



FOURWAYS GARDENS

Residential Estate

October 2019



COMMUNITY LIVING AND
OUR RULES AND REGULATIONS

New High Definition Smart
Surveillance System

The Road to Optimum Health
Free Hearing Test for Pensioners

The Busy-ness of Life



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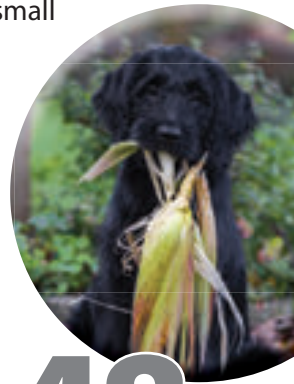


COVER IMAGE: Steve van Niekerk - Purple Heron

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FOURWAYS GARDENS
Residential Estate

Contact Numbers / Emergencies / Fault Reporting

Estate Office	011 465 7731
Clubhouse	011 465 0937
Estate Security 24/7	
Security Control Room	011 465 5466/5465/2302 011 467 2005/1400
Site Manager	071 224 6776
Assist Site Manager	071 222 7037
FWG Mobile Site Phone	076 200 5280

Important Numbers

ER 24 Emergency	084 124
Netcare 911	082 911 / 010 209 8604
Life Fourways Hospital	011 875 1000
Ambulance Fourways Life Hospital	011 875 1000 / 010 209 8604
Douglasdale Police Station	011 699 1300
Police/Flying Squad	10111
Metro Police	011 490 1600
Fire and Ambulance	10177
Lonehill Fire Department	011 465 5792 / 011 028 1083
Sandton Fire Department	011 375 5911
Fault Reporting and Utilities Suppliers	
Eskom	086 003 7566
City of Johannesburg Municipality	011 375 5555 / 086 056 2874
Telkom	10210
Vumatel	086 100 8862

4

14

22



FOURWAYS GARDENS

MESSAGE FROM THE GENERAL MANAGER



Gary Haynes

Dear Residents,

In this month's article, I will be talking about Community Living, and the Rules and Regulations - and what it all means.

RULES AND REGULATIONS

Your estate is a non-profit company (NPC) registered in terms of the Companies Act, and is managed by a Home Owners Association, with the Board of Directors, elected by Members at an AGM, as member representatives to oversee the HOA. The main areas of management in estates are overseeing the security, maintenance and operation of all common areas and facilities. The Board is also responsible for ensuring that estate governance is carried out in accordance with the provisions of the MOI, Municipal Bylaws, and applicable law.

WHAT IS THE MEMORANDUM OF INCORPORATION (MOI)?

This is the legal document that determines the guidelines for the operation of your association as a non-profit company, and it is legally binding. These rules and conditions are included in the title to your property and cannot be changed without a majority members' vote at a Special General Meeting (SGM), or Extraordinary General Meeting (EGM). Once a homeowner becomes a member of the association, on transfer of their property into their name, they are legally bound by the MOI, and transgressions thereof may result in a penalty issued for non-compliance.

WHAT ARE MUNICIPAL BYLAWS?

Bylaws are a type of law made by a municipal council, but what exactly is 'the law'? Without getting too philosophical,



grounds, public open spaces, street trading, public health, cemeteries and crematoria, emergency services, cultural and recreational services, and encroachment on a property.

ARE THERE OTHER RULES?

From time to time, new rule/s will be proposed by the Board and any changes to Conduct Rules or Architectural Guidelines will be presented at an AGM or SGM for members to approve by majority vote in order to be adopted. These rules are meant to protect the living environment of your community, and may involve guidelines regarding parking and vehicles, pets, pool use hours, etc. Since the common areas are owned and maintained by the association, any intended changes or modifications must meet the approval of the Board. Architectural guidelines adopted by the Board will include procedures for submitting requests to make exterior changes. The purpose of these guidelines is to control and protect the visual integrity of the common areas and the properties owned by the community.

LEVY ASSESSMENTS

Maintaining and operating the common areas and facilities require funds. These funds are collected from you in the form of assessments levied against your property. In addition, these monies provide for a reserve fund to offset future capital expenses. Your monthly assessment/levy is due and payable in advance by the first day of the calendar month.

WHAT IF YOU DON'T PAY YOUR LEVIES?

Hopefully, that won't be a problem. Since billing is a courtesy and not a requirement, failure to receive a statement does not negate your legal

responsibility to pay your assessment/levy. Unfortunately, non-payment can lead to legal proceedings being instituted.

MAKING YOUR COMMUNITY WORK

Since your Community Association is a corporation by law, a governing body - being the Board of Directors - is required to oversee the business. I have taken this opportunity to list some of the most frequent rules violations:

- Making exterior improvements WITHOUT prior written approval of the Architectural Committee, according to the rules which are in place to protect the property values of the houses in the estate.
- Contractors working on Saturdays without permission.
- Road Traffic Offences such as reckless driving, speeding, not stopping at Stop Signs.
- Security – not following the correct access procedures.
- Not maintaining your property and or street verge.
- Pets – barking dogs, not picking up animal waste, pets roaming around the common property unattended.
- Any noise activity that will disturb neighbours.

I hope this article has been helpful, and has shed some light on the fundamental operations of a community association. If you are unsure of any issue, management is always available to assist and clarify.

Gary

The Board of Directors, interestingly, has considered our current MOI lacking in several respects and/or is in need of amendments. An ongoing process to prepare a comprehensive MOI continues. It is hoped that the next Board of Directors will finalise this process.

the answer is as follows: "The law is a set of rules which have been developed by society to govern our everyday lives, the conducting of business, the operations of government – in fact, just about every human activity. Almost everything we do on a daily basis is in some way influenced by these laws made to organise and structure our society."

Bylaws cover various local government issues such as public roads, parking

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 UPGRADE COMPLETED

24/7 Security Services has concluded the implementation of a new high definition Smart Surveillance system at Fourways Gardens Estate (FWG). The system will revolutionise the estate's electronic security.

When compared to conventional CCTV systems, the new electronic security system is a pro-active means to secure the access, egress, internal and perimeter points of FWG. Each component of the system has been strategically designed to detect specific parameters and draw the attention of the Control Room operator to that particular camera and location - overall increasing perimeter protection and efficiency.

As opposed to conventional cameras that require light to generate images, the new cameras are incredibly effective in poor weather conditions and low-light environments. The intelligent analytics



have been configured to detect movement along the sidewalks and generate alarms in the Control Room as the object/s approach the perimeter. These alarms are immediately verified, and accurate information is then relayed to the relevant response personnel.

In contrast to conventional control room telemetry, the FWG CCTV operators will process information generated from the analytic detection in the form of events/activations. The Control Room will have the ability to react to a specific threat with the newly integrated public address audio system, as well as investigate suspicious activity with motorised Pan Tilt and Zoom cameras.

Advanced license plate recognition (LPR)

systems have been implemented at the main access/egress points and on the interleading traffic circle. Each vehicle registration number will be referenced to a central database and will alert the Control Room of any suspicious registration plates.

To increase the effectiveness of the new Smart Surveillance system, the Control Room is undergoing a revamp, and several technical modifications will ensure that it evolves into an event-based pro-active Command Centre.

Direct remote support and redundancy* can be offered to the Control Room operator directly from 24/7 Security's Central Command Centre.

[*The duplication of critical components or functions of a system with the intention of increasing reliability.]



Officer of the Month

Our officer of the Month for August 2019 is **Mopho Sakhuneka**.



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Visit our new Arthur Kaplan store in Fourways Mall and have an experience worth remembering. We have exquisite jewellery, premium watch brands and accessories.



ARTHUR KAPLAN



Monthly Draw – 30 August 2019



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

Draw results for August

Kiddies draw:

- Oliver Perry won a Fourways Mall gift voucher

Lucky draws:

- 1st prize: Bubbly hamper went to Matthew Freer
- 2nd prize: Bottle of bubbly went to Gayleen Gray

Main draw:

- Robin Berry of Mopanie Lodge was not present on the night to claim the R8 000 prize! Therefore, the cash prize rolls over and gains an additional R1 000 to total R9 000 for September!

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



These fine properties for sale!

FOR SALE



R5 100 000

Web Ref: 21DN-3618

New Release! Spacious contemporary home for sale, not to be missed! Offering the perfect living spaces for the family with 5 bedrooms and 3 bathrooms (2 en-suite) plus a guest cloakroom. Private study. Double volume entrance lead into a vast open-plan interior featuring a lounge with access to the patio and a dining room. Kitchen fitted with solid wood cabinetry and granite tops, featuring an integrated fridge-freezer, eye-level oven and a separate scullery. Staircase leading to the upstairs entertainment area which include a built-in cocktail bar. This area access a balcony with an additional braai area and offers views of the estate. Covered patio with built-in braai and a private gym area. Enclosed walled and private garden. Staff accommodation. Double automated garage and option of a 3rd garage or playground.

FOR SALE



R4 999 000

Web Ref: 21DN-2476

Large family home with a double volume entrance. The ground floor consists of a study, formal lounge and dining room plus a family lounge on split level with fire-place and built-in cocktail and lead onto the large covered patio. An open plan kitchen with granite counters plus a walk-in pantry and separate scullery. Guest cloakroom. A staircase lead to the 5 upstairs bedrooms (2 with air-conditioning) and 4 Bathrooms (3 en-suite). An added feature is a roof-top studio or gym. Large covered patio with built-in braai overlooking the large pool and walled garden. Storeroom and staff suite. Double automated garage plus covered outdoor parking for two vehicles.
SELLER WILL CONSIDER ALL OFFERS!

FOR SALE



R4 780 000

Web Ref: 21DN-2441

Immaculate double story family home situated close to the park & clubhouse in the sought after estate of Fourways Gardens. Double volume entrance, formal dining room, spacious family room, covered patio with a built in braai, sparkling pool & a private landscaped garden. Lovely eat-in kitchen & scullery, 4 bedrooms, 3 bathrooms (2 en suite) upstairs lounge with a wood fireplace, guest cloakroom, study & garaging for 3 cars. Fourways Gardens is a gated lifestyle Estate situated in the hub of Fourways.

