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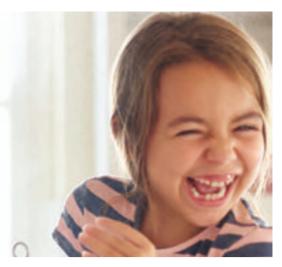
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Lew Geffen

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Cover photograph: Sigrun Engelen

IMPORTANT NUMBERS

Estate Office (operating hours 08h00 - 16h00 Mon to	011 465 7731 o Fri)
info@fwg.co.za	
Estate Security 24/7 Main Control Room	011 465 5465/66
Emergency and	011 467 1400
Medical Response	011 444 2237
Netcare 911	082 911
Council Service and Enquiries:	011 375 5555
Clubhouse	011 465 0937
In case of emergency:	
Douglasdale Police Station	011 699 1300
ER 24 Emergency	084 124
Police/ Flying squad	10111
Life Hospital	011 875 1000
Eskom	086 003 7566
City Power	011 375 5555
Joburg Water	011 375 5555
Water/Sanitation/ Sewer problems	011 375 5555
Fraud & Corruption Hotline	0800 002 587
JHB Metro Police	011 490 1600
Fire and Ambulance	10177



Fourways Gardens Natalia & Tracey





5 Bedrooms / 5.5 Bathrooms

R7.35 million



4 Bedrooms / 3.5 Bathrooms R6.95 million



3 Bedrooms / 2.5 Bathrooms



4 Bedrooms / 4.5 Bathrooms

R6.8 million



3 Bedrooms / 2.5 Bathrooms



4 Bedrooms / 4.5 Bathrooms

R3.9 million

R3.79 million

R3.99 million



4 Bedrooms / 4.5 Bathrooms

R3.95 million

D PAM GOLDING PROPERTIES

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



Estate News

FROM THE FWG HOA GENERAL MANAGER

elcome to my November article, "From the desk of the GM". How time flies, this is already my third article, and this time I have included a couple of articles of interest which are very relevant to the current state of our economy.

Don't put your home at risk

When times are tough and consumer budgets are under pressure we hear a lot about mortgage defaults and home repossessions, but did you know that failing to pay your home loan instalments is only one of the ways you can cause your home to be attached and auctioned off?

Five more ways to lose your home:

 Failing to pay your taxes. Your local authority can go to court and get a debt judgment against you if you don't pay your property rates, SARS can also have your property attached if you don't pay your income tax. There are also hefty penalties for not paying tax, so even if you can reach an agreement to pay off the debt and prevent your home from being auctioned, it is likely to cost you a lot more than the original tax bill.

What is more, you can't escape your tax liabilities by selling your home. The municipality will not issue a clearance certificate to finalise a transfer to a new owner unless all rates and service charges due by you have been paid. And SARS in entitled to take whatever percentage of the sale proceeds is required to pay off any outstanding income tax amounts.

2. Failing to pay your monthly sectional title levies or home owner's association dues. Legally, the body corporate of your sectional title complex or HOA of your estate can have your unit attached and sold off to settle arrear levies even if you have a bond on the property and



have been paying your home loan instalments. The bank will get any proceeds of the sale left after your levy arrears have been paid and you will still be liable to pay any outstanding portion of the home loan.

- 3. Applying for voluntary sequestration, otherwise known as filing for bankruptcy. If your home is registered in your name, it will be considered as an asset in your insolvent estate, and the trustees appointed by the court will be obliged to sell it to try to realise at least the amount outstanding on your home loan.
- 4. Engaging in illegal activities. Under South African law, the National Public Prosecutor can apply for any property used in the commission of a crime or believed to have been purchased with the proceeds of crime to be attached and forfeited to the State.
- 5. Standing surety for someone else's debt, or for the debts of a business. If the other person or the business defaults in such cases, the creditors will be entitled to come after you personally or attach your private assets to settle the debts, and there is a possibility of losing your home. You should therefore be very wary of ever acting as surety for anyone else, even your own children or parents.

Home sellers: Turn 'maybe' into 'definitely'

Turning home viewers into home buyers could be an art or a science, but either way, home sellers have a lot more control over the process – and the final decision – than they may think. "Buyers who are coming to view your home are usually already "sold" on your neighbourhood and price. You just need to make sure that the property itself lives up to the expectations that have brought them to your door. Create a sense of space

The number one reason why people would consider moving is to have more space to do the things they enjoy or to accommodate a change in family size. So show off whatever space you have and declutter tables, countertops and cupboards and let in as much light as possible.

- *Make a great first impression* There is no bigger disappointment for prospective buyers than arriving at a home that looked great online and finding that it isn't like that in reality. This is especially important when the property market is in a slow phase and there are more sellers than buyers. You need to win them over from the start with fresh outside paintwork, gleaming varnish, a swept driveway, a well-kept garden and shiny-clean windows.
- *Clean, check and repair everything* Reasonable buyers won't expect your home to be in brand-new condition, but they will want to see pride of ownership, so the cleaner it is and the fewer dripping taps there are, the better. In fact, some buyers are so critical that even a minor problem that would only cost a couple of hundred rand to repair can put them off the whole deal.

Hire a professional team if necessary to give your home a deep clean before you put it on show.

For those residents who are however not planning on leaving this beautiful Estate, please remember to make holiday arrangements for your pets. Most kennels require notice of no less than a month for December.

Enjoy the last stretch of 2017 and hope to see all at our upcoming social events!

Regards,

General Manager

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

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Security

24/7 Security has had a few busy weeks at Fourways Gardens Estate and we are happy to report that the initial challenges experienced have all been resolved. The positive support that we receive from the community is overwhelming, and we would like to thank everybody for their patience and assistance during the takeover period. We welcome all feedback and suggestions, so please do not hesitate to contact us.

As a company, 24/7 Security believes in providing more than just security services to our clients. Working in the Estate, our offices deal with many different issues. We share some of these with you:



SOT Officer Harry Ndzukula conducting the perimeter fence patrol zone. These tests are conducted on a daily basis.



Shift Commander Morris Mathebane picking up a junior doctor from Phase 2 who was educating other kids about his future job aspirations.





(R)

Sector 1 SO Vonani Masinga on his routine patrol during the nightshift. All officers submit a patrol report on a shift basis in which we measure their effectiveness over the last 12 hours.



SOT Officer Tray Khumalo with Reaction Officer Ramoloto assisting to jump start a vehicle in Phase 2.



Johannesburg Water had left a meter reading box wide open, creating a safety risk within the Estate. The area was cordoned off.

Stay in touch

Shift Commander Daniel Katshaba assisting a domestic worker who collapsed, until the paramedics arrived - she was taken to hospital.

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

Security



A new tenant was handed the keys to her house by Shift Commander Morris Mathebane and SOT Officer William Manabile after the agency entrusted 24/7 Security to hand over the keys

SOT Officers William Manabile and Mxolisi Shongwe verifying ID documents of various contractors whilst working within the Estate.



The 5-Minute Rule

There has been an increase in the number of people who have been followed home from shopping centres, airports or other venues, leading to driveway robberies. Victims are robbed of jewellery, watches, cell phones, and other electronic equipment. The criminals work in groups of 4/5 people, are armed and well organised. We urge everybody to remain aware and to please observe the 5-minute rule before arriving at your destination.

5 minutes from your destination:

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





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Estate News

Yoga Classes in FWG

hat better way to de-stress, especially after a hard day's work at the office or the aggravations & chaos on the roads, than taking in a Yoga class? Iyengar Yoga is a highly specialized form of Yoga developed by the late, world renowned BKS Iyengar in India. An Iyengar teacher takes many years to train. Teachers may be re-examined every 5 years. This process ensures that the standards are maintained.

Yoga classes are non-competitive exercises for everyone, regardless of age, degree of flexibility or fitness level. Let it become a part of your life – find freedom! Great benefits are derived from practising the postures that seem deceptively simple, yet are very powerful and effective. Yoga helps in building not only flexibility and strength but also in releasing stress and obtaining inner peace and tranquillity. The emphasis is on inward reflection and awareness through exercises. Developed over many years, lyengar Yoga is one of the most practised forms of yoga in the world today.

Yoga will stretch the body, increase your energy levels, oxygenate your brain and relax your whole being, improve sleep and prepare you to face life's challenges. In other words, lyengar Yoga is a series of exercises designed to balance, stretch, tone and rejuvenate the entire body. It improves circulation and breathing; helps organs and glands to function properly; balances the metabolic system and strengthens the spine and eases backache. The regular practice of Yoga leads to a supple, healthy and relaxed body, a calm and integrated mind.

I have been teaching for many years. Over these years people from all walks of life have attended classes: doctors, psychiatrists, medical practitioners, lawyers, ballet teachers and dancers of all types, athletes, league squash players,





teachers and housewives etc, and they have stated that yoga enhanced and improved their lifestyle. I teach @ Fourways Gardens Clubhouse & Norscot Manor Recreation Centre. I have an extremely good following @ Norscot and would really like to build up Fourways Gardens. You are very welcome to contact me on (011) 465-7155 or 083-400-6211. Website: yogafourways.co.za.

> Wendy Stead Accredited Iyengar Yoga Teacher

FWG ACTIVITY PROVIDERS

TIME	SUNDAY	MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		
08:00		Outdoor				Outdoor Fitness Classes			Outdoor Fitness Classes		
08:30		Fitness Classes		Pilates - Tracey (8:30-9:30) 082 894 6096		(8-10) Rhona Williams	Pilates - Tracey (8:30-9:30)		(8-10) Rhona Williams		
09:00		(8-10) Rhona	Yoga - Wendy			083 600 1868			Rhona Williams 083 600 1868		
09:30	Yoga with	Williams 083	(9-10:15)				082 894 6096		•		
09.30	Virusha Gowrie 083 400 6 072 500 7215		011 465 7155 083 400 6211								
	virusha.gowrie@gmail. com										
10:00	com					Cristina (10:00-11:00)	Nunu's an	id Nannies			
10:30						Flamenco Dance 076 521	(10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com				
10.50						8750					
11:00											
11:30											
12:00											
12:30											
13:00											
13:30											
14:00						SmartPlay Soccer	SmartPlay	Ballet			
14:30						(14:00-15:00)	Soccer	(14h00-14h30)			
						Vincent 078 1223 944	(14:00-16:00) Vincent	Nicky Ridley 072 2388 063			
							078 1223 944	nickyridley33@			
								gmail.com			
15:00						Helen O'Grady Drama Academy					
15h30			5:45-16:45)			(15:00-18:00)			Yogabats (15:30-16:30)		
16:00		Jazz - 082	425 6098			Kerry Holbrook			Desley White 011 465 1939 / 084 465		
						083 410 2940 www.dramaafrica.com			1939		
16:30				Goju-Ryu			Goju-Ryu				
17.00		Cristing (1)	7.00 10.00)	(16:30-19:30) Stef and			(16:30-19:30) Stef and				
17:00		-	7:00-18:00)	Roberta			Roberta				
17:30			ce 076 521 8750	083 384 3026 /		FORMA	083 384 3026 /				
18:00		Yoga - Wend 011 465 7155	ly (18-19:15) / 083 400 6211	083 309 5352	2 FWG Running Club	FOR HOA AND AGM	083 309 5352	FWG Running Club			
18:30			100 7 100 7 000 400 02 11		557 005 400 0211		secretary@	MEETINGS		secretary@	
19:00					frra.co.za			frra.co.za			
19:30					Mandy 083 462 2725			Mandy 083 462 2725			
20:00											
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Estate News

Monthly Draw – September 2017

D Adams 8, White Ash, was drawn as the lucky draw cash pot winner, but he was not in attendance. The October draw will therefore be for R3 000!

Our lucky draw prize winners for the evening were:

1st Lucky Draw – P Zeeman 2nd Lucky Draw – Y Smith 3rd Lucky Draw – J Reed Anyone in attendance stands a chance to win the lucky draw prizes! Our cash prize is for homeowners only and all owners in good standing are automatically entered into the draw. You have to be in attendance on the night to claim your prize. If not, Century 21 will donate another R1,000 that rolls over to the next month!

Remember, you have to be there to win!

The Monthly Draw takes place on the last Friday of every month in the Clubhouse at 19h00!





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.





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FOURWAYS GARDENS GARDENING CLUB

FWG Gardening Club

How Landscape Architects Operate



andscape Architects understand the surroundings in its entirety and have an understanding of the living systems that make the environment function. They seek out opportunities and create liveable environments that are beautiful, enjoyable as well as responsive to their various environmental conditions.

To transform a design concept into reality, six stages are usually followed to ensure collaborative development and execution of the design intent which meets expectations. We used a recent house garden in a private estate as an example of how the landscape design evolves from a concept and is refined and adapted through design development to working drawings and implementation by the contractor. This garden had a few complications, like most projects, but budget was not one of them.

In the initial stage the client outlines (never all) their requirements and define scope of works – what is designed by the architect and what by the landscape architect. Initially the architect was responsible for the driveway and the paving around the building, but this was added to the landscape architect scope. We expanded our brief by adding rain water recovery and landscape lighting. The fee is agreed based on the anticipate cost estimate of the garden, which in this case was a lot more than the initial budget allocation. After review by the quantity surveyor and with the support of the architect and the project manager, we were appointed.

At this stage a preliminary design of the garden was already on the table to be able to quantify and motivate where the money would be spent. This included hand sketches and garden design which was presented to the client. The client gave feedback and preferences in terms of planting and landscape finishes (and disliking some of our ideas like the fire pit - which did make its way back into the design later). Another level of detail is added to the design with three dimensional perspectives, which was developed with the architectural renderings of the house. Through this process the client requested that the rockery and several trees in front of the house be removed and that the patio must be extended around the house to incorporate the pool - all on one level. The importance of colour and screening of neighbours, without blocking views of the golf course were all emphasized. A detailed cost estimate was presented in terms of the detailed design, but did not differ that much for the main house. This design also had to be approved by the Estate Aesthetics Committee, which was not a problem.

With the client's input samples of all the materials were combined and coordinated with the interior of the house. In addition, all the plumbing, storm water drainage and electrical requirements in the garden were discussed with the other consultants to ensure power for pumps and garden lights. Levels also had to be fixed as to ensure rain water from the gutters would get into the irrigation storage pond. In order to make the decisions easier for clients, samples of the paving, wood or any other materials is usually sourced. By finalising these details early it becomes easier to determine the extent of the construction ensure we stay on programme and budget. The plans then received "final" approval from the client, as quite a few things still changed after this.

In order to proceed with construction we had to source an appropriate contractor. The builder put forward the landscaper they preferred to work with, but we as landscape architects also added two reputable landscapers to the list. As part of our scope we compiled a detailed Bill of Quantities of the garden including the hardscaping, planting irrigation and soil improvement. We had soil tests done to specify the compaction for paving and what soil additives must be added to improve the topsoil. This was then used to call for quotations from the three selected landscapers. The contractors are provided with tender drawings as well as a

FWG Gardening Club

bill of quantities that stipulates and quantifies all work to be carried out and the materials that have been selected to ensure fair comparison. A few provisional allowances were made for items not yet finalised or were done by a specialist like the pots, pergola and water features.

The results and recommendations are documented in a report that was reviewed by the quantity surveyor and presented to the client for final decision. Parallel to the above process, construction drawings are compiled which would be issued to the contractor on appointment, these drawings show exactly how everything needs to be built, finishes selected, levels to be achieved, especially regarding water drainage as well as placement of everything. Another round of service co-ordination was done to ensure the drawings show the final garden lights in the correct position so conduits and sleeves could be built in.

Stage five of the project commences with the appointment of the landscape subcontractor. As landscape architects we monitor the construction process, and inspect work done to ensure the contractor is meeting all obligations set out in the drawings. We also keep an eve on the quantities so they are are not exceeded and that the high quality standard is met for each aspect as areas get coved with soil and cladded with stone which then could hide future problems. And then, if the client suddenly wants to change the tiles to better (and more expensive) imported tiles from Italy which were not previously available, we have to assess the cost implications, adjust the tiling layout (which has an effect of the retaining walls and step sizes), all to try and limit time lost on site, but could not prevent the slip in the programme. Service co-ordination continues during the construction phase, as some of the light fitting chosen were no longer available. Also, we needed to ensure water stored for domestic use could be decanted weekly into the irrigation storage pond, after the filled the pool during periods when no one was home - so no water is lost.

Making major changes to the design and material selection at this stage as well as at stage four can be problematic and lead to additional costs as well as time delays on the construction timeline, which is what took place at the house garden. One material change can have an impact on the overall design, leading to a knock-on effect of changes, and the contractor needing to demolish work already completed in order to meet the new requirements.

The final stage is close now and this is when the implemented design is officially inspected tested and re-measured to ensure it is done and final account can be drafted. The contractual obligations include guarantees on all equipment and workmanship and operational manuals and maintenance schedules are compiled prior to the handover. All defects are listed and then remedied by the contractor during a three month establishment maintenance period before it is handed over to the client. The initial maintenance period is usually extended for at least a year to ensure all plant material receive the appropriate care until fully established during which the



FWG Gardening Club









contractor guarantee their survival (unless you have black frost in October).

We carry out monthly audits on the work done in relation to the maintenance schedule and report of any latent defects and required maintenance actions of remedies like pest control or adjustment to irrigation system.

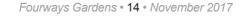
The water wise strategies implemented in this garden include the following:

- Automatic irrigation system like to rain sensor (automatic irrigation systems have shown to save up to 50% of your water bill as it will never over water and can operate in the cool times of the day.
- Rain water harvesting of all roof and paving run-off into storage dam which is used for irrigating the garden.
- Investigation into borehole to minimize reliance on potable water top-up.
- Use of mainly indigenous and drought tolerant planting.Use of screen planting and trees on boundaries to
- reduce drying effect of wind
- Use of less and drought tolerant lawn Cynodon 'Gulf Green'
- Compost and mulching of all planting areas
- Soil probes to ensure deep watering to promote deep root development
- Natural planting on boundaries of property which need less water and maintenance which include bulbs and aloes'

FRANCESCA

Newtown Landscape Architects cc Johan Barnard

johan@newla.co.za





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THE IMPORTANCE OF CHEMICAL/WEED CONTROL

Six Tips for Effective Weed Control

If you were to track every hour spent in your garden, you would probably find that you do an inordinate amount of of tearing up these intruders can prove

thin. Even more maddening — you are just six simple strategies away from your garden not needing weeds anymore.

A garden needs weeds? Weeds are nature's healing remedy for sites that are in a wounded, plant-less state, but weeds and gardeners have different ideas of what makes for a good your well-groomed garden.



1. LET SLEEPING WFFDS I IF

Kill weeds at their roots but leave the soil and dormant weed seeds largely undisturbed.

Every square inch of your garden contains weed seeds, but only those in the top inch or two of soil get enough light to trigger germination. Digging and cultivating brings hidden weed seeds to the surface. Dig only when you need to and immediately cover the disturbed spot with plants or mulch.

In lawns, minimize soil disturbance by using a sharp knife with a narrow blade to slice through the roots of dandelions and other lawn weeds to sever their feed source rather than digging them out. Keep in mind that weed seeds can remain dormant for a long time.

2. MULCH, **MULCH, MULCH**

Don't give weeds the chance to see the light. Whether you choose wood or bark chips, or even pine needles, keep the mulch coming to smother out weeds.

Mulch benefits plants by keeping the soil cool and moist and depriving weeds of light. Organic mulches, in particular, can actually host crickets, which seek out and devour thousands of weed seeds.

Some light passes through chunky mulches, and often you will discover - too late - that the mulch you used was laced with weed seeds. It's important to replenish the mulch as needed to keep it about 2 inches deep (more than 3 inches deep can deprive soil of oxygen).

3. WEED WHEN THE WEEDING'S GOOD

Young weeds go down much easier than older ones, so make the most of good weeding conditions.

After a good downpour of rain, you can stage a rewarding weeding session. As you head out the door, slip an old table fork into your back pocket because there's nothing better for twisting out tendrils of henbit or chickweed.

When going after bigger weeds, use a fishtail weeder to pry up tap-rooted weeds, like dandelion or dock.

Under dry conditions, weeds sliced off just below the soil line promptly shrivel up and die. In mulched beds, use an old steak knife to sever weeds from their roots, then patch any open spaces left in the mulch.

Heat is the key to composting weeds

The best "resting place" for pulled weeds, is a compost pile or bin, which is the end of the story if the weeds going in are free of seeds. In reality, however, a good half of the weeds you pull probably hold seeds. Weed seeds in compost are customarily killed by raising the temperature in the heap.





4. LOP OFF THEIR HEADS

When you can't remove weeds, the next best thing is to chop off their heads. With annual weeds, dead¬heading buys you a few weeks of time before the weed "seed rain" begins. Cutting back the tops of perennial weeds, like bindweed, reduces reseeding and forces them to use up food reserves and exhaust their supply of root buds, thus limiting their spread.



Keep it hot. Running a hot heap calls for precise mixing and remixing of materials. Rather than struggle to heat up a heap that wants to run cold, we suggest waiting until a weedy heap reaches a nearly rotted state to set things right. From there, you can solarize small batches of moist compost in black plastic nursery liners that are enclosed in clear plastic bags and placed in the sun for two to three days.

Easier than solarizing, plug in an old Crock-Pot outdoors, turn it to its lowest setting, and warm batches of compost while you sleep.

Heat treating weedy compost destroys many of the microscopic life-forms that give compost its punch, so it's a good idea to reprocess cooked compost for two to three weeks before using it in the garden. Place it in a plastic storage bin with a handful of earthworms borrowed from your garden and it will soon be laced with humic acids and other plant-pleasing compounds.



5. MIND THE GAPS BETWEEN PLANTS

Tightly planted beds leave no room for unwanted "visitors".

Close plant spacing chokes out emerging weeds by shading the soil between plants. You can prevent weed-friendly gaps from the get-go by designing with mass plantings or in drifts of closely spaced plants rather than with polka dots of widely scattered ones.

Most spacing recommendations, however, are based on the assumption that adjoining plants will barely touch when they reach mature size, so stick with the guidelines when working with plants that are prone to foliar diseases.





6. WATER THE PLANTS YOU WANT, NOT THE WEEDS YOU'VE GOT

Drip irrigation is the way to go for a quick way to water your plants and not your weeds. Watering by hand works, too, but it's often tedious.

Put drought on your side by depriving weeds of water. Placing drip or soaker hoses beneath mulch efficiently irrigates plants while leaving nearby weeds thirsty. In most climates, depriving weeds of water reduces weed-seed germination by 50 to 70 percent. Watch out, though, for the appearance of deeply rooted perennial weeds, such as bindweed and nutsedge, in areas that are kept moist. They can take off in a flash when given the benefits of drip irrigation.

Beyond these strategies, enriching your soil with organic matter every chance you get can move your garden along down the weed-free path.

With a better understanding of weeds, you will have more time to enjoy your wellgroomed garden.



Shaping Tomorrow's Leaders Today Through Rigorous Enquiry Based Learning

A Message by Des Hugo, Director of Academics at Nova Pioneer Schools for Innovators and Leaders

t Nova Pioneer, we are on a mission to develop the next generation of innovators and leaders through rigorous enquiry-based learning, international standards, and holistic character development. Our vision is to equip young Africans across the continent with the 21st century skills they need to shape the future and we are well on our way with 6 high-performing schools across South Africa and Kenya.

So, what do we do differently to make this possible?

The Nova Pioneer academic model is based on a foundation of rigorous enquiry-based learning which is informed by the world renowned Reggio Emilia philosophy, supported by globally recognised core curricula, and accredited by Cambridge. Enquiry-based learning underpins our practices at Nova Pioneer and empowers students to drive their learning experiences in a collaborative way. Enquiries enable students to deepen their learning by leading investigations, providing platforms for research and design, building argument and sharing effective innovations.



At Nova Pioneer, we place a high emphasis on our 6 culture principles: High Expectations, Solutions First, Greater Together, Always Growing, Joy of Learning, and Servant Leadership. Our culture principles are included in learning and relationships to develop students with the growth mindset that will enable them to confidently become the leaders and innovators who will shape the 21st century.

About Nova Pioneer: Nova Pioneer is a pan-African network of private schools developing the innovators and leaders of the future with excellent education from Grades 000 - 12. Our campuses in the Johannesburg area are North Riding, Paulshof, Midrand and Ormonde. For admissions related queries contact admissions@novapioneer.com







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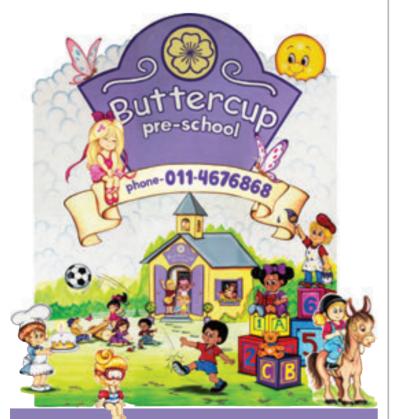
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Advertorial

OUTSTANDING MUSIC EDUCATION AT DAINFERN COLLEGE

"With music, one's whole future is brightened. This is such a treasure in life that it helps us over many troubles and difficulties. Music is nourishment, a comforting elixir. Music multiplies all that is beautiful and of value in life."

- ZOLTAN KODALY

t is with this belief and passion that Dainfern College music staff teach music to their students. The Music department, under the expert direction of Zelda Martin, endorses the philosophy that any child who is exposed to effective and engaging music education from an early age has the ability to become a musical adult. Students are taught to feel music from within before having to create it outside themselves and on an instrument. From Grade 0, their pupils visit 'Musicland' where they are taught through play, listening and movement how to feel pulse, beat and rhythm. Singing is a very important aspect of musicianship as it teaches students about pitch, inner hearing, being in tune and creating melodies. Parts and rounds are sung to develop a sense of harmony and pitch. Once pupils have been exposed to these elements of music and are able to create and identify beautiful musical sounds, only then are they ready and able to learn to play an instrument where they can reproduce the musicality that they have felt and experienced within.

Dainfern College pupils are taught







Junior Prep children enjoying an Orff session



Competition success



High School Rock Band - The Undecided



One of the Senior Prep marimba bands

these basic elements of music during classes and are also given the opportunity to engage in creating music together within a variety of ensembles. In the Junior Preparatory these include Orff groups, the Junior Prep Choir as well as the Junior Prep Violin and Guitar ensembles. In the Senior Preparatory pupils can choose from Choir, A Cappella, Marimba, Djembe and String Ensembles while the High School has an A Cappella group, a large Marimba ensemble, a Flute Ensemble and a Rock Band. Ensemble playing assists students to grow into better musicians, as it encourages musicianship at all levels. Not only does this enhance musicality but also teamwork and collaboration as one has to listen carefully to what fellow musicians are playing and learn to blend with them.

Soirées, festivals and eisteddfodau are where these students get the chance to perform and showcase their talent and all the hard work that has gone into their music making. This is where students are recognised for all their efforts by performing in front of peers, parents and the community. Self-confidence is

Fourways Gardens • 20 • November 2017

built this way as students are taught to perform in public.

Dainfern College is renowned for the excellence and diversity of its Music department and individual performers and ensemble groups have achieved at the highest levels. The College is also an examination centre for several overseas music examining boards and continues to produce excellent all-round results.

In the words of Kodaly "There is no complete spiritual life without music, for the human soul has regions which can be illuminated only by music."

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





FOURWAYS GARDENS ESTATE CHRISTMAS MARKET

Saturday, 11 November 2017 11h00 to 16h00

Clubhouse lawn area

The perfect opportunity to get your early

Christmas shopping done and support the community

Rocket Launcher for the children will be free! Face Painting available on the day Live entertainment by Deon Grey 50 stalls for your shopping enjoyment!



If you would like to book a table, please contact Debbie on <u>littlefieldmousemarket@gmail.com</u> before 16 October!



n the beautiful morning of Saturday 14th October, the Clubhouse staff started preparations for Beer Fest 2017. The kitchen was at work preparing pork belly for the spit a little after 7am on this morning, while others were getting the beer stalls in place and setting up tables

and benches on the grass in front of the Clubhouse.

By 11am, the beer stalls were ready for trade and the Fourways Gardens community began assembling in groups at the tables, or picnics on the lawns made green by the recent rains. At noon, food sales started, with Bockworst Rolls, Boerewors Rolls, Chicken Prego Rolls, and, of course, Pork Belly Rolls on offer.

South African Breweries (SAB), was a supporter of the Beer Fest and arranged













the tables, benches and umbrellas for the Clubhouse lawn. The umbrellas were especially appreciated on a hot and sunny Saturday afternoon! Flying Fish gave out promotional stock in the afternoon. The beers available from SAB were Stella Artois, Castle Lite and Carver's Weiss - with Fransen Street Cream Ale and



Krystal Weiss also available.

Heineken beer was on tap at the Heineken stall much to the delight of ardent Heineken drinkers!

For the more adventurous, Red Rock Craft Beer was on tap, including Storm

Estate News





Rider Pilsener (already a favourite in the bar) and Rusty Trigger Lager. Undoubtedly, the craft beers were a hit!

Franschoek Cellars offered wine tasting of their Sauvignon Blanc and Cabernet Sauvignon.





Jagermeister gave promotional Jagermeister shots, and the Fourways Gardens community was certainly not shy to make the most of it!



A new addition this year was the gin bar, which had a selection of tonic waters and gins available. The weather was just right for refreshing gin and tonic, along with the fun of mixing in fruits to customize the G&T.

With live music, a wide selection of beers and gins, the traditional German foods and South African favourites, the water slide and superb weather, Beer Fest 2017 was a resounding success. Certainly, the community spirit and fun seen on the day gave visitors much to envy!

The Clubhouse thanks all who were involved in making Beer Fest 2017 a fantastic experience, including the HOA, Security and Maintenance Staff, Clubhouse and Cleaning Staff, Sponsors of promotional items, and, most importantly, the residents of Fourways Gardens, who made it a pleasure to host Beer Fest 2017. Prost!















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Estate News

CASTLE LAGER BRAAI DAY

The Estate was contacted by Smart Casual Activation, a marketing company who ran a competition for their client, Castle Lager. Fourways Gardens Estate were invited to enter a competition in which a free braai and social day could be won! Just before Heritage Day we heard that we were selected and hosted a fantastic day for our residents on 23 September. Castle Lager sponsored the following for the day that ensured our residents all had fun!















- 6 Castle Lager Braais with charcoal and firelighter and a braai master
- Bluetooth speaker so guests could connect and play music
- 2 x Castle Lager 500ml cans per person over 18
- 1 x Boerewors roll per person
- Staff to assist with set up of facilities
- * The braais will be left behind for your complex to keep and utilize.

We took the waterslide out for the kids to enjoy for the afternoon and this ensured a fun day was had by all! Thanks to Smart Casual Activation for choosing Fourways Gardens Estate and Castle Lager for sponsoring a great day for our residents!





Residential Filate

2017 CAROLS

JOIN US FOR THIS WONDERFUL FAMILY EVENT

SATURDAY 25TH NOVEMBER 2017 5PM

PHASE 1 PARK

FEATURING REDDAM HOUSE School Choirs.

DRESS AS ANGELS AND SHEPHERDS PRIZES FOR THE BEST DRESSED!

REFRESHMENTS ON SALE BRING A PICNIC CASH DONATIONS WELCOME





FWG had an incredible Ladies' Night – words can almost not explain it.

Friday Night 20 October was a full house with sold out tickets.

The evening was about providing the ladies with information and tools on how to style their summer body.

On arrival, every lady received a welcome drink proudly sponsored by Strongbow (wow, I must say it is a new favourite for me). Each lady received a stunning gift bag from Sorbet Fourways, filled with Sorbet hand cream and a discount on their next appointment at the salon, a free trial from Body 20 worth R450, a stunning bracelet from Blue Velvet and plenty more.

We started the evening with a quick interactive game where the ladies had to find their matching number on the back and complete their puzzle. This really got the evening off to a great start with entertaining chaos, plenty of laughs, and allowed everyone to interact.

It's ME by Marine Evans, opened the formalities with a brief talk about the difference between 'Style' and 'Fashion' which got the ladies thinking







about their silent message to the world through their own personal style. Sorbet Fourways, now owned by Lindy Haslem and Karin Voet, brought their lovely team of therapists to the event, who worked the event by giving each lady a complimentary neck and shoulder massage during the formalities. Body 20 gave a presentation on how their incredible product would kick start your body back to when you were 20.

We then had a 30-minute break where the ladies could interact and browse the stalls with Blueberry Blush shoes, Body 20 body measurement, It's ME clothing and styling, and Sorbet with face mapping and Sorbet products.

The break was followed with another interactive game of name the face and a talk by It's ME on your body analysis. This provided the ladies with the tools to determine their body shape and how to style it accordingly.

Gillian from Blue Velvet took the stage and outlined their specialty in planning anniversaries and special occasions, including destination celebrations. Blue Velvet plans your experience from start to finish, making them forever memorable. I can guarantee you they will exceed your expectations and leave you breathless. You can contact Gillian on gillian@bluevelvetevents.co.za.

It's ME then ended the presentation with an explanation on what It's ME is all about. If you've ever wanted a personal stylist and a personal shopper, It's ME is who you need to contact (marine@itisme.co.za), the entire service is free with all the benefits and you get to style yourself correctly for every occasion.













































Estate News

The evening was filled with incredible prizes and draws to a total value of over R70 000.00.

I would like to thank every single sponsor individually who made this possible.

- The incredible Protea Hotel, Marriott Zebula Lodge, with a 2 night mid-week stay for 2 including breakfast. Zebula offers an amazing experience, a personal favourite. It is Africa's premier bush, golf and spa destination, and only a 3-hour drive from Johannesburg.
- 2. Indaba and Mowana Spa really game to the party with a stunning night spa (including 3 treatments, dinner and a complimentary dink) for 2, a Chief's Boma Dinner for 4, and a Champagne brunch for 4. They also gave every lady a 10% off voucher at the Mowana spa.
- Blue Velvet sponsored a stunning romantic lucky draw hamper including a family photo shoot, and also gave every lady a lovely infinity bracelet.
- 4. Land Rover sponsored a half day off road experience for one luck lady.

- 5. Thomas Sabo sponsored a beautiful charm bracelet as a lucky draw prize.
- 6. Pam Golding was the first draw prize with a picnic cooler, wine goodie box, a stunning bag, a car matt and an umbrella.
- Sorbet Fourways sponsored two incredible hampers consisting of a R500 voucher and stunning beauty products, Lindy and team, you really did spoil the ladies.
- 8. Blueberry Blush sponsored a pair of beautiful summer shoes.
- 9. Body 20 sponsored an incredible hamper filled with vouchers and products.
- 10. It's ME sponsored a free FDJ love denim and a top.
- 11. The Wesley in Bryanston came to the party with a one night bed and breakfast stay for 2.

 Strongbow sponsored each lady a welcome drink, now a personal favourite for many of us

Lastly I would like to thank It's ME for making the evening run smoothly and giving the ladies the necessary tools on correctly styling their body. Sorbet Fourways, thank you for all your attention to detail on the night and in your salon. Even though you have only had the store for four months you really came to the party and you are pushing through the Fourways Mall renovations by providing the best service and quality at your Salon. The ladies really enjoyed their free massages, hampers and goodies, well done! Thank you to Blueberry Blush for a stunning display of your beautiful shoes and thank you to Body 20 for all your assistance with your spectacular product in getting the ladies their summer body they have always dreamed of.

We look forward to our next Ladies' Night on how to style your winter body, coming March/April 2018.







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Estate News









A VENUE FOR ALL

Golf estates abound in South Africa but none can match Zebula, a stunning and totally unique lifestyle destination a mere 2 hours' drive north of Johannesburg in the magnificent malaria-free Waterberg region of Limpopo Province.

Located on 1100 hectares of pristine bushveld in the shadow of the Waterberg mountains, Zebula commands a most spectacular setting. Undulating, indigenous tree-covered hills and wide-open grasslands are punctuated with frequent dams and waterholes – a diverse landscape that supports a wide variety of game, birds and small wildlife.

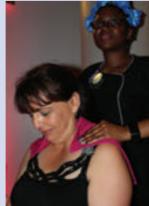
Upmarket luxury homes are tastefully designed and privately positioned so as not to impose on the surroundings. The Peter Matkovitch-designed golf course respects the environment, following the natural contours of the terrain, a masterful symphony of indigenous bush and landscaped areas.

With a myriad activities from which to choose, Zebula is all things to all people. In fact, there is so much to do that a weekend away may well not suffice and you'll find yourself, like so many of our guests, returning again and again, becoming familiar old friends in the process. Bush walks and drives, spa treatments, golf, interactions with animals, quad and horseback safaris, fishing, archery, clay target shooting and tennis. The list is as endless as the opportunities for fun for all members of the family.

Zebula Golf Estate and Spa Farm 534, Vaalwal KQ, Road D1000, Mabula District, Bela-Bela, 0480 Tel: 014 734 7700 | Email: reservations@zebula.co.za | Web: www.zebula.co.za







Children's Christmas Party



OURWAYS GARDENS

2 December Phase 2 Gazebo @ 9h30

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Calling Potential Puppy Raisers



S A Guide-Dogs Association for the Blind is looking for volunteer Puppy Raisers.

- Are you 18 years or older and have your own vehicle?
- Are you able to attend training sessions during weekdays?
- . Can you commit for 12 to 18 months?
- Do you live in Johannesburg and Pretoria or nearby surrounds?

Some facts about the Puppy Raising Volunteer Program:

- · Food is provided
- · Vet bills are paid by GDA
- Kennelling is provided during holidays
- · Puppies are handed to Puppy Raisers at 7 to 8 weeks of age
- · Puppies return for training between 12 to 14 months of age
- · Families with children and/or other pets are welcome to apply

For more information contact Leigh at 011 705 3512 or LeighD@guidedog.org.za



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Travel

BY JAMES CLARKE PICTURES BY MARY BROADLEY

NORTHERN FARMS

Cyclists head for the valley across the dry Highveld savannah just before the first rain of spring.

It has to be the most underrated recreation spot in Gauteng. Geographically it's south of one of the country's largest waste water treatment plants and north of that great spread of informal housing called Diepsloot.



ut that's misleading. We happily paid R400 for a multiple access card allowing the two of us access on five weekends.

I speak of Northern Farm, a 2500 ha region of rolling countryside, woodlands, verdant pastures, lakes, marshes, savannah and laced with trails for mountain bikes. Its other name is Diepsloot Nature Reserve and it is within Greater Johannesburg.

Northern Farm, owned by Johannesburg Water, is just 15 minutes from that landmark cluster of towering building cranes above burgeoning Fourways in Sandton. It's maybe 30 minutes on the N14 from Pretoria's western suburbs.

From its higher points one can look across at neighbouring Lanseria airport.

You never see the treatment plant, in fact after half-a-dozen visits to Northern Farm I am still not sure exactly where it is. But it is because of the plant that this area is so attractive.

Its treated water feeds the Jukskei River as well as the streams, lakes and vleis that characterise this huge working farm. It's rather like Cape Town's internationally-known birding spot at Strandfontein Sewage Works on the



Travel



A bird hide across the lake from which we saw a purple swamp hen.



First sign if spring along a track for cyclists, horse riders and hikers - and the occasional FWD vehicle.

False Bay coast where, in the wetland, a small group of enthusiastic birders once recorded 118 species before lunch.

But Northern Farm – despite its promise of more than 300 bird species which is not much less than the Okavango Delta – is not just about birding. It is open to the public on Saturdays and Sundays and all national holidays and is safe for family outings. Parking is safe and free near the rambling, but unpretentious, Clubhouse. There, one can picnic at a table among the trees and buy something to eat at the Hay Brew coffee shop. One can hire bikes there – even for children. And there's a distinct camaraderie about the Clubhouse. The entrance fee is R50 per person but cheaper if one buys a multiple access card.

It is a favourite venue for cyclists, especially mountain bikers, and offers five different routes from 12km to over 62km long.

The farm's information sheet says, "Route 1 for mountain bikes runs through the middle of the farm and is mostly a sand road and ideal for beginners. If you want something a little bit more technical and challenging, try for Routes 2 and 3, which incorporate fantastic onedirection tracks in the Blue Gum Forest and the Mamba Trail. Route 3 adds an extra few kilometres by taking you down to the bottom of the farm, and it also includes the more technical single track (winter months only) that runs along the river".

Some routes have gentle gradients and are fine for children riding geared bikes; some have challenging slopes, some are bone-rattling. The two most challenging routes are demarcated in red (34km long) and black (62km). Both are rated "intermediate to hard" and comprises a single rocky track with visible roots in forest areas, a river crossing and some "entertaining downhills". All routes are colour-coded so one can choose a route that is kind on one's calves.



Tree sterilised by roosting birds.



Wayside logs reveal the farm's efforts to eradicate alien tree species.

Travel



Near the Clubhouse – picnic tables in the background.

Talking of a different kind of calves – one Saturday we found the track blocked by a large herd of cattle being herded towards a new pasture. The farm breeds a handsome strain of cattle – the unique South African Bovelder which is part of a research project at the University of Pretoria.

The farm was established in 1954 and the nature reserve will have its diamond anniversary in 2020.

The Northern Farm also caters for horse riders but with no set route and, as with cyclists, some routes can be adventurous and involve wading through rivers and bundu-bashing but with opportunities to canter.

There are quite a few short cuts back to the start.

There's the rare yellow wagtail too – they hang around the cattle kraals. We normally rack up about 40 species in a morning. Among them is the Longcrested Eagle which breeds there and there's a good chance of seeing the African Fish Eagle and even the Black Eagle (Verreaux's) and Black-chested Snake Eagle. Also among the more dramatic birds occasionally seen, are the Cape Vulture, Marabou Stork, Black Stork and Secretary Bird. If one



Three habitats: lake, reeds and woodland.



Colour-coded arrows indicating grade of cycle trails. Follow the black and you can ride 62 km

gets in at opening time (6am) there's a chance of seeing a grass owl.

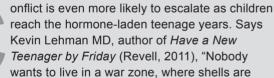
Ornithologist, André Marx of Birdlife South Africa, who collates reports on positively-identified species seen there, lists six of the country's 10 species of kingfishers; plus an array of seldom seen birds on the "wanted" list of many, many birders (like me): Baillon's crake, corncrake, Orange River Francolin and the Red-chested flufftail.

Website: Northern Farm, Twitter handle: @NorthernFarm, Facebook page: Northern Farm MTB Park

Parenting

LET THEM FIGHT

Sibling rivalry is normal in any family where there are two children or more. There are always times when one child feels they have been unfairly treated or have received the short straw. So as not to get drawn into the fights, understand one thing: children have argy bargys precisely to get YOUR attention. They want you to take sides. So, don't!



landing willy-nilly and exploding. That kind of excitement you don't need in a home. Homes should be a place of peace and respect, even if a few skirmishes occur now and again.

They should be handled respectfully, in an even-keeled manner, with the goal to come up with a balanced solution that is workable for all.

He agrees with my sentiment that children are seeking their parents' attention through their disagreements with each other. "They want you to take sides so they can say, "See, I told you Mom likes me better than you."

Lehman suggests that to keep fighting in perspective and in check you must allow them to fight but out of earshot, because it takes the fun out of it for them when they don't have you as an audience. Put them in a room, as small a room as possible, and give them the following instructions: "You guys need to solve this, and I'm going to give you 20 minutes to come up with a solution together. I'll be back to check on you."



It's highly likely that they will be out of the room in just a few minutes telling you that everything is sorted, which it probably isn't. You will need to ask how specifically, they solved the problem, and here's Lehman's take on this:

"If one of your kids is wily and strong-willed and the other is much more laid-back, I can tell you that with great regularty the powerful kid will be the one who decides what the solution is. However, the street-smart parent will defer to the more manatee-like type personality – the one who floats along in the water of life – and ask, "Is that really how you want this to be?" You give that child the opportunity to speak up.

"If she says, "Well not exactly," you say, firmly, "Then, you guys need to talk longer until I get a fair, balanced solution



to this problem. It sounds pretty one-sided to me." Now your teenagers will play their guilt card on you. They'll accuse you of treating them like little kids. "Well," you say, unruffled, "you're acting like little kids, so I guess that fits."

No teenager wants to be called a little kid. Your message will get across. They'll be less likely to fight in your hearing the next time."

The best place for children to learn about how to fight fair is at home. Just don't get too involved. Be the facilitator not the referee for the sibling squabbles.

www.nikkibush.com

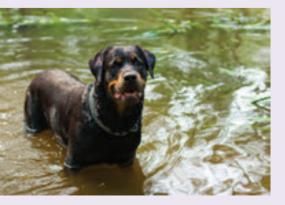
They want you to take sides so they can say, "See, I told you Mom likes me better than you."





HOLIDAY TIME! HAVE YOU PACKED FOR MAX AND LUNA?

he summer holidays are fast approaching and your pet's vacation plans need as much attention as yours do. While some of us may be fortunate enough to have our pets accompany us on our annual holidays, many will need to make alternative arrangements for their safe-keeping while we're away. Whether you'll be traveling with your furkids, or leaving them in the care of a family-



member or sitter, Twisted Whiskers has put together some pointers to help make them Happy Holidays for all concerned.

CHILLING AT HOME

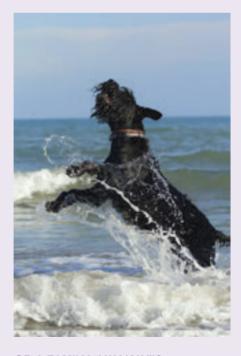
The majority of pet parents have no choice but to leave their pets in the care of someone else when they go away, so what are your options, and what do you need to bear in mind?

You may go the traditional route and consider a boarding facility. Good kennels and catteries provide spacious living quarters with both indoor and outdoor access. Air-conditioning is vital to moderate temperature extremes, and fresh air and sensory stimulation are a must. Be sure to enquire about the daily exercise options – most boarding facilities offer either dog-walking or "free time" in a communal space (which is opened up on rotation throughout the day for each pet or family of pets to play and exercise).



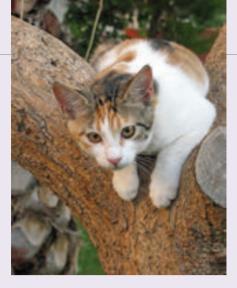
Provision should be made for individual pets' dietary requirements and you can expect the kennel or cattery to request your pet's vaccination and parasite control history. Discuss what will happen if your pet falls ill – the kennel should offer the services of an on-call veterinarian, or you may have the option to specify that your pet be transported to the veterinary clinic of your choice, should the need arise. If your pet has a chronic condition requiring medication and/or monitoring, it would be best to arrange boarding at a facility that caters for this requirement.

Alternatively, you may elect to leave your pets in the comfort of their own home, in the care of a family member or pet-sitter. Discuss in advance how much time you require this person to spend with your animals each day - some pets may be fine with daily or twice daily visits, but most enjoy the company of someone who can offer them love and comfort while their human family is away. A live-in sitter is preferable (ideally recommended by your vet or someone who has used their services and been happy), or a relative/staff member who stays on your property. This person will have access to your home, security codes, etc. so, if they're unknown to you, you have every right to request references and a copy of their ID document for your own peace of mind. Ensure that the sitter has their own transport and furnish them with your contact details and whereabouts throughout your trip, as well as details of someone in the area who can be contacted in your absence, to help with home or pet emergencies. A list of your preferred maintenance contractors would also be helpful. Most importantly, ensure that your sitter is fully briefed on any pet health concerns and that they have your veterinarian and the nearest 24-hour emergency vet clinic on speed-dial.



OR A FAMILY "VAY-KAY"?

Even if you aren't in the fortunate position to have a holiday home where your pets can join you each year, it really is worth researching pet-friendly accommodation online, as there are a



multitude of holiday options all over SA for people who wish to share the annual break with their pets. Search for areaspecific accommodation online, on trip advisor, Facebook and www.petfriendly. co.za

Apart from the obvious considerations like their beds, bowls, food, etc. remember to plan for a safe and comfortable travel experience for the furballs too. Dogs will need to stop every few hours to stretch their legs, have some water and a "piddle break" and cats should be offered this option too - on a well-fitted, safe cat harness, of course! Dogs need to be secured in a size-specific vehicle safety harness, or transported in the back of the vehicle, cordoned off from the driver by a pet safety mesh where they can see you, but cannot be a distraction or jeopardise your handling of the vehicle. Cats require a large, airy carrier that they can move around in easily - include a comfy blanket and some toys to keep them amused, as well as a small litter tray in case of emergencies.

It's worth investing in a pheromone product that can be sprayed into the carrier before the journey – these are very effective in reducing anxiety in cats. Ask your vet or Twisted Whiskers staff about the natural calming products available for both dogs and cats, that can help make your journey a smooth one.

Avoid feeding your pet a heavy meal before leaving (it will inevitably end up on your car seat...); instead, offer a light snack prior to setting off and save the main meal for when you arrive at your

Advertorial

destination. Have some treats handy – these will be your pet's "padkos" and will help keep the hunger pangs at bay without inducing car-sickness.

Familiarise yourself with the locations of the closest vets and after-hours clinics to your holiday accommodation and save their numbers for easy access. Travel with your pets' vaccination passports and, should you plan to cross borders, find out way ahead of time whether you'll require any other documentation for them. If you plan to fly with your pets, the best bet is to contact a pet travel service to assist you with advice on airline-approved carriers and other specifics.



As with any adventure – be it for you and your pets as they join you on holiday, or for your pet-sitter in dealing with the "carnage" when your puppy discovers the stash of toilet rolls in the bathroom cupboard - planning is the key to a stressfree holiday season for everyone. Twisted Whiskers stores offer a wide range of travel accessories and our Team is ready with any advice and recommendations you may need to ensure the safety and well-being of your pets over this festive season. Happy Holidays!



Look out for the Twisted Whiskers advert in this publication. On presentation thereof, you'll receive 10% discount on a grooming appointment for your pet/s, as well as 5% off merchandise purchased at our stores. (T's & C's apply)

Life Talk

ARTICLE WRITTEN BY NICOLEEN DAVIES, DIRECTOR LIFE TALK FORUM

POSITIVITY BREEDS SUCCESS

Our children are growing up in interesting times. Technology is at the forefront of their new world. They are exposed to so much more information at a younger age. The education system and its requirements are daunting, with expectations in terms of knowledge, performance and achievement stepping up constantly.

In the face of these challenges, it is really important to not let them overwhelm our children, and ourselves as their support system. A very important coping mechanism is attitude and specifically, positivity and positive thinking translating into optimism. It really comes down to enabling our children to work smarter and not harder by harnessing the right attitude.

Positivity makes you healthier

Research has shown that a positive attitude makes you feel better, literally! Researchers from Harvard University and in California found that the circle of positive energy actually extends out to three to four layers of people. When you will feel better about yourself, others around you will feel better too. Positive thinkers are healthier; less stressed, have stronger immune systems, are more productive and have a greater overall sense of well-being. Positive people are also more likely to act rather than react. A positive attitude really, literally, is contagious.

Suzanne Segerstrom, a positive psychology researcher, maintains that, "Setbacks are inherent to almost every worthwhile human activity, and a number of studies show that optimists are in general both psychologically and physiologically healthier". Pessimists' health also deteriorates far more rapidly than those of optimists as they age. (Seligman Research Study, Dartmouth.) Share with your children that when you feel good and you have a positive attitude your brain chemistry changes, you release more endorphins, serotonin and all of those feel-good substances - sound like good reasons to maintain a positive attitude. People are attracted to and energized by positive people and their positive energy. Luckily, attitude is also easy to control. When you start to feel your attitude spiralling into negativity, be aware of it and consciously choose to avoid it and stop it. It is your choice. Your thoughts directly affect your words, and your words become actions, which in turn become habits, and habits form character.

Positivity makes you more

resilient

Our age-old hunter and gatherer brains are hardwired to focus on and look for threats. We are naturally pessimistic and negative, all real obstacles to positivity.

Optimists, when faced with disappointment, are more likely to focus resolving the situation rather than focusing on their frustrations or things they can't change. They will devise an action plan, and ask assistance and advice. Pessimists will assume that the situation is out of their control and that they can't change it.

Resilience is the ability to cope with anything life throws at us and coming out stronger on the other end. There is no doubt that a positive attitude will contribute to making your child (and yourselves) more resilient. Resilience is an inner strength and resolve we draw on when in crisis. Concepts like hope and optimism form part of this. By nurturing positive emotions, the rewards are immense, including managing stress levels (by reducing negative self-talk, lessening depression, and building coping skills.

There is a great saying. "If you can't change it, change the way you think about it"

Positivity helps you perform better

Other studies conducted by Seligman, indicated that optimistic salesmen sold 37% percent more policies than their pessimistic colleagues who were also twice as likely to resign in their first year of employment. Imagine if your child, with the right mindset, could achieve similar results, for no real added effort?

Positive people are less stressed, more motivated, happier, more effective and productive people. Their energies are focused on the right things and on different outcomes. Negativity narrows your focus, positivity does the opposite. Positivity also generates energy, makes you more confident in yourself and your abilities and above all, gives you hope. Positivity breeds success.

How to teach positivity

Reinforcement and constant reminding is the only way to teach our children positivity – you ideally want it to become an instinctive habit:

- Stop negative self-talk: A degree of self-doubt or a lack of confidence is normal but constant negative selftalk will destroy a positive attitude. Counteract this by encouraging your child to write down these negative feelings or thoughts. Then read it and decide – is this statement a fact or fiction? If they have used words like, never, ever, worst, always – it's bound to be fiction.
- Focus on good things: Break the habit when feeling low or negative, immediately looking for positive

Life Talk

thoughts to refocuses the brain's attention. Reflect on good things that happened yesterday or in the past, or something they are looking forward to. Encourage them to think about things to be thankful for if they really can't think of anything positive.

 Life is like a mirror – it reflects back what we project: Approaching situations with negative expectations will most likely result in missing out on positive experiences. If we expect to find positives, chances are good that we'll find them. Even if we come across some negatives, we might classify them as temporary setbacks or hardships that will soon

be overcome. For our children, being armed with a positive outlook, even in the face of tough challenges, will serve them well throughout their lives.

- Start the day with a positive affirmation: This will set the tone and mindset for the day. Any positive message should do the trick – "Today I will have a good day"; "Today I am going to have fun"; "Yes, I can".
- Take the't' out of can't: You can do anything and at the very least you should try. By not even trying you will never know what could have been.
- Learn from mistakes: We all make mistakes and learn something from each of these experiences. Think about next time and what to do differently.
 - Laugh at yourself: Taking ourselves too seriously is often at the core of pessimism. Help your child to find the funny side in bad situations and encourage them to crack a joke about it and laugh at themselves. Surround yourself with positive and uplifting

people.

In communicating with our children we also directly impact on their personal attitude to life and the people in it. Communication helps all of us to deal with what life brings us and that shapes our views on the world and how we react. The reverse is also true. A negative attitude will negatively impact on communication and so a downward spiral forms. It's amazing how often attitude plays a greater role than intellectual ability. In many situations, people with average ability and a brilliant attitude are more likely to succeed than a brilliant person with a bad attitude. No matter how young or old we are, a positive attitude is an indisputable powerful ally. It helps us to make it in life.

Encourage the right attitude - it allows us to see creative options instead of dead-ends, it highlights opportunities where others see threats or gloom, and it helps to surmount difficulties. A positive attitude can attract happiness and friends. solutions and prospects, and it helps in achieving goals and success. It is also incredibly energizing, inspirational and motivational. Encourage a positive attitude and help your children to apply it in their lives. This will allow them to see and experience life very differently than those who go around with a spirit of heaviness and negativity.

Contact Nicoleen@lifetalk.co.za to find out about our essential services

- Purchase our books

Career guidance and psychometric testing

Other sources: https://www.success.com/article/how-positivity-makes-you-healthy-andsuccessful https://www.td.org/Publications/Blogs/Human-Capital-Blog/2013/04/How-Positivity-Leads-to-Success

Classifieds

SERVICES PROVIDED:

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

AIRPORT LIFT SERVICE: Fourways Gardens. Mercedes C Class. Fixed price per trip to or from OR Tambo (R450) or Lanseria (R350), maximum 2 passengers, owner driver, resident of FWG. Contact Brad on 082 465 1494.

ACCOMMODATION: Holiday House, Selborne Golf Estate, Pennington, house sleeps 8, 4 Bedrooms all en-suite, fully equipped kitchen, dishwasher, washing machine and tumble drier. TV in lounge and all bedrooms – full DSTV bouquet, housekeeper daily 8:30am – 15:30pm, use of electric golf cart, private swimming pool and access to beach club and secure parking. August school holidays R4000 per day and December school holidays R 6000 per day, contact Tina on 081 017 0582.

ADS: Aluminium Doors and Windows. We can manufacture, repair, supply and fit any Aluminium doors and windows. We also do shower doors and glass balustrades. Call DAMIAN for free advice and a quote on 076 824 3667.

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

ALARM QUOTES / INSTALLATIONS: For professional Alarm & Security installations, we specialize in alarm installation, CCTV, gate automation, electric fence, intercom etc. Call Suresh on 060 380 4653 / 064 500 4963 / email: sun@sss108.co.za (www.sss108.co.za)

APPLIANCES REPAIRS: To all makes and models, AEG, Bosch, Whirlpool, Siemens, Samsung, LG, Defy, Kelvinator, Miele. Contact Gwentech Appliances on 072 952 8183 / 073 947 2447 or email: gwentech7@gmail.com same day service (26 yrs experience)

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

AMANZI4SURE: We install backup municipal water tanks that are seamlessly plumbed into your municipal water supply, ensuring that you have constant uninterrupted reliable water supply. We also install Rain water harvesting solutions for a sustainable source of safe quality water. Contact Damian Booth 082 456 0149 / damian@amanzi4sure.co.za www.amanzi4sure.co.za

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

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

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

B4 ELECTRICAL: 24 Hour call out, Prompt, efficient, personal service, call Peter on 083 452 0635.

BANTING COACHING: Successful Weight loss (coach accredited by Sally-Ann Creed). Improve your health and let food be your medicine. Qualified Nutritional Therapist. elise@bantingbuddies.com / 083 455 7500.

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

BROADARCES PHYSIOTHERAPY: We treat sports injuries, headaches, neck and back pain, post-op conditions. We happy to do home visits in Fourways Gardens. Block B Cedar Tree Office Park. Call 011 467 8300.

BROADACRES BIOKINETICS: We specialize in chronic disease management, sports injuries and post-operative rehab, we do Vitality fitness assessments and Watt bike training, call 011 467 8300.

CANDICE INTERIORS: Blinds, Curtaining, Upholstery and more. Get the right design advice and quality products to suit your requirements. Contact Candice – 082 363 0542. Interior Decorator established in 2005 .www.candiceinteriors. com candice@candiceinteriors.com

CARPET CLEANING: All your Carpet / Upholstery / Rug / Mattress Cleaning as well as Pre and Post Occupation Cleaning, please contact Spotless: Cindy on 074 149 4089 / www.spotlesscleaning.co.za

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

CARPETRY: Sipho Carpentry Our Services: Ceiling, Cornices, Hanging Doors, Partition Wooden Floor and Skirting - Contact Sipho on 078 397 5674.

COMPOST AND LAWN DRESSING: Delivered in Fourways Gardens at R250 per cubic meter. Minimum delivery 2 Cubes. To order phone Dieneke on 083 326 3007 or email: Dieneke@donnybrook.co.za

COMPANION DRIVER: If you or someone you love needs help getting to doctor's appointments, chemo sessions or the shops, I provide a Companion Driver service. This means transport with a bit of company. If you need me to wait with you, I can do so. I charge an hourly rate of R110.00, and a mileage fee applies if trips are in excess of 10km. I live in Fourways Gardens. Call me, Roger Bennett on 082 490 0017 or 011 465 4339.

CHANDRAI YOGA: Gentle and Integrative Hatha Yoga classes in Fourways Gardens – beginner to intermediate practise, "Yoga takes you to the present, the only place where life exists" ...contact Virusha Gowrie on 072 500 7215 or virusha.gowrie@gmail.com

CHILDRENS YOGA: Ages 3,5 to 12. Interactive, creative and fun classes suited to your children's specific goals and needs. Private / in-house classes offered. Contact Yolandie on 082 889 4266

DOCTOR: Dr Vicki Schutte – General Practitioner in Stratford Office Park, Block 3, Valley Road, Broadacres, contact details: 011 465 6715 or 073 729 0959 / wwwdrvickschutte.co.za

DOG WALKS AND PLAY: Come home to a healthy, happy and manageable pet, I offer dog walking and play sessions. First walk is free! FWG resident. Contact Reuben on 064 784 0675 / rgburls@gmail.com

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

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

DISCOUNT PET FOOD AND FREE DELIVERY IN FWG: Milmac Feeds is offering SPECIAL PRICES UP TO 15% OFF on pet food and accessories, PLUS FREE DELIVERY IN FWG every Tuesday and Thursday! We feed a wide range of pets, including dogs, cats, fish, rabbits, domestic and garden birds. To take advantage of this upbattable offer context belon per Kirston on 206 100, 1182 unbeatable offer contact Helen or Kirsten on 086 100 1182 to place order or WhatsApp 076 983 8455 / 072 715 1271. Terms & Conditions apply.

DREAM TEAM CLEANING: We specialize in carpet and upholstery cleaning in residential homes, offices, churches. We clean carpets, curtains, upholstery, windows, etc. We also do Pre and post moving cleaning. References available, check our Facebook page https://www.facebook.com/ lilisdreamteam or contact Lili on 073 010 9608.

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

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

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

FICKSTAR ELECTRICAL: Qualified, experienced electricians - Swimming pools lights and pumps, wiring, stoves, lights, gate motors, electric fence - electrical equipment contact Mohau on 065 896 9539.

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

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

FURNITURE MAKERS: Can't find the furniture you are looking for? Furniturespot.co.za has collected the best furniture makers on one platform. Your furniture idea, custom made for you, your piece, your colour, your style, your

budget, send your idea to Wouter via WhatsApp on 071 308 6379, or wouter@furniturespot.co.za / www.furniturespot. co.za

GENGROW - LANDSCAPING: Garden maintenance, installations, clean-ups. Irrigations-installations, repairs, water feature installations and repairs. lawn care program. rubble removal - contact Doane- 083 456 3480 or email doane@gengrow.co.za

GARDEN MANAGEMENT SERVICES: Top class garden and pool service at affordable rates. We also specialize in clean-ups, instant lawn, irrigation, tree felling. Contact Rob 082 778 5566.

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

GUITARS FOR SALE: New, Pre-owned & Vintage Acoustic Guitars for the discerning player, collector & investor, www.hughsfineguitars.co.za or contact Melanie on 082 658 2895.

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

HANDYMAN: A British Tradesman for the jobs you hatel!! 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

HEDGEHOGS PLAYSCHOOL: Small Educational HEDGEHOGS PLAYSCHOOL: Small Educational Playgroup run by qualified teacher in Fourways Gardens Estate (Phase 1). Ages 18 months to 3 years. Weekly themes and creative activities form part of the curriculum. Register now for 2018, LIMITED SPACE AVAILABLE! For more information or to make an appointment to visit the school, contact Debbie Hutchinson on 083 253 1414.

HOUSE / PET SITTING: Don't put your pets behind bars when you go away! As a mature woman with many year's experience, I will feed, walk and keep them company in their own home, even living in, call Nicky on 072 129 0698.

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

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.

INTERNET & TELEPHONE: Need Faster Internet, contact Travis Copley @Centracom and get a free Feasibility done! Currently running promotions on fibre, wireless and LTE services. Get a competitively priced quote across 15+ providers within 24 hrs. Centracom manage services and implementation. Centracom Do Voip, Cloud Solutions and Competitive appriage. Center Line Generative Socie Connectivity services. Contact Travis Copley on 083 600 4439 / travisc@centracom.co.za

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.

KARATE: Goju-Ryu Classes are conducted in a fun environment while learning a form of martial arts. Benefits are discipline, strength building, bilateral integration, co-ordination and focus to mention a few. As an instructor I have more than 15 years of teaching experience with Children through to Adults. Ages welcomed from 4 years to 18 + years. A Free Introductory lesson is provided should you be interested. Contact Sensei Roberta 083 309 5352 5th Dan Goju-Ryu Instructor.

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

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.

LIFE COACH: I am a Life Coach in training and looking for volunteers to practice my techniques on, August to September, I give 2 free sessions. Contact Ireen on coachireen52@gmail.com or 083 261 3889.

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LIFE: - Join accredited coaches for an engaging ENNEAGRAM FOUNDATION WORKSHOP. This powerful tool helps you understand inner motivations and patterns of thinking, feeling and behaving. Improve family, social and work relationships and grow your own self-awareness. Call Nikki on 083 250 0131 to book your place. 23 Nov. 2017-R850 per person

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

M & S TENNIS ACADEMY: Professional tennis coaching ages 5 and up, also available on Saturdays and Sundays, contact Marcel Botha on 083 305 7754.

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

OMEGA WEALTH: A well-qualified independent Ginancial advisor will assist you with your local and wealth accumulation goals, estate planning, insurance requirements. Omega Wealth (Pty) Ltd, FSP 45461 is based in Fourways Gardens, and we cover all aspects of personal finance. Phone 011 465 8650 or email: admin@omegawealth.co.za to get further details or pop in to our office suite for a noobligation chat over a cup of coffee.

PAINTING / DAMP-PROOFING /

WATERPROOFING: Owner supervision. All work guaranteed. Call 082 352 6382.

PAINTING: Is your home in need of TLC? BWorx Paintings has 16yrs experience in the paint industry. We assist in colour choices, do the preparation and paint interior & exterior, giving your home an instant increase in value. Contact Vanessa on 082 456 7191

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

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

PERMANENT MAKE UP AND TATTOO REMOVAL:

Now at Essential Skincare, FWG Phase 1, Eyeliner, eyebrows – micro blading or shading and lips. We use Premier Pigments and the procedure is pain free. Call me or send me a message for more information – I would be happy to send you before and after photos. Nicky Godwin 083 378 6094 / ngodwin@telkomsa.net

POSTERIOR AND FEMININE WASH: Effectively reduces bacterial infection, unisex general hygiene for all, easy to sit and clean children's rear, easy installation and operation. No electricity or battery required. Water pressure adjustable on a turn of a knob. Call 062 707 3717 or email: ghbidets@gmail.com

PAUL POOLS SERVICES: Repair pump filters monthly charge- R550.00 Including chemicals. Contact Paul on 072 193 0680.

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

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

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

PROFESSIONAL CARE NURSE: Christen has been in the industry, taking care of people at home anywhere, dealing with old people or toddlers with trachea, feed via peg, diabetic to count, give an insulin, recover at home from hospital, doing exercise together and taking vital signs, has driver's license and has traceable references, please call 078 132 8874

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

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.

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

THE DIET CLINIC FOURWAYS: - (FWG Estate -Phase 2) – Our aim is to assist overweight people to lose weight safety with the use of our natural products and fat burning homeopathic injections. We will prescribe different medicine at different stages of your diet, correct and easy eating plans and maintenance of a balanced lifestyle. For more information, please visit our Facebook page TheDietClinic4ways or contact me on 072 593 7739.

THE CLEANING MEDIC: Fourways offering a variety of dry cleaning services from carpets, upholstery, mattresses to a full day complete deep clean. For more information or a free site inspection and quote, contact Phillip on 082 453 2151 or Morne on 083 408 7715 or info@thecleaningmedic.co.za

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.

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

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.

TREE FELLING & RUBBLE REMOVAL: Experienced and skilled tree fellers! Call Richard on 073 631 1241.

TUTOR REQUIRED: Math and/or accounts tutor required in Fourways Gardens. Retired teacher or 3rd year plus university student, contact Stella on 083 253 7824. OTHER

EMPLOYMENT WANTED: Driver seeks employment, has been driving kids in FWG for 15yrs. For ref please contact Mrs Mukazi FWG resident on 083 284 0285 or Nicholas on 078 300 2796.

FLEXIBLE JOB: Do you have a passion for health, wellness & beauty? Do you spend a lot of time on social media? Why not get paid for it! If you are open, self – motivated, hardworking and looking for opportunities, here is a chance to develop an activity from home, with flexible hours. No joining fees – unlimited training & support. Requirements: cell phone / laptop, Wi-Fi, must be 18+ with a positive attitude. Contact Valerie 076 369 5175 – valerie@ gaband.co.za

GIRL FRIDAY / CHILDMINDER: I am looking for work on Tues or Thurs either as a "Girl Friday" or Childminder. I have been working in FWG for 11 yrs. For ref call Anne 071 891 2582 or Christina 078 302 9860.

DOMESTIC WORK:

Christabel: My very sweet and kind domestic worker is looking for part time domestic work in Fourways Gardens Estate from Aug – Dec 2017, she is trustworthy, hardworking and thorough, please call Christabel on 062 975 6795 or myself Sonet on 082 349 5252 for a reference

Sophie: Is looking for full / part time domestic work. She is reliable, hardworking and trustworthy. I wouldn't hesitate to recommend her contact Debbie on 083 253 1414 or Sophie on 063 484 3851

Susan: Our honest, reliable, hardworking domestic lady she is looking for work on the following days, Tues, Wed and Thurs. For ref call Claus 082 564 0868 or Susan 083 872 2775

Pretty: Is looking for part time domestic work, has been working for us for 2days a week, for the past 1yr 9 months she requires employment for other days. She is Honest, reliable and trustworthy for ref call Audrey Moore on 082 770 6046 or Pretty 078 217 9728.

Flora: Has been working part time for me for 4 years, she is honest and reliable, looking for additional work from Mon to Thurs, call 078 528 6066 or Sue on 082 427 8295 for a reference

Praxedies: Our dedicated, well-loved nanny/ housekeeper for over 14 years, from Zimbabwe, looking for full / part time, live in/out employment from October (as we are relocating), she is excellent with children, dedicated and hardworking, for a reference call Audrey on 084 012 5707 or Praxedies on 084 836 8286

Thabisile: Looking for part time work on Tues & Thurs, she is honest, reliable and hardworking and good with children, for reference call 072 928 3187 or 060 476 8061.

Dinah: Amazing lady looking for domestic work in Fourways Area, available 5 days a week, live out, for a reference call Kyle on 082 857 6103 or call Dinah on 082 052 9245.

Loveness: Malawian looking for work as a domestic full / part time, she is a hard worker and a reliable person, call 074 757 1431 or call 076 881 7832 for a reference.

Daphney: Looking for domestic work, she is extremely well organised, trustworthy and has been in FWG for more than 3 years, call Anna 071 400 0792 or Daphney on 063 437 6095.

Phumzile: Due to relocation our domestic helper of 8 years requires full or part time work. Either live in or live out. She has also taken care of my son since he was a baby, she is

very hard working, reliable and good with pets. Preferably starting Jan 2018. Call Phumzile 072 709 3493 or me Ciranne 084 580 5433 for a reference.

Lucia: Looking for domestic work on Thurs, Fri & Sat, she has been with us for a few months, she works well on her own and is a thorough cleaner, please call Lucia on 073 213 4092 or Paddy on 082 575 3023 for a reference.

Orpha: Looking for part time work, very honest and faithful, been working part time for past 10 years, she is quiet and highly recommended, call Caroline on 082 345 2677 or Orpha on 073 244 2395.

Esther: We are looking for a new loving family for our dedicated helper and nanny. She has been with us for 3 years and has been like a member of our family, she is caring with our children and excellent at house work. She will lighten the load in your home and your children will be in very safe and loving hands. Contact Dena on 072 944 2374 if you need more information.

GARDENERS:

Malawian Gardener: Bruce is looking for part time garden work, he is honest and efficient and manner, I wouldn't hesitate to recommend him, he is available on Tues. Thurs, Friday and Sat. For ref please call Jane on 076 409 3509 or Bruce 078 410 9068.

Malawian Gardener: Jason is looking for part time garden work available on Mon, Wed, Thurs, Fri and Sat. He is handy and strong to do all kind of jobs around the house, he is reliable, hardworking and trustworthy. For ref call Charlotte on 064 047 8194 or Jason on 062 077 0124.

Andrew: Looking for garden work on Mon / Friday and Saturday. He is honest, hardworking and does not require constant supervision. For ref call - 078 706 6414 or 083 645 9607

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.

Gardener/Houseman: Peter has worked for us for 3 months while our current gardener was on leave. He is neat efficient and knowledgeable. He can also cook do general house work, with a training academy certificate. Our gardener has benefitted from his care we are very sorry to lose him, highly recommended. For ref call Doug 083 783 3954 or Peter 073 987 8666.

Thomson: Looking for work as a gardener on Mon to Sat, 9 year's experience, also good at cleaning the pool, call 073 405 0678, for reference call Vanessa on 083 661 6852.

Mike: Malawian seeks gardening work on Mon, Fri, Sat & Sun, experienced, honest and hardworking, works without supervision, highly recommended, for a reference call Grant Heale on 082 881 0713 or call Mike on 073 800 2107 / 063 839 5180.

Gilbert: Due to relocation our Zimbabwean gardener requires part time work on Wed, he is very honest, reliable and has a quite nature, for a reference call Ciranne 084 580 5433 or call Gilbert 078 711 2137.

Gracious: Looking for gardening work on Mon & Wed, he is a man you can trust to do your work properly without supervising him, he can do handyman jobs as well, call 011 205 7000 / 083 407 5154 for a reference or Gracious on 078 816 4067

Bongani: Looking for a place to stay in Fourways Gardens in return he can work as a gardener on Sunday, he is reliable, honest and humble, he is very good with dogs and can offer dog walking throughout the week, if you have a used domestic room to offer please assist, contact Kerry on 076 048 8347.

Danny: Malawian, looking for domestic or gardening work on Mon, Fri & Sat, call Van Staden on 082 979 0733 or Danny 081 014 8731

Happy: I have had the pleasure of knowing Happy for last ten years, in all the years he has been available to do all round duties the B & B required, he is Malawian, looking for full or part time work, please call 071 763 0789 or Paul 083 610 0882 for a reference.

Alfred: Malawian looking for work on Tues & Fri, in and around Fourways area, can do painting, general gardening and pool cleaning, call 083 969 0166 or Martin 083 646 3373 / Troy 078 650 8513 for references.

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

Gentry: He is reliable & experienced gardener who can work independently and follow instructions if need be, can do pool care and is good with children, current employer is relocating, contact Gentry on 073 471 6592 or 083 981 6077 or Sue on 082 377 0243.

George: Malawian looking for garden work on Mon, Thurs, Fri & Sat, very hardworking and reliable, five years' experience, call 063 181 1281, for reference call Dorin 078 188 0786.



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	wing agencies to sell or let your home: E-mail	Website
Century 21	Joep Rijntjes Tania Heurtaux		Joep.rijntjes@century21.co.za	www.century21.co.za
	TS Detmar Nuttall	082 840 5511	detmar.nuttall@engelvoelkers.com	www.engelvoelkers.com
FINE	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
Gardens Really	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
FRANCESCA Beattie	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
Bell's	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
Gave Cawood	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za
Harcourts	Leonard Fourie	083 648 0806	leonard.fourie@harcourts.co.za	www.4ways.harcourts.co.za
Lew Geffen Sotheby's	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
PAM GOLDING	Natalia Atanassov Tracey-Lee Savage (rentals)		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
Seeff	Michele Zuccollo Trish Walton		michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
HIGH S ¹	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com
	Dee Thomas Sally d'Hotman	083 375 5646 082 442 7693	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.univestrealestate.co.za

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Humour

BEWARE THOSE SILENT VEHICLES



t will be marvellous when vehicles are silent all-electric jobs and for the first time the cities and suburbs are quiet and free from vehicle exhausts and the Arabs can be left in peace to enjoy their oil.

But as founder and chairman of the PA (Pedestrian Association) – the PA is antagonist to the AA (ie: Automobile Association which doesn't give a hoot for pedestrians) – I am very concerned about silent vehicles.

The rise of the electric vehicle will mean a big drop in the PA's membership.

This is because of the numbers who will be knocked down by cars that they never heard coming.

The PA's breakdown services will be stretched to the limit. Oh yes, the PA, like the AA, has a breakdown service.

Pedestrians do suffer breakdowns and we pride ourselves in administering to them. We find them clutching street poles afraid to cross the road; even lying on the pavement after being run over or mugged... sometimes both. Usually in that order.

Members get specially monogrammed tissues and gaily coloured discounted PA bone splints.

As the PA's executive officer I salute those scientists and technicians who are working on the SCP – the Silent Car Problem. (Gets to feet and salutes.)

There just has to be some way for a motorist driving a silent EV (electric

vehicle) to warn pedestrians that he or she wants to get through.

Various research projects have concluded that beeps, chirps, honks, buzzes and other alarm sounds will be distracting and produce a confusing cacophony. Some advocate that VSPs ("vehicle sounds for pedestrians") should be universally standardised and most seem to favour the purring sound of the current conventional well-adjusted car.

I fear that if they fit EVs with speakers emitting the sounds of conventional petrol-driven vehicles we will be back where we began with streets so noisy that one cannot hear the cries of pedestrians.

It's in car parks where the problem lies – car silently reversing out. A University of California experiment found that a conventional car travelling at 8km/h can be detected at 11 metres but its EV equivalent can be detected only at 3.4m, giving one only a second to leap out of the way.

This is all very worrying for the blind – and the PA, like the AA, has lots of blind members.

At speeds exceeding 30km/h EV's and petrol cars sound the same because tyre and wind noise generate most of the audible cues when a vehicle is cruising.

In 2009 the US National Highway Traffic Safety Administration found that EV's are twice as likely to hit a pedestrian or cyclist as a conventional car. They also found that accidents commonly occurred in zones with low speed limits when vehicles are slowing or stopping, reversing or entering or leaving a parking space.

In Sweden test drivers concluded that there was not much of a problem. In any event EV's will still have hooters. Can't do without hooters. Without hooters South Africa's taxis would all have to have their brakes fixed.

General Motors's Chevrolet "Volt" includes a "Pedestrian-Friendly Alert System" activated by the driver. Tests with a group of "visually challenged" people showed "a series of warning chirps, like a low tone of a horn were enough to provide an alert but did not startle".

I suspect that in the silent future in peak traffic when cars queues on the highways drivers will talk to each other a lot. "Hi, my name's Peter. What's yours?"

"Jane."

"What a pretty name. I notice your engine has a funny hum to it."

"I know. I opened the bonnet to have a look I got a shock."

"Obviously a short in your gobulated waffleplate. Perhaps I could pop around tonight and sort it out for you?"

And so romances will sprout in what used to be the fast lane.

For more James Clarke, visit Blogsite: http:/stoeptalk.worldpress.com or www.jamesclarke.co.za RANGE ROVER SPORT

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