



# FOURWAYS GARDENS

*Residential Estate*

July 2019

**FWG FAMILY FUN RUN**

**Cooking Classes for Nannies**

**Yogalates - Where East meets West**

**The Problem with Passion**



# LIVE POSITION

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To schedule a private viewing contact your Fourways Gardens Specialist on 011 469-4950.

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COVER IMAGE: Nurefsan Oksuz

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FOURWAYS GARDENS  
Residential Estate

### Contact Numbers / Emergencies / Fault Reporting

Estate Office	011 465 7731
Clubhouse	011 465 0937
Estate Security 24/7	
Security Control Room	011 465 5466/5465/2302 011 467 2005/1400
Site Manager	071 224 6776
Assist Site Manager	071 222 7037
FWG Mobile Site Phone	076 200 5280

### Important Numbers

ER 24 Emergency	084 124
Netcare 911	082 911 / 010 209 8604
Life Fourways Hospital	011 875 1000
Ambulance Fourways Life Hospital	011 875 1000 / 010 209 8604
Douglasdale Police Station	011 699 1300
Police/Flying Squad	10111
Metro Police	011 490 1600
Fire and Ambulance	10177
Lonehill Fire Department	011 465 5792 / 011 028 1083
Sandton Fire Department	011 375 5911
Fault Reporting and Utilities Suppliers	
Eskom	086 003 7566
City of Johannesburg Municipality	011 375 5555 / 086 056 2874
Telkom	10210
Vumatel	086 100 8862

8



30




46



# Introducing the new Arteon.

Beauty and a 206kW beast.



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Meet the Arteon - the future of the fastback category, embodied in a spacious and ultramodern head-turner, packed with the latest Volkswagen technology and designed entirely to enhance your driving experience. The Arteon is stunning and powerful all at once, and has earned its title of beauty and a 206kW beast.

It's a vehicle governed by one of two powerful engine options - 2.0 TSI 206kW and 2.0 TDI 130kW. The tech in the Arteon is designed to complement the unapologetic progressive nature that defines what the Arteon is all about. From its Active Info display and App-Connect features, to its Discover Pro and touch-screen navigation system, the Arteon is a beastly beauty that deserve a second glance.

Lindsay Saker VW Fourways will bring the new Arteon to you to TEST DRIVE



Volkswagen

---

## Fourways Volkswagen

2056 Sunrise Boulevard, Fourways Crossing. Tel. 011 548 5096

Email. [tdejager@lindsaysaker.co.za](mailto:tdejager@lindsaysaker.co.za)

# MESSAGE FROM THE GENERAL MANAGER

Dear Residents

It is alarming to note that a large number of gated estates in SA are experiencing serious road traffic violations.

Homeowners need to acknowledge that **when they chose to purchase property within the estate and become members of the Association, they agreed to be bound by its rules.**

For those homeowners who have paid the premium attached to living in a lifestyle estate such as Fourways Gardens, the issue of safety (for both them and their children) is often a primary reason behind the decision to invest. A component of that safety issue (outside of the traditional security reasons) is the idyllic notion of our children being able to roam around our peaceful estate on foot or bikes, and enjoy the luxury that we experienced as children.

The reality is somewhat different as, very often, and particularly in larger estates such as FWG, our very own local Grand Prix wannabes turn the imagined tranquillity into the proverbial 'accident waiting for a place to happen'. And in all seriousness this can be a deadly problem.

The posted speed limit of 40 km/h, and the traffic signs within the estates are there for a reason. They are in place to keep the residents (and visitors) safe, and the Home Owners Association has a responsibility and duty to take all rational and reasonable measures to protect the residents. One of the issues the HOA is entrusted with, is the task of ensuring that the estate remains safe and secure, properly maintained, pleasing to the eye and a generally happy place to live and be in. In so doing, they might have



to approach and interact with residents, visitors and homeowners from time to time, when they disregard rules agreed to by members.

Over the past few weeks, the Fourways Gardens Neighbourhood Facebook page has been very active with complaints about reckless driving in the estate. Security has been instructed to take a 'ZERO tolerance' on road traffic incidents. The biggest issue is speeding and not adhering to Stop signs as Yield signs.

I have summarised the road traffic penalties for the month of May, for your information and record.

Nature of Penalty	Residents	Visitors
Speeding	1	1
Not stopping at Stop Signs	9	27
Total	10	28

As we can see from the above stats, the biggest offenders are visitors, so we request residents to please advise their contractors/visitors of the Estate Rules.

Management and the Board of Directors further wish to remind residents of the recent **Supreme Court of Appeal ruling that speed limits in private residential estates are legally enforceable.**

This specifically refers to the legal case involving the *Mount Edgecombe Country Club Estate Management Association II (RF) NPC v Singh* and others, where the Supreme Court of Appeal has ruled that private residential estates are indeed legally entitled to enforce the rules of such estate against its residents as members of the estate Home Owners Association, including those rules relating to speed limits on the roads within the estate.

It is to everyone's benefit to comply with these regulations, so please, slow down.

Gary



Gary Haynes

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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# EMPLOYEE AND CONTRACTOR DOCUMENTATION REQUIREMENTS



Please ensure that all persons employed by you in your home have been SAPS cleared and have all the correct documentation. They must be registered onto the Fourways Gardens Estate biometric system for your property.

Contractors conducting work or providing a quotation for work to be undertaken at your home must have the correct documentation. Only use reputable companies with references. Also, ensure that you are always aware of the number

of people coming to your home, and that they are under constant supervision.

Documentation requirements for all people conducting any form of work at your premises:

- For South African citizens, a valid South African ID or driver's licence.
- For Foreign Nationals, a valid passport with a valid work permit.
- Additionally, Foreign Nationals must submit valid asylum documents.
- Any copies of the above documents must be clear copies and must be certified by

the South African Police Service.

- For South Africans, certified copies older than 7 months will not be accepted.
- For Foreign Nationals, certified copies older than 3 months will not be accepted.
- If a person has lost his/her documents, they will need to provide an affidavit from the South African Police Service, stamped and signed.
- If a person has applied for their documents, a certified copy of the receipt of application must be provided together with an affidavit from the South African Police Services, stamped and signed.



## Reminder

Please report all security matters to the onsite Security Control Room immediately:

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

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

Kindly provide this information to the Security Management, and they will investigate the incident and action corrective measures accordingly.

Please email or contact Ricardo – [sitemgrfge@24-7security.co.za](mailto:sitemgrfge@24-7security.co.za) / 071 224 6776 or Daniel – [assistsitemgrfge@24-7security.co.za](mailto:assistsitemgrfge@24-7security.co.za) / 071 222 7037

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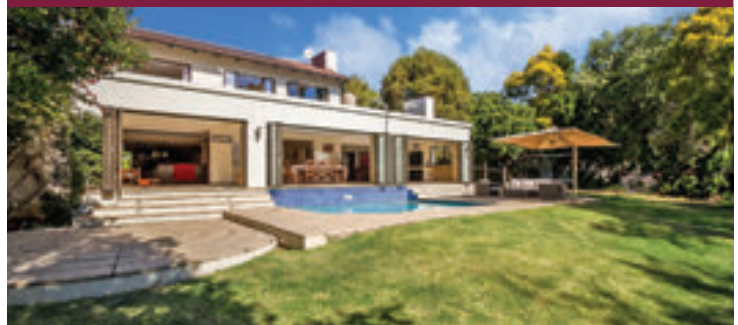
FOR SALE R4.999 MILLION



FOR SALE OR RENT R8.500 MILLION / R65 000 PM



FOR SALE OR RENT R4.799 MILLION / R35 000 PM



FOR SALE R4.490 MILLION

FOR RENT R38 000 PM



**GAYE**  
083 601 1593  
gaye@gcr.co.za  
Sales Agent



**MATT**  
084 602 7999  
matt@gcr.co.za  
Candidate Agent



**SUE**  
082 452 0086  
sue@gcr.co.za  
Rentals Agent

# Monthly Draw – 31 May 2019



Our Monthly Draw takes place on the last Friday of every month in the Clubhouse at 7pm. All homeowners in good standing are automatically entered into the cash draw via their stand numbers. All other visitors on the evening are eligible to win one of the Lucky Draw prizes.

**The lucky draw prize winners for May were:**

**Kiddies prize:**

- Bree Fort: Gift Voucher

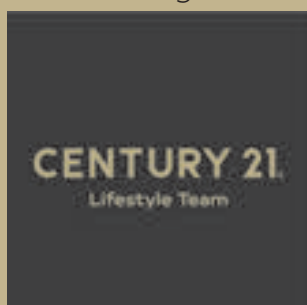
**Lucky draw:**

- 1st prize: Brian Frankel: Bottle of Bubbly and Hamper
- 2nd prize: Rupert Pulverman: Bottle of Bubbly

**Main draw:**

- 43 Camdeboo: Kaleli Necati Gokhan was not present, so we have a roll over to R11 000 for the next draw. The draw will be as follows:
  - o R11 000 first draw
  - o if not won, second draw - R7 500
  - o if second draw not won, a third draw - R5 000.

Thanks to Joep and Tania from Century 21 for sponsoring these fun evenings!





## These fine properties for sale!

### FOR SALE



**R8 500 000**

Web Ref: 21DN-3319

Handsome villa with clean lines with understated elegance are some superlatives that come to mind for this magnificent home. Entrance portico giving way to entrance hall offering views into house and garden. Huge formal lounge with gas fire place leading to outside covered terrace offering space for outside dining and lounge overlooking the spacious garden and pool. Magnificent open plan lounge and dining room plus kitchen with gas stove, electric oven and central island. Plenty of cupboard space plus separate scullery with space for three appliances. Additional features include a fitted cocktail bar, air-conditioned wine cellar and surround sound. Family room, and study plus guest suite. Upstairs 3 spacious bedrooms all en suite with air-flow system. Master suite with private balcony and ample cupboard space. Staff suite with kitchenette. Garaging for 4 cars.

### FOR SALE



**R5 295 000**

Web Ref: 21DN-2476

Large family home with a double volume entrance. The ground floor consists of a study, formal lounge and dining room plus a family lounge on split level with fire-place and built-in cocktail and lead onto the large covered patio. An open plan kitchen with granite counters plus a walk-in pantry and separate scullery. Guest cloakroom. A staircase lead to the 5 upstairs bedrooms (2 with air-conditioning) and 4 Bathrooms (3 en-suite). An added feature is a roof-top studio or gym. Large covered patio with built-in braai overlooking the large pool and walled garden. Storeroom and staff suite. Double automated garage plus covered outdoor parking for two vehicles. Seller will consider all offers.

### FOR SALE



**R3 495 000**

Web Ref: 21DN-2977

Hassle free estate living for the whole family. Very private and quiet. Welcoming home with modern finishes consisting of entrance hall with guest cloak, lounge onto large covered veranda with built-in-braai overlooking inviting pool and garden, dining room plus aircon, family/tv room plus. Modern kitchen with gas hob and eye level oven, separate scullery. 3 bedrooms, main with aircon and en-suite plus a second bathroom. Double auto garage, staff accommodation with a bathroom or teenage pad. A lovely home for the young and old alike.

### FOR SALE



**R3 595 000**

Web Ref: 21DN-2879

Single storey home on a spacious 1023 sqm stand with lots of opportunity to expand with reinforced foundations for double storey, allowing you to create your dream home! 3 Bedrooms and 2 full bathrooms (MES), with 3 reception areas. The large kitchen has been newly renovated with granite tops and lots of built-in cabinets, providing ample storage space. Separate scullery. This kitchen is adjacent to the dining room which opens onto the garden and pool. An outdoor gazebo/ games room with built-in bar and braai area, is ideal for outdoor entertainment. Sparkling pool set in a spacious private garden. Staff accommodation. Double automated garage and additional car port for 2 vehicles.

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

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

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756

# Family Fun Run

## 26 May 2019

A great day was enjoyed with family, friends and fellow residents, with perfect autumn weather!

**W**e hosted our annual Family Fun Run on the last Sunday of May. Lew Geffen Sotheby's Realty was our sponsor once again this year and sponsored amazing prizes for the various age groups. In addition, this year, they also arranged for a face painter and balloon

artist for the enjoyment of our little ones after the 5km walk/run was completed.

