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Residential Estate

May 2017

A VISIT FROM THE EASTER BUNNY!

Bring herbs into your life and garden

The Social Club is flourishing

The joy of birding with children

TRAVEL:

Mount Fuji, a personal experience



FOURWAYS GARDENS

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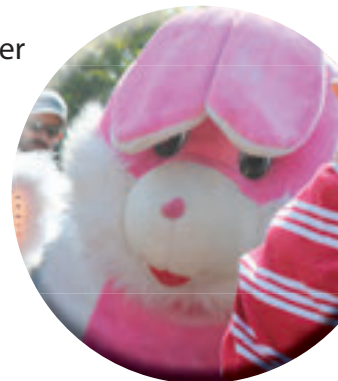
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Cover photograph: Anke Langenhorst

IMPORTANT NUMBERS

Estate Office 011 465 7731

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

info@fwg.co.za

Estate Security RSS 011 465 5465/66

Main Control Room

Emergency and 011 467 1400

Medical Response

Council Service 011 375 5555

and Enquiries:

In case of emergency: 011 699 1300

Douglasdale Police Station

ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

Joburg Water 011 375 5555

Water/Sanitation/ 011 375 5555

Sewer problems

Fraud & Corruption Hotline 0800 002 587

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Fire and Ambulance 10177

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FOURWAYS GARDENS
Residential Estate



Thank you to all
who joined us for the
Easter Egg Hunt.



FOURWAYS GARDENS

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


PAM GOLDING
PROPERTIES

MESSAGE FROM THE BOARD OF DIRECTORS

BEGIN WITH THE END IN MIND

Stephen R Covey

“**B**egin with the end in mind.” – Sometimes people find themselves achieving victories that are empty... successes that have come at the expense of things that were far more valuable to them. If your ladder is not leaning against the right wall, every step you take gets you to the wrong place faster.

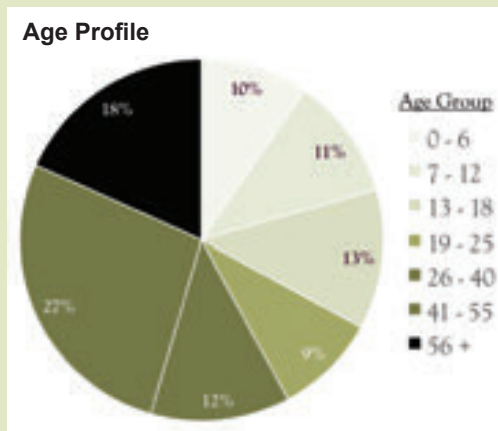
The January/February 2017 edition of the Fourways Gardens Magazine introduced the Strategic Planning Portfolio and invited HOA Members to complete a questionnaire to help determine the desired future state of the Estate, the initiatives to pursue and the priorities thereof.

The questionnaire was designed to:
1) Provide insight into the age demographic within the Estate to ensure an age-appropriate balance

- of facilities, activities and events for Members.
- 2) Determine a relative ranking for several important components of Estate living.
 - 3) Offer a forum where Members could suggest “blue sky” ideas for consideration in future plans.
- I am pleased to inform you that we

had an overwhelming response with approximately 45% of HOA Members participating in the survey: A total of 426 stands representing 998 residents.

With such a large response rate the results are considered statistically representative and therefore allows The Board of Directors and Estate Management to act upon the data with a high level of confidence that the wishes of the Members are being pursued.



A big THANK YOU to all who took the time to complete the questionnaire.

As stated in the January/February 2017 edition,

“It is clear the Estate is not broken, but it is certainly in need of a little TLC.”

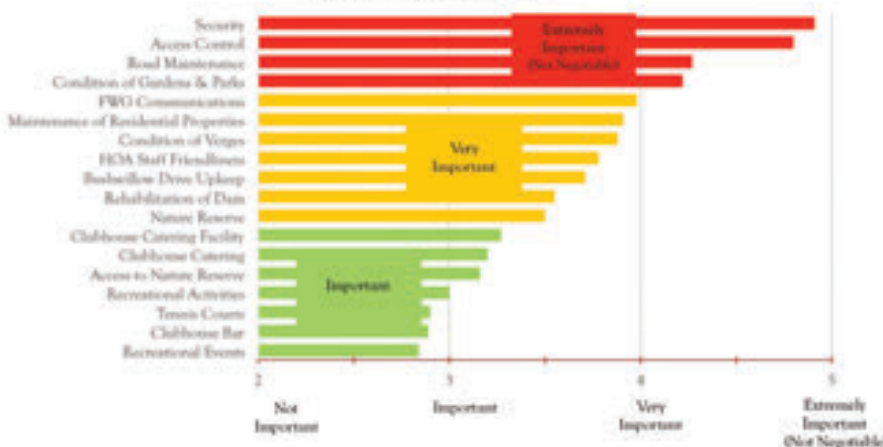
With the assistance of the Estate Management Team, the Board of Directors are using the above information to finalise the new 5-year plan which will be presented at the upcoming Budget EGM.

The ladder to success is in place and we are finalising our plans for the journey to the top.

I look forward to experiencing the adventure with you.

Nick Huson
DIRECTOR STRATEGIC PLANNING

Priority Ranking - Weighted Average Score (5 point scale)



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 CRIMINAL MIND

The human mind is an amazing, mysterious organ. With it we humans have moulded and transformed our environments to adapt to our designs. So many amazing discoveries have been created from it. The criminal mind though is a by-product of that same amazing organ. Equally as creative but instead of creating the criminal uses his mind for nefarious purposes.

The criminal mind is devious and cunning but never self-sacrificing. Like any endeavour in life we never undertake it in the anticipation that it will fail. So too does the criminal never undertake to commit a crime expecting to fail or worse be caught. The possibility always exists but so too does the ring true for any human enterprise.

For the purposes of this article we will focus on a theft or robbery in particular. The criminal good at what he does hedges his bets and tries to ensure that he doesn't fail or get caught. To this end statistically criminals will do their homework before contemplating the crime. First and foremost, they need to decide whether the reward or payoff is worth the risk. To make this decision they need all the facts. Most times, in fact almost always, this information comes from an inside source. An employee or an inhabitant of the address will provide this information sometimes because they have a stake in the crime or they unknowingly provide the information. A prime example of this was when I worked in Parktown a few years back. A syndicate had infiltrated a bank and had the tellers providing them with information so whenever a large withdrawal was made the syndicate would be waiting outside the bank and followed the victim to their car where they robbed them. There are a million different ways

of obtaining the information but the crime will never be done if they do not know if there is something to steal. Simple but undeniable logic.

Secondly, they need a plan of how to do the deed. Again, statistically prior to any robbery a criminal will do surveillance for a minimum of one week (usually more) before they undertake the crime. Unfortunately, Hollywood has romanticised the idea of surveillance as some peon sitting in his car for days on end watching his mark. The reality is a great deal more frightening. Surveillance is a very personal exercise. Paranoid as it seems, a victim will usually see or meet their attacker many times before the crime actually takes place. Human beings are

creatures of habit. We need it to maintain a balanced psychological frame of mind. Criminals use this fact to their advantage. The most notable example of this is the mom who picks up the kids from school and takes them home straight afterwards. This routine is where criminals thrive.

The act itself we will not go into for sensitivity reasons but will never be undertaken without the belief of a reasonable margin for success.

With the odds stacked against the family who lives the normal suburban life is there any hope of not becoming a victim of crime? The answer is a resounding YES. For the FWG resident the answer is an even bigger yes.

Your defence against crime is at your disposal. All you need to do is make use of them. Below is a list of things you can do in your everyday life to help fight crime:

- Don't bypass the rules of the Estate because they seem inconvenient.
- Make sure you use your alarm and make sure it is working properly.
- Test the transmitter on the alarm on a monthly basis to make sure security is receiving the signal. (Simply phone the control room and tell them you are testing your alarm. Then activate the alarm and set it off.)
- Vary your routine on a daily basis, such as to find alternative routes to go home after work or from school.
- Know the people who are working in your home. Statistically they are the ones that are going to steal or rob you. (Keep a copy of their IDs and never pay them cash.)
- Never keep large amounts of cash in the house. That's are what banks are for.
- Only discuss family financial matters in private.
- When in doubt contact your security department for help or advice.

Officer of the Month



Our officer of the month for April is Eislen Makwela for constant outstanding work output for the past 12 months.

Matthew Smith
Site Manager Fourways Gardens





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Monthly Draw – March 2017

The hamper winners are:

- 1st Marisa Singer
- 2nd Sue Smith
- 3rd Gary Wade

16 Redbud – Mr Moodley would have won the cash prize, but he was unfortunately not in attendance. The R15,000 cash pot was rolled over to March and is now for a whopping R16,000!

Rules for the monthly draw:

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

For the cash draw, all registered home owners in good standing are eligible to enter the cash amount and

are entered on your stand number. You have to be at the Clubhouse at 19h00 when the draw takes place to claim the cash amount.

Remember, you have to be there to win!

Proudly sponsored by Century 21.



The next Monthly Draw will take place on 26 May in the Clubhouse at 19h00 with R18,000 in the pot.

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

Hope to see you at the next Monthly Draw!





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R6 999 000

Web Ref: 21DN-2204



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Web Ref: 21DN-2207



R4 295 000

Web Ref: 21DN-2212



R3 950 000

Web Ref: 21DN-2211



FOR RENT:

R35 000

Web Ref: 21DN-2275



R30 000

Web Ref: 21DN-2277



R18 000

Web Ref: 21DN-2258



Faith Stanbridge
082 659 1700



Trish Walton
082 442 9112

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	Bootcamp		Bootcamp (8-10)		Bootcamp (8-10)
08:30	(8-10)	Pilates - Tracey (8:30-9:30)	Rhona Williams	Pilates - Tracey (8:30-9:30)	Rhona Williams
09:00	Rhona	Yoga - Wendy	083 600 1868	082 894 6096	083 600 1868
09:30	Williams 083 600 1868	(9-10:15)			
10:00		083 400 6211	Cristina (10:00-11:00)	My Nanny and Me (10-12)	
10:30			Flamenco Dance 076 521 8750	Loën Law	
11:00				072 622 0308	
11:30				mynannieandme@gmail.com	
12:00					
12:30					
13:00					
13:30					
14:00			SmartPlay Soccer (14:00-15:00)	SmartPlay Soccer (14:00-16:00)	
14:30			Vincent 078 1223 944	Vincent 078 1223 944	
15:00			Helen O'Grady Drama Academy		Yogabats (15:30-16:30)
15h30	Debbie (15:45-16:45)		(15:00-18:00)		Desley White
16:00	Jazz - 082 425 6098		Kerry Holbrook		011 465 1939 / 084 465 1939
16:30		Goju-Ryu (16:30-19:30)	083 410 2940	Goju-Ryu (16:30-19:30)	
17:00	Cristina (17:00-18:00)	Stef and Roberta	www.dramafrica.com	Stef and Roberta	
17:30	Flamenco Dance 076 521 8750	083 384 3026 / 083 309 5352		083 384 3026 / 083 309 5352	
18:00	Yoga - Wendy (18-19:15)		FOR HOA AND AGM MEETINGS	FWG Running Club	
18:30	011 465 7155 / 083 400 6211			secretary@frra.co.za	
19:00			Hilton 082 411 6744	Hilton 082 411 6744	
19:30			Mandy 083 462 2725	Mandy 083 462 2725	
20:00					

- Clubhouse
- Phase 2 Outside
- Phase 2 Soccer Nets

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

FOURWAYS GARDENS GARDENING CLUB

Bring herbs into your life and garden

On 6 April, Fiona Massey presented to the Fourways Gardens Gardening Club, inspiring us to continue to learn the uses and healing properties of plants and herbs. In November last year her garden opened to the public for the first time as part of the Gardens of the Golden City programme.