FOR SALE



R4 700 000

Web Ref: 21DN-3462

Voluminous double storey home catering for the extended family offering 7 bedrooms (which include a separate 3 bedroom cottage) plus 4 bathrooms (MES). (7th bedroom or study). Guest cloakroom. The living areas are on open plan and include two wood burning fireplaces plus a built-in cocktail bar. Recreation room with Jacuzzi bath and sauna. The entertainment areas opens onto the paved pool area. Easy maintained garden. The upstairs self-contained cottage include 3 bedrooms or the option of a study, kitchen, air-conditioned lounge area with access to a balcony and a bathroom. Deluxe double staff accommodation with bathroom and kitchenette. Double automated garage and gated driveway. Do not miss out on this incredible opportunity to create your perfect home!

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

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

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756

FWG WINE CLUB

Thelema and Sutherland 4 September 2019



Fourways Gardens Wine Club

The start of spring brought with it another wonderful evening at the Fourways Gardens Clubhouse. The wine evening this month was hosted by Thelema Mountain Vineyards and those joining the festivities were treated to a special tasting.

Instead of the traditional sampling of wines where one label is sampled, we were treated to two labels - Thelema and Sutherland - and tasting was soon underway.

The Thelema premium wines were compared in a tasting 'taste off' to the Sutherland wines. These wines were both excellent, with each label having its own specific nose and taste.

The Thelema vines grown on the south-easterly side of the Simonsberg mountain, one of the highest elevations in Stellenbosch, produce a rich, premium quality wine. The grapes are grown at high altitude (530m above sea level) and the rich, red soil is ideal for producing excellent wine grapes.

The Sutherland wine grapes originate in the Elgin Valley which is located 70km south-east of Cape Town in the Overberg region. The vineyard is uniquely set on a high plateau surrounded by four mountain ranges.

Both red and white variants were tasted and we were treated to a very interesting talk on the origins and manufacturing

methods used to create the very diverse tastes and aromas of these special wines. Our host representing Thelema and Sutherland, Karen Green, discussed the different attributes of each wine and, while there was no clear winner after the 'taste off', it's safe to say everyone enjoyed themselves thoroughly.

As usual the evening ended with a delicious meal prepared by Francois' kitchen.

*Thanks to the
Tyson Properties Team!
Jonathan, Linda, Dee and Sally.*





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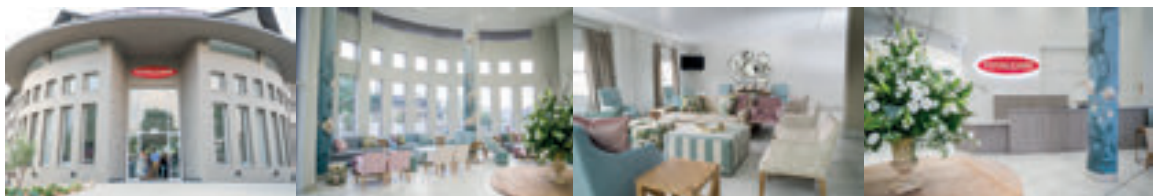
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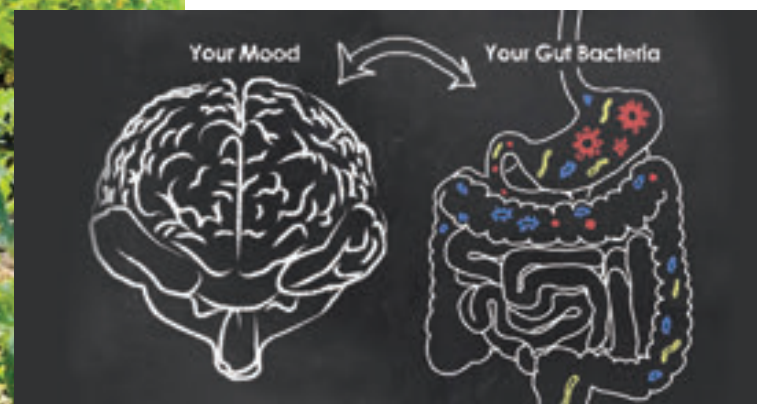
YOU ARE WHAT YOU EAT! HOW FOOD AFFECTS YOUR MOODS AND HEALTH

BY FRANCESCA BEATTIE



Linda Galvad of Sought-after Seedlings, (featured regularly on The Home Channel's GARDENING 101 and winner of many national awards), came to address us. After 10 years of research, Linda has discovered, and now teaches, the road to optimum health. What she told us was mind-blowing!!

Every cell, organ and tissue is dependent on nourishment. Various things influence the efficacy of our nutritional intake including air and water pollution, electronic emissions, stress (hugely important), chemicals, preservatives, colourants in our food, and food grown with chemical fertilisers and treated with chemical pesticides. Genetically modified foods, rejected by our bodies, will manifest as various ailments, such as allergies, arthritis etc. Alzheimer's, dementia etc. are all exacerbated by what we eat, along with insufficient exercise and not enough brain use. These diseases have replaced cancer as the most prevalent in our Western society.



Hippocrates said all disease starts in the gut – wrong food choices have been proven to cause eczema, coughing, wrinkles, skin irritation, and post nasal drip. We are 90% bacteria and 10% human DNA. Bad bacteria from incorrect eating cause inflammation and this leads to illness.



We need to begin growing our own food, starting with proper soil preparation and making our own compost (either cold or hot – this is a whole other subject), using only organic fertilisers and practising companion planting instead of using chemical pesticides.

Variety is important - for example, dark green, bitter leaves are the best for us! They enhance brain function. Asparagus and carrots improve cognitive function, berries are full of antioxidants and slow down brain aging. Avocados boost memory and learning ability. Watermelons – water-packed foods keep our memory sharp. Bananas with potassium and B vitamins induce alertness and a calm demeanour.

A multidisciplinary approach is necessary for good health through eating organic vegetables, much less animal protein, (of which free range meat is a must!),



and wild, caught fish. Ensure you get enough exercise (working in your organic food garden), meditate and practise consciousness. Use stress productively, cut right down on or avoid coffee, alcohol, preservatives and, very importantly, sugar, (as it causes high inflammation,

proliferation of cancer cells, arthritis etc.). Linda also recommends reduced intake of gluten and dairy, especially for some individuals.

Linda has personally seen massive health and mood improvement through correct eating.

Sought-after Seedlings are importers and suppliers of wonderful Franchi Sementi heirloom seeds.



For further advice, purchase of heirloom seeds or for assistance in starting your own Organic Food Garden, contact Linda on Linda@soughtafterseedlings.co.za or call 082 365 0050 - or call Gilda her Project Manager on 082 651 4276.



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*"I have been living and selling property
in Fourways Gardens for 15 years!
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Francesca Beattie*



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PHASE 1 - NEAR THE PARK
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PHASE 2 - STUNNING GARDEN & HOME
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**FOR SALE
SOLE MANDATE**

PHASE 2 - POSITION POSITION POSITION!
Asking EARLY R3ms

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SIMPLE WAYS TO GIVE BACK TO EARTH

October gardening is all about making those dreams and pictures you see in your mind transform into reality, and having the patience and energy to see them gloriously right in front of your eyes.

If you have done nothing yet, don't worry, but loosen your brakes! From now on, you are going to plant, feed, prune, pick, deadhead, water, harvest and keep an eye on pest and disease attacks.

Spring flowering plants like Yesterday, Today and Tomorrow (*Brunfelsia pauciflora*), crab apples, and cherries are already in full bloom, as are the beautiful bearded irises, foxgloves and delphiniums. Luckily, we are all inspired to garden at this time of the year because there is no time to rest for gardeners in October.

If you really want a good return on money spent in the garden this season you need to get cracking and plant this month. This will give you the whole season to reap the rewards in summer.

Picking lovely garden roses can be done at any time of the day, if they go straight into a bucket of cold water. Do not pick more than 50% of the long-stemmed blooms at a time on any one plant, as a big loss of leaves can cause root shock which sets back growth. Rather pick again as more flowers are produced.

Enjoy the last flowers of the Clivias. If they need to be lifted and divided, do so after the flowering phase at the end of the month.



Buy tall annuals like aquilegia, campanula, delphinium and digitalis in colour bags to fill up bare spots in mixed beds. Border flower beds spectacularly with *Carex hachijoensis* 'Evergold', a clump-forming ornamental grass that has narrow, yellow and white, green-edged leaves.



FLOWERING ANNUALS

Your winter and spring flowering annuals will start dying down as the weather warms up and it is time to start planting your summer beds. Try alyssum, aster, cleome, cosmos, dianthus, gaillardia, sunflower, lavatera, lobelia, marigold, zinnia, bedding begonia, as well as *Celosia*, New Guinea impatiens, petunia and vinca. Pinch out the young growth on newly-planted seedlings to encourage bushy growth.

HOT TIPS

If you need new lawn, sod it with instant lawn sods, but do not take short-cuts with soil preparation. Dig the area over and

remove all the weeds and stones. Add copious amounts of Contour compost and rake smooth and level. Water the soil lightly before laying the sods tightly together. Fill any cracks with Contour fine compost or lawn dressing.

GENERAL TASKS

- Split and divide overcrowded perennials, ornamental grasses and succulents.
- Prune all your spring-flowering plants as soon as they have finished blooming.
- Mulch the roots of your spring plants and feed with Contour compost.
- Scarify and feed your lawn with Contour lawn dressing.
- Feed your camellias and Hydrangeas with Contour compost.

PLANT

October is also the time to plant summer bulbs such as arum lily, caladium, spider lily, amaryllis, tuberous begonia hybrids, lillium, tigridia and tuberose. It is also time to plant Gladioli corms for a brilliant Christmas show. Store Amaryllis bulbs in the fridge and plant them into pots 6 weeks before Christmas and they will be in full bloom; wrap them up in a pretty sleeve and you have a gorgeous and affordable gift.



Plant all the mints for cooling summer cordials. As the mints are invasive, rather plant them in pots. You can sink them, pot and all, into the soil as the mint will not mind being kept prisoner.



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FOR RENT R30 000.00 pm



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Candidate Agent



SUE

082 452 0086
sue@gcr.co.za

Rentals Agent



FWG ACTIVITY PROVIDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
08:00						
08:30		Pilates - Tracey (8:30-9:30) 082 894 6096		Pilates - Tracey (8:30-9:30) 082 894 6096		
09:00						
09:30	Yogalates - Tracey (9:15-10:15) 082 894 6096					
10:00	Me In Motion (10:00 - 11:00) Lara 082 040 1137 info@meinmotion.co.za	Me In Motion (10:00 - 11:00) Lara 082 040 1137 info@meinmotion.co.za	Me In Motion (10:00 - 11:00) Lara 082 040 1137 info@meinmotion.co.za	Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 180 0330 vanjeeleigh@gmail.com	Me In Motion (10:00 - 11:00) Lara 082 040 1137 info@meinmotion.co.za	Me In Motion (10:00 - 11:00) Lara 082 040 1137 info@meinmotion.co.za
10:30	Nunu's and Nannies (10:30 - 12:30) Vanjee Smith 079 180 0330 vanjeeleigh@gmail.com					
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15h30			Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www.dramafrica.com	Ballet (15h00-15h30) Nicky Ridley 072 238 8063 nickyridley33@gmail.com	Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939	
16:00			Boxing lessons (16:00-17:00) Sean 076 854 8650			
16:30	Jazz (16:45 to 17:45) Debbie 082 425 6098	Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352		
17:00					Boxing lessons (17:00-18:00) Sean 076 854 8650	
17:30						
18:00			FWG Running Club secretary@ frra.co.za Mandy 083 462 2725	FOR HOA AND AGM MEETINGS	FWG Running Club secretary@ frra.co.za Mandy 083 462 2725	
18:30	Yogalates - Tracey (18:15-19:15) 082 894 6096					
19:00						
19:30				Ballroom and Latin Social Dancing (19:30-20:30) Zane 079 550 0755 dancingdna5678@gmail.com		
20:00						
20:30						

Clubhouse Phase 2 Outside Phase 2 Tennis Gazebo
All fees and times to be confirmed with the activity provider concerned.

PENSIONERS' SPECIAL – FREE HEARING TEST

You Are Invited to Test Your Hearing !!!

VENUE: FOURWAYS GARDENS CLUBHOUSE HALL

DATE: 18 October 2019

TIME: 8:00am - 2pm

CALL NOW TO BOOK YOUR APPOINTMENT

Sashni Munnisunker (Audiologist)

Tel: 010 600 2657 (press option 2)

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Email: sashni@smaudiology.co.za

Finding a way to deal with your hearing loss can be a challenge but don't despair, help is available. Modern hearing aids offer natural sound quality, are small, stylish and discreet and have more processing power than a computer. Wearing a hearing aid for the first time may feel overwhelming, however, the Audiologist will work with you to set the instrument and ensure your comfort. Allow yourself time to adapt and re-discover the new world of sound that you have been missing!



PublicDomainPictures – Pixabay

What's for Dinner . . . ?

A man feared his wife was not hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem. The doctor told him there is a simple informal test the husband could perform to give him a better idea of the extent of her hearing loss. "Here's what you do," said the doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens." Then in a normal tone, he asks, "Honey, what's for dinner?" No Response. So, the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?"

Again, he gets no response so, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?" Again, there is no response. So, he walks right up behind her. "Honey, what's for dinner?"

"James, for the FIFTH time, it's CHICKEN!" Moral: The problem may not be with the other one as we always think. It could be very much within us!



wikipedia

Have you ever seen the Sound Barrier?

For those who have never personally seen the sound barrier, the speed of sound is 343m per second, about 767 mph, 1234 km/h. Above is an actual photo of it!

This phenomenon only happens at the instant an aircraft breaks the sound barrier and it literally appears like the aircraft goes through a wall.

I hope you find this picture as fascinating as I did.

Amazing!!!





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THE BUSY-NESS OF LIFE 8 WAYS TO THRIVE

BY MICHELLE L. RAYMOND

The phrase, 'I'm too busy' rears its head in almost every conversation these days.

There's certainly no doubt that we lead busy lives, but the question is, are we (in all the busy-ness) living fulfilled lives?

Very often, the demands we face are more than we can naturally handle. So many people are taking pills and supplements just to survive day-to-day. Chronic pain medication, thyroid medication, Vitamin D supplements, anti-depressants and sleeping pills have become as much a part of our diets as food and water.

And regardless of whether we work full-time, part-time, are stay-at-home parents or students, the pressures are there and are very real. But we do not have to succumb to them. There are ways to break this cycle and still perform at our highest whilst also having fun and caring for our well-being. People tend to only prioritise their health once they've lost it. So let's get proactive!

We are not here to merely survive this life. We were born for much greater things - to thrive, create, explore and discover how we can operate from our highest purpose. And we can only start to tap into all this when we recognise that we are much more than what we do. Because what we do is just a glimpse of what we're fully capable of.

To cultivate more fulfilment and purpose, here are 8 very simple and practical things we can do, starting now:

1. Slow down.

This gives us a chance to consider our words, decisions and responses. We prioritise better, make fewer mistakes and naturally become more mindful. Start by eating and driving slower.

2. Get some sun.

We've grown up in a society that's afraid of the sun. But the reality is, we need it. Sunlight helps the body create Vitamin D

which aids the absorption of calcium and acts as a mood and immunity booster. All we need is 15 – 20 minutes of direct sunlight a day. If you're getting more than that, consider using a broad spectrum (UVA and UVB) sunblock that is made in South Africa.

3. Drink more water.

So much of what we consume dehydrates our bodies. Coffee, alcohol, salty and processed foods, sugary and diet drinks, as well as many common pharmaceutical drugs are all culprits. Spruce your water up by using filtered (try Kuro-Bo filters), not bottled, water and add a slice of lemon, apple, cucumber, orange or a stick of cinnamon.

4. Get active.

A mere 30 minutes of moderate exercise a day is all you need to maintain good health. If we honour our bodies and invest in our health, we'll reap the rewards later in life.



Michelle L. Raymond
Founder & Coach

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073 170 6780
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5. Sleep.

Sleep is not a luxury; it's a necessity. It should be the number 1 priority in our daily routines. Spend time nurturing good sleep habits: no screens, no heavy food or high-intensity activities at least 2 hours before bedtime.

6. Listen to music.

The benefits of listening to good music aren't just involuntary toe-tapping. Music is an instant mood enhancer, a natural painkiller and an effective dopamine and endorphin booster.

7. Meditate

Meditation isn't about not thinking. Rather, it's about finding and then being in the space between each thought. It's about becoming totally present and savouring the moment. A simple exercise, to start, is to listen and observe our breathing. How we breathe is a good indicator of where our minds are. Fast breathing = a busy mind. Slow and steady = a calm mind.

8. Take a break.

Mini breaks are necessary for maintaining a healthy work/school-life balance. They give us a well-deserved opportunity to reassess our lives and the way we spend our energy.

Follow Michelle Raymond on Facebook (facebook.com/NLPAchieveGreatness), Instagram ([shell_raymond](https://instagram.com/shell_raymond)) and LinkedIn (linkedin.com/in/michellelouise/) for more simple well-being tips for living your highest life!

2019 AUDI A1

BY SAMUEL DA FONSECA,
PROUD FOURWAYS GARDENS
ESTATE RESIDENT



The second-generation A1 is a vast improvement over its predecessor. It boasts tech from bigger cars and also drives like a bigger car.

The Audi A1 has always been a success story for Audi, having first been introduced in 2011 with over 13 700 units being sold. Fast forward 8 years and we are met with the second generation from Ingolstadt. It's the entry point into the brand, built on the same MQB platform as the Volkswagen Polo.

The second-generation A1 has been heavily reworked compared to its predecessor. It is now 56mm longer and 1,74m wide. Looking at the A1 head-on, it's a rather intimidating beast, especially when focusing on the three slats underneath the bonnet which pay homage to the Audi's iconic Quattro rally car from the 1980s. The sporty theme continues throughout the entirety of the A1 with a widened track and aggressively short overhangs. This gives the A1 a unique and solid stance on the road. A unique quirk that

I noticed was the LED lights both front and rear that both resemble that of a hydrofoil (dynamic wing shape from sailing). The design is segmented into iconic Audi Sport rhombus shapes and further enhance the sporty bearing of the new A1.

The new Audi A1 comes in 10 different colours, with contrasting colour roof options for maximum personalisation. There's also an Edition #1 option available which comes in a bright Python yellow with blacked-out exterior badges.

Step inside the new A1 and you'll be greeted by a tech-fest of features. Notable are the outstanding, quality materials used. The cockpit of the A1 is extremely operator-focused, with most interactive elements being angled towards the driver. Standard across the whole range is an 8,8-inch digital cluster system that replaces the traditional analogue dials. This is also customisable, with several different views and layouts available. It can also be upgraded to a larger screen if you opt for Audi's virtual cockpit.

The infotainment system is a new

version of Audi's MMI - it's a touch screen that lacks capacitive feedback when one interacts with it, but it's still incredibly responsive and easy to operate. One downside is that AppleCarPlay/Android Auto do not come as standard. You'll have to upgrade to the technology package coming in at R9 900, to enjoy such niceties. The package will, however, include the impressive Audi Sound System and larger virtual cockpit.

Driving the A1 is a pleasure on its own. Thankfully, the sporty looks carry through to the driving experience. I was especially surprised by how eager the A1 was to tackle corners with minimal body roll and an acceptable amount of





feedback. The biggest surprise came when I got the A1 onto the highway - you'd be forgiven for being under the impression that you were piloting an A3 rather than its smaller sibling. Of course, most A1 owners will very rarely see the open road, so you'll be delighted to know that it is a remarkably comfortable city run-around.

The new A1 comes with three different engine options, the first being the 3-cylinder 30TFSI (85kw 200Nm). The other 2 options are both 4-cylinder turbo petrol units: the 35TFSI (110kW 250Nm) and 40TFSI (147kW 320Nm). The 40TFSI is the same 2.0l petrol unit out of the Polo GTI – but whilst it is blisteringly quick, the sweet spot in the range is the 35TFSI that provides more than enough grunt and fuel economy. The good news is that you no longer have to spec individual options with the A1 - instead, options are now packaged together.

To view a comprehensive list of standard equipment and options, it will be best to visit Audi South Africa's website. At the end of the day, the A1 is a true Audi and you will not be disappointed one bit if you decide to take the plunge.



A STUNNING HAIR-CARE EXPERIENCE

Sporting a brand new store design, Gary Rom Hairdressing in Fourways Mall is geared up and ready to make you feel like a million dollars!!

Gary Rom Hairdressing (GRH) has been at the forefront of hair design since the late 1980s, which is why so many movers and shakers, celebrities, and high profile personalities have entrusted their hair styling to these salons.

When you walk into a Gary Rom Hairdressing salon, from the time you're welcomed and offered a choice of refreshing cocktails and beverages, you're made to feel special. Gary Rom himself is an absolute icon in the beauty industry and is known as a cutting-edge hair stylist. His vision, when he opened his first salon in Pretoria over 30 years ago, was to provide an unparalleled experience that would make his customers feel pampered while his stylists got busy working wonders with their hair.

Having refined the operation of his salons, Gary then looked at franchising his formula and, for Fourways Mall, he found the perfect husband and wife team, Rudi and Beatrice du Plessis. Beat is a qualified and experienced hairdresser in her own right and Rudi is a hands-on business manager and, together, they own and run the new salon in Fourways



Mall, as well as the Mall of Africa salon, with a salon in Bedfordview opening soon.

DETAILED CONSULTATION

Part of the Gary Rom experience is the thorough assessment and obligation-free consultation done with the stylist. This includes an 8-step analysis of the condition of your hair and scalp, your lifestyle, skin tone, type of hair that you have (fine, medium or coarse), whether you have any problems such as thinning hair or dry and brittle ends, and the kind of hair styles that you prefer. This enables

you to make informed decisions when it comes to cutting, colouring, conditioning and styling your hair.

“Our approach to caring for a customer’s hair is very condition-based,” explains Rudi. “The Gary Rom-branded hair care products are phenomenal and we aim with every consultation to have our customer ‘experience the difference’ – which is our Gary Rom slogan.”

STAYING IN OR OUT OF THE LIMELIGHT

Understanding the preferences of the many celebrities and high profile





movers and shakers who frequent the Gary Rom Hairdressing salons, there are private treatment rooms, each with a fabulous massage recliner chair and subdued music, where you can relax and unwind away from the hustle and bustle – in addition to the main salon with its energy and vibe. Rubbing shoulders with the likes of brand ambassadors, such as Sureshnie Rider, Melinda Bam, Ade Van Heerden and many others, you can tell that you're in the right hands and you'll walk out of the GRH salon feeling like the princess or prince that you know you're meant to be!

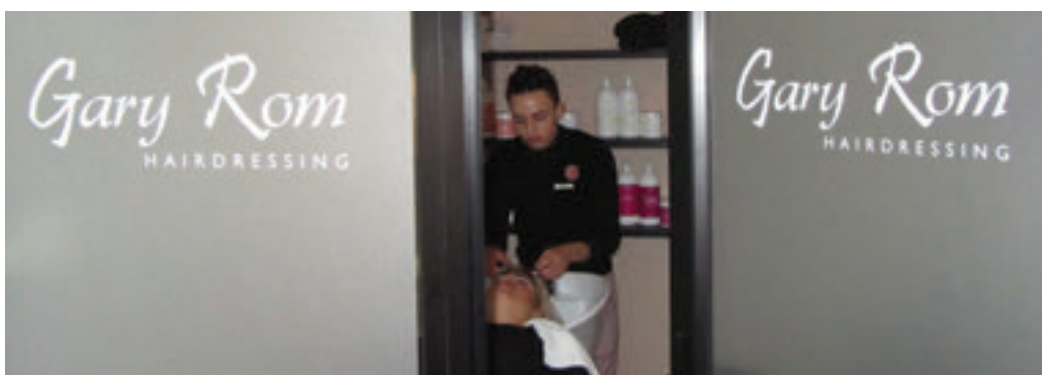
GARY ROM PRODUCTS – BUY IN STORE OR ONLINE

Amongst the products available at the Gary Rom Hairdressing salon, you'll find hair dryers, curlers and irons, hair brushes, styling aids, and a wide selection of hair care products. The Gary

Rom-branded hair care ranges include:

- Absolute Discipline – to tame rebellious hair
- Blonde Brilliance – to keep your blonde beautiful
- Cool Silver – to enhance grey hair
- Cortex Repair – for stressed and damaged hair
- Energize and Mint Clean for Men – specially formulated for men
- Hydro Boost – hydrating products for dry hair
- Jack and Jill for Kids – gentle products for children's sensitive skins
- Pure Balance – soothing and hydrating
- Summer Kiss – for protection against sun damage
- True Colour – for the protection and nourishment of colour-treated hair.

To make an appointment at Gary Rom Hairdressing Fourways Mall, call 010 109 6405 or email: fourways@garyrom.co.za



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Gary Rom

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Lifestyle



HOOKED ON FLYING SMALL SCALE PLANES

Take your pick – would you like to fly a light aircraft, soar above the fields with a glider, test your skills with a helicopter, impress the spectators with the speed of your jet, perform aerobatics – or do all of that and more?

Isn't it strange how catching a commercial flight to go somewhere has become so stressful? It's hectic getting through the traffic to the airport. Then there's the check-in and standing in the queues to have your luggage and carry-on items scrutinised. Then you have to throw away the water that you brought with you to stay hydrated, queue to get on the plane, find a space to fit your bag or backpack in the overhead compartment and sit like a sardine waiting for take-off. It's like being in a human-processing machine - everything is controlled.

Wouldn't it be great if you could do the controlling? Well, you can and you don't have to go far to do so, either. Join JOMAC (the Johannesburg Model Aircraft Club) and you can have a whole lot of fun flying and gliding.

Situated just south of Northern Farm, where the energetic go to do their more strenuous hobbies of mountain biking, off-road trail riding and horse riding, the JOMAC airfield commands great views of the countryside and offers excellent facilities that include a Lapa where they braai, toilet facilities, space for picnicking and, of course, space for parking your van or trailer (or both) alongside a work bench where you can tinker with your own pride and joy – your own model airplane.

Flying model aircraft is suitable for all ages, from 8 years to 90 years – boys, girls, men, women, grannies and grandpas - if you are interested in flying, you can do it!

“Many of the enthusiasts who are longstanding members are pilots or retired pilots, so flying is in their blood. Then there are the varsity students who come along to test out their projects – but we would really like to see more children and teens engage in this hobby. It's so much fun and any child who has done any kind of video gaming would love it,” says Bradley Davies, who is a member of the JOMAC Club committee.

THE EVOLUTION OF MODEL AIRCRAFT

There was a time when, to fly a model airplane, you had to build it from scratch. But nowadays, you can get ARF (almost ready to fly) and RTF (ready to fly) kits and there's been a move away from fuel-powered planes to battery-powered planes that are much quieter - and the battery takes just 20 to 30 minutes to re-charge.

“As a hobby, flying model aircraft was always considered to be a very expensive recreational activity. But it has become much more affordable,” comments Howard Callaghan, one of the club's longstanding members. “You could get started with a kit that costs just R1500, including the transmitter and equipment used to control the model aircraft, and progress from there. But we advise anyone wanting to start, to first come to the club and get advice from the experienced members in terms of what they should buy - rather than buying something first and discovering afterwards that it's not really suitable.”

RULES AND REGULATIONS

Whether you opt for a quieter, battery-operated craft or the noisier fuel-powered plane, fortunately, noise is not a problem at the JOMAC airfield. They're at the northern extremity of Steyn City with the Northern Farm Self Help Co-op as their immediate neighbour.

However, being relatively close to Lanseria Airport, they have a 122m/400ft height restriction, which is the

international standard for flying model aircraft. “We're here with the blessing of the Civil Aviation Authority and Lanseria Air Traffic Control,” Howard explains. “We're very aware of the need to comply with all the regulations. Drones are not allowed to fly at, or from, our airfield and, if we see a full-sized commercial or private plane flying in the vicinity of our field, we ground all our model aircraft until the plane is out of range again.

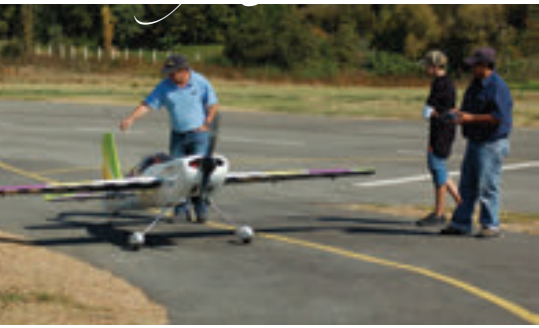
FACILITIES

Originally operating on the northern side of the N14 highway, the club moved close to the Incubation Hub until housing developments started to spring up and they had to move to their new location, where they managed to secure a long lease from the City of Joburg. After clearing away dense bush on the 2ha site, they constructed their 200m long, 12m wide smooth asphalt runway which is capable of accommodating any type of model aircraft, including jets. Having been exceptionally frugal in past years, their finances also allowed them to build the Lapa and some of the work bays, as well as the ablution facilities.

“Being out in the countryside, theft is a problem, so we try to make everything theft-proof, which is why the work benches are made from cement and we try to have everything fixed in place. As part of the long term development plan, over 50 trees and shrubs have been planted and much of the area has been grassed over. In addition to our asphalt runway, the plan is to have a grass one running parallel for the gliders.”

MEMBERSHIP

The club is currently running a membership drive and, for a limited time, their R1 000 registration fee has been waived. Full annual membership for adults is R1 500, for juniors under 18 and students, the membership is R620 per annum and, for seniors over 65 (on the 1st of January), the fee is R840 per annum. In addition, membership to SAMAA (the South African Model Aircraft



Association) is mandatory – R430 per annum for adults, R240 for juniors under 18, and R280 for seniors over 60 – this includes insurance against accidents or incidents. It doesn't matter when you join JOMAC, as the fee is calculated pro rata, so you can pretty much dive in and start straight away, whenever the flying bug bites you.

EVENTS – COME AND WATCH THE INTER-VARSITY

In October, look out for the annual inter-varsity challenge that will be held at the JOMAC airfield. Aeronautical Engineering students from Pretoria University (Tuks) and University of Witwatersrand (Wits) have been very busy building their own model aircraft to compete in the high speed race. The challenge is to conceptualise, design and build a radio-controlled model aircraft that is capable of taking off under its own power and flying over a short course as fast as possible. "It's fascinating to see some of their inventions," says Jon Hancock, who now builds model aircraft full time. "Some fly and some don't!" The event this year will take place on 20 October 2019, from 8.00 am, and visitors and members of the public are very welcome.

In mid-November, they will also be having a Family Day and, every year in May, they hold a May Day which is normally very well supported.

HOW TO JOIN

If you would like more information about joining JOMAC, feel free to contact Jon Hancock on 082 450 6580, Howard Callaghan on 072 240 2992 or Alan Straw on 072 344 4486. Members are normally active at the airfield on Saturdays between 9:00 am and 2:00 pm and on Sundays between 6:00 am and 5:00 pm, weather dependant.

Alternatively, visit their website www.JOMAC.co.za or their JOMAC Facebook page.

JOMAC is a non-profit section 21 registered company. The 4-member management committee elected annually manages the club's affairs in accordance with the club's constitution. Members of other SAMAA registered clubs, visitors and spectators are welcome.





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Peach and Brie Cheese Salad

INGREDIENTS

- 1 tin of peach slices in juice
- 1 packet of baby mixed salad greens
- 1 wedge of brie cheese
- 1 small packet of spring onions
- 1 small packet of seed and nut sprinkles

METHOD

Place the baby mixed salad greens onto a salad platter. Slice the brie cheese into bite-sized chunks and sprinkle over the salad greens. Drain the peach juice and cut the peach slices into halves. Place on top of the salad greens in between the brie cheese. Wash and slice the spring onions and sprinkle over the platter. Add the nut and seed sprinkles to the salad. Drizzle with olive oil and balsamic vinegar/balsamic reduction.

Note: For a more substantial light meal, add grilled chicken pieces to the salad.



Vichyssoise Soup (Leek and Potato)

INGREDIENTS

- 60g of butter
- 1 packet of leeks (chopped)
- 2 large potatoes (peeled and chopped)
- 2 cups of chicken stock
- 1 cup of milk
- 250ml sour cream
- Salt and freshly ground black pepper
- Chopped chives

METHOD

Melt the butter in a pan. Add the leeks and cook until soft. Add the peeled, diced potatoes and chicken stock. Simmer until the potatoes are soft. Stir in the milk and half the sour cream. Season with salt and black pepper. Allow to cool then blend, in batches, until smooth. Return the soup to the pan and heat gently. Serve with sour cream and chives.

Note: This soup was traditionally served well chilled, so that is also an option.

Come and learn new recipes in the comfort of a cosy Fourways Gardens kitchen.

Cooking classes available for nannies and children too. Please contact Paige on 074 531 2356 or paige.grobler@gmail.com.

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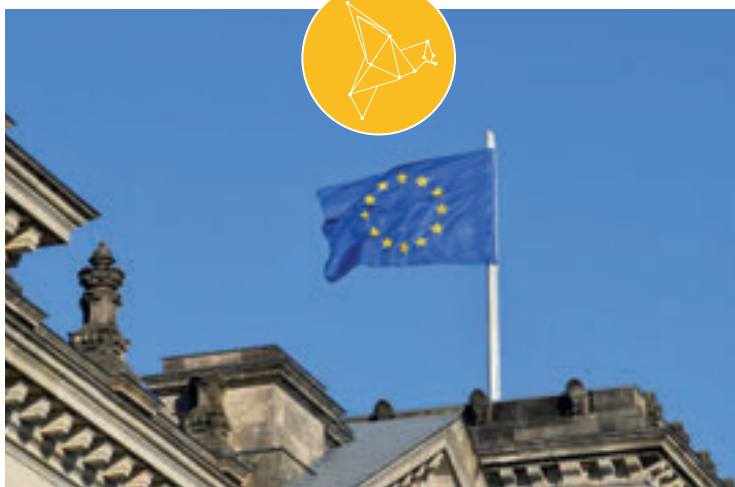
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CARRUTHERS ROCKS THE CRADLE

BY JAMES CLARKE

There's an attractive landscape which, in my view, is not only South Africa's most interesting few square kilometres, but, as a tourist's 'must see', deserves higher ranking than Egypt's Pyramids, Peru's Machu Picchu or Italy's Ancient Rome.

For anybody interested in human history and pre-history, the region just north of Gauteng provides a fundamental experience. It has, in recent years, consistently revealed secrets that go back to the beginning not just of human life but of the events that led to humankind's genesis in Africa.

Cradle of Life - the story of the Magaliesberg and the Cradle of Humankind (Struik Nature), portrays this region and its story holistically and with enthusiasm. It is heroic in its scope, brilliant in design and easily digestible.



View of Magaliesberg Photo by Vincent Carruthers

The author, Vincent Carruthers, whose name is synonymous with the Magaliesberg, has selected some spectacular photographs, as well as commissioned maps and graphics – about 500 illustrations in all – to produce something that is almost encyclopaedic though neatly chronological. More importantly, the layout offers so much to excite the eye that one is compelled to browse – to dash from one section to another, before going back and starting at the beginning.

Part One examines the 'Life and Landscape' of the region, starting with the Big Bang, the making of the universe, up to the first breath of life.

The geology of the Cradle/Magaliesberg region and the time span of the events that formed it have, for the layman (like me), never been easy to comprehend and I can only admire Carruthers for having so clearly sorted it for us.

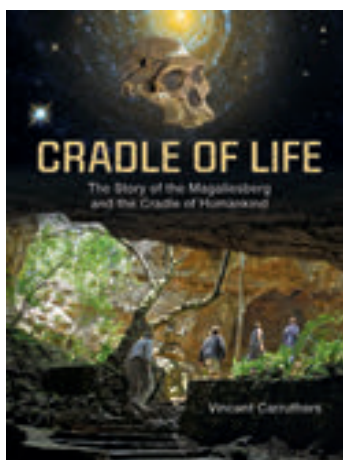
The Magaliesberg/Cradle area lies in the centre of what is known as the Kaapvaal Craton – a chunk of the earth's crust that

stretches from Southern Botswana down to the Karoo. This dome of land on which Pretoria and Johannesburg stand was Planet Earth's first permanent landmass. It emerged 3-billion years ago from the sea that entirely covered the planet. Volcanic islands would have previously popped up out of the sea but they would have rapidly (in geological terms) eroded away.

The Magaliesberg reveals almost the entire story of life on earth. As one walks along the slabs of rock that cap its summit, one sees undisturbed tidal ripples – the bed of that primordial sea. Ripples undisturbed, because 3-billion years ago, there were no creatures to disturb them. Planet Earth was barren, the air unbreathable.

Part Two ('Human evolution') describes the happenings in the rocky landscape below the Magaliesberg's south-facing facade - the Cradle of Humankind. This is where humans evolved. This is where scientists are finding, on a regular basis in the dolomitic caves that honeycomb this World Heritage site, the fossilised remains of our ancestors from the 'ape men' to humans.

When it comes to our origins, the Cradle has so much to tell us. Carruthers now narrows down the time scale from thinking in billions of years to just the last few million years which suddenly seem like 'recently'. The book reviews the sequence of events that followed that period when hominids and the apes divided, leaving chimps to go their way and us to go the other. The story is all there in the Cradle, written on



Sediba skeleton and skull by Marina Elliott

cavern walls which sometimes gleam with fossilised bones.

This is the area that has, in recent years, startled the world with new discoveries leading to new insights into human evolution. It has propelled many scientists into worldwide fame beginning in the 1930s when Robert Broom, a general practitioner with an interest in fossils, used dynamite in the Cradle - to the horror of scientists - to blast away some rock to discover the first adult skull of an ape man. His find, and those that have followed in the Cradle, stunned the crowd at the British Museum who'd pinned their scientific careers on a skull - a crude hoax as it turned out - (the Piltdown Skull) which, for 40 years, led them to believe the missing link was a big-brained Englishman.

The Cradle is the happy hunting ground for famous paleoanthropologists such as professors Bob Brain, Phillip Tobias, Ron Clarke and Lee Berger, and their students who, in recent years, have turned the study of the human evolution on its head. If you've been a little confused about their recent finds (*Australopithecus sediba* and *Homo naledi*) here is a delightful way to catch up with, possibly, the most comprehensively illustrated exposition available to the public.

Part Three deals with the boisterous history of the humans in the golden grasslands of the Magaliesberg/Cradle hills. It takes the reader through the last 1,2 million years - from the Stone Age through to the Iron Age, whose crumbled settlements and furnaces are still there to see. The book looks at the wars that swished about these valleys when black fought black and white fought white and where miners burrowed into the hills, smashing stalagmites and stalactites - and fossils - for the

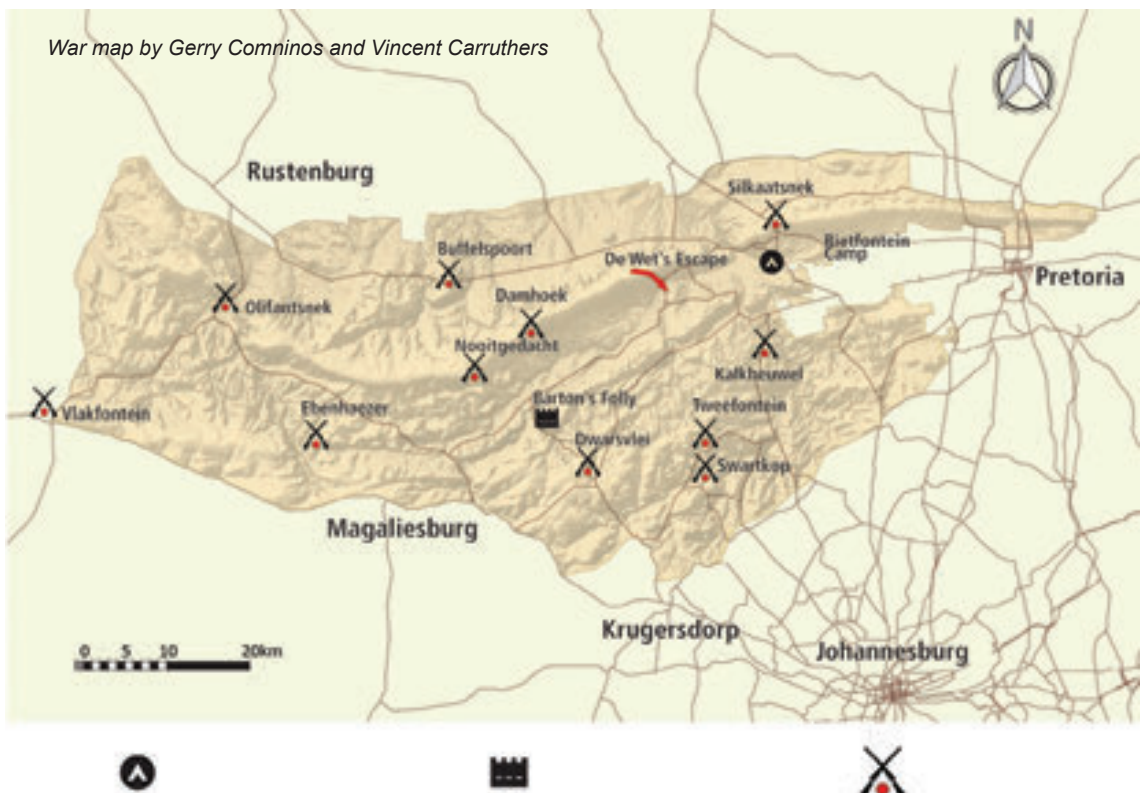
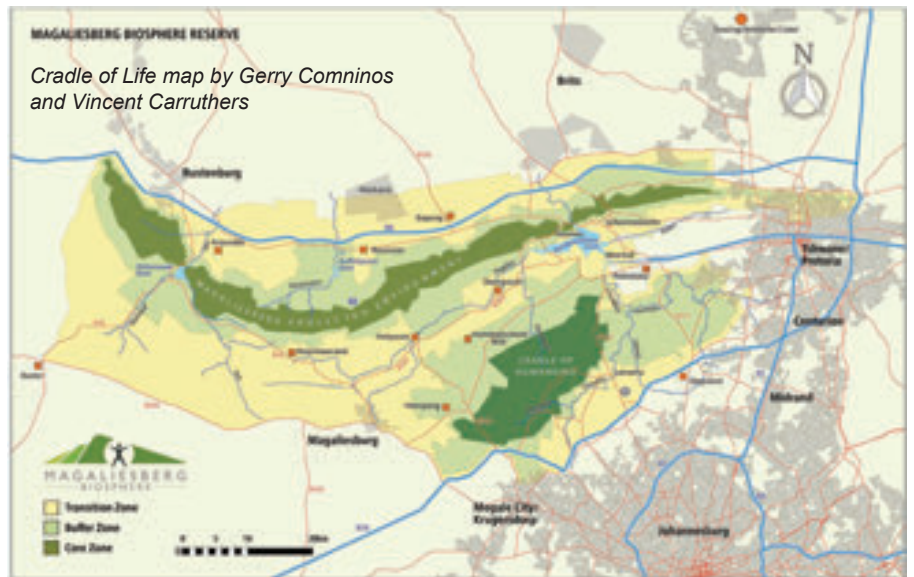
limestone that helped build Johannesburg and Pretoria.

Cradle of Life is a gem of modern publishing - and I could not help thinking, as I became swallowed up by the narrative and the pictures, that there's no way the electronic media can compete with this class of book - so easy to hold, so compact, so navigable, so enthralling to read at one's own pace, and so handsome an object to leave lying around for the family or one's visitors to browse.

By the way, Vincent Carruthers is the author of the 1990 best-selling *The Magaliesberg* which is still in print after almost 30 years.



Battle scene by Wilson



TOP 5

TRAVEL DEALS

Travel to Peru and discover ancient civilisations on the Inca Trail with Intrepid Travel.

Rates from R12 668 per person sharing. Valid for departure until 31 December 2020. Offer includes six nights' accommodation (based on camping with basic facilities and/or a hotel), six breakfasts, four lunches, three dinners, transport in a private vehicle, taxi and train. Activities include an orientation walk, Chocolate Museum visit, day trip to Hot Chocolate Sacred Valley and a three- or two-night Inca trail. Offer excludes flights and taxes. T&Cs apply. For more information contact 021 1003 208 or email salessa@intrepidtravel.com.



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Rates from R10 118 per person sharing. Book by 30 October 2019. Offer includes return airfare departing from Johannesburg to Phuket including airline levies, seven nights' accommodation at the Sunset Beach Resort, breakfast daily and return airport to hotel transfers. T&Cs apply. For more information contact 011 770 7700 or email bronwen.amman@thompsons.co.za.



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Nicolette, Patience and Turid, the Nix & Tee angels.

ENJOY THE JOURNEY TOWARDS A MORE BEAUTIFUL YOU!

BY JUSTINE

It's that's time of year again when we have to face the challenge of getting our bodies summer-ready. Thanks to our glorious climate here in Jozi, staying covered from top-to-toe to hide bulges and cellulite is not really an option, so how do we get back to our trim figure and glowing skin?

I'm not sure about you, but I have found that those impulse buys to reduce sun spots, get rid of cellulite and firm up the body – whilst they may seem a cheap solution at the time – never work. I have so many half-used jars and tubes of wonder creams sitting in my bathroom cupboard, destined to expire before I go back to using them. What seemed inexpensive and clever, if I do the math, well – I could have used my beauty budget more effectively, without a doubt.

What has worked for me, on the other hand, are my regular visits to Nix & Tee Wellness and Aesthetics. They're in the Mulberry Hill Office Park on Broadacres Drive, just next to Dainfern Square – a



A sofa with a stunning view in their Reception area.

fabulous trio of ladies who make you feel at home the moment you arrive.

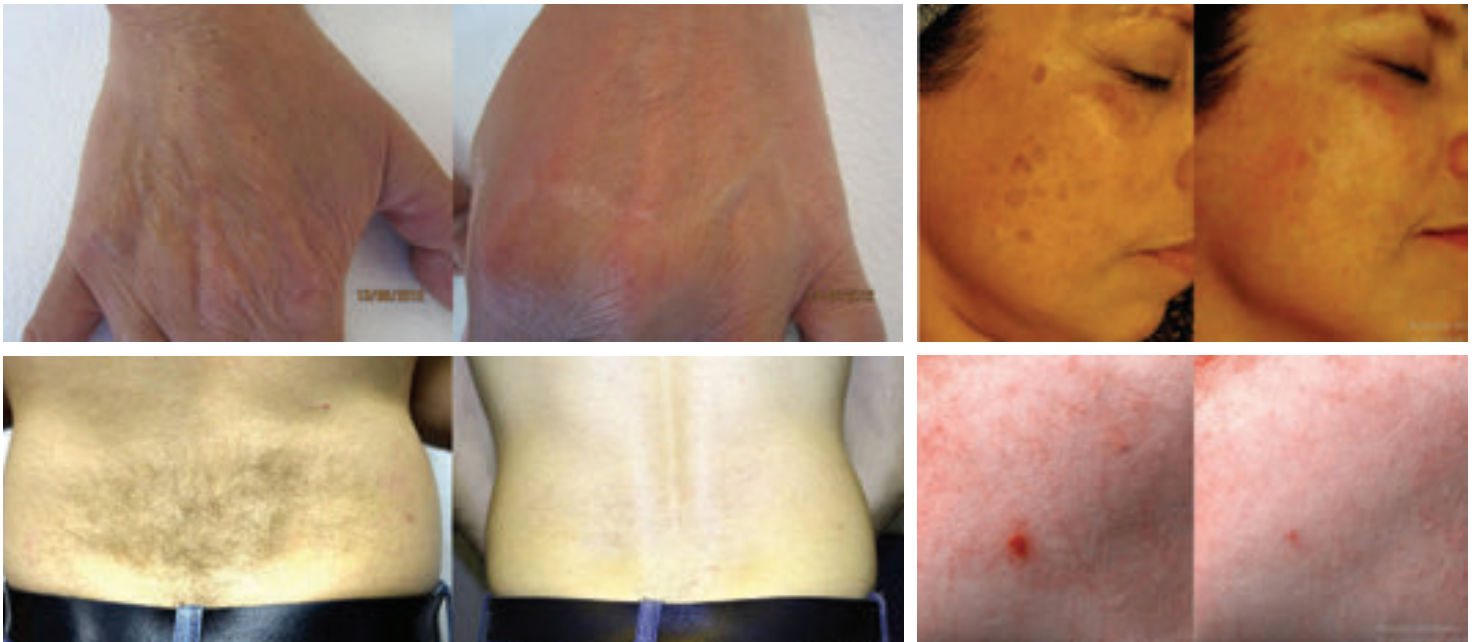
Nicolette Wepener and Turid Stacey (aka Nix & Tee) are both registered nurses who see the mission of staying trim and attractive as a journey towards achieving beauty, healing and living a full life. My kind of girls – I love it! I love going there because they are so understanding and so knowledgeable. And they have some amazing equipment that's excellent at multi-tasking!

IPL THERAPY

One of my bugbears is that I have that type of freckly skin that cannot resist adding a few extra sun spots to my face and hands every now and then.

Of course, those are exactly the places that people focus on when you're having a good old chinwag with them face-to-face. They say that you can do all sorts of amazing things to your face to look younger, but if your hands (and neck, by the way), don't keep up, you're sunk.

So Turid set to work with her Intense Pulsed Light (IPL) device to tackle the pigmentation on my hands as a start. It is a bit painful, I won't lie, but there's topical anaesthetic cream that you can apply beforehand if, like me, you have an absurdly low pain threshold. I love that those very dark brown spots on my hands have completely disappeared because they are what would let the cat out of the bag as to how ancient I am



– definitely no longer a spring chicken. The cat caught that one and spat out the feathers long ago!

VERSATILITY

IPL Therapy, they tell me, is great for a whole host of afflictions. It's effective for treating acne, vascular lesions, lifting discolouration of the skin and evening out skin tone, as well as rejuvenating ageing skin by stimulating healthy collagen production so your wrinkles and sagging skin recede and you get to look refreshed and more optimistic about life again. But wait, there's more! This device is also used to remove unwanted hair. Can you believe that 4 to 6 treatments are all you need to look less like a grizzly bear?

LYMPH DRAINAGE

With the cat and the grizzly bear effectively banished, the next step is to get rid of the toxins that cause the sluggishness and cellulite that so many of us struggle with. Lymph drainage works wonders in terms of removing toxic build-up, reducing water retention, reducing cellulite, contouring the body and regenerating the skin and they have a machine which is like a body suit that does the job with ease.

VITAMIN DRIPS

Getting back to my bleat about how much of my beauty budget I waste, apart from all the creams that have accumulated in my cupboard, I also have a pharmacist's store of vitamins and supplements that seem a tad ineffective. I came to the conclusion years ago that my gut doesn't really absorb much of anything that would be beneficial to my system, but since the powers that be started insisting on a prescription every time one wanted a vitamin B injection at the local chemist, I had to revert to the pills and tablets – until I discovered that Nix & Tee work with Integrative Doctors who specifically formulate Drips for each need.

"The drips feed vitamins, minerals and anti-oxidants directly into the bloodstream to correct intracellular nutrient deficiencies," explains Turid.

"The client is first assessed by the Doctor and the vitamin drip is then specifically formulated accordingly, to treat conditions such as adrenal fatigue, stress, burnout, chronic fatigue syndrome, PMS, and acute viral illnesses and colds. Drips that are suitable for athletes are also formulated, to enhance their general condition before and after sports events."

WHAT ELSE DO THEY DO?

Gez whiz. What don't they do?

Do you have belly fat that you can't seem to get rid of, no matter which diet you try and how much exercise you do? They have a fabulous non-invasive body sculpting solution that gets that excess body fat to budge and tightens the skin in areas such as your tummy, under your upper arms, around your jawline, your thighs and love handles and, of course, your face. Then they do Platelet Rich Plasma therapy, micro-needling, peels, hydrating skin boosters, photo light therapy, and BTL acoustic wave treatments for cellulite and stretch marks. They also have a consulting plastic surgeon who does Botox, fillers, threads, a non-surgical face lift, and surgical consultations, so you have a host of options to get you looking like a spectacular movie star!

THE NEXT STEP

Of course, your next step is to contact Patience at their Reception and make an appointment for a free assessment and advice. Call: 010 020 8561, or email: info@ntaesthetic.co.za and make sure she fits you in sometime soon.

**WIN
WIN
WIN**

Why not enter their awesome competition while you're about it? Figure out the question alongside – and send an email to: info@eiapublishing.co.za with "Nix & Tee Competition" in the subject line, along with your answer, cell phone number and address.

Q: What is the name of the device that Nix & Tee use to tackle pigmentation issues?
PRIZE: Four to six treatments at Nix & Tee to the value of **R5 000.00**

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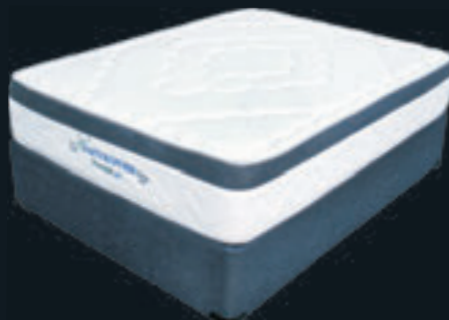


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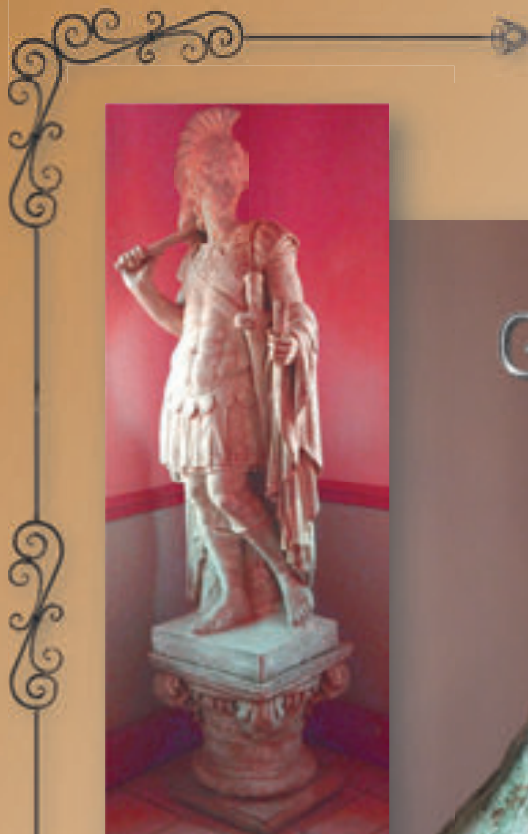


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AN EDUCATION FOR THE WORLD

Choosing the best school to prepare your child for tertiary education and the workplace when the child in question is only five years old can be quite a challenge. Aside from ensuring the school is well versed in the latest teaching methods, understands the skills required for the 21st Century, and offers a comprehensive and holistic educational programme that extends beyond the classroom, parents would do well to look at matriculants of the school and their tertiary study choices and career successes.

The first Dainfern College alumni matriculated in 2001 and the College is very proud of its unbroken record of a 100% IEB Matric pass ever since. Its students have gone on to study at top universities across the country as well as overseas and have carved out stellar careers in medicine, business, law, the arts, motor racing and the entertainment industry, to name a few. Many past students retain close contact with the College through alumni events and celebrations.

At the annual Founders' Day celebration this year, one of the speakers was the new Chairman of the Alumni Association, Mr Stephen Pettitt. Under his leadership, the Dainfern College Alumni Association has been relaunched as the Old Lions Association. It has a new name, new logo and a committee of like-minded young adults wishing to strengthen the ties with each other and with their College.

Stephen comments: "The renaming of the Association as the Old Lions represents a significant step towards becoming a more involved and active Alumni Association. Our vision, encapsulated in our new Constitution, is to become a thriving community of committed and involved Dainfern College matriculants that continue to add value to the College long



Old Lions chairman Stephen Pettitt addresses Dainfern College



Paige Pollard at her graduation

after they have left, in the ultimate best interests of and for the prosperity and good name of the College."

Stephen spent his whole schooling career at Dainfern College and was heavily involved in every aspect from sport and culture to leadership and academics. He then went to Rhodes University to study journalism, where he was made a member of Golden Key, achieved his B Journ with distinction and made the Dean's Honours List.

He is adamant that the education he received at Dainfern College was a key factor in his success at university. "We were encouraged to get involved in all aspects offered at the College and this taught me the valuable skills of time management and prioritisation as well as the incalculable value of a holistic



College Principal Matthew Davies chatting to some of the Class of 2009 at their 10-year reunion dinner this year



Ten-year reunion dinner for the Class of 2008



Dainfern College hockey boys playing against the alumni



Dainfern College students and alumni at an alumni sports day



Students vs alumni touch rugby match

approach to life. The commitment of the staff was also a key factor as they ensured that every student was supported and encouraged."

Paige Pollard agrees. "After school, I studied a BSc in Occupational Therapy at Wits, my first choice of university. I remember in Matric how anxious I was that I would not achieve the Life Sciences mark I needed to secure my spot in the degree as only 60 students were accepted each year. I made these concerns clear to my teachers at the time and, with their dedication and commitment, my final exam result improved by over 10%. Getting into the degree was the first step towards my dream and I owe Dainfern College a huge thank-you for this. I am now very excited to be starting my career in the field of adult physical rehabilitation at Cambridge University Hospital in England."

Dainfern College Principal, Matthew Davies, comments: "It is always a proud moment when we see our students get into their universities of choice and go on to achieve significant success in their chosen careers. Our membership of the international Round Square association of schools as well as the addition of Cambridge A-levels has added further value to our educational offering.

"When looking at our matriculants across the past 18 years, it is so affirming to see that our key drivers of innovation, internationalism and leadership within a holistic environment have given them the knowledge, experiences, skills and values to take their place in the world as confident and inspired young leaders. We do indeed give them a world of education . . . and an education for the world."



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

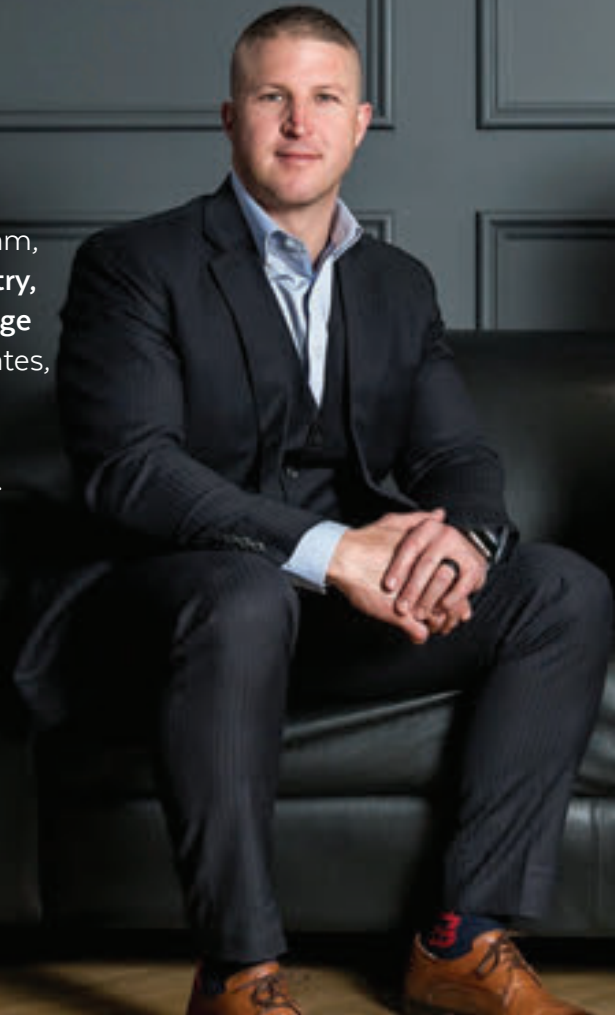
Introducing Kyle Ebben

We would like to welcome Kyle Ebben to the Fourways Gardens team, servicing the rentals division. **With 14 years in the real estate industry, Kyle is a multi-award winning agent who has an in-depth knowledge of the property market** and currently manages other Fourways estates, such as Dainfern, Helderfontein and Cedar Lakes.

Please feel free to contact him with regards to all your rental needs.

Kyle Ebben 082 483 5861 • kyle.ebben@pamgolding.co.za

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

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



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TIME TO GET OFF THE NO-GRAIN TRAIN?

Do grain-free 'boutique', home-cooked or raw diet options provide complete and properly balanced nutrition for dogs and cats?

In recent years, we've seen a growing trend with regards to pet parents seeking out grain-free, 'boutique', home-cooked or raw diet options for their dogs and cats. While this may sound like a good idea, since grains did not make up part of our pets' ancestors' diets in the wild, is it really a good idea to flout decades-worth of dietary research into the benefits of grains for domestic animals? Furthermore, alarming reports have come out from the USA Food and Drug Administration (FDA) regarding the potential damage to our fur-babies that 'boutique', exotic and grain-free diets (collectively termed BEG diets) can do.

I THOUGHT 'BOUTIQUE' WAS A FANCY CLOTHING STORE Boutique diets, (so termed because they are currently in vogue and the food is generally produced by smaller companies), may include a variety of types of pet foods, including grain-free, holistic, raw, home-cooked and vegan ingredients. **Due to their relatively recent appearance, these products do not have the backing of extensive research that the popular veterinary premium brands do. They aren't always formulated together with a certified veterinary nutrition expert and these smaller companies cannot afford to run the exorbitantly expensive food trials that give the bigger manufacturers' products such scientific credence.** Apart from the fact that many boutique products are not even registered as Complete and Balanced (meaning that they provide all the essential nutrients for the relevant species to survive and can be fed exclusively as a health-promoting diet for pets), they haven't been around long enough for us to know what their health would be like in their old age, etc.

Even more alarming is that **few, if any, of these brands and products are registered with official safety regulatory**



boards, like the Pet Food Industry Association of Southern Africa (PFI), or the American Association of Feed Control Officials (AAFCO) in the US, for example. These safety 'watchdogs' ensure that all pet foods, regardless of whether they're available in the veterinary or grocery sectors, are safe and comply with the fundamental nutritional requirements for the health and well-being of our furry friends.

EXOTIC? LIKE A PIÑA COLADA?

Exotic diets refer to those that contain ingredients not normally associated with commercially produced pet foods, eg. bison, tilapia, wild boar, red lentils and the like. These ingredients might sound like something off the menu at an exclusive restaurant but they, too, are broken down into the

same nutritional building blocks for our pets' bodies as the more common pet food ingredients.

Human grade poultry products, for example, are far more sustainably produced, reasonably priced for consumers, excellent protein sources and they do the very same things in the body as exotic ingredients that cost an arm and a leg, decimate natural ecosystems and have to be transported from the other side of the planet.

The handful of pets who are troubled by standard pet food ingredients like chicken and beef may benefit from a switch to other novel, yet far from exotic, ingredients like lamb or ostrich. Why pay way more for a product that is not backed by sufficient veterinary nutritional research, isn't sustainably produced and isn't registered with a pet nutrition safety regulator, just because it got a high rating on the latest trendy online webpage, that isn't necessarily run by a pet nutrition expert? Because everything we read on the internet is true, right?

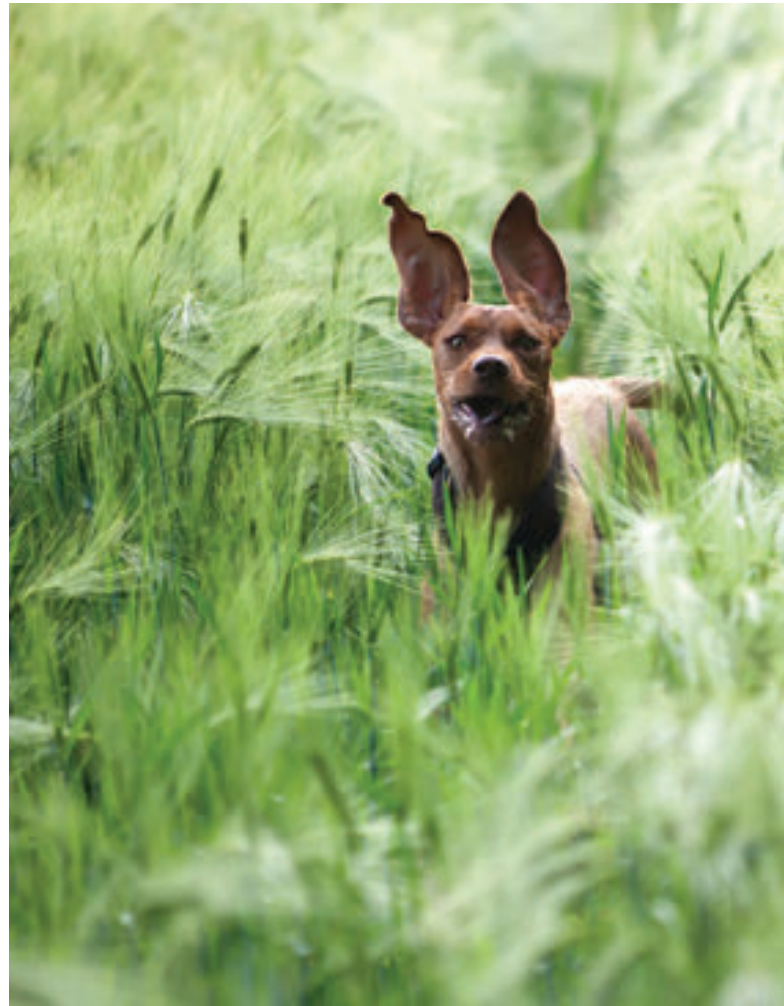
Another point to ponder is that if these pricey ingredients are present in higher quantities in the food than can be utilised by our animals' bodies, they end up either as fat rolls on Molly or Cuba, or as very expensive waste on our lawns . . . Worse still, incorrectly balanced nutrients can be the cause of serious and irreversible health problems like kidney failure.

GRAIN-FREE, PAIN FREE?

Grain-free diets for pets came about as a result of people associating their personal, very real concerns about dietary allergies, food intolerances and gastrointestinal conditions like Irritable Bowel Disorder, Colitis, etc. arising from gluten intolerance, with similar symptoms experienced by their pets. **Veterinary research, however, has proven time and again that dogs and cats are not affected by grain-intolerance, as some humans are.** If our pets are struggling with ingredient sensitivities (resulting in gastrointestinal symptoms, skin disorders, etc.) **it's mainly the proteins that are the problem, not the grains in their diets.**

The leading canine food allergen is, in fact, chicken, with beef also highly represented. This is not as a result of these proteins being 'bad' for our pets but because of these proteins being the most commonly found protein sources in pet foods and therefore most pets are exposed to them during their lifetime. A small number of pets can develop an allergy to the proteins found in their regular diets and, in fact, dietary allergies generally only develop over a prolonged time of the pet being fed the protein in question. The same could happen with any protein source found in the majority of pet foods.

In cats, the most common food allergen is fish - NOT wheat, maize, barley, sorghum, rice or any other grain products. With that said, the percentage of pets that suffer exclusively from pure food allergies is remarkably low. **The vast majority of allergy symptoms** (itching, bloating, loose stools, ear infections, peri-anal fistulae, skin irritations, etc.) **can be attributed to environmental (contact) allergies, or mixed ingredient-and-environmental allergies.** Veterinarians can assist in distinguishing between these causes by making use



of specially hydrolysed prescription diets that will not trigger an allergic reaction to dietary ingredients. If feeding this exclusion trial diet does not result in an end to the symptoms, the pet's diet is not the problem.

Much research has been done by veterinary nutrition experts into the benefits of correctly cooked grains as a carbohydrate source for dogs and cats and this is backed up by the fact that thousands of generations of pets have lived long and remarkably healthy lives eating complete and balanced veterinary premium diets containing grains. Grains provide excellent sources of energy, fibre, vitamins and minerals for our pets, and are tolerated remarkably well by them. Different types and combinations of grains have successfully been used to stimulate appetite in elderly, ailing pets, to help regulate glucose levels in diabetics and to support weight-loss in obese patients.

While there is no doubt that a predominantly cereal-based diet is a no-no for pets (resulting in poor skin and coat condition, flatulence, high stool output, nutrient deficiency and obesity), **a complete and balanced veterinary premium diet which contains appropriate levels of meat proteins and contains grains in the correct quantities, is perfectly safe for dogs and cats and, in fact, promotes excellent health.**

ALARM BELLS!

If these previously mentioned points haven't quite convinced you to reconsider BEG feeding in favour of tried-and-



tested, quality controlled veterinary premium products with longstanding (over 70 years, in some cases) track records for both health and safety of their products, **the FDA recently released warnings regarding links between the increase of dilated cardio-myopathy (DCM) cases in both dogs and cats, where the majority of the affected pets had been fed on BEG diets.**

Of increasing concern is the fact that breeds of dogs and cats not normally at risk for this heart condition are being diagnosed with it at increasing levels and that this group of pets was being fed BEG diets. While the exact link between grain-free, home-cooked, raw, boutique and exotic diets and the incidence of DCM in pets fed on these diets has not yet been established, the warnings are serious enough and, based on extensive feedback from veterinary cardiologists working together with veterinary nutrition experts, warrant us sitting up and taking notice. **At this stage, it appears that products containing legumes, pulses, and certain types of potatoes as alternative carbohydrate sources are particularly worrisome.**

The FDA strongly recommends sticking to well-known veterinary premium pet diets, that are certified complete and balanced and include grains, until the exact causes of increased heart failure of pets on BEG diets