



FOURWAYS GARDENS

Residential Estate

March 2017

GROWING IRISES

Join a FWG social group

Guide your child to good food habits

Disempowering bullying

TRAVEL:
St Lucia

collect



BRITISH AIRWAYS

sell | collect | fly



Lew Geffen | Sotheby's
INTERNATIONAL REALTY

Sell your property through us and earn Avios - Travel Rewards Points
you can turn into flights, hotel accommodation and car hire.
www.sothebysrealty.co.za. T's & C's Apply

What is your home worth?

For a FREE, no obligation valuation contact your Fourways Gardens Specialist
on 011 469 4950 or 083 680 6771

Lonehill Office • 011 467 1031
Shop 2A Lonehill Shopping Centre

Dainfern Square • 011 469 4950
Shop 11 Dainfern Square

Fourways Office • 011 465 1187
Fourways Junction

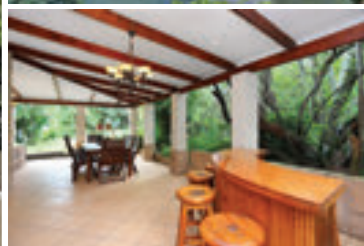
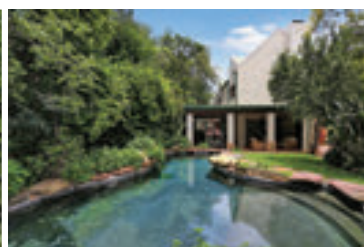
dainfernooffice@sothebysrealty.co.za • www.sothebysrealty.co.za

Each office is independently owned and operated

**HOME
IS OUR
STORY**



FOR SALE



R6 300 000

**THIS MAGNIFICENT PROPERTY EPITOMIZES THE TIMELESS APPEAL OF ESTATE LIVING
SITUATED IN A BEAUTIFUL INDIGENOUS GARDEN ON THE NATURE RESERVE**

Bedrooms 4 Bathrooms 3 Garages 2 WEB 416009

Contact us for any residential Sales, Rentals and Market Related Estimates



Michele Zuccollo
082 850 8356

Sharon Caradoc-Davies
082 560 7042



Expertise Built Through Generations of Trust



INDIANMOTORCYCLE.CO.ZA



INDIAN CENTURION
ULTIMATE PERFORMANCE
012 643 1110

Building 13 Centurion Gate
Business Park, Cnr John Vorster
& Akkerboom Str.
Zwartkop, Centurion
thomas@ktmcenturion.co.za

INDIAN JOHANNESBURG
CARDINALS MOTOR CORPORATION
011 823 8400

40 North Rand Road, Hughes
Boksburg, Gauteng
sales@cardinals.co.za

INDIAN MOTORCYCLE CAPE TOWN
METALHEADS MOTORCYCLES
021 834 3117

8 Shropshire Street
Paarden Eiland
Cape Town
joe@metalheads.co.za

INDIAN MOTORCYCLE
BLOEMFONTEIN
LAMBONS
061 447 5332

148 Church Street
Bloemfontein
061 447 5025 (fax)
Phillip Bodenstein
dp@lambons.co.za



CONTENTS

March 2017

- 05 From the Board of Directors
- 06 Security
- 08 The Monthly Draw
- 10 FWG Gardening Club
- 12 Real Green Snippets
- 14 FWG Activity Providers
- 19 The FWG Wine Club
- 23 The FWG Social Club
- 25 Kids' Corner
- 30 Guide Your Child to Good Food Habits
- 34 Travel: St Lucia
- 41 Life Talk
- 44 FWG's Classifieds
- 48 Humour by James Clarke



8

Cover photograph: David Reid

IMPORTANT NUMBERS

Estate Office	011 465 7731
<i>(operating hours 08h00 - 16h00 Mon to Fri)</i>	
info@fwg.co.za	
Estate Security RSS	011 465 5465/66
Main Control Room	
Emergency and Medical Response	011 467 1400
Council Service and Enquiries:	011 375 5555
In case of emergency:	
Douglasdale Police Station	011 699 1300
ER 24 Emergency	084 124
Police/ Flying squad	10111
Life Hospital	011 875 1000
Eskom	086 003 7566
City Power	011 375 5555
Joburg Water	011 375 5555
Water/Sanitation/ Sewer problems	011 375 5555
Fraud & Corruption Hotline	0800 002 587
JHB Metro Police	011 490 1600
Fire and Ambulance	10177

10



30



34



FOURWAYS GARDENS

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



We are Fourways Gardens

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

We are your Fourways Gardens
agents **Natalia & Tracey-Lee.**



R3.95 million

Ref# FW1292221



R4.295 million

Ref# FW1302041



R52 000pm

Ref# FYL1301370



R3.999 million

Ref# FW1284298



R5.89 million

Ref# FW1300251



R33 000pm

Ref# FYL1300163



R25 000pm

Ref# FYL1303050



R65 000pm

Ref# FYL129247

MESSAGE FROM THE BOARD OF DIRECTORS

We live in a beautiful estate where families can roam freely without having to worry about their safety. We have beautiful parks, lovely walks and the sound of rivers flowing on our doorsteps. Kids riding bikes up and down the roads and neighbours chatting in the streets. This is the type of lifestyle most people wish for. We need to cherish and look after our family estate.

In our minds the small things are just as important as the big things. Verges and walkways need to be neat and litter free at all times. We believe that people who live here and visit us need to be visually satisfied with what they see. First impressions are vital and that is why we need to focus on the visual looks of the Estate.

We have been focusing on Camdeboo Road as the first project. This is the most used road in the Estate, and the road that everyone uses to get in and out. Our aim is to have green verges, colourful flower beds and big lush trees in both Phase one and Phase two. We are trying to create a road that will be admired by everyone. This will of course follow through onto all the other roads in the Estate.

We are building a Nursery in The K56 Phase one park for the Estate and its residents. It is going to be a great project and I urge residents to get involved. The aim of the nursery is to recycle plants, potting classes, growing seedlings, and manufacturing compost for both residents and the Estate. The Shredder has arrived and will be put to good use.

We have also been working on the Nature Reserve and are in the process of turning it into the reserve it once was. There is now a weekly maintenance schedule now in place. There is an abundance of bird life, as well as butterflies, tortoises and insects that must be seen. It is a really beautiful part of the Estate and well worth a visit.

One area that has been an eyesore for quite some time is the Dam area in Phase two. As we are sure that a lot of residents have already seen there is now a great big park in the middle where people can go walk around, watch the birds, catch a fish,



or simply take a chair and sit by the water's edge with a glass of wine. A very relaxing place to be.

We are investigating the possibility of installing two new boreholes to water the parks and public areas. This will also be good for when we have water outages.

One of the biggest issues in the Estate is the roads and yes we are working on a solution. We will be the first to let you know of any progress.

It is our hope and vision to put a plan together that will continue after our time as your board. A plan that the next board will continue to implement for years to come. We are very privileged to live in this Estate and if everyone works together we can make it really fantastic. As the Czech proverb says, "A good Neighbour, increases the value of your property."

Thanks for reading,

Andrew Ward

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.

PUBLISHER: Nico Maritz nico@eiapublishing.co.za SALES MANAGER: Martin Fourie 072 835 8405 martin@eiapublishing.co.za
EDITOR: Kathy Thersby 082 446 8456 kathy@eiapublishing.co.za ADVERTISING SALES: Marc Adrian LaHoud marcl@nowmedia.co.za 076 749 6531

PRODUCTION CO-ORDINATOR: Anna Sawa, eiaads@nowmedia.co.za DESIGN: Diane van Noort, d2vn@mwweb.co.za

EIA PUBLISHING OFFICE: Tel: 011 327 4062 Fax: 011 327 4094
32 Fricker Road, Illovo, Johannesburg
www.eiapublishing.co.za

THE BARKING DOG NEXT DOOR

A particular problem encountered in living in any residential area is the noise disturbance caused by barking dogs. Over the past few months the disturbance has arisen quite frequently within the Estate. The issue is seldom an easy one to resolve as the pooch is doing exactly what he or she is supposed to do, notify his humans of any intruders. Usually the dog that barks for perceived intruders barks for a short while and then goes back to their normal routine (which usually means going back to sleep) is not a cause for consternation.

Irritation is caused when the dog barks incessantly though. Having lived next door to such a pet previously I can empathise with people who are forced to endure such an experience. The barking at times can seem like a test of one's tolerance levels and it never happens when the neighbour is actually home! Obviously there are various psychological reasons why the puppy does this and not because he doesn't specifically dislike you even though that is exactly how you feel at the time. More reasonably though the dog is most likely just lonely, however that rationalization doesn't help you at the time of the auditory onslaught.

Thankfully there are ways of remedying this challenge. As always, the Security Department of FWG is here to help. Security, though, is not the best solution to these problems

unfortunately. Security's involvement usually leads to animosity between residents, which is counter-productive to the entire process.

The HOA rules specify that residents should try to resolve the matters between themselves first before involving any Estate assets. Normally the offending party is blissfully unaware of the torture you are forced to endure every time they go out. A friendly phone call from the neighbour is better than a phone call from us. Usually a phone call will do the trick and life can carry on as normal.

Like everything in life, there are the exceptions and these need specific attention by the HOA and Security. Should you be unlucky enough to be subjected to this inconvenience in the future, try first talking to your neighbours about the problem, but know that the HOA and Security are here to assist if necessary.

Matthew Smith
Site Manager Fourways Gardens



Officer of the Month



Our Officer of the Month for March is Thabang Mokhethi. Thabang is a member of our Permit Office team. His efforts in trying to curb the taxis from stopping outside the Estate and causing a disruption to traffic has been over and above his routine duties and has earned him the accolade this month.





SAY "NO!"
to high cartridge prices



original inkjet cartridges
compatible inkjet cartridges
paper: photo, bond and labels
printer repairs and services
laser toner cartridges



ISO9001/ISO14001
QUALITY CERTIFIED

try our
refill service
bring in your empty inkjet
cartridges and let us refill them

TALK TIME International Calling Cards agent

Fourways Mall (above the cinemas)

T 011 467 5666 | F 011 467 5667 | inksure@telkomsa.net

LANSERIA BOARDING KENNELS
(Malibongwe Road, 7kms North of the Lanseria Airport)



UPMARKET SPACEY GARDEN KENNELS, UNDERFLOOR HEATING, PADDLING POOLS & CATTERY.

Also breeders of Labradors and occasionally Golden Retrievers.

WWW.DOGSDOGS.CO.ZA
Sharron Brown 0828307291
(Come and view!)



Call Us

FOR SALE R5.300 MILLION



R5.950 MILLION

Dear Residents



R5.950 MILLION



R7.950 MILLION



Rented R80 000



You may be interested to know that 20 properties sold and registered in Fourways Gardens achieved in the R3 million range, 14 were sold in the R4 million range and 11 were sold for R5 million plus.

Whilst we have seen a steady increase over the past 7 years plus, it is not significant growth but rather keeping up with inflation.

It is a bit disappointing that Fourways Gardens has not been able to raise the bar in terms of pricing yet. When you consider that a large majority of sales are still in the R3 million range, you need to sit up and take note.

As a homeowner, you need to upgrade your finishes from time to time to keep the property current.

The value is not going to increase significantly if you are not prepared to invest a bit of money on renovating.

As agents, we do our best to achieve the best price possible for homeowners. Personally I would like to see R4 million as the entry level into Fourways Gardens but, the Estate is not looking good and properties are generally not well maintained. As homeowners, you need to focus on improving your property and pavements, so that buyers find it desirable to live in this Estate and they are prepared to pay for it.

In my opinion, auction show days on Sundays are definitely not good for the image of this Premier Estate.

Call us for an honest valuation.



Gaye

083 601 1593

gaye@gcr.co.za



Sue

082 452 0086

sue@gcr.co.za

Sales and rentals specialists

(011) 469 4070

www.gcr.co.za

www.facebook.com/gayecawoodrealty

Monthly Draw – December 2016



The hamper winners are:

- 1st John Mackay
- 2nd Rachel Glover
- 3rd Sandra Teixeira

Erf 5 Celtis

Richard Asman for the 2nd time but not present.

Rules for the monthly draw:
Anyone in attendance stands a chance to win one of the lucky draw prizes. Simply complete your details on an entry form and you can win one of three beautiful lucky draw prizes.

For the cash draw, all registered home owners in good standing are eligible to enter the cash amount and are entered on your stand number. You have to be at the Clubhouse at 19h00 when the draw takes place to claim the cash amount.

Remember, you have to be there to win!

Proudly sponsored by Century 21.

The next draw will take place Friday, 24 February and the cash draw will be for R15,000! at 19h00 at the Clubhouse.

All registered owners are entered into the cash prize, but you have to be in attendance to win the prize!

Hope to see you at the next Monthly Draw!



PERFECT FAMILY HOME

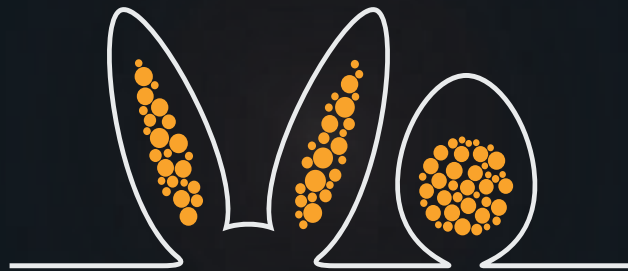


R4 295 000

WEF REF: 21DN-1981

QUIET POSITION CLOSE TO THE PARK

Large property with huge potential! A lovely family home situated in the lifestyle estate of Fourways Gardens. Inviting entrance with a skylight, separate lounge, dining room, sunny kitchen & open plan family room with a wood burning fireplace, opening onto an alfresco dining area & pizza oven ideal for entertaining. Games room/home office (potential flatlet) 5 bedrooms (separate guest suite) 3 renovated bathrooms, large established garden & refreshing pool, staff suite & double garage.



HAPPY EASTER

Faith Stanbridge 082 659 1700

Trish Walton 082 442 9112

When the time comes to buy, sell or rent a home, learn from those who have the correct experience and knowledge and become confident in your ability to make the right decisions. Century 21 is the world's largest Real Estate organization and our agents are **Smarter Bolder Faster** to help you evaluate where you are and what the next move will be.



GROWING IRISES

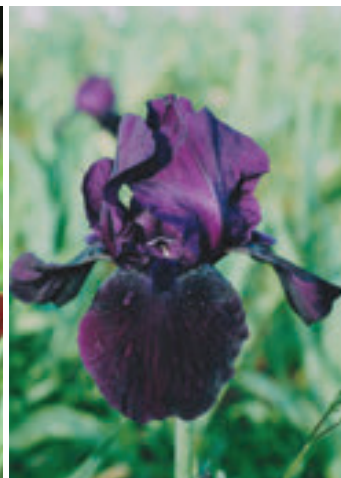
RUNNYMEDE IRIS FARM, WAKKERSTROOM owner Sue Dandridge presented to us: the farm was started by her mother 25 years ago and produces 20,000 different irises in 150 different colours.

Irises originate from Egypt and were discovered in 1469 BC. They were regarded by the ancient Egyptians as the essence and renewal of life, prized for their medicinal purposes and their perfume.

The picked flowers last 5–6 days and will fill the room they are placed in with joyous perfume. The iris inspired the Fleur de Lis.

Runnymede Farm is three and a quarter hours from Johannesburg in Wakkerstroom, a quaint village in the foothills of the Southern Drakensburg. It is internationally acclaimed for its fabulous bird life. Also, there is an annual Music Festival in March which is highly recommended and booked up to a year in advance.

In 2010 Brenda Carter, Sue's mother who established the farm was awarded the Business Female Of the Year Award, after she survived being locked in the boot of her car over three bitter winter nights. Her attacker was sentenced to 20 years in prison. This brought Sue back from Australia. She bought the farm from her mother and has been merrily farming Irises over the last four years. Sue has started online marketing of her irises, at www.runnymedeirisfarm.com. She delivers nationwide as the Bearded Irises travel well. They can also be bought at Lifestyle Garden Centre (Northcliff) and Colourful Splendour (Craighall).



Sue's recommended colour combinations are:

- Classical blue and yellow mix
- Black and Ice Blue
- Yellows and Honey with bright orange and Apricot
- Brown Burgundy, which has a beautiful fragrance with yellow or pale, dusky pink
- Three gorgeous reds
- Yellow with Maroon spots

Plant your irises from Spring to autumn, in full sun or part shade, in well drained soil. Apply some Bone Meal. Plant 10cm apart. Plant quite shallow with a bit of the white rhizome showing. DO NOT mulch them as storing moisture around the rhizomes can cause them to rot. They must not sit in water. Do not over-water or place too much compost around them. Water deeply once a week and apply slow release fertiliser 2:3:2: before winter and 3:1:5: in early spring to encourage flowers. They are very easy to grow.

They will flower early spring and early summer. A beautiful sight is a driveway full of irises in bloom. They will discourage weeds. Set the colours together for maximum impact. They will grow from knee height to mid-thigh.

Divide once every 4–5 years. Dig up the whole bunch and split apart. Discard the middle rhizome and keep the side shoots. Cut leaves into a fan shape to reduce stress on the plant.





YOUR RESIDENT Property Specialist!

"I have been living and selling property in Fourways Gardens for 11 years! Your asset is important to me." Francesca Beattie

OUR UNIQUE PROPOSAL

- Sales Commission of 4% inclusive
- Structural inspection & report on property by Pr.Eng
- Expert Agent's preparation advice, sales plan, action.
- Multi faceted marketing through 11 main Property portals including Property 24



011 705 2384 / 083 678 8001

info@fbproperties.co.za

www.fbproperties.co.za

"Success is the sum of small efforts, repeated day-in and day-out" Robert Collier



property • art • gardening • diy

RealGreen



FOURWAYS GARDENS
Residential Estate

We are pleased to report on the following upgrades and work completed during this past month as follows.

The annuals at the Clubhouse and entrance were improved.



At the Nature Reserve, a walkway has been cut (approximately 1.5m wide) all the way around for the enjoyment of the residents.



We have also recently completed planting up two new verges at corner Camdeboo and Flame Street.



Phase 2 Wetland Area has been cut, cleared and currently being maintained. The area is now open for a better view.



Phase 1 & 2 kiddies sports fields have been fertilized and maintained on standard. We are pleased with the results.



With our newly acquired chipper on board and running, we are pleased to announce that we are now able to produce our own on site mulch. The park beds have been mulched and we are looking to improve more beds on site with mulch where necessary on an ongoing basis. The benefits of mulching are as follows:

- Moisture retention
- Soil temperature control
- Weed suppression
- Soil nutrients

**YOU TAKE CARE OF
BUSINESS, WE'LL TAKE
CARE OF EVERYTHING
ELSE.**




**41
SLOANE**

- Serviced Offices
- Hotdesking
- Meeting Rooms
- Virtual Offices



011 054 2500 www.41sloane.co.za 41 Sloane Street
Bryanston

6 **FOURWAYS
PLUMBING**
MAINTENANCE & CONSTRUCTION
EST 1982

YOUR LOCAL PLUMBER

WASHING MACHINE CONNECTIONS
FRIDGE WATER CONNECTIONS
STORMWATER DRAINS
BLOCKED DRAINS
LEAKING VALVES
ROOF FLASHING
LEAKS & DRIPS
GEYSERS

ALL WORK GUARANTEED

CALL STEVE
011 705 2145 082 440 0511 082 795 8088

WWW.FOURWAYSPLUMBING.CO.ZA



We Do It All!

We sell cars • We buy cars • We fix cars!
Nobody gets it done better.



FURY HYDE PARK
350 Jan Smuts Avenue, Hyde Park
www.furyhydeparkgm.co.za | www.facebook.com

New Vehicle Sales Manager:
Beryl Van Der Merwe
berylvdm@fury.co.za
011 501 3200

FWG Activity Providers



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	Bootcamp		Bootcamp (8-10)		Bootcamp (8-10)
08:30	(8-10)		Rhona Williams	Pilates - Tracey (8:30-9:30)	Rhona Williams
09:00	Rhona	Pilates - Tracey (8:30-9:30)	083 600 1868	082 894 6096	083 600 1868
09:30	Williams 083 600 1868	Yoga - Wendy (9-10:15)			
10:00		011 465 7155			
10:30		083 400 6211	Cristina (10:00-11:00)	My Nanny and Me (10-12)	
11:00			Flamenco Dance 076 521 8750	Loën Law	
11:30				072 622 0308	
12:00				mynannieandme@gmail.com	
12:30					
13:00					
13:30					
14:00			SmartPlay Soccer (14:00-15:00)	SmartPlay Soccer (14:00-16:00)	
14:30			Vincent 078 1223 944	Vincent 078 1223 944	
15:00			Helen O'Grady Drama Academy		Yogabats (15:30-16:30)
15h30	Debbie (15:45-16:45)		(15:00-18:00)		Desley White
16:00	Jazz - 082 425 6098		Kerry Holbrook		011 465 1939 / 084 465 1939
16:30		Goju-Ryu (16:30-19:30)	083 410 2940	Goju-Ryu (16:30-19:30)	
17:00	Cristina (17:00-18:00)	Stef and	www.dramafrica.com	Stef and	
17:30	Flamenco Dance 076 521 8750	Roberta		Roberta	
18:00	Yoga - Wendy (18-19:15)	083 384 3026 /	FOR HOA AND AGM MEETINGS	083 384 3026 /	
18:30	011 465 7155 / 083 400 6211	083 309 5352		083 309 5352	
19:00					
19:30					
20:00					

Clubhouse

Phase 2 Outside

Phase 2 Soccer Nets

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



Who in FWG has the most grey matter?

Quiz Night at the Clubhouse 10 March @ 19h00

**Booking essential on 011 – 465 0937
Purchase tickets from Clubhouse!**

R60pp includes Chicken a la King!

**Teams of 4 to 6 to enter together
Great prizes on the night**

**1st – R1000 cash
2nd – R400 meal voucher
3rd – R200 meal voucher**

**Proudly sponsored by :
Francesca Beattie Properties
And The Friendly Plant**



San Lameer Villa Sales



REFERENCE : 0446

PRICE : R 10 800 000

BREATHTAKINGLY BEAUTIFUL SEA, GOLF COURSE & ESTATE VIEWS. Lounge, Gourmet Kitchen & all outdoor entertainment areas flow together with no wasted space. 4 Bedrooms all En-suite & all with Sea Views. Fully Air-conditioned. Very Private Pool & Entertainment Area. Immaculate garden, herb garden & water feature finishes this Villa off perfectly. Live off the grid in this well-designed home with top class finishes. Extra-large DLUG. UNFURNISHED.



REFERENCE : 0543

PRICE : R 4 400 000

BEST OF BOTH WORLDS - SEA AND GOLF COURSE VIEWS. A Short Walk to the Main Beach Entrance. Amazing Entertainment Area. 4 Bedrooms (1 En-Suite). 3 Bathrooms. Neat Kitchen with Granite Tops & Open Plan to Lounge & Dining Room. Laundry. Staff Quarters. Wrap around Patio with Built-in Braai. Fully Air-conditioned. Double Carport. FURNISHED.



VARIOUS 4 BEDROOM VILLAS

FROM R 2 000 000

A MAGNIFICENT SELECTION OF 4 BEDROOM VILLAS AVAILABLE WITH A VIEW TO SUITE ALL NEEDS. SEA, GOLF COURSE, DAMS & WATERFALLS, BEAUTIFUL ESTATE VIEWS & OUT OVER AFRICA. Indigenous Gardens Filled with Wild Life, Antelope, Birds & Other Breath Taking Creatures. Usually Standard with a Covered Patio & Built-In Braai, Air-Conditioned, Drying Yard & Under-Cover Carport. Usually FURNISHED

FACILITIES AVAILABLE AT SAN LAMEER

- Parklands 18 Hole Golf Course
- Club House & Viewing Deck
- 9 Hole Mashie Golf
- Driving Range
- 2 Blue Flag Beaches
- Lifeguards & Nets
- Beach Bite & Viewing Deck
- Tennis & Squash Courts
- Paddle Boats & Canoes
- 2 Swimming Pools
- Catch & Release Dam
- Bowling Green
- Hiking Trails
- Kiddies Play Parks
- Camelot Day Spa
- Clothing Boutique
- Library
- Spar Superette
- Volleyball
- Villa Rental Service
- Cleaning Service
- 4 Star Resort Hotel
- Conference & Wedding Venue
- The Lagoon Grill Restaurant
- 24 Hour Access Control
- Security Patrols
- State-of-the art Electronic Security System

VILLAS, STANDS AND SHARES AVAILABLE

Estate Appointed On-Site Sales Team

Derek Thomson | 082 774 7784 | derek@sanlameersales.co.za

René Smith | 082 571 1789 | rene@sanlameersales.co.za

Villa Sales: 039 313 5146 | www.sanlameersales.co.za



Secure Estate Living The Lifestyle a Family Deserves



REFERENCE : 0158

PRICE : R 3 100 000

MAGNIFICENT VIEWS OF THE GOLF COURSE – NORTH FACING. 3 Bedrooms (1 En-suite). 2 Bathrooms. Kitchen. Open Plan Dining Room & Lounge. Covered Patio with Built-in Braai. Large extended open patio. Fully Air-conditioned. Single Carport. FURNISHED



REFERENCE : 0114

PRICE : R 2 200 000

BEAUTIFUL ESTATE & PANORAMIC SEA VIEWS. Photos Just Do Not Do This Villa Justice. 3 Bedrooms. 2 Bathrooms. Kitchen. Scullery & Laundry. Dining Room. Lounge. Large Wooden Deck. Private Enclosed Patio off the Main Bedroom En-Suite with Private Under the Sky Shower. Fully Air-Conditioned. Single Carport. FURNISHED.



VACANT STANDS

PRICED FROM R 850 000 to R 2 295 000

SAN LAMEER ESTATE OFFERS YOU VACANT LAND AS AN OPPORTUNITY To Build Your Dream Villa For Permanent Living Or Alternatively Your Own Luxury Holiday Villa On A Well Positioned Sea View Stand. If You Prefer Golf Course Or Views Out Over Africa, San Lameer Villa Sales Will Gladly Assist You With Your Choice.



*The Premier Beachfront, Golfing and Secure Family Leisure
Estate on the Tranquil Kwa-Zulu Natal South Coast.*

You've Earned It.... Make It Yours!



Vehicle specifications may vary for the South African market.

The new E-Class. Masterpiece of Intelligence.

Experience the premiere of the new E-Class. A masterpiece of intelligence and safety that brings autonomous, accident-free driving ever closer. Admirers of sensuous design will note the evolution of the exterior, while the interior echoes the car's elegant contours, with a new seat concept offering unsurpassed luxury and progressive styling. And behind the wheel, a new interface experience makes for the ultimate in simple, intuitive control.

Test-drive the future today. Experience the new E-Class at Mercedes-Benz Grand Central Motors. Visit mbworld.co.za to find out more and book a test drive today.

Mercedes-Benz

The best or nothing.



Mercedes-Benz Grand Central Motors, Cnr New Road and Lever Road, Midrand Tel: 010 593 2857, gcm.
callcentre1@supergrp.com, www.grandcentralmotors.mercedes-benz.co.za

The April 2017 wine tasting will be presented by



Fourways Gardens
Wine Club

Vrede en Lust – Simonsberg-Paarl

Vrede en Lust is a family owned and managed winery. Widely acknowledged as one of the top South African wine estates, they produce nearly 30,000 9L cases of wine annually, from the 700 tons of their own grapes crushed. The grapes are sourced from their two vineyards in the Simonsberg-Paarl wine ward, as well as from our Casey's Ridge vineyard in much cooler Elgin.

Etienne Buys manages the farming and viticultural aspects whilst Susan Erasmus manages the winemaking operations.

Vrede en Lust has three distinct ranges to choose from – the premium Vrede en Lust range, the Flagship range with their striking black labels and the Artisan range.



Date: 5th April 2017

Time: 19h00

Cost: R130.00

Our restaurant will provide local cheese and biscuits with the welcome wine on arrival and Roast Chicken served with roast Potatoes, a green salad and an assortment

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

of breads AFTER the Wine Tasting. A vegetarian option is available - please let us know when making your booking if that would be your preference.

Numbers are Limited.



Our February wine tasting was presented by



The FWG Wine Club got off to a flying start in 2017, with Rickety Bridge wines being presented by Lize-Marie.

We were fully booked within two weeks and had to add additional tables so that we could accommodate further enthusiasts.

Lize-Marie shared her knowledge of the estate's interesting history and their array of wonderful wines. After each tasting, she wandered from table to table answering questions and

sharing anecdotes.

We welcome our new sponsor, Tyson Properties, who were well represented and are fully committed to the sponsorship for the remainder of 2017.

All in all, a great evening, with wonderful wines, great food from our restaurant, and lots of laughs with friends.





2 ICONS. 1 DEALERSHIP.
JAGUAR WATERFORD
OPENING SOON.

Jaguar Land Rover Waterford

Cnr of Witkoppen and Waterford Dr, Fourways
Tel: 011 658 1445

waterford.jaguar.co.za

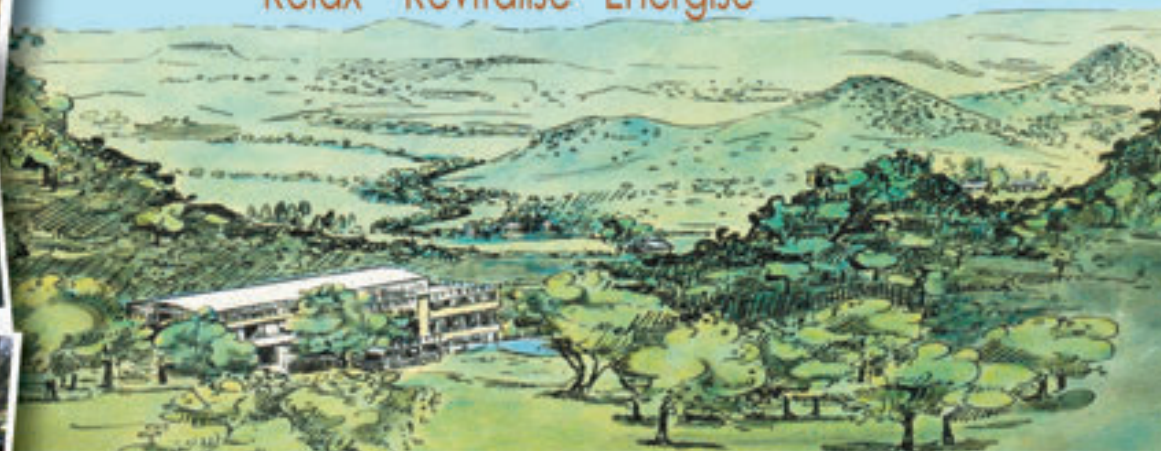
waterford.landrover.co.za



Hoogland^{est. 1977}

HEALTH HYDRO

Relax Revitalise Energise



Leaders in Professional Wellbeing since 1977

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health" - A.J. Materi

Hoogland Health Hydro has been a leader in wholistic wellbeing since 1977. Nestled in the Schurveberg Mountains, the estate consists of a large private game reserve close to Johannesburg and Pretoria. The beautiful natural setting is a perfect haven of tranquillity.

The Greatest Wealth is Health

Overall wellbeing is essential for a productive life and effective decision making, which is why it is the duty of every leader and entrepreneur to ensure that their personal wellbeing takes priority. Living an often self-imposed high pressure life takes its toll on your health and is a significant contributor to lifestyle disease if not managed properly.

Our team of medical, health and wellbeing professionals, under the leadership of world renowned fast doctor, Dr Andre, provide integrative wholistic support for improved vitality

Hoogland's approach is not prescriptive. We provide the environment, knowledge and support for guests to improve their own wellbeing. It is our philosophy that each person is unique and the only lifestyle changes that last are those made by the person themselves.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" -

World Health Organization definition of Health

For all your health and wellbeing needs, we are at your service. For more information, advice or quotes on various health package options, contact us:

info@hoogland.co.za
www.hoogland.co.za

Tel: + 27 (0) 12 380 4000
Cel: + 27 (0) 79 8722 058

Fourways Gardens Estate offers various social groups for fellow residents to meet new people and have the opportunity to socialise throughout the week. Please see below the various groups that are up and running and who to contact for more information regarding the activity.



Fourways Gardens
Social Club

MARCH

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



Coffee Morning	Pat	pemclintock@gmail.com	1st Tuesday of every month at 10h30, Clubhouse
Art Club	Morag	morag@vlaming.co.za	2nd Tuesday of every month at 10h30, Phase 1
Book Club	Lucy	lucy@simply-search.co.uk	3rd Tuesday of every month at 10h30, Clubhouse
Tennis	Jane	pjaxon@iafrica.com	Every Tuesday morning at 7h00, tennis court 1
			Saturdays from 15h00-17h00
Wine Club	Sharon	shabrini@mwebbiz.co.za	1st Wednesday monthly at 19h00, Clubhouse
Ceramics	Kim	kimbarnard28@gmail.com	4th Tuesday of each month in Phase 1
Bridge	Norma	normandy@vodamail.co.za	Every Friday at 13h00 in the Restaurant

EASTER EGG HUNT



FOURWAYS GARDENS
Residential Estate

Family Fun for Everyone

Come join us for a day filled with fun for the whole family - with an Easter egg hunt, a visit from the Easter Bunny, jumping castle, fun games and face painting.

PHASE 1 PARK
Sunday 2 April 2017

Registration from 09h00 for kids 1-10 years old
Easter Egg Hunt will start at 09h30

PAM GOLDING
PROPERTIES



Happy Easter!

Kids' Corner

What's the buzz...

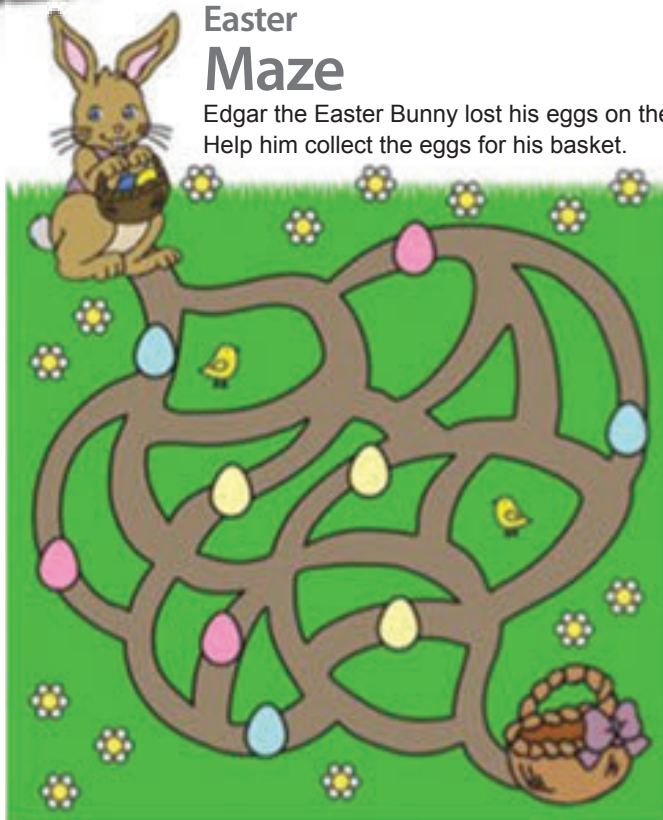
Easter Egg Hunt

How many Easter eggs can you find?



Easter Maze

Edgar the Easter Bunny lost his eggs on the trail. Help him collect the eggs for his basket.



Q. How does the Easter Bunny stay fit?

A. With Egg-ercise!

Q. Why shouldn't you tell an easter egg a joke?

A. It might crack up!



The Beehive is a play group situated in Fourways Gardens. We run a curriculum based on the British EYFS System in a homely, informal environment. We accept children from 1 – 5 years old with either full or part time sessions available, with a maximum of 12 children in the school.

Please contact Michelle on 084 386 0055 or Lisa on 060 465 2009 for more information.



Celebrating 20 years of excellence



l to r: Balloon fun; Head boy Khwezi Ndlovu escorts two Grade 1 pupils; Passing the College flame.



l to r: Guest speaker Mark Henning unveils the plaque with Junior Preparatory principal Patti Blackhurst; The College marimba group and Senior Prep Choir; The 20-year birthday cake.

Dainfern College celebrated a very special occasion at its Founders' Day this year: the 20th anniversary of the College opening.

Almost 1 500 students, staff, parents and alumni came together in the College Multipurpose Hall to share in the celebrations - a far cry from the original 35 pupils and 8 members of staff who started at the College in 1997.

The Service began with the Grade 12s escorting the Grade 1s into the hall to symbolise the educational journey. Machela Mtiya, chair of the College Alumni Association, presided over the passing of the College Flame, which celebrates the journey, joy and experience of each stage of learning. Mrs Helen Fish, chair of the Parents' Association, joined the College management in cutting the beautiful birthday cake.

Special guests at the Service included the College founders, Stella and Russell

Upneck, and the founding College principal, Tom Bourquin and his wife Sheila, as well as several other former school principals. The guest speaker was Mark Henning who had unveiled the plaque at the official opening of the College all those years ago. He and Mrs Patti Blackhurst, Principal of the Junior Preparatory, unveiled a new plaque to commemorate the occasion.

A key moment of the Service was the recognition of staff who had earned long-service awards. Lebo Tshimbuya, Nick Watson, Louise Browne and Tim Makgabutlane were recognised for 10 years of service, while Charmaine Kitchen, Grace Manqindi and Cheryl Coetzee celebrated 15 years of service. Kathryn Dornan was recognised for 20 years' service at the College as were founding members of staff, Thobeka Ndziwa and Stanley Makgwatela.

Bishop Gary Rivas closed the formalities of the Service with a blessing for the

College. The Service then ended with a massed musical item and a balloon drop that had everyone jumping out of their seats!

This special event marks the start of a year of festivities at Dainfern College, as the school celebrates 20 years of excellence in education.



If you would like to find out more about Dainfern College, please contact Mrs Deidré Proxenos on 011 469 0635 or dproxenos@dainferncollege.co.za.

Discover the Dainfern difference



DAINFERN
College

20 years of excellence in education

- Proven track record with 100% IEB Matric pass every year

100% invested in your child

- Proudly independent & not for profit

Magnificent, established campus

- World-class facilities and resources

We are family

- A connected and caring community

Open Days:

- 6 April: 09h00-10h00
- 11 May: 09h00-10h00

011 469 0635

info@dainferncollege.co.za

www.dainferncollege.co.za



HEARING LOSS & MANAGEMENT



Sashni Munnisunker
Audiology

Do you often ask for words or sentences to be repeated because it sounds like people are mumbling or do you turn the TV louder than others would prefer? If yes, you may have a hearing loss and need to contact an Audiologist to conduct a hearing evaluation which involves a diagnostic hearing test to confirm the type and severity of hearing loss.

Hearing loss can be caused due to excessive noise exposure, ear infection, wax in the ear or the aging process known as presbycusis. Even medical conditions such as meningitis, tuberculosis, diabetes or malaria may also cause hearing loss. But don't despair, help is available!



The Ear is made up of the outer, middle and inner ear.

Conductive hearing loss: Is a middle ear condition example ear infection which can be treated medically with medication or surgery.

Sensory-neural Hearing loss: Is an inner ear condition, usually cochlear or auditory nerve and can be adequately managed by an audiologist fitting you with hearing aids

Finding a way to deal with your hearing loss can feel like a challenge. There are many reasons why people choose to not wear a hearing aid such as accepting hearing loss as a part of the aging process or being stigmatized. However, hearing aid technology has advanced and there is a significant amount of evidence to suggest that the earlier you manage a hearing loss, the more your quality of life will improve in the long term.

Hearing aids are small stylish and discreet and has more processing power than a computer. Modern hearing instruments offer natural sound. It makes quite sounds audible again and does not over amplify loud sounds, creating a natural sound balance. It makes speech understandable again even in noisy environments while suppressing disruptive noise. It also helps us to recognize where sound is coming from. Furthermore, you will feel less isolated, be able to communicate and engage socially, you will have more confidence and independence.

Naturally we hear best with 2 ear. For example, if you sit in the garden and listen to the birds and block one ear, you will hear it twittering but if you listen with both ears you can determine which direction

the sound is coming from. If both ears are experiencing a hearing loss it always makes sense to choose 2 hearing aids. Speech will be heard more clearly especially in noisy environments like restaurants.

PENSIONERS SPECIAL OFFER!!!

CALL NOW TO BOOK YOU FREE HEARING SCREENING:

- 10th March 2016
- Fourways Garden Club House



Sashni Munnisunker (Audiologist): 079 8916637 / 010 597 1950

Wearing a hearing aid for the first time may feel overwhelming. However, the Audiologist will work with you to set the instrument and ensure your comfort. Allow yourself time to adapt and re – discover the new world of sound that you have been missing.



To advertise in this publication, please contact:

eia publishing

 **Martin Fourie**
Sales Manager
072 835 8405
martin@eiapublishing.co.za

 **Marc Adrian LaHoud**
Sales Executive
marcl@nowmedia.co.za
076 749 6531

Tel: 011 327 4062 / 011 214 7300
Now Media Centre
32 Fricker Road
Illovo • Johannesburg

www.eiapublishing.co.za

BILTONG

Great lunch box snack!

*LOOKING FOR A PROTEIN SNACK?
TRYING TO AVOID CARBS?*

- Beef Biltong snap sticks 650g pack @ R190 (chilli sticks also available)
- Dry wors 650g packs @ R190
- Sliced biltong @ R220 per kilo Grade A meat



Delivery FREE
in close proximity to Fourways

Samples are available

VANESSA 074 179 5558
biltong@hotmail.co.za
(Facebook "The Biltong Lady")

Established 2006



KNIGHTS PREPARATORY SCHOOL

GRADE 000 - GRADE 7

BRIDGING CLASSES AVAILABLE FROM GRADES R - 7

SMART PLAY, SMART WORK, SMART THINKING, SMART SCHOOL!



Knights Preparatory School is a sought after Co-Educational Independent Christian School situated in the heart of Randburg. Knights offers future-focused, skills-based and holistic education based on fundamental biblical principles.

WHY KNIGHTS PREPARATORY?

- Christ-centered curriculum • Caring family environment • Mind Moves programme
- Favourable teacher to learner ratio • Qualified and experienced teachers
- Extensive Extra-Curricular Programme offered • Move to Learn programme
- Individual learner support programmes offered • Right Knight campaign
- iPad Technology implemented in all grades • Bridging Classes offered for all grades
- Zero tolerance for bullying • Aftercare and Bus services available

CONTACT DETAILS

Address: Milner Road, Kensington B, Randburg
Tel: 011 789 6778/9
Email: admissions@knightsprep.co.za

www.knightsprep.co.za



#YoungKnights

OPEN DAY

10 March, 24 March, 7 April 9am



SMART PLAY, SMART WORK, SMART THINKING, SMART SCHOOL!

GUIDE YOUR CHILD TO GOOD FOOD HABITS

What your child eats today will have a great impact on his or her health throughout their teenage years up to adulthood. Consuming a well-balanced diet helps children and teens grow, develop, and help with their self-esteem. Nutrition also plays a role in cognitive development, which also influences how they perform academically.

Good nutrition also helps preventing children and teens from becoming overweight or obese and developing chronic diseases, such as diabetes and hypertension, as well as dental cavities and nutritional deficiencies such as iron-deficiency anaemia.

The development of feeding skills, food habits and nutrition knowledge influences the cognitive development that takes place in a series of stages, each laying the ground work for the next. Unfortunately children don't know enough on their own to naturally choose to eat well.

Numerous influences, some more obvious

than others, determine the food intake and habits of children. Habits, likes and dislikes are established in the early years and are carried through to adulthood. The major influences on food intake in the developing years include family environment, social trends, the media and peer pressure.

It is therefore important to provide them with the right nutrition now and to guide them so that they can learn at an early age what's necessary for good health. This will also help to set them up for a life of proper eating and nutrition, almost certainly helping them for the years to come.

Here are some tips on how to guide your child to have good food habits:

- Encourage your child to consume at least three balanced meals and two healthy snacks daily. This helps to control their blood sugar levels, which also helps to prevent them from wanting any non-nutritious foods.
- The most important meal for a child is breakfast. Starting the day with a nutritious, well-balanced meal allows them to concentrate and learn to their full potential.
- Pack your child's lunch for school, including foods from different food groups. Make sure to keep it fun and exciting by including a variety of colours, shapes and sizes.
- Always keep a variety of healthy snacks available such as fresh fruit, yoghurt, raw vegetables and whole grains.
- Encourage your child to try out new foods as well as foods with different textures. Prepare foods with different cooking methods, for example steam versus stir fry. This allows them to increase their knowledge about different foods, also allowing them to increase the variety in their diet.
- Let your child participate in grocery shopping, meal planning, and meal preparation. These are great opportunities to teach them about good nutrition.
- Never use food as a reward or punishment. Children who are deprived of meals as punishment can tend to overeat when possible for fear of missing the next meal.
- Do not be overly restrictive with sweets and treats. You want your child to develop a healthy attitude towards them. It is great to teach them that moderation is the key.
- Discourage your children from snacking while watching television. People tend to ignore their hunger cues while watching television, leading to overeating.
- Encourage your child to be active. Let them discover physical activities that they find enjoyable.

With over 300 stores... between 2 levels of shopping...

BANKS

1043 ABSA
1042C African Bank
2076 American Express
1041A Capitec Bank
1042A FNB
1042D Nedbank
1042 Standard Bank

CELLULAR

1153 Cell C
1077 Cellucity
1057 Chatz Cellular
1090 MTN
1143 Telkom
1210 Vodacom
1105 Vodacom 4 U

DEPARTMENT STORES

1065 Checkers Hyper
1099 Game
1031 Woolworths

ELECTRONICS

2220 Bang & Olufsen
1241 BT Games
1037 Dion Wired
1073 Incredible Connection
2167 iStore
1151 Samsung
1085 The Gadget Shop
1067 Wefix

FURNITURE

2091 Coricraft

HOMEWARE

1015 @Home
1025 Boardmans
1208 Carrol Boyes
1148 Fars Oriental Carpets
2035 Isabelina
2040 Le Creuset
2079 Loads of Living
1195 mrphome
2218 Odeon
1149 Sheet Street
2019 Zara Home

SERVICES

LK16 Kiwe Dry Cleaners & Locksmith
LK6 Levingers
1088 The Photographer

SPECIALITY

1227 Cardies
1079 C N A
1086A Hamleys
1203 JJ Cale Tobacconist
2062 Julie Miller Art Institute
1163 Pinpoint Security
1186 Pylones
1044 The Tea Merchant
2043 Typo
1058 Verimark

AUTOMOTIVE

Level 3 Sparkling Auto Care Centre
Level 3 Sparkling Auto Car Rental

OUTDOOR

2075 Cape Union Mart
1147 Drimac
2154 Helly Hansen

SPORTSWEAR

2137 Adidas Apparel
1019 Adidas Sport
2163 Asics
1089 mrpsport
2223 New Balance
2221 Nike
2083 Nike Golf
1020 Puma
2165 Reebok
1217 Salomon
1107 SportsScene
1007 Sportmans Warehouse
2153 The Cross Trainer
2039 Totalsports
2164 Under Armour

TRAVEL & LUGGAGE

1035 Cellini
2076A Flight Centre
1168 Frasers
1082 Pentravel

ACCESSORIES

2217 Charles & Keith
2071 Fossil
2172 Fraas
UK7A Freedom of Movement
2031 Mimco

GENTS FASHION

2231 Al Capone
2199 Angelino
2230 Antony Morato
2002 Armani Collezione
2023 Arrow
1207 Bogart Man
2225 C2
1097 Digel
2191 Fabiani
1023 Geovanni
2013 Geri
2119 Hackett of London
1022 Jones & Kent
2151 Khaliques
2189 Kurt Geiger
2103 Markham
2195 Robert Daniel
1051 Romens
2179 Thomas & Benno
1095 TM Lewin

KIDS FASHION

1083 Adidas Kids
1001 Earthchild
1167 Guess Kids
1069 Keedo
1001 Naartjie
1159 Sergeant Major
1242 Soda Bloc

STYLISTS & BARBERS

1059 Barber Lou
1049 Gary Rom Hairdressing
1103 Hair City
2034B Paul Mitchell The Salon

FOOTWEAR

2155 A & D Spitz
1185 Aldo
1047 Call It Spring
1005 Converse
1013 Crocs
1205 Havaianas
1017 Hush Puppies
2201 Loumod
2145 Nine West
1104 Side Step
2143 Sole Candy
2155 Spitz
1229 Step Ahead
2024 Steve Madden
1197 Superga
1201 Tread+Miller
1139 Vans
2099 Vince Camuto

LADIES FASHION

2205 Bras n Things
1053 Contempo
2004 D'Ore
2120 Day Birger et Mikkelsen
2131 Democratic Republic
2211 Donna Claire
2001 Elle Women
2200 Finesse
1027 Forever 21
1128 Forever New
1221 Foschini
2147 Gerry Weber
2193 Juicy Couture
2115 Karen Millen
1117 Kaz Lingerie
1137 Legit
2117 Luisa Spagnoli
1131 Mango
1230 Maternity Way
2213 Milady's
2203 Poetry
2156 Queenspark
2207 Red Square
2099 River Island
2169 Roman
2133 Tally Weijl
2177 Wolford
2194 Women's Secret
2089 Vero Moda

JEWELLERY

1191 Accessorize
2065 American Swiss
2041 Arthur Kaplan
2173 Browns
1161 Claire's
1192 Crystal Creations
2003 Louie Daniele
1129 Lovisa
1101 NWJ Jewellery
2141 Pandora
1193 Rasik Jewellers
1115 Sterns
2197 Swarovski
2227 Swatch
1063 Time Zone By Cajees
2069 Wolf Brothers

FASHION

2022 7 for All Mankind
1071 Ackermans
2011 Aeronautica
2018 Armani Exchange
2037 Big Blue
1109 Cotton:On
2029 Country Road
2113 Daniel Hechter
2162 Diesel
1223 Due South
1093 Edgars
2067 Exact!
1219 Factorie
2022A Gant
2113 Ginger Mary
2021 Grays
2229 G-Star Raw
2219 Guess
1135 H&M
2005 Hugo Boss
1003 Identity
1093 Jack Jones
1155 Jet
1199 Jeep
2024A Kingsley Heath
2232 Lacoste
1189 Levi's
1141 mrp
1202 Nena & Paesadena
1026A Old Khaki
2171 Paul Smith
1055 Pick 'n Pay Clothing
2161 Polo Classic
2159 RE Jeans
2139 Shesha
2063 Soviet
1041 Studio 88
2125 The Kooples
2036 The Space
2121 Tiger of Sweden
1021 Timberland
1093 Tom Tailor
2127 Topshop
2029 Trenery
2021A True Religion
1001 Truworths
1001 Truworths Elements
1001 Truworths Man
1111 Twill
1001 Uzzi
2118 Versace Collection
2033 Witchery
1002 YDE
2185 Zara

KIOSKS

LK15 Angelberry
UK14 Boost Juice
LK1 Gerald Wells
LK3 Ice Watches
UK7 Inglot
UK10 Information Desk
LK4 Lamy Pens
UK12 Lentos & Marcos
UK11 Lucky Bread
UK8 Mira Exclusive Jewellery
UK1 Monkz Champagne Bar
UK16 Skullcandy
LK9 Superfine
UK15 Twisp
LK11 Vape Shop

EYEWEAR & OPTOMETRISTS

1213 Interoptika
1145 Mellins
1081 Sunglasses 4 U
2215 Sunglass Hut
1061 Vision Works Optometrist

HEALTH & BEAUTY

2018A Babor Beauty
2109 Bobbi Brown
1165 Cipria Milano
1215 Clicks
1033 Dermalogica
1086C Dis-Chem
UK17 Dream Nails
2087 Edgars Cosmetic World
2198 Jo Malone
1091 Kiehl's Men
2085 Kiehl's Women
1209 L'Occitane
2017 MAC
2144 Perfect 10
1102 Placecol
2207 Red Square
1039 Soap Stories
2034 Sorbet
2034A Sorbet Man
1040 Splush
1113 The Body Shop

CONFECTIONERIES

1232 Cinnabon
1184A Haagen Dazs
1239 Joubert & Monty
1231 Krispy Kreme
2170 Lindt
2077 Starbucks
1238 Sweets from Heaven

ENTERTAINMENT

1184 Musica
1237 Ster Kinekor

FAST FOOD

1175A Adega
1240 Anat
1179 Chicken Licken
1177 Debonairs
1177 Fish Aways
1171 Hello Tomato
1181 KFC
1233 McDonalds
1183 Pizza Hut
1235 Sausage Saloon
1173 Simply Asia
1177 Steers

RESTAURANTS

2059 Casa Bella
2057 Hinterland
2055 Kream
2061 Life Grand Café
2051 Mythos
2049 Ocean Basket
2058 Rocomamas
1169 Spur
2047 Tribeca
2053 Wasab
1087 Wimpy
2054 Zuri

Trading Hours: 9am – 8pm Monday – Saturday
10am – 8pm Sunday & Public Holidays

At Mall of Africa, we have **MORE!**

Have fun. Shop. Eat out. Browse leisurely. Sip champagne.

And by all means, park with ease!



Over **300 stores**
6,500 parking bays over 5 levels
2,4km of **retail shopping** over 2 levels
Open till **8pm daily**, restaurants trade later

Visible from the N1 Highway ... conveniently located just off Allandale Road...
and easily accessible from Bridal Veil bridge too.



www.mallof africa.co.za

Lone Creek & Magwa Crescents, Waterfall City
Tel: 010 596 1470

MALL OF
Africa



BY JAMES CLARKE AND MARY BROADLEY

Courtesy of iSimangaliso Park

St Lucia village in northern Kwa/Zulu ...

No, wait. Let me start again. St Lucia is a bit bigger than a village. After all it has a dozen tarred streets, short though they are.

The town's resident population is 800 – mostly business owners and retirees.

There's no town council – just a motivated rate payers group. There's a satellite police station, a medical centre, filling station, lots of restaurants and three coffee shops. Nothing big or flashy about St Lucia yet all the houses are well built and the gardens well-tended. Half of them are B&B establishments.

St Lucia is, in fact, the world's smallest privately-owned town. It is enclosed entirely inside a World Heritage Site, namely the relatively new iSimangaliso Wetland Park.

The town lies on Africa's largest seawater/freshwater estuary – Lake St Lucia, and the game park that engulfs it

stretches 230km north to Kosi Bay and the Mozambique border.

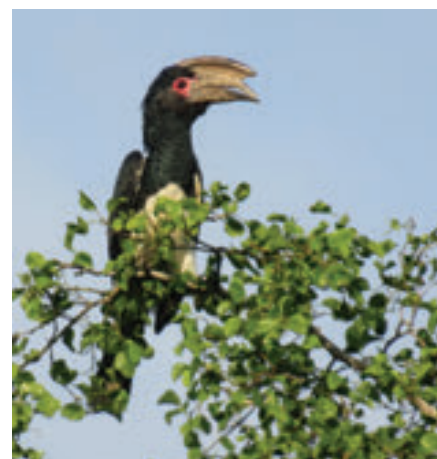
The town has a cosy feel and a palpable air of serenity.

There is one other privately-owned town inside a World Heritage Site. It's in Michigan in the United States but as the townsfolk enjoy hunting practically everything in the neighbourhood it has an entirely different ambience. Zululand's St Lucia sees itself as part of nature and nobody would dream of shooting anything.

It is unique in a number of ways. It rates as one of the world richest towns in terms of biodiversity – probably a record number of bird species for a town (526 species throughout the park, scores of mammals and reptiles). I would guess



Red duiker in town.



Trumpeter hornbill also in town.

the town and its surrounds have well over 300 species.

Prominent road signs warn people to look out for hippo that wander in at night.

iSimangaliso, a name that doesn't take long to trip off the tongue (issy-man-gallee-soh) means "miracle" or "wonder". It was South Africa's first World Heritage Site. The United Nations Educational, Scientific and Cultural Organization, Unesco, designated it as such because of its "superlative natural beauty and unique global values". The 332 000 hectare park has eight interlinking ecosystems, hence the bird count. It's right on Africa's largest estuarine system and 25 000 year-old forested coastal dunes are said to be the highest forested dunes in the world.

The first photograph of the "living fossil" coelacanth was taken along its coastline – off Sodwana Bay.

If one follows the beach that starts a couple of hundred metres from the town centre one might well come across a deep furrow coming up from the waves into the dunes – a sign that a giant leatherback turtle or a loggerhead turtle emerged during the night to lay its eggs. Four of the world's seven species of marine turtles lay their eggs along the coast.

Its main street, Hornbill Street, with its warning sign about hippos, has



Courtesy of iSimangaliso Park

several small shops all very much within human scale. And there's a post office which, in the 1950s, was run by the sister of Britain's Prime Minister, Anthony Eden.

We were down there to explore the reserve and, en passant, find a rare bird that had flown in – the Eurasian oystercatcher. We found it thanks to

Mike Bower, technical manager at St Lucia Echo Lodge. He happened to be on an inspection round of the iMfolozi River mouth and saw us after we'd walked 10 or 12km along the beach, first north and then south towards Mapelane. He guessed what we were after and invited us to jump in his Land Rover. That's how we saw and photographed the oystercatcher back near Mapelane – a "lifer" for both of us. We were later joined by Themba Mthembu who, in 2015, was named KZN's best tourist guide. He is a formidable birder.

We stayed at St Lucia Eco Lodge, which I remembered from years ago as Seasands Lodge. We were greeted near the entrance by a wild but unfazed crowned hornbill, a big dramatic bird whose huge bill looks capable of cracking macadamia nuts. Next morning an even bigger hornbill, the trumpeter, appeared. Its massive bill looks as if it could crack stones.

The lodge's proprietor is Kian Barker, a 53-year-old ichthyologist, former

Echo Lodge's grounds.





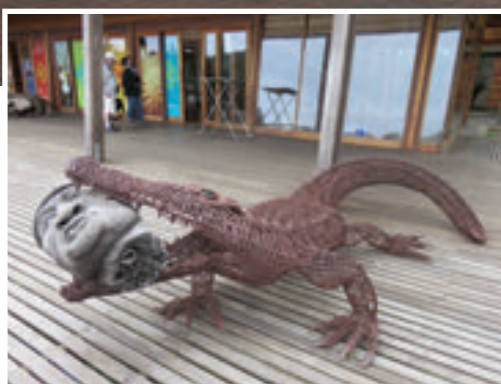
game ranger and, it seems, the region's best tourist guide. He lived in Melville, Johannesburg, for a few years and in 1996 moved to St Lucia.

He operates a tourist service, Shaka Barker, which does night drives and day tours of iSimangaliso including snorkeling at Cape Vidal. At first he managed the lodge but, 18 months ago, took it over and transformed it into a very attractive, rambling 54-room hostelry set in a luxuriant tropical garden. Its second storey suites look over the forest canopy to the sea.

There's a 100-seat conference hall plus a smaller hall.

The lodge has no restaurant but it does have its own bistro – the Hog and Hippo – which is licensed and offers a fixed menu of “afro-cuisine”. One can also order a braai that the lodge makes for you – or stay in a self-catering apartment.

There are night drives into the reserve where one might see lion, leopard, spotted hyena, elephant, giraffe, buffalo and red duiker and Southern



Intimidating art at St Lucia quay.



Crowned hornbill at Echo Lodge's entrance.

Africa's smallest antelope, the cat-sized blue duiker.

We had lunch at the popular Skiboat Club amid a babble of foreign tongues and watched hippos, crocodiles and a

low-flying squadron of pink-backed pelicans.

The town is central to so many attractions, such as the wetland itself and uMkhuzi Game Reserve that is now part of iSimangaliso and arguably the richest birding reserve in South Africa. Less than an hour, but separate from iSimangaliso is the uMfolozi/Hluhluwe Game Reserve. It has the big five, as does iSimangaliso.

Apart from snorkelling among sub-tropical fish there's surf and deep sea fishing within reach of town.

We took a late afternoon barge cruise up the estuary and quietly sidled up to a pod of hippo with their young. The next day elephants were swimming a few metres from the barge.

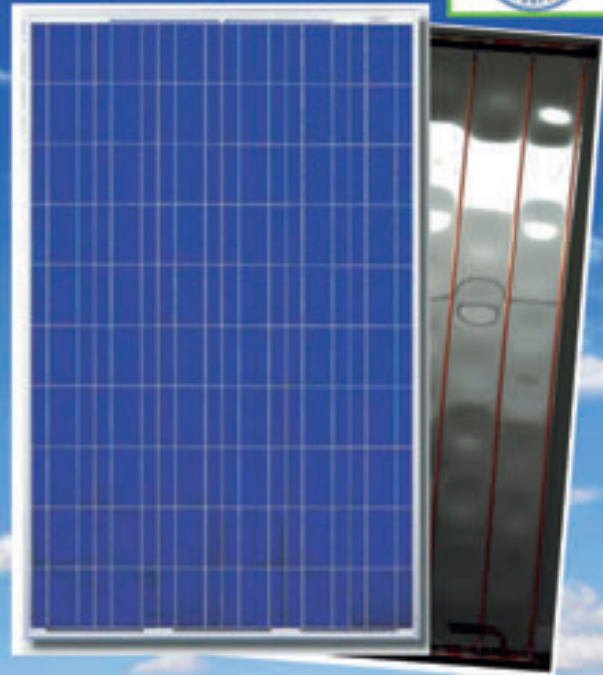
I know from experience that hippos often have a bad attitude and the barge's skipper informed us that a hippo can charge at 50km/h. I doubt this but certainly it can outrun a human. He advised that, if charged, we must use the same strategy as if being charged by a man-eating lion, look around for fattest person and simply stay in front of him.

The New Solar Frontier

More usable Energy in a single panel!



250W Photovoltaic+
1240W** Thermal =
Module 1490 Watt



**HOT WATER
&
FREE POWER
ALL IN ONE !!**



*Terms & Conditions Apply **Peak thermal power [W] @ G=1000 W/m²,



*** 500Kg of Pellets
TO FIRST 30 CLIENTS**



**DON'T
BE LEFT IN THE
COLD
THIS WINTER**



TECHNICAL DESIGN FOR INDICATION PURPOSE
PROJECT IS REQUIRED



Unit 4; Corporate Park North; Midrand- South Africa
info: +27(0)10 590 5509 - info@neonenergy.co.za - www.neonenergy.co.za

THE NOCTURNAL ANTICS OF CATS



Cats are known for sleeping for long periods of time, sometimes for up to 16 hours a day. However, these hours of sleep rarely happen in a row! Whilst not nocturnal, cats are often awake during the night, causing disturbances for their owners. Letting them sleep outdoors might seem like the only solution, but this may cause other problems.

Cats are natural hunters in the wild and night time is ideal for this. Other free-roaming cats will be out hunting and guarding their territories too, and fighting and injuries may occur. Cats get lost more easily at night especially in rainy weather as they rely mainly on scent to find their way home. Many cats are run over at night and are also more likely to get stolen.

If you decide to rather let your cat stay in at night but are struggling with disturbed sleep, there are a few things you can do: Feed your cat their largest meal at night before bedtime to keep hunger at bay. Try and ignore your cat's night-time antics. Shouting or throwing objects at your cat may inadvertently increase their behaviour as it might be seen as

Some people may enjoy sharing their bed with their cat but it's not for everyone

play time. Play with your cat as much as possible, more daytime exercise will make your cat more tired at night and will disrupt those long nap times. Try using toys that move, or play games with a soft ball. Consider adding a second cat to the family as they'll probably play with each other and leave you alone at night. However, the noise of two romping cats might disturb your sleep as much as one cat looking for a night time playmate! If your cat tries to wake you up or tries to play with you while you are sleeping, you may need to shut it out of your bedroom at night.

Some people may enjoy sharing their bed with their cat but it's not for everyone. Remember that cats often wake up very early, wanting to play and eat. Cats are fascinated with moving objects and you may end up getting a hand or foot scratched during the night. Cats are obsessive about cleanliness but still step in and out of the litter box and may bring unwanted grime into your bed.

If you want your bed all to yourself, consider a plush pet bed available from Shinga Pet (www.shingapet.co.za)

If your cat wanders around at night crying or meowing, it may also be suffering from an underlying medical problem causing pain or discomfort. Take your cat to your local Waterfall Vet to rule out any medical issues.



Visit Shinga Pet at
Waterfall Corner Shopping Centre
or call us on (010) 596 8934.

A CUT *above*

Find the best in beauty, homeware, technology, speciality,
food and fashion – all in one stylish shopping destination.



**FOURWAYS
CROSSING**



Furnishing **millions** of homes around the **world**.



Wesling Bedroom Set



Sansimeon Accent Chairs



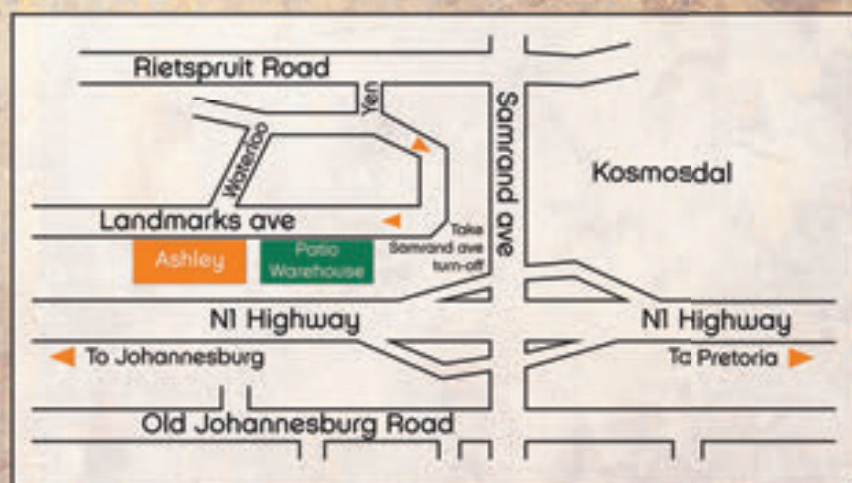
Sansimeon Lounge Set



Wesling Dining Set

Visit our brand new website
www.ashleyfurniturehomestores.co.za

| Where to find us |



Proactive Parenting: **DISEMPOWERING BULLYING**



Bullying is hurting someone, through words or actions, using repetitive and intentional behaviour resulting in a real or perceived imbalance of power. This could take the form of physical assault, threats, rumours, abuse, intimidation, teasing – in the real world or online as cyberbullying.

The statistics are daunting:

- 35% of school-going children are bullied
- 64% don't report it
- Bullied students are more than twice as likely to think about suicide

Empowering your child can make a difference.

The effects of bullying are significant. For those being bullied it could affect their academic performance; result in sleeping or eating issues; anxiety, mental and physical health issues; low self-esteem; depression and even suicide. Students engaging in bullying behaviour, also have an increased risk of academic problems, substance abuse as teens and even violent behaviour as they move from adolescence to adulthood. Ironically, the bully and the victim are in fact mirroring each other – both are traumatized in some way, both feel powerless in their lives. They are just reacting differently to it, the bully being the aggressor and the victim withdrawing passively.

As parents, we can empower our children, through guidance and

coaching, helping them to learn to be assertive by building their self-esteem and confidence, and encouraging them to stand up for others or even to a bully.

Why is bullying so prevalent?

There are many reasons for bullying but, fundamentally, some of the underlying factors include the highly competitive environment our children are growing up in, and the resulting relentless performance pressure that places them under. There is also the now constant influence of technology (which has changed accessibility and the way people bully) and, the fast pace of life. Other significant factors

could be personal issues at home – maybe there are financial issues, a divorce, alcohol abuse, absent parents – and bullying may be a way to vent, to rid themselves of pent-up emotions they may be feeling, or to try to regain a measure of control they feel they have lost.

Signs of bullying

Often our children don't want to tell us they are being bullied. They might be feeling afraid to tell you or anyone, or, feel helpless, maybe they are embarrassed, it is even possible that they may not trust you or fear further rejection if they speak up. These are, however, signs you can look out for, which may point to bullying in younger children:

- Complaining that they are feeling sick – a headache, a tummy ache – especially when it may be time to go to school
- Unexplained injuries like bruises, bumps and cuts

- Changes in sleeping and eating patterns
- A sudden onset of nightmares
- Lost clothing or damaged personal belongings
- A decline in their school marks

In older children, you may observe that they have low self-esteem, are withdrawing and generally have a loss of interest in things around them. They may possibly even exhibit self-destructive behaviour like cutting.

Supporting your child

There are various ways to support your child if they are being bullied and you may want to consider some of the following:

- Talk to your child and check in regularly. By staying close to them you will be able to pick up when something is out of place. What they aren't telling you may be more important than what

they are saying, so pay attention.

- Never tell them to ignore the bully. Ignoring the problem is not the answer and this may cause your child to withdraw further, rather than to be more assertive.
- Don't blame them - no one ever deserves to be bullied.
- Don't encourage them to fight back. This can only make things worse and, if it should happen at school, they could be suspended or even expelled. Physical violence is never a resolution to a problem.
- Teach self-esteem. It truly is the most important life skill you can give your child.
- Be positive and encourage a positive attitude in life.

Empowering your child

Bullies are everywhere – on the playground, in the classroom, on the sports field, in your circle of friends



and even in the workplace. It is inevitable that a bully will cross paths with your child, so the best thing we can do for our children is to teach them how to be resilient, to help them build a solid self-esteem and to think positively about life.

To help them build up their self-esteem, encourage them to be accepting of and confident in themselves, and to not compare their lives to those of others. Remind them that other people's negative opinions don't count and that just maybe, those people are breaking down others in an attempt to make them feel better and stronger, because they have their own set of problems. A bully must never have the power to define, in your child's mind, who they are or who they become as a person.

So, empower your child by encouraging a positive attitude – it can help them overcome many of the challenges they will face in life. As with anything, a positive attitude can become a habit. Positivity and general optimism will also be a more natural, instinctive response for children, if it is a theme within the home. So remember to try to adopt a positive attitude yourself, especially when you are around your children. Spend positive time together, have fun, do things your child loves to do and which makes them feel good about themselves, watch funny movies and laugh, often.

Try to not make decisions for them. Guide and direct them, certainly yes, but let them be part of the decision making process. This will help them become more confident in their choices and decisions, and will help build up their assertiveness levels over time. Bullies prey on people they believe to be timid, easy targets. A little assertiveness from the intended victim can go a long way in making a bully think twice.

Finally, if your child is being bullied, don't judge them – it will simply make them withdraw further and be less likely to confide in you. Support, love and guide them. If necessary, do intervene and either contact the school to assist, or the parents if it is outside of the school environment.



About Life Talk® Forum

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

For more important parenting tips & information visit www.lifetalk.co.za or email Forum@lifetalk.co.za

LIFE TALK® FORUM NPC REG: 2010/017980/08

PBO # 930 036317

SERVICES PROVIDED:

AA AIRPORT SHUTTLE, TOURS AND TRANSFERS:

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

ACCOMMODATION: Holiday accommodation (Exclusive Self Catering) MJEJANE BUSH CAMP (with in the southern boundary of the Kruger National Park) 4 bedroom / 4 bathroom (10 sleeper), fully serviced, river front unit with large deck and private pool overlooking the crocodile river, available for midweek rental (check in Monday, 1 May 2017 (public holiday), check out Friday, 5 May 2017), R4000 negotiable per night, contact Hayley on 083 776 7806 for more information and photos.

ACCOMMODATION: Mozambique self-catering holiday home for rent all year at LEGOGO near Inhamtane, 6 bedroomed, 14 sleeper, fully air conditioned with plunge pool on deck and pizza oven in Gazebo, call Larry on 083 225 9600 or larry.ouzman@gmail.com

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

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

ANIMAL REBELS WITH A CAUSE: Pet Carers, House Sitters and Childminders with FWG Access, offering child care services, overnight house sitting / pet sitting, dog walking, daily pat and playtime and in-home pet boarding for small dogs, experienced and reliable, we are driven by a genuine love for animals, intending to impact as many animals as possible, helping to create a better world for all. Contact us to create a customised experience for your pets and receive peace of mind while you are away, Shelley & Nikki 073 894 0929 or nicolekolbfreelance@gmail.com

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

AVOID THE CCMA AND LABOUR LAW

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

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

AUPAIR / TUTOR: (Grade 0 – 3) Teacher looking for part time work in the afternoons. Monday to Thursday from 2pm to 5pm, please call Sam on 082 321 7012.

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

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

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

BOREHOLES: If you are having problems with Limescale, rust or hardness in your water, borehole or municipal, then I can help you. Contact Larry on 083 225 9600 or larry.ouzman@gmail.com

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

CANDICE INTERIORS: I can assist you on making the right design choices that suit your style requirements. Curtaining, Blinds, Re upholstery, Shutters, Rods etc, Established 2005, www.candiceinteriors.com / candice@candiceinteriors.com / 082 363 0542.

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

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

CENTUK PROJECTS: For all your housing maintenance solutions, we specialise in painting, waterproofing, spring cleaning, pre / post cleaning, call Tumi 062 151 1451 or Cebile 076 814 2431 / cebile.maleka@gmail.com

DAINFERN LIONS FOOTBALL CLUB: Does your child want to play soccer / football? Look no further, situated in a safe and secure environment with Dainfern Golf & Country Estate. BOYS & GIRLS aged 5 to 16 welcome, we play league games and invite BOYS & GIRLS to join, visit our website for more information and register online now www.dainfernlions.co.za / info@dainfernlions.co.za

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

D S CARPENTERS & HANDYMAN SERVICES: For all carpentry solutions, hanging up doors – all types, ceilings – all types, general building, plastering / rhinolite, barge & fascia boards, dry walling, welding, painting, call Dumisani now on 078 266 2299 or 083 441 1112 / dscarpenters60@gmail.com

DSTV DOCTOR: Approved DSTV – all installations, Aerials, Sales & Repairs, Multi choice accredited installer. Call Junior on 078 228-3182 / 011 072 6791 or email: 4wayssat4@gmail.com, www.dstvdoctor.co.za, address: Plot 79 Cedar Rd, Chartwell.

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

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

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

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

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

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

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

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

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

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

GLOBAL GREEN PROCUREMENT: Trade in your existing pool pump for an energy saving pump, save up to 90% on electricity bill between R6 700 and R 28 000 per year, please mail your electricity bill Brenda with address and day of entry, call Brenda 082 332 7253.

HANDYMAN: Looking for weekend work for any maintenance around the house, including building, carpentry, ceiling, skimming, demolitions, cornices, dry walling, contact, Samuel on 072 414 7585 / 062 490 1245.

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

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

HANDYMAN: A British Tradesman for the jobs you hate!!! Total House Renovations, Wooden flooring, painting, cupboards, damp proofing, paving & alterations... no job too small!!! Offers a friendly & reliable service. Contact Steve on 076 823 6847.

HANDYPETE HANDYMAN SERVICES: Painting, kitchen & bathroom renovations, building alterations, tiling, paving, welding etc, contact Grant Pauley 082 783 5217 / info@handypete.co.za / www.handypete.co.za

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

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

HOLLANDS PAINTING CONTRACTORS: House painting, waterproofing, woodwork etc. Professional service with the personal touch. Dulux specialist, but I can work to your budget, call Grant on 082 725 1230.

IRRIGATION – SOFT RAIN: I have gone solo after 4 years and I have two partners each with over 12 years' experience. All sorts of irrigation from maintenance repairs to new installations call Isaac on 078 658 4371 or Gert on 074 387 5493.

HIPPO TREE FELLERS: Tree Felling & Palm Tree tidy up, Stump removal, Trimming and pruning, Instant lawn / Compost, LM & Kikuyu supply and lay, Lawn Dressing, Bush Clearance, garden refuse, contact Wisdom on 071 793 0825 / 011 029 4622.

K.C HOUSEHOLD TRADING: Tree Felling, building, plumbing, paving, trimming, removal, painting, stump out, garden refuse, call Clever on 073 032 4694 / 062 516 0464.

LAWN CARE PLUS: All year round lawn care, 14 years' experience, winter lawn root-boost in preparation for spring, all lawn problems sorted, weeds, insects, disease, shade, aeration, rats, de-thatching, new lawn, tree felling, irrigation etc. contact Philippa on her cell 072 208-3587 / Ian on 084 888-1632 / 011 704 4614.

MARTIN TSHANA TRADING: Waterproofing, roof repairs, roof painting, roofing, ceilings, drywalls, skimming, all brick work, contact Elijah on 078 169 2858 / elijahdubee@gmail.com

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

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

PERSONAL TRAINER: Need a certified personal trainer, look no further. For a lifestyle change, getting fitter and stronger and the body you want contact Natalie for training in the comfort of your own home, with clients already in FWG, contact Natalie on lbbitsonnatalie@gmail.com or 082 656 4007.

PEST CONTROL: We specialize in cockroaches, ants, termites & rats, Non Toxic, Dia on 081 438 6948 / roachpest@gmail.com

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

PLUMBER: 40 years' experience FWG resident, call Stan on 082 552 8155.

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

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

PROFAVOUR CONSTRUCTION: We specialize in carpentry, ceiling, roofing, fitted cupboards, plumbing, electrician, office partition, building, brick laying, plastering, gamazine, painting, please call Faith on 011 056 0143 / 079 696 2842 / fndima127@gmail.com

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

SANDTON POOLS: Sign up for weekly maintenance and never pay another service, we will also donate R5 to SPCA Midrand as long as the contract runs, new pools, infinity pools, real rock pools, pool windows, natural dams, streams, lapas, renovations, spas, water features, gold fish and koi ponds, econo deck, and Rhodesian teak decks, leak detecting, heat pumps, chlorination, chlorine inline feeders, energy saving pool pumps and stainless steel fittings, submersible pumps, call Brenda on 082 332 7253.

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

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

SOLMAN GAS: For all your gas requirements from installs, service, maintenance and COCs (certificate of compliance) to delivery, contact Peter on 082 886 5568 / 011 658 0472 or peter@solman.biz. Life's a gas!

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

THE CLEANING MEDIC FOURWAYS: Offering a 100% dry, no water, no soap or steam, personal cleaning service ranging from Persian Carpets, carpets, upholstery, mattresses to a full day complete deep clean, suitable for Homes, Offices, Bed & Breakfasts and Restaurants. For more information or a free site inspection and quote contact Phillip on 082 453 2151 or phillip@thecleaningmedic.co.za

TRABLE TREE FELLERS: Tree Fellers & Palm tree tidy up, trimming & pruning, tree felling stump removal, professional work done, call Pascal on 081 055 4089 or Naoko on 079 940 9488.

TUTOR: Final year BEd student, tutoring available across school subjects. Grade 0 – 7, homework supervision, reading assistance, literacy and numeracy, contact Miette on 079 893 2712 or miette8@gmail.com

TUTOR: Experienced tutor situated inside Dainfern offering afterschool help with Mathematics, Accounting, Business studies and Economics, previous students marks have increased by at least 20% each. R250 per hour, contact Jodie Currie on 060 682 5709 or jodiecurrie3.jc@gmail.com

PRODUCTS FOR SALE:

FOR SALE: Bargain – DSTV Explorer 2 decoder, unwanted gift, unused and still in the box, obtained from multichoice only R 895, contact Keith on 011 465 9577.

FOR SALE: Beaulieu school uniforms for sale – girl's sizes 34 – 36, worn for only 1 term – brand new (almost) R1000 for everything. College: 1 x Navy pullover, 1 x blazer, 3 x checked skirts, 1 x shorts, 1 x sport shirt (sleeveless), 1 x sports shirt, 2 x school golf shirts. Prep school: 1 x red blazer, 1 x check skirt, 1 x sport shirt, please contact Allyson on 082 461 5893.

DOMESTIC WORK:

Jennifer: Looking for domestic work full / part time, employer in FWG has relocated, for reference call 083 736 1003 or 078 240 1160.

Florah: My fantastic domestic is looking for work on Mon & Thurs, she is trustworthy, hardworking and reliable call Nelly on 082 467 9276 for a reference or call Florah on 073 153 0541.

Elsah: Has 10 yrs experience in domestic work, she is looking for any day in the week, she is a lovely reliable, hardworking lady, call 072 627 0557 or 076 881 7832 for a reference

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

Lucia: Looking for full / part time work, she is honest, reliable and very diligent worker, also good with children, call Lucia on 073 213 4092 or Tammy on 083 701 4767 for a reference.

Lonely: Malawian lady looking for domestic or child minding work full or part time, contact her on 078 909 1767, for a reference call Jessogan on 083 274 4821.

Irene: Looking for work on Wed & Sat, excellent char, hardworking and reliable, been working in FWG for 8 yrs, call Irene on 072 065 1672 or Tinker on 082 923 9631.

Violet: Domestic assistant / housekeeper available on Mon – Sat part time or full time, honest, reliable & dependable, call 076 052 6349.

Iglett: Has worked for me for 21 years, can't get anyone better, never taken a day off sick, sadly we have to relocate, live out position, Mon, Wed & Fri, contact Natasha on 082 900 7051 or Iglett on 071 425 6652 / natasha.goodall@gmail.com

Annah: Zimbabwean with work permit looking for work as a domestic, full / part time, call 078 195 1638 or 082 461 5893 for a reference.

Maria: Seeking a domestic, baby sitting or child minding work, she is energetic and trustworthy, has many years' experience, works with minimum supervision, call 078 129 7333.

Malumbo: Malawian looking for work as a dog walker, Mon – Fri after 5pm also as a baby sitter, for reference call Hannah on 079 300 3632 or 078 306 9479, currently living in FWG, Phase 2.

Christina: Looking for domestic work full or part time, call 073 035 7590 or for a reference call 083 260 5276.

Joyce: Looking for full time live in position as a domestic worker / child minder, she is intelligent and pleasant to be around, excellent with the children and pets, available from 1 March 2017, for a reference call Nicky on 083 378 6094 or Joyce on 073 275 6909.

Faith: Looking for full time live out position, highly recommended also a good cook, call Tryphina on 011 786 4600 / 011 786 4605 or Faith on 078 868 2098.

Fannie: Is a housekeeper who has 3 days a week available, she holds a certificate in household management, she has worked for us for 5 yrs, she is reliable, trustworthy and is an asset to any household, please call me for a reference: Helen 079 106 4459 or Fannie on 076 901 0191.

Pretty: Honest, consistent, reliable and thorough Pretty is looking for part time work in house cleaning or child care on Mon & Thurs, call Tiro on 073 130 5256 for a reference or call 083 432 3433.

Debrah: Looking for full time / live in position, excellent with children, animals and housework, has worked for us for 8 yrs and comes highly recommended, for reference call Sue 082 377 0243 or Debrah on 061 151 8983.

Gilfina: Hardworking, honest young Zimbabwean domestic worker is available for 3 days per week, call Alison on 082 955 4369 for a reference or call 073 665 1820.

Janet: has been with us for one year and has been a great domestic worker, we have travelled a lot during this period and she has taken care of the house, dogs and pool in our absence, she is very trustworthy and diligent, call Janet on 074 344 7372 / 073 452 3345 or call Loretta on 060 888 9844 for a reference.

Sizalobuhle: Looking full / part time domestic work, she is from Zimbabwe, hardworking, trustworthy and reliable, for a reference call Gemma on 082 883 0878 or Sizalobuhle on 084 443 6688.

Cynthia: She is an honest, efficient and dedicated person who is highly recommended, available on Mon & Tues, call Maria on 071 884 3887 for a reference or Cynthia on 072 489 8184.

Nelly: Looking for domestic work on Tues, Thurs & Sat, call 081 066 7882 or Roopika on 063 283 1736 for a reference.

Lindiwe: My fantastic domestic is looking for a job on Mon, Wed & Fri, she is south African, she is trustworthy, hardworking and very good with pets and children, can do CPR and first aid, for reference call Sandra on 079 320 4377 or Lindiwe on 072 677 0696.

Thembi: Due to relocation, I would like to suggest Thembi as an excellent and pro-active helper, she is looking for full week position being flexible for sleeping in or out, she worked with me for one full year being all the time helpful, knowing how to do her tasks in an efficient and independent way, always with a great attitude and very gentle with my kids, never skipped on a day of work, call 084 653 3999.

GARDENERS:

Andrew: Looking for work on Mon, Tues & Thurs, he is honest and hardworking, works well on his own and has good initiative, call 083 645 9607 or 078 706 6414 for a reference.

Washington: He is an honest, dedicated person, highly recommended, available on Tues & Fri, for reference call Alheight on 072 339 1885 or 071 830 0037.

George: Malawian seeks part / full time garden work, he is totally honest, hardworking and meticulous in all garden work, he is courteous and very quiet and extremely private, contact George on 063 181 1281 or Doreen on 078 188 0786.

Vingstone: Seeking for garden work on Mon & Thurs, he is an honest worker, for reference call 074 110 1223 or 072 958 4731.

Misheck: I can recommend Misheck for gardening work in FWG, he can be contacted on 061 155 1597.

Manwell: Our lovely driver will be looking for a new position, our family is emigrating, he has been in our family for almost 10 yrs, he is Malawian and is very quiet and kind, shows initiative and is good at his job, he has a valid driver's license, highly recommended, call him on 071 853 0646.

Matthew: Malawian looking for part time gardening work on Thurs & Sat hardworking and obeying the rules of your home, call Catherine on 079 454 0539 or Matthew on 074 028 2806.

Gerald: Malawian looking for full / part time gardening work, very reliable & hardworking, call Lara on 072 673 3714 or 062 421 0948.

George: Looking for gardening work on Tues, he is reliable and a hard worker, for reference call 083 600 2135 or George 060 357 9510.

Peter: Looking for work as gardener or if you have any odd jobs around the house, call 060 340 5719.

Gripsy: Malawian with excellent experience in gardening / house work, contact Gripsy on 071 792 8058, for reference call J. Chetty on 083 274 4821 or Michelle on 082 622 5000.

Augustine: Due to emigration our lovely driver, gardener will be looking for a new job this January, he has been part of our family for 10 years and he is Malawian, he is highly recommended, please call him on 071 853 0646.

Life: Hardworking and honest gardener looking for work on Mon, Tues & Sat, call 073 249 0632, call Gizzela for a reference on 083 326 9090 or Robin on 082 563 4435 or Celester on 082 558 5434.

Roderique: Looking for part time work as a gardener on Tues, Wed, Fri & Sat, can also do driving and has 21 years' experience, from Lesotho, call 064 645 6174.

Thabo: Looking for full / part time gardening, driving & handyman work in FWG, call Mary Jane on 076 480 5881 for a reference or Thabo on 083 953 0350.

Mike: Malawian seeks gardening work on Mon, Fri & Sun, he is hardworking person, very honest and I would recommend him to you, he works without supervision, please call Dino on 072 647 7670 for a reference or Mike on 073 800 2107 / 063 839 5180.

Enoch: Honest, Reliable and trustworthy gardener available to work in FWG on Mon, Wed & Fri, well-mannered and respectful, call 073 127 7716 or 083 274 4821 for a reference.

Desmond: Reliable gardener looking for work on Tues, Thurs, Sat & Sun, works currently in FWG, call Desmond on 063 009 0285 or Greg Baldwin on 083 442 6969 for a reference.















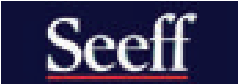

Japhet: Looking for work in FWG on Mon, Tues & Wed, he is very reliable and a great worker, please call Japhet on 078 706 3163.

Please visit the website for full list of domestic staff.



APPROVED ESTATE AGENTS FOR 2016/2017

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

	Faith Stanbridge Trish Walton	082 659 1700 082 442 9112	faith.stanbridge@century21.co.za trish.walton@century21.co.za	www.century21.co.za
	James Le Bihan Cindy Wallace	082 777 3543 083 458 6225	James.LeBihan@engelvoelkers.com cindy.wallace@engelvoelkers.com	www.engelvoelkers.com
	Brian Day	082 653 0216	brian.d@fineandcountry.com	www.fineandcountry.com/sa
	Maureen James Ingrid Manni	082 882 0228 083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za
	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.com	www.highstreetauctions.com
	Gail Mather	083 447 7327	gmather@huizemark.com	www.huizemark.com
	Maureen Taggart	083 450 7151	maureent@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Averil Slome	082 900 4622	Averil.Slome@Remax-Masters.co.za	www.remax-masters.co.za
	Sharon Caradoc-Davies Michelle Zuccollo	082 560 7042 082 850 8356	sharoncaradoc.davies@seeff.com michele.zuccollo@seeff.com	www.seeff.com
	Grant Raw Mark McGowan Dee Thomas	079 495 9357 083 358 5652 083 375 5646	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za	www.tysonprop.co.za

Find us in cyberspace



**Fourways
Gardens**
always at your
fingertips

www.fwg.co.za



LISTINGS

Life Fourways Hospital
24hr Free Emergency
Response Paramedics
0860 444044
Hospital Reception
011 875 1000
Trauma Unit 011 875 1043

**Family Doctor General
Practitioners**
Broadacres Shopping Centre
Dr Moray Shirley
Dr Alison Perks
Dr Jeanne Stark
Tel: 011 4671432/56



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



Deldre - 082 335 5096
Henry - 082 565 9317
deidredevine89@gmail.com
Contactable references available



STOCKIST OF DANCEWEAR

011 465 4515 • 083 233 2221 • leanne@vanecks.co.za

Fourways Gardens shop fg 20 cnr Uranium & Bushwill Ave and at the Junction Centre

According to one of my readers a new method is to be tried in Afghanistan to break down the fanaticism of the Taliban. The Allies intend deploying French intellectuals – those formidable, earnest, godless, garrulous, unwashed people one sees sitting in Left Bank coffee shops in Paris making a cup of coffee last three hours.



The reader sent the following despatch...

PARIS, Wednesday - The ground war in Afghanistan heated up yesterday when the Allies revealed plans to airdrop a platoon of crack French existentialist philosophers into the country to destroy the morale of Taliban zealots by proving the non-existence of God.

Elements from the feared Jean-Paul Sartre Brigade, or 'Black Berets', will be parachuted into the combat zones to spread doubt, despondency and existential anomie among the enemy.

Hardened by numerous intellectual battles fought during their long occupation of Paris's Left Bank, their first action will be to establish a number of pavement cafes at strategic points near the front lines.

There they will drink coffee and talk animatedly about the absurd nature of life and man's lonely isolation in the universe. They will be accompanied by a number of heartbreakingly beautiful girlfriends who will further spread

dismay by sticking their tongues in the philosophers' ears every five minutes and looking remote and unattainable to everyone else.

Their leader, Colonel Marc-Ange Belmondo, spoke yesterday of his confidence in the success of their mission. Sorbonne graduate Belmondo, a very intense and unshaven young man in a black pullover, gesticulated wildly and said, "The Taliban are caught in a logical fallacy of the most ridiculous. There is no God and I can prove it. Take your tongue out of my ear, Juliette, I am talking."

Marc-Ange plans to deliver an impassioned thesis on man's nauseating freedom of action with special reference to the work of Foucault and the films of Alfred Hitchcock.

However, humanitarian agencies have been quick to condemn the operation as inhumane, pointing out that the effects of passive smoking from the Frenchmen's endless Gitanes could wreak a terrible toll on civilians in the area.

JAMES CLARKE

God bless you, Paddy

The Christian celebration of Lent this year began on Wednesday, March 1. It reminded me of an Irishman who moved into a village in County Kerry, and walked into the local pub and ordered three beers. He drank them quietly, alone.

Having finished he orders three more. He does it for a third time.

Next evening the man again orders three beers at a time and soon the town is whispering about the Man Who Orders Three Beers.

After a few days the bartender says, "I don't mean to pry, but folk around here are wondering why you always order three beers?"

"'Tis odd, is it not?" the man replies. "The way it is, I have two brothers, one in America, and the other Australia. We promised each other we would always take an extra two beers whenever we drank – just to keep up the family bond."

The bartender and the whole town were pleased with this answer, and the Man Who Orders Three Beers became a local celebrity and source of pride to the hamlet.

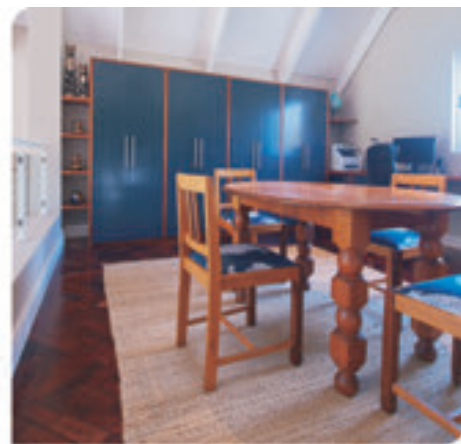
One day the man orders only two beers. The bartender pours them with a heavy heart. This goes on for the rest of the evening.

The word flies around town. People fall silent. Prayers are muttered for the soul of the departed. Next day the bartender says to the man: "Folk around here and meself are wanting to offer condolences on the death of your brother... Sure, we knew how it was as soon as you ordered just the two beers."

The man ponders this for a moment, then replies: "Ah, God love you, but me brothers are alive and well. It's just that I, meself, have given up the drinking for Lent."

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

elk quality
advantage
2 Year Kitchen Guarantee



Cnr Dytchley & Forssman Close, Barbeque Downs, Shop 27C, Kyalami on Main
Tel: 011 022 6000 kyalami@easylife.co.za www.easylifekitchens.co.za

ksa
The Kitchen Specialists
ASSOCIATION
MEMBER

Easylife Kitchens are designed with practicality
and integrity to suit your individual lifestyle.



easylife
kitchens



Best Real Estate Agent TYSON PROPERTIES



South Africa | Africa | International



Tel: 011 467 0145 | www.tysonprop.co.za