Fiona's garden is an acre in Bryanston and is almost entirely an edible garden. She practises organic principles and generally only grows plants with a purpose, with a vegetable garden (nearly ¼ acre), 32 raised beds (about the size of a door), and even includes large polytunnel. She also has chickens, worm farms and two beehives.

In America they call it homesteading – choosing to embrace a life where most of what you consume is produced yourself. To true homesteaders self-sufficiency extends beyond eating... it extends to producing your own energy (using solar or wind), water (e.g. rain tanks), it extends to anything needed being homemade, recycled, repurposed.

Five years ago Fiona was introduced to companion planting – a Margaret Roberts book for Christmas on the subject completely changed her approach. She learnt that, as with people in life, some plants enhance each other, some protect each other, some compete unhealthily and some can stunt another's growth.

It was her adoption of companion planting and organic principles that helped her discover that some of the best companions and the most helpful plants in a vegetable garden are herbs. And so it was that Fiona's herb garden migrated to her vegetable garden and now her entire vegetable garden is covered in herbs. So, whilst being primarily about growing food organically, herbs are the backbone and skeleton of her garden.

Fiona uses no chemicals and makes her own insecticides if needed (from helpful herbs of course). She composts everything, rotates crops, plants green



manure in fallow beds and saves seeds. She also believes that constant digging and weeding destroys soil quality rather than improves it, i.e. she is a no-dig or zero-till gardener.

Yet these principles applied in her garden are not new. For centuries those who worked the land had this knowledge.

- They knew what to plant with what.
- They knew what the healing properties of different plants were and knew how to prepare a tincture, an ointment or a tea for many ailments.
- Bet your grandmother practised some of this stuff yet in less than two

generations many people have lost this knowledge.

In the pursuit of perfection, productivity and the same produce year round these techniques have been largely forgotten. People have forgotten the seasonality of vegetables, how to use plants and herbs in their daily lives and how to use them to take care of themselves.

Did you know there are herbs to:

- Reduce blood pressure (melissa),
- Loosen Phlegm (watercress, basil and thyme)
- Help with allergies (majoram),

FWG Gardening Club

- Relieve itches and stings (bulbine),
- Detox (clover, feverfew, ginger),
- Aid digestion (mint) and
- Improve blood clotting (yarrow or amaranth).

It is said that herbs can also help with ills of the non-physical kind:

- Bergamot, borage, pelargonium, rosemary can help with depression.
- Melissa (or lemon balm) mixed in a glass of wine is said to heal a broken heart.
- Pelargonium helps with anxiety.
- Lucerne is said to ward off poverty.

Maybe you're not sad, sick or sore but just operating below par? Well, there are herbs to help you here too:

- Rocket and lovage are said to have aphrodisiacal properties.
- If your memory is failing or your hair is thinning rosemary can help with that.
- Is your creativity low or left brain needing stimulation? Burning a lemongrass stick next to you is said to open up your left brain.
- Maybe you need a change of luck, then use alfalfa.
- Do you need courage? Then throw a cup of borage or thyme down your throat before your next tough sales pitch!

Then there are those other needs...

Perhaps want to know what the future has in store for you? Sleeping with bay leaves under your pillow is said to produce prophetic dreams.

- Needing protection from Evil? Plant basil and cornflowers.
- Plant flax, cornflowers and buckwheat as green manures or cover crops to improve the soil in your garden and provide pollen for your bees.
- Grow mustard and dig it back into the soil as a natural steriliser against soil pathogens. Chickens also love mustard greens and it makes their eggs really yellow.
- Line their nesting boxes with lavender, feverfew, basil, artemisia and mint clippings boxes to chase away mites and spread clippings of these pungent herbs liberally around veggies to chase away pests.
- Make stinky comfrey tea as a plant tonic.
- Put slips of tansy, feverfew and bay



in my store cupboards to chase away weevils and moths and make a pungent tea from these leaves to pour down ant holes.

- If stung by bees run straight for the bulbine patch for relief.
- And of course cook with herbs to enhance the flavour of vegetables.
- Over time, as you read and learn more, herbal solutions will creep into your cleaning cupboard, pantry and linen drawers.

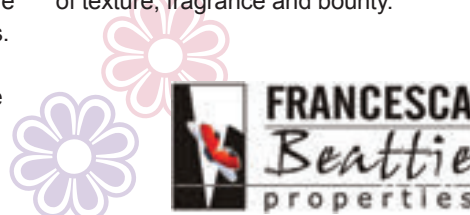
Fiona showed us a bunch of "herbs" picked on the roadside.

- *Houttuynia cordata* (heartleaf or bishops weed) – many think it's a lovely colourful ground cover; in some parts of the world it is considered an alien invader. But did you know that scientists discovered that many of the longest surviving residents of Hiroshima drank *houttuynia* tea daily? Today botanists are researching its radiation-exposure healing properties.
- Common blackjack – its anti-malarial properties are being researched today – just think of the implications of that for Africa.
- Elder – Johannesburg landscapers love this plant especially its miniature forms. In Europe, ground elder was often grown in tubs outside taverns because of its gout healing properties.
- Iris Germanica – or dutch iris. Some of the most expensive perfumes in the world ("Infusion d'iris" (Prada*) "Y"

(Yves Saint Laurent*) and "Vol de nuit" (Guerlain*) are made from its root. The roots need to dry for five years and one ton of iris root produces two kilos of essential oil, so I wouldn't suggest you try making Y at home. In mediaeval times its root was also used to preserve holy vestments and sewn into curtains to prevent fabric decay.

- Hibiscus – but only the common red type – in its native land Hawaii it is used for two excesses – venereal disease and sunburn!
- The asthma weed – its milky latex is said to kill warts.
- Agave – used to make tequila and rope.
- Willow – did you know that aspirin is derived from willow bark and that wrapping a willow wreath around your head will reduce a headache? No wonder it was once fashionable to wear a willow wreath around one's straw hat.

By bringing more herbs into your garden you will need less poisons, chemicals and artificial supplements in your daily lives. Aside from a useful larder and on-tap remedies, you will be rewarded with a beautiful space that is filled with diversity of texture, fragrance and bounty.





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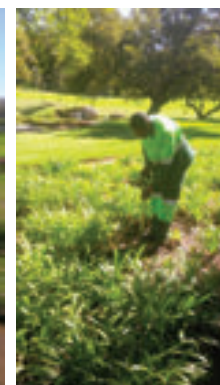
Phase 2
Revamping of beds in Greenbelt along
Camdeboo are underway.



Cleaning and
replanting at main
circle undertaken



Cutting of reeds in
waterway at Phase 2
has been completed



Replanting Aggies
at Phase 2 Park
underway

Winter Annuals – What to plant now & how

If you haven't already done so, April is the time to plant annuals for a splash of winter colour. Winter- and autumn-flowering seedlings are available in nurseries now and, if planted as soon as possible, will be in flower during the winter months when the life of your garden is calling out for some much-needed colour.

Plant winter-flowering seedlings in large groups for best effect. Remember to place tall-growing plants at the back of a bed, and low-growing ones at the front. Containers planted up with these beautiful annuals will also brighten patios and entertainment areas.

Some Planting Tips

- Before planting the annuals, prepare the soil well. Add generous quantities of compost to poor sandy soils (two 30dm bags of compost to 4 square metres). To improve loam, add 1 bag to 4 square metres.
- Before digging over the flowerbed, sprinkle one handful of planting fertiliser over each square metre.
- Remove all grass, weeds, stone and debris. Level the bed with a rake.
- Seedlings should be planted out on cloudy days, or in the late afternoon, to give them a chance to recover.
- Before transplanting, water the soil well, as well as the seedlings in their trays.
- Remove the seedling carefully so as not to damage the root. Avoid pulling it up by the stem; rather push it gently from below.
- Make a hole in the bed and pop the seedling in. Use a fine sprinkler to water the plants after transplanting.
- During the long, dry winter months, it is important to keep winter annuals moist, but not wet. Deep, infrequent watering encourages deep root growth and is generally better than frequent, light applications.
- Foliar fertilising dramatically improves the performance of bedding plants. Foliar feed with a half-strength of Multifeed or Nitrosol mixed with water. This is especially necessary in areas where root competition from trees or shrubs is a problem. Large gardens can be foliar fed quickly and easily with the aid of a modern mix-nozzle that can be clipped onto the end of a hosepipe (stocked by most nurseries).
- Throughout flowering time, remove spent blooms to encourage more flowers.

Some ideas on what to plant:

Alyssum: What would spring be without the sweet honey scent of Alyssum's picture-pretty flowers? The unassuming alyssum does not only have the ability to add lacy blankets of white, pink, violet or purple to your spring garden beds, but this annual is also a great colourful addition to containers and hanging baskets.

Chrysanthemum: Cheerful little plants, most valuable for low edging, containers and awkward sunny corners.

Delphiniums: Are perennials grown for their showy spikes of colourful summer flowers in gorgeous shades of blue, pink, white, and purple. They grow best in full sun to light shade.

Dianthus: Dianthus flowers are also sometimes called "pinks". They belong to a family of plants which includes carnations and are characterised by the spicy fragrance their blooms. Dianthus plants may be found as a hardy annual, biennial or perennial and most often used in borders or potted displays. They grow best in full sun, partial shade or anywhere they will receive at least six hours of sun per day.

Pansy: Pansies are the colourful flowers with little "faces". They have one of the widest ranges of colours and are good for containers, borders, and ground covers. They're hearty in cool weather.
Interesting fact: Pansies are also edible! They have a mild mint flavour.

Petunia: Petunias are one of the more popular annual flowers of choice. Petunias can grow in partial shade, but they will have fewer flowers. It is better if the plants have shelter from the wind.

Poppies: Iceland poppies have glistening, translucent flowers, which are lightly fragrant. Their petals look like tissue paper or crinkled silk which form bowl shaped flowers in exquisite shades of yellow, orange, pink and delicate pastel colours. Poppies create a lavish display from mid winter to late spring and are much loved by bees.