This year, our senior male winner, Sam Schnyder, set a new course record that even impressed our Fourways Road Runners who were on duty as marshals for the race.

Please see winners and their times below.

Place	Name	Time	Prize
1st Man	Sam Schnyder	15.05	Case of Graham Beck Shiraz Voigneur and a R1000 Montecasino Voucher to redeem at the Malt Barrel and Fire Restaurant
2nd Man	Paul Scrutton	17.34	Volcano Bluetooth Headset
1st Lady	Melissa Johnson-Schnyder	20.13	Luxury Hamper and a R1000 Montecasino Voucher to redeem at the Thava Indian Restaurant
2nd Lady	Debbie Hayward	20.58	Toni & Guy Conditioning Hair Dryer
1st Boy 6 – 13 yrs	Jack Stockhill	19.32	M Stuff Mobile Bluetooth Wireless Speaker plus 4 Montecasino Movie Tickets
1st Girl 6 – 13 yrs	Daniella Driessel	25.44	M Stuff Mobile Bluetooth Wireless Speaker plus 4 Montecasino Movie Tickets
1st Boy 1 – 5 yrs	Oscar Brockie	28.42	Avengers Volcano Bluetooth Wireless Speaker and 4 Montecasino Bird Garden Tickets
1st Girl 1 – 5 yrs	Jamie Miller	33.57	Frozen Volcano Bluetooth Wireless Speaker and 4 Montecasino Bird Garden Tickets



The best dressed family prize went to Dave and Lisa Miller who dressed as the Lumo Family!

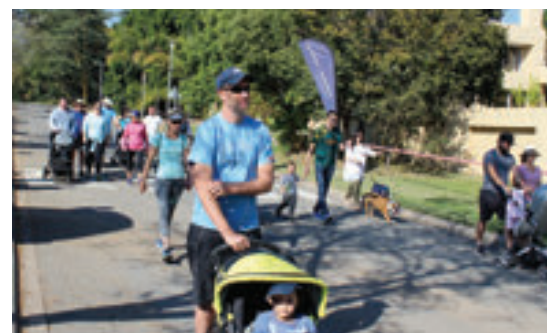
The afternoon continued with a relaxing Family Braai at The Terrace with live music and a jumping castle for the children to enjoy!

Thanks to everyone who joined us on the day – and special thanks to Simon Parkinson for being our MC for the event and Mandy Scrutton for being the time keeper, both are from the Fourways Road Runners Club.

We further wish to extend our thanks to Sotheby's for sponsoring this family favourite event yearly and we hope to see a lot more residents take part next year.



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# OUR DIRE WATER SHORTAGE

## A BIG WAKE-UP CALL TO RESIDENTS!

No watering between 7am and 4pm.

No washing of driveways or paving from hoses.



**M**eagan Donnelly from Rand Water addressed the FWG Gardening Club on 13 June 2019 and it was a HUGE wake up call.

### Here are some grisly facts:

- We are at Level 1 Water Restrictions. If we water between 7am and 4pm, JMPD will visit and fine us. The penalties: R1 000,00 for first offenders and R5 000,00 for repeat offenders.
- Gauteng's natural water supplies cannot meet demands. Johannesburg has no natural water supply.
- There is a continuous increase in water demand due to urbanisation, industry and electricity demand.
- Dam levels in Gauteng are lower than at the same time last year.
- In most areas in South Africa, evapotranspiration is higher than the rainfall received.
- Annual evapotranspiration ranges from 1 100mm – 4 000mm.



- Conversion ratios of rain available as surface water: stream flow into rivers - Canada: 65%  
Australia: 9,8%  
South Africa: 8,6% (*World Bank Group, 2015*)
- The world average rainfall is around 860mm per year.
- SA receives approximately 497mm per year.
- Our climate is changing – hotter and drier conditions in South Africa.
- Rainfall will become more unpredictable and extreme.
- Northern Region prediction: 5 – 10% decrease in rain and increase in evapotranspiration.

### WHAT CAN WE DO?

- 60% of the wastewater that leaves a household is potentially available for re-use. Have a simple grey water system fitted for your bath water and washing machine.
- Understand your water meter – if it's moving and you have no tap running, you probably have a leak.
- Fix leaking taps.
- Hydro-zone your landscape (High / Medium / Low).
- Irrigate according to zones, based on water needs and change for each season.
- Link irrigation to a controller and rain sensor.
- Install water meters in the landscape.
- Mulch your garden.

For more information, contact Meagan Donnelly on 011 724 9351/073 651 0662 or email: [mdundell@randwater.co.za](mailto:mdundell@randwater.co.za)  
Rand Water will come out to assist if you fear a leak.  
Visit: [www.randwater.co.za](http://www.randwater.co.za) and click on the Water Wise logo.





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Your asset is important to me."  
Francesca Beattie*



PHASE 2 - A steal at this price! Asking R5.6m



PHASE 2 - Modern and immaculate Asking R5.75m



PHASE 1- Stunning french farmhouse Asking R4.9m



PHASE 2

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# THE PERFECT GARDEN THIS JULY

If you are looking for a change of scenery or just to update the overall look and feel of your garden, now is an ideal time.

**J**uly is the time to Prune. Aim to get your pruning done between the last two weeks of July and the first week of August. Transplanting is another common theme during July as many plants are dormant and can be moved without worrying about disturbing them.



Mike Goad

## TO DO

**1. WINTER GARDENING FOR HERBS AND VEGGIES:** If you want a good crop of herbs and vegetables in winter then raised beds are a good idea as their soil temperature is higher. Greenhouses and tunnels are recommended in areas subject to extreme temperature fluctuations. Only grow vegetables that do well in cooler conditions. Sow seeds of carrots, radishes, broad beans and beetroot until the end of August.

**2. PRUNE:** It's a wonder that July has not been renamed pru-ly in South African circles, because a consistent theme this

month, countywide, is pruning. This is especially true for fruit trees and roses, but also any deciduous shrubs that may be in need of a trim. Remember to shred all your cuttings and pop them onto the compost heap that you've almost certainly already started, haven't you? It's important for you to perform the process now and not delay until the flowering season starts.

**3. IMPROVE THE LAYOUT:** As you can now see the bones of the garden, consider possible design changes that you could make. In dry areas, winter

is the ideal time to erect a pergola or archway, redo the paths and redesign the beds. Take the opportunity to level sloping, uneven areas and build steps to link different levels.

**4. FEEDING AND MULCHING:** Do this right after pruning. Remove the annuals that have finished flowering then work compost and organic pellets into the beds. If the soil drains well, work these lightly into the top 3 - 5cm. If the soil is clay or rocky, dig in compost to at least a fork's depth, but take care not to disturb the roots of the plants.

To purchase natural gardening products or for more information on how to be eco-friendly give

Turfnet a call: 073 935 9754/011 469 5051/4.

Address: School road, Plot 17, Diepsloot, Johannesburg





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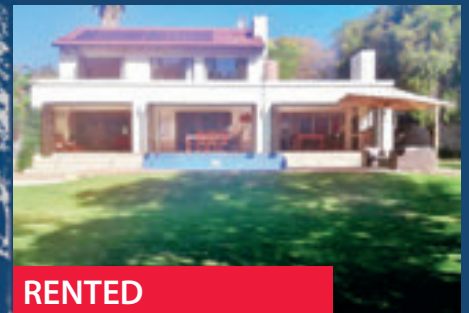
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**RENTED**



**RENTAL R35 000pm**



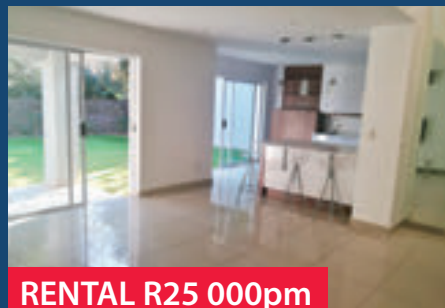
**FOR SALE R1,695mil**



**FOR SALE R4,8mil**



**RENTAL R30 000pm**



**RENTAL R25 000pm**



**FOR SALE R3,4mil**

# QUIZ NIGHT at the Clubhouse – 7 June 2019

Our Quiz Night was again hosted at our Clubhouse. We extend our thanks to our generous sponsors for this event.



**A** wonderful evening was enjoyed by all. The function was fully booked with some new families taking part, and new winning teams on the podium.

We even celebrated a couple of birthdays on the evening and the entire room joined in, singing happy birthday to our birthday boys.

The questions posed were varied and challenging, with a wide range of interests covered.

Thanks to Francesca Beattie Properties for sponsoring the R1 000 first prize for these evenings, the Clubhouse for the awesome meal vouchers, and Denoon, Sampson, Ndlovu Inc. for the R400 cash second prize.

**Our winning teams for the night were:**

- 1st – Friends with 56 points
- 2nd – Birthday Boys with 54 points
- 3rd – M3D with 52 points





FOURWAYS GARDENS  
*Residential Estate*



**13 JULY**  
**CLUBHOUSE LAWN**  
**FROM 11 AM**  
**LIVE MUSIC FROM 1 PM**  
**BEER, GIN AND FOOD TOKENS**  
**FOR SALE AT THE FUNCTION**

## FWG WINE CLUB

# Presenting Delaire Graff

The cooler June temperatures on the evening of 5 June 2019 did little to dampen the spirits of those who attended the Delaire Graff wine tasting. As usual the regulars attended and, as this event has steadily grown in popularity, it was nice to see some new faces as the evening got underway.

This night was the turn of Delaire Graff, a premium wine estate from Stellenbosch that introduced some of their select wines. From the whites to the reds, the tasting was accompanied by some interesting history and facts about the estate.

This wine estate is renowned for its top class wines and unparalleled hospitality. Nestled between majestic mountains and overlooking the vineyards of Stellenbosch, the estate has been dedicated to producing its award winning wines. The incredible views provide the perfect backdrop to their outstanding restaurants, state-of-the-art winery,



### Fourways Gardens Wine Club

exclusive lodges, exuberant landscaping, destination Spa and luxury boutiques.

After the tasting, the guests were treated to a lucky draw where 3 bottles of wine were handed over to the lucky winners. A tasty meal followed, carefully prepared by Francois and his team and, as always, everyone enjoyed themselves very much.

A special thank you to Tyson Properties for sponsoring the table wines and we look forward to seeing you at the next evening in July.







## COOKING CLASSES FOR NANNIES

Paige Grobler is a qualified chef and pastry chef who is offering cooking and baking classes for Nannies. Small groups or individual classes are held, conveniently situated in Fourways Gardens. The recipes are simply delicious and suitable for the whole family.

Different classes are tailored to suit one's individual needs or dietary requirements – call Paige for more details on 074 531 2356 or email: [paige.grobler@gmail.com](mailto:paige.grobler@gmail.com)

Here's one of her recipes for you to try for yourself:

### BOBOTIE

#### INGREDIENTS

1kg beef mince  
1 onion  
1 tablespoon apricot jam  
1 tablespoon chutney  
1 slice white bread  
2 teaspoons oil/butter  
5 - 6 eggs  
250ml milk  
25ml lemon juice  
2 teaspoons curry powder  
1 teaspoon salt  
1 teaspoon turmeric  
5 bay leaves

#### METHOD

Preheat the oven at 180°C.  
Chop the onion and fry in a little oil or butter.  
Blend together all the spices, jam, chutney and lemon juice to make a mixture.  
Soak the bread in half the milk, squeeze out excess milk and add to the mince.  
Add the spice mixture and cooked onions to the mince.  
Lightly grease an ovenproof dish and press the mince mixture into the dish.  
Bake the mince mixture in the oven for 10 - 15 minutes until slightly brown.  
While the mince is in the oven, start on the egg mixture.  
Mix together the rest of the milk and eggs and pour over slightly cooled mince.  
Garnish with the bay leaves and bake for 30 - 40 minutes until set.

Serve with fluffy basmati rice and a green salad (optional).





