaff-Reinet and his associates – two professional trackers. They are Karel Benadie, who after 33 years tracking in the Karoo National Park is now trainer at the academy, and Renias Mhlongo, a tracker in the Lowveld and an instructor with the tracking academy based at Londolozi.

Van den Heever has spent 20 years studying tracking and nowadays assesses trackers. He says the art is dying just when the popularity of wilderness trails is at an all-time high. Make no mistake “eco-tourists” pay big bucks (forgive the unintended pun) to stand around a deposit of fresh you-know-what and to study the surrounding spoor and feel the thrill of knowing a honey badger or even a lion had passed by.

*Tracker Manual* gives it to you in vivid colour photographs as well as drawings and generously detailed but tightly written text.



MAMMALS • Antelope

## Blue wildebeest

*Connochaetes taurinus*



The blue wildebeest is also known as the "brindled gnu" due to the dark vertical bands over its shoulders, which give it a brindled hue. It has a beard of hair hanging from the throat and neck and a long black mane. Both sexes have horns that curve upwards and inwards. Newborns are light brown in colour. This antelope prefers open grassland. In many areas of the greater Kruger National Park local wildebeest populations have shrank dramatically as a result of fencing and artificial water holes, which have affected their traditional migratory behaviour.

**Habits**

- These gregarious herbivores occur in herds ranging from 10 to a few thousand.
- Most active during the day, they graze during the early morning and late afternoon.
- Resident herds with cows and calves move in home ranges close to permanent water.
- Pregnant cows move away from the herd to give birth. Newborn calves are able to move with their mother within half an hour of birth.
- Wildebeest will make an alarm call, a blowing grunt, for lions, leopards and wild dogs. It appears the alarm call produced for lions is more drawn-out than for other predators.

**Feeding and diet**

- The blue wildebeest prefers short grass and needs access to water.



**Far left:** Blue wildebeest droppings deposited during the wet season.

**Left:** Wildebeest droppings deposited in a string.

114

Apart from 80 or so years' experience between the authors Benadie and Mhlongo inherited a wealth of knowledge passed down by their forebears to whom tracking was second nature.

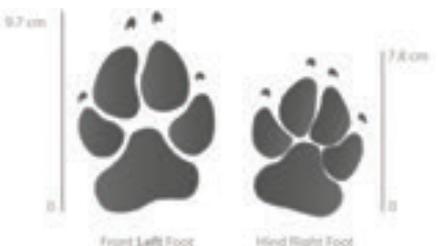
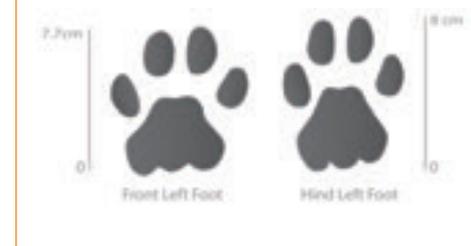
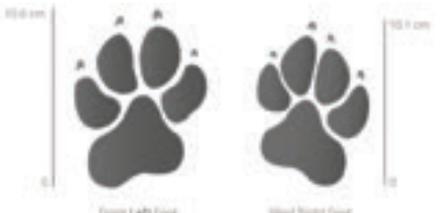
Most of the academy's students are chosen from the jobless, nearly all of whom find jobs in game reserves after qualifying.

Their instructions in the book are explicit and if, like me, you are the sort who leans out of the window in the game

reserve and wildly guesses at the spoor or dung at the roadside, you'll be a great more accurate using this book. Even to the extent that you'll be able to tell which was the animal's front foot and which way it was going and even how fast and when.

It also serves the dual purpose of helping identify 160 animals – mainly mammals, from the pictures.

And, can you believe it, even how to spot where a butterfly took off? But that's for the matric class.

<p><b>Brown hyaena tracks</b></p>  <p>9.7 cm   7.8 cm</p> <p>Front Left Foot   Hind Right Foot</p>	<p><b>Cheetah tracks</b></p>  <p>9.5 cm   10.5 cm</p> <p>Front Left Foot   Hind Left Foot</p>	<p><b>Female leopard tracks</b></p>  <p>7.7 cm   8 cm</p> <p>Front Left Foot   Hind Left Foot</p>
<p><b>Spotted hyaena tracks</b></p>  <p>10.6 cm   10.1 cm</p> <p>Front Left Foot   Hind Right Foot</p>	<p><b>Wild dog tracks</b></p>  <p>8.8 cm   7.9 cm</p> <p>Front Left Foot   Hind Left Foot</p>	<p><b>Male leopard tracks</b></p>  <p>9.5 cm   10 cm</p> <p>Front Left Foot   Hind Left Foot</p>

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#YoungKnights

### OPEN DAY

10 March, 24 March, 7 April 9am



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## The gift of gratitude

It took me a while, but I now understand the value and the positive returns of practising daily gratitude.

**F**or many years I sailed through life in a generally unconscious fashion. I was, to a large extent, unaware of my relationship with, and my impact on, the universe as a whole. I was so completely centred around getting what I wanted out of life, that it simply never occurred to me, that how I engaged with everything and everyone around me, had a significant impact on the outcomes I was experiencing. I simply couldn't see that, assisted, by a choice not to.

I often wonder now, how many of us go through life with this ignorant blindness, and for how long?

But I got lucky, I guess.

Toward the end of my forties, life circumstances combined to create the perfect storm. Truly cataclysmic events started to rain down on me with more and more frequency. The consequences of which forced me into some radical, and urgent behavioural changes.

Through personal experiences, you most likely know, big behavioural change is exceptionally difficult, a lot of the time, most often it fails. For some, it often requires a dose of harsh reality before any meaningful motivation for shift occurs, that was I.

### A note on behavioural change

It doesn't always have to be that way, what neuroscience now knows, is that the chance of establishing new habits, are greatly enhanced, when linked to an established positive habit - more on that another time.

Back to those colliding universal forces and the pride before the fall.

My ego had been so engulfed in self-directed will, for so long, that eventually there was the inevitable push back from the universe. The law of cause and effect finally made its presence known to me, and it wasn't gentle in its delivery. Some brutally harsh truths were administered. The impact of these caused a great many discomforts in my life, and as a consequence, motivated me to reach out for advice and help. Something that until that point was way beneath what my ego felt acceptable. Pride has many a nasty side affect.

So, I followed my intuition and sought help.

One of the first of many tools suggested was a gratitude diary.

On asking why, and how, this would be of help to me, it was explained, that because I had become so obsessed with myself, and a desire to manipulate the world, I had fixated on what was wrong about my life, and had completely neglected the positive aspects. I had too, built a belief that I could

somehow experience life as a constant stream of bliss and perfection.