So don't let the chill keep you out of your garden!




FOURWAYS GARDENS
Residential Estate

FAMILY FUN RUN

14 May 2017

*Phase 2 Park
Tennis Gazebo*

Registration from 09h00
Race to start at 10h00
Fun prizes on the day!



Jumping castle and balloons for the kids!

Book your table with the Clubhouse for the lazy Sunday braai that will follow the run!

Our April wine tasting was presented by



The FWG Wine Club had to put up the 'fully booked' signs a week before the tasting and the people present weren't let down with the array of wines sampled. Tammy the presenter, gave a brief history of the estate and the families involved in ownership over the decades, indeed an interesting history. We were treated to a wonderful MCC on arrival to enjoy with the cheese platters on each table and then tasted another 5 wines, the last being their award winning "Boet Erasmus" Bordeaux style red sampled with dark lindt chocolate. Judging by the orders Tammy received at the end of the evening, the wines were well enjoyed by all.

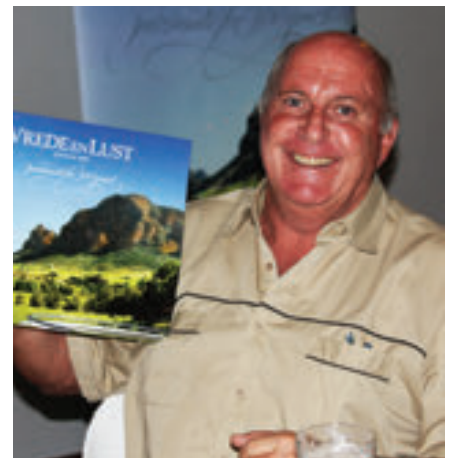
Our restaurant served roast chicken with roast potatoes and a salad. As ever Francois, in his calm way, ensured the evening ran without any problems.

Our sponsor, Tyson Properties purchased a bottle of Cotes de Savoye for each table to have with their meal, They also donated funds for a stunning lucky draw hamper. Again our thanks to them for the ongoing support.

The FWG Wine Club monthly tastings are now well known for a great evening of wining and dining with friends – new and old.



Fourways Gardens
Wine Club



The June 2017 wine tasting will be presented by



Alvis Drift is a 7 000 tonne winery in the Breede River Valley. The winery is owned by the Van der Merwe family, Bertie van der Merwe along with his two sons, Johan and Alvi. Alvis Drift is the name of the drift near the farm, crossing the Breede River. The Drift was built by Alvi's grandfather in 1928.

Alvi's Drift released a range of wines under the Alvi's Drift label that to a certain extent were started off by Alvi as an interest and a hobby. The wines have been very successful in the show circuit and have received many awards and favourable reviews in a variety of competitions and wine publications respectively.



Please make your bookings and payment directly at the Clubhouse.

Date: 7th June 2017

Time: 19h00

Cost: R130.00

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

Numbers are Limited.



Estate News

The April wine tasting evening was another sell out event and enjoyed by all. This month it was the turn of Vrede en Lust Estate to present their wines and the evening was sponsored by Tyson Properties. The May tasting will be presented by Taillard Family Wines and tickets are available from the Clubhouse in advance.



Fourways Gardens Social Club

The first Tuesday of the month is the coffee morning which is open to everyone to come and meet others who are living in the Estate. We enjoy a coffee and fresh cake at the Clubhouse and is well attended.



Tuesday of the month. Last month there was a number of recommendations including, *The 40 Rules of Love* by Elif Shafak, *A Mothers Confession* by Kelly Rimmer, *Once We Were Brothers* by Ronald H Balson and *When God Was A Rabbit* by Sarah Winman.



The Bridge players meet every Friday afternoon in the Clubhouse Restaurant and if you are a keen player, please do join them.



The Art group has merged with the Ceramic painting group and meet on the fourth Tuesday of the month at 10am. New members are always welcome and if you have a craft you would like to share with others please do come along.



The Games Group has taken off and Eric is hosting the group who are meeting on a Friday evening to play board games. It is really great to see a new group become so established so quickly. The Book Club meets on the second

Social tennis takes place every Tuesday morning at 7am and Saturday afternoons at 3pm. Current players are of mixed ability and everyone is welcome, so if you



haven't picked up your racket in a while but are keen to get back on court we would be pleased to see you.



MAY

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

Fourways Gardens Realty

Life keeps moving along...

Tel: INGRID 083 601 5521

email: info@fourwaysgardensrealty.co.za

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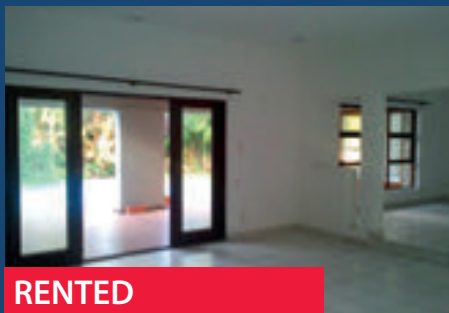
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EASTER EGG HUNT IN FOURWAYS GARDENS ESTATE

On Sunday morning, 2 April the Estate was a hive of activity in the Phase 1 Park! Our annual Easter Egg Hunt took place and children up to the age of 10 could not wait for the hunt to begin.

The Easter Bunny also came to visit the children of Fourways Gardens Estate. Armed with Easter eggs and receiving lots of hugs, the Bunny promised to be back next year.

As the actual Egg hunt is usually over rather quickly, the children could enjoy games in the park for the rest of the morning, arranged by the Fourways Gardens HOA. Pam Golding Properties ensured that there were fun prizes for the various age groups. Games included the timeless favourites of sack races, egg and spoon races, three legged races and the egg throwing competition.

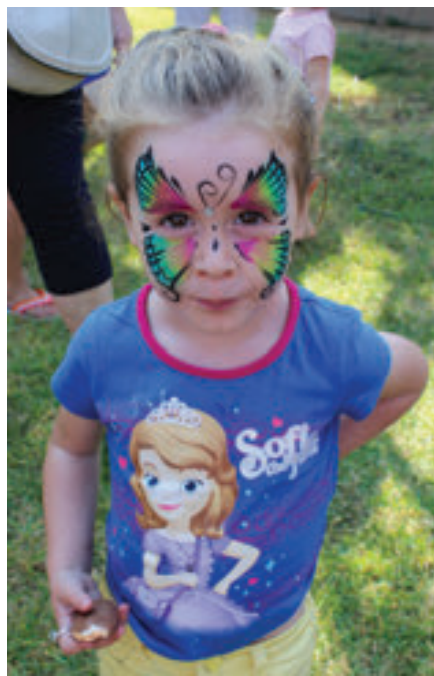
Throughout the morning there was also a face painter who created beautiful little tigers and princesses and a jumping castle that was enjoyed by all our little ones. Lucky draw family hampers were handed out throughout the morning, compliments of our generous sponsors. Parents could relax under the shade trees with a Lavazza Coffee while the children were entertained!

We wish to thank Natalia, Tracey-Lee and the team from Pam Golding Properties for sponsoring the Easter Egg Hunt at Fourways Gardens Estate. Lavazza Coffee, the Clubhouse and Knickerbocker Ice Cream ensured that our patrons did not go without refreshments and food throughout the morning.

Many thanks for your support on the day!

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MOTHER'S DAY GIFT IDEAS: INSPIRATION FOR HOPELESS HUSBANDS AND CHILDREN!

It's that time of year again to cherish and spoil that wonderful mother of yours, but unfortunately for most of us, we really don't have a clue about what our mother's perfect Mother's Day gift would be. Where to start then? Here are some pointers that will help make your mom's Mother's Day the best day of the year, one she'll always remember.

First, think about what your mom likes. What are her interests and hobbies? Does she love reading, chocolate, fine wine, gardening? What are her favourite colours? What is her style in dressing and jewellery? Does she have pets that she loves? Does she enjoy the theatre, ballet or opera? Love hats or scarfs? Once you've determined what makes your mom's heart race, you'll have come up with some gift ideas.

Second, ask. Yes, this may sound like a cop-out and your mother will miss out on the fun of the surprise, but many moms would love to be able to choose their own Mother's Day gift. Let's be honest, many husbands and sons are really challenged when faced with picking out girly gifts – they can hardly tell the difference between toilet spray and Joy and are blind to the subtleties between sapphire and aquamarine. You can always ask for just a push in the right direction, then choose the details yourself. It's a lot better than your mother having to pretend she likes her present while both you and her know otherwise.



Third, remember that when it comes to gifts for mothers, effort counts for much more than cost. Your mom will be much more touched by slightly burnt toast made with love, than by an expensive book that you picked up at the last minute (and because moms know everything, she will know if you left it to the eleventh hour!).

If you're still short on inspiration, try one of the ideas below:

1. Breakfast in bed is just the way to start Mother's Day. You don't even have to get out the pots and pans if you don't (or can't, because you're small) want to. Start off with good coffee or tea, some fresh fruit, warm croissants, muffins and cocktail rolls, butter, cheese and jams and your mom will be smiling.

Get most of it ready the night before, so that mom doesn't have to wait, and make sure that the tray or table is set prettily. A few flowers will ensure a happy mom.

Don't go and spoil it all by leaving mom to clear away the dirty dishes!

2. Pamper your mom by giving her a book of vouchers for services from you. For example:

- 10 Hugs
- 15 Kisses
- 1 x 15-minute foot rub
- 1 x 20-minute back massage
- 1 x Car wash
- 1 x Evening meal made by me

The options are endless, so think about what would make your mom happy. (And make sure you keep your promises.)

3. Get someone else to pamper her. Is there any woman who doesn't love the luxury of being pampered at a spa? There is nothing better for a tired body and spirit than an uplifting massage or soothing pedicure. It's something most moms love but never find the time to do, so this would make a great gift. (Just make sure the rest of her day is calm too.)



A Rose for Mother

BY CLEO M SHOFFSTALL

*Another Mother's Day is here,
Bringing joy and pleasures new,
On this special day, Mother dear,
I want to remember you.*

*I cannot give you costly gifts,
And I've told you this before,
No matter what I give to you,
You give back much, much more.*

*I'm giving you a pure, sweet rose,
Gathered in the early morn,
This rose you planted in my heart,
The day that I was born.*

*In kindly, loving thoughts of you,
And with the faith you still impart,
The rose I give to you today,
Is the love that's in my heart.*

4. Make mom something beautiful.

Mothers adore artworks from their children as long as thought and effort has been put into it. Paint your mom a picture, make a craft from the Internet, do whatever you want to, just try really hard and mom will love it.

5. Write your mom a poem. This one is suitable for teens. Every mom would

love a poem dedicated to her and would cherish it forever.