Ref# FW1421917

Coral Tree, Fourways Gardens



Ref# FYL1424767

Kareeboom, Fourways Gardens

**R47 000 pm**

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# FWG ACTIVITY PROVIDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00					
08:30		Pilates - Tracey (8:30-9:30) 082 894 6096		Pilates - Tracey (8:30-9:30) 082 894 6096	
09:00					
09:30	Yogalates - Tracey (9:15-10:15) 082 894 6096				
10:00					
10:30	Nunu's and Nannies (10:30 - 12:30) Vanjee Smith 079 180 0330 vanjeeleigh@gmail.com			Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 180 0330 vanjeeleigh@gmail.com	
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00					
15h30			Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www. dramaafrica. com	Ballet (15h00-15h30) Nicky Ridley 072 238 8063 nickyridley33@gmail.com	Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
16:00				Boxing lessons (16:00-17:00) Sean 076 854 8650	
16:30	Jazz (16:45 to 17:45) Debbie 082 425 6098	Football (16:30-17:30) Jeremy 072 171 1371 JBrockieFootball@ hotmail.com	Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	
17:00					Boxing lessons (17:00-18:00) Sean 076 854 8650
17:30					
18:00					
18:30	Yogalates - Tracey (18:15-19:15) 082 894 6096		FWG Running Club secretary@ frra.co.za Mandy 083 462 2725	FOR HOA AND AGM MEETINGS	FWG Running Club secretary@ frra.co.za Mandy 083 462 2725
19:00					
19:30					
20:00				Ballroom and Latin Social Dancing (19:30-20:30) Zane 079 550 0755 dancingdna5678 @gmail.com	
20:30					

Clubhouse      Phase 2 Outside      Phase 2 Tennis Gazebo      Phase 1 Park

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





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The fusion of the two creates a gentle and effective method of exercise to improve the functioning of muscles and organs.

It rejuvenates the nervous system, and increases blood flow for improved circulation and massaging of the internal organs, thereby treating the body as a whole.

Internationally trained Pilates and Yoga instructor, Tracey Daniels will be starting these exciting new classes from July 2019, in addition to her existing Pilates classes.

Her classes will be held on the following days:

## YOGALATES

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## PILATES

Tuesdays and Thursdays: 8.30 - 9.30am

For further details, call Tracey on 082 884 6096.





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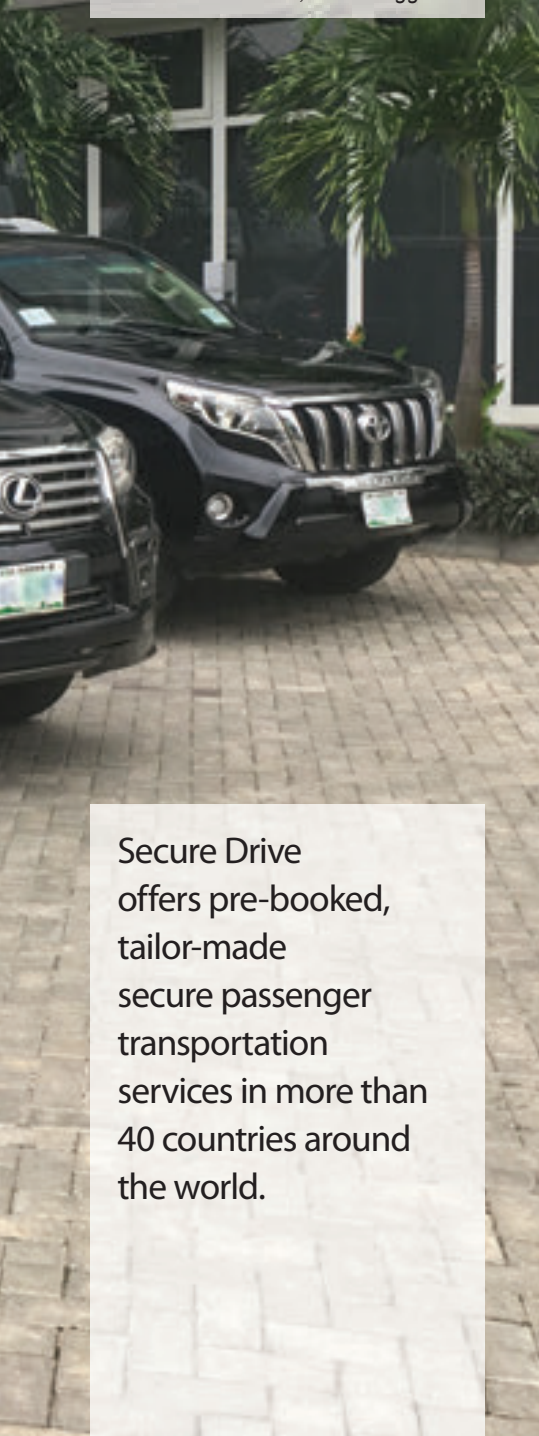
for business travellers at home and abroad

BY JOSH TRUTER





Secure Drive CEO, Jared Higgins



Secure Drive offers pre-booked, tailor-made secure passenger transportation services in more than 40 countries around the world.

In any multinational corporation, you'll always have staff tasked with making travel arrangements for their executives and IT technicians and training personnel who are required to travel extensively to fulfil their job functions. These travel facilitators often rely on a valuable network of contacts to ensure that the business trips run smoothly. However, if they don't have prior knowledge of the prevailing and ever changing conditions and protocols in the destination countries, the excursions could well end up being a total disaster.

For business travellers, venturing into countries that have different laws, local cultures and social challenges can be daunting and sometimes even dangerous. This is why – and how – Secure Drive came into being. This South African security transportation provider is now operating in over 40 countries in Africa, the Middle East and Asia, either directly, or through the services of accredited vendor partners.

"As the world gets smaller, businesses look for global markets to give them a bigger piece of the pie. Often, this means that they expect their executives to operate at higher levels of performance and they are sometimes thrown in at the deep end in foreign countries and expected to swim with the sharks," explains Secure Drive CEO, Jared Higgins.

But businesses have a moral and ethical obligation to ensure their employees' safety, says Jared. The only problem is, they don't always know what the conditions are like in the destination countries. "Terrorism, kidnappings and muggings are only some of the threats that their staff need to avoid. There are also health-related issues – if an employee becomes ill or is involved in an accident in a foreign country and needs urgent medical attention, will they know where to go or who to call?"

#### OPTIMISING THE EXECUTIVE'S PERFORMANCE

A valid concern that many corporates have is: How productive will the employee be in a foreign country where there may be language barriers and every opportunity to get lost, resulting in valuable hours wasted and important appointments missed? This is especially relevant when the employee has a number of back-to-back meetings scheduled away from the local office.

"Secure Drive's services encompass meeting the clients at the airport, transferring them to their accommodation and business premises, and transporting them to meetings and other engagements or recreational activities, with the emphasis on safety and security," says Jared. "We do have different tiers to our services, though, because some corporates only ask for a back-up service that their staff can call on if they need help. Others, on the other hand, require a comprehensive 24/7 service."

In the interests of adding value, Secure Drive has equipped all their vehicles with chargers for cell phones, tablets and laptops; Wi-Fi connectivity; newspapers; and refreshments. So, while their trained security driver is navigating the vehicle through the traffic, the executive has the time, facilities and head space available to be completely focussed and productive.

Over and above this, in addition to the corporates, Secure Drive assists high profile celebrities and many philanthropists who are dedicated to helping communities in remote – and often dangerous – areas.

#### STAFF TRAINING ESSENTIAL

One of Secure Drive's slogans is 'offering a first world service in third world environments'. To achieve this, they have to make sure all their staff are thoroughly trained and alert.



There are so many variables when it comes to travelling, so working through different scenarios is essential. For example, if someone starts shooting in a public place, what do you do? If there's a medical emergency during peak hour traffic when all the roads are gridlocked, what do you do?

"We devote an incredible amount of time and resources to staff training and all staff have to attend the training programmes," Jared adds. "They are taught how to perform in different circumstances which may involve the use of pepper spray, batons, low light level shooting, firefighting and administering medical assistance. They are taught hand gun essentials, hijack prevention, as well as advanced and off road driving skills. Training is ongoing – as the saying goes, you train a lifetime to deal with an incident that can happen in a split second. That split second could be the difference between life and death."

In addition to individual training, they conduct team building exercises and their staff are incentivised. Those who are rated top of their category receive a bonus.

"We also try to look after their health and fitness, so we have a wellness programme for them which includes giving them access to a gym, and martial arts training."

#### LOCAL SECURITY

Whilst the majority of their clients are from the US and Europe, and 80% of their services are performed outside our borders, the need to ensure security locally is certainly not ignored. "The biggest problem

**"We devote an incredible amount of time and resources to staff training and all staff have to attend the training programmes"**

*Jared Higgins*

here in South Africa is that foreign visitors can be lulled into complacency because the hotel where they stay is safe and the immediate neighbourhood is perceived to be safe, so they think everywhere else is safe, too. But criminals are becoming smarter. Even a simple thing like taking a taxi or using an e-hailing service can become a security risk, especially with the ongoing conflict between Uber and the metered taxi drivers – a situation like that provides the perfect opportunity for a criminal to take advantage and mug the traveller while everyone is distracted. For those using hire cars, there's the remote jamming risk that they might not be aware

of, being in the vicinity of cash in transit heists, smash-and-grabs and hijackings."

"As part of going the extra mile for our clients, we offer corporate training programmes to them for their employees, and even for executives visiting from other countries – we teach them how to identify possible risks, and advise them on what to do in the event of a crisis," he adds.

#### RISK ANALYSIS

Secure Drive now has an App that they offer free to all their clients. It's called ArcWatch and their clients' travelling staff members can download it for free. It has an SOS function which triggers an alarm on the Secure Drive GSOC (Global Security Operations Centre) platform, giving the location of the person. They are then able to assist them – whether they have been injured or they have lost their passport, Secure Drive staff will assist them where possible.

Through the GSOC facility, along with access to social media, traffic reports and information about any protest action or mass meetings, the Secure Drive analysts are able to determine risk probabilities for different areas. In addition, their vehicles are all fitted with tracking devices that provide comms updates, so they have real-time access to information, which they are then able to pass on to their clients. This helps the clients to ensure the safety of their staff and helps them keep tabs on what's happening abroad.

For more information, contact Secure Drive on Tel: +27 (0)11 794 9502, or email: [info@securedrive.co.za](mailto:info@securedrive.co.za)

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# 2019 PORSCHE 911 CARRERA S/4S

BY SAMUEL DA FONSECA, PROUD FOURWAYS GARDENS ESTATE RESIDENT

Timeless design whilst still being ever so reminiscent of previous 911s.



The Porsche 911 made its first international debut in 1963. With each passing generation of 911, motoring enthusiasts around the world are faced with one burning question: “How will Porsche manage to improve upon this?” Fast forward 56 years and you’re greeted by the 8th generation of 911, dubbed ‘992’.

A Porsche has always been something that is instantly recognisable, particularly the 911 which has retained a strikingly familiar silhouette even 56 years down the line. The designers of the 992 took the profile of its predecessor and further enhanced it to create a timeless design instantly recognisable as 911. The most drastic enhancement comes with the introduction of the now signature full-led rear light bar, a sight to behold in the dead of night. Upon close inspection of the 992, you will notice just how dramatic its styling is, with deep curves and

aggressive body-lines. One such effect is the lengthening of the bonnet cutline harking back to the 1974 G-series. Both Carrera S and 4S models now have the same width rear-track, which was previously exclusive to the 4S.

Step inside the 992 and you are greeted with an overwhelming sense of sturdiness and a subtle whiff of over-engineering. Gone is the traditional gear-shifter, which has been replaced by a fob-like selector - this has been at the centre of criticism, having lost the functionality of manual shifting. Just as well, the paddle shifters are a pleasure to engage with.

Taking front and centre is the new 10.9-inch PCM display featuring AppleCarPlay/AndroidAuto, SatNav as well as a few drive mode settings. Its operation is sleek, simple and effective. One of the major talking points has to be the two 7-inch displays in the

instrument cluster which have the ability to display navigation, media and driving data. Separating the two screens is a large traditional rev-counter reminiscent of 992’s predecessors. Porsche has perfected the art of creating a modern interior design whilst paying homage to 911s of late. The result? Timeless.