My reply to the individual seeking to help me was...

"But what have I got to be grateful for?"

She was unemotional and practical in her response.

She asked me if I could see. She asked if I could use my hands. She told me to stand up, and let her know if I could walk.

With a crushed ego and a helping of humility – I understood her perspective, with clarity.

She then delivered the Coup de Gras...

"A gratitude diary will also take you out of your pointless self pity."

This really hurt, because I was feeling very sorry for myself. And of course that was her point.

So, I began to journal.

I started a reflecting and recording on what I had to be grateful for at the end of each day. To begin with I used those very obvious physical assets, my 'saviour' had pointed out. Then I began to expand on the growing list, to include a vast array of various links that I had simply never entertained before.

There were the people around me that had consistently offered positive support, all of which I had ignored, but through the lens of gratitude, I realised how genuinely caring and thoughtful they had been. Many of these people were the quieter, calmer ones that I had kept at the periphery of my world. They emerged as the really important and meaningful relationships in my life.

Then there were all the practical and material aspects of my life. The belongings that I had become so familiar with, that I had forgotten their actual value. I started seeing items I had taken for granted, in a completely new light. The smallest and simplest of objects suddenly took on great significance, and many of the things I had been pursuing with such abandoned lust, became meaningless. I had so much to be grateful for, I began feeling ashamed of what I had neglected for so long.

There were, as well, all those magnificent natural world moments. That in my self inflicted miserableness, I had switched off, as we would a TV.

The countless glorious daily sunsets from my window, which offered up such moments of mesmerising and colourful splendour, the trees that would sway in harmony with the wind, the building thunderstorms and with them, the breaking rain. Walks through dry bushveld, just after dawn, where

the birdcalls are the only thing that interrupts the silence, and just sitting in my garden, allowing my eyes to wander over what we had built over years of careful planning and hard work.

And my own various unique skills, experiences and talents, these too; I had devalued, ranked as somehow unimportant, unworthy of notice.

As my gratitude list grew and ever expanded, so too, did my levels of happiness, serenity and contentment. As had been promised by this saint of a woman at the start of my journey, I would come to see and experience, the very things I had taken for granted, as hugely important and valuable.

With each expression of gratitude, my self-worth grew as well. I became stronger and clearer, more open and balanced of view and opinion, less resentful of others and more willing to give of myself, without expectations in return.

My whole wellbeing improved, as did my view of the world.

I had ceased viewing the world from the perspective of... 'what's missing'... to one where I would instinctively respond with... thank you for that.

There is a well-known psychology test that I understand was first conducted with

American university students. It goes something like this...

The students were each given a twenty-dollar bill; they were then informed that they had a choice, of either spending the money on themselves, or gifting it to someone else, 90% chose to give it to another.

We know today, thank you neuroscience, that the reward system in our brain gets a chemical rush of dopamine when we provide someone else with a gift.

When we express gratitude on a regular basis, we receive the same sense of joy.

Long ago now, I gave up writing in the journal, I found that the routine and habit had successfully reprogrammed me, and that by default, I now function from a point of gratitude in just about everything I do.

So, if you don't already, begin today. Start showing gratitude in your life and the gifts will come to you.

Thank you for reading my story – until next time.

*Graeme*



Graeme Butchart  
Developer of Great People  
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# Why Empathy Matters

Schools everywhere are continually dealing with issues around bullying. We also see a lack of manners and respect creeping in amongst our youth. There could be many reasons for this. They could range from a variety of difficulties at home, to lack of parental guidance, to an attempt by our children to empower themselves in an increasingly pressurised world.

In addition to this, one-on-one personal social engagement is decreasing with the rise in use of social media. As a result, we are increasingly disconnecting in connected world. It is also easier to hide behind screens and words, so maybe we say things we would never ordinarily have said.

How many of us have considered, fundamental to addressing these kinds of issues, the concept of empathy.

Empathy is defined as the ability to understand and share the feelings and emotions of other people. It therefore creates a link between ourselves and others, so that we may comprehend what it is they may be experiencing. It is also a vital element of emotional intelligence.

## Sympathy vs Empathy

One may wonder how it differs from sympathy. Sympathy is perhaps best described as feeling something “for” someone; empathy is feeling “with” someone. When you sympathise with someone – you feel sorry for them. Empathy means truly understanding their struggle.

## The Power of Empathy

In all the anti-bullying work Life Talk undertakes with schools, a very strong focus area for us is always friendship and caring for others – which translates into having empathy and compassion. We can't expect our children to stand up for the victims, or stand up to the bully, if they fundamentally don't actually care what is happening to those around them.

Caring is a skill we need to teach our children. Awareness of others is vital to the long-term success of any anti-bullying initiative and, we believe, impacts positively on manners and values too. We owe it to society as a whole to nurture empathy within our children.

Various research studies undertaken over the years show that when empathy is high, incidences of bullying, teasing and discrimination are lower. When children feel connected to each other in an environment, like a school, the incidences of negative behaviour dropped and in fact, their connectedness to their school increased.

## Teaching Empathy

Just as we teach our children to talk and read, so we need to teach them social skills such as empathy. And the younger you start the better. That way it becomes a way of life and an instinctive behaviour, although it can be learnt later on as a skill. There are many suggestions of what we can do as parents – here are some of those:

- **Model empathy/ lead by example** – we often write about how children learn their most important behaviours and develop various social qualities by watching their parents. So, in all you interactions, in the presence of your children, try to show kindness, understanding, concern and respect – they are watching you and will most likely behave as you do. As a matter of fact, teachers or anyone working with children should be very aware of their responses – adult behaviours shape out children.

- **Teach inclusivity** – encourage your children, from a young age, to understand other people's viewpoints or perspective. Discuss with them what those individuals challenges may be, how they may be feeling, and how that could affect, hurt or shape them. Different viewpoints should be encouraged and embraced. 'It's not about you, it's about us', is a good motto to teach.
- **Circle of Concern** – this is a clever exercise whereby you can encourage a discussion on the topic of caring, or discrimination, stereotypes, envy, shame or any related topics – both in the home or at school. It's easy to be



- **Value and love your children** – Children who feel confident, valued and loved at home are generally more likely to treat others more kindly. They are less likely to feel the need to break others down in an attempt to seek attention and more likely to show compassion towards others.

So, empathy matters! Showing empathy can not only transform your own life, but also those of others. Empathy brings about positive social change. Without a doubt, a little empathy goes a long way towards creating a more peaceful world to be in. In the words of Henry David Thoreau: "Could a greater miracle take place than for us to look through each other's eyes for an instant".

more empathetic towards people you care about such as your family and best friends, but this exercise teaches you to look beyond that inner circle.