6. Scrapbook a page for your mom.

Most moms only dream of scrapbooking because there's so little time. Why not make her a memento of your last family holiday or special outing, or just of your family members. These precious memories are so valuable to mothers.

7. Book tickets to an event your mother would love: her favourite band, ballet, rugby team!

8. Book a table at your mom's favourite restaurant and try to remember details of the previous times you've been there and of previous Mother's Days. Enjoy your memories!

What's the buzz...

 sfhi _____	 ridb _____
 aalmmm _____	 hleaw _____
 tab _____	 dentor _____
 sectin _____	 pidser _____
 rowm _____	 knase _____
 lettur _____	 gorf _____

Knock Knock JOKES

Knock, knock. Who's there?
Who! Who who?
That's what an owl says.

Knock, knock. Who's there?
Banana. Banana who?
Knock, knock. Who's there?
Banana. Banana who? Knock, knock.
Who's there? Bananas. Banana who?
Knock, knock. Who's there?
Orange. Orange who?
Orange you glad I didn't say banana?

Knock, knock. Who's there?
Wooden shoe. Wooden shoe who?
Wooden shoe like to hear
another joke?

Knock, knock. Who's there?
Cow says. Cow says who?
No silly, a cow says Mooooo!

Knock, knock. Who's there?
Double. Double who?
Wi

Knock, knock. Who's there?
Mikey! Mikey who?
Mikey doesn't fit in the keyhole!

Knock, knock. Who's there?
Atch. Atch who?
Bless you!

Knock, knock. Who's there?
I am. I am who?
You don't know who you are?

Knock, knock. Who's there?
Ya. Ya Who?
Wow, I'm excited to see you too.

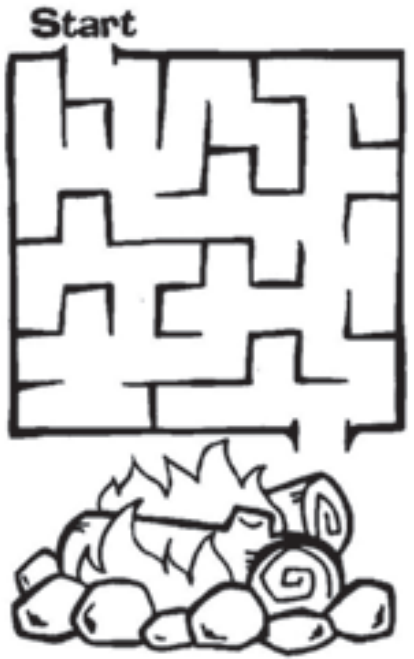
Knock, knock. Who's there?
Figs. Figs who?
Figs the doorbell, it's broken!

Knock, knock. Who's there?
Boo! Boo who?
Don't cry, it's just me.

Knock, knock. Who's there?
Interrupting pirate!
Interup... ARRRRRRRRRRR!

Knock, knock. Who's there?
Iva. Iva who?
I've a sore hand from knocking!

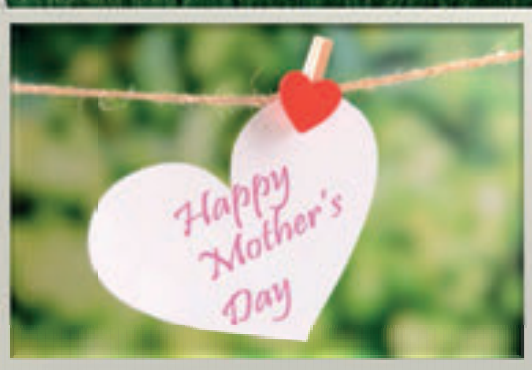
Knock, knock. Who's there?
Avenue. Avenue who?
Avenue knocked on this door before?



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

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





Mother's Day Lunch
Fourways Gardens Estate
14 May from 12h00

Walnut, apple and gorgonzola Coleslaw,
Crispy Green Garden salad,
Assorted freshly baked breads

Spit roasted pork belly with crispy crackling,
Rare roasted aged sirloin of beef, Spit roasted chicken

Crispy roasted potatoes, Creamed spinach,
Roasted mashed cinnamon butternut,
Cheesy cauliflower and broccoli and Savoury rice

Ice Cream and Bar One Sauce and Lemon Fridge Cheese Cake
Cheese and Biscuits

Adults R220 per head Children 5 to 12 R110 per head
Children under 4 eat free

Please book directly with the Clubhouse on 011-465 0937 to
avoid disappointment.

Young golfing talent on display



The 2017 National College Golf Champs winning team of Samuel McKenzie and Liam Cloete



The individual winner of the 2017 College Champs, Samuel McKenzie, is congratulated by Matthew Davies, Dainfern College Principal



The High School recipients of the Esprit de Corps, Reece Haikney and Shaun Jones, with Matthew Davies, Dainfern College Principal



The Dainfern College High School and Prep School golf teams

Dainfern College recently hosted its prestigious National College Golf Championship at the Dainfern Country Club. This annual high school event, now in its 17th year, is a highlight on the student golfing calendar and took place from 19 to 21 March 2017. The Championship included a Team competition (two golfers per team) as well as an individual competition over 54 holes.

Participating golfers represented schools from across the country, including Curro Aurora, HeronBridge, Kearsney, KES, Midstream College, Parktown Boys', St. Alban's, St David's, St John's, St Peter's, St Stithians, Trinity House, Tuks HP, Woodlands College and two development sides.

After three rounds of great golfing,

Samual McKenzie and Kieron van Wyk were tied; a sudden death play-off saw Samual emerge victorious as the 2017 National College Golf Champion. Dainfern College's team of Marcus and Miles Taylor put in a fine performance to finish fourth in the team competition.

These are the final results:

- Winner Individual Gross (Play-off): **Samual McKenzie**
- Runner-up Individual Gross: **Kieron van Wyk**
- 3rd Best Individual Gross: **Shaun Jones**
- 3rd Individual Nett: **Luka Stanisavljevic**
- Best Gross Overall Performance (Team): **Tuks B team of Samual McKenzie & Liam Cloete**
- Runner-Up Gross (Team): **Trinity A team of Reece Haikney & Shaun Jones**

- 3rd Place Gross (Team): **Tuks A team of Antoine Sale & Nicholas Souranis**
- Esprit de Corps: **Trinity A team of Reece Haikney & Shaun Jones**

To find out more about Dainfern College, contact Mrs Deidré Proxenos, marketing manager, on 011 469 0635 or dproxenos@dainferncollege.co.za



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Please join our friendly sales team on Thursday 25th May at 11am for tea and a taste of retirement living at its best. You'll enjoy a presentation on the unique Evergreen lifestyle and an opportunity to view the homes on offer.

To RSVP please contact Maureen on 011 467 7097, email info@evergreenlifestyle.co.za or visit www.evergreenlifestyle.co.za



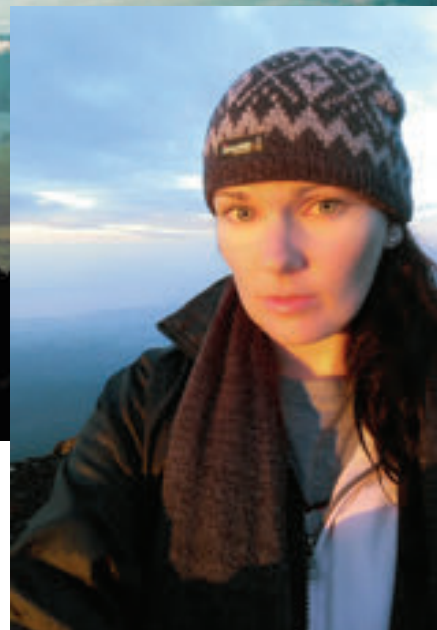
MUIZENBERG | BERGVLIET | AT LAKE MICHELLE | DIEP RIVER | BROADACRES (JHB) | NOORDHOEK | AT VAL DE VIE

Mount Fuji:

A DAMP DASH FOR THE SUN

PERSONAL EXPERIENCE

As hard as I try to dig into my childhood memories and understand my thoughts, I can never quite pinpoint how or why my fascination with volcanoes came bubbling to the surface.



The only relevant time I can think back on is in Grade 3, theme of the term: Japan, which involved learning about parts of the culture, counting to 10, dressing up, trying my first piece of sushi (licking the nori, pulling the “tequila face” and much to my adult-self’s horror, throwing it away). I’m sure I was mostly drawn into the posters of beautiful Fuji-San and its surrounding cherry blossoms on the classroom wall.

Perhaps a year or two later we studied a film about a volcano eruption called “Dante’s Peak” – I remember this movie being imprinted on my mind for several sleepless nights and somehow I decided amongst other admirable influential career choices like becoming a lifeguard or a marine biologist that a volcanologist just had to top the list, even with the amazingly limited knowledge I have of geography, which fell through because of that.

As long as I can remember I’ve wanted to see Mount Fuji. I didn’t think about the climbing part but... “everybody does it”.

If not, why not.

So, a night climb – because seeing the sunrise from dizzy heights is just an absolute must in Japan, hence the name “The Land of the Rising Sun”. I don’t ever recall climbing mountains in the pitch black darkness, maybe during school camps trying to locate a ‘bathroom’ or on night hikes, stalking the lantern on

flat surfaces, well, Mount Fuji lacks the sneaky thorn bushes, jumping out and grabbing your hoody.

In theory and the recommended POA is to take a bus to 5th station, spend at least one hour acclimatising and proceed on foot and climb, climb, climb, just keep climbing... just keep climbing and annoying fellow climbers with songs to keep the motivation flowing, book into and take rest at one of the climbers’ huts where you can gain the only publically-accepted intimacy in Japan by snuggling up as close as possible on your best side – as once you’ve chosen your position, you’ll be stuck like that for the next couple of hours.

Ooo, halfway up the mountain already, making this way too easy and painless for you.

The doubts began the start of the week when the forecast depicted torrential rain, in which they would normally close the trails, but when your mind has been preparing for months before, you’ve picked a suitable day when everyone can take off work or come from the opposite ends of the country, the only way you’ll back down from the challenge is if you didn’t have a choice. They’d have to beat us off with a stick.

Personally speaking, I’ve always been an “All or Nothing” type, so having my first tennis lesson on the morning of the climb was definitely a sound idea in my mind.

Enough excitement will keep the adrenalin pumping.

We met, all 7 of us, at Fuji Station (middle of summer, dying of heat and a good workout happening with the weight of everything in my backpack. Just overcast, not too shabby.

We got to the station to buy tickets for the bus trip to and from the 5th station and apparently (which is what I was told now, whilst I plan to write this 5 months later) was that our bus was the last bus of that day and the one returning would be the following morning, so if we arrived at base and were prohibited from entering, we would be stuck there regardless. I didn’t know this at the time and I doubt I would have backed out either.