At the belly of the beast lies the same 3-litre twin-turbo flat-six, albeit heavily revised, kicking out a staggering 331kW and 530Nm which results in a 100km/h sprint time of less than 4 seconds for both the S and 4S. In fact, the 4S will see the obligatory sprint in just 3.4 seconds and it will still keep pushing onto a staggering 308km/h. All that power is tied together by a new 8-Speed PDK with shorter gear ratios than the model it replaces. PDK has always been considered the pinnacle of transmissions, some would even say it has mind-reading capabilities and, in the 992 application, it is no different. The



sound? Breath-taking. With the sports-exhaust option, it gives off an incredible raspy tone with audible crackles and pops when you let off the gas.

Piloting the 992 is a sensation on its own. Stick it on a demanding mountain pass and you will quickly realise its capabilities. The speed at which you can carry through corners and still accelerate out is staggering and you would still be hard-pressed to challenge the grip levels even when driving with intent. What was particularly impressive was how well the steering adjusted at speed through corners with confidence-inspiring weight and admirable levels of feedback. I cannot emphasise enough how brilliantly the 992 handles itself. I struggled to fathom that Porsche would still release hotter variants of the already brilliant sports car. When you finally decide to quit being a race-car driver, you can slot the 992 into comfort mode and it becomes as comfortable as a well-accomplished sedan. See, that's the thing about the 992. It offers hooliganist levels of performance, but it still manages to slip through traffic and be as easy to live with on a daily basis as a Golf.

The new 992 challenges the levels of Porsche engineering, adding more speed, more grip and much improved daily livability. Its predecessor already ticked those boxes, but the 992 has gone and doubled ticked them. It has a starting price of R1,7 million and, honestly, at that price point, you will not find a better vehicle that boasts super-car like performance with the ability to function as an everyday commuter at the same time.



# THE PROBLEM WITH PASSION

BY MICHELLE L. RAYMOND

"You need to find something you're passionate about and do that."

"What legacy are you going to leave?"

"You're older now, why haven't you figured it out yet?"

"What are you doing with your life?"

"Set better goals for yourself."

**M**any people are not born with just one thing that they're passionate about. Some are made a little differently. They have a diverse range of interests and also tend to move from one to the next.

They try a little bit of this and discover it's not really their thing, and then move on to the next thing. Their aim is not a destination - an ultimate discovery that will prove to be the one thing they've been looking for their whole lives, and when it's found, that is their purpose. This idea is romantic and lures people away from their natural tendency to explore life.

## The problem with passion

When people become passionate about something, they give everything they have to it; their time, money, energy, focus and even sanity. Passion, like a fire, needs to be constantly tended to or else it will die out. And sometimes it does because the energy to sustain it is exhausting. What's left is reality.

## The alternative - a Hummingbird and a Jackhammer

In a public presentation, Elizabeth Gilbert (author of *Eat, Pray, Love*) shared a letter she received from a very upset fan. The letter was in reference to a powerful talk she gave about passion and why it is so important to have one.

The letter read as follows: "I have never felt worse about myself than I did after listening to your talk," the letter read.

"I am in my early 50's now and have worked very hard and given everything I have to find what my life's passion is, and I'm sad to say that I do not have one. I have never felt more of a failure than I do right now."

After receiving the letter, Elizabeth scrapped all her content and produced an 'anti-passion' campaign. She tells a beautiful story about a hummingbird and a jackhammer.

Those who have a burning passion for something are like the jackhammers. They put their heads down, work hard, invest a lot of energy, time and focus into it and tend to make a lot of noise whilst doing so.

Then there are the hummingbirds. They flit around from flower to flower and from field to field sipping the nectar from

different types of floras. They don't favour one flower over another; instead, they enjoy all the varieties. They are curious creatures and therefore often lead rich and wonderful lives because of their vast experiences, interesting journeys and wide range of skills.

## Curiosity opens the doors for new possibilities

Unlike passion, curiosity doesn't have a price tag. It is free, honest, pure and available to everyone at any time. Not only is it a great quality to possess, but research has also proven that it has some amazing benefits. It is also one of the three key predictors of academic achievement.



Whether you are a determined jackhammer or a curious hummingbird, don't let mere labels hinder you from living an extraordinary life.

And maybe while you follow your curiosities you will eventually discover your passion.

Passion is a tower of flame, but curiosity is a tiny tap on the shoulder — a little whisper in the ear that says, "Hey, that's kind of interesting..."

— ELIZABETH GILBERT

In a study published in 2013 through George Mason University, it was suggested that curious people tend to be:

- more tolerant of anxiety
- humorous and playful
- emotionally expressive
- non-defensive
- non-critical.

Curiosity appears to be a force within us that not only enhances learning but opens us up to more positive perspectives and experiences.

According to another study done in 2014 through the Centre for Neuroscience at the University of California, our brain chemistry actually changes when we become curious, which helps us to learn and remember information.



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# SOUTH AFRICA AND THE REAL BOKKE

BY JAMES CLARKE, PHOTOGRAPHS BY MARY BROADLEY



Grey duiker



Nyala

**“Variety is the spice of life,  
That gives it all its flavour.”**

*William Cowper*

**A** facet of South Africa – the one that puts us ahead of any other nation that I can think of – can be described in one word: variety.

Packed into our region are 900 species of birds, at least as many species of butterflies and 400 species of reptiles. We have 22 500 species of plants which account for our wondrous variety of animals, including the world’s biggest land mammal, the elephant; the second and third biggest mammals, the white rhino and hippo; the world’s tallest animal, the giraffe; and the world’s smallest mammal, the 2,5 gram pygmy shrew whose metabolism is so rapid it would starve to death in less than three hours if it did not eat.

And within that diversity we have what is, I am sure, a unique variety of antelopes – 29 species, ranging from the almost one-ton eland to the tiny 4kg blue duiker whose shoulder height barely reaches

halfway up one’s shin. The good news is that, these days, we are seeing more and more antelope as we travel along our trunk roads.

And the most handsome of all antelopes? It is surely the sable with its beautifully swept-back curved horns. It is also one of the rarest. From Gauteng, the most likely place to see them is probably the Pilanesberg National Park northwest of the Magaliesberg. In fact, it was in the Magaliesberg that, in the 1830s, Cornwallis Harris, a British Indian Army officer, first described the sable which, until then, was unheard of in the outside world.

There are said to be 325 in Kruger Park, mostly around Pretoriuskop and high up in the northwest of the park.

In the 1960s, without realising it, I saw what proved to be the start of their population decline in Kruger. I attended the opening of a number of artificial



Bushbuck

water holes funded, in part, by public donations. With good intention and much planning, they were placed in areas most stressed by drought.

Most of those holes have long been abandoned. It was found, during the dry seasons, that no longer did one get large numbers of impala drinking at a waterhole - they were now able to disperse. This enabled predators, especially lions and leopards that stalked out the holes, to more easily spot the larger antelope such as waterbuck (the lions’ preferred prey species in Kruger Park), kudu, sable and roan, and bring them down. Until then, the numbers of impala had acted as a buffer species ‘shielding’ the larger antelope.



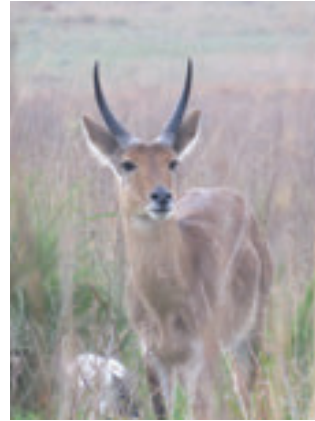
*Kudu*



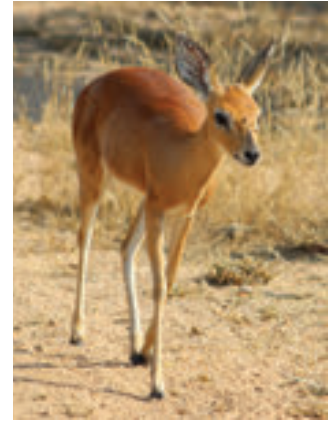
*Waterbuck*



*Cornwallis-Harris' painting of a sable in the Magaliesberg*



*Reedbuck*



*Steenbok*



*Red Duiker*

One of the larger antelopes, the blue wildebeest, and its grazing companion the zebra, overpopulated some areas in the '60s and '70s to such an extent it lead to overgrazing, especially around water holes, thus demolishing the rarer grasses favoured by sable and its cousin, the roan.

The last roan I saw in Kruger Park, 20 years ago, was near Tsokwane in the central district. Their population is down to about 50 and, like the sable, they are listed as 'endangered'. So is the tsessebe – arguably the swiftest antelope in the park. They can sometimes be spotted in the Pretoriuskop area of Kruger Park and can be seen in the Pilanesberg, Marakele and Mokala, the last mentioned being a much underrated reserve near Kimberley.

The impala is usually cited as the most common buck in Kruger Park - its

population is in excess of 120 000. But Dr Mike Cohen, former director of the Department of Environmental Affairs and Tourism and now an environmental consultant based in the Eastern Cape, suggests that the most common antelope might well be the diminutive steenbok.

Cohen did a three-year doctoral study of steenbok in Kruger Park and found some individual's territory was less than a hectare. He also discovered their incredible flexibility regarding habitat – they occupied almost every type of veld. Kruger Park has nearly 2 million hectares . . . and a steenbok is happy with just one.

One of the rarest antelope in Africa – yet easy enough to see – is the bontebok whose name is derived from the conspicuous white blaze (bont) that runs from under its eyes to its nose and appears to have been slapped on by a wide brush. It is unique to the southern Cape and came very near to extinction a century ago. Its decline was accelerated by it being bundled along during the lemming-like mass springbok migrations that flowed across the southern Karoo in the 19th century. They headed west into South Africa's most arid region where they perished.

The last great migration was in 1896 and TB Davie, who witnessed it, said it

was strung out "over 138 miles (220km) and, in places, was 15 miles wide". The animals moved slowly like docile sheep and Davie, driving a horse-drawn cart, described how he became caught up in the 'moving mass' and how the animals moved aside, 'displaying resignation rather than fear'.

They passed through 'dorps' where they were slaughtered. Everywhere, the middens of skins and heaps of skeletons grew and village trees were festooned with biltong. Helplessly carried along by the springbok, they were picked off as 'sports' (oddities) by trigger-happy farmers.

A century ago (1920), when bontebok were on the brink of extinction, concerned farmers fenced in 84 of them in what is today one of our smallest national parks – the Bontebok National Park in the Western Cape – where they now flourish.

Our largest antelope is the eland and, in the early 1900s, the Russians attempted to domesticate them, finding they yielded up to 7 litres of milk at a milking. In the wilds they yield half of that. But, as the Russians discovered, and subsequent experiments found, corralling a 900kg antelope that can leap a 3 metre fence is not anywhere near as easy, or productive, as keeping a cow.



# LA VIE NOUVELLE

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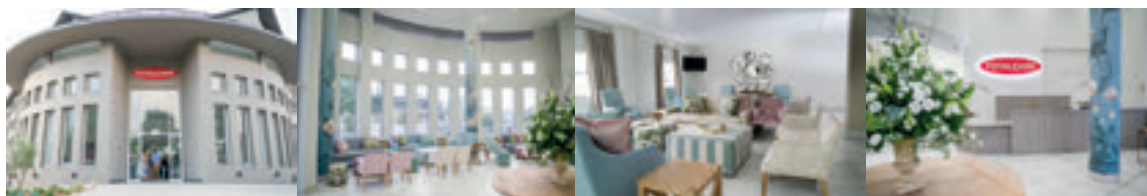
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# LEADING INNOVATION AND ACADEMICS FOR GROUP OF SCHOOLS: MARK NAIDOO



Mark has worked in the education space for 23 years. He qualified as a Science teacher and initially worked at a rural northern Natal school, after which he relocated to Johannesburg in 1998. He has always taught in a high school environment and is comfortable engaging with teenagers. Of sentimental value to Mark is a noticeboard littered with letters from his past pupils expressing their gratitude and the impact he had on them while

under his tutelage. Reading these letters always reminds him of his purpose.

He led the Science department at Wendywood High School before moving to Beaulieu College in 2004. In 2005, he obtained a Bachelor of Science Honour's degree and went on to complete a Master's degree in Science in 2008 at the University of the Witwatersrand. Mark has held various leadership roles at the College, the most recent being the Deputy Head of Academics. After finishing the Leadership Development Programme at the Wits Business School, he decided to seek new challenges and broaden his experience in the field of education, hence his new role as Group Head of Academics, aimed at further strengthening the educational offering of the Kyalami Schools Group.

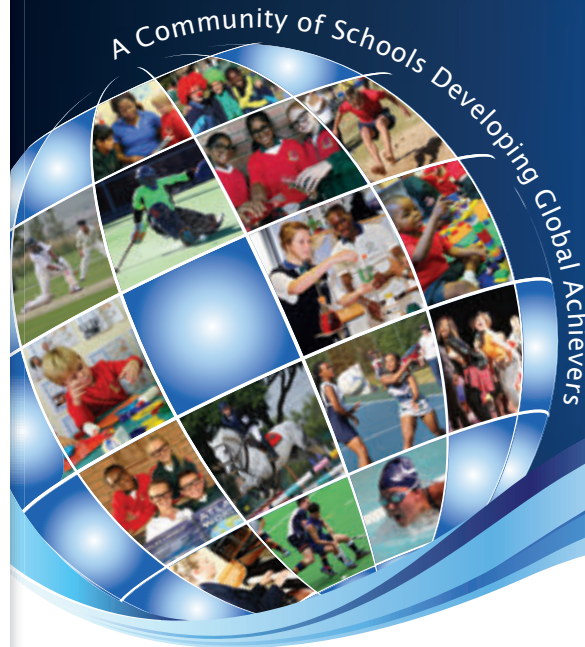
Mark has a 12-year-old daughter, Hannah, who is at Beaulieu Preparatory in grade 7. She is very excited to start at Beaulieu College next year!

Mark is extremely passionate about education and seeks to bring agility and innovation to the Kyalami Schools Group. His educational philosophy centers on the premise that children are innately curious, therefore it remains our collective responsibility to foster that spirit of creativity and curiosity, guided by a robust and dynamic curriculum. With a strong background in science, Mark favours an inquiry-based learning approach and views the classroom as a 'messy' multicultural space where learning is lightly scripted but intentional, and where the teacher assumes the role of a skilled facilitator.

The current educational landscape is in a state of flux and the dated schooling model is no longer effective and sustainable. Mark's view is as follows: "It is said that millennials will make up 50% of our workforce by 2030. Millennials readily learn across platforms and geographies and their learning space is mostly informal. The workplace not only requires people who are employable, but those who can create employment, especially in the South African context where youth unemployment is at its highest. As educationists and parents, it is our responsibility to continually disrupt education and challenge the status quo - our children are certainly not afraid to!"



**Kyalami Schools**  
(NPC)



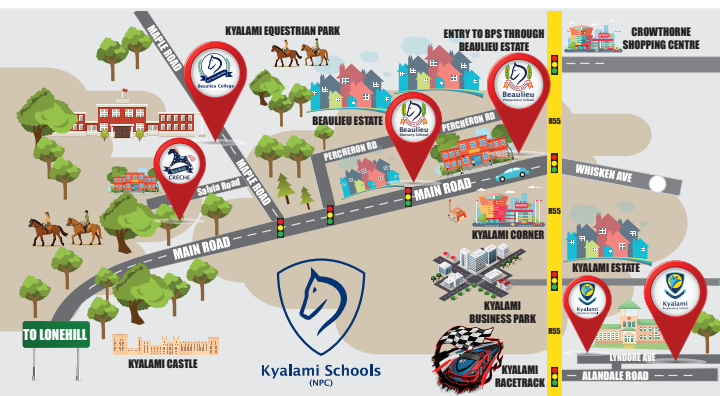
Kyalami Schools (NPC) consist of three high-performing independent (private) schools, namely Beaulieu Preparatory, Kyalami Preparatory and Beaulieu College – all located in the north of Johannesburg in Kyalami, Midrand. Our two Preparatory Schools also each have their own Nursery School and the latest addition to our Brand of Schools is the affiliated Kya-Kids Crèche which is situated next to the indoor sport centre at Beaulieu College.

Our learners, the future leaders, are at the heart of every decision. Our profession and calling is to nurture and support children to develop and assist them to become the best they can be. Collectively, we are committed to the development of inquiring, lifelong learners. We offer holistic learning programmes to support the most important capacities that young people now need, in order to make their way in the increasingly demanding world of the 21st century: the powers of creative thinking and problem-solving, moral and values-based education, and a strong academic base so they can become global achievers in whatever field they choose to work.



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# COMMUNITY SPIRIT AND SERVICE

Dainfern College is a community school that places a huge emphasis on service and outreach.

Service is a key driver for Round Square schools and, as a member of this international organisation, Dainfern College ensures that its students understand that it is both a duty and a privilege to help those less fortunate.

Students and staff work hard to make a difference in the lives of others through charity drives, comprehensive Outreach programmes and community initiatives to assist those in need. This starts with the youngest students in Grade 0, who contribute weekly to collections for 'Meals on Wheels', and progresses from Junior Preparatory students who make sandwiches each week for their partner school in Diepsloot, right through to High School students who are encouraged to lead and manage their own Outreach projects.

Students and staff supported the annual CANSA Sprayathon & Shavathon in the first term, which was a wonderful day of community spirit. Wearing jeans on CF Genes Day to show support for those suffering from cystic fibrosis is always of special significance at the College in support of one of their own pupils. Mandela Day is an opportunity for every member of the community, from students to staff to parents and grandparents, to give 67 minutes of their time to a myriad activities on campus.

Community drives are held three times a year for partner schools and crèches in Diepsloot and Cosmo City. Over 7 000 Easter Eggs were distributed at the end of March and it is always heart-warming to see the children's eyes shine when they receive a special treat.

The focus in Term 2 has been on keeping people warm during the winter months and the College is collecting second-hand winter clothing, shoes and blankets and 'Cup a Soup' to support



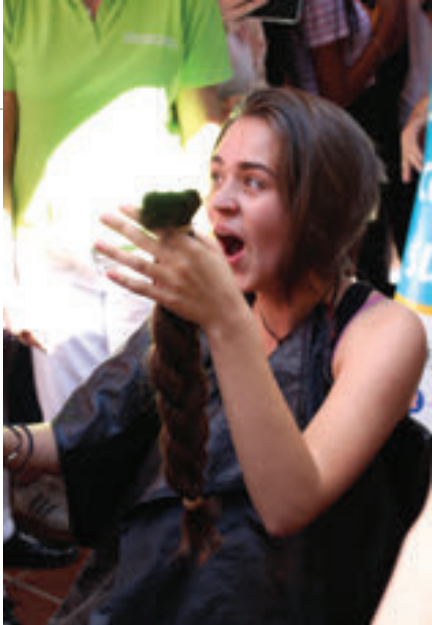
Junior Prep students supporting the CANSA Sprayathon



Making sandwiches for ReShomile



High School student-led project to renovate a partner crèche



Supporting cancer victims at the CANSA Shavathon

those in need. In Term 3, the drive is to collect toiletries and treats for Christmas hampers.

The Senior Preparatory started the year with a massive drive to collect pre-loved sports equipment, which resulted in several bakkie-loads of equipment being handed over to 'Play it Forward Jozi' who distributed these items to various academies and schools in need. They



High School crèche day

are also collecting sports medals for a children's oncology unit so that each young patient receives a medal on the last day of their treatment.

In the High School, the Grade 8s host an annual crèche morning where, for four hours, they entertain and cater for about 80 toddlers. The High School hosts further crèche days during the term, when Dainfern College students

spend a wonderful afternoon interacting and playing with the crèche children. Other Outreach initiatives include working at various animal charities as well as residential projects assisting underprivileged communities and wildlife organisations.

The Parents' Association and Dainfern College Foundation work together to feed needy children at schools in Diepsloot through the College feeding scheme. Other Foundation initiatives such as 'One seed can' and 'Change can' have been instrumental in the establishment of a food tunnel at ReShomile.

Dainfern College prides itself on not only being a centre of academic excellence, but also on developing a sense of community and social responsibility in all of its students, where students learn the values of respect, dignity, service and selflessness through their participation in service activities.



Collection for victims of Cyclone Idai



Senior Prep students with some of the Easter eggs collected for partner schools



Knitting squares for charity



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

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## HAPPY TUM OR A RUMBLE DOWNUNDER?

### THE FULL SCOOP ON PET POOP.

A pet's toilet troubles can send the most stoic owner into a tail-spin. Not just because of the discomfort and distress these cause our fur-babies, but because it means someone has to manage the ... er... fallout. Twisted Whiskers has put together a handy guide to the most common causes of upset tummies and the best ever cleaning tip.

Before we get into the nitty-gritty of what various toilet troubles might mean for your pet, it's worth mentioning a factor that doesn't stem from the gastrointestinal tract itself: anxiety. **Anxiety often manifests in dogs as tummy upsets (vomiting and diarrhoea) and in cats, as disturbances of the urinary tract.** Hills Pet Nutrition has come up with two new products in their veterinary prescription diet range that, in addition to targeting the respective GI or urinary symptoms, add L-tryptophan to the pet's diet to naturally reduce stress levels. **Check out Hills i/d Stress Mini, for dogs and Hills c/d Stress for cats.** These products are available exclusively from Twisted Whiskers or your veterinary clinic and have proven highly effective for anxious pets or those who are regularly exposed to stressful situations like multi-pet homes, travel, shows or grooming visits.





Now, for a conversation best avoided at the dinner table . . .

**IT SHOULD BE BROWN, NEVER BLOODY**

Blood is a substance that should stay in the body and ideally not come out of it, so whenever you see blood in your pet's stool, it's something to be taken seriously.

**Bright red blood usually indicates damage to the colon.** It could happen as a result of something fairly innocuous like a small tear in the rectum or anus due to a hard stool. This would show up as a small amount of fresh blood on the surface of the stool of an otherwise happy pet. A more serious injury to the colon could result from something sharp (eg. piece of bone or stick) that has been swallowed and made its way down the GI tract, got stuck and is causing irritation or injury. In this case, the pet would be straining and showing discomfort.

**If rectal bleeding is extensive or recurring, take your pet for a vet visit immediately, as something more sinister might be behind it.**

You may think that only dogs are guilty of swallowing foreign objects, but occasionally cats are affected by an anxiety-induced condition called pica, where they, too, may chew and swallow non-food items.

**Bleeding from the stomach or small intestine will result in a black, tarry stool.** This can be a warning sign of an ulcer or a reaction to certain pain medications. If your pet has suffered a bloody nose and swallowed a lot of blood, this may also make his stool very dark.

**'THE SQUIRTS'**

Any number of factors may cause diarrhoea and it's important to bear in mind that, aside from a potentially serious underlying problem, **the mere fact that diarrhoea drains the body of water and electrolytes means that it should be treated as serious.** Young pups or kittens and older animals, or those with compromised immune systems, are particularly vulnerable and should be taken to the vet for the appropriate treatment at the very onset of diarrhoea.

Dietary indiscretions (fondly known as 'garbage disease') can cause a nasty diarrhoea and possibly vomiting too, particularly if whatever the pet ate was rotten. Keep refuse bins in designated areas that pets cannot access, check your garden after storms for dead baby birds that may have been blown from nests and keep an eye out for 'tasty morsels' that your dog might swoop on when out for a walk. The command 'Leave!' is a very useful one to have mastered before setting off on excursions which may yield 'delights' like discarded chicken bones, human faeces, etc.

Internal parasites like hookworm, protozoa like trichomonas, giardia and coccidia, as well as bacteria such as E.coli and Salmonella or viruses like parvo virus, distemper and others may be the cause of a runny tummy. **Don't be tempted to consult Dr. Google regarding diarrhoea.** If your pet is listless, off his food, the diarrhoea has lasted for more than a day, or he's vomiting and unable to keep fluids down, getting him to the vet for a professional diagnosis straight away could mean the difference between life and death. Ensuring that pets are regularly dewormed and vaccinated helps guard against some of the more sinister causes of diarrhoea.

Haemorrhagic Gastroenteritis, or HGE, is a particularly severe and life-threatening form of diarrhoea in dogs. Cats are fortunately not affected. Characterised

by a stool ranging from a 'strawberry jam' consistency (due to the fresh blood in it) to a watery bloody diarrhoea, it's usually accompanied by vomiting and the dog is depressed and not eating. The lining of the entire intestine is damaged with HGE, which leads to rapid and severe dehydration, nausea, pain, electrolyte imbalance, shock and the risk of septicaemia. **Time is of the essence in getting your dog to the vet** and he will need to be admitted for life-saving treatment. HGE is most prevalent amongst smaller breeds and highly anxious dogs.

**A common cause of tummy upsets is an abrupt change of food.** Whenever a dietary change is indicated, whether you've decided to change pet food brands, have taken on a rescue pet with an unknown dietary history, or if your vet has recommended a change of food for medical reasons, always introduce the new food gradually, to allow the pet's gut fauna and flora to adapt to the new ingredients. To start with, split the recommended daily allowance so that it's made up 3/4 of the previous diet to 1/4 of the new product. Feed this mixture for 2 - 3 days. If your pet's stool remains normal on this mix, go 50:50 and feed this mix for another 2 - 3 days. By this stage, your pet should be getting used to the new food nicely and you can taper the old diet to 1/4 of the food fed for another couple of days and then stop the previous diet altogether. Stop the process immediately if your pet shows signs of discomfort on



the new brand. Speak to your vet or one of the helpful staff at a Twisted Whiskers Deli for advice on a suitable alternative.

## ALL 'BACKED UP?'

This can happen when a pet has either too little healthy fibre or too much indigestible fibre in their diet - check with your vet or Twisted Whiskers team member whether the diet you've chosen for your fur-baby is complete and balanced and supports gut health.

Other possible causes of constipation may be eating foreign objects like stones, bones, toys, fabric, etc. These can all cause nasty blockages which may end up having to be removed by your vet using enemas or even surgery.

Increasing your pet's **exercise**, adding some cooked **pumpkin** to the diet or treating with an over the counter product like **Laxapet** may help for the occasional hard stool. However, **chronic constipation results from underlying medical conditions that will need additional treatment.**

## GARBAGE IN, GARBAGE OUT

The amount of poop can tell as many stories as its consistency, particularly about the quality of the diet you've chosen for your pet. High quality, animal-protein based diets are absorbed well by the body and, consequently, there is less to land on the lawn. If you're spending most of your weekend disposing of poop, it's time to look at the diet you're feeding your pets. In addition to well-known super-premium imported pet foods, there are also high-quality locally produced options available. Ask a Twisted Whiskers nutrition advisor to calculate the costs per day of a couple of products - you may be pleasantly surprised at how cost-effective and affordable veterinary premium diets are.

## GARDEN DELIGHTS

As utterly gross as this habit is to us, eating poop, or coprophagia as it's formally termed, is a perfectly normal behaviour for dogs. Your dog won't be able to keep this little habit a secret from you, especially when he gets up close and personal for a smooch, eeeeek! Many people worry that it's a sign of a nutrient deficiency, but this is seldom the case. Most often it has a behavioural cause.



Cats generally aren't poop-eaters, although kitty-poop is particularly flavoursome to canines, due to the high levels of proteins and fats excreted.

Regardless of how normal this habit is in canines, chances are it's not something you wish to live with, so steps need to be taken. **Copronat**, available from Twisted Whiskers, can be sprayed onto the food of the pet whose poop is being snacked on. Copronat does not affect the palatability of the food being eaten, but it luckily makes the pet's poop very unpalatable. Continuous use for a few months should be able to create an aversion to poop eating in a foul-mouthed canine.

Or you could try an old wives' tale that, by all accounts, works well. A small amount of raw baby marrow (courgette) or pineapple, grated over the pet's food, will undergo enzymatic changes in the gut that makes the end product super-unappetising. Or so the legend goes. You have nothing to lose by trying it - dogs enjoy some vegetable matter in their diet

and find the sweet flavours pleasant; this will also not affect the overall nutrient balance of their diet.

And if you have a serial poop-eater on your hands, ensure that the garden is kept clean of waste at all times and that kitty litter trays are out of reach of anyone who has no business near them....

## POOPING OUTSIDE THE BOX

Talking of kitties, they may also use their poop habits as a way of communicating with us, even though we'd prefer a more polite method. A common complaint by people owned by cats, is that their feline poops outside the designated litter tray. Unless the stool is abnormal in consistency, this usually has more to do with kitt's state of mind, than his physical health. A simple change of toilet arrangements may be all that's required to settle his nerves.

He may be too big for his tray and consequently ends up 'going' over the edge. Or he may be stressed by the location of the tray, particularly in a



multi-cat household where he feels he may be ambushed by another cat while attending to his toilette, and will choose a more private location.

Always have one litter tray available per cat in the home, plus one extra. Place them in quiet, private places away from the daily hustle and bustle. Cats are rather particular about the type of litter

they prefer, so if your feline is studiously avoiding his litter tray, try changing the litter medium and it might well have kitty happily scratching away within the confines of the tray.

If your cat is pooping in strange places like your shoe, your baby's cot or your new boyfriend's briefcase, it's probably a good idea to enlist the help of a qualified pet behaviourist who specialises in cat behaviour to help you decode your moggy's messages. Twisted Whiskers can give you details of our recommended feline behaviourist consultant.

### DETERGENT ISN'T A DETERRENT!

So what if the proverbial has hit the fan and you're left with a mess to clean up? Don't be tempted to use detergent and a liberal dose of perfumed spray – it may appear clean to a human but our pets won't be fooled. Their superior ability to

smell will detect any remnants and they will return to the same site again and again. The **ONLY** sure-fire way to remove every trace of faeces, urine, vomit or other organic material from any fabric or surface is by using a product specifically formulated to break down the molecular structure of the stains and odours. Twisted Whiskers highly recommends and stocks the **Simple Solutions** range, which includes products that can safely be used on upholstery, laminate floors, carpets and can even be added to washing cycles for clothing, pet bedding and linen. **By breaking down the molecules of the offending material, not only are the stains and smells removed at source, but pets won't be attracted back to the same areas again at a later stage.**

Who knew there was this much to say about poop? No wonder it's a topic we spend much of our time discussing in the veterinary pet-care industry. Twisted Whiskers staff are always ready to talk poop with you, so please don't be embarrassed - we've heard it all before and will do our best to help you get to the bottom of your pet's bothersome bowel movements.

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





**APPROVED ESTATE AGENTS FOR 2019/2020**

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:

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	Dee Thomas Linda Davies Sally d'Hotman	083 375 5646 082 371 4667 082 442 7693	dee.thomas@tysonprop.co.za linda.davies@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za
	Sue Brownlie	083 450 1600	sue@uninvestjhb.co.za	www.uninvest.co.za

# RESTAURANT COMPETITION FOR JULY

Don't forget to enter our monthly restaurant competition.

PublicDomainPictures

The question for this month's competition:

**Who was the first place male finisher of the FWG Family Fun Run held on 26 May 2019?**

Please email your answer along with your full name, your cell number and your stand number, detailing 'Wine and Dine Competition' in the Subject line, to: [info@eiapublishing.co.za](mailto:info@eiapublishing.co.za). The winner will be notified by email.

Each restaurant featured in this section has been carefully chosen and we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

**Terms and Conditions:**

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as "change".
3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
7. Indemnity: The publishers, Fourways Gardens Estate and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

WINNER

**Congratulations to IAN KNIGHT the winner of our last competition**

**COL'CACCHIO**  
the reason we crave pizza

I LOVE **TWOSDAY**  
TWO FOR ONE

7 MAY - 27 AUGUST

**COL'CACCHIO DAINFERN**  
SHOP 40, DAINFERN SQUARE  
CNR. WILLIAM NICOL &, BROADACRES DR.  
**011 040 4640**

T&C's APPLY #EverySliceTellsAStory

**PICOLINOS**  
Addictive Pizza  
Festive Family Italian Restaurant

**17**  
Free toppings to choose from to create your own Addictive Pizza.

**R77**  
SMALL

**R88**  
MEDIUM

**R99**  
LARGE

Present a picture of this ad & receive a **FREE** beer/softdrink with every pizza ordered.

42 Witkopp Road, Rustic Timber Centre, Fourways.

# Classifieds

## SERVICE PROVIDERS:

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

**A BUILDING PROJECT TO REALISE?:** Small to large – alterations, additions and new builds. Concept design, Local Authority approval, tender and construction documentation, admin, of building contract. Practising adjacent to Cedar Square Shopping Centre. Contact Lance Fulton on 082 644 7843/011 465 1897 or architect.script@gmail.com, or visit [www.linkedin.com/in/lance-fulton-3154798](http://www.linkedin.com/in/lance-fulton-3154798).

**ABOUT PIANO LESSONS:** Barbara Ann Horsfield is an experienced and highly qualified piano teacher residing in Fourways Gardens Phase 1. Offering tuition Mondays to Thursdays from beginners through to the advanced grades. I look forward to sharing my passion for music with you. Please contact Barbara Ann on 083 267 5006.

**ACCOUNTANT AND TAX PRACTITIONER:** Registered caring tax practitioner with a proven track record to sort out all your SARS problems and tax returns. Financials provided where necessary. Contact Sharon on 072 248 0198 or email: sharonaley@yahoo.com

**ACCOUNTING TUTORING:** - From Grade 8 to First Year University level. Will travel to you or provide lessons from home in Bryanston. Walking distance from Bryanston High School. Whether it's weekly sessions or a few revision classes. R250 per hour. Contact Megan ON 072 822 2554 or megkiep@global.co.za. Accounting can be fun!

**ACCOMMODATION:** Flatlet wanted to rent – We live in FWG and are looking to rent a room for our full-time domestic worker in either Phase 1 or 2. She is lovely, quiet and neat. Please contact Juana on 083 923 6981.

**ADDITIONS, ALTERATIONS & NEW BUILDS:** Raycon Construction – A resident of FWG for past 25 years. References in estate available. Call Steve on 083 601 1594 / 011 465 4547. No job too Big or Small.

**ALL WOODWORK:** Install, Repair and Maintenance, Door Hinging, Kitchen and Built-in Cupboards, Laminate Floors, Skirting, Ceiling, Cornices etc. Email: info@osamcarpentry.co.za or Call Ozzy on 073 058 0464.

**ALL GARDEN / RUBBLE / REFUSE REMOVAL:** Weekly contracts from R55 a week. 1 Ton to 4 Ton loads, available from R450. We collect all old appliances (working) for free. Call 011 440 3674 / 082 454 2361, Raycon SB.

**ALL AGES WELCOMED KARATE CLASSES FROM 4 YEARS AND UP:** My classes are conducted in a fun, relaxed environment. It nurtures focus, discipline, strength building and co-ordination to mention a few. Learning is a joy not a chore. Sound interesting? Come enjoy a free introductory lesson to this humble art at the FWG Estate Clubhouse. Contact Sensei Roberta – 5th Dan Goju – Ryu Instructor on 083 309 5352.

**ALL TYPES OF CONSTRUCTION PROJECTS UNDERTAKEN:** Experienced Building Contractor with extensive portfolio of completed projects done in the Northern Suburbs over the past twenty years. We also undertake Design Build/Turnkey projects. Contact Angus on 066 203 4440 or Gennaro on 082 550 5139. DELITE CONSTRUCTION (PTY) LTD.

**APPLIANCES 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).

**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.

**ANYTIME HOME IMPROVERS PAINTERS:** House painting, Waterproofing, Rhinolite, Damp proofing. Contact 072 395 6727 or email: info@anytimehomeimprovers.co.za / [www.anytimehomeimprovers.co.za](http://www.anytimehomeimprovers.co.za)

**AU PAIR – 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](mailto:dee.vanheerden@gmail.com)

**AVAILABLE TO TUTOR:** A top IEB student from St Sithians Girls College. Tutor in Maths, Science, Life Science, Accounting, English and Afrikaans. Grade 8 – 12. R200 an hour. Contact Dani Knight on 072 532 8703.

**BABY, HOUSE AND PETSITTING:** Worried about your home and pets while you away? Need a night out? Look no further! As a young experienced babysitter, I will ensure the kids won't notice you're gone! I am available for after school, night time and weekend babysitting (can include transportation) Also available to look after your pets and home. Call/message Janique on 072 910 2345.

**B4 ELECTRICAL:** For all your Electrical installations, Repairs, Maintenance, and Certificates of Compliance, Fast, Friendly and Reliable. We offer a 24hrs Emergency call out service. Contact Peter on 083 452 0635/6 or email: b4electrical@mweb.co.za

**BLINDS:** Vertical, block-out, bass wood or aluminium Venetian, panel blinds and shutters, competitive prices. Please contact Tony on 083 290 1757 or tony@bonetts.co.za, [www.bonetts.co.za](http://www.bonetts.co.za)

**BOOKKEEPER:** Qualified Bookkeeper with over 30 years' experience. Competitive rates, Fourways/Dainfern area. Contact Verona on 079 763 4551.

**CANDICE INTERIORS:** I offer the right design advice and quality products to suit your requirements. Blinds, Curtaining, Upholstery, Shutters, Painting, House Renovations, etc. Interior Designer, Established since 2005. Contact Candice on 082 363 0542. Candice@canidceinteriors.com / [www.candiceinteriors.com](http://www.candiceinteriors.com)

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**CARPET CLEANING:** Furnishings and Mattresses, MASTERGUARD SPECIAL: latest quick drying Karcher machines. Owner supervision, competitive rates. Call or WhatsApp Wyn on 084 052 6400, [www.justcleanit.co.za](http://www.justcleanit.co.za)

**CHARTWELL STABLES:** Looking for a riding school? Chartwell Stables in Fourways is the place to be! Lessons for all ages and levels, Healthy and well-schooled horses/ponies. Safety is first priority. Child friendly facilities, Interschool's Success. Regular shows held at yard, holiday camps, workshops and fun days. Ponies available for half bait. Contact our Stable on 073 952 8572 or Shirley on 083 500 0103 / [www.chartwellstables.co.za](http://www.chartwellstables.co.za)

**CRICKET BAT AND STUMPS REFURBISHMENT:** Providing longevity to your school cricket kit. We also provide customised cricket baggies, clothing, balls and quality bat wax. Contact The 2nd Innings, Adam on 072 040 0886 / the2ndinnings@outlook.com or Jim on 082 679 9307 / the2ndinnings@outlook.com

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

**DIETICIAN:** Specialised nutrition advice for women, men and children. Weight loss, diabetes, insulin resistance, high cholesterol, gut health, sports nutrition. Genetic testing offered. Contact Pippa on 084 616 7000 or pippamanicom@gmail.com

**DRY FIREWOOD:** "Razor sharp service" email: brightfirewood@gmail.com or call 082 786 3225.

**DSTV DOCTOR:** Approved DSTV – all installations, Aerials, Sales, Wi-Fi Extender / Booster over cat 6E and Repairs, Multi choice accredited installer. Call Junior on 078 228 3182 / 011 072 6791 or email: 4waysat4@gmail.com, [www.dstvdoctor.co.za](http://www.dstvdoctor.co.za), address; Plot 79 Cedar Rd, Chartwell.

**E & J GAS INSTALLER:** Maintenance, Repairs, Installations, Eddie (Cert Gas Installer) call - 079 8852528 or Julio on 082 654 4888. Email: eduardocasanoves@gmail.com or jzw@telkomsa.net

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

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**FHUMY MAINTENANCE:** General house maintenance, paving, ceiling, tiling, painting, minor building, minor electrical, plumbing and irrigation. We do professional work with reasonable rates. Please contact 071 427 2938 / 084 723 5385 / ozzyfhumy@gmail.com

**GATE MOTOR REPAIRS:** Alarms, CCTV, Gate Motors and Intercom System Repairs and Installations. Call Ninja on 011 071 0773 or Quinton on 084 354 5596 / 7.

**GENERAL PRACTITIONER:** Dr Vicki Schutte, Stratford Office Park, Corner Valley and Cedar Roads, Broadacres. Contact 011 465 6715 / 073 729 0959 / [www.drwickischutte.co.za](http://www.drwickischutte.co.za)

**INTERSAT SYSTEMS:** DSTV Installation and Repairs, Cameras installation and repairs, Netflix set-up. Call Casper on 074 071 4949.

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

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

**HANDYMAN:** British tradesman for all the jobs you hate!!! Building, total house renovations, wooden flooring, Painting, cupboards, damp proofing, tiling, plumbing, roofing, ceilings, kitchen and bathroom renovations and electrical work, plastering, paving and alterations...No job too small. Offers a friendly and reliable service. Contact Steve – 076 823 6847 / 082 955 5642.

**HANDYMAN EMMANUEL:** We do renovations, plumbing, tiling, ceiling repairs AND installations, cornices & skirting, painting, building work and paving, call Emmanuel on 073 110 3590 / 084 333 0267 / 011 050 7264 / email: emchikati@yahoo.co.uk / [www.wondersrenovation.co.za](http://www.wondersrenovation.co.za)

**HANDYMAN:** For all your building requirements done to your satisfaction. Professional, Honest and Reasonable. Specialising in Painting, Waterproofing, Damp proofing, Damp rising, Rhinolite, Tiling, Paving, Roof Leaks, Building, Plastering, Pool Repairs and House renovations. Call Alex on 073 836 5049 / 071 836 2601. References available in FWG.

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

**HEDGEHOGS PLAYSCHOOL:** 1 SPACE AVAILABLE AT HEDGEHOGS PLAYGROUP FROM THE BEGINNING OF MAY – This is a small and nurturing Educational Playgroup run by a qualified teacher in Fourways Gardens Estate. Ages 18 months to 3 years. Weekly themes and creative activities form part of the curriculum. For more information, or to make an appointment to visit the school contact Debbie Hutchinson on 083 253 1414.

**HOMEWORK HOTSPOT:** After years of tutoring we have found that most students don't need one-on-one tutoring as they end up relying on the tutor to do all their work and don't push themselves. Rather they need an assisted space to work at their own pace, challenge themselves and ask for help when they need it. Join our Homework Hotspot on Monday afternoons from 3pm – 6pm at Platto, Valley Shopping Centre for R899 per month (limited subjects). Contact Jodie Currie on 060 682 5709 for more information.

**HOUSE/PET SITTER:** Going Away? No Worries! As a mature woman with many years of experience, I will feed and walk them, take them to the vet if necessary, and even keep them company in the comfort of their own home. Areas: Lonehill, FWG, Fourways, Dainfern and Cedar Lakes. Many references available. Call Nicky on 072 129 0698.

**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 on 076 035 6908 or email: djb160453@yahoo.com. References upon request...NB (including Dainfern, FWG, Cedar Lake)

**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 Thabiso on 079 946 2906.

**JH INTERIORS CC:** Corporate and residential interiors. Contact Julie on 082 452 4246 or Email: [jhayward@telkomsa.net](mailto:jhayward@telkomsa.net)

**KC HOME IMPROVEMENT:** Specialising in damp and waterproofing, building alterations, custom installs, wooden decks, plumbing and electrical repairs, carports, balustrades, palisades and more. Contact Juan on 082 936 0700 or email: info@kchome.co.za

**LAWN - ALL VARIETIES:** Compost, Topsoil, Lawn Dressing. Removal of garden refuse in bulk quantities. Agricultural Drains and all types of Irrigation. Contact Peter at Carpet Lawns on 083 267 1756. Email: [carpetlawns.petermcgee@gmail.com](mailto:carpetlawns.petermcgee@gmail.com)



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Going away for a few days or on holiday? Are you concerned about the well-being of your beloved pets, the pool, the garden and the security of your home?

We are a retired couple with years of pet sitting experience that can resolve that concern and give you peace of mind by providing a home and pet sitting service in your home.

Deidre - 082 335 5096  
 Henry - 082 565 9317  
[deidredevine89@gmail.com](mailto:deidredevine89@gmail.com)  
 Contactable references available

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# Classifieds

**MASSAGE THERAPIST:** Do you have a pain or tense muscles? Then I am the person to help you, relief that tension. I am qualified and a professional male massage therapist with 17 years' experience in the industry. I specialise in Sports/ Deep tissue and Swedish massages. I do home visits. For an appointment call Walter on 082 706 3815. I only do 75 minutes and 90 minutes' massages.

**MGUNIGREEN FINGERS:** Garden maintenance, Garden refuse removal, Tree felling service. Call Isaac on 083 582 0636 or email: isaac@mgunigreenfingers.co.za / www.mgunigreenfingers.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 and Spa motors, Certificate of Compliance, Under floor Heating. Call Ronald on 072 154 9735 / mokopane.electrical@hotmail.com

**MOBILE PET GROOMERS:** Soapy smooches – the best in town! Give us a try – we conveniently come to your home to pamper your pets in our fully equipped pamper van and animal loving, professionally trained, caring staff. Collect your loyalty smooches every time, 10th wash is free! All we require is a connection to an electricity point and a tap and then... a booking! To make a booking, call or WhatsApp us on 061 087 8247.

**MOBILE PET GROOMING:** HotDogs mobile grooming salon. We take care of your best friends grooming needs at your home, inside our luxury fully fitted mobile salon. HotDogs offer you, the busy dog lover a convenient and professional service. WE ALSO GROOM CATS. Contact – 0861 000 777 or 083 641 7111. Email: service@hotdogsgrooming.co.za. Website: www.hotdogsgrooming.co.za

**MAKE INSTANT CASH:** From your used clothes, shoes, bed linen, kitchen stuff, toys etc. I buy and collect. Please contact me on 072 656 0470 / siliindenid@gmail.com

**MR TREE FELLING:** We specialise in Tree Felling, Trimmings, Pruning, Instant Lawn, Kukuluhya and LM grass, Supply compost, Lawn dressing, Fully Insured. Contact Wisdom on 071 793 0825.

**ORGANIC RAW HONEY:** Straight from our hives at avo-macadamia-blue gum-jacaranda farms in Brits. 0.5kg honey @ R95, limited quantities. Collection at 58 Karob Crescent Phase 2, Mon to Fri between 12:00 to 18:00. Please send your order with pick up date and contact details to 072 924 5593.

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

**PILATES:** With Tammi: BALANCE, HEALTH & WELLNESS: Use Pilates to tone muscles, improve breathing, increase core strength and flexibility. Wednesday Classes at Fourways Family Health Centre. Private lessons available. Call 072 321 3848 or email: tkplates@icon.co.za

**PHYSIOTHERAPY:** Vanessa Fourie Physiotherapy. 30 Years of experience. Treatment for headaches, neck and back pain, post op rehabilitation, sports injuries, home visits within 3km, medical rates charged. 26 White Ash Street FWG. Call Vanessa on 083 458 4720.

**PSYCHIC TAROT READINGS:** 31 years' experience. For an appointment call or WhatsApp Sarah on 072 808 7795.

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

**PLUMBER:** (RC PLUMBING) Reliable professional local plumber for all your plumbing maintenance needs at reasonable rates. Please contact Clayton or Ryan on 082 598 4881 or 011 465 5198.

**QUICK SERVICE I.T:** QUICK SERVICE INFORMATION TECHNOLOGY. We provide quick, quality, onsite I.T. services. Hardware and software technical support, repairs, sales, networking etc. Contact us for all your I.T. requirements. Call 083 600 2533 / www.quickserviceit.co.za / quickserviceit@icon.co.za

**RUBBLE REMOVAL:** Building rubble, Garden refuse, building material deliveries, Compost/manure deliveries. Call Ozzy on 073 058 0464.

**SANDTON PLUMBERS & SOLAR:** Maintenance, Renovations and New Installations. Solar Geysers/Heat Pumps, Backup Water Systems, Drain cleaning. Over 30 years' experience. Call 083 460 9870

**SIA GARDEN SERVICE:** Reliable Garden Maintenance, Lawn care, Rose care and Pruning and Pool maintenance. Please contact Sam on 071 094 4793 or Isaac on 062 568 0102 / Andrew on 076 159 8347.

**SPOT ON TILE & CEILING CLEANING SERVICE:** We do Tile Cleaning, Sealing, re-grouting. Pre and Post Occupation cleaning. Please call Gabriel on 063 301 7171 / 066 449 0092 or email: infoopton2@gmail.com

**TENNIS FOR LIFE:** Professional tennis coaching for beginners to advanced players, adults and children, individual and group lessons. BOOK A FREE GROUP LESSON USE PROMO CODE FWG032. Contact Ina on 082 859 8565 or email: info@tennisforlife.co.za or www.tennisforlife.co.za

**THE CLASSICE BOUTIQUE & CLEANERS:** Tailoring and Alterations, Commercial and Industrial Laundry, Shoe Repairs, Carpet, Upholstery and Curtain Cleaning, Dry Cleaning. We collect and deliver, at Fourways Gardens in the Car wash area, 7 days a week, from 7 to 7. Call 011 074 9918 / 074 622 0735, shop no: 40 Uranium and Granite, Fourways Gardens.

**THE WINDOW LADY:** We specialise in window cleaning for estate household, companies, hotels and restaurants, personal services, offering monthly, quarterly, twice a year and once off service. Contact Thabang on 082 927 0081.

**TREE FELLER:** Offering Tree Felling Services as well as Refuse Removal, can also do Handyman work, painting and paving. Contact Samuel on 072 414 7585 / 082 817 5614.

**TUTOR:** Maths Tutor for grades 1 – 9. Flexible days and times. Call Marisa on 079 528 9366.

**TUTORING IN PHYSICS:** IT and Maths to Grade 11 by 2nd year Astrophysics UCT Student. Available from June 17th to July 14th 2019, contact Nina on 078 818 1818 or Isabel on 078 623 4717.

**TUTORING:** Homework Assistance and Baby Sitting. Contact Jade on 084 464 8395 / Email: jgibson.educate@gmail.com

**VOICE AND PIANO MUSIC TEACHER:** Experienced music teacher in Lonehill offering tuition in piano/voice. Award-winning studio both locally and overseas. I love my trait and happy to teach from 5 years onwards. Beginners and adults welcome. Please call 082 575 4601 (Trinity exams/Theory/ Eisteddfods & Talent competitions)

**WONDERS CONSTRUCTION & RENOVATIONS PTY LTD:** NHBRC registered. We specialise with new construction, extensions and alterations, bathroom renovations. Contact: 011 050 7264 / 084 333 0267 / 073 110 3590 / emmanuel@wondersrenovation.co.za / www.wondersrenovation.co.za:

**YSD – YELLOWSTONE DESIGN:** We offer interior Design Solutions to suit your requirements. We also design and manufacture bespoke upholstered furniture. Services: Upholstery, Curtaining, Home Renovations, Full Turnkey Solutions. 10, 6th Street, Parkhurst. Call Dani on 083 469 6730.

## DOMESTIC WORK:

**Simphiwe:** Excellent cleaner and Laundry lady that is fast and efficient is looking for part-time employment on Tues & Thurs. For a reference call Wendy ON 083 604 0931 or Simphiwe ON 079 316 1583.

**Rebecca:** Due to relocation, Malawian lady is looking for new employment. She is friendly, trustworthy, independent and very patient with kids. She has basic CPR training and takes very good care of the house. She can also cook. She has been working for us for 10 years. For a reference call Huges on 082 466 8418 or call her on 073 880 5810.

**Elsie:** Looking for live out domestic work on Mon, Tues & Wed. Hard worker, honest and reliable. Call Elsie on 073 031 5889 or Wendy on 083 604 0931.

**Lindiwe:** I have known her for 7 years, she is friendly and kind, and loves kids. Please call her on 082 353 9324 or for a reference call Bakha on 079 354 3717.

**Nomsa:** Has been our domestic for the last 6 years, we are leaving the country and would love Nomsa to remain in Fourways Gardens. She is live-in, hardworking, reliable, punctual, and honest. She cleans like a super star and keeps our house (3 kids) in ship-shape order, babysitting included. Anyone looking for a domestic does not want to miss this opportunity. Call or WhatsApp 076 480 5881 or Nomsa on 073 805 7045, glowing references assured.

**Louse:** Our part-time domestic helper of 10 years is looking for work on Tues & Fri. She is unquestionably honest and pleasant. Call 072 102 4077 or call Lindiwe on 084 850 9026 for a reference.

**Josephine:** Is looking for part- or full-time domestic work (live – in or out) Available on Mon – Sat. Excellent cleaning, ironing and childminding. Always reliable and on time. Good references. Call Sally on 078 781 0812. Call Josephine on 078 571 8009.

**Misozie:** Malawian seeking full-time employment as a housekeeper. She has experience with caring for children, housework, she is honest, trustworthy, reliable and very hard working. Call 062 867 5317 or call Locunda on 083 308 3889 for a reference.

**Francesca:** Fantastic housekeeper looking for part-time work preferably on Wed & Sat. Very reliable and trustworthy. Call Francesca on 071 524 3646 or Kathy 083 654 2334 for a reference.

**Joyce:** Looking for part-time work, desperate for accommodation. She has been with us for 14 years. She is a hard worker and highly recommended. Call her on 083 539 7678 or call 083 326 0998 for a reference.

**Debbie:** Highly recommended as a domestic worker and is looking for work on Tues, Wed & Thurs. She is a Zimbabwean girl who is intelligent, hardworking, honest and energetic with a good sense of humour. Contact 078 555 0931 or call Judith on 082 651 4428.

**Thembi:** Seeks live out work on Mon, Wed & Fri, trustworthy, pleasant and works well with no supervision. Contact Thembi on 082 839 7858. For a reference call Laura on 083 703 5066 or Craig on 082 825 9028.

**Florence:** Is looking for work on Tues & Thurs. She has worked for me for 7 years and she is exceptionally hard working, always punctual and has a very happy demeanour. Her cleaning and ironing skills are fantastic and she loves children and animals. Call her on 074 855 5632 or call me for references on 079 364 6662.

**Tinaye:** Looking for work on Wed & Sat. She is punctual, hardworking and honest. Call 061 535 9732 / 083 308 4660 or for a reference call Cindy on 082 552 0703.

## GARDENERS:

**Netto:** Looking for a Gardener? Look no further, my excellent gardener Netto, who has worked for me for the past 10 years is looking for work on Tues, Thurs & Sat. He will make your garden look beautiful, he is reliable and trustworthy and takes pride in his work. For more information please call Netto on 078 750 9216 or 082 451 8332 for a reference.

**Christopher:** Excellent gardener/handyman looking for work on Mon & Wed. He works in Fourways Gardens on the other days. Call him on 083 359 7270 or Wendy on 083 604 0931.

**Calvin:** Painter and worked as a Security Guard – has security certificate. Call 065 739 7928.

**Winston:** Looking for gardening/housework on Thurs. He is honest and reliable. For a reference call Kristina on 082 900 7238 or call him directly on 073 579 4788.

**Muzamo:** Looking for part-time work as a gardener, Malawian. For more information contact 071 869 8165.

**Dickson:** My Malawian gardener is looking for work on Tues, Thurs & Sat, however he can be flexible. He helps with the housework when my domestic is on leave, he is fantastic with our dogs and walks them when at work. He is honest, reliable and extremely polite. For a reference call Allyson on 082 461 5893.

**Derick:** Is looking for part-time or full-time work. He is a fantastic gardener/handyman and does all jobs properly and enthusiastically. Please call Shelley on 083 601 8555 or Derick on 078 285 4399 for a reference.

**Dexter:** Malawian gardener and houseboy is looking for full-time or part-time work. He is very reliable and trusted man, good with animals. Contact him on 074 275 0275 or Loukia on 083 676 5390 for a reference.

**Giyan:** Malawian gardener with driver's license has worked for us for 12 years. He is honest, reliable and hardworking. Call him on 073 857 4329 or call Joan on 082 937 8222.

**Stanley:** My excellent Malawian gardener who has worked for me for 5 years is looking for extra work on Wed & Sat. He is hardworking, professional and diligent, happy to do what is required of him; he will make your garden beautiful. Call 083 371 0495 or contact Neil for a reference on 083 281 1871.

**Anele:** Looking for garden work on Tues & Fri. He is a nice, trustworthy and hardworking gardener who is very knowledgeable about his field. I highly recommend him. Please call 061 974 6176 or 065 823 5503

**Maxwell:** Our gardener is looking for work on Mon, Thurs & Fri. He is trustworthy and hardworking. He is Malawian. Call Maxwell on 073 358 3165 or for a reference call 083 287 5587 / 083 460 6844.





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# HOW TO CUT YOUR FINGER

I received a knife for Father's Day last month - an all-steel American version of the Swiss Army Knife, called a Leatherman. It folds up and has all sort of blades for purposes I have yet to work out. You can probably fix truck engines with it.

It set me thinking . . . how, when I was a kid and life was simple, a knife was just a knife.

Being a Boy Scout I had a fixed-blade 'sheath knife' which was a Very Serious sort of knife used by interesting people such as the Royal Marine Commandos who slit enemy throats with it and Tarzan who stabbed crocodiles whenever they chased Jane.

Nowadays, knives are hi-tech and hi-priced. Some have saw edges for, I suppose, lumberjacks; some have hollow handles in which you can keep survival food like Smarties.

True, we also had folding knives when we were young, but they were simple 'jack knives'. They had a simple blade for cutting your finger and a spike for Boy Scouts to use when extricating stones from horses' hooves or helping little old ladies cross the road or getting on to buses.

I had obtained my jack knife from a school chum - he swopped it for a snail which, I kidded him, I had taught to jump. The knife was so heavy that when I attached it to my belt my pants fell down.

This new Leatherman knife I was telling you about compares with my old jack knife in the same way that a canoe compares with a nuclear-powered aircraft carrier.

The new Swiss Army knife is not to be sneezed at. It has 29 features including two blades, two screwdrivers (one a Philips), a wood saw, fish scaler, rasp, tweezers, pliers, scissors, wire cutter . . . and the sheath itself houses a ruler for map reading;

sticking plasters (for cut fingers); safety pins; a ballpoint pen; paper; needle; thread; fishing line; a hook; and a tiny 12-channel television set. (Just kidding about the TV - I wanted to see if you were still reading this, and you were!)

My friend, Monty Brett, the outdoor education man, designed what he calls the 'ultimate knife' for people who are 'into survival'. By that, he means those rugged types who go into the bush without sun block or cell phones.

My little Boy Scout heart beat like a hammer pump when I saw it. "How much?" I murmured.

I clutched at the brain bone when he told me.

Monty then explained the important aspects of a good knife: its blade should hold its edge even after being used to prise open a safe; it must be sturdy enough to cut gum poles as well as for hammering them into the ground to build a seven-storey survival shelter with ladies' bar and shaded parking for 12 vehicles.

In critical situations - you know, when your peppermints have run out, you haven't seen water for seven days, you can't find an ATM that works and your girlfriend hasn't written for ages - "your knife becomes your best friend". That's Monty's philosophy. It would worry me if my knife was my best friend. Imagine having conversations with your knife. Imagine trying to borrow money from it.

Apparently, a survivalist should be able to hammer his (or her) knife into a tree so that it can be used as a step for climbing up to get some birds' eggs for lunch (or even for high tea) or to escape a thin lion.

Monty's knife's handle was made from red bushwillow, the heaviest wood in South Africa, according to Monty who is a fundi on trees. He is not to be confused with Polyporus mushrooms which are fungi on trees.

I must rush, I've just cut my finger, badly.

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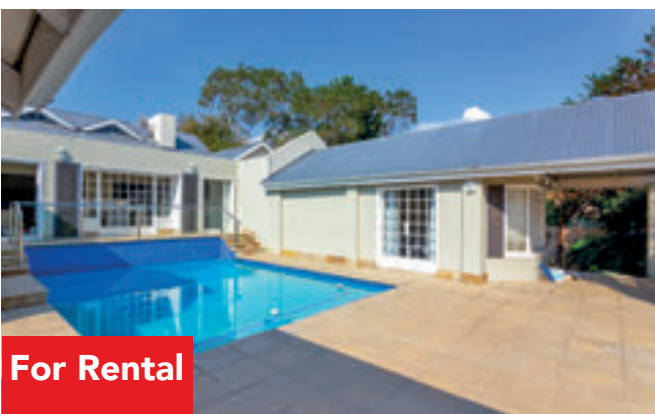
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