- **Teach active listening** – too often we formulate opinions before someone has even spoken or before they are done talking. Teach children to focus on the person talking and truly listen to what they have to say. Then, to think about what the person said. It may change their initial views.
- **Be happy and positive** – being happy and having a positive outlook on life, goes a long way. Encourage your children to surround themselves with good friends who bring positive energy

and fun into their lives. Not only will it build empathy but also self-esteem and general happiness. It's always easier to be nice to someone when you are in a good mood or a positive frame of mind!

- **Apologise** – if you have made a mistake or been unkind, you have to be able to do the right thing and apologise. But, you have to really mean it otherwise it is really meaningless. Teach your children to put themselves in that person's shoes and to think about the situation, how they would feel and what they would like to have happen if it were them in that situation. It could change their outlook completely.

Other sources:  
<https://www.skillsyouneed.com/ips/empathy.html>  
[http://www.huffingtonpost.com/richard-weissbourd/bullying-prevention-the-power-of-empathy\\_b\\_6171238.html](http://www.huffingtonpost.com/richard-weissbourd/bullying-prevention-the-power-of-empathy_b_6171238.html)  
<https://www.edutopia.org/article/4-proven-strategies-teaching-empathy-donna-wilson-marcus-conyers>  
About Life Talk® Forum

Our mission is to create happy, successful and fulfilled youth, guided by sound values. Life Talk is a non-profit organization dedicated to raising awareness, stimulating discussions and seeking solutions to the challenges faced by parents and their children.

For more important parenting tips & information visit [www.lifetalk.co.za](http://www.lifetalk.co.za) or email [Forum@lifetalk.co.za](mailto:Forum@lifetalk.co.za)  
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# SHF

define yourself



BY HANNAH DREDGE

# HOTELS FOR THE ADVENTUROUS

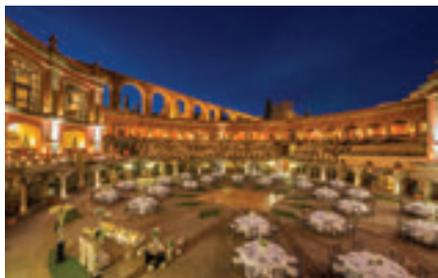
## June. The middle of the year. How has it come so quickly?

I'm not sure how but perhaps as the year has flown by, you're looking for some place to unwind. To slow down. Well if that's the case then perhaps this article is not for you. Because yes, this article is about hotels. But it's about the wackiest, craziest hotels you ever did see. So, if you're keen for an adventure, looking to add ticks to that bucket list, read on!

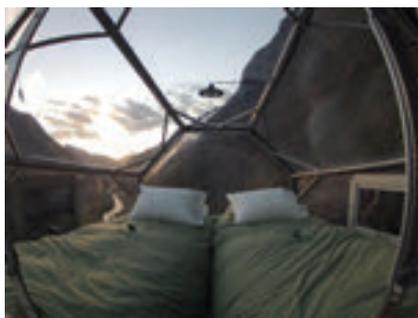
### 7 of the strangest hotels in existence today:



**1. Crane Hotel Faralda – Amsterdam**  
No, you didn't read wrong. It says Crane. This hotel offers you a suite in a converted crane. Perks? You have an incredible aerial view of Amsterdam. Cons? Well, if you have a fear of heights this is not going to be fun at all.



**2. Quinta Real Zacatecas – Mexico**  
This hotel is a really great idea for the history boffins out there. The 19th century San Pedro Bull Fighting ring has been refurbished to create this hotel. So, grab a room with a view of the ancient arena and when you need to wind down, why not head down to the bull-pens which have been converted into a bar.



**4. Jumbo Stay – Sweden**  
Think it would great to spend a night in a 1976 Jumbo Jet? Well, now you can. This Jumbo Jet has been converted into a hotel with the best room obviously being the cockpit room. It's close to the Stockholm Arlanda Airport in Sweden so you even have the experience of planes taking off around you as you doze off in a Jumbo Jet.



**3. Good Hotel – London**  
This is a floating former Dutch Detention Centre. And now you can grab a room in it and spend a few days floating up the Thames. There's a rooftop bar where you can snag a bit of sun and watch London float by.



**5. Free Spirit Spheres – Vancouver, Canada**  
Set in the Vancouver Island Rainforest are the free spirit spheres. These spheres hang in the trees and gently sway in the wind.



**6. The Boot Bed 'n' Breakfast – New Zealand**  
Yes, this is a building shaped like a boot. If the shoe fits...

## GROOMING DOGS AND CATS – WHAT’S THE DEAL?



At Twisted Whiskers, we believe pets deserve to feel amazing. Commit to special grooming time with them at home and then entrust them to us for a few hours a month to be styled, pampered and adored.

At Twisted Whiskers Pet Deli and Spa, we’re often asked by pet-parents whether their animals need to be groomed or not. They may have short coats, not shed very much, or stay inside most of the time. Whether you share your life with a show Poodle, a Boerboel or a “pavement special”, the long and the short of it is that ALL pets need to be groomed.

### GROOMING AT HOME

**Shedding** – all pets lose hair daily, just like we do, and if this dead hair is not cleared away through brushing, one of two things happen. Depending on the length and type of coat, it will either end up all over your furniture, clothing, car and any free surface (as parents of Jack Russells, Foxies and Labradors can attest to...), or it clumps together in uncomfortable mats that tighten with time and rip the hair out of the underlying skin, causing pain and bruising. Regular brushing (daily for long-haired pets, and a few times a week for short-hairs), is essential and helps prevent shedding and matting issues.

**Hairless Wonders** – even hairless breeds like Sphynx cats and Mexican Hairless dogs require a specialised skin-care regime. They produce excess oil and need to be bathed regularly to prevent a sticky build-up.

**It’s social** – grooming is a perfect bonding opportunity that allows you to spend quality time with your pet (especially important in multi-pet households – regular grooming ensures that each pet gets to share some special one-on-one time with you.) Plus, interaction of this nature with animals is proven to have health benefits to humans, including lowering stress, blood pressure and cholesterol. So grooming is great for everyone!

**You pick up problems** – if you groom your pets often, you’re super familiar with every bump and fold. You know how their eyes look, how their ears smell, what’s happening with teeth and paws, etc. You’ll know immediately if something’s not quite right and be able to seek veterinary advice early.

### PROFESSIONAL GROOMING

A trip to the Spa may be a luxury for short haired pets with basic grooming needs, but it’s essential for animals with longer hair, unless you really are religious about a daily grooming routine at home.

