



FOURWAYS GARDENS

Residential Estate

June 2019



GROWING GLORIOUS ALOES
Rhapsodies in Blue
How to be Resilient



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COVER IMAGE: Derek Campbell

CONTENTS

June 2019

- 02 From the General Manager
- 04 Movie Night in the Park
- 06 Mother's Day at the Clubhouse
- 08 Monthly Draw
- 10 Blinds on the Clubhouse Deck
- 12 FWG Charity Club
- 14 FWG Activity Providers
- 15 Another CathARTic Paint Night
- 16 FWG Gardening Club News
- 22 FWG Wine Club News
- 24 How to be Resilient
- 26 TheCarScene: Renault Duster 4X4
- 30 The Cavern Drakensberg Resort & Spa
- 32 Hyundai Santa Fe
- 35 James Clarke: Rhapsodies in Blue
- 37 Outdoor Feature
- 46 Gardens of Italy
- 49 Top 8 Travel Deals
- 53 Dainfern College: Playful Learning
- 56 Kyalami Schools: Health is a way of living!
- 58 Rules of Animal Behaviour for Humans
- 62 Approved Estate Agents
- 63 Restaurant Competition
- 64 Classifieds
- 68 Humour



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

4



15



26



MESSAGE FROM THE GENERAL MANAGER

Dear Residents

I have taken the opportunity of highlighting two important Estate issues. The first one being a domestic worker security issue, and the second, being a thank you to all those residents who acknowledge and respect the Estate Rules.

DOMESTIC WORKERS

Do you have household staff who are no longer employed by you?

If you no longer make use of the services of your employees, (household staff and gardeners), we request that you inform the HOA administration office, so that our access control database can be updated. This ensures that all employees enrolled on our database are valid, and prevents your ex-employees from gaining access to the Estate via their fingerprints, if they are no longer employed by you.

There are residents who have employed domestic workers and gardeners that are not enrolled on our biometric system. We kindly request that residents make provision for the enrolment of their employees as soon as possible.

Residents can either make an appointment with Margaret Nhlapo, the Access Control clerk, or pop in with their domestic worker/s to the HOA offices. Office hours are: Mondays to Fridays from 08:00 to 16:00.

THANK YOU TO THE 95%

At times, our newsletters, correspondence and articles are directed at the 5% or so of residents



and owners who don't comply with rules etc., but hardly ever do we recognise the 95% or so who do.

So, in this month's article, I would like to take the opportunity of proposing a very Big and Heartfelt . . . 'THANK YOU' to the 95% of owners and residents who:

- pick up their dogs' excrement, keep them on leashes and don't allow them to bark excessively
- keep their gardens maintained and clean
- inspect their homes and maintain them accordingly
- keep their cats safe from harm
- obey the rules of the road and drive sensibly
- pay their levies on time

- respect their neighbours
- understand that moral communal conduct generates communal well-being, which in turn drives value, (both lifestyle and investment value).

As a member of the HOA team who cares deeply about the well-being of the Estate, I thank you sincerely for your ongoing contribution.

For the remaining 5% or so, we respectfully ask that you join hands with your fellow residents and owners to make our Estate and your home the best it can be.

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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SECURITY SERVICES

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SECURITY @



FOURWAYS GARDENS
Residential Estate



24/7 Security Services on-site since September 2017. Zero serious crimes reported!



Number of shifts -
3



Number of entrances

- » Phase 1 - one residents entrance, one visitors entrance, one exit lane
- » Phase 2 - one residents entrance, one visitors entrance, one exit lane



Number of cameras -
130+

Number of patrol points

- » 9 sectors patrolled on a nightly basis - 8 sectors within the Estate and 1 at K56 area
- » 4 patrolling officers in Phase 1
- » 4 patrolling officers in Phase 2
- » Points vary from sector to sector, with the average sector clocking 10 different points in an area and the average patrolling officer patrolling about 8 rounds per shift per sector



Number of vehicles

- 3 patrol vehicles in total -**
- » 1 vehicle in Phase 1
 - » 1 vehicle in Phase 2
 - » 1 roaming vehicle to patrol the Estate's perimeter



24-hour state of the art dedicated on-site Control Room



Number of visitors processed at the gates every day
±700



Number of contractors processed every day
±300



Number of alarms and responses every day
±10



info@24-7security.co.za

011 444 2237

www.24-7security.co.za

MOVIE NIGHT AT FOURWAYS GARDENS

We hosted our second movie night at Fourways Gardens Phase 1 Park on 11 May 2019.

Our outdoor Movie Night was once again very well supported by the families of Fourways Gardens Estate.

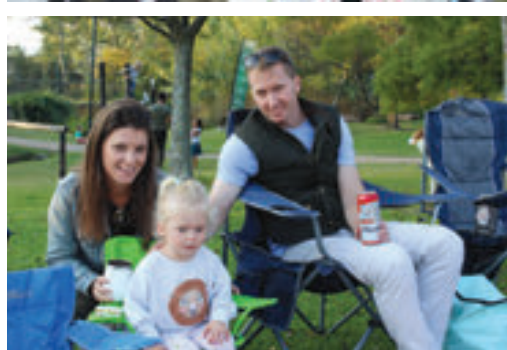
Even though it was quite chilly after the sun set, parents were well prepared with blankets and pillows for the families who snuggled in to enjoy the original Lion King on the big screen.

We wish to thank Pam Golding Properties for co-sponsoring this fun evening for our residents!

Popcorn was handed out to the kids, creating a real movie-like environment on the night. The Clubhouse staff also came to the park, selling burgers, hotdogs, hot-chocolate and sweeties, to add to the fun.

This will definitely be an annual event in Fourways Gardens! Thank you for your support!





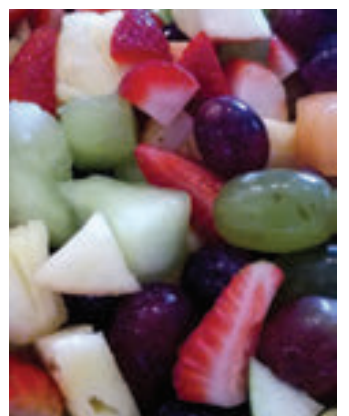
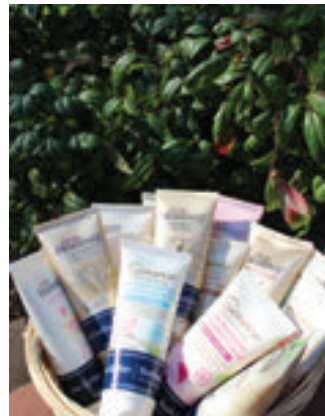
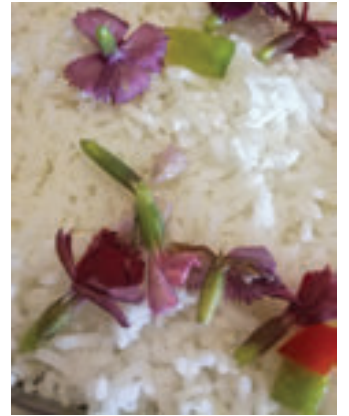
MOTHER'S DAY AT FOURWAYS GARDENS RESTAURANT

On Sunday 12 May 2019, we held our Mother's Day Lunch, which has become a fixture of the Clubhouse calendar! We thank our residents and friends for their support and feedback, as we constantly look to improve the service we offer.

Our Mother's Day Lunch started with assorted breads, a carrot salad, and other individual salads with parmesan shavings and a Caesar dressing. Our roasts were Pork Belly with a golden crispy rind and Roast Chicken. There was also medium rare Sirloin, and the vegetables were creamed spinach, Basmati rice and, of course, roast potatoes. Desserts included Cookies-and-Caramel ice cream, Double-Chocolate ice cream, Apple Crumble with Vanilla ice cream and Custard.

We look forward to even more exciting events in the year ahead!

Francois and the team from the Restaurant





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Website: www.chiefsboma.co.za

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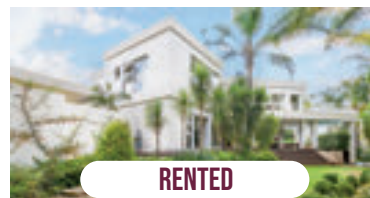
FOR SALE R8.500 MILLION



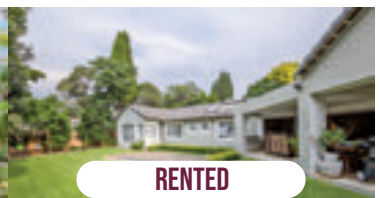
FOR SALE R4.200 MILLION



FOR SALE R6.900 MILLION



RENTED



RENTED



Gaye
083 601 1593
gaye@gcr.co.za



Glenda
072 186 0600
(Candidate Agent)
glenda@gcr.co.za



Sue
082 452 0086
sue@gcr.co.za

Monthly Draw – 26 April 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 April were:

Kiddies spot prize – **Sephia Espinosa**
2nd spot prize – **Lara B**
1st hamper prize – **Giliam Dwyer**



Lucky draw rollover

Mr MA & Ms B Smith from 7 Katdoring Way were drawn on the night for the cash prize. Unfortunately, they were not in attendance. The pot rolled over by another R1 000 so the prize value for 31 May 2019 will be R10 000.00!

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



R6 500 000

Web Ref: 21DN-3350

Private 5 bedroom residence for sale in Fourways Gardens estate. Beautiful home set behind a gated driveway, catering for the whole family's needs. Consisting of 5 bedrooms and 4 bathrooms - guest suite downstairs and 4 family bedrooms upstairs. Lovely open plan interior with modern fitted kitchen with breakfast bar, family lounge and a separate lounge with fitted cocktail bar area opening onto the exterior. Guest cloakroom. The upstairs bedrooms all have views of the exterior. Large covered patio with decking overlooking the indigenous garden hosting a sparkling pool and lapa with fire-pit. Staff accommodation. Double automated garage and secure off street parking for guests.

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.

FOR SALE



R3 700 000

Web Ref: 21DN-2332

Fourways Gardens large 4 bed family home plus self-contained guest suite with cottage potential. Situated in a leafy street close to one of several parks in the estate we find this undeniable bargain. Owner is sad to leave but says bring me any reasonable offers to consider. This home needs a family to love it and make it their own. There is lots of space in this home for the family and granny too. The home consists of entrance portico into entrance hall, TV lounge, guest cloakroom, study, dining room, lounge with a wood fireplace opening onto an enclosed patio & built in bar, sparkling pool & a large established garden with space for kids to play. Large sunny kitchen with granite counters tops, pantry & scullery, 4 bedrooms with main bedroom en suite plus study/nursery, 2 bathrooms, staff suite & double garage, plus a self-contained guest suite with cottage potential.

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



DECK BLINDS AT THE CLUBHOUSE

Thanks to Stella Artois

At last, the Clubhouse has blinds on the deck!! After many requests from our regulars who love to enjoy sundowners at the Clubhouse, Stella Artois offered to sponsor them for the benefit of our facility.

We thank Stella Artois for their generous sponsorship of the blinds, which have already made a big difference. The deck is now perfect for extended lunches on a sunny afternoon or for relaxing with an ice cold draft beer while watching the beautiful sunset over our park.

Remember, we have Happy Hour on all draught beers by the glass, Mondays to Thursdays, from 6 - 7pm and, as a bonus, Hoegaarden Draught is also available on Fridays at half price from 6 - 7pm.

*The perfect meal calls
for the perfect pairing.*



Not for Persons Under the Age of 18.

DONATION TO GREEN DOOR

The temporary shelter for survivors of rape and domestic violence in Diepsloot needs your help.

Our Charity Club recently asked residents to please donate clothing for the chosen charity, Green Door, operating in Diepsloot. The Fourways Gardens residents did not disappoint and bags of good quality clothing for men, women and children were dropped off at the HOA offices. The items were neatly sorted by the ladies of the FWG Charity Club, and a delivery date was agreed on.

On 16 May 2019, I had the privilege of escorting Annie and Sheila to Green Door to deliver the items that were donated. When we arrived, we were met by Brown Lekekela, the founder of Green Door. This man's modesty, determination and compassion shone through every word he spoke! It was a truly humbling experience to meet a person with such drive. I asked him to please write a little bit of his history, and why he felt the need to open the shelter. His explanation sent shivers down my spine and made me realise just how lucky many of us are, to live the lives we do.

Please see his letter, verbatim. We appeal to anyone in our community who may be able to assist in any way, to please contact him.



Dear Elmine, Annie and Sheila,

Thank you guys for the visit today at Green Door and for the generous donation of clothing and shoes from the residents of Fourways Gardens Estate.

Green Door is a temporary shelter for survivors of rape and domestic violence.

I am the founder of Green Door otherwise known as a 'door of hope' and I was the only victims centre counsellor at Diepsloot Police Station from 2011 to 2013.

While I was volunteering at victim centre at the police station, there were cases of domestic violence that were not reported to the police because police station are too far from the community and some victims have little faith in the police. Some women we found, were raped and some died along the way to report such cases, as most of them happened during the night and usually around pay-day.

It got me wondering, how many women and children die and are abused by their partners and nothing is done.

Green Door was launched during the 16 day of activism on 24 Nov 2013 and was later registered as an NPO (Diepsloot Victim Lifeline).

It is a temporary shelter for survivors of rape and domestic violence.

We offer psycho-social support to the victim

We offer them shelter to sleep

We help them to open a case

We call the police

We refer them to other professionals (doctors, social workers, lawyers etc.)

We give them food, clothing and toiletries.

I do home visits to check on our clients and we do school talks, workshops in our community.

I have one functioning bedroom and two more rooms have just been built with no furniture. My aim is to build 15 more bedrooms to at least accommodate 15 to 20 families, each room will cost R15 000 to build.

It will help a lot to have permanent shelter in Diepsloot as it will help more women and children who are staying in a toxic environment just because they have nowhere to go.

As a NPO we don't have funding, we survive by the individual donations.

We need financial support

We need non-perishable food

We need toiletries

We need cleaning materials

We need secondary clothing

Our biggest need is to build 15 more rooms to help more people! If anyone can assist.

Kind regards,

Brown Lekekela

065 2473 643



Thank you.

We would like to thank you for popping down to our **Fourways Garden's Movie Night** on the 11 May 2019.

We hope you enjoyed it as much as we enjoyed your company.



Feel free to get in touch with one of our area specialists:
Martina Forsyth 083 260 1562
Tracey-Lee Savage (rentals) 083 654 2729



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The Pam Golding Properties logo, featuring a stylized building icon above the text 'PAM GOLDING' and 'PROPERTIES' below it.
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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					
10:00					
10:30				Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
11:00	Nunu's and Nannies (10:30 - 12:30) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com				
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			FWG Running Club secretary@ frra.co.za Mandy 083 462 2725		FWG Running Club secretary@ frra.co.za Mandy 083 462 2725
19:00			FOR HOA AND AGM MEETINGS		
19:30					
19:30				Ballroom and Latin Social Dancing (19:30-20:30) Zane 079 550 0755 dancingdna5678 @gmail.com	
20:00					
20:30					

Clubhouse

Phase 2 Outside

Phase 2 Tennis Gazebo

Phase 1 Park

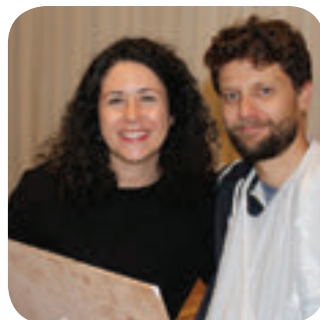
All fees and times to be confirmed with the activity provider concerned.



PAINT NIGHT AT THE CLUBHOUSE – 22 MAY 2019

Another Paint Night was enjoyed by our residents and their guests at the Clubhouse. Natalie from CathARTic had a step by step session that led to beautiful final pieces of art at the end of the evening. This is aimed at the beginner and confident artist, as everyone paints at their own pace and to their own ability.

Keep an eye out for future paint nights in our weekly newsletter!



GROWING GLORIOUS ALOES

Malcolm from WILDFLOWER NURSERY of Witkoppen Road came to share with us the celebration of the May Festival of Early Flowering Aloes which ran from 17 to 26 May 2019. A second festival, The Big Aloe Festival, will run from 19 July to 4 August 2019. The venue for these gatherings is the Witkoppen Wildflower Nursery which, at 60 years, is the oldest indigenous nursery in SA!

There are many indigenous species that can be grown in your garden, but the Aloe festivals celebrate the wonderful varieties developed by Sunbird Aloes. These Aloes are selected for their much-improved flowers and flowering abilities. The plants themselves are strong and attractively shaped.

THE BENEFITS OF GROWING ALOES

- There will be colour in your garden in the winter from white, rich yellow, and sunset colours through to flame red as well as many bi-coloured varieties.
- Aloes boost biodiversity and encourage wildlife in your garden, including bees and birds - many species of birds, from Sunbirds to Black Headed Orioles, feed on Aloe flowers.
- Aloes provide nesting sites and shelter for birds and geckos.

LANDSCAPING WITH ALOES

- **FEATURE PLANTS** – Strategically place one or more Aloes in your garden where they will make a strong statement, especially when in flower.
- **IN POTS ON PATIOS AND PAVING** – Many hybrids do particularly well in pots. Select an Aloe suitable for the space available and pot size.
- **IN ROCKERIES** – This garden type is making a big comeback among top landscapers because it is a 'water-wise' gardening option.



- **ADD VARIETY TO YOUR FLOWER BEDS** by inter-planting Aloes amongst other plants.
- **ALOES** can be very effective when used in mass planting.

CARING FOR ALOES

- **PLANT** with mature kraal manure or compost and with a handful of bonemeal. Mulch with a 2cm layer of compost in Spring.
- **FERTILISE** monthly with a foliar feed of Orgsome, an eco-friendly nutrient available from WITKOPPEN WILDFLOWER NURSERY.
- **ALOES NEED** lots of sun, well drained soil and some water.
- **PESTS** such as Aloe Mite (Cancer), White Scale and Snout Beetle can be easily controlled. Cut out Aloe Mite with a sharp knife, paint leaves affected by white scale with cooking oil, and spray with a mixture of PYRAL organic pesticide and a tea made from pipe tobacco, to control Snout Beetle.

Witkoppen Wildflower Nursery is at 363 Valley Road, Northriding, in the valley below the Dome at Northgate.

Like Witkoppen Wildflower Nursery on FaceBook for the latest Nursery news, views and tips:

www.facebook.com/WitkoppenWildflower and visit their website:
<https://witkoppenwildflower.co.za/>

Tel: 011 516 0262 or call Malcolm on 082 900 8324.



Visit www.sunbirdaloes.co.za – this is a great site for information about Aloes.

Erratum: In our previous edition, the intention of the article entitled BOTANY OF DESIRE, compiled by Sue Both and Francesca Beattie, was to show “How plants manipulate people to do their bidding!”
The magazine publishers apologise for the error.





YOUR RESIDENT Property Specialist!

*"I have been living and selling property
in Fourways Gardens for 15 years!
Your asset is important to me."
Francesca Beattie*



on NATURE RESERVE

Asking R4.5m neg



PHASE 2

Asking R5.6m



PHASE 2

Asking R5.75m



PHASE 2

Asking R3.8m

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YOUR WINTER GARDEN DOESN'T NEED TO BE AS DREARY AS THE WEATHER

The days might be shorter now, and the nights long and cool, but 'green fingers' will still be twitching and there is always something to do in the garden. So, dress up warmly and dig right in!

Things you can do this winter in your garden:

- Hoe borders regularly to keep down the weeds
- Be water-wise
- Harvest lettuce, radish, and other salad ingredients
- Sharpen your pruning sheers
- Send your lawn mower and brush cutter in for servicing and new blades
- Mow your lawn every second week or as required.

Also, picking sweet pea flowers regularly will make the plants produce more. Plant a creeper with bright yellow flowers over a trellis next to your patio. Focal plants like flax (phormium) are eye-catching in winter landscaping. Plant blossom trees like flowering peaches, plums, cherries and crab apples.

Prepare beds for winter annuals by working in generous amounts of compost and superphosphate. Sweet peas, poppies, daisies and primulas are some of the most significant flowers to plant.

Numerous gardens have been inspired by poppies. They are beautiful to look at, especially when the sunlight shines through their translucent colours. They have proven their ability to transform drab winter gardens into show-stopping displays. Early June is the right time to

plant poppy seedlings to ensure that they weave their magic in your garden this spring.

Now is also the right time for you to start planting your sweet peas. With their multitude of sweetly scented pastel blooms, sweet peas are the ultimate forerunner of spring and they make excellent cut flowers. Just decide if you are going for the bush or the climbing variety and choose a sunny spot in front of your patio, entrance or along a pathway where the sight and smell of the flowers can be fully experienced.

Daisies are a gardener's best friend as they are cheerful and easy to grow. You can choose from the wide variety of the daisy family. Most of them warrant a place in the garden, as they bring a bloom to the garden in late spring. Plant them in any sunny spot in well-drained, compost-enriched soil. They can also tolerate a little shade.

REMEMBER

- Bird feeding station
- Get your fine compost for your citrus trees and papaws
- Get your slug and snail control
- Harvest early potatoes
- Look out for weeds
- Cover tender flowers against the frost
- Transplant roses now if necessary.

LAWN

When it comes to the lawn, winter is many gardeners' nightmare. Depending on the climate in your area, it means either a muddy mess or sad, bare turf. Make sure you maintain your lawn this winter to keep it looking good. Cut down on mowing, buy some contour lawn dressing or fine compost for your lawn to encourage root development, and keep lush and healthy growth. Make sure you water your grass after applying the lawn dressing. Consistently rake your lawn, remove the fallen leaves and other debris. Remove any broad leaf weeds.

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 • School road, Plot 17, Diepsloot

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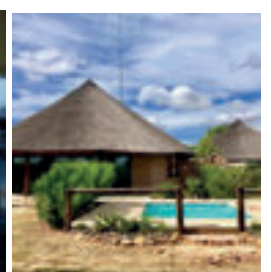
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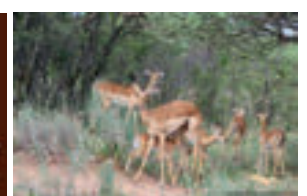
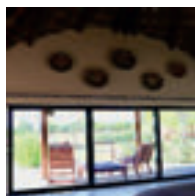
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*For enquiries & bookings please give our Management a call: **074 556 3334** or email our Reservations Desk: reservations@goldenimpalas.com*



*Welcome to **GOLDEN IMPALAS BUSH RESORT** the Jewel of Dinokeng Game Reserve*



SHOT HOLE BORER

These beetles seem to be a problem in SA at the moment

The polyphagous Shot Hole Borer (PSHB), also known as *Euwallacea Forficatus*, is able to cause a great deal of damage to our environment, and it has recently been discovered in South Africa.

These beetles, which are approximately 2mm long, are native to South East Asia, which means that the beetle has no natural predator in South Africa and so it can spread like wildfire. To make matters worse, this beetle has a symbiotic relationship with certain types of fungi, like *Fusarium Euwallacea*. The fungus is the beetles' main source of food in addition to its being the main cause associated with the wilting of trees. The beetle is believed to use other types of fungi to help with colonisation of infected trees as well.

This beetle, along with the associated fungi, has caused tremendous damage to trees across the US (specifically California) and regions of the Middle East. Considering the devastation caused by this beetle in Sandton and in Knysna, (currently infesting over 200 indigenous tree species from 28 different plant families), this beetle could cause one of South Africa's largest ecological tragedies.

This beetle could cause one of South Africa's largest ecological tragedies.



The finger points to a beetle entry hole on a tree trunk.

Photo: Eskalen Lab, UC Riverside.



Photo: G. Arekelian

HOW DOES THE BEETLE INFEST THE TREE?

The beetle, itself, does not kill the tree, but the fungus accompanying the beetle does. The fungus infects the tree's vascular system which then affects and/or stops the flow of water and nutrients within the tree.

HOW TO IDENTIFY THE SHOT HOLE BORER

Unfortunately, the beetles are the size of sesame seeds and can be hard to spot, however, you can identify an infected tree by looking for the following signs:

- Wilting or missing leaves
- Dead or dying branches
- Entry or exit holes in the bark (the size of a pen tip) – these holes may have staining around them
- Shotgun-like lesions on the bark at entry or exit hole
- Sugar Volcanoes on the bark at entry or exit hole
- Blotches of oozing resin on the bark at entry or exit holes
- Wood frass (wood powder) on the bark at entry or exit holes.

WHAT CAN I DO ABOUT PSHB?

The PSHB beetle drills very deeply into the wood, which is why no remedy has, as yet, been discovered for this pest. We recommend KOINOR at this stage, but results are, unfortunately, not guaranteed.

The public can also aid in the management of the spreading of this infestation by reporting any signs to FABI (Forestry and Biotechnology Institute).

The discovery of this beetle in South Africa is a major concern to foresters, farmers, tree fellers and landscapers as these beetles are very aggressive and are known as tree killers.

We have a large biodiversity in South Africa hosting 299 species of mammals and 858 species of birds, all depending on trees for their food and shelter. It is our duty to take care of the natural beauty we are blessed with.

For more information, visit:
www.brandstreefelling.co.za/the-polyphagous-shot-hole-borer-pshb-is-threatening-south-african-trees/



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FWG WINE CLUB

Villiera Wines held on 8 May 2019



Fourways Gardens
Wine Club

The Wine Club had the pleasure of hosting Villiera at the May Wine Tasting. We were able to taste 2 red wines, 2 white wines and 2 sparkling wines.

Villiera is a family owned and managed winery in the Stellenbosch region which has a strong reputation for producing Sauvignon Blanc, Chenin Blanc, Merlot and Cabernet Sauvignon and specialises in Cap Classique, making 5 different MCCs. Karen, the extremely knowledgeable presenter, gave a very interesting explanation of how they make

their different kinds of bubbly, with some processes taking 24 to 30 months, and others taking 6 years. They must be doing it right, as their Monro Brut 2012 won MCC of the year in the 2019 Platter Guide!

Their love of and commitment to preserving the environment is evident from their use of solar power to provide for most of their

needs outside of harvesting time. They are able to provide sufficient energy to power pumps for the dams and the cellar receives its lighting requirements through solar domes. They also use sustainable natural cork as opposed to screw caps and have a strong focus on water conservation, recycling and greening initiatives.

Great care is taken in everything they produce and there is a story behind every bottle and every back label. In line with their environmental approach, they use nature to control nature, for example, by having ducks to control the snails in the vineyard. These initiatives are incorporated into the back labels, so have a look next time you see one of their bottles!

If you are in the area, be sure to visit Villiera, where they don't only offer wine tastings but also chocolate and bubbly, and nougat and bubbly tastings, as well as game drives.

Dee and Sally





Nobody said it was going to be easy. Nobody said it was going to be smooth sailing. Nobody said success was guaranteed.

There are hundreds of thousands of books in the world covering topics such as business, entrepreneurship, success, power, wealth, leadership, influence, branding, and marketing.

The resources that are available and the access to information are abundant and instant. Social media platforms have made global networking easy and convenient. If there is a question, there is certainly an answer; if there is a problem, there is a solution to be found. And yet, despite all of this, there are still major challenges faced by entrepreneurs and business owners.

At the start of any initiative, be it training for a marathon, birthing a new business venture, or deciding to get engaged, there tends to be an air of positivity and hopefulness – otherwise, why would one even begin? Excitement, even though a positive emotion, can cause a number of blind spots.

LET'S EXPLORE THIS FOR A MOMENT

Michael is training for an ultramarathon, a gruelling 100km trail run along the remote terrain of the Witteberg Mountain range. It is the toughest trail run in South Africa. Runners are expected to navigate the trail themselves with the aid of a map, a compass or a GPS unit. There are no refuelling points along the way to fill up on food and water, so each runner must take a full supply of what they need to sustain themselves whilst taking note of how additional weight will affect endurance levels. They are also running at a height of between 2200 - 2500m above sea level.


In preparation for this, Michael has spent the last 9 months working closely with sports nutritionists, performance coaches, trainers and previous ultramarathon winners. He also has past experience to assist him – he has had a huge passion for endurance sport since he was a child, and has spent the greater part of his teen years at competitions and races across the country. He is fit – mentally, emotionally and physically – and ready to pursue his dream of finishing this race.

The race starts at 4am and the participants have 30 hours to complete the race. With the best intentions and armed with a positive mindset, Michael starts off well and continues strongly for the first 25km. After the 30km mark, he starts to notice a pain in his shin and a cramp developing in his shoulder from a previous injury. This slows him down substantially but he carries on. A few more kilometres into the race, he slips on some rocks and falls hard on his hands

and knees. This further aggravates his injuries. During the fall, one of his water canisters cracks and he loses half of his water supply.

The race has now become more of a mental challenge for him as he struggles just to keep pace.

A sense of hopelessness and despondency starts to rear up and he realises how alone he is out in the wilderness. There is no one else around him. It's just him and the cold mountains. He knows that the finish line is over 40km away and with very little water left, blisters on his feet, a sharp pain in his leg and a heavy feeling of breathlessness from the lack of oxygen, he sits down on the cold gravelled ground and puts his head in his hands.



It's at this point where one can justify reasons to give up. Sometimes things are just not worth the pain, struggle and hardship. The alternatives always look more appealing and becoming seduced by them is easy. As he sits there, he can feel his heart pounding, his ears ringing and his muscles throbbing. In this moment he takes a deep breath and remembers the reason he started this journey: to embrace the adventure that is life.

MANAGE EXPECTATIONS

At what point did you think it was ever going to be easy?

Things will get tough. There may be a time of prosperity and there may be a time of recession, nothing can be guaranteed. What makes the difference between a pro-sportsperson, a great entrepreneur or a business leader and the rest is their resilience and absolute tenacity to see through the struggles and trials, no matter what. The key is not to fall into any illusions of security or predictability.

REDEFINE THINGS

What does success look like for you?

The way to rise above any situation is to reframe the thoughts and language around it. Emotions are, after all, just a physical response to a story created in the mind.

If your idea of success is just about being ahead of others, you will definitely not explore the full potential of who you are.

LET IT GO

When things get hard - and they will - how will you keep your head above the water?

Learn the art of detachment. Detachment does not mean carelessness or not being fully present. It means not obsessing or holding on too tightly. Have a plan and a goal and then let them go, so that there is room for adaptability and agility - two things that are essential to survival in today's world.

And above all else, just keep going!



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RENAULT DUSTER 4X4

BY SAMUEL DA FONSECA, PROUD FOURWAYS GARDENS ESTATE RESIDENT

The Duster has been characterised by its rugged go-anywhere styling that left the impression of an 'all bark and no bite' package, however, can the newly-released 4WD Duster finally prove the substance of its macho appearance just as its predecessor did?



There is no denying the sheer size of the crossover market in South Africa today, and with most manufacturers churning them out as fast as possible, it becomes very difficult to separate the diamonds from the rough. Put simply, the Duster is one of those diamonds.

The Duster has always been aimed at the adventurous family or individual that yearns to break free out of rush-hour traffic and tackle the unbeaten path in the quest for adventure. It's easy to see why the 4WD Duster would suit that market perfectly, as it

has 210mm of ground clearance, coupled with a transmission mode selector offering various 4WD options, such as Lock Mode which will distribute power evenly to all four wheels, and Auto Mode which sends power to the front or rear axle upon the detection of wheel slip.

Gravel roads are met with comfort and minimal effort, whereas extreme soft sand and rock crawling give the Duster a good run for its money. And that's just fine, because the capabilities of the 4WD Duster are more than enough for its target market, especially as it is one of the only

true 4WD capable crossovers at such an attractive price point of just under R340k.

Sadly, though, it isn't all sunshine and roses for the Duster 4WD as it is only available in 6-speed manual guise with Renault's proven 1.5dCi oil-burner kicking out 80kW and 260Nm. I am usually a fan of stick and clutch, however in the manual format, the Dusters gear ratios are alarmingly close together which proved to be quite a mission in rush-hour traffic.

Although the Duster's power output isn't the most exciting, it's still more

than enough to execute overtakes comfortably. The fuel consumption will definitely put a smile on your face, though. Renault claims 5.2l/100km and I managed to get 5.4/100km out of the mid-sized family SUV.

Keep in mind that the Duster has always been a cost-effective offering in the segment. Whilst the new Duster is worlds apart from its predecessor in terms of refinement and styling, you will still find the odd cheap plastic here and there, but it is certainly no deal-breaker. Thankfully, the infotainment system has been moved further up the dashboard, making usability that much easier with AppleCarPlay and Android Auto soon to be released in the 2019 models. Interior space in the new Duster is vastly improved with a boot capacity of 414 litres while the rear seats are upright.

From behind the wheel, the Duster is a pleasantly comfortable vehicle to drive with few bumps and altercations upsetting the ride quality, however, its softly sprung suspension does have one major flaw being the evident amount of body-roll when cornering at a speed, although most Duster owners are likely to never notice it. Steering is appropriately weighted to give the driver a sense that they are driving something more significant than a hatchback.

Overall, the Duster 4WD is an excellent package. Having said that, it might be a better option to go for a higher spec-ed 2WD derivative with Renault's EDC auto box. Unless you are absolutely certain that you will be conquering mountains rather than pavements, the forgoing of 4WD in favour of an automatic transmission will definitely be worth it.



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The Cavern is in the Northern Drakensberg, nestled below rugged sandstone cliffs adjacent to the Amphitheatre World Heritage Site. It is a unique place, steeped in history, enveloped in a pristine natural environment and a playground for young and old. The Cavern welcomes and nurtures families, it can be a quiet retreat for couples or an energetic getaway for those seeking time in the hills.

This berg resort has developed over time, evolved with the nurturing love of a family and its community. It is a place which is comfortable, where friends are welcomed and it is in a valley of outstanding natural beauty. It became a Site of Conservation Significance for its landscape and rare and endemic species. The mountainside is carefully conserved but shared, the community is not only employed but uplifted through education programmes and guests are not just checking-in to a hotel but encouraged to walk, ride, and play so when they depart, they feel relaxed and restored.

Visitors can enjoy a variety of activities and attractions. There are daily guided morning hikes and horse rides to many beauty spots, including bushman paintings, the infamous Cannibal Cavern and the one-and-only Silent Woman. The energetic can tackle the Big5Hike, enjoy a day trek to the Tugela Gorge or climb to the top of the Amphitheatre. A swimming pool, tennis courts, MTB trails and dams for trout fishing extend the offering.

Children are welcomed and encouraged to be outdoors. The Cavern Hiking Passport allows them to collect stamps

THE RESORT OF MANY HAPPY RETURNS

How does one escape the hustle and bustle and recharge? Where can one find activity and fun within a natural environment with many options for everyone? There is a place in the Northern berg, just 350km from Gauteng ...





and the more they do, the more they can earn. Tweens and teens can enjoy an extended range of thrilling adventure at All Out Adventures, just 7km from the Cavern. And the tiny tots are cared for in the Cavern Playroom where childminders are available during all meals to give parents some quiet time to enjoy one another's company.

Under the canopy of the Fern Forest, there is the gorgeous Forest Retreat Spa. It is a tranquil escape with an extensive range of treatments and excellent, well-qualified therapists. An hour or more leaves clients completely rejuvenated. It is food for the soul.

The resort has standard and superior accommodation. Rooms are set in landscaped gardens where a mix of vibrant indigenous plants attracts hundreds of birds and the evenings are filled with the sounds of crickets, frogs and other friendly creatures.

An escape from the hustle and bustle of life, a few days in the natural landscape of the Drakensberg gives families the opportunity to do things together. This bonds, restores, heals, extends and aids healthy living. Take time to get away.

To book your getaway, call 036 438 6270/ 083 701 5724 or visit: www.cavern.co.za



COMPETITION

Experience the wonders of The Cavern for yourself and your loved one. Enter this competition and you could win 2 nights for 2 in a superior suite at The Cavern, valued at R7960.

To enter, simply answer the following question:

Q: On which mountain range is The Cavern situated?

Email your answer along with your full name, your cell number and your stand number, detailing 'The Cavern Competition' in the Subject line, to: info@eiapublishing.co.za. The winner will be notified by email.

HYUNDAI SANTA FE



Hyundai's fourth-generation Santa Fe, launched locally at the end of 2018, is a Sports Utility Vehicle that combines premium design, advanced technology, a spacious interior and comfort features which make it worthy of its flagship status in Hyundai's model range.

This 'ambassador for the brand's new design language', as Hyundai Motor Group's new design chief Luc Donckerwolke refers to the new Santa Fe, was first launched in 2001 and 5 331 units have been sold in South Africa since then.

The new model represents the cornerstone of the SUV heritage that Hyundai has built up over the years. The design of the fourth-generation Santa Fe connects with the new SUV-family look. It displays a modern and elegant appearance complemented by Hyundai's SUV-family identity, the eye-catching Composite Light and the Cascading Grille.

NEW 8-SPEED GEARBOX, ENHANCED FOUR-WHEEL DRIVE WITH HTRAC

The new-generation Santa Fe features an advanced four-wheel drive system in the Elite derivative with an enhanced torque application called HTRAC.

Power for the Santa Fe's drivetrain comes from the proven 2,2-litre CRDi engine that delivers 142 kW maximum power and 440 Nm maximum torque. Linked to the newly developed 8-speed automatic gearbox, which is engineered with a transversal layout, it delivers enhanced fuel efficiency of between 3% and 4%.

INDUSTRY-FIRST SAFETY TECHNOLOGIES

The fourth-generation Santa Fe offers one of the best-in-class safety packages and industry-first safety features.

The Rear Cross-Traffic Collision-Avoidance Assist – a standard feature in the Executive and Elite derivatives – is a Hyundai first too. When reversing out of areas with low visibility, the system not only warns the driver if vehicles approach from the rear side, but also applies the brakes automatically.

The Safety Exit Assist, also standard in the

Executive and Elite derivatives, prevents accidents when vehicles approach from behind by temporarily locking the doors before being opened, so that passengers will exit the car safely.

All derivatives have ABS (Anti-Lock Braking System); ESP (Electronic Stability Programme); DBC (Downhill Brake Control) and HAC (Hill-start Assist Control).

HIGHEST PASSIVE SAFETY

The new-generation Santa Fe benefits from superior rigidity through the application of high strength steel, high impact energy absorption and minimised distortion in order to protect passengers in the event of a collision.

Around the interior of the Santa Fe, a total of six airbags is installed (two front airbags, two side airbags and two curtain airbags from first to second row protecting both driver and passengers). Testimony to its high safety standards, the Santa Fe was awarded a 5-star certification in the Euro NCAP crash test.

STATE-OF-THE-ART INFOTAINMENT SYSTEM

The 7-inch infotainment system – a standard feature in all three derivatives – integrates all media and connectivity



HYUNDAI
www.hyundai.co.za

features, allowing drivers to always concentrate on the road.

The Display Audio offers customers accessible connectivity with the seven-inch high-resolution colour LCD touchscreen to connect their smartphones via Apple CarPlay or Android Auto. Passengers can also use the navigation applications of their smartphone, which can be displayed on the touch screen. The Display Audio also features an integrated rear-view camera with dynamic guidelines.

For further connection of customers' devices, the Santa Fe comes standard with a USB port and an AUX jack.

EXTERIOR DESIGN

The Santa Fe's front styling introduces the Cascading Grille that is complemented by the Composite Light – a design comprising LED Daytime Running Lights positioned on top of the headlights.

The dynamic character of the side is

enhanced by a sleek roof line and the bold side character line running from the headlights to the taillights to form a fluid design. The rear creates a confident and stable stance with unique tail lights, a striking bumper design and twin exhaust pipe outlets.

INTERIOR DESIGN

The Santa Fe has a refined and ergonomic interior architecture. The stunning relationship between design and functionality combines premium quality with a horizontal and roomy layout and enhanced visibility.

The new one-touch walk into the third row eases passenger access to these seats. Headroom in the third row has been improved by 22 mm.

Standard luggage capacity is increased by 31 litres to 547 litres behind the second row of seats. This can be extended to 1 625 litres with both the third and second row of seats folded down.

CONVENIENCE FEATURES

All derivatives have Rear Park Assist, while the Elite option benefits from a Front Park Assist system as well as standard equipment.

The Santa Fe Elite derivative is also equipped with a panoramic sunroof; electrically operated rear hatch door (with adjustable height and opening speed); driver and passenger seats with option of heating or ventilation; and paddle shifts on the steering wheel for manual gearshifts.

Rear-door retractable side curtains; a push-button keyless start function and folding side mirrors form part of the standard features package for both the Elite and Executive derivatives.

All derivatives have cruise control and leather seats, with electrical adjustment for the Executive's driver seat, and for both driver and passenger's seats in the Elite. The Premium derivative's seat is adjusted manually. Climate control is

standard across the range.

VARIABLE TORQUE CONTROL WITH HTRAC

The Hyundai in-house developed HTRAC in the Santa Fe Elite derivative is based on four-wheel drive technology that variably controls the power to the wheels. The system increases traction on slippery roads, gravel and, of course, on regular road surfaces while enhancing cornering performance. The ratio of torque distribution is changed with the three different drive modes.

In Sport mode HTRAC delivers improved acceleration with up to 50% torque to the rear wheels. In Comfort mode it offers improved stability with up to 35% torque to the rear wheels, and in Eco mode HTRAC provides improved fuel efficiency by sending power to the front wheels only.

In slippery conditions, the system automatically distributes power to all four wheels automatically.

The suspension, consisting of McPherson struts at the front and a multi-link setup at the rear, delivers a smoother ride feeling by reducing the impact and vibration when driving on rough roads.

PRICING

The prices of the new Santa Fe range are:

- Santa Fe R 2.2 Premium automatic – R599 900
- Santa Fe R 2.2 Executive automatic – R659 900
- Santa Fe R 2.2 Elite automatic – R749 900.

Prices include Hyundai Automotive SA's 7-year/200 000 km manufacturer's warranty (consisting of the standard 5-year/150 000 km warranty plus the additional 2-year/50 000 km drivetrain warranty extension).

An additional part of the package is a 5-year/90 000 km service plan, and roadside assistance for 5 years or 150 000 km.



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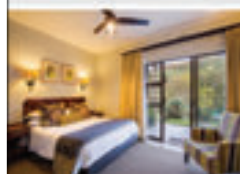
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RHAPSODIES IN BLUE

Blue is such an odd colour. It is said to be the colour that people across the world like best. It is also the rarest colour in nature.

The bloukop lizard.

Colour specialists and brand consultants, mindful of the psychological effects of colour, say blue is the colour that people associate with depth and stability. It is a calming colour symbolising trust, loyalty, wisdom, faith, truth, and heaven, and is considered beneficial to mind and body.

Cycling through Andalusia and Portugal a few years ago I noticed how, in the villages, the white-washed houses had their windows and doors framed with blue – a carry-over, I was told, from when the Moors occupied the Iberian Peninsula. They believed blue warded off evil spirits.

In Portugal, the Moorish craze for blue, particularly in the form of blue ceramic tiles, is as strong today as it was when the Moorish empire collapsed 500 years ago.

Much as we love blue, we could never be attracted to eat blue-coloured food. We love a blue sky and the way the sun picks out the vivid blue of a kingfisher's back and, say, the iridescence of the Cape Glossy Starling, but there's a mysterious paradox. When we are depressed, we say we are feeling blue. We speak of having blue moods.

There's that rather melancholy music genre known as 'the Blues'. As a term for depression it's been in use for at least 200 years. The American bird artist, John James Audubon wrote in his 1827 *The Birds of America* of having "had the blues".

Some slimmers, apparently, use a blue light to illuminate the interior of their fridges. It apparently decreases the appeal of its contents.

Blue is indeed the rarest pigment in nature. In fact there are no truly blue flowers, nor blue birds, nor blue butterflies for it is not pigment that makes them blue. Whether it is agapanthus or plumbago or the brilliant blue of a kingfisher, it is all a trick of nature. The blue results from light falling upon microscopic light-scattering surfaces in feathers or petals which allow only blue light waves to be reflected. All the other colours of the prism are subdued.

One of the most breath-taking sights I have ever seen was in a canopy forest not far from Cuiaba in central Brazil. I was following a gloomy footpath deep under the forest canopy and there, on the ground in a shaft of sunlight, gently fanning its wings, was a blue morpho butterfly as big as my hand. Its almost dazzling iridescence caused it to shine like an electric light – all a trick of the tiny reflective surfaces.

It seems that only in relatively recent times – the last few thousand years of *Homo's* million-years of existence – have we had the ability to see the colour blue. There's a tribe in Namibia that still can't. Shown a chart with a dozen green squares and a single conspicuously bright blue square among them, none was able to spot the blue.

The literature of the Ancient Greeks makes no mention of blue. Homer's *Odyssey* refers to black and white and occasionally red and yellow – but blue, never. The colour of the sea is described as 'wine-dark'.

It seems that about 6 000 years ago, we began to develop blue pigment for the first time. It came from lapis lazuli, a rare, deep blue metamorphic stone mined in Afghanistan and from which semi-precious jewellery was made.

The Egyptians were greatly attracted to its brilliance and would grind it down to produce a pigment which they called blue. As far as it is known this was the first time that a word meaning blue appeared in any language.¹

The use of blue dyes slowly spread across the Middle East and to Rome but only the ultra-wealthy could afford them. Blue was to remain virtually unknown in western Europe for many centuries. Then, at the end of the Middle Ages, lapis reached deeper into the Continent and produced the ultramarine of the Renaissance painters. It was otherwise reserved for fabrics worn by royalty.

Was it because blue is so rare in nature that nobody saw it until recent times as being remarkable? What about the sky? Surely that was blue? There's a theory that we did not see it as blue until we recognised blue pigment. Apparently, children perceive the sky as being colourless until it is pointed out to them as being blue.

¹ There are today, thanks to chemistry, scores of different blues and thousands of words – encompassing hundreds of languages and dialects – to describe them. But none, I imagine, more colourful than those in Zulu which include:
luhlaza okwesibhakabhaka for blue and okuluhlaza okwesibhakabha Okumnyama for navy blue.



Plumbago – blue is nature's rarest colour.



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The Ancient Greeks did not see the sea as being blue.



Was the sky always blue?



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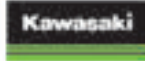
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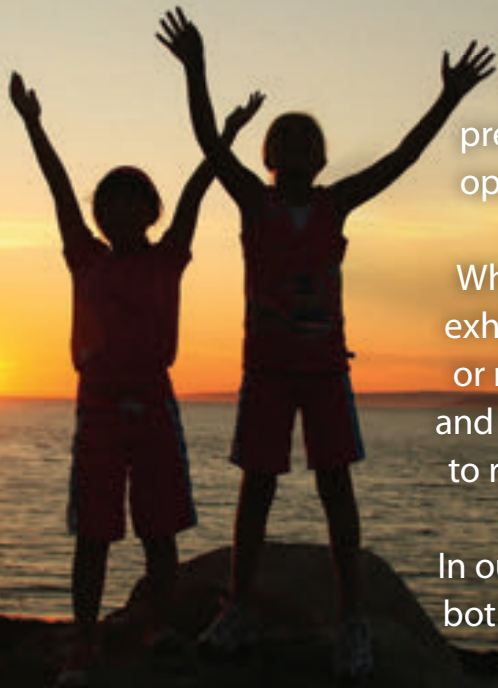
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In our Outdoor Feature this month, we take a look at both ends of the spectrum – which encourage both movement and stillness. Enjoy!



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MOTORCYCLING EXCELLENCE WITH INTEGRITY



Fire It Up! Motorcycles in the heart of Fourways – and now with a bespoke service centre in Kyalami – is widely recognised as the leading motorcycle dealership in South Africa.



Fire It Up! was established in 2016 as an all new motorcycle experience store focusing on an ethos of trust and integrity. Fire It Up! is so passionate about doing the right thing and offering customers the service they deserve that they trademarked #integrity as a commitment from the staff that not only will they treat customers with utmost integrity but also that they believe that they are the most trustworthy team in South Africa.

Fire It Up! has a wide variety of Pre-Owned motorcycles which are all available with a 2-year service plan and warranty, a first for motorcycling in South Africa. Fire It Up! is the official importer and distributor for MV Agusta, the exclusive Italian motorcycle brand and is also the leading Kawasaki, Sym and Aeon dealer in SA.

But there is more to Fire It Up! than just their showrooms on William Nicol. They also have a unique Motorcycle Buying division called Bike Buyers which purchases over 200 motorcycles a month,

offering sellers the best advice and immediate payment. www.bikebuyers.co.za has become recognised as the most trustworthy 'Bike Buying' facility in South Africa with national evaluators.

A new division to the Fire It Up! group is their bespoke service facility called Performance Technic. Performance Technic recently opened its doors in Kyalami Business Park offering a unique service facility, a FREE one year warranty with every motorcycle that undergoes a major service, (another first in the motorcycling industry), giving customers whose bikes are currently out of warranty absolute peace of mind.

Performance Technic also does motorcycle detailing and ceramic coating, has a professional tuning facility and the latest diagnostics equipment, as well as a battery and tyre centre.



For more information, call 011 467 0737,
visit their website: www.fireitup.co.za or
pop into their showroom on William Nicol Drive, Fourways.

CONTEMPORARY AND HIGH-END OUTDOOR LIFESTYLE FURNITURE



Gardens & Roses is a leading supplier of outdoor furniture, patio furniture and garden furniture in Kramerville, Johannesburg and Woodstock, Cape Town.

Gardens & Roses (GNR) is a well-established international outdoor furniture provider catering for the discerning client looking for luxury, style, opulence and to turn their outdoor living space into a relaxing sanctuary of bliss.

GNR specialises in importing exclusive outdoor furniture and accessories for decorating the garden and terrace. Their products include an extensive collection of high quality furniture of various materials including Modular Sofas, Dining Tables and Chairs, Umbrellas, Sun Loungers and Daybeds.

DURABLE, YET STYLISH

The product selection is designed by using high quality components and progressive technology, in tandem with set industry standards. The range of furniture is well known for its long functional life and fine quality. It's durable enough to withstand the elements of exterior spaces and stylish enough to be placed indoors. After all, outdoor areas are luxurious

extensions to your home and should never compromise on comfort.

SOME HIGHLIGHTS OF THEIR PRODUCT RANGE

GNR has a new and exciting brand, Apple Bee. Other accessories include the Aristo Outdoor Range – of which GNR is the exclusive supplier within South Africa. These practical, high-quality products, such as lanterns and bird houses, are designed by acclaimed Danish designers.

With all of GNR's resources and expertise, they also strive to provide their clients with world-class customer service and efficiency.

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Enjoy the ART of Lounge



Tiara Lounge Set

At Patio Warehouse we travel the world to bring you the widest selection of quality imported and locally manufactured patio furniture and accessories. Our extensive ranges offer you durability, functionality and, most importantly, comfort.

The line between our living rooms and our patio is disappearing. Styles traditionally associated with indoor environments are now finding their way on to our patios and into our gardens.

Imagine lounging on your patio in fully upholstered furniture. The comfort, the relaxation. . .

Traditionally, if you didn't have a covered patio, you would be considering patio or garden furniture that can withstand all weather conditions. So, the first thing that goes – is comfort. And obviously the second is beauty. You think to yourself that fully upholstered patio furniture wouldn't work and that the furniture would spoil within a month.

Patio Warehouse's premium range of outdoor furniture is designed with specifically that in mind. The furniture is upholstered with fabric that is suitable for outdoor usage throughout the entire year.

Creativity is what drives the idea to reinvent patio and garden furniture as we know it. The results of that process are unique products and outdoor furniture that seem to be a modern form of art.

The furniture is not designed to be waterproof, but it lets water through as quickly as possible. By using breathable materials, we ensure a constant air circulation inside our furniture. This makes it possible, that after heavy rain, the furniture can dry completely after 30 minutes.

The materials used in the fully upholstered furniture make it unique. Only Sunbrella fabrics are used, and the benefits are that they're:

1. UV Resistant
2. Water and Stain Resistant
3. Breathable
4. Mould Resistant.

The foam is reticulated polyurethane foam with extra open cells which permit maximum water drainage and air circulation. We like to call it quick dry foam.

So, if I haven't convinced you that our fully upholstered patio furniture range is the answer to your patio, then you will never enjoy the ART of lounge.

After almost 15 years of providing the best quality outdoor furniture in Africa, Patio Warehouse endeavours to maintain a high level of professionalism and excellence in every deal undertaken – be it the supply of products or client relations. Patio Warehouse brings a touch of class to outdoor living.

Please feel free to visit our online showroom and see the beauty of our outdoor furniture!

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ADDING A SENSE OF STYLE AND CLASSICAL ELEGANCE TO YOUR HOME

A house is not a home until you've added those finishing touches that reflect your tastes and your lifestyle. If you're looking for Classical elegance, you should take a look at the range of statues, columns, fountains, benches, bird baths, planters, flower boxes and ornaments available from Gardens of Italy.

Owned and run by Marco and Uli Schmidt, Gardens of Italy has established a solid name for itself for the quality and durability of their products and the reliability of their installation and service team. The company was established in 1970 by Marco's father (from Germany) and mother (from Italy), who, through their combination of artistic flair and precision in mould-making and manufacturing, put together ranges of locally-made concrete products, along with some imported products, that add grandeur to the home.

Based in Barbeque Downs in Kyalami, Gardens of Italy stocks in excess of 1000 products. Their locally-produced products are made from silicone rubber moulds, which are renewed from time to time when they start to wear out. They also have the capability to



custom-make products to a designer's or architect's specifications, which is hugely beneficial for anyone looking for something distinctive.

ENHANCING THE AMBIANCE

Fountains, in particular, add a special ambiance to any environment - be they small wall-mounted fountains embellished with cherubs, floral

decoration or a magnificent lion's head, or an enormous four-tiered masterpiece that takes centre stage on a large terrace or driveway. The installation team at Gardens of Italy has a wealth of experience in the installation of fountains, so there's no need to curb your imagination or limit your design flair.

Add a few statues, such as a Classical discus thrower, a statue of David, Atlas holding up the world, Athena and Cupid, and your guests would be forgiven if they thought they were suddenly in Tuscany or Lombardy.

And then there are concrete benches and tables, which are always great to have in the garden, especially if there's a secluded enclave where you can spend some time in quiet contemplation, listening to the soothing splashing of water from a nearby fountain.

DELIVERIES

Gardens of Italy supplies private residences, complexes and nurseries mainly in and around Johannesburg and Pretoria. Large quantity orders, within a 300km will also be considered for delivery (conditions apply).

However, clients are also welcome to arrange their own collection and transport, if they prefer.

For more information, call 011 700 3700, email: info@gardens-of-italy.com, or visit: www.gardens-of-italy.com





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Dazzelton Dining Collection

TOP 8

TRAVEL DEALS



1. Discover the Seychelles with this special deal from Air Seychelles.

Economy class fares departing from Johannesburg to Seychelles from R7 841 per person, including taxes but excluding surcharges. Available on flight HM060 on Mondays only from 3 June to 28 October 2019. For more info email: airseychelles@border-air.co.za or call 011 326 4440.

2. Visit the 'Kingdom of Pleasure' with this deal from Dreams.

Weekend offer at the five-star Cascades Hotel – Sun City Resort. Rates are from R2 500 per person sharing. Includes two nights' weekend accommodation, breakfast daily and access to the Valley of the Waves. Midweek rates also available. Offer is available until 30 November 2019. For reservations: dreams@scdreams.com or call 011 217 5555.



3. Enjoy a two-night self-drive weekend package with Mozambique tours in Maputo.

Rates from R4 310 per person sharing. Rates are valid until 31 December 2019. Offer includes accommodation at the Polana Serena Hotel, buffet breakfast at Varanda Restaurant, tea/coffee making facilities and free Wi-Fi. T&C's apply. For more information call 0861 112 552 or email: mit@iafrica.com.



4. Cheers to the Caribbean with this 8 day/7-night MSC Caribbean cruise.

Rates from R8 435 per person sharing. Itinerary: Miami, Jamaica, Cayman Islands, Mexico, Cuba, Miami. Departure date 23 September 2019. Offer includes full-board accommodation on board MSC Armonia, entertainment, activities and kids club. Offer excludes flights and taxes. To book, call MSC Cruises on 087 630 0333.



TOP 8



5. Experience Swakopmund with Air Holidays.

Rates from R6 599 plus R3 850 approximate taxes per person sharing. Includes three nights' accommodation with breakfast, return airfare departing from Johannesburg to Windhoek, four days' group B Avis car hire, unlimited mileage, maximum waivers, half day living desert tour, morning catamaran seal and dolphin cruise including oysters and bubbly. Valid for travel from 1 July to 31 October 2019. For more info, email: reservations@airholidays.co.za or call 011 803 8223.



6. Indulge with African Pride Melrose Arch, Autograph Collection. Johannesburg.

Rates from R1 050 per person sharing per night. Includes a champagne breakfast. Valid until 31 December 2019. For more info call 011 214 6666 or email: apma.res@autographhotels.com.



7. Explore Malaysia for seven nights with this offer from Perfect Destinations.

Rates from R17 790 per person sharing. Rates are valid until 31 October 2019. Offer includes two nights at the four-star Concorde Hotel and five nights at the Holiday Villa Beach Resort and Spa, return flights departing from Johannesburg, airport taxes, all transfers and breakfast daily. T&C's apply. For more information call 021 250 0752; email: info@perfectdestinations.co.za or call 011 463 5251.



8. Pay three nights and stay four nights in Dubai with Dream Kist Tours.

Rates are from R9 999 per person sharing. Package includes four nights' accommodation in a five-star hotel, breakfast daily, airport transfers, complimentary full-day city tour including a visit to the Quranic park, full-day to Dubai Mall including the Dubai Fountain Show and photo stop outside Burj Khalifa with transfers on private basis, one evening dinner on the luxury Bateaux for 2 hours cruising on the Creek with transfer on private basis. UAE Visa, taxes and tourism fees included. Valid until 30 September 2019. International flights and taxes are not included. For bookings email: reservations@dreamkisttours.co.za or call 021 761 4401.

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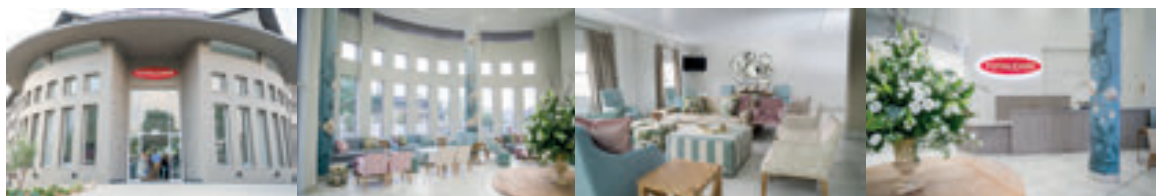
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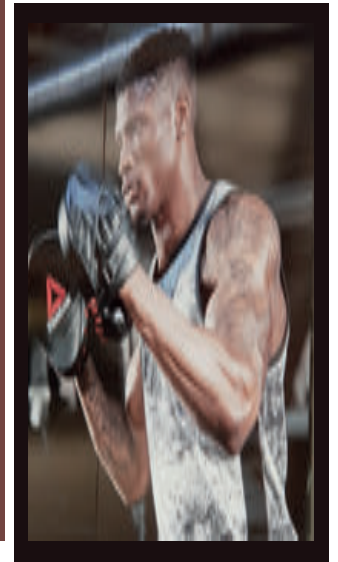
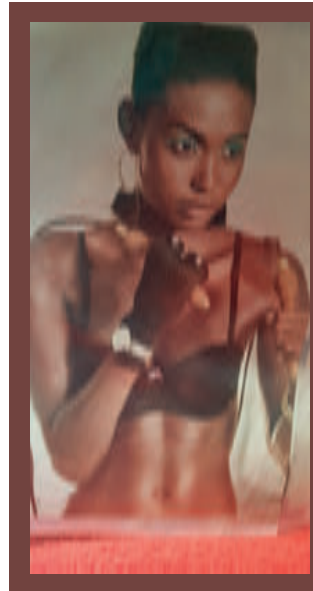
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LEARNING THROUGH PLAY



Galina Dolya presenting to the conference



Dainfern College staff with Vygotsky expert Galina Dolya. From left to right: Gillian Hugo, Head of Grade 0; Galina Dolya, keynote speaker; Patti Blackhurst, Junior Prep principal; Nicky Jansen van Vuuren, Junior Prep deputy principal

In the past, learning was understood as gaining mastery of a significant amount of knowledge, usually in the form of content transmitted by a teacher - children were 'taught'. Teachers trained in the early childhood phase of education know that this formalised, top-down approach does not suit young children, however, and that rather than spending more and more time on maths worksheets and phonics work cards, our children should be playing, talking, climbing, constructing, imagining, questioning and exploring.

Recognising that play is an essential component of childhood, international researcher and inspirational early years teacher Galina Dolya has devised a curriculum that develops cognitive, behavioural and communicative 'tools' within a creative, playful and engaging context based on the teachings of Russian psychologist Lev Vygotsky.

Grade 0
children
working with
the Vygotsky
programme



The Vygotskian approach recognises that children need to play, explore and experience their world in a tangible and concrete way in order to build the foundations for academic learning in their early years. The approach is therefore playful and engaging, carefully structured to build the vocabulary, language, reasoning, sequencing, classification, conceptual language, tools and higher mental functions that prepare the child to learn.

When Junior Preparatory principal, Mrs Blackhurst, and Grade 0 staff at Dainfern College discovered the Vygotskian approach, they were very excited by its possibilities. As they put the approach into practice at the College they found it built capacity and a foundation for learning in the children that simply amazed them. The success of the method prompted them, in collaboration with Key to Learning Africa, to host Galina Dolya as the keynote speaker at a two-day early childhood development conference, so that the latest thinking and teaching methods in this vital phase of education could be shared with teachers across South Africa. Themed 'Playful Learning, Learningful Play', the conference took place at Dainfern College in April and was attended by almost 300 delegates.

In her address, Dolya explained that, instead of bombarding children with information, we should use play, (which develops abstract thinking), as the transition to adulthood, thereby amplifying childhood, rather than accelerating their childhood too quickly.

Being ready for school, says Dolya, does not necessarily mean being *able* to read and write, but instead, being ready *to learn* how to read and write. Our goal should be to develop a love and hunger for learning in our children, rather than simply filling their heads with knowledge.

Play is central to how young children learn and make sense of their world, socially, intellectually, emotionally and ethically. At Dainfern College the Grade 0 teachers understand the relationship between play and learning, and how to put play at the centre of teaching. They are seeing remarkable results in this vital phase of education.



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

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HEALTH IS A WAY OF LIVING!

Obesity and the associated health risks is fast becoming the biggest financial threat facing national health systems throughout the world.

At Kyalami Preparatory School, our staff recognised the need to encourage healthy lifestyles and child wellness in general. The aim was to introduce a health programme in which everyone could participate. Although our children take part in the traditional afternoon sports, our staff wanted to create healthy habits with a life-long incentive.

The Mile a Day programme was introduced at the beginning of 2019. Our children and staff walk, or run should they prefer, around a 1,6km course, three times a week.

The benefits have been astonishing. What was thought to be a health educational awareness programme, delivered far more than expected. The social benefits were immediately apparent. Children now had the opportunity to engage before school and share their news whilst exercising. This created a welcoming environment through the shared experience and instilled a sense of belonging. This was particularly evident with the quieter, withdrawn children. A noticeable drop in stress and anxiety levels helped to prepare the children for the first lesson of the day.

The benefits of exercising before school helped the more energetic children by burning off a little 'steam' before the start of the day. Our teachers have

commented on how these children have been more settled and concentration levels have improved in class.

Without a doubt, this programme has been highly beneficial to the children and staff alike. Hopefully, our children will inspire their families to take their dog for a walk on the weekends and to take up walking or running as a lifetime pursuit.

Who knows, we may possibly have a few Comrades runners in our midst!

For more information email admissions@kyalamischools.org



A Community of Schools Developing Global Achievers



Kyalami Schools
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Kyalami Schools (NPC) consists 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. The fast change of pace in the world today, coupled with the doubling of the growth rate of knowledge every few years, means that our children will experience a very different world than the one we know. As such, 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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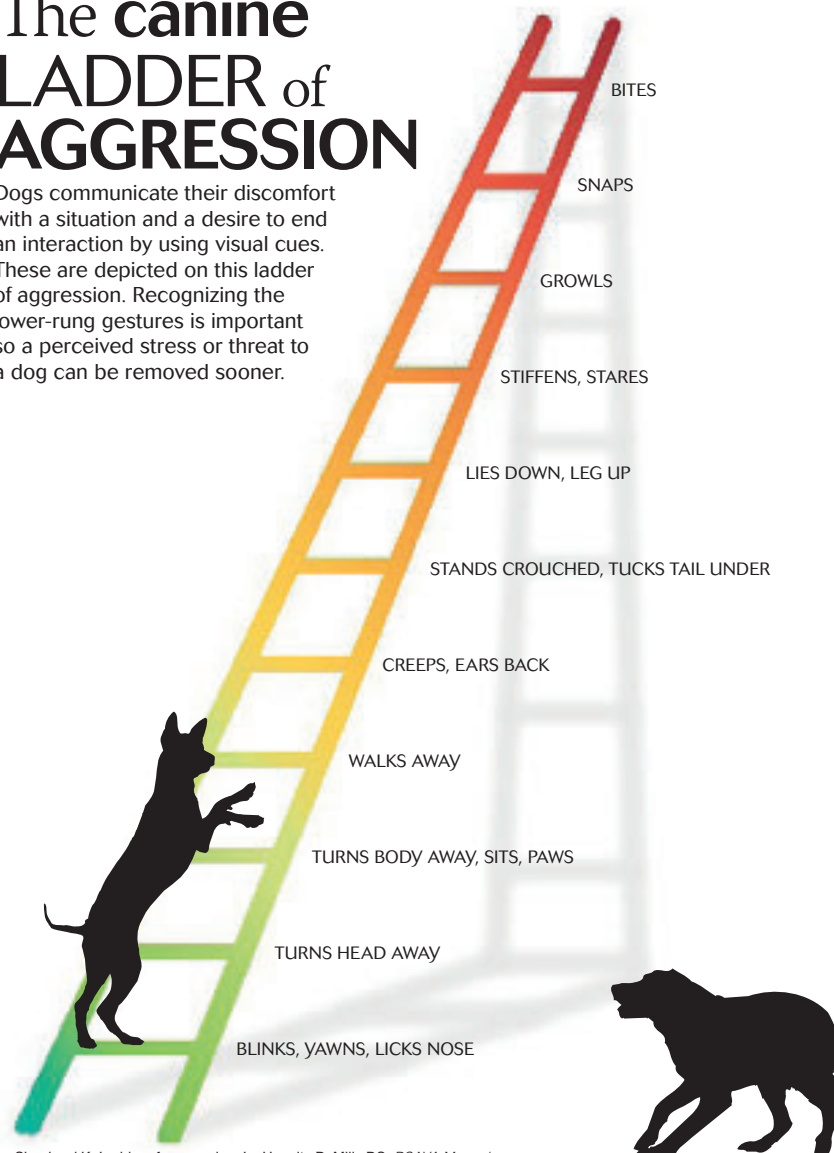
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OH BE-HAAAAVE!

TOP 3 RULES OF ANIMAL BEHAVIOUR... FOR HUMANS

The canine LADDER of AGGRESSION

Dogs communicate their discomfort with a situation and a desire to end an interaction by using visual cues. These are depicted on this ladder of aggression. Recognizing the lower-rung gestures is important so a perceived stress or threat to a dog can be removed sooner.



Source: Shepherd K. Ladder of aggression. In: Horwitz D, Mills DS. *BSAVA Manual of Canine and Feline Behavioural Medicine*, 2nd ed. 2009.

Animal Behaviourists tend to be called in as a last resort, often when a pet has become aggressive or unmanageable, or when the relationship between pet and family (or other animals in the home) has broken down completely. At this point, a lot of hard work is required to get everybody on track and, sadly, it may be too late and the situation may be irrevocable.

We asked Twisted Whiskers' consultant behaviour experts, Samantha Walpole and Julia Davies-Carter, what they would like people to know about interacting with animals in order to PREVENT PROBLEMS before they arise.

RULE #1 RESPECT THE PREDATOR

Regardless of the fact that dogs and cats have lived alongside humans in a domesticated context for millennia and, as a consequence, have evolved into very different beings to their wild ancestors, it's vital to remember that *they are still predators*. They will always revert to fight or flight behaviour when placed in situations where they feel compromised, and this can (and often does) result in trauma. **Understanding animals' body language is key to ensuring that you and your loved ones (both humans and other pets) are safely interacting with the dogs and cats you encounter.** These handy infographics show the common canine and feline 'amber lights' that alert us to the fact that the animal is communicating distress.

Look at these signals as a whole, rather than in isolation. If you see an animal showing a 'closed off' stance rather than a 'soft', open, receptive one, beware! You (or your child or pet) have overstepped and are setting up a situation where a frightened, overwhelmed animal may behave unpredictably.

RULE #2 LET ANIMALS APPROACH YOU


We all fall into this trap. Think back to the last time you saw a cute fluff-ball of a puppy, a mischievous kitten, or a gorgeous silver-muzzled senior. What did you do? Most likely stormed the animal with kisses and cuddles and, chances are, completely missed a bunch of the signals listed here.... Truth be told, most of us are lucky we still have our faces in place! It's a testimony to the patience of animals that we do.

Imagine taking your child into Sandton City and allowing every person in the place to grab and kiss him or her. It would take but a few seconds for the child to become overwhelmed, fearful and anxious. The same goes for our fur-children. It's disrespectful and downright dangerous to expect every animal to love you and enjoy receiving attention from you.


Possibly the most important rule any behaviourist would have us remember is **DON'T APPROACH AN ANIMAL. Ask the owner's permission to interact and 'ask' the animal by watching his body language and allowing him to approach you.**

So, how do we know an animal is receptive to interacting? As far as both

Body Language of Feline Anxiety




Slight crouching




Major crouching


More Subtle Signs of Fear & Anxiety




Dilated Eyes




Ears Turned Back,
Furrowed Brow




Staring,
Focused on Object




Hiding,
Looks Half Asleep




Laying on Side,
Tail Flicking




Hair Raised, Staring,
Ears Turned Back



Walking with Flat Back,
Tail Down, Head Down



Ready to Jump Off Perch



Suddenly Grooming,
Excessive Grooming

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dogs and cats are concerned, **UNLESS YOU SEE A RELAXED, WIGGLY, 'SOFT' DEMEANOR, LEAVE THEM ALONE!**

If the animal comes up to you with fluid movements, soft eyes and weaving body,

they are showing you that they're open to a chat, a cuddle or a game and it's safe to proceed in a gentle and respectful manner. A wagging tail isn't always a green light so look out for big circular wags, as if the tail is wagging the dog. With cats, a raised S-shaped tail is a good sign.

RULE #3 MONITOR ALL CHILD-PET INTERACTION

Social media is filled with videos of children bouncing on dogs, 'carrying' cats and tiny puppies around, etc. and they get thousands of likes and "How adorable!" comments.... Until a child or animal is injured. Kids take a while to get to grips with the nuances of person-to-person interactions and cannot be expected to pick up on the subtle cues shown by animals as well. It's up to adults to firmly monitor all interaction and ensure that both the children and the animals in the situation feel safe and



Young kids tend to squeeze and pull and can injure pets without meaning to.



Whites of eyes showing, furrowed brows, closed stiff mouth, pinned ears, body angled away – this dog is very anxious!



comfortable. Follow our behaviourists' tips to prevent tears and trauma.

- **Children should be taught how to interact with animals safely and appropriately.** Young kids tend to squeeze and can do serious damage to little critters - don't allow them to handle animals until they have learned to do so with care and consideration. Rather than children picking animals up, have them sit on a chair or stand quietly, depending on the size and disposition of the pet, and allow the animal to come to them for gentle interaction, always supervised by an adult. And by supervised, we mean that the adult should have a clear understanding of the body-language cues mentioned above and be able to step in immediately if the animal shows signs of anxiety.
- When kids play with animals, there should be **NO ROUGH-HOUSING**, as this teaches animals that it's okay to be rough. Cats should only ever be engaged in play with dangle-type toys, not twiddling fingers or toes, as this encourages unwanted scratching and biting behaviour.
- **No child (or adult) should ever hug a dog or cat.** Wrapping your arms around an animal's neck is seen by the pet as a restraint and is almost always unwelcome. Children also love to kiss

pets and this should never be allowed. A lovely idea is to teach kids to kiss their own hand and wipe the kiss onto the pet's body, or rather to blow a kiss to their doggy or kitty to show him or her love.

- **Don't approach a sleeping animal.** In the wild, animals are at their most vulnerable while sleeping. Waking them from slumber is very much a case of poking the proverbial bear and is unlikely to result in a positive experience.
- A fantastic website to check out for more helpful info on teaching kids about pets is www.familypaws.com/

TIPS REGARDING ANIMAL INTERACTIONS WITH EACH OTHER
Inter-dog play is a very important part of social interaction, with both parties taking turns to be the initiator (I chase you, you chase me). There should be plenty of 'mini-breaks' in between bouts and no-one should ever be bullied or exhausted. It goes without saying that no dog should ever be set upon and dominated by a group of dogs. **The same body-language signals discussed earlier apply in animal-to-animal interaction** and this should only be allowed to continue if both animals are in a soft, playful, receptive frame of mind (and body).

Animals who meet for the first time and display stiffened stances, rigid faces, etc. are not simply 'sussing one another out'. Dogs straining at the ends of their leads, 'shouting' at one another are also not interested in a friendly 'How Do You Do'. In both instances, remove the animals from the situation. They do not like each other and encouraging further interaction may end badly for all concerned.



Things are getting rough – both parties feeling tense with the level of play.

Animals are individuals too - in the same way that we as humans don't get a kick out of every other person we meet, dogs and cats don't either.

Play between cats is practice for hunting. **Remembering the cat's natural HUNT-EAT-GROOM-SLEEP cycle, which is repeated throughout the day, will go a long way towards helping you to interact positively with them.** The best time for play (HUNT) is before a meal, and the best time to get the brush out (GROOM) is after food (EAT) and before a rest (SLEEP). **When playing with cats, always ensure that there's a yummy food reward at the end of 'the hunt', or kitty will be left feeling frustrated.**

Wrapping your arms around an animal's neck is seen by the pet as a restraint and is almost always unwelcome.



Happy play. Soft, receptive bodies, dogs having a blast.



Pinned ears, arched back, puffed up fur – unhappy, frightened kitty.



Tense body, pinned ears, wide eyes, cowering stance, spread claws – a very frightened dog.



Both pets angled away, tense and wanting to escape.

When dogs and cats interact, the safety of the cat is always paramount. When introducing a dog to a cat, allow the cat to see the dog outside through a window or sliding door to start. Her body language at this early stage should already give you a clue as to whether she's interested and keen to know more about the dog, or completely put off. If, based on this first reaction, you feel that face-to-face communication can be initiated, ensure that the cat always has a choice to leave the room. **The dog should be on a lead and the cat allowed to freely exit if she feels threatened.**

If the dog shows inappropriate behaviour eg. barking, lunging, whining, do not reprimand! Quietly remove the dog from the area and call a professional Behaviour Consultant. Once a dog has

been allowed to bounce all over a cat, any chance of a healthy relationship between the two has been ruined forever. Similarly, if a cat goes into hiding after being introduced to a dog, know that there isn't much hope of the relationship working out. If you persist, your cat will most likely leave home and move in with someone else.

We are legally responsible for our pets' behaviour and it should be our goal to always facilitate positive interactions between people and our animals. We set everyone up for success by understanding how dogs and cats show their feelings and by ensuring that children and others who may not have had the privilege of enjoying a healthy relationship with animals are taught to respect them and interact safely with them.

Twisted Whiskers recommends ABCSA- and SABCAB-accredited Animal Behaviour Consultants, Sam Walpole (dogs) and Julia Davies-Carter (cats and dogs). Feel free to contact these ladies for advice on choosing the ideal pet for your household and lifestyle; support for aggressive or anxious pets; introducing new animals to an existing fur-family; and any other behavioural questions you may have.

Sam Mobile: +2783 775 1400 email: sam@bethedog.co.za
Julia Mobile: +2783 367 6649 email: madkid101@icloud.com

www.twistedwhiskers.co.za



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RESTAURANT COMPETITION FOR JUNE

Don't forget to enter our monthly restaurant competition.

Image by pixel2013 from Pixabay

The question for this month's competition:

Which company generously sponsored the blinds on the deck of the Clubhouse?

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. 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 the winner of our last competition: LORNA KURZ

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MOKOPANE ELECTRICAL: Installation, Maintenance repairs: Energy efficient solutions, emergency call out, tripping problems, garden and security lights, Geysers – no hot water, Timer switching, Fault finding, Lights and Plugs, Pool & Spa motors, Certificate of Compliance, Under floor Heating. Call Ronald on 072 154 9735 / mokopane.electrical@hotmail.com

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 – 086 000 777 or 083 641 7111 Email: service@hotdogsgrooming.co.za. Website: www.hotdogsgrooming.co.za

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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 / silindenid@gmail.com

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

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PATSONS PAVING: For all you're paving and tiling requirements – no job too big or small. Everyone is welcome. There are various designs available to suit your individual taste. Call Patson on 082 676-2668 or 084 288 6149.

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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 tkpilates@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 year's 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.

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Q.G CONSTRUCTION: Building renovation, pool renovation, painting, tiling, paving, window cleaning & waterproofing. Contact Givemore on 071 349 7486.

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

SIA GARDEN SERVICE: Reliable Garden Maintenance, Lawn care, Rose care and Pruning, 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: infospton2@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 / info@tennisforlife.co.za or www.tennisforlife.co.za

THE CLASSICE BOUTIQUE & CLEANERS: Tailoring & Alterations, Commercial and Industrial Laundry, Shoe Repairs, Carpet, Upholstery and Curtain Cleaning, Dry Cleaning, we collect and deliver, at the 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 & restaurants, personal services, offering monthly, quarterly, twice a year and once-off service. Contact Thabang on 082 927 0081.

TRABLE TREE FELLING: Tree Felling, Trimming & Pruning, Stump Removal & Rubble Removal, Free Quotation, do you need to cut the Wood? Call Pascal on 081 055 4089.

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 grades 1 – 9. Flexible days and times. Call Marisa on 079 528 9366.

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

DOMESTIC WORK:

Thandeka: My live in housekeeper is looking for part-time work 3 days a week, she is delightful and competent. Call Stan on 061 549 2139 for a reference or call Joyce on 073 011 4196.

Mercy: Seeking either full or part-time domestic work, can also look after the dogs, available immediately, Malawian, has 10 years working experience. WhatsApp 073 454 3545, for a reference call 083 308 3889.

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

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

Catherine: Our live out domestic helper has been working for us for the past 8 years, she is modest, of a quiet nature, pleasant, very diligent and reliable. Great with general cleaning and ironing. Nothing is too much trouble for her. As we don't require her to work for us full-time any longer, she will be available to work for another home for 2 – 3 days a week on Tues, Thurs & Sat. For a reference call Beata on 083 627 7840.

Juliet: Has been working for me for 8 years managing our domestic services, we are relocating to the coast and she is unable to come with us, she is trustworthy and is flexible to live in or commute. Please call 078 260 0930 or for a reference call Barry on 082 909 0200.

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

Rachel: Hardworking, great with kids, kind and punctual, she is looking for part-time or live-in. Please call her on 074 916 1117 or Shelley 083 601 8555 for a reference.

Ruth: Highly reliable & hardworking lady looking for work on Mon, Wed & Thurs, cheerful & a joy to have in our house. For a reference call Di on 084 508 8228 or contact Ruth on 074 029 9364.

Rebecca: Looking for work on Mon, Wed & Fri, comes highly recommended as she has worked for me for nearly 25 years, honest, reliable and trustworthy, her previous employers have relocated. For a reference call John on 084 683 3366 or Rebecca on 083 483 6751.

Janet: Malawian seeks part-time domestic work on Mon, Wed, Thurs & Sat, she is honest, very hard working and meticulous in all that she does, has a quiet disposition, highly recommended. Call Janet on 073 957 2104 or Neill on 083 281 1871.

Hilda: Looking for part-time or full-time domestic work. No live in, honest, wonderful at ironing, good with kids and animals, working for me for 5 years, she is South African. Call Hilda on 076 786 6594 or Cindy on 082 378 3440.

Thandi: Reliable domestic worked for me for many years in FWG, looking for part-time employment. Call 084 788 2025, for a reference call Eric on 082 900 9483.

Rachel: Malawian looking for part-time work on Mon, Wed, Fri & Sat, previous employers have relocated. Call Peter on 071 351 4335 or call directly 064 366 2520.

Katie: Worked for me for the last months and I am willing to give a reference of her work to anyone who needs her to work, she is live out and can take care of the house and cook. For a reference call Anna on 066 493 7744 or Katie on 072 602 4404.

Annastacia: Looking for work on Tues, Wed & Fri, can do domestic work and elementary cooking. Please call 078 188 6016 / 078 606 4325 or for a reference call Sharon on 082 560 7042.

Hilda: South African, lady looking for work as a domestic, she finishes her work quickly, needs very little supervision, she is honest and reliable. Call her directly on 072 235 9808 or call Elizabeth on +0043 6644944229.

Lungisani: Looking for domestic work on Tues & Fri, good in cleaning, ironing etc. Available immediately. Call 083 477 4481 or for a reference call Debbie on 082 552 5333.

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, takes pride in his work. For more information please call Netto on 078 750 9216 or 082 451 8332 for a reference.

Stanley: My excellent Malawian gardener who has worked for me for 5 years is looking for extra work on Wed & Sat, he is hardworking person, 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.

Godfrey: Always smiling and eager to help and learn, our gardener Godfrey is also good with animals and helping with the odd household chores. Call 061 019 9750 or Marisa on 082 600 7509, he is available on Mon, Tues, Wed. Thurs & Sat.

Gilbert: Looking for work from Sunday to Friday, he can also do painting, plumbing, waterproofing, carpentry and handyman, he is reliable and hardworking. Call him on 072 533 6172 or for a reference call 083 703 6655.

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

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.

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

Happy: Seeking garden work on Mon, Wed & Sat, he is very reliable and excellent at gardening. Call him on 083 654 8941.

Bonne: Housekeeper / Gardener that can do all household duties, has a valid driver's license, can work unsupervised, a very neat and tidy person. Contact Bonne on 071 845 3804 or for a reference call Locunda on 083 308 3889.

Giffen: Excellent gardener from Malawi, looking for part-time work, has work permit and has worked in FWG for many years, call 073 587 1375 or Eric on 082 900 9483 for a reference.

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.

Jonathan: Hard working Zimbabwean gardener that is also an excellent painter and handyman. He has been working with our family for years and is honest and reliable. Looking for work on Mondays. Has a valid passport and permit. Call Jonathan directly on 061 227 0829 or Barry on 071 886 2772 for a reference.

Dumisani: Looking for extra days on Mon, Sat & Sun, has worked in our garden for 10 years & has always done a fantastic job, he accepts responsibility & gets on with the job, he is reliable & trustworthy. Call Gill on 082 440 9816.

Andreck: Malawian looking for full-time or part-time work as a gardener or housekeeper, can do landscaping as well as painting and childminding, comes highly recommended. Please call 074 868 3908.

HOUSE SITTING / PET SITTING

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?

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DENSA'S SILVER JUBILEE

I called the meeting to order. It was not a very big turnout, especially for a club with so many potential members and considering it was our Extraordinary Annual Meeting to mark the 25th anniversary of Densa.

Densa is the society for those whose IQ falls within that exceedingly wide band that lies between, let's say, that of an elderly herring and your average Member of Parliament.

Most of all, it is a requisite that a Densan's IQ must be well below that of a Mensan.

Mensa, as you probably know, was established at Oxford University in 1943 to bring together highly intelligent people. Members had to have an IQ above 132 which confines membership to the top two percent of humanity.

I once set out to take Mensa's IQ test but couldn't find the venue.

So here was our Silver Jubilee meeting. My secretary, Threnody Higginbottom (I call her Miss Smith) kindly agreed to take the minutes providing everybody spoke very slowly.

I asked her to again count the attendance. She said it was still six which was a quorum if we counted the caretaker at the back of the hall and the fact that Liz Wannamaker had brought her little cross-eyed sausage dog, Porky.

I adjusted my presidential sash which is of a fetching purple material, although, I noticed too late, it did need pressing and had a dab of tetrachloride here and there. My sash has 'PRESIDANT' proudly emblazoned on it.

With a polite cough, I declared the meeting open.

Everybody clapped and the little dog yapped.

My celebratory address carried a warning to Densans regarding our growing responsibilities.

Lots of high-IQ people are leaving South Africa because of crime, both government and the falling standard of our soccer. This brain drain throws an extra burden on us Densans because, very soon, there'll only be us left to run South Africa.

Aside: Secretly, I welcome the brain drain because (dear reader) I have always found intelligent people difficult to understand. I recall driving on the M1 in rush hour when a female member of Mensa was explaining something on the radio. I had to concentrate so hard, my car juddered to a halt in the middle lane.

Mensa's very name sounds as if it comes from somewhere far out in the firmament, like De Aar or Venterspost.

"Be warned," I said to the assembly, "Mensans are very vulnerable."



I read to my members an extract from a Mensa International newsletter in which a Mensan described how, at a meeting of the Academy for Future Science, "I nearly blew my mind". (Seriously, that's what he said).

It was, I said, an indication that Mensans are very susceptible to this kind of injury. They might be able to read Hawkin's *A Short History of Time* while, say, chewing gum, but ask them something simple like "What is the square root of the Sri Lankan cricket XI?" and it can blow their minds as surely as one blows an egg – foop!

Apparently, what nearly blew this Mensan's mind, was a scientist who stated, "Aliens are stealing humans to experiment on them. Some are returned. Some are not." (I'm not lying. That's what he wrote.)

For years I'd suspected this. I suspect that aliens came in the night to steal people's brains while they sleep. They will probably end up being pan-fried in fancy Martian restaurants.

When the victims wake up they, of course, are none the wiser and become seized by a desire to enter politics and become Cabinet Ministers.

Thus have aliens come to rule the world.

I took a sip from my glass of water. Now, where was I?

Hey, Threnody! Where's everybody? Where's our quorum gone?

Threnody? Thren... Porky?

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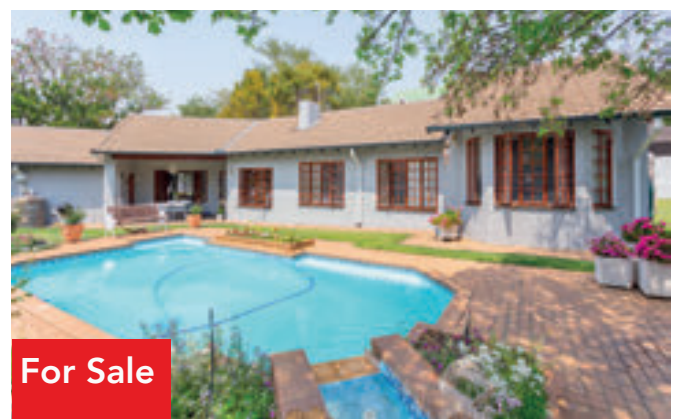
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