The +/- 2 hour long bus ride was supposed to have provided a solid rest/ power-nap/sleep opportunity, but I think the excitement just had everyone having heart palpitations in their seats.

My friends – bless them – my parents would be downright shocked that I found some of my ilk here. As a kid, my curious mind always sprouted out the strangest questions, also the typical “which would you prefer”. “Would you rather get bitten

by a shark or a crocodile?” – these questions get more advanced and far more bizarre as you grow up. I found the king of these conversation starters in my friendship group here, but because we all have completely different, wacky minds – we take these questions as though it were presented in a law exam paper thought through thoroughly, devising the best possible reasons and case for your answer, which only makes us sound like a page torn out of a Terry Pratchett’s Discworld novel.

The infamous question, and I must make it known that all of us on the bus initially took offence because of the overwhelming commonality of it and reality of this dreaded topic, but a light atmosphere always takes first prize. So, question: Would you rather give a bear a “fatal disease” or kill it with a knife? This stirred up quite an atmosphere, which eventually lead to a heated debate drawn out between fits of laughter. By the time we reached the 5th station, “Team Knife” had its fair share of volume and liveliness keeping everyone awake.

At this very moment, I’m completely torn between my initial memory of emotions climbing off the bus. For the life of me, I cannot recall if I suddenly regretted this decision as you couldn’t even see your hand stretched out in front of you due to the mist... ok go towards to light... over there...

Or, I was beyond ecstatic, completely bewildered by the little visibility and how funny I thought this was.

I find myself drawn to the latter, as this year has been swamped with memories

where you can only resort to laughing, because – well, what else can do you?

The icy temperatures pulled everyone inside a cabin thingy, with a souvenir shop (of course). We found a vacant spot on the 3rd case of stairs where we would lighten our bags and wear the contents, eat and drink enough to hydrate but not enough to send you rushing out in the mist locating a toilet.

Important items for climbing Fuji-San in the P*ssng Rain at night:

- Amazing Hiking Boots
- Enough long socks (as many as you can fit in your boots – BUT REMEMBER to bring spare as they will all be soaked to the bone, along with all your other layers in closest contact with the skin.
- Awesome headlamp: This ring of power is the only thing you’ll see for the next four hours. Oh! and NB: remember to check if it works well before leaving home. My panicked mind sent me back to the store with two types of batteries that both failed to fit, only to have the woman demonstrate to line up the ►arrow with its counterpart◄ when putting it back together. *Face Palm
- Food! Water! There are vending machines, yeah this is Japan but you’d have to fork out ¥1000 for a small bottle of water ±R130. Hey, someone’s gotta get it up there.
- Oxygen. I can’t tell you how many times I mocked this and boasted about not needing it as I am a Jozi-gal, a ±2000m above-sea-level gal, born and raised yo. I’m altitude-friendly.

You can find this little life-saver in many forms; in drinks, inhalers or even in a Tic-Tac form.

- Aspirin. One of my most favourite things in the world (no weird teenage hormone meaning behind that) but I generally get severe headaches. I was honestly concerned about the severity of this up there and how it wouldn’t subside unless you descended.
- Camera/Cellphone – for those glorified sunrise selfies to woo all of your Facebook buddies
- Waterproof outer-layers (for body, head and bag) – which prove quite useless in the end.
- Gloves.
- Cash, no credit cards. Not yet.
- A positive mind and attitude.
- An enchanting voice to belt out motivation songs for a 1/3 of the way up until you realise how valuable every breath is.

Hit of the night: Bob Marley – Three Little Birds

There is always a time and a place to sing.

- Walking sticks, uhh... Climbing sticks. I thought this may be a hassle and I’d eventually want to rid my hands of them for gripping rocks to pull my weight up for stability.

At the souvenir shop back at 5th station were wooden poles that you could purchase and get “stamped” at each station, for a fee of course and I took it upon myself to actively, with full will – to succumb to peer pressure and buy one. I’m so glad I did. It helped tremendously. I was blind and it was my aid. I would have had to see with my hands if it wasn’t for my schteeeek and wet, sandy gloves just wasn’t an option for me until we eventually HAD TO use all fours towards the top.

The terrain started off with wide steps with loose rocks and pebbles. I was advised

to stop and take a few deep breaths at each station and I would not budge until I got two bags full, before they got starved. Each station had a few benches to rest but no shelter. That sound of raindrops consistently falling on to plastic covers became the Fuji-Yama soundtrack. As I mentioned, there are mountain huts but you have to reserve way in advance as they get booked up fairly quickly. We didn't, decided we could just nap on the benches outside, which we didn't. Don't make this same mistake.

Anyways, it's a long walk to freedom, and back down again. We eventually got through the clouds and thank goodness, no more rain! But now the temperature has dropped considerably. It was a catch-22 situation: If you keep climbing (no stopping) you wouldn't feel the cold but you would get quite ill and too tired. If you stop, the icy wetness of your clothes would pinch your bones and muscles.

We had a few moments where the clouds had allowed us a spectacular view of the stars beneath and above us. Japan's city lights are truly magnificent. I was also advised to stop and look up. Being constantly reliant on the ring of light in front of you,

you'd miss it. Just stop and look up. wow...WoW...WOW!!!

We unfortunately left a man behind at the 8th station who wasn't well-equipped for the journey, and another soldier got a serious bout of altitude sickness (difficulty breathing and vomiting), it's sad to say but to make the sunrise, you just have to go on but to make absolute sure that "wounded soldiers" are left, stationary, at a place to rest to avoid injury whilst climbing solo in the dark.

Station 9.5: almost Hogwarts but not quite, almost the summit but not quite. A cabin/restaurant provides a place to sit and order hot foods or drink. At this stage I was about to shove my mouth under the boiling hot urn. I couldn't stomach much, so Udon (type of Japanese noodle) in veg broth it was. Defrosting the hands, Heaven! Unfortunately as soon as they had cleared away all the dishes, we had to vacate to allow for new, hungry customers, but the warmth and selfishness got the best of us with Emi pretending to still be sipping the very last drops of the cold juices from her noodle bowl to allow us a couple more minutes.

Apologies for the graphic details but it

just has to be said – our sickly soldier got ill at the table into his dish – this is quite a known occurrence as common as a "nomi-ho-dai" (All you can drink) with new, coming-of-age recruits. He really got a full helping of the altitude, dazed and confused, flailing around with his dinner time "lucky packet", finding a suitable place to leave it.

So, for the last stretch – Let's do this!

The trail is quite busy as there's only a very narrow, extremely steep path and basically just climbing rocks. Now it's a race, against the sun, and we're losing. Whatever energy you have left, every noodle you consumed needs to work for you right now. "Please take this slow and carefully"... not if I can help it. Eventually reach the top, cannot believe how crowded it is. Besides the sunrise, the most extraordinary sight was a man, probably about eighty-something, carrying – I'm presuming his grandson, who has physical and mental complications on a stretcher/chair type thing – by all his might and everything he had left in him, find a good viewing spot and collapse, his back facing the edge so the child has the view.

I was beyond ecstatic for the sunrise,



Travel

not for any spiritual reasons but so my clothes could finally dry. I've seen a volcano's crater prior to this in Italy – Mount Vesuvius. It is quite a thing to see, especially knowing that this will some day, wipe out some of this beloved little island. Mount Fuji is a ton bigger and higher than I anticipated. The summit is just red volcanic rock, but that's not what you came to look at. The view from the top is just too good to be true. The distances you can see, the top of other mountains. The view is probably more spectacular because you've been blinded for so long.

Climbing at night carries something different. I highly recommend it than a day trip. You really get to appreciate the sun for a ton more reasons, for if you climbed during the day, you would gradually see a better view with each step. The ending wouldn't be as enchanting or surprising.

OK great! Finally the sun's up. Time to start the day – oh crap! We're stuck on top of a mountain – didn't think about that part. To begin the next chapter: The Way Back, at least Frodo and Samwise got eagles! Where's mine?!

'Climbing' down was half-fun when we got to the loose rocks, slippery-slidy part, like ice-skating if you get the right rhythm going. You feel so accomplished until you see those day-trippers in T-shirts giving you weird looks at you dressed like an Eskimo in the blazing clear-skied sun – Hey, I've worked for this sunlight!

Fatigue hits you as you reach the bottom and wait for the bus. My feet! A bus seat has never been more welcoming and comforting. That extreme tiredness sets in when you can't tell if you're awake and daydreaming that you're asleep or you're fast asleep and dreaming that you're awake. Pure. Solid. Exhaustion.

We barely knew each other when saying goodbye. I still had to take a 45 minute train ride home, full of mud and mountain smells but worth it. It's nice to say that I've climbed and seen Japan from its highest point. It's a great way to test a new relationship, determine if your new squeeze will fit into your circle and to test your calm and positive mindset that you've adopted whilst living here.

Certainly an experience. I'd say "Once was enough," but I'd be saying that on every descent.





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A precious moment of present

I feel very fortunate to live in Fourways Gardens.

During the 18 years I have lived here I have had the benefit (as many of us have) of casual walks through the parks, with and without, our dogs. Of lazy afternoons, sprawled out on a picnic blanket along the river course, watching and commenting, as to the comings and goings. I am also fortunate to have undertaken countless early morning or late evening runs around the estate, some easy, some not so.

I was on one such evening run last week, and the rhythm of my running had manoeuvred my thinking into a headspace type of thing, which had me contemplating about how precious each moment of time actually is. I was thinking of my eldest brother, who despite being terminally ill with cancer had the courage to share some memories with me by email.

I was running downhill, on the home stretch, my breathing and stride in good unison. The evening temperature dropping, causing a welcoming cool breeze, to my otherwise steamed up self.

That same breeze rustled the leaves in the tree branches above me, and some of the leaves began dropping. As though in slow motion, they commenced that curling, circling and twisting dance downward. Every so often they would briefly shoot upward, trying desperately, to stay afloat as long as they could. Fighting the inevitable grounding.

The leaves kept falling, as I philosophised further, with each foot appearing to fall effortlessly in front of the other. I was in a full state of mindful running.

Peaceful.

In deep thought, I recalled running along this same stretch of road in August last year, and remembered thinking, how striking the budding green shoots were at that time, encouraged with early summer rain, yet here I was now, saying thank you and goodbye, another summer ending.

I reminisced about life span and season. How everything has cycle and a story of beginning and ending. How there is a simple and easy beauty in this reality, yet a truth, we battle to accept, from time to time.

Although at peace with the concept of the cycle of life, my mind was powerfully shifted toward the sadness of the season ending. This of course was aided by a random track of melancholic music, which had somehow timed its arrival to coincide with my shift in state of thinking (note to playlist).

Tearfulness now whelmed up in my throat as I connected the music to the imagery of the falling leaves, and there I was, off down that rabbit hole of pitiful despondency, following the sorrow of it all. Stuck and sinking, further and further into the ending, abandoning any trace of the joy of beginnings, with the emphasis now on loss. I was gone to the dark side.

I had shifted so unconsciously from a peaceful wonderment, and peace with life in general, into a lonely and sad place. Our minds are powerful instruments indeed.

I was only brought back again as the music ended, and I found myself at the final short rise before my front door, which called on all of my draining reserves to lift me onward.

Bang, back to reality, I was.

Looking at that moment now, I see to how easy it is to slip into a 'dwelling' state of mind and in particular, one that veers to the darkness of thought.

Where we can be carried away from the present moment into some past time, or alternatively, swept into the sea of tomorrow, where uncertainty and doubt, can become, all consuming.

I sense we all do this from time to time, our enquiring mind is the wonder of our humanness, and it drives our creativity.

Yet, we can also drown in its powerfulness. Carried off to a place of remorse or fear, where we can easily become convinced that somehow what we are experiencing is permanently real.

I wonder, how much time we spend in this state of past or future?

How many minutes and hours of our precious days are given up to wandering these cavernous, and time altering passages?

Of course, we must plan for our futures; there is much at stake, and great value to be had in preparing for tomorrow, and then the rewards that come on reaching those dreams and goals. And time spent



too, reflecting on the milestones of our journeys, equally valuable, for it reminds us of our shared values and of meaning, and the purpose of life.

But caution the mind that is easily swept away, caught in debate, while critical present moments escape, unused, wasted frivolously on moments of nothingness.

There is a powerful fable of two Buddhist monks, who having taken a vow to never touch a woman, encounter a beautiful young woman at the edge of a fast flowing and dangerous river that they have to cross on their journey.

It goes something like this...

The young woman, desperate to get to the other side, stands helpless as the two monks approach the riverbank. When they get closer, she turns and asks for their help in crossing.

The monks briefly glance with each other.

Then without hesitation, the eldest monk picks up the young woman and forges the strong flowing river, carrying the young woman safely to the other side, where he gently returns her to her feet, and carries on with his journey.

As the younger monk crosses the river he is speechless, angry even, he couldn't believe what he had just witnessed.

After re-joining his companion he

remains silent, as both monks set off on their journey, leaving the young woman to follow her own path.

An hour passes without a word shared between them. Two more hours pass, then three, finally the young monk can hold it no longer. In a burst of pent up frustration, he spits out...

"How could you carry that woman on your shoulders?"

The eldest monk paused briefly, turned to the younger and said...

"Brother, I set her down on the other side of the river three hours ago, why are you still carrying her?"

This charming parable offers a reminder about living in the present moment.

That no amount of ruminating on what was, will alter anything and serves no purpose whatsoever, that in clinging to past hurts or resentments, the only suffering will be our own. Equally, trying to interpret future outcomes is beyond any mortal being.

Moving on to each next moment is really the only way in which we will ever likely savour any level of peace or contentment.

Learning and practicing to be in the moment, and in touch with the precious present, is so much more meaningful.

I am reminded, once again, that although the leaves fall and the nights

lengthen, there is a splendid beauty in this passage of season. There is much to be savoured in this moment and in this thought.

Perhaps, it is only when we can find a level of peace and happiness in the present circumstances of our lives, that we will ever be content, because 'now' is really all we will ever have.

So, try and spend as much time as you can in each moment. Live it with value, with positivity and love.

Until next time...

Graeme Butchart

In loving memory of my elder brother who left this world, in grace and peace on the 1st of April.



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PICTURES: MARY BROADLEY

THE JOY OF BIRDING WITH CHILDREN

A couple I know did the Napi Trail in Kruger Park in January. It is a particularly scenic wilderness trail some distance east of Pretoriuskop; it meanders among the giant granite boulders near the confluence of the Byamiti and Napi rivers. If they'd fallen in either of these rivers they would have had to dust themselves down because the park was in the grip of the worst drought the staff could recall.

There was no grass, no leaves on the trees. Dust devils danced about in the 40 degrees heat. The bushveld had become a desert. "It'll take years for the park to recover from this," said my friend.

They then motored up to the central region, to Satara, in the hope it would be greener. It was also a desert. Hippo were crammed together in the few pools of water left in the dried river beds.

I had booked for March to go with Mary (my photographer companion) to stay at Kruger Park Lodge where I am part owner of a house on the Lower Sabie River. Mary's daughter, Suzy, and Suzy's two children, Alex (8) and Ashleigh (5) would spend the first three days with us.

Alex was unusually excited about the prospect because at Christmas he had been given a small bird book – a slim pocket-sized copy of *Pocket Guide to Birds of Southern Africa* by Burger Cillie and Ulrich Oberprieler. I'd never heard of it (nor had I heard of the publisher, Game Parks Publishing) but it was nicely illustrated with 200 coloured photographs of the more common species.

Alex was told that if he was able to identify and remember 25 of the birds in the book by the end of the Christmas holiday (at Ballito Bay) he would get a pair of binoculars.

It had the most extraordinary effect. Mary, being an experienced birder, was able to show him how to use her binoculars. By the time Alex came home he had identified 43 birds.

Even the journey back from the Christmas

Alex and Ashleigh



Alex was unusually excited about the prospect because at Christmas he had been given a small bird book

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The Half-collared Kingfisher - it made everybody's day.



The perpetually nodding Mourning Dove in Satara Camp.



European rollers were particularly abundant.

holiday to their home in Randburg became exciting for he was able to spot conspicuous birds such as the Pied Crow, Cattle Egret, House Sparrow (at the filling stations) – he was even able to add an Ostrich to his list.

I was relieved to see, in March, how green was Kruger Park Lodge and its golf course. But then the golfing estate has ample groundwater for irrigation – but what would the park be like?

The Sabie River was fuller than I had seen it in years and we walked along its banks under the shady canopy of riverine trees pierced by shafts of

sunlight. Alex, in front, suddenly stopped and, very cautiously, pointed: there, at eye-level and only metres away, perched on a twig against a mudbank, sat a brilliantly-coloured, Half-collared Kingfisher.

The bird was unfazed by our presence. Then, flashing its spectacular “kingfisher blue” wings, it flew a few metres to join its mate.

Alex, thrilled at having spotted a bird that enraptured us all – I’d seen it only three times in my life – was transported with joy. His sister, “Ash”, had by Easter, over 50 birds on her list.

We saw a Purple Turaco gliding between trees on blood-red wings but the kingfisher sighting was a special moment and I became aware of the added enjoyment of birding with enthusiastic young people.

Next day we entered the Kruger Park and within a few hundred metres of passing through Phabeni Gate we saw a huge shapeless mound in a mudhole. It puzzled us until, as the mud cascaded off its head and horns, it revealed itself as a buffalo.

The desiccated park of January had become a green paradise. The grass

Birding



A flock of Queleas. We also witnessed swarms but too far to photograph.



Days after the rain this minor arm of the Lower Sabie was still flowing strongly.

was as high as an impala's eye; silver-leaf terminalia shone in the sun and the maroela trees were heavy with berries.

There were European Rollers, Lilac-breasted Rollers, White-fronted Bee-eaters, Yellow Hornbills, Red Hornbills, Grey Hornbills... the bird book pages were fluttering (we had at least four kinds of bird books in the car) and Alex and Ash were almost spinning around trying to absorb it all.

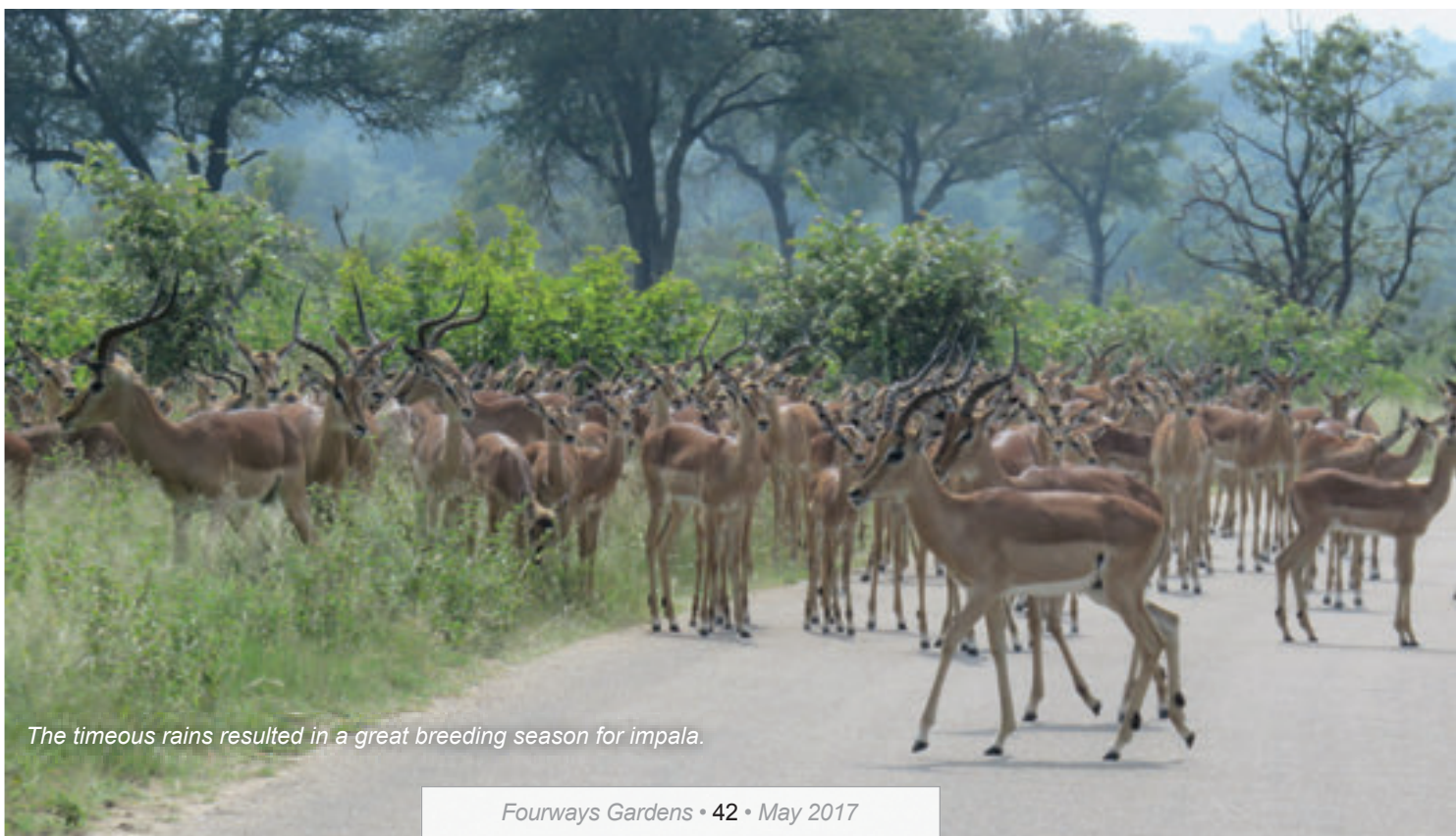
Then an eagle in a tree. An eagle! This was serious stuff. A Wahlberg's Eagle or a Tawny? The former has a straight narrow tail like a short ruler whereas the Tawny has more of a fan-shaped tail. Alas this one was sitting on its nest of sticks and we concluded it must have been Wahlberg's, a breeding migrant.

Sadly Suzy and the children had to go home but before leaving the park Alex had positively identified (pi'ed as we old birders like to say) his 100th bird.

I say "sadly" because they missed coming with us to Satara which was by then greener than Ireland. There were fat herds of zebra and wildebeest wading in waist-high grass.

The children missed experiencing a birding phenomenon that we saw on the Satara-Orpen road: swarms of Red-billed Queleas (the locust bird) sweeping over the veld like a blizzard; tens of thousands of them, just like locusts. They flocked just above the grass and then, in one second and in a perfectly synchronised movement, they dropped like little stones into the grass. Seconds later they were off again, swirling and dipping.

Central Kruger Park, as I have witnessed many time before, heals so quickly. We found all the rivers flowing strongly, happy hippos everywhere.



The timeous rains resulted in a great breeding season for impala.



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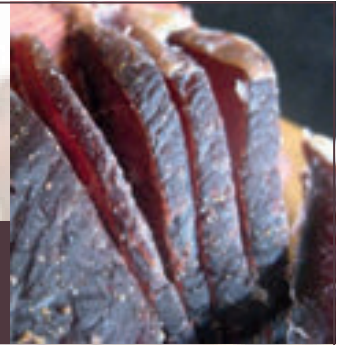
Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Psalm 31:30

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

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

HOUSE / PET SITTING: Experienced mature lady available at short notice, I will feed & play with your pets, I can sleep in if required, can water your garden, can also take pets to Vet if required, call Nicky on 072 129 0698.

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

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

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

INTER-SAT SYSTEMS: We install and repair DSTV, Air con, CCTV as well as intercoms. We install gates and garage doors, so please call Vusi on 083 512 3463.

LITTLE SMART-IES: (Private Tutoring for children 2 – 6 years) Give your child a head start in education, qualified nursery school teacher. For more information, contact Michelle 083 395 5672.

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

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

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

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

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

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

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

PAINTER: FWG resident and excellent Zimbabwean Painter who lives in Phase 1, thorough workmanship with a focus on preparation, all paint from Midek as we support local and pass our contractors discount to our clients. Free assessment and quotation on request. Call James on 072 026 6440.

POTTERY: Creativity, fun and achievement, classes for children and adults, call Jenny on 072 112 7166.

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

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

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

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

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

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

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

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

QUALIFIED YOGA INSTRUCTOR: Private lessons conducted in your home for convenience, offering training for all levels of experience. Strength, flexibility and mindfulness. Contact Catherine on 072 039 8339 / catherine@yogaventure.co.za / www.yogaventure.co.za

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

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

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

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

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

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

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

PRODUCTS FOR SALE:

FOR SALE: A pair of 1-year-old Delonghi air conditioning / heating units with all accessories required for home installation including remote controls, R2500 each or R4000 for the pair, call Sarah on 079 791 4099.

FOR SALE: Brand New boxed IPF Clear Vehicle spot lights with installation kit, never used, R1500, call Sarah on 079 791 4099.

EMPLOYMENT:

Employment offered: Looking for a full time personal assistant with a valid driver's license, clean driving record, highly trustworthy and dependable, can run a wide range of personal tasks for me and my family, strong communication & interpersonal skills, Mon – Sat. Call or Text 083 631 5000.

DOMESTIC WORK:

Charity: Looking for full or part time work as a domestic or a caregiver, hardworking, discreet, good with kids and pets. SMS Tish for a reference on 083 380 3002 or Charity on 073 996 0879.

Dora: Looking for full or part time work as a domestic, well presented, good English and hardworking, great with kids and pets. Sms Tish for reference on 083 380 3002 or Dora on 071 792 3379.

Queen: Looking for full time domestic work from the end of June, extremely hardworking, trustworthy, good with children & pets. Has been a valuable part of our home & always gone the extra mile. Call Sarah on 079 791 4099 or Queen on 082 099 5375.

Lindiwe: My domestic helper Lindiwe is looking for part time work on Tues, Wed & Fri, she is trustworthy and great friends with the dog, she can do CPR and First Aid, for references call Sandra on 079 320 4377 or Lindiwe on 072 677 0696.

Caroline: Malawian seeks domestic / childminder work full / part time, 062 241 3821 / 071 997 1250, for reference call 084 318 5750.

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

Happiness: Looking for work on Mon, Wed & Fri in the estate, she is hardworking, trustworthy and goes the extra mile, for references please contact Debbie 072 227 2652 or Happiness on 076 288 6345.

Martha: Has been working for me for 4 years as a char, she is hardworking, reliable & good with small children and animals, looking for work on Tues & Fri, call Martha on 082 868 6184 or 082 324 8985 for a reference.

Lindiwe: Looking for work, experience in baby sitting and cleaning please call 071 093 3918 or for reference call Sharon 081 503 0213.

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

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

Sarah: Looking for work on Tues & Fri, she has worked in FWG for 13 years, totally honest and reliable and a pleasure to have around, we are relocating to Cape Town, call 078 109 9286 or Suzette on 083 378 0274.

Selina: We are relocating and our trustworthy domestic is now looking for full time employment in and around the Fourways Gardens, she has worked for us for 10 years and comes highly recommended, call Di Page 082 448 8627 or Selina on 072 155 2819.

Catherine: Malawian, honest and reliable looking for housekeeper position, good with children, neat and clean, call 061 939 7873, reference available on request.

Faith: Looking for domestic work full / part time, employer relocating in May 2017, for reference call 072 842 8593 / katecrawfordfamily@gmail.com / +44 78 905 82751.

Elsie: Looking for live out work on Wed, Thurs & Fri, she is hardworking, honest & reliable, for reference call Wendy 083 604 0931 or Elsie on 073 031 5889.

Evelyn: Looking for 2 days' work per week, Mon & Fri, she is hardworking, reliable and trustworthy, lovely lady with over 30 yrs experience, for a reference call Vicky on 082 574 7575.

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

Chrissy: Malawian looking for work full or part time, well experienced, honest & hardworking, call 061 083 2315 / 082 339 1246.

Veronica: Looking for work on Tues & Fri, has a working visa, hardworking, any household chores, including childminding, reliable and extremely humble, call 084 768 9145.

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

Lulu: My faithful, loyal, reliable and honest domestic of 25 years is needing work on Tues & Thurs, please call Sandie 082 824 7274.

Fildah: Zimbabwean looking for domestic work, perfectly full time, she is hard working, great with children and very reliable. Contact her on 063 739 3280, for a reference call 082 300 4843.

GARDENERS:

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

John: Malawian experienced housekeeper / cook / licensed driver with a valid work permit has 16 yrs. housekeeping experience, cooks and bakes, licensed driver, employer downsizing, for a reference call Estelle on 082 821 1685.

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

Artwell: Has been with me for over 3 years employed as gardener, he is very hard working, very reliable and good with animals, looking for work on Mon, Tues & Fri contact Elke on 083 454 9615 for a reference or Artwell on 074 025 9469.

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

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

Gracious: Looking for gardening work on Thurs, he works for me on a wed and is competent and efficient, for reference call 082 459 7706 or Gracious on 061 092 4591.

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

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

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

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

Robert: Carpenter, Plumber, Tree Felling, worked as a carpenter in Malawi and as a gardener / carpenter / plumber in PTA under the same family for the last 4 years, currently in JHB and working for us temporarily, very clever and hardworking, call 073 631 1241.

Frank: My gardener & handyman is looking for work on Mon & Sat, trustworthy & reliable, has been working for me in FWG for past 10 years, call Frank on 071 866 3355 or Alison on 083 626 3476 for a reference.

Makhosini: My wonderful gardener of 17 years is looking for work on Mon & Tues, call Mandy on 083 627 7799 for a reference.

Simon: Malawian with work permit is looking for room in FWG or Fourways area, in exchange will work one day free, already working in FWG, can also do small painting work, reliable & trustworthy, call 083 952 5285 or Deborah on 076 393 7094 for a reference.

Felix: Very hard working gardener & driver available for hoc services at any time, call Felix on 062 311 3766.

Duncan: Malawian is looking for part time garden work Mon – Sat, call Duncan on 073 234 3081 or Andrew on 082 801 0726.

Moses: Seeks work on Mon, Tues, Sat & Sun, he is hardworking, very honest and works without supervision, he has been working for me in FWG for past 4 years, and I highly recommend him, call Moses on 063 159 5225 or Debbie 083 302 7493.

Jeremiah: Hardworking and reliable, worked in Fourways Gardens for 8 years, looking for work on Wed & Thurs, references available, please call 078 138 0177.

Abel: Looking for work for Tues & Thurs, he has worked for me for 4 years at 5 Leopard Tree Close, has helped me create and maintain my beautiful rose garden, he has many years' experience at a nursery and has done courses at Ludwicks Rose Centre, contact Tracey Boon 082 901 0198 or Abel 084 275 5630.

Edward: Due to our relocation, my reliable, competent and hardworking gardener is looking for work on Sat in FWG, he is Zimbabwean with a SA ID, he has been with my family for over 20 years and is totally honest and trustworthy and needs little or no direction in the garden, we are so sorry to lose him due to our move, please call 076 902 6944 or Andrew for reference on 083 274 3503.

Emmanuel: Handyman and gardener looking for work Mon, Tues or Thurs, contact 076 819 9108, for reference, call Bernadine on 083 457 4070.

Mzondi: Malawian looking for part time garden work on Mon & Sat, can also painting and waterproofing, hardworking & reliable call Marianne on 076 881 7832 or Mzondi 074 757 1431.

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

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

Godfrey: Young, enthusiastic and very hardworking gardener, walks our dogs, looking for part time work, call Sarah on 079 791 4099 or Godfrey on 061 019 9750.

Joseph: Malawian seeks part time work on Sat & Sun, he is very honest and reliable, works well without supervision, highly recommended, for a reference call Lara on 072 673 3714 or call Joseph on 078 819 4813.



APPROVED ESTATE AGENTS FOR 2016/2017

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

Agency	Agent	Cell Number	E-mail	Website
	Faith Stanbridge Trish Walton	082 659 1700 082 442 9112	faith.stanbridge@century21.co.za trish.walton@century21.co.za	www.century21.co.za
	James Le Bihan	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	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage (rentals)	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Succollo Sharon Caradoc Davies	082 850 8356 082 560 7042	michele.z@seeff.com sharoncaradoc.davies@seeff.com	www.seeff.com
	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com
	Grant Raw Mark McGowan Dee Thomas (rentals) Sally d'Hotman	079 495 9357 083 358 5652 083 375 5646 082 442 7693	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za
	Keri-Ann Hart	083 844 3150	keri@univestre.co.za	www.univestrealstate.co.za

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Deidre - 082 335 5096
Henry - 082 565 9317
deidredevine89@gmail.com
Contactable referrees available



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LADIES: HOW TO LIVE HAPPILY EVER AFTER

The lunchtime topic was “How to kill your husband”. Ronnie Whitaker, a Durban wife, mother and author discovered a nice way to do it. I attended the launch of her book where she claimed that to have a successful marriage depended, quite a lot, on what one calls one’s spouse.

Ronnie said, “I call my husband long distance – he lives 10 000km away in England.”

The lunch was some time ago at the New Chapter Literary Luncheon Club at Sandton’s Hilton Hotel, a club that became defunct when its organiser, Jayne Southern, moved back to Britain. It invited authors to talk about their latest books and sell some at the door. It launched three of mine but the preponderantly female members never fell upon my books with anywhere near the salivating enthusiasm that they displayed for “How to Kill Your Husband”.

Ronnie says, “women place far too much emphasis on being married – and not nearly enough on being widows.”

She advises women to make sure they get what is rightfully theirs – “the old man’s life insurance”.

She says she likes men, but, “there’s no doubt, some are nicer dead”.

Oh yes, I laughed and laughed. All 10 males who attended, laughed. Sort of high-pitched stuff. And food fell from our mouths more than usual.

Ronnie was a little nervous of public speaking but as she warmed to the subject she began to seem more and more like Charles Adams disguised as a fruit sundae.

“I’m terrified of public speaking,” she said. “A recent study showed that 90 percent of people say public speaking is their greatest fear. Death came second.

“So there you go, people would rather die than stand up and speak. It figures,



therefore, that the men affected (by the advice in her book) are lucky. All they have to do is die while I must stand up here and speak.”

Ronnie’s book is just like Ronnie herself. There’s a cynicism that is very, very funny. There are recipes for “killer food”; recipes that are practically guaranteed to give the old man a heart attack, in good time.

It’s not cold-blooded murder, you understand. There’s no blood involved. It’s good fun all round.

She said, “When my husband had a heart attack we weren’t prepared for it – he didn’t have enough insurance.” After saving his life she got him to step up insurance payments.

Should one laugh about heart attacks? “I agree, heart attacks are no laughing matter,” she says. “Well, at least, not until the estate is wound up.”

She says a woman spends 30 years of her life looking for her man’s lost socks and taking all his nonsense only to see him stricken by the “lolita syndrome” and go off with his 22-year-old secretary. “And he doesn’t even wear socks any more. It’s slops and Bermuda shorts. He looks ridiculous. But she gets the money.”

She sounded almost serious when she said a wise wife ignores her husband’s affairs – “and certainly don’t divorce him because then the Viagra popping nymph-chaser will give all his money to the bimbo”.

She pointed out that affairs are stressful and stress is good for heart attacks. And nearly all men who die making love do so while with “the other woman”.

Her advice: “Encourage stress and invest in lethal puddings”. She offers some serious super-cholesterol killer recipes such as:

“Healthy Mangoes Ha Ha – liquidise a large mango with 125-150mg mascarpone cheese. Layer between liqueur-soaked sliced mango and top with whipped cream!”

The funeral can be a tonic. She told of a drunken abusive husband who died and the hired minister so exaggerated the man’s almost non-existent good points that the widow began to giggle. Eventually, with all her friends, she folded up in hysterical laughter. Imagine the wake.

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

Lonehill Shopping Centre Directory

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Food

- LL02 LIQUOR CITY
- LL04 DINO'S
- LL25 SAUSAGE SALOON
- LL34 ANTONNIO'S ITALIAN KITCHEN
- LL37 LETS DELI
- LL38 CUP CAKE BOUTIQUE
- LL39 PIZZA CHICKEN PERFECT
- LL41 PHILLY CHEESESTEAKS
- LL42 VOVO TELO
- LL44-45 VIKRAM'S
- LL48 LONEHILL FISH
- LL51 BREWTOWN COFFEE
- LL63-64 THE MUGG & BEAN
- UL25B HAPPY ME

Clothing & Accessories

- LL08 VERDETTY
- LL18 FRANCO ELIS
- LL19 CRYSTALIA
- LL24 VAVA CLOTHING
- LL30A PLATINUM
- LL30-32 PICK 'N PAY CLOTHING
- LL33 JUST CRUZIN
- LL57 AZIZ BEBE
- LL62 ENVY COUTURE

Services

- LL01 POST OFFICE
- LL01A POST OFFICE BOXES
- LL35 CELL TECH
- LL50 CLEAR POOLS
- LL60A BIZ-X-PRESS
- LL68 LEVINGERS

Books

- LL03 BOOKS GALORE

Medical

- UL19 FREE MIND & BODY
- UL21 PHYSIO
- LL59 SPECSAVERS
- LL65 LONEHILL OPTOMETRIST
- UL28B DR SHADIACK

Beauty

- LL17 THE CUTTING ROOM
- LL20 RED SQUARE
- LL22-23 SORBET
- LL31A MEDI BARBER
- LL31B LASERLICIOUS
- LL52 LONEHILL HAIR
- LL54 CARLTON HAIR
- LL56 DREAM NAILS
- LL60 WAXIT
- LL66 QUEEN NEW YORK
- UL23 SORRY MOM

General

- LL07 WEST PACK
- LL10 ON A WHIM
- LL14 WOOLWORTHS
- LL27 PICK 'N PAY & PHARMACY
- LL53 CLICKS & PHARMACY
- LL55 TREASURES 4 U
- LL60B POLLY POTTERS
- LL72 CNA

Bank

- LL26 STANDARD ATM
- LL28A FNB ATM
- LL28B ABSA ATM
- LL33A NEDBANK ATM
- LL58 CAPITEC
- LL70-71 NEDBANK

Property

- LL05 SOTHEYB'S
- LL67 SOUKOP

Travel

- LL49 FLIGHT CENTRE

Gym

- LL29 VIRGIN ACTIVE
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Life's too short not to buy it!

Home

- LL21 NED & NANCY'S
- LL47 THE SHED
- LL36 & LK02 CAT'S WHISKERS
- UL20 MACI FOUR

Entertainment

- UL06 BLOCKBUSTERS
- UL25 FLIP.D

Office

- UL26 BRAND CARTEL
- UL27 DISCOVERY LIFE
- UL28A QUEEN NEW YORK GEL

Art

- LL06 LONEHILL ART

Pet

- LL69 VET TO PET



whatever makes an impression on the heart, seems lovely to the eye



Think like a buyer. Never forget that even the smallest detail can make or break a sale. First impressions always count and often the smallest, seemingly unimportant detail can remain uppermost in a potential buyers' mind.

That's the advice from Chris Tyson. As head of Tyson Properties, he says years of experience have taught him that a little investment in fixing the obvious and a good helping of common sense can make a big difference. This is particularly important for those selling in today's tough climate. With fewer buyers looking at a wider range of properties, homeowners need to work a little harder to make sure that theirs is best and offers good value.

Kerbside appeal is crucial, according to Tyson. This is the 'real' first impression, so make sure buyers can see there is good security (but not overwhelming as they might suspect this is a crime hot spot), make sure that gates, bells and intercoms are working and that perimeter walls are in good condition.

Keep the garden neat and tidy – mow lawns, weed flowerbeds, trim edges, cut back shrubs and clip hedges. If you have a water feature, switch it on and add a few annuals or pots of flowers.

Tyson points out that, as every homeowner knows, maintenance is both expensive and hard work. Painting the outside of your home will automatically add value and could be a small price to pay for a good sale. Fix broken gutters, down pipes and fascia boards.

Replace cracked and broken window panes, wash windows and check outside fittings and lights. Just as with the inside of your home, pack away odds and ends such as bicycles and tools, roll hosepipes and stow the braai out of the way.

If you have a pool, make sure it is sparkling and in good working order, ensure that the pool area is inviting and that any garden furniture is in good repair.

"When it comes to the finer details, what would you notice?" Tyson asks. Make sure that curtains, upholstery and carpets are clean. Steam clean them, if possible. Also, make sure that

curtains are not sagging and that blinds are clean and neatly rolled or folded.

A golden rule is 'steer clear of clutter' so pack away the family heirlooms if they are likely to distract. Polish wood and brass fittings. If possible, invest a little in painting the interior and take a leaf out of the decorators' books – light colours make rooms look bigger while bright or unusual colours can be off putting and could clash with a potential buyers' furnishings, meaning a repaint before moving in.

Kitchens and bathrooms sell homes, Tyson reminds sellers. The stove, refrigerator and sink should be spotless. If basins and bath tubs cannot be cleaned, consider re-enamelling them. Replace broken tiles and wipe out any mildew. Fix noisy and leaky toilets, repair dripping taps and broken putty around baths, basins and showers. Pack away the dirty laundry and even go as far as adding a new set of colourful towels, pretty soaps or even a plant.

Tyson adds that, in his experience, sellers tend to focus on the bigger issues and forget the smaller but very practical things that make all the difference when you're buying. So, replace globes, make sure that cupboard doors close (and make sure they are tidy in case anyone peeks inside), see to it that garages and garden sheds are tidy and that laundries are clean and neat and that the ironing is done. Don't leave clothes on the line and empty dustbins.

Tyson says show houses remain the most effective means of selling properties. He recommends that sellers are away from home during show days. Potential buyers need to feel relaxed, comfortable and free to explore all the nooks and crannies – something that can be awkward with a homeowner hovering in the background. If possible, take your children (whether teens or toddlers) out but make sure that you pack away toys and wipe away sticky finger marks first.

The same goes for pets – not all people are comfortable with animals, especially big dogs. Either take Rover along with you or find a comfortable place for him to while away the afternoon. A howling or whining puppy can be as off putting as one that jumps up and slobbers all over visitors!

From the outset, walk in a potential buyer's footsteps when you prepare your home for its special day. Pretend that you are house hunting and note features that would attract you and those that might be off putting. Then return, emphasizing the good qualities and playing down the negatives.

Make sure your home is as light and airy as possible – draw back curtains and open windows, minimize odours. Scatter cushions on easy chairs and place fresh flowers in empty corners. Make sure that pictures are straight and add more to fill blank walls (even if you have to borrow some!).

Most importantly of all, if you are at home during a show day or when someone visits with one of our agents, be polite and welcoming but leave the job up to the experts. Never apologize for appearances or try to make excuses for shortcomings as this only accentuates them.

"Remember, many a potential buyer has turned down a property because he didn't like the look of it – despite the fact that the house itself, position and price would have been perfect!" Tyson warns.

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