**Breed cuts** – even if you don’t show your dog or cat, you may wish to have them styled according to their breed origin. Yorkies, Poodles, Bouviers, Spaniels, Westies, Scotties, Schnauzers, to name but a few, are breeds that are

traditionally clipped to breed standards. Top grooming facilities like Twisted Whiskers are specialists in these breed cuts and will make sure your pet is always the talk of the town.

**Or not?** Many people prefer not to have their pet clipped into a breed style because they find it impractical when the pet is not on show and enjoys a rough ‘n’ tumble lifestyle out in the garden. Again, your groomer will advise on the recommended “pet clips” for your breed.

**De-matting and Brush-Outs** – despite our best efforts, the coats of long-haired or double-coated animals like Huskies, Persians, Domestic Longhairs, Golden Retrievers and Black Russian Terriers can get out of control and require regular professional grooming to remove mats and thin out the unruly undercoat.

**Cleanliness, coat health and parasite control** – quality hypo-allergenic, conditioning products with tick and flea control ensure that your pet’s coat is kept in glowing good health. Dirty pets who smell and have itchy, scurfy, skin and parasites sadly don’t get many cuddles.... We want pets to be allowed on couches, laps and beds and involved in all aspects of family life.

# It must be true – it was in the papers

The main difference between what is published in newspapers and what is published on the internet is that generally the internet is often believable but untrue - and what's in the newspapers is often unbelievable but, sadly, true.



A famous example: the internet has spread a story that a Bloemfontein hospital's Intensive Care Unit found that patients in a particular bed always died on Sunday mornings. After several deaths they discovered that on Sunday mornings the cleaner entered the ward, unplugged the life support system, and plugged in the vacuum cleaner for 15 minutes.

The fact is that this well-circulated story is totally fabricated and is fairly typical of what one gets on the internet. It is a great example of an urban legend or, I suppose, "fake news".

On the other hand there's the adage: "If it's in the newspaper it must be true".

For instance the *Moran Times* (Tennessee) reported, "Mrs George Earl who gave birth to a 19-year-old daughter is reported to be getting along fine".

And an unnamed South African paper reported: "The concert held at the Good Templers' Hall was a great success... Special thanks were due to the minister's daughter who laboured the whole evening at the piano which, as usual, fell upon her."

But, as I say, the internet is much more exciting.

It reported that the average cost of rehabilitating a seal after the Exxon Valdez Oil spill in Alaska was \$80 000. At a special ceremony, two of the saved animals were being released amid cheers and applause from onlookers. A minute later, in full view, a killer whale ate them both. Sometimes the report says it was otters that were released and then eaten.

Whatever. There's not an ounce of truth in the story but it became terribly popular.

And how about this one?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current, she ran outside and grabbed a handy plank of wood and smacked him with it, breaking his arm in two places. Up to that moment, he had been happily listening to his iPod through his earphones.

This wasn't true either.

There's this from Germany: Two animal rights defenders were protesting the cruelty of sending pigs to a slaughterhouse in Bonn, Germany.

Suddenly, all 2 000 pigs broke loose and escaped through a broken fence, stampeding madly. The two helpless protesters were trampled to death.

Total fiction. But it keeps cropping up.

And this one:

An Iraqi terrorist, Khay Rahnajet, didn't pay enough postage on a letter bomb. It came back with "Return to Sender" stamped on it. Forgetting it was the bomb, he opened it and was blown to bits.

Again, not an atom of truth. But what a pity.

But the following stories which appeared in various newspapers can be totally relied upon. Trust me. I'm a newspaperman.

Zoologists can only visit the hot springs in El Hamma with the permission of the local Kaliphat and with an escort of police, since it is reserved for the exclusive use of Muslim women bathers. An attempt was made to bring back a number of specimens alive in vacuum flasks so that further investigation could be carried out in Oxford. (*Illustrated London News*.)

The age limit for Girl Guides was formerly 18 years, but by general request it has now been raised to 81 years. (*Kentish Times*.)

It is scandalous to see these society women going about with a poodle dog on the end of a string where a baby would be more fitting. (*Auckland News*.)

The service was conducted by the Rev Charles Harris MA. The wedding was of a quiet nature owing the recent death of the bride. (*Blackpool Times*.)

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

# Classifieds

## SERVICES PROVIDED:

### AA AIRPORT SHUTTLE, TOURS AND TRANSFERS:

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

**ACHAAR PROJECTS:** Building, Plastering, Plumbing, Paving and all Electrical work, call Achaar on 082 952 6392.

**AFRIPUMPS:** Rainwater storage tanks, water backup solutions, household pressure boosting & borehole installation / maintenance. Free quotes, products & installation guaranteed, great prices, contact Richard Afripumps (Pty) Ltd on 011 465 3240 / 072 591 6595.

**ALARM QUOTES / INSTALLATIONS:** For professional Alarm & Security installations, we specialize in alarm installation, CCTV, gate automation, electric fence, intercom etc. Call Suresh on 060 380 4653 / 064 500 4963 / email: sun@sss108.co.za (www.sss108.co.za)

**APPLIANCE REPAIRS:** To all makes and models, AEG, Bosch, Whirlpool, Siemens, Samsung, LG, Defy, Kelvinator, Miele. Contact Gwentech Appliances on 072 952 8183 / 073 947 2447 or email: gwentech7@gmail.com same day service (26 yrs experience)

**ARMSTRONG TENNIS ACADEMY:** Professional Tennis coaching from beginners to National players, private lessons, groups & squads, Duane Armstrong USPTA & TSA certified, 082 456 5441 / duane@armstrongtennisacademy.co.za

**ASK AMANDA:** To look after your home and pets. This reliable relative of a resident in FWG will make sure you have peace of mind while you're away from home, call Amanda on 083 400 8112, FWG resident is Barbara Ann 083 267 5006.

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

### AVOID THE CCMA AND LABOUR LAW

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

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

**AU PAIR / DRIVER NEEDED:** For school collections, I am looking for someone to collect my 2 kids from Crawford Fourways and Curro Aurora Mon – Fri and drop off at home in FWG, please contact Tish by SMS 083 380 3202.

**B4 ELECTRICAL:** 24 Hour call out, Prompt, efficient, personal service, call Peter on 083 452 0635.

**BACH FLOWER REMEDIES:** The Bach flower remedies are a simple, safe and effective means to balance everyday negative emotions, moods and personality traits before they become problematic – they are safe and effective for everyone from infants to the elderly and pets as well, I am a registered Bach Flower Practitioner and Trainer, offering both consultations and UK approved Level 1 training courses in JHB, contact Liz on 083 644 4444 or liz@bachflowers.co.za or www.beingbalance.co.za

**BABYSITTING:** Responsible Gr 10 Brescia House girl, will babysit on Thurs, Fri and Sat. Experience with small children. Fun, caring and willing to help. Call Karina 083 845 3025 or ruestkarina@gmail.com

**BANTING COACHING:** Successful Weight loss (coach accredited by Sally-Ann Creed). Improve your health and let food be your medicine. Qualified Nutritional Therapist. elise@bantingbuddies.com / 083 455 7500.

**BOOKKEEPING SERVICES:** Do you require a flexi time, reliable & experienced bookkeeper, all aspects of bookkeeping to balance sheet, PAYE UIF & VAT, working from your office or mine. (CV and reference available on request) Contact Sandy 083 608 4856 or sandy.b@telkomsa.net

**BEST TILING:** Simba & Tinos Tiling. Likely the most beautiful tile job you've seen. Punctual, efficient, honest. References in FWG available upon request. We do tiling, paving, laminates, ceilings. Call us immediately to tile you up, 073 211 6640 or 079 987 7348.

**BOOK A BAKKIE:** Do you need help moving furniture or other items too large to do yourself? We can help you, reliable, trustworthy team with 1.4 ton bakkie – 011 465 4547, Wendy on 083 604 0931 or Steve on 083 601 1594.

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

**CANDICE INTERIORS:** Blinds, Curtaining, Upholstery and more. Get the right design advice and quality products to suit your requirements. Contact Candice – 082 363 0542. Interior Decorator established in 2005. www.candiceinteriors.com candice@candiceinteriors.com

**CHANDRAI YOGA:** Gentle and Integrative Hatha Yoga classes in Fourways Gardens – beginner to intermediate practise. "Yoga takes you to the present, the only place where life exists" ...contact Virusha Gowrie on 072 500 7215 or virusha.gowrie@gmail.com

**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

**CARPET CLEANING:** The Cleaning Medic – Fourways. 100% dry deep cleaning process, other cleaning services offered include mattresses, windows and upholstery, contact Phillip on 082 453 2151 or phillip@thecleaningmedic.co.za

**CAREER GUIDANCE AND ASSESSMENT:** By registered educational psychologist, contact Gillian Ilsley 083 414 0869.

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

**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.

**DISCOUNT PET FOOD AND FREE DELIVERY IN FWG:** Milmac Feeds is offering SPECIAL PRICES UP TO 15% OFF on pet food and accessories, PLUS FREE DELIVERY IN FWG every Tuesday and Thursday! We feed a wide range of pets, including dogs, cats, fish, rabbits, domestic and garden birds. To take advantage of this unbeatable offer contact Helen or Kirsten on 086 100 1182 to place order or WhatsApp 076 983 8455 / 072 715 1271. Terms & Conditions apply.

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

**EDUCATIONAL PSYCHOLOGIST:** Counselling, full educational assessments, contact Gillian Ilsley 083 414 0869.

**ENGLISH TEACHER:** TEFL trained with over 20 years' experience teaching English as a foreign and second language to children and adults. Contact Jacqui Sinek on 072 257 4099 or jmsinek@mweb.co.za

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

**ELECTRICIAN:** (Lazis Electrical) Certificate of Compliance, New Installations, Tripping & Fault Finding, Power Failures, Geysers, Stoves, Plugs, Lights, Installation of Generators, call 078 739 6773 / 073 127 3921.

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

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

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

**FURNITURE MAKERS:** Can't find the furniture you are looking for? Furniturespot.co.za has collected the best furniture makers on one platform. Your furniture idea, custom made for you, your piece, your colour, your style, your budget, send your idea to Wouter via WhatsApp on 071 308 6379, or wouter@furniturespot.co.za / www.furniturespot.co.za

**FRUSTRATED? ANXIOUS? DOWN?:** Let me guide you directly to the core of your problems and support you as you move through them to a state of calm, contentment & hope. Nicky 072 129 0698 (22 years' experience)

**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 082 778 5566.

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

**GATE MOTOR REPAIRS:** Service and installations, intercoms systems – service and installation, call Quinton on 084 354 5596 / 7 or call the office on 011 071 0773.

**GUITARS FOR SALE:** New, Pre-owned & Vintage Acoustic Guitars for sale discerning player, collector & investor. www.hughsfineguitars.co.za or contact Melanie on 082 658 2895.

**HANDYMAN:** Looking for weekend work for any maintenance around the house, including building, painting, waterproofing, paving contact Samuel on 074 883 3780 / 072 414 7585.

**HANDYMAN:** Professional, ultimate painting, varnishing, waterproofing, damp sealing, plastering, rhinolite, and wall paper hanging, call Clement on 078 756 8013, for a reference call Candice on 084 965 3937.

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

**HANDYMAN:** A British Tradesman for the jobs you hate!!! Total House Renovations, 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 / 011-050 7264, emchikati@yahoo.co.uk / www.wondersrenovation.co.za

**HANDYMAN:** For all your roofing, roof repairs and re-roofing, damp and waterproofing, ceiling, guttering, fascias, insulation, skylight, tree felling, stump removal, and painting, call Stephen 072 292 8245.

**HERBALIFE INDEPENDENT DISTRIBUTOR:** Free Delivery. Call Carin on 082 557 4638 for a free wellness evaluation.

**HEDGEHOGS PLAYSCHOOL:** Small Educational Playgroup run by a qualified teacher in Fourways Gardens Estate, (Phase 1) ages 18 months to 3 years, weekly themes and creative activities form part of the curriculum. Register now 2018! For more info or to make appointment to visit the school, contact Debbie Hutchinson on 083 253 1414.

**HOUSE / PET SITTING:** Don't put your pets behind bars when you go away! As a mature woman with many year's experience, I will feed, walk and keep them company in their own home, even living in, call Nicky on 072 129 0698.

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

**HOUSE AND PET SITTER:** Why leave your pets alone and away from home in an impersonal kennel? Rather leave them in their own loving home in my competent hands; Mature Lady with 20 years' experience will fill the gap that you leave. Please call Dee-Jean 076 035 6908 / djb160453@yahoo.com, references upon request...NB (including Dainfern, 4WG, Cedar Lake)

**HOUSE SITTER:** Friendly, mature and responsible lady available for pet and house sitting, Francoise 011 803 1556 or 076 440 8014.

**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.

**LITTLE SMART-IES:** (Private Tutoring for children 2 – 6 years) Give your child a head start in education, qualified nursery school teacher. For more information, contact Michelle 083 395 5772.

**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.

**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.

**LEISURE STORAGE SOLUTIONS:** Secure storage of your trailer, caravan, boat or vehicle from R 360 pm. Facility is located behind Northgate. Delivery and collection service offered. Contact Geoff on 083 626 0400 / geoff@leisurestorage.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

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

**OSAM CARPENTRY:** Door Hanging, Wood laminate flooring, built in cupboards, Kitchens, Ceilings, Cornices, Skirting, Dry walls, Painting & Varnishing. Call Ozzy on 073 058 0464 / osamakwera@gmail.com

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

**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

**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.

**PLUMBER:** Lonehill plumbing for all your plumbing requirements, same day service call 083 212 6048.

**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.

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

**PROFESSIONAL CARE NURSE:** Christen has been in the industry, taking care of people at home anywhere, dealing with old people or toddlers with trachea, feed via peg, diabetic to count, give an insulin, recover at home from hospital, doing exercise together and taking vital signs, has driver's license and has traceable references, please call 078 132 8874.

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

**QUICK SERVICE I.T:** We supply quick, quality onsite I.T. services, support, service, networking printers etc. Contact us for all your I.T requirements, call 083 600 2533 / www.quickserviceit.co.za / quickserviceit@icon.co.za

**RAD WASHLINES:** Quality powder coated, wall mounted, foldaway & TPiece or round wash lines. We also do repairs & rewiring of all wash lines, we deliver & install countrywide. For a quote, please call Alvin on 082 446 6574.

**RAYCON CONSTRUCTION:** Additions & New builds, resident builder, we specialize in up market houses – new and alterations, contact Steve on 083 601 1594 / office on 011 465 4547.

**ROOM AVAILABLE IN LONEHILL:** Looking for a non-smoking, mature professional lady to share a 2 bedroom, fully furnished house in a secured, clean complex in Lonehill (tenant will have to have their own bed) very close to Monte casino and surrounding areas, bills and levies included for R4500 p/m, also includes uncapped Wi-Fi access, call 073 978 7368 or email: ckaps10@gmail.com

**SAD, ANXIOUS, FRUSTRATED, MISERABLE?:** Let me guide to find your own solutions to your problems! I take you directly to the core of the problem to tranquility, hope, peace and joy. Nicky 072 129 0698 / www.nickybenson.co.za (22 year's experience)

**SIYAKHISIZWE BUILDERS:** Available to do all alterations (major or small extensions) driveways, tiling, patios and rubble removal, and garden refuse guaranteed quality and professional workmanship. Please call Alfred on 082 407 7022 / 078 417 5151.

**SUBJECT CHOICE ASSESSMENTS:** By a registered educational psychologist, contact Gillian Ilsley 083 414 0869.

**TRANSPORT HIRE:** 3 Cube Tipper truck for hire, for building materials, rubble removal or garden refuse, call Ozzy on 073 058 0464.

**TVTP CONSTRUCTION:** UPVC windows and doors, aluminium windows and doors, wooden windows and doors, shutters and blinds, plumbing, painting, balustrades, electrical repair and maintenance services, car parts, call 072 918 8906 / 084 083 0933 / 011 029 5512.

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

**TUTOR:** Maths tuition by a qualified teacher, all grades up to and including Grade 10, phone Mike on 082 448 4311 / mike@4waysscuba.co.za

**TUTOR:** Maths tutor grade 8-12, qualified and experienced teacher offering extra lessons in Fourways Gardens, all curriculum taught, for more information contact Melanie on 067 677 7089 or email: zwarts.tutoring@gmail.com

**WINDOW CLEANING:** The Cleaning Medic – Fourways, other cleaning services offered include carpets, mattresses and upholstery. For more information, contact Phillip on 082 453 2151 or phillip@thecleaningmedic.co.za

## PRODUCTS FOR SALE:

**FOR SALE:** Pet cage for sale, 1m glass cage with wood veneer lid and base, heating pad, food bowls, sleep tunnel, rock and wood accessories, suitable for reptiles or exotics. R2000 neg. (value R4000) contact Tish by SMS 083 380 3002.

**FOR SALE:** Renault Capture Turbo Dynamique 2016 5 speed manual, blue with white roof 2016, 16 300km, maintenance plan service, service plan up to 45 000km (3 years), balance of factory warranty 5 years 150 000km, R220 000, Call 011 703 3253 / 079 227 4740.

**SECOND HAND CLOTHES:** Elsie is looking for second hand clothes in bags (men, women & children) please call Elsie on 072 817 4395 or Marianne on 076 881 7832 / mariannevos@gmail.com

**EMPLOYMENT:** Driver seeks employment, has a code 10 & 14 driver's license with DGP and 4 years' experience, FWG resident, contact Rodwell on 073 604 7596.

## DOMESTIC WORK:

**Modester:** Seeks work as domestic full or part time, please contact 073 733 9796, for a reference call 079 752 5252.

**Lindy:** Looking for an intelligent and hardworking domestic helper? Look no further! Lindy is an absolute Gem! Call Sandie Clur on 082 824 7274.

**Eunice:** Looking for part / full time work, live in position as a domestic, she is hardworking, trustworthy and honest, for a reference call Cristen Patel on 076 111 0566 or 064 362 7808.

**Tarisai:** Childminder looking for work in FWG, currently working for a family in Phase 2, availability from 1 August 2017, please call 076 639 4338 (current employer)

**Vinolia:** Reliable, hardworking, proactive and very diligent and thorough domestic worker is looking for a full time or part time, live out position. References for past 8 years available on request. Call Vinolia on 071 716 7396 or 078 985 2163.

**Lonely:** Malawian looking for a domestic work part / full time basis, call Lonely on 083 599 5108 or Jessogan for a reference on 083 274 4821.

**Suzen:** Malawian is looking for work as a domestic worker, part or full time, call 078 924 8690, 071 258 6671 for reference.

**Gloria:** Looking for part time work as a domestic / housekeeper, hardworking and friendly, honest and loyal with a strong work ethic, currently working in FWG, please call Gloria on 073 224 8063 or Tish for a reference on 083 380 3002.

**Fildah:** Reliable honest, hardworking domestic worker with experience and references, flexible in terms of live in / out, Zimbabwean with SA id, please call Fildah on 063 739 3280.

**Faith:** Looking for part time work as a domestic, good with cleaning and ironing, for reference call 084 465 1939 or Faith on 078 498 6775.

**Nontoko:** Looking for domestic work part / full time, she is hardworking, good with children and pets, excellent at cleaning and ironing, call 071 771 8505, for reference call Sandi Brown on 083 306 2661.

**Sannile:** Looking for work as a childminder or domestic cleaner, live in/out, she is an outstanding person, call 083 364 1895 or 072 212 9100 for a reference.

**Angela:** Zimbabwean, will be available from 26th June, she has been working for us for 2 and half years, looking for work 5 days a week, call Angela on 073 129 4574 or Tiffany on 061 917 3853 for a reference.

**Mellina:** Looking for domestic work part / full time, Zimbabwean, good with children and cleaning, willing to learn, call 074 750 3270 or 079 803 5718 for a reference.

**Rozalia:** Malawian looking for housekeeper position, full / part time, good with children and animals, neat and clean, call 078 301 4056 / 084 506 0931, for reference call Dolly 073 822 5051.

**Lindiwe:** Due to relocation my fantastic helper is looking for part / full time work as a domestic / childminder, she can do first aid & CPR, she is hardworking, trustworthy and a magical ironer and great friends with my dog, for reference call Sandra on 079 320 4377 or Sandra.lantinga@gmail.com or 072 677 0696.

**Nancy:** Our well-loved and dedicated nanny and housekeeper is looking for full time live in employment from mid July 2017, she is excellent with children, dedicated, hardworking and honest, we pray we can find a suitable home for Nancy as we are emigrating, call Robyn on 084 777 4332 or Nancy on 078 743 7167.

**Elsah:** A good and hardworking lady is looking for work on Tues, Thurs & Sat, she is honest and has never missed a day of work, she can do childminding as well, call Elsie on 072 627 0557 / Norma on 074 162 7417 for a reference.

**Cornelia:** Lovely, happy and honest hardworking helper is looking for work on Tues and Thurs, current references available call 072 359 4214.

**Themekile:** Looking for domestic work, she is hardworking and likes children and pets, needs full / part time work, excellent at cleaning, call 078 500 2463, for a reference call Jennings on 083 632 1107.

**Thandi:** Looking for domestic work on Wed, Fri & Sat, call her on 083 669 9078 / 078 646 0154.

**Grace:** Zimbabwean looking for Sat work, currently working in Coral Tree Crescent, has completed courses on child minding & Basic household, call 079 076 5109.

**Hilda:** A wonderful person, very dedicated and a good worker, she is honest and trustworthy, an excellent domestic, please call Hilda on 082 099 1080.

**Maureen:** Has been an extremely valuable part of our home for over 3 years, from Malawi, we are relocating and it is important that she finds a wonderful home to work in, she is very good with children and animals, looking for work on Tues, Wed & Fri, call 074 821 3584, reference call Karen on 076 716 6882.

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

**Connie:** Highly recommended, very reliable, hardworking, cares about the house and family, available in June part or full time, call Connie on 072 555 2817 or 071 623 6846 for a reference.

**Phindile:** Looking for part time work on Mon, Tues, Thurs & Fri, she is very hardworking, honest, reliable, for a reference call Gave on 083 308 8610 or Phindile on 076 545 4948.

**Jennifer:** Available immediately for domestic, child minding duties, Mon – Fri, live out, a pleasant and contentious employee, please contact Candice for a reference on 082 302 0559 or Jennifer on 078 240 1160.

**Filda:** Looking for part time work on Mon, Wed & Fri, can clean, take care of children, trustworthy, dedicated and hardworking, call 078 355 1144 / 074 350 8780, for a reference call Ester on 083 671 2806.

**Amanda:** Looking for work on Tues, Wed and Friday she is hardworking, trustworthy & reliable, 072 340 9943 for a reference or Amanda 083 729 7488.

**Elsah:** Looking for work 2 days a week as a domestic worker, she is very hard working, reliable and trustworthy, call Elsie on 072 817 4395, for reference call Marianne on 076 881 7832.

**Maria:** Is very hard working and don't need any supervision she just gets on with the job, she is honest and is always on time, her ironing and cleaning is of high standard, feel free to give Doreen a call on 082 574 4066 for a reference or Maria on 072 866 8252.

**Mevis:** Zimbabwean looking for domestic work, very pleasant, hardworking and cheerful to have around, part / full time 073 466 4257, for reference call 082 376 6279.

## GARDENERS:

**Mazama:** Our experienced and hardworking gardener is looking for work on Fri, he currently works in FWG, call 063 411 9115 or Alon on 079 931 3485 for a reference.

**Watson:** Excellent gardener, friendly and positive attitude, available now, Malawian with SA work permit, for a reference call Maureen on 083 610 0637.

**Gerald:** My gardener is looking for work during the week, including part / temp work, he is reliable and hardworking, for more information call Lara on 072 673 3714 or Gerald on 073 920 1465.

**Dexter:** Malawian is looking for work on Thurs, he is friendly, intelligent and very hardworking, knowledgeable on irrigation systems and swimming pools, he shows a lot of initiative and also has his own transport, call Dexter on 073 171 6388 or Lizelle on 082 890 8514.

**Aaron:** Looking for garden work 3 days, Tues, Fri & Sat, contact 078 888 6521, 074 759 1416, for reference call 083 278 9009.

**Moses:** Has been working for me for 2 years and he is highly recommended, he is excellent at gardening, housekeeping and as a handyman, very punctual as well, looking for Mon to Fri work, call Moses on 078 761 0214 or Ivana on 083 982 7646.

**Thabo:** Looking for full / part time work as a gardener / Driver or Handyman in FWG, good references available, call Mary Jane on 076 480 5881 or Thabo on 083 953 0350.

**Lucky:** Malawian wants to work as a gardener on Tues, Thurs & Sat, call 073 760 4665 / 082 555 7203.

**Neil:** Looking for garden work or house work immediately, he is hardworking, honest, reliable and has a professional and quiet nature, he is very capable with all tasks given to him, call Robyn on 084 777 4332 or Neil on 061 804 9631.

**Oscar:** Looking for part time work, 2 days in the week, he can also paint, call 078 584 0883, for reference call Carey 083 954 9568.

**Maxmos:** Malawian seeks work as a gardener / welder on Mon, Tues, Wed, Fri & Sat, call 060 891 2488 / 074 970 4845.

**Matthew:** Malawian looking for gardening work on Thurs, call Catherine on 079 454 0539 or Matthew on 074 028 2806.



APPROVED ESTATE AGENTS FOR 2016/2017

Please remember that only Fourways Gardens Approved Estate Agents are allowed to list and sell houses in Fourways Gardens. You may contact any of the following agencies to sell or let your home:

Agency	Agent	Cell Number	E-mail	Website
	Joep Rijntjes Tania Heurtaux	083 462 2756 082 550 2222	Joep.rijntjes@century21.co.za Tania.h@century21.co.za	www.century21.co.za
	Detmar Nuttall	082 840 5511	detmar.nuttall@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage (rentals)	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Succollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com
	Grant Raw Mark McGowan Dee Thomas (rentals) Sally d'Hotman	079 495 9357 083 358 5652 083 375 5646 082 442 7693	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za
	Keri-Ann Hart	083 844 3150	keri@univestre.co.za	www.univestrealstate.co.za

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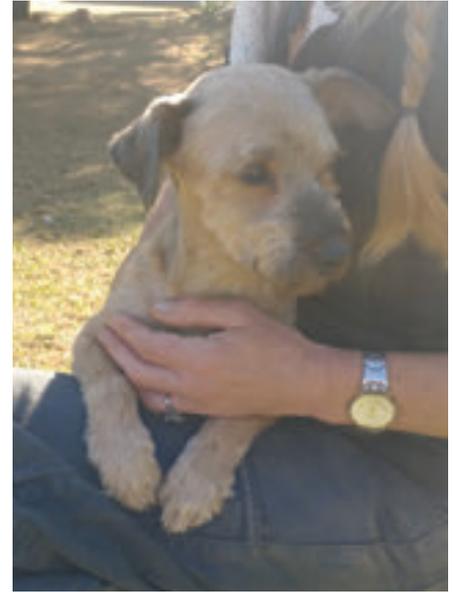
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*Ginger is a young lass around two years old. She urgently needs a forever home as she can't adapt to kennel life.*



*These beautiful furkids need loving homes. Look deep into their eyes and try to find a place for one of them.*



*Bruno is an older boy, around 9 nine years old, whose owners left him in the lurch. He would be so grateful for a loving retirement home.*

## **Adopt don't shop... *please!***

The Friends of Rescued Animals (Fora) shelter was founded in 2003 by Marlene de Beer, a soft-hearted woman who couldn't just ignore the plight of the thousands of animals without food, shelter and basic veterinary care.

Fora is a pro-quality shelter. In other words, from a health aspect the management ensures that the animals are sterilized, vaccinated, sufficiently dewormed and parasite free. The dogs have to be exercised and all the animals are fed a reasonably quality food.

And it doesn't stop there. The animals also have to be in a good state of health and mind. Fora tries to create as happy an environment as they possibly can, but unfortunately no shelter is a happy ever after. It should be a stepping stone to a new ever after home.

The animals that land up at a shelter are the lucky ones, but often the animals pine for their ex-owners, become stressed and refuse food.

Shelter Manager, Linda Scrace, who joined Fora three-and-a-half years ago, says they have to turn animals away every day because the facilities are full. Overcrowding causes behaviour and social issues and depletes the quality of life of the existing dogs. They have



*Peggy is a very loving 4-year-old but is timid and can't cope being kennelled.*

350 dogs and 150 cats that they are desperate to find homes for.

The main problem that contributes to the high numbers of animals in shelters worldwide is irresponsible animal ownership: not sterilizing pets creates huge numbers of unwanted animals, therefore unnecessary suffering.

Please help these angels at Fora who work so hard to feed the hundreds of animals in their care, who give them a loving pat and a cosy blanket on a cold night.



*And last... these 8-week (Min Pin x Jack Russell) puppies are just what you need to cuddle up on a cold winter.*

**If you can't adopt a cat or dog, please consider a donation.**

Contact Details.

1A Windsor Road, Luipaardsvlei, Krugersdorp, 1744

Phone: 082 336 5568

Banking Details:

Friends Of Rescued Animals NPC  
NEDBANK

Florida (#190541)

Account 1073 509 893

**Don't hesitate to adopt! Excellent decision! BUT... please take your time, do your homework; have realistic expectations and find the right fit for your lifestyle, surroundings and resident animals you may have. This is imperative for a successful outcome.**



Essentially, when bringing an adopted dog home, we are arranging a marriage. A dog's personality and prior learning experiences are going to be a deciding factor for a good match, not what the dog looks like.

Dogs are highly adaptable, and then there are those who lack basic coping skills; have brittle personalities and have not been taught with kind methods how to behave in a domestic environment. They are relying on you to guide them and teach them. Time, patience and educated guidance will assist in a happy union.

If you have resident dogs, ask the shelter if you can arrange a meet and greet. We can't force dogs to get on together if they are just not into each other.

Your resident dog and other animals in your home have a say in the decision too. Remember, a dog in a shelter often behaves completely differently when it gets to your home and settles in. So although a first meeting is very important, much can change thereafter. Be prepared that your expectations may require a complete turnaround.

Important factors to consider: Size of dog for your home environment; energy levels; mental and physical needs; puppy or adult; breed specific tendencies; socialability of the adopted dog as well as resident dogs/other species; can you care for the new dog financially? Are all family members in agreement? Age of children in the home; have they been taught how to respectfully interact with a canine companion; are they old

enough to understand when interaction is not appropriate? Is your household sedentary; active; a hive of activity and noise or is it very quiet? How much time will you have for your new dog?

If you have concerns; questions; or just need to bounce ideas off a professional don't hesitate. The more we can help all new owners by being there for them when they need correct educational advice, the more dogs will remain in homes and won't be returned to shelters. It would be well worth your while to contact a behavioural professional prior to making the final choice.

Investing time and effort in searching for the best fit will pay off in dividends for many years to come, turning the new relationship into a life-long friendship.

Samantha Walpole – Owner Be The Dog Behaviour and Boarding [www.bethedog.co.za](http://www.bethedog.co.za)  
Samantha Walpole is an Accredited Behaviourist specialising in Canines and runs her own business conducting consultations; home training; class training; and has a small Boarding facility. She is also Vice Chairman and Secretary of the Animal Behavioural Consultants of SA.

BTEC Nat Dip Equine Husbandry West Oxfordshire College UK  
Advanced Diploma – Ethology Academy  
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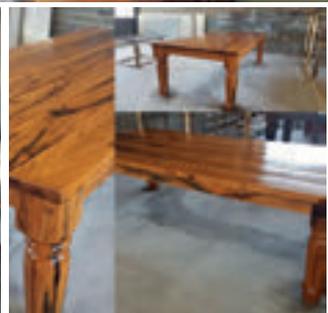
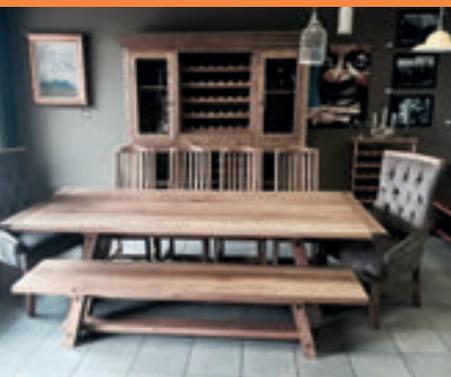
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