



FOURWAYS GARDENS

Residential Estate

March 2019



FWG BLOOD DRIVE

Nunus and Nannies

Education Feature

Renault Clio RS18 F1 Edition

Marievale – a Highveld gem

Lew Geffen

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Cover photograph: Cheryl Eltringham
- European Honey Buzzard

IMPORTANT NUMBERS

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

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

Clubhouse 011 465 0937

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

ER 24 Emergency 084 124

Netcare 911 082 911

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

In case of emergency:

Douglasdale Police Station 011 699 1300

Police/ Flying squad 10111

Fourways Life Hospital 011 875 1000

Eskom 086 003 7566

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

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RENTAL R27 500pm



RENTED



RENTAL R31 000pm



RENTAL R29 000pm



FOR SALE R4,375mil



FOR SALE R5,2mil

MESSAGE FROM THE GENERAL MANAGER

Dear Residents

This month's article is all about the Estate Rules, so I would like to kick off with the following issues of importance:

Dog Waste ATTENTION PET OWNERS

Residents who don't have pets are reporting to management that they are finding pet waste on their front verges, and in the parks and common areas.



On behalf of all residents, we would like to remind all pet owners that it is your responsibility to pick up the waste left behind by your four-legged friends. Please respect other residents and pick up any waste left behind by your pets.

PET STATIONS ARE PROVIDED IN THE ESTATE, AND IT IS IMPORTANT THAT EVERYONE CLEAN UP AFTER THEIR PETS.

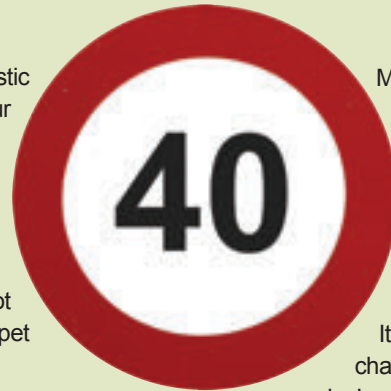
If your children or domestic workers are walking your animals, please educate them. Our parks and common areas are used year round and it is unfortunate that, as a community, we cannot keep them clean from pet waste.

FOR THOSE RESIDENTS THAT ARE DILIGENT ABOUT CLEANING UP AFTER YOUR PETS – THANK YOU!

Slow Down

We are finding that residents and their visitors are ignoring the Estate speed limit, and are at times driving recklessly in the Estate. The purpose of the speed limit is to protect all who live, and enjoy the facilities on the Estate, including our precious pets.

PLEASE BE REMINDED THAT THE SPEED LIMIT IS 40 KPH.



Management and the Board of Directors take speeding and reckless driving in the Estate very seriously, and drivers that fail to obey this speed limit pose an unnecessary risk to everyone in the Estate. It only takes a second to change your life and someone else's with reckless driving. Please

remember to SLOW DOWN when driving in the Estate, and always be on the lookout for children playing, pedestrians, joggers, bikers, and pets.

Approval for Improvements Required

Please remember that any changes to the exterior of your home MUST be pre-approved by the Architectural Review Committee (ARC). This includes landscaping, decks, patios, fencing, play structures, painting, etc. You may obtain the Architectural Form from the HOA office, and view the Design Guidelines on the website www.fwg.co.za for further details.

When submitting your request form please also include detailed plans (to scale), plant material, information, brochures, etc. If you are adding a deck, give the dimensions, material and placement on your drawing (map). If painting, samples must be painted on the garage door, in addition to providing paint samples with your request. Try to be as specific as possible about your improvement.

Please note that a scrutiny fee and a building deposit are payable. The fees are detailed on the Architectural Form.

Gary



The Fourways Gardens Estate Magazine focuses on the Fourways Gardens Residential Estate. The magazine is distributed to all residents at the guardhouses. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd on behalf of Fourways Gardens Homeowners Association. The opinions of workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of the Fourways Gardens Residential Estate.

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THE 5-MINUTE RULE



Local press has reported a number of “follow me” incidents involving victims who have been followed from shopping centres or other venues. Victims are held up upon arrival at their destination, whether it is home, school or business premises, and robbed of jewellery, cell phones and other electronic equipment.

It is natural to let your guard down when driving in a familiar area and we urge you to get into the habit of implementing the 5-minute rule when approaching your destination.

5 minutes from your destination:

- Transform into an alert state and become aware of your surroundings.
- Get off your cell phone.
- Turn down your car radio/music.
- o Open the front driver's and passenger windows to about 3 cm from the top.
- o Start listening to all external sounds and be alert to any abnormal noises.
- o Begin to use all three mirrors – left-hand side mirror, right-hand side mirror and rear-view mirror in sequence.
- o Become alert to what vehicles or people are around your vehicle.
- o Ask any kids to be quiet and calm down.
- o Request any adult passengers to assist with observation
- o Slow down.
- o Keep the vehicle in the direction of the road (parallel to the point of entry).
- Conduct a last visual check for any suspicious people or vehicles.

Be alert to the following:

- suspicious people
- suspicious vehicles
- suspicious activity
- suspicious objects.

If you are approaching the Estate and suspect that you are being followed, do not go to the gates and attempt to enter the Estate – by doing this you create an opportunity for the criminal element to box you in and attack you. Instead, put your vehicle's hazards on and continue driving around the big traffic circle on Bushwillow Road outside the gates of the Estate.

- (1) The officers at the gates will alert the Control Room which will in turn dispatch the Reaction Officers and SOT team which will take appropriate action.
- (2) The criminal element following will be scared off by you going around and around the traffic circle without stopping.

Stay in touch

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



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gaye@gcr.co.za



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



Sue
082 452 0086
sue@gcr.co.za

Monthly Draw – 25 February 2019



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

Lucky draw prize winners for January were:

Kids prize:

- Dom Fergusson

Lucky draw:

- 1st Prize – Trevor Kelp
- 2nd Prize – Paul Scrutton

Cash Draw: roll over to R7 000 for March, as Mr. Marko Milosevich from 19 Sunbird was not present to claim the cash prize!

Thanks to Joep and Tania from Century 21 for sponsoring this fun evening!



CENTURY 21

Lifestyle Team



These fine properties for sale!

FOR SALE



R5 750 000

Web Ref: 21DN-3117

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

FOR SALE



R4 995 000

Web Ref: 21DN-2920

Spacious interior featuring a formal and informal lounge plus a private entertainers room with built-in wooden bar and Tv lounge. Formal dining room opening onto the patio. Japanese styled garden courtyard off the study. A covered patio overlooks the large sparkling pool surrounded by wooden decking, set in a spacious private and walled garden. Modern fitted kitchen with breakfast nook including high-gloss fitted cabinets and granite work tops. Space for a double door fridge and separate scullery. Upstairs features a rumpus room, home office or gym. A separate wing hosts the spacious 4th guest bedroom with Victorian en-suite bathroom. All family bedrooms are on the same level and the master en-suite bedroom has a sliding door opening to the exterior. Large 3rd bedroom or optional granny flat, complete with kitchenette and en-suite bathroom. Double garage and off street parking for guests.

FOR SALE



R3 700 000

Web Ref: 21DN-3190

Hassle free estate living for the whole family. Very private and quiet. Welcoming home consisting of entrance hall with guest cloak, lounge and fire place onto large covered veranda overlooking inviting pool and garden. There is a dining room, family / tv room and modern kitchen with hob and under counter oven, overhead extractor fan and separate scullery. 4 bedrooms and bathrooms with one en-suite. Double auto garage, staff accommodation with kitchenette and bathroom. Garden shed also available. This is an ideal home for both families looking to downsize as well as first time homes in a vibrant and secure estate.

FOR SALE



R3 495 000

Web Ref: 21DN-2688

This semi double storey house of 355 sqm on large stand of 1531 sqm comprises of entrance hall, very large airy lounge with wood burning fire place, big dining room leading to covered patio pool and super large garden with lapa, bright eat in kitchen with space for all appliances, double door fridge, hob and eye level oven, guest cloak room, bedroom and full bathroom plus study or third bedroom. Staircase leading to upstairs large main bedroom with spacious covered balcony, walk in dressing area plus full bathroom en suite. Ample space for additional 2 bedrooms under roof from upstairs landing. Double garage and staff accommodation.

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

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

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756

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



FWG ACTIVITY PROVIDERS

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

Clubhouse Phase 2 Outside Phase 2 Tennis Gazebo

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

BY RESIDENT, VANJEE SMITH



I started teaching in 2009, after moving from Natal and deciding that the corporate world was not for me. I have always loved being around children and find them incredibly entertaining. I decided to make a career shift into early childhood education so I studied and qualified as a pre-school teacher.

In 2016, I had my daughter and took a full year's maternity leave as I wanted as much time as possible with her. After spending a wonderful year with her, I just couldn't bring myself to going back to full-time teaching. In the meantime, a friend had asked me repeatedly to start a class in Fourways Gardens and now was the perfect opportunity to give it a go. That is how our little group Nunus and Nannies was born.

Nunus and Nannies is a class that is designed to help develop and stimulate your Nunu through fun age-appropriate activities. We have a messy play station, which is a firm favourite. Another popular activity is the creative table, where they love to produce their masterpieces using paint and various tools.

We start the class with dancing to movement songs followed by singing nursery rhymes. We then proceed to the activities and lots of fun is had. The Nunus then break for a snack and a recharge as I clean up and change the activities for the next round. When they come back inside, we read a story and they can then move onto puzzles and fantasy play and toys.

By the time class is finished, the little Nunus have had a ball and are ready for their sleep on the way home.

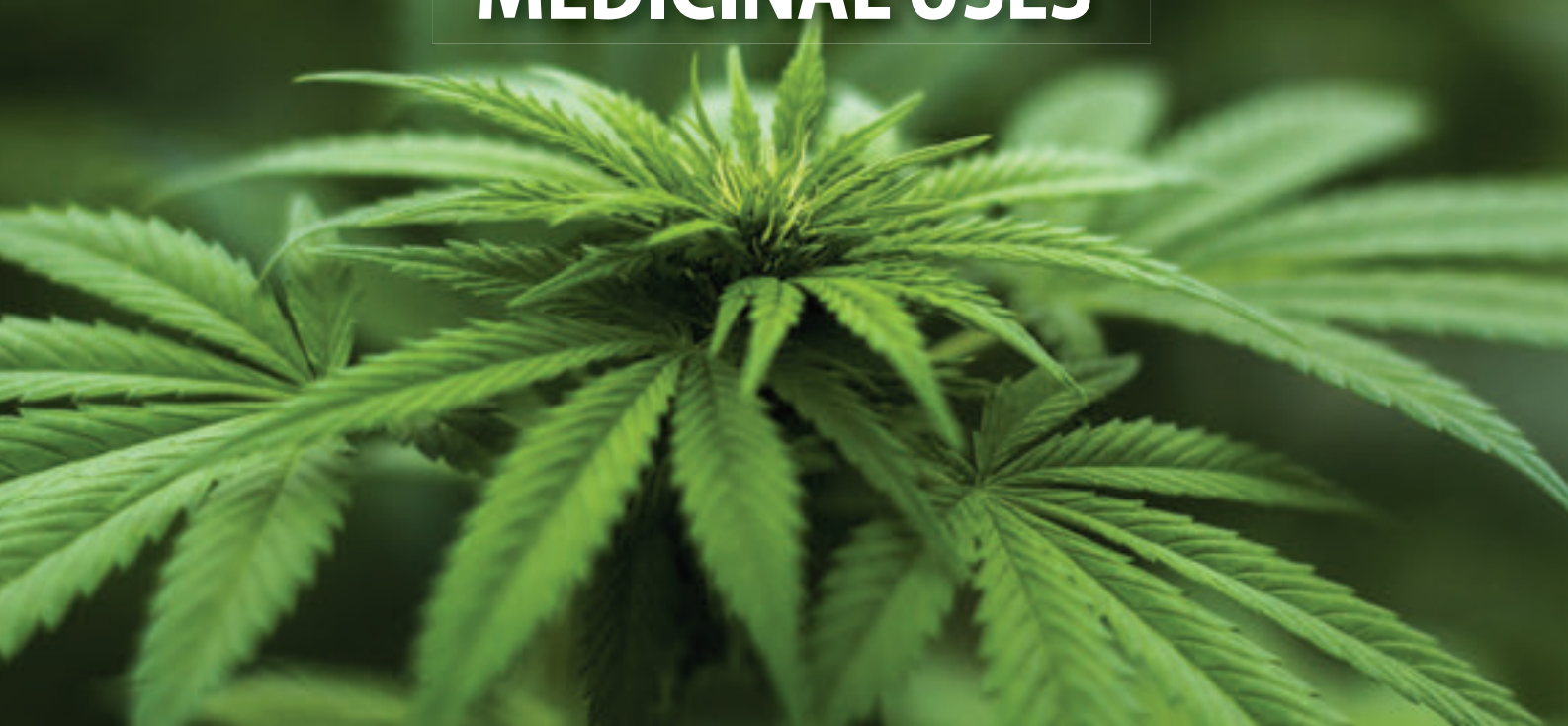
Our classes are on Monday mornings from 10:30am to 12:30pm and on Thursday mornings from 10:00am to 12:00pm.

Nunus normally start from the age of 8 months but we have had a few who have started as early as 6 months.

We would love for you to have a look at what we are up to – visit our Facebook page <https://www.facebook.com/nunusandnannies/>

Or you can contact me, Vanjee Smith, directly on 079 180 0330 or email: vanjeeleigh@gmail.com

CANNABIS AND ITS MEDICINAL USES



Sue Both, the Gardening Guru at GardenShop in Broadacres, gave us a fascinating presentation on the subject of this article.

Here are some of the very useful things we learned:

- In order to sell cannabis, a license must be obtained from the Authorities.
- However, growing cannabis for personal use in your garden does not require a license.
- Cannabis is the oldest medication known to man, having been used for the last 10 000 years.
- Cannabis is an annual.
- The first paper and fibres for clothing were made of a kind of Cannabis, hemp.
- THC is the chemical in Cannabis which causes hallucination.
- Cannabis will enhance or heighten

emotion. If you are happy, it will make you happier. If you are depressed it will be enhanced and is not recommended for people suffering from mental disorders.

- THC concentrate oils are found in the Cannabis flowers.
- Research on Cannabis is very limited as yet.
- Legally available THC in oil or capsules is very low dosage.
- Cannabis does not destroy brain cells.

CANNABIS FOR MEDICINAL PURPOSES

The main medical uses are for:

- Pain
- Muscle Spasm (such as MS or Arthritis)
- Asthma
 - o Glaucoma
 - o Epilepsy
- o Cancer (it reduces nausea after Chemotherapy and prevents the

- growth of cancer cells
- o Eczema, which is inflammation of the skin
- o Psoriasis
- o Prevention of inflammation
- o High Blood Pressure
- Assisting in control of obesity as it helps the body assimilate sugar
- o Diabetes
- Alzheimers Disease (it is mixed with other chemicals).

Sue Both is responsible for GardenShop's Garden Guru horticultural experts in all stores. She is also responsible for staff training, customer courses and workshops, customer consultations, landscape design and implementation. She does most of the GardenShop broadcasts. You can hear her live every Saturday morning on Mix FM 93.8 as the Garden Guru @ 08:30. It is a live radio show with interaction from the listeners.

GardenShop will be hosting a 'Grow Your Own' workshop at the Broadacres Branch on 11 May 2019 from 10:00 – 13:00. Cost is R500 and will include a Grow Your Own starter pack.





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PHASE 2 Offers from R6.3m negotiable



FOR SALE

PHASE 2 Negotiating from R3.65m



FOR SALE

PHASE 2 ASKING R4.2m



TO LET

PHASE 1 - OFFERS FROM R25K p.m.

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THE PERFECT GARDEN THIS MARCH

According to the calendar, it should be early autumn, but in South Africa, Mother Nature's sun is still sitting high in the sky with yet no great hurry to set at the end of the day. Enjoy this special month by running around with your wheelbarrow filling areas with dark compost to nurture the soil. Plant like there's no tomorrow, feed everything that has given you pleasure so it will do it again, and go shopping for winter- and spring-flowering bulbs.

Before it gets cold and the job becomes uncomfortable, clean out your water features. Check that your pump is clean and in good condition. You do not want to do this in mid-winter!

TO DO

1. PREPARE THE SOIL: Add a layer of compost, a few centimetres deep, to prepare it for the winter season.

2. TIME FOR TYPICAL VEGETABLES: The warm and wet soil characteristics of mid-March are suitable for sowing beetroot, carrots, cabbage, spinach, broad beans, radish, globe artichokes, turnips and other vegetables. Sow winter varieties at the end of March. You can also keep on sowing seeds of short-



lived herbs such as coriander, rocket and dill and plant basil, parsley, borage, chives, and garlic chives. Remember to do companion planting with wild garlic and comfrey. Spread mulch around vegetables and rows of beans and carrots; water early in the morning. Feed and mulch cabbage, cauliflowers and broccoli seedlings.

3. FRUIT TREES: Mulch with a layer of contour compost to keep them healthy and reduce moisture loss from the soil. Water citrus trees and keep well mulched. Now that the fruit is swelling, plant wild garlic under them, to help deter pests and aphids.

4. GROOM YOUR LAWN: Nothing spoils the beauty of a well-maintained garden bed than a worn-out lawn lying alongside it. March is a great time to apply organic fertiliser so that your lawn is healthy for the winter season to come.

5. HARVESTING: Harvest herbs for drying and freezing. If you haven't yet harvested your garlic, leave it in the open air to dry out before storing it.



To purchase natural gardening products, or for more information on how to be eco-friendly, give Turfnet a call: 073 935 9754/011 469 5051/4 • School road, Plot 17, Diepsloot

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QUIZ NIGHT AT THE CLUBHOUSE

8 February 2019

Another fun evening sponsored by Francesca Beattie Properties, Denoon Sampson Ndlovu Inc and the Clubhouse, was enjoyed on Friday 8 February. We even had sudden death for the third position between The Myrtle Machines and Team Brexit!

Congratulations to our winners!

1st – The Drinking Cubs won R1 000 cash sponsored by Francesca Beattie Properties.

2nd – Team Evers won R400 cash sponsored by Denoon Sampson Ndlovu Inc and a R300 voucher from the Clubhouse.

3rd – Team Myrtle Machines won a R200 Clubhouse voucher.

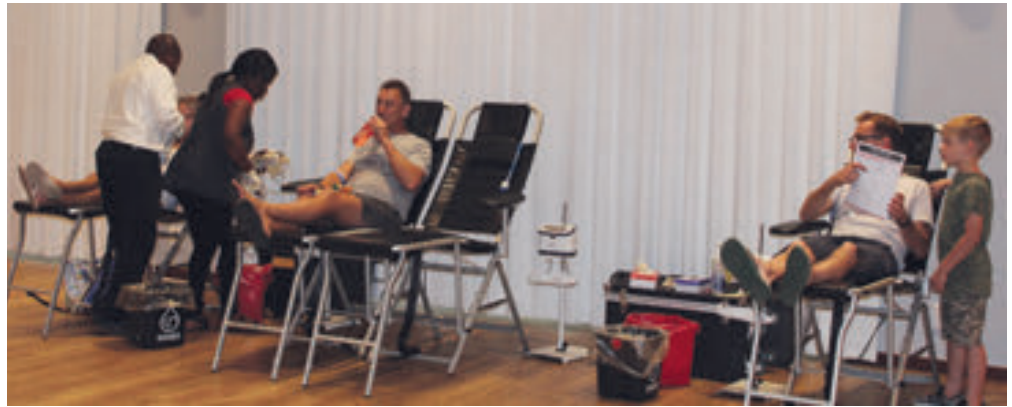


DenoonSampson Ndlovu Inc.
CONVEYANCING ATTORNEYS



SANBS BLOOD DRIVE AT FOURWAYS GARDENS ESTATE

The Estate hosted its first in-house blood drive on Saturday, 9 February 2019. It was very well attended and exceeded the 30 pint expected limit of SANBS. We truly thank you all!



Of the 60 residents that offered to donate blood on the day, 43 could successfully donate and SANBS was truly thankful. In addition to completing a health questionnaire, various health screens, as well as iron and blood pressure tests were done, to ensure that no donor may cause harm to themselves when donating blood. This was the reason why some residents were not able to participate.

A few interesting facts about donating blood:

- Your blood could save a life.
- Anyone between the ages of 16 and 65, weighing more than 50 kg may donate blood.
- You may donate blood every 56 days.

WHAT HAPPENS TO MY BLOOD AFTER DONATION?

Less than 5% of blood is used as whole blood (the way you donated it). By separating the other 95% into its components: red blood cells, platelets and plasma, the unit you donated can save up to 3 lives, which is wonderful considering the whole process takes only about 30 minutes. Your platelets can be used for a cancer patient, plasma to replace clotting factors in a trauma patient and your red blood cells used for patients who needed surgery or suffered complications during childbirth.

NEXT BLOOD DRIVE

We are planning two more drives for 2019, one during June or July and one towards the end of the year. Dates will be confirmed and communicated to all residents. For more information about the process and donating, please visit www.sanbs.org.za



FWG WINE CLUB, 6 FEBRUARY Presenting Vergelegen



Fourways Gardens
Wine Club

We kicked off the Wine Tasting events for 2019 on 6 February, and we were fortunate to have the very popular Vergelegen wine estate in attendance. Guests were treated to a wonderful evening being entertained by Tom who gave a casual presentation packed with interesting information.

The listening skills of all those in attendance were put to the test with a fun quiz based on the information given, with the winner taking away two bottles of Vergelegen DNA 2013. Guests were treated to six of the Vergelegen wines from their Premium and Reserve ranges, including their dessert wine, Vergelegen Straw Wine 2012, which was a firm favourite and a great way to end off the evening.

Founded on 1 February 1700, Vergelegen (meaning "situated far away"), has been under the ownership of some of the world's great explorers and visionaries, each of whom, in their own way, has helped shape Vergelegen into what it is today: a world-class estate. This, coupled with the fact that their winemaker has just started his 22nd year of producing their wines, proves why Vergelegen is an internationally recognised estate offering splendid wines.

Since 1987, extensive investments were made in viticulture and in restoring the estate's historic core. Among the many projects undertaken was an extensive programme of clearing invasive alien vegetation, land rehabilitation and restoration of the estate's historic core. The vineyards were re-established following intensive climatic and soil tests and, in 1992, an impressive, multi-level, sunken hilltop winery was built and opened.

Today, Vergelegen competes with the top 100 wines of the world and positions itself among the leading conservers of Cape cultural heritage.





VALENTINE'S DINNER AT THE CLUBHOUSE

Even though Valentine's Evening was very wet and chilly in the Estate, our Clubhouse did not disappoint, with beautifully set tables and a delectable menu! Thanks to the team and to those who enjoyed their special evening with loved ones, and with us.



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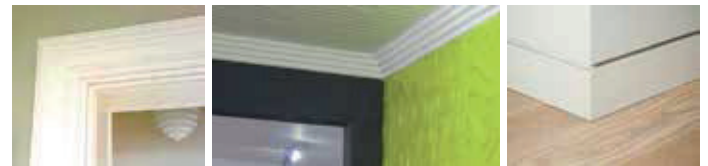


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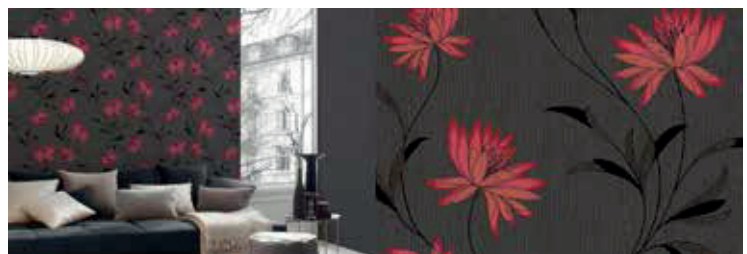


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Renault Clio RS 18 F1 Edition



It's quite possibly one of the most controversial hot-hatchbacks on the market today.

The Renault Clio RS18 F1 Edition is Renault Sport's last hoorah to the Clio and they've done it in typical Renault Sport fashion. It pays homage to the Renault Formula 1 car that Nico Hülkenberg races and features the signature Diamond Black and Sirius Yellow details we've come to recognise as Renault Sport.

The Clio RS rides on Renault Sport's

heavily developed Cup Chassis, and it's been lowered by 20mm and stiffened for extra stability on the track. The subtle tweaks and changes are noticeable once you drive the Renault Clio RS through a twisty road where its playful chassis brings it to life. Renault has also engineered hydraulic bump stops in the suspension to make the ride quality a bit more comfortable for the day-to-day commute. The ride





quality is by no means terrible, but it is still a rather fidgety drive that is easy to get used to thanks to the reliable feedback at the driver's hands.

Under the bonnet, you'll find a firecracker 1.6-litre turbocharged petrol engine capable of forcing 162kW of power and 280Nm of torque through its Michelin Pilot Sport Cup tyres. However sticky the Pilot Sport Cup tyres may be, the Clio RS still manages to break traction, especially when using the launch control function which thrusts the hot-hatch from 0 - 100km/h in 6.6-seconds.

One of the more exciting features of the Renault Clio RS18 F1 Edition is the drive mode select button, located below the gear lever as "RS Drive". There are three options to choose from upon pressing this magic button: Normal,

Sport and Race. In normal mode, the RS can feel a bit slow to respond, so I found myself in Sport mode most of the time. It's when you get into race mode that things start to get a little heated, so much so that the RS will let you bounce it off the rev limiter until you change up and do it all over again.

The RS features an Akrapovič exhaust system delivering all the pops, crackles and bangs that you would expect from a hot-hatch. It makes hitting the red line an unforgettable experience. It's interesting to note that the RS will deliver more of an audible exhaust note when you leave it in Sport mode and let the transmission do its thing, with cracks and burbles achieved from as early as 3000rpm.

There's one detail I have to address and it's the fact that the Renault Clio RS

is only available with a 6-speed dual-clutch transmission, but it isn't as doom and gloom as you may think. Whilst it's no stick and clutch, it still offers an engaging experience as you wring its neck up to the red line, waiting until the last second to flick the aluminium paddle into the perfect shift.

All in all, the Clio RS is a very unique hot-hatch considering that only 65 will ever reach South African soil. The blacked-out badges and yellow trim give it a stealthy look that screams Renault Sport without being over the top. The high-powered turbo engine and shouty exhaust note make for a rewarding driving experience, whilst its dual-clutch auto transmission makes it a hot-hatch you can live with every day.

PRICING: Clio RS18 F1 (incl. metallic paint) - R449 900

NOTE: As a young, passionate petrol-head who lives life on the red line, I would just like to remind everyone that our Estate has a strict speed limit of 40kph. We know you have a fast car! Do not prove it in this environment where you are taking pedestrians' and children's lives into your own hands.

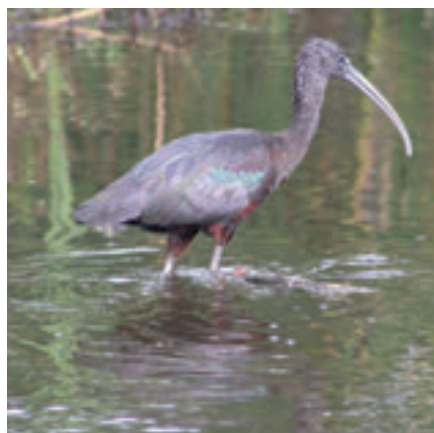
Samuel Da Fonseca

MARIEVALE – A HIGHVELD GEM

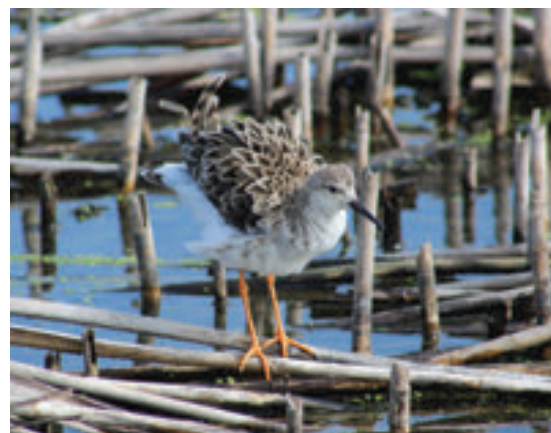
Just an hour's drive southeast from Johannesburg and, say, 80 minutes from Pretoria on excellent highways, is one of South Africa's richest birding sites: Marievale, a name known among serious birders across the world.



Yellow-crowned bishop



Glossy ibis



Ruff



Marievale has almost 300 species of birds in just 1000ha (10sq km) of wetland. By European and North American standards this is an extraordinary count for such a small area and not far off the number of species found in the 16 000sq km of the Okavango Delta.

Although some migrants have already gone by now, March is still not too late in the year for a visit. In fact, on a wintry day in mid-June 1999, Ken Newman and I saw, during a short visit, a Black-tailed Godwit – a rare summer visitor – and a White Stork which is also a summer visitor and which normally returns to breed in Europe in April.

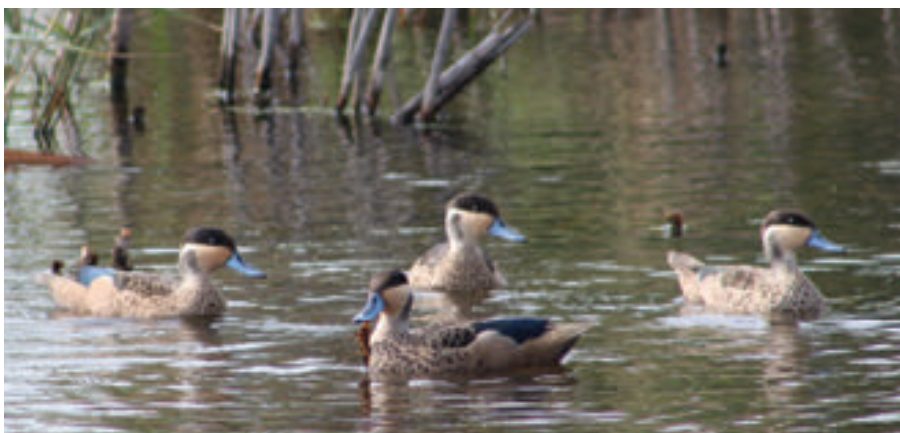
But that's Marievale – one never knows what to expect.

The wetlands are fed by the unassuming Blesbokspruit – it springs only a short distance away near Springs and goes into the Suikerbosch River and then the Vaal.

In 2012, I joined a whole bunch of birders at Marievale to spot a Buff-sided Sandpiper whose territory is North America. Blown across the Atlantic and then, probably, hitching a ride on an east-bound ship it then must have flown 1000km inland to land in the veld near the wetland but 100m from the road on privately-owned farmland. At dawn, scores of vehicles were parked 500m along the fence, one had driven up from Cape Town. To the great credit of the birders, nobody even leaned on the fence. Nearly all of us managed to spot it but, embarrassingly, it took me an hour despite “everybody” trying to point it out to me. I was, at one point, on the verge of “dipping out” (giving up) as veteran birders say.

Mary and I were back in Marievale in January this year. It's a huge swamp in a vast grassland - a chain of ancient dams surrounded by reeds, bordered on one side by an old and eroded mine dump and otherwise surrounded by the Platteland.

This is in fact a Ramsar site – Ramsar being the place in Iran where, in



Hottentot teal

Birding

1971, an international accord was signed to set aside for preservation certain irreplaceable and ecologically important sites across the world.

Marievale is a major survivor of South Africa's former wetlands of which 50 percent have been destroyed. The destruction of these natural sponges was mostly because nobody but a few pioneer ecologists such as my mentor, the late TC Robertson, drummed into the political mind that Highveld rivers, in the rainless winter, rely on the trickle-off from such wetlands and must be protected.

Entrance to Marievale is free. It's a Gauteng Provincial reserve and although the mining industry has done damage and Eskom has strung powerlines across it and pipelines cross it, migratory waterfowl love it and home in on it from as far away as Siberia. At least Eskom, traditionally bird conscious, has festooned the wires to make them highly visible to the flocks of water birds that criss-cross the lakes so the annual toll of bird collisions on the cables are minimised.

I would rate Marievale as being not just a national heritage site but an international one on a par with Nylsvlei and those marshes in the Cape.

It's pleasing to see at the picnic site, on the most recent filled-in page in the visitors' book, laudatory comments from visitors from America and Europe.

Our morning visit in January resulted in 60 positively identified birds including more Hottentot Teals than I have ever seen in one place, as well two gaggles of Greater Flamingos.

We had the advantage of being accompanied by eagle-eyed 10 year-old Alex who has been birding since eight and now has 293 birds on his "life list". To his joy he spotted 12 "lifers" (birds identified for the first time). It's amazing how much more a 10-year-old can see than my old eyes and how quickly he can identify a bird. Good ears too. I recall how the Transvaal Museum's ornithologist in the 1970s, Prof Prozeski, took blind children on his expeditions because their hearing was so wonderfully acute.

Despite the construction of roads, railways, pipelines and power lines in the area, water birds still favour Marievale as a feeding and breeding place. There are sheets of shallow open water and reed beds so one can spot the Little bittern, Slaty Egret and Shelduck and, if lucky, the African Rail,



Goliath heron



Alex signalling, "Four 'lifers' so far..."

Crake, and Painted Snipe. We watched a Goliath heron from only metres away.

And all can be seen from the comfort of one's car though there are plenty of hides and one can walk anywhere. There's a clean well-appointed picnic spot with toilets and braai equipment (bring your own fuel and implements) tables and shade. Its neat condition does credit to the provincial workers who run the place.

A word of warning: we relied on GPS to get us there and it got us hopelessly lost. We found ourselves in Nigel where nothing has happened since 1900 when the British Army passed by. (Even then nothing happened.)

The GPS is unaware that the old entrance to Marievale has been closed for years. The simplest, though not the shortest way, is to take the N3 towards Durban; take the Heidelberg off ramp; turn left onto the R42 and follow it until you see the one and only sign to Marievale on your right. The entrance gate is a few kilometres on the left.

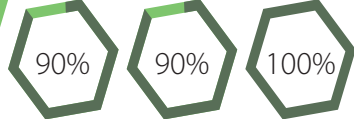
You can book an overnight stay at nearby Suikerbosrand Nature Reserve (with chalets) or at Marievale to be there to witness the great dawn display of waterfowl.

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Sales Executives
Kelvin Dongo: 084 896 5019 | Albert Strydom: 061 504 1994
Ivor van Heerden: 082 734 2061

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PROPERTIES

BRINGING PEUGEOT CLOSER TO THE FOURWAYS COMMUNITY



Customer satisfaction has always been the core focus at Peugeot Fourways but now they have taken their contribution to the Fourways community a step further.

As sports teams so often are the lucky recipients of sponsored uniforms and equipment, while the coaches are left out in the cold, Peugeot Fourways decided it's time to do something special for these amazing men and women who mentor and guide their sports teams to success. They have sponsored the kit for all the hockey coaches at Fourways High School, all the way from Grade 8 to 1st Team

Then, even closer to home, Peugeot Fourways has encouraged their staff to start their own veggie garden behind the dealership. It's ideal, because not only can they keep a watchful eye on the garden, but they get to take the "fruits" or, rather, the "vegetables" of their labour home.

Another value-added bonus – this time for customers – is the Graduate Finance Programme. The first manufacturer to launch this finance programme in SA, in

conjunction with Wesbank, Peugeot believes the newly-graduated customer is an important segment of the market that should be given special treatment.

The programme is for graduates who are under the age of 31, have a University Degree or 3-year Diploma (NQF6), are employed, have valid drivers' licenses, and are either South African citizens or have permanent residence.

"It pays to be a graduate! The focus for this programme is not on your credit history. We take it easier on you and focus on what you can afford, so you can go from graduate to great," says Ashleigh Venter, General Sales Manager at Peugeot Fourways. "The exciting Graduate Finance Programme, though, is applicable to New Vehicles only. Our



Finance & Insurance Manager, Jeandre Saunders, is here to guide you through the finance process and structure the best possible deal for you."

So, what can you buy at Peugeot Fourways?

QUALITY PRE-OWNED VEHICLES

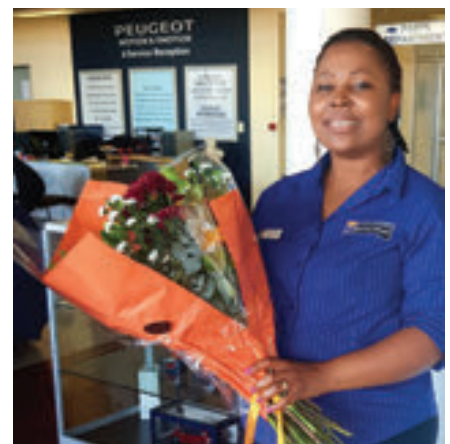
A large slice of Peugeot Fourways' vehicle sales are made up of quality pre-owned vehicles at prices ranging from R100k to R700k. All the vehicles are given a 50-point inspection and the brands range across the full spectrum of what's available on the SA market.



New car showroom



Quality pre-owned cars



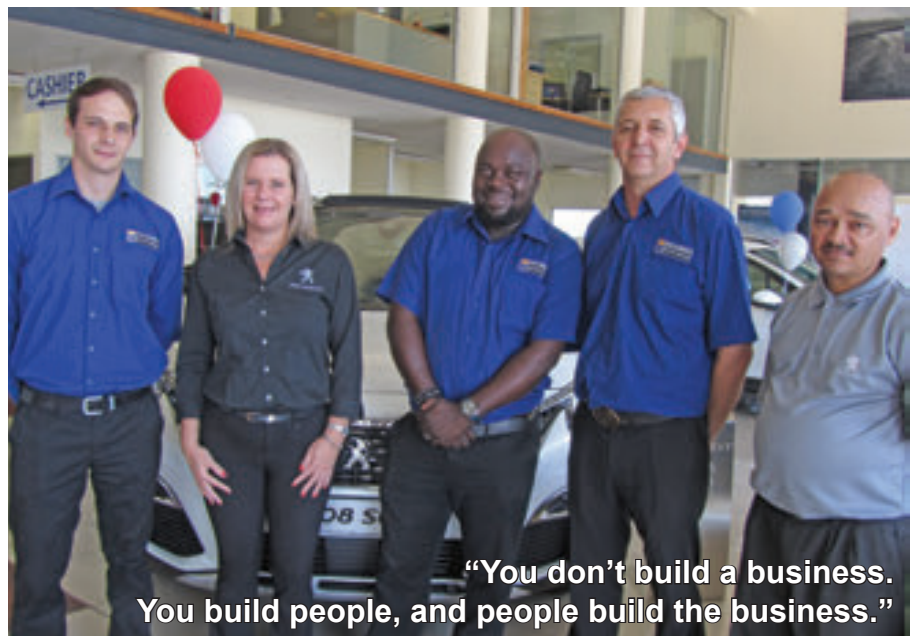
Service consultant, Brenda, with her bouquet from an appreciative client

NEW CARS

Peugeot Fourways is currently offering up to R90 000 assistance on selected models. Launching this year, look out for the Peugeot 5008 7-seater SUV, and the all new Peugeot Partner panel van. The Peugeot 5008 is the ideal family SUV, while the Partner is perfect for the small business owner who has to deliver goods or who needs to keep valuable stock and components safe in transit.

SERVICE WITH A SMILE

The Peugeot Fourways parts division carries a substantial range of spares to ensure quick supply to their customers and their workshop. Services can be booked online and, for those who are needing to get back home or to work, providing the distance is within 20km, a shuttle will take you to your destination. Be sure to look out for Service specials, too, to make sure you get the most value from the Peugeot Fourways dealership.



Contact: 011 467 9340/1 for more information or to book your car in for a service. Open Mondays – Fridays from 7.30am – 5.30pm, Saturdays from 9.00am – 1.00pm.

Meet the friendly staff at Peugeot Fourways (from left to right): Jeandre Saunders (F & I) Ashleigh Venter (General Sales Manager) Kelvin Dongo (Sales Executive) Albert Strydom (Sales Executive) Ivor Van Heerden (Sales Executive)



MAINTAINING YOUR MENTAL ALERTNESS OVER THE YEARS

A healthy mind contributes to a healthy body.

Due to medical and technological advancements, we tend to look forward to longer life expectancies than past generations. We strive to age with good health and have fun while we are doing it. We attempt to achieve this by eating nutritiously, limiting our alcohol intake, keeping physically active, staying connected with our friends and family, and seeking medical treatment when necessary. With good health, we can enjoy life, pursue new dreams and adventures as we age, and focus our attention on things that we enjoy and that create happiness.

Good health includes both physical and

mental well-being. We need to actively work on both of these areas and not just focus on one at the expense of the other. For example, it is not enough to merely keep your body at a level of fitness that maintains physical health; the mind also needs to be kept alert and active.

The mind, like the body, benefits from low blood pressure, low cholesterol, nourishing food, a healthy weight, and physical exercise. There are many healthy lifestyle choices we can make to keep our bodies healthy. There are also good choices to be made with regard to maintaining healthy minds.

WHAT CHANGES IN MENTAL ABILITIES CAN WE EXPECT AS WE AGE?

As we age, we can expect certain changes in our bodies and minds. We may not see and hear as well as we did when we were younger. We may not be able to remember events or details as well or as quickly as we did in the past. As we age, our brain's weight and the network of nerves begin to decrease. At this stage, our brain starts to struggle to adapt, and attempts to compensate.

While certain changes in our mental abilities are inevitable as we age, some things remain relatively the same. We retain our

general level of knowledge, especially with regard to previously learnt information. Our ability to change and be flexible remains similar despite our level of patience declining. i.e., we are still able to handle similar situations we faced in the past with flexibility and adaptability, however we no longer choose to do so or no longer choose to exercise the level of patience required for the task. The proverbial 'old dog' can learn new tricks provided we want to! We might need a little more time to learn them than previously, due to cognitive decline, but we are still able to learn.

WHAT CAN WE DO TO KEEP OUR MINDS HEALTHY?

Just as we exercise our bodies to keep them in working order, so must we exercise our brains to stay mentally agile and adapt to our environment. The 'use it or lose it' theory applies here because if we keep stimulating the brain, it continues to be active and will adapt to the inevitable elements of aging. By engaging in mentally stimulating activities, we can maintain, or at the very least slow down the effects of aging on our brain functions. Therefore, give your brain a workout daily. Solve a puzzle, learn a new musical instrument, read a challenging book, play a board or card game, attend a lecture or talk, or write a short story. These all contribute towards maintaining your mental alertness.

We can stimulate our mental alertness in the following ways:

■ **Improve concentration and focus.**

Keeping the brain active and involved through tasks requiring concentration and focus help ward off early signs of mental aging.

■ **Handle stress more effectively.**

Stress not only wears the body down, it can also affect the way we think, our moods, and ability to remember. When we are stressed, it affects memory and learning. Stress can also cause or contribute to depression and anxiety, which in turn leads to overall negative well-being.

To deal with stress, first identify its causes and determine what changes you can make to avoid it. For example, if rush-hour traffic is causing you stress, change the time of your driving or change your route to avoid heavy traffic. However, not all stress can be avoided; sometimes we are trapped in stress-provoking situations, such as having a stressful job. We then need to engage in

other methods of stress reduction such as:

- **Talking about it.** Sometimes talking through your stress with a friend or therapist helps to put things in perspective. Writing in a journal can also be very rewarding.
- **Taking time to relax.** Whether it is by taking walks, playing golf, reading a book, or meditating, find ways to release your stress and take a break.
- **Get moving.** Physical activity on most days of the week helps your body keep mental stress in check - plus, it supplies your brain with much needed and vital oxygen flow within the blood stream during exercise.
- **Giving yourself a break.** If you must live with a stressful situation, for example job stress which cannot be changed, take mini-breaks. Whether it is a 20-minute a day time-out or several days, take time to relax and enjoy the things and people you find pleasurable.

■ **Let go of grudges and past mistakes.**

This point contributes more to a healthy mental outlook on life. Holding grudges is not healthy and can lead to increased levels of anxiety, depression and can ultimately even contribute towards illness. Let go of grudges and move past any mistakes that have been made. This is done for your own benefit and not for the benefit of the 'wrongdoer'.

■ **Form stronger connections with people.**

Probably our most useful weapon against aging is staying socially connected. The support we receive from our friends and family helps maintain our mental health. Research shows that those who are engaged with family and community groups take longer to show the symptoms of Alzheimer's disease than those who are socially isolated, so stay or become connected. If you are not a social person who makes friends



Lifestyle

easily, join a book club, bird club or a volunteer group.

▣ **Enjoy a more fulfilling and happier life.**

Look on the bright side. A positive outlook and positive emotions contribute to a healthy mind and body. Focus on the good in the world and the activities and people that make you happy.

HOW CAN I HELP MY MEMORY?

- **Be realistic and do not expect to remember everything.** In today's technological world, we are all overloaded with information. Therefore, when necessary, use lists, reminders and other memory aides. For example, write down appointments in your diary or on your cell phone and keep a list of chores in your pocket.
- **Develop routines to help you remember.** Take medicines the same time every day. Leave your keys in the same place.
- **Visual memory tends to be better than auditory memory.** That is, it is easier to remember what you see than what you hear. Using both at the same time will enhance memory. For example, if you need to pick up fruit at the shops, visualise the fruit in the aisle.
- **Association.** By associating, we enable our brains to utilise prior knowledge and build upon that. Scaffolding on prior knowledge and learnt behaviour works wonderfully for both the young and the aging.
- **Increasing attention improves learning and memory.** When learning something new, limit the distractions (for example turn off the TV and choose a quiet place), and focus your attention. Be realistic about the time that you are able to sit and focus.
- **Allow yourself additional time and have patience.** As we get older, we require more time to learn something than we would have when we were younger.

The most important thing to remember is that aging is a normal and natural process. We cannot stop time, but we can change how we view the progression of time and how we engage with the changes that are inevitable.

For more information please call Dr Ruane's Practice on 083 376 1995.



Frequently referred to as the iGeneration, or iGen for short, children born after 1995 are technology-savvy. They were born into a world driven by computers and connected by cell phones. In fact, these kids are the first generation to spend their entire adolescence linked

to smartphones, with online connectivity to social media, which has, to a large extent replaced eyeball-to-eyeball social contact.



EDUCATING THE NEXT GENERATION

Some of the negative spin-offs of this 24/7 connectivity are lack of sleep, lack of social skills, loneliness and depression. Teachers are facing a whole new set of challenges in the education spectrum and, it seems, gathering children together in a school environment to receive academic and cultural instruction while learning other life skills has taken on a new level of importance.

In our Education section in this issue, we feature some of the prominent schools and colleges in the area that are geared to assist in shaping and preparing your children so that they can mature into well-rounded men and women.

Unity College is an independent special needs school that caters to a wide range of learning difficulties and developmental delays in learners from 3–20 years old.

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www.unity-college.org.za

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Brescia House School

Brescia House School is a leading independent Catholic girls' school with a consistently high achievement record.

Offering grades R - 12, the school is committed to educating young women to reach their academic potential, acquire self-discipline and leadership skills and be responsible guardians of our planet.

Highlights of the 2018 matric results

- * 100% Univeristy Entrance pass rate for the fourth year running
- * 23 placements in the top 1% of specific subjects
- * 239 distinctions from 59 girls (average 4 distinctions per candidate)



The Brescia House School bus now collects from:

- * Dainfern
- * Broadacres
- * Lonehill
- * Fourways Gardens
- * Magaliessig



For information or a tour of the school:
admissions@brescia.co.za
www.brescia.co.za



TRADITION AND INNOVATION: KEEPING THE BALANCE AT BRESCIA

There is no **one thing** that sets Brescia House School in a class of its own – rather, it is the balance we achieve by combining traditional values with innovative and meaningful educational practice. This allows each girl to become the best version of herself and leave school at the end of matric as a confident young global citizen.



The Grade R and Grade 12 girls spending time together



The Grade 11 girls getting to grips with Robotics



The traditional Hat Tapping ceremony

Established in 1966 with only 196 learners, Brescia House School has become one of South Africa's leading girls' schools. Underpinning all the school has to offer the girls in terms of academic skills, technological competence and sporting prowess, is the unwavering Catholic Ursuline ethos. The power of this attitude informs every facet of school life, and is evident in the calm, empathetic atmosphere on the campus. It is seen in the way the girls interact with each other and with the staff, and it provides both a yardstick and a comforting safety net for developing character.

The values of consideration, compassion, respect and dignity (as encompassed in the school's motto 'Serviam' which means I shall serve) are evident in all aspects of the school – from the students' active participation in community projects, to their passionate involvement in sports and cultural activities. The school regularly produces top performers in academics, public speaking, debating, music, drama, diving, swimming, hockey, and athletics.

As Brescia House School is part of a worldwide Catholic Ursuline network of schools that educates thousands of learners annually, visits to and from Ursuline schools across the world have become an annual occurrence for both staff and pupils. These exchanges help the girls gain an appreciation for the realities of other cultures and a better understanding of what links humanity everywhere.

Brescia House School offers innovative IT training, preparing girls for the complex world in which we all live. The students embrace mobile and cloud technology daily to better prepare themselves for success in the workplace. The renovated IT lab now includes a robotics floor, used as a coding space, and offers new applications such as Tinkercad and Makerbot 3D printers, which encourage out-of-the-box design and production.

The long-standing school traditions, such as carol services, drama productions and inter-high events, continue to build a strong school spirit and lifelong friendships. The ongoing interactions between past and present girls, and the

sense of community and sisterhood, attest to the adage of 'Once a Brescia girl, always a Brescia girl!'

At the end of each year, a special assembly is held during which each matric girl is presented with her alumni scarf. The girls are called up individually and the scarves are entwined around their shoulders. It is the school's way of saying: 'Brescia is wrapped around you. We will be with you always.'

Gaynor Young attended a recent reunion of the Class of 1978, and said: "Brescia House School was a young sapling when we were here forty years ago. It has been transformed into this beautiful oak tree. Children can play in its shade. They can swing from its branches. They can climb higher and higher, looking outwards."

In this day and age, it is important to mix tradition with innovation, yet never allowing the one to over-shadow the other. The outcome is the production of mature, empathetic and responsible young ladies ready to take their rightful and necessary places in society.

BUCCLEUCH MONTESSORI: WHERE CHILDREN GENUINELY LOVE TO LEARN!

When visiting Buccleuch Montessori it is obvious from the get go that this is not just your average school – this is a wondrous place where children thrive! It's a happy and nurturing environment - where children genuinely love to learn!

Entering through the gates of Buccleuch Montessori, one is immediately taken aback by the beautiful surroundings - well established lush gardens, fun and exciting playgrounds, well-manicured sports fields and, most importantly, the bright spacious classrooms filled with perfectly crafted materials designed to spark curiosity, interest and purposeful activity!

As a parent, you've probably heard about Montessori education – but do you know exactly how it works and why in recent years it has become a 'buzzword' when it comes to finding the right school and education for your child? Visiting Buccleuch Montessori will open your mind to a different way of approaching your child's education . . . it's an education that will set them up with a lifelong love for learning as they enter into the global world and beyond!

Since its inception in 1906, the Montessori philosophy with its extraordinary curriculum has earned itself a reputation across the globe for its exceptional results – to date, there are over 7 000 Montessori schools worldwide and the key principles of the methodology have been adopted within the national curriculums in major European countries such as the Netherlands and Finland.

But what really sets Buccleuch Montessori apart from other schools?

ONE OF SOUTH AFRICA'S OLDEST AND LARGEST MONTESSORI SCHOOLS

Established in 1984, Buccleuch Montessori was among the first Montessori schools opened in South Africa. From humble beginnings, it has grown from strength to strength, firmly defending its place as the country's largest Montessori school! Over 35 years, the school has perfected their dynamic curriculum - offering a rich world-class academic and cultural programme that includes art, drama, music and a highly competitive sports programme! (One of the few Montessori schools in South Africa to offer this!)

CLASSROOMS THAT INCLUDE CHILDREN OF DIFFERENT AGES

The multi-age classrooms at Buccleuch Montessori are a key feature of the school's approach to learning - younger children naturally learn by emulating children who are older than them – while older children are given the opportunity to practise their leadership skills, develop empathy, act as mentors and are able to reinforce their own learning as they help their younger peers.



EMPHASIS ON RESPONSIBILITY, SELF-DISCIPLINE AND THE INTERACTIVE CLASSROOM

When a child takes part in learner-centred education, they discover their own path to learning. In Buccleuch Montessori's interactive classrooms, under the guidance of qualified and experienced teachers, children are allowed to choose their own activities. The ability to do this builds independence, self-direction, self-regulation, creativity and concentration - ensuring that a child is invested in their education enables further in-depth exploration and a deeper level of understanding. Within each safe and nurturing classroom, children are constantly encouraged to ask questions - making every learning experience a fun and exciting opportunity to enhance their confidence and critical thinking skills!

When Children first enter into our Montessori classrooms there is an immediate and touching moment when they realise that this place is for them. Have you thought about educating your child the Buccleuch Montessori way?

For more information and to see our incredible school in action book a tour today! www.bmpschoo.co.za

BUCCLEUCH MONTESSORI PRESCHOOL & PRIMARY

Just a stone throw away from Waterfall Estate, set in a tranquil well established garden, Buccleuch Montessori Preschool and Primary is the largest Montessori school in Africa, providing a high standard of education for children from 4-months to 13-years (Middle School in 2020).

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At Buccleuch Montessori we have a deep respect and understanding for our children - We recognise that each child is an independent and unique individual with their own academic, social and emotional needs. With our small child to teacher ratios we pride ourselves on our personal connection with each and every learner.

True to the Montessori philosophy, our classrooms are multi-age group communities where children are able to flourish and realise their full potential within well equipped, bright and exciting environments - carefully crafted, designed and prepared to ensure optimal learning takes place.

Our world class curriculum promotes hands-on experience, investigation and research allowing our children to become actively engaged in their studies - a highly effective strategy which provides children with the opportunity to work at higher levels of learning whilst promoting leadership skills and independence.

At Buccleuch Montessori students' progress at their own pace as they master new skills with real understanding, whilst developing self-discipline and an internal sense of purpose and motivation - factors which fully prepare them for lives of meaning and success as they move forward into High-school, University and beyond into their adult years.



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PHYSICAL LITERACY – LOVING SPORT FOR LIFE

Just like literacy and numeracy, physical literacy is a vital life skill.

Physical literacy enables children to build and develop physical skills right from birth: from learning to balance and stand, to learning to walk and run, and controlling objects with hands and feet with increasing skill and dexterity. Children also learn different skills in order to cope in different environments – the difference between moving on land and moving in water, for example.

Dainfern College constantly strives to ensure that the best educational practice is in place across all areas of school life. The College therefore undertook a strategic interrogation of sport at the College that involved workshops and engagement with experts and key stakeholders as well as research into the latest educational thinking about physical literacy. The end result was a Sports Mission Statement that encapsulates the College's philosophy in this essential area of the College offering:

Dainfern College aims to develop a high level of physical literacy and a love of sport and movement in each student through



Learning to work as a team at the Montrose Netball Tournament

the exposure of students to a variety of sporting codes and the promotion of a healthy lifestyle and varied physical fitness routines.

Tessa Shellard was then appointed Director of Sport for the whole College to ensure that sport and physical activities at the College are aligned with the physical literacy objectives. She comments: "We carried out a careful analysis of the

physical developmental needs of each age group and put together a programme to ensure the necessary skills are nurtured and developed. Our physical literacy programme is far more than a physical education lesson or offering school sport. It is physical activity in a wide range of forms and environments that ensures our students have the necessary skills in place to be physically active for life."

The focus for children aged 5 - 7 is on movement skills, promoting the enjoyment of being physically active and having fun while developing physical confidence and competence. As Shellard explains: "The development of a strong core, rhythm, motor coordination, eye-hand and eye-foot skills and planning, motor planning and balance are actively promoted in Grade 0 through activities that include outside play and a specific programme that is playful and engaging. All of our Grade 1 and 2 students have two hours of physical activity each week as part of the Integrated Day that we run, as well as a further hour of physical education. This further develops motor coordination, balance and physical fitness as well as



Learning to bowl



Learning how to manipulate a ball



Passion, skill and teamwork



Water requires a different skill set

the skills that are the foundation of all sporting codes.”

For children aged 8 – 12, the focus is on fundamental sport skills, developing the child’s physical literacy in various sports, teaching them how to read an environment and move with confidence and control in a wide range of physical activities through participation in at least two to three different sports. Children in Grades 3 to 7 at the College are therefore given a taste of competitive sport, including what it feels like to be part of a team and to both win and lose with grace. The emphasis is on skills and not results, as this develops character and embeds values associated with solid sportsmanship in this age group.

“With our students in the 13- 18 age group, we start to hone specific sporting skills and the focus is therefore on training and team work. This allows for both greater specialisation and broad participation, depending on what the student wants, and hopefully develops a lifelong passion for being physically active,” says Shellard. She believes this will also ensure a strong culture of willing participation, where

students enjoy participating with and supporting each other.

Dainfern College strongly believes that this physical literacy programme will foster a love of activity and sport in each individual. “Students will grow in confidence and motivation as their physical competence increases through this programme and, as a result, they will have a clear understanding of the value of leading a healthy lifestyle and engaging in physical activities for life,” Shellard concludes.



Specialised skills are honed at high school



Tessa Shellard, Director of Sport at Dainfern College

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

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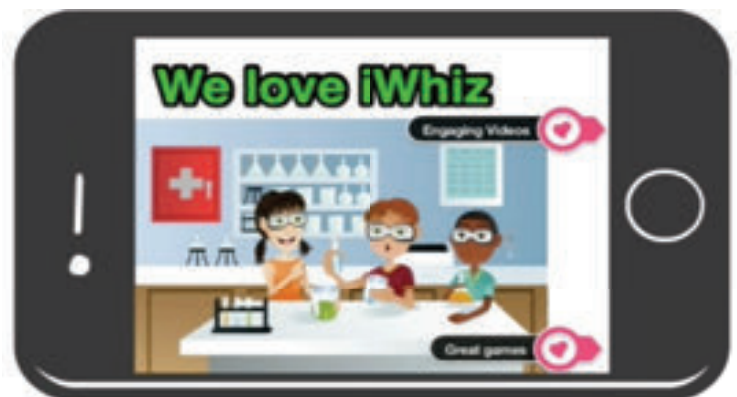
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DON'T THROW AWAY ALL THE OLD VALUES

BY SIMON CRANE, DEPUTY HEAD
- HERONBRIDGE COLLEGE

It is a brave new world. As educators, we have to adapt and shape ourselves around the boys and girls that we are privileged to teach. In metaphorical terms, it is vitally important to drain the old and murky bath water, but to hang on to the baby for dear life.

However, we need to know what parts to drain away. They include old practices that are rooted in poor foundations; yet we need to hold on to old practices that are tried and tested - and waterproof - and to complement them with all-new practices that are current and suited to the needs of 2019 and beyond.

At HeronBridge, this is what we are working towards. And it is what many good schools are doing too.

It is essential. Don't throw away old values because they're old. On the other hand, don't keep them because they are old and don't think everything that's new is good. Because all of these are individual components that require individual decisions.

I have been teaching for 27 years and in that time we have moved from blackboards and chalk through whiteboards and markers to interactive smartboards that function as giant



touchscreens connected to the world. Today, my classroom is filled with tablets and cell phones and, as a teacher, I am no longer the imparter of knowledge. I share a knowledge base with the pupils in my classroom. I do not know more than they do about any topic. The value that I bring is no longer in what I know, but it is grounded in my experience which enables me to manage the group and teach the important skills that will be invaluable for life after school.

Teachers matter in this landscape. They matter now more than ever, as we realise there's a desperate need to get our boys and girls disconnected from devices and reconnected to people.

And so in my classroom, as with so many of my dear colleagues, I don't teach content as much as I used to. Rather my role is to teach the ability to argue a point, to draw a conclusion based on the presence of facts and to wrestle with an issue and then have an opinion on that issue.



Education Advertorial Feature



Devices have brought us forwards as much as they have taken us backwards. They have allowed us the ability to communicate so much more efficiently, but they have reduced the actual amount of face-to-face time essential for social interaction. The ongoing screen battle in homes is something that a good school tackles too and we work in partnership with parents to provide this support for our pupils.

Parents and schools need to partner in this arena. We need to work together to face the financial giants behind the social media platforms our children opt to use.

My theory is that if I have heard of a platform, young people have already left it and are elsewhere. Much like Cockney Rhyming Slang developed in the 1800s allowed people to stay ahead of the authorities in London, if we think we are up to date that is the first mistake. We are so far behind, we don't even realise how far behind we are.

The biggest question that I get asked is how do we prepare our pupils at HeronBridge for an uncertain world? How do we ensure that our Matriculants are ready for a world that will be different from what we and they expect?

My answer to that question is that we need to teach skills that will never go out of style. These include the ability to work as a committed member of a team. The ability to work productively alone and unchecked. The ability to be self-motivated. We need to teach a cooperative spirit and a sense of community. We need to teach resilience and an ability to be able to stand up again after losing. We need to teach our boys and girls how to be self-confident and proud of themselves while maintaining a sense of humility and empathy for others. We need to teach them to recognise when it is their time to lead and when it is their time to follow. We need to teach them to know when to stand their ground and when to walk away. We need to teach a sense of respect for their school, and to wear their uniform with pride, but to hold others in the same light too.

It is a delicate balance to get right and a good school provides an holistic approach to education that grows and enables these learning points to happen. It's a dynamic platform. It shifts every day. The game changes and the rules adjust all the time.

The solution, as always, is time invested in people. There's no short cut. It is just a case of spending time with our boys and girls and building relationships rooted in mutual respect.

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At HeronBridge College, we believe that all children are gifted and talented by God in different areas but still need to learn life skills. We aim to educate children in such a way so as to achieve their personal best while allowing them to honourably face the challenges that life places in their path, thereby glorifying God.

WWW.HERONBRIDGECOLLEGE.CO.ZA

BEING THE BEST FOR THE WORLD

BY GARY BOTHA – KYALAMI SCHOOLS CEO

All independent Schools operate in an exceptionally competitive environment, and so, you would assume that being the best School would be our singular purpose. It is not. For Kyalami Schools (NPC), it is considerably more important to produce future citizens who are **the best for the world** rather than simply being the best in the world.

While the success of our pupils is, without question, a story of incredible personal achievement, we know that our Matric results are only a part of the whole story. The academic success metric, as important as it is, has to remain secondary to the type of child that leaves our Schools, because our 100% pass rate is meaningless if our pupils are not equipped to be active, contributing members of the society in which they live.

We have seen significant changes to the education landscape over the past 10 years, with the advent of technology in the classroom and the proliferation of mobile,

internet-ready devices in our schools. We are also teaching a fundamentally different child now, who has the ability to inform their actions on an unprecedented level. It is incumbent on schools to develop robust communication skills that allow pupils to understand, assess, and draw real value from the information that is presented to them.

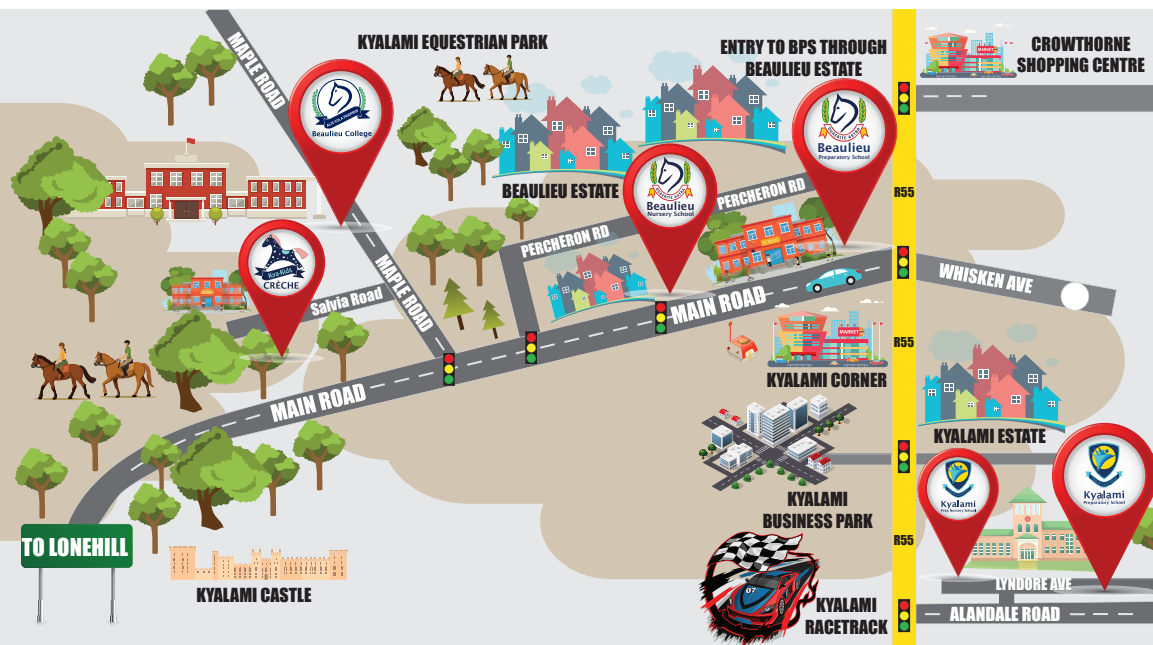
Schools should be preparing their children for a future world that is unlike the one we live in, and perhaps even beyond our current, collective imaginations. The days of chalk-and-talk teaching and ultimate-authority educators have been replaced by a more collaborative and meaningful style

of values-based teaching and learning, where the classroom is a space for skills development rather than content regurgitation.

Today's pupil understands the value of diversity within their environment in a way that Millennials, Gen X and Baby Boomers are simply unable to, and this makes them significantly stronger as a generation. There is a great isiZulu saying, **umuntu ngumuntu ngabantu**, meaning "a person is a person because of people". I want our pupils to understand the value of this connection, as I am convinced that the ability to look around a room and tap into the diversity that exists therein is a recipe for personal success. What better place than South Africa to grow the skill-set of understanding the value of difference.

Alongside the promotion of these human skill sets, we should teach children to read for deep understanding; we should help them develop fantastic mathematical ability; and we should school them in the art of resilience for situations that require a multifaceted problem-solving approach. This will truly serve them well in their lives, no matter what it is that they choose to pursue.

Kyalami Schools Group (NPC) is a self-funded, self-sustaining Group of Schools that delivers a broad and well-rounded set of skills to our pupils, allowing them to embark on a journey true to our motto of **developing global achievers**. As a not-for-profit company, we have the advantage of re-investing every surplus Rand that we generate back into the development of our Schools. This allows us to continue to deliver our world-class product.



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A Community of Schools Developing Global Achievers



Kyalami Schools
(NPC)



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

Our learners, the future leaders, are at the heart of every decision. Our profession and calling is to nurture and support children to develop and assist them to become the best they can be. Collectively, we are committed to the development of inquiring, lifelong learners. The fast change of pace in the world today, coupled with the doubling of the growth rate of knowledge every few years, means that our children will experience a very different world than the one we know. As such, we offer holistic learning programmes to support the most important capacities that young people now need, in order to make their way in the increasingly demanding world of the 21st century: the powers of creative thinking and problem-solving, moral and values-based education, and a strong academic base so they can become global achievers in whatever field they choose to work.



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ACADEMIC INNOVATION

So, is it worth the risk? While sailing the partially-uncharted waters of PBL, don't be afraid to let your child dive in. Embrace the sometimes chaotic yet always erratically beautiful jazz in the air. Jean Piaget once said, "Education, for most people, means trying to lead the child to resemble the typical adult of his society... but for me and no one else, education means making creators... You have to make inventors, innovators – not conformists." As parents, it's time for us to get on Piaget's page and aspire to make our children creators – their future depends on it.

<https://www.gettingsmart.com/2017/09/what-parents-need-to-know-about-project-based-learning/>



St Peter's College has recently introduced Project-Based Learning to the Grade 8 and 9 curricula. The introduction of the Project-Based curriculum is a culmination of three years' work by Mrs Shelly Matthews who is the Deputy Head of Academics and the St Peter's College Dream Team. Elective subjects such as History, Geography, Technology, Engineering, Graphic Design, Music, Business Studies to name a few, are taught as termly modules and eleven projects are on offer to the Grade 8 and 9 students. The projects do not fit the mould of a traditional project. The focus is on developing 21st Century skills while solving a real-life problem. The students are given exposure to all Learning Areas and they have an opportunity to work in a group and individually. With Project-Based Learning, the students learn how to take initiative, be responsible and build a good attitude. The students will also build their confidence, solve problems, work in teams, and communicate ideas.

The adage, "Tell me and I forget. Teach me and I remember. Involve me and I learn," summarises the St Peter's College Project-Based Learning philosophy in a nutshell.

The college has refurbished the Resource Centre classroom and the Media Centre in order to meet the technological needs

of Project-based Learning. The space is modern and fitted with the top of the range technologies such as 3D printers, as well as a green room studio with video and photography equipment. Several classrooms have been fitted with Smartboards and the teachers have been trained to deliver the Project-Based Learning.

St Peter's College continues to offer exciting academics. In 2018, STEAM was introduced to the Grade 8 curriculum. A theme entitled 'Titanic' was presented to the students which required them to focus on research and referencing reliable sources. In Term 2 2018 Grade 8 students built the infrastructure of a new city with the focus on group work, recycled materials and understanding of structures. In Term 3, entrepreneurs from Wealth Creators spent time with the students sharing their successes and struggles. The students were then given an opportunity to give a 'Dragon's Den Presentation'. The entrepreneurs were impressed by the creative ideas and the sales pitches of the students.

Grade 9s were involved in the project entitled the 'The Future is Exciting' and the students were exposed to the important 21st Century skills. The aim was to create an awareness about the many options available in the world of work and further study. The Project took

place over three days, including a full day spent at the Witwatersrand University Campus where they completed an 'Amazing Race'. The project introduced the students to QR Codes, Twitter, Story Board Software and Instagram. The Maths Department taught the theory of a clinometer and then the students built a clinometer and other activities were completed at the university.

St Peter's College is an independent, Anglican co-educational high school that committed to developing young people with vision, energy and enterprise, who are not afraid of hard work, who can work in a team and who have the good of the greater community in mind at all times.

For more information about St Peter's College, contact Mrs Nosipho Nkosi, Marketing Manager at nkosin@stpeterscollege.co.za





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PUBLIC SERVICE ANNOUNCEMENT

For Dogs, Spiro is Not a Greek Take-Away Restaurant



In light of the recent disease outbreak scares around SA, Twisted Whiskers has put together a quick reference guide to some of the common, deadly, yet COMPLETELY PREVENTABLE diseases that may be a threat to our pets in Jo'burg.

DISTEMPER (DOGS)

Following an outbreak of distemper in Knysna last year (which quickly moved to the Western Cape), vets countrywide are reminding their clients to ensure that vaccinations are up to date. Distemper is not new; in fact, it's one of the oldest diseases to affect dogs. The canine distemper virus belongs to the same family as those that cause measles, mumps and bronchiolitis in humans. Distemper affects various body systems, hence its name, which derives from the Middle English term,

distemperen, meaning "to upset the balance of the humours". **Symptoms are respiratory, gastrointestinal and neurological** and include the following:

- Diarrhoea and vomiting
- Mucous discharge from the eyes and nose
- Pneumonia (characterised by coughing and laboured breathing)
- Hardening and thickening of paw pads and nose leather
- Muscle spasms and inability to co-ordinate movement
- Seizures with salivation and jaw movements (referred to as "chewing gum fits")
- Partial or complete paralysis.

There is no cure for this disease and the small number of dogs that survive the initial symptoms are at risk of developing severe neurological problems up to years later. By the time this disease becomes neurological (ie. seizures, self-trauma and paralysis), the animal cannot be saved and euthanasia is sadly the only option. Distemper is transmitted from dog to dog through direct, as well as indirect contact (eg. bowls, blankets, etc.) and may even be airborne.

Preventable! Ensure your dogs are seen annually by their vet and that you follow the vaccination recommendations to the letter.

CANINE PARVOVIRUS (DOGS)

CPA or "parvo" is the infamous puppy-killer - it is usually seen in puppies aged between 6 weeks and 6 months but adult dogs with lapsed vaccinations can also contract the disease. The puppy starts showing symptoms within 5 days of being infected: **listlessness, loss of appetite, vomiting and severe bloody diarrhoea**. Parvo is unfortunately still very prevalent in SA, due to the high numbers of unvaccinated pups. It is highly contagious, making breeding kennels and welfare shelters prime locations for it to thrive; **the virus may also survive in the environment for up to a year, so it is inadvisable to bring a new pup onto a property where parvo has been diagnosed for at least that long, regardless of the steps taken to eliminate it**. Parvo is spread through contact, as well as via the oral-faecal route, which means that pups sniffing an infected pup's behind or poop could be infected.



There is no known cure for parvovirus, but intensive treatment in hospital focused around managing the symptoms, supporting the dog's ability to outlast the virus and preventing secondary bacterial infection may save an infected pup's life.

Preventable! The treatment for parvo is very expensive, with no guarantee that the dog will survive, yet an inexpensive series of vaccinations can prevent the disease. Young puppies should be vaccinated at 6 - 8 weeks of age, with at least 2 vaccines (a month apart) after 10 weeks of age. Puppies should not be socialised with dogs where their vaccination status is unknown, until at least 2 weeks after their third vaccination.

SPIROCERCOSIS (DOGS)

Spirocerca lupi is the worm that kills, yet many dog parents aren't familiar with it. Additionally, only 2 parasite control products currently on the market in SA are effective in preventing it. *S. lupi* is a 5cm long worm that lives in the oesophagus of a dog who has ingested it after swallowing dung beetles (the worm's intermediate

host) or other small animals like birds, mice, lizards and frogs (transport hosts) that feed on these beetles. After being ingested, *S. lupi* larvae hatch in the dog's stomach, migrate through the abdominal blood vessels to the aorta. Once mature, they move through the tissues of the chest into the oesophagus, causing damage to those structures along the way, where they form large nodules. These cause the **typical respiratory symptoms of spirocercosis (laboured breathing, coughing and retching)**, as well as the **gastro-intestinal signs (difficulty swallowing, regurgitating food and loss of appetite)**. This process generally takes 4 - 6 months but may be as quick as 2,5 months. The female worms lay their eggs through holes in the nodules, and these pass through the dog's intestines and out via the poop - to be eaten by another dung beetle, or to be eaten by another dog....

This very invasive migration path through the body may cause any of the following symptoms:

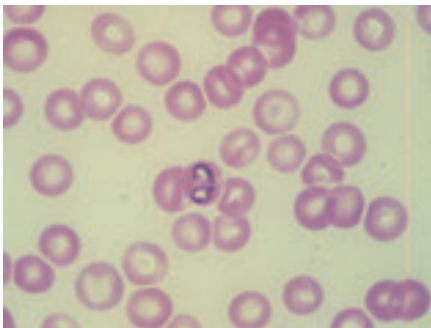
- Vomiting/regurgitation
- Enlarged salivary glands
- Weight loss

- Weakness
- Pale gums and lips
- Swollen paws
- Fever
- Ruptured blood vessels
- Secondary bacterial infections
- Coughing/pneumonia.

The nodules in the oesophagus may form cancerous growths that can spread through the body.

Treatment involves killing the *S. lupi* worms and simple infections caught early may respond to anti-parasitic drug treatments repeated over time. However, advanced spirocercosis that has become cancerous cannot be treated and all that can be done is to alleviate the symptoms and relieve pain.

Preventable! The highest prevalence of *S. lupi* is in Gauteng and KZN, so **monthly deworming with Milbemax (Elanco) or spot-on treatment with Advocate (Bayer) in these areas is a must.** These products are available from TW. We can even set up notes on our system to provide them whenever your pooches visit us for grooming.



A microscopic view of a blood slide with the teardrop shaped bilary parasite (*Babesia canis*) inside a red blood cell of a dog.

BILIARY (DOGS. CATS ONLY IN COASTAL AREAS)

Biliary, similar to Tick Bite Fever in humans, is a very common killer of dogs in this country. The biliary parasite is transmitted through the saliva of infected ticks which, in turn, are infected by feeding off infected dogs. Once the parasites are in the blood stream, they multiply and destroy the dog's red blood cells. Red blood cells carry oxygen throughout the body, so losing them results in the symptoms of biliary: **pale or yellow gums, fever, listlessness, decreased appetite and red urine.** These symptoms start about 10 - 21 days after the initial bite. Another tick-borne disease, Ehrlichia, often occurs together with biliary, as they are transmitted by the same ticks, and blood tests will reveal if a dog has one or the other, or both. Biliary isn't contagious, but dogs exposed to the same infected ticks can develop it - ie. all dogs in your household may be at risk.

Treatment ideally involves hospitalisation as, in severe cases, a blood transfusion may even be necessary. It's vital to seek treatment a.s.a.p.



Preventable! Religious dosing with an effective tick and flea treatment

eg. Seresto collar (Bayer), Bravecto (MSD) or Nexgard (Boehringer-Ingelheim) oral tablets; or Frontline (Zoetis) or Advantix (Bayer) spot-on will help protect your fur-family from deadly ticks. Remember that even dogs and cats who don't have any contact with other pets are at risk, as ticks enter your property via birds, rats and mice, reptiles, etc. **DO NOT be tempted to discontinue anti-parasite treatment (or stretch the periods between doses) in winter** - ticks can survive on penguins in the Arctic, so the warm and cosy conditions in our heated homes are just as ideal for them to thrive in, as in the sweltering summer temps. Veterinary hospitals deal with plenty of cases of biliary in winter, almost all of them due to pet parents relaxing their parasite treatment. And another word to the wise: NEVER rely on home remedies like garlic or any of the host of flaky concoctions that pepper the internet - **your pets need tried and tested, scientifically researched parasite control measures in order to stay safe**, and these need to be

dosed/applied strictly according to the package guidelines to ensure efficacy. Ask the TW Team for their recommendation of the best tick and flea prevention product to suit your and your pets' lifestyles, as well as your budget. Again, we can assist you with reminders when your furballs join us for their Spa days.

RABIES (ALL MAMMALS, HUMANS)

The Rabies virus is transmitted when an infected animal bites another animal or a person. Additionally, infected saliva that encounters a skin wound can spread the disease. The virus affects the brain of the infected mammal, travelling along the nerves from the site of infection.

The incubation period can vary greatly from weeks to months, so it's vital that any animal or person who has been bitten by a suspected rabid animal receives immediate attention. The only way to confirm that an animal is rabid is on post mortem, which means that the animal suspected of being rabid must be euthanised and sent for examination. **Once symptoms have**



developed, the disease is incurable and always results in death.

All the symptoms of rabies relate to inflammation of the brain and subsequent neurological disfunction. Hyper-salivation (frothing at the mouth) and hydrophobia (fear of water) are mostly associated with rabies and occur as the animal or person desperately wants to quench their thirst but cannot swallow. **Rabid animals may stumble around aimlessly and demonstrate abnormal behaviour for their species: wild animals can appear tame, or domesticated, friendly animals may show aggressive behaviour.** Children should be taught never to approach unfamiliar animals.

Preventable! It is a legal requirement to vaccinate all dogs and cats against rabies in SA. Due to the serious risk to human health, any animal suspected of being rabid, and without an up to date vaccination history that has bitten another animal or human, may be confiscated and destroyed. If you take your pets on trips, please always travel with your vaccination certificate or the

contact details of your veterinarian, who can provide proof of your pet's vaccination history.

The first vaccine is given from 3 months of age and repeated before the animal is 1 year old. Thereafter, a booster vaccine must be administered every 3 years. In some parts of SA, like KZN, and for travelling pets, annual vaccinations are usually required.

FELINE LEUKAEMIA VIRUS (CATS)

Feline Leukaemia Virus, or FeLV, is increasingly a cause of death of cats in South Africa. 85% of infected cats die within 3 years of contracting it, as it suppresses the immune system and predisposes them to deadly infections. **FeLV cannot be transmitted to people or dogs but is passed between cats through infected saliva or blood (eg. when grooming or fighting) and, to some extent, urine and poop (sharing litter trays). Kittens can contract the disease in the womb, or through their mum's milk.**

Preventable! FeLV may be spread by cats who appear to be healthy, so it's

important to have all cats tested for it. Cats living in multi-cat environments, including residential complexes, should be vaccinated against it.

Healthy but FeLV-positive cats should always be sterilised and, ideally, kept indoors. **New cats or kittens over eight weeks of age should be tested for the virus before being introduced to a multi-cat household.** Most vets caution against introducing a new cat into a household with a FeLV-positive cat, because the new kitty may be at risk of contracting the infection – even with vaccination. Additionally, the stress of a newcomer could affect the immunity of the FeLV-positive cat.

CONCLUSION

It's a relief to know that many of the most serious disease threats to our beloved pets are entirely avoidable if we ensure that their vaccination and parasite-prevention programmes are kept up to date. Chat to your vet about their recommended vaccination protocol (these may vary in different parts of the country, or for individual pets) and set calendar reminders to guarantee that you never skip parasite control doses.

RESTAURANT COMPETITION FOR MARCH

Don't forget to enter our monthly restaurant competition.

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

The question for this month's competition:
When was the Vergelegen Wine Estate founded?

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

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

Terms and Conditions:

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

WINNER

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

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DRIVER: Malawian Samuel is offering Driving services. He has a Code 10 License. He is also looking for Accommodation from Mon to Thurs, can also work as a Gardener. Call 074 996 9551.

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

E & J GAS INSTALLER: Maintenance, Repairs, Installations, Eddie (Cert Gas Installer) call - 079 885 2528 or Julio 082 654 4888 / eduardocasanoves@gmail.com / jzw@telkomsa.net

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Stella: Looking for full time domestic or child care work, contact 078 397 8167 or 072 622 4747.

Barbra: Employers relocated, looking for domestic work, Mon - Fri, very reliable and friendly. Call 078 843 8951. For a reference call Cathy on 082 903 3968.

Janet: Malawian seeks part time domestic / child minding work, Mon, Wed, Thurs & Sat, very honest and hardworking, highly recommended. Call Janet on 073 957 2104 or Neil on 083 281 1871.

Beauty: Is a wonderful helper looking for work on Mon, Wed & Fri. She is totally reliable, honest and thorough, she has never let me down in the four years she worked for me. Call Gill on 079 477 8306.

Ellen: Looking for work on Tues, Thurs & Sat. Call Ellen on 061 223 8983 or Andrea for a reference on 082 889 1232.

Melissa: Looking for domestic work Mon to Fri, good with children, can also cook. Call her directly on 078 282 5392 / 062 030 1213. For a reference call 083 417 6204.

Zodwa: Due to downsizing, I am having to reduce Zodwa's days from 3 days to 2 days per week. She has worked for us for the past 7 years and is cheerful, reliable, trustworthy, helpful and has a good command of English, both written and spoken. Zodwa is looking for work on Wed, you will be

delighted if you take her on. I would be happy to give up one more of my days if you needed her for 2 days per week. Please contact Caryn 082 460 4074 or Zodwa directly on 078 569 4077.

Blessing: I can wholeheartedly recommend this trustworthy and hardworking house keeper. Blessing works for us on Mon, Wed & Fri. She seeks employment on Tues & Thurs. Contact Jean on 082 895 1523.

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Lonely: Malawian looking for domestic work full or part time. She is reliable and trustworthy. Call Lonely on 083 599 5108 or for a reference call Jess on 083 274 4821.

Sindi: My lovely helper is looking for work on Tues, Thurs & Sat. She is exceptionally good with kids and can do all the house work. Please call her on 073 377 6407. For a reference call Noma on 074 162 7417.

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

Ennie: Looking for full time or part time work on Tues & Thurs, happy to live in or out, she is honest, reliable, hardworking with a pleasant nature, she has worked with kids and has her driver's license, she comes highly recommended. Call Fran on 072 660 0669.

Caroline: Looking for part time or full time work, she is able to live in or out. Caroline is hardworking and meticulous with ironing and cleaning, she has a friendly disposition. For a reference please call Inge on 083 631 0353 or Caroline on 078 561 2564.

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

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

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

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

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

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

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

Thabu: Malawian, reliable and hardworking works well without supervision, is looking for full time, stay out position as a child minder / domestic, friendly with kids. Call 061 878 4043, for a reference call Jackie on 082 902 2426.

Gladys: Zimbabwean with work permit has worked for us in FWG for almost 20 years. Due to downsizing, she is available 2 days per week, she is quiet and hardworking, irons beautifully, can cook and her salad making is Legendary, she is incredibly trustworthy and has never missed a day's work. Call her on 063 263 5693 or call Praline on 083 703 2600 for a reference.

GARDENERS:

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

Fraywell: Malawian seeks part time garden work on Mon & Thurs, he is honest, efficient and dedicated, comes highly recommended. Call 073 776 5914 / 084 406 7654, or for a reference call 082 290 2589.

Geoffrey: My gardener for the last 5 years is looking for work on Wed. Call him directly on 074 781 6466 or Andrea on 082 889 1232.

Shadrak: Very reliable gardener who works with irrigation systems, painter etc. Is looking for part time work on Tues & Fri. Contact Judy on 083 630 4205, for a reference or call Shadrak on 079 104 7004.

Gift: My gardener is a reliable and hardworking gentleman that is looking for work on Tues, Fri & Sun, but flexible if these days are not suitable. For a reference call Gayle on 082 457 0896.

Robert: Malawian looking for part time work on Wed, Fri & Sat, honest and hardworking gardener with own tools, great with dogs and has been with us for 6 years. Contact Robert on 064 270 1890 or WhatsApp on 078 499 0945, for a reference call Zole 082 785 0987.

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

Mike: Malawian seeks gardening work on Mon, Wed, Thurs, Fri, Sat & Sun (on Tues he needs fortnight), he works without supervision and is very reliable and hardworking. Please call Grant for a reference on 084 700 1004 or Mike on 073 800 2107.

Mbawo: Malawian with a passport and work permit is looking for gardening or driving work, hardworking, reliable and honest. Please call 078 415 1855 or WhatsApp on 081 483 5174.

Richard: Looking for work on Mon, Wed, Thurs, Fri & Sat, he is honest and reliable. Call Richard on 064 802 1254.

Moses: Our wonderful Malawian gardener is looking for work on Mon, Tues & Fri, he is reliable, friendly and a good worker and always on time. Please call Moses on 074 521 0635.

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

Makhosini: My hardworking and reliable gardener is looking for work on Mon or Tues. Call Mak on 073 094 9549 or Mandy for a reference on 083 627 7799.

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

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

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

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

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

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

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

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

Joshua: Has worked for us for 13 years, he is reliable and honest and comes highly recommended, looking for part time work on Sat & Mon. Please call Jean on 082 579 4326.

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APPROVED ESTATE AGENTS FOR 2017/2018

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

Agency	Agent	Cell Number	E-mail	Website
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	taniamh@century21.co.za joep.rijntjes@century21.co.za	www.century21.co.za
	Brian Falconer	082 651 7890	brian.falconer@everitt.co.za	www.chaseveritt.co.za
	James Le Bihan	082 777 3543	james.lebihan@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni Maureen James	083 601 5521 082 882 0228	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Martina Forsyth Tracey-Lee Savage (rentals)	083 260 1562 083 654 2729	martina.forsyth@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Charmaine Rousseau	071 331 5944	charmaine@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
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Survival without a cake fork

The invitation, in green ink, was on recycled paper made from previously recycled paper which had originally been made from elephant dung. Environmentally terribly friendly though it was, I instructed Threnody Higginbottom (she's my secretary y'know. I call her Miss Smith) to decline it.



The invitation was to spend a week in the bush on one of those survival courses where one goes without cake forks.

I went on one once and survived. They give you your money back if you fail.

A dozen people paid good folding money to spend a week learning how to survive on food from the veld. This saves the organisers a great deal on catering.

On arrival in the bush we shuffled our feet like recruits on their first day in the French Foreign Legion. We were forced to dump our shaving kits and underarm deodorants, half-jacks, cell phones, jelly babies, worry beads, All Bran and bottles of Pinotage which all went into storage until the end of the course.

The proprietor said: "We have all just survived a plane crash in a remote part of Africa. That's our situation. All we have is what we stand in. For the next week, we will survive on what we get from the bush."

I realised he was using the "royal we" because he then disappeared - rushing off, I suspect, to the nearest French restaurant - to reappear, burping, only when the course ended.

We were left facing his subaltern - a lean man who looked us over sympathetically. Some participants, separated from their cigarette lighters for the first time since they were 12, stood with trembling lower lips. Nowadays a lot of people, including grown men, whimper when parting with their cell phones.

I recall it was growing dark and little night sounds were intruding, like the grunt of a (hungry) lion.

Somebody, reasonably, asked about a fire. Somebody else observed, "You've taken all our lighters!" Somebody else said: "I think you should know I am a lawyer and so is my cousin."

Our guide was unmoved. He said fast food was available - fast food like impala. The trick was to catch them. As for fire... he scouted around for suitable sticks to rub together. It transpired he used to teach army commandos how to survive by eating each other.

He was to show us how to make fire as well as, by using twigs and grass, we could build a five star thatched safari lodge for the night; and how to prepare warthog liver garnished with dung beetle larvae and a side plate of

bladderwort and hoof scrapings.

The wilds, he said, were like a supermarket stacked with good things. You just help yourself. The lions, of course, feel the same way and also metaphorically push their trolleys along looking for the meat counter.

Our guide knew his stuff - like how to beat off mosquitoes and elephants. He knew how to find his way by the stars or the sun and how to suck pebbles when one is dying of thirst. We learned to find water by observing the direction in which doves and sandgrouse flew in the late afternoon when they seek water. We made fishing lines out of bark and hooks from thorns. And caught fish that tasted like industrial sludge.

"Oh goody!" said somebody who claimed his cousin was Angela Day, "caterpillar soup again!"

Meals ended with coffee from the witgat. Witgat coffee is as different from Nescafe as wildebeest droppings are different from hot cross buns.

I declined the invitation to do the course again because I am no good at this survival thing. I can't even suck a pebble for long without chewing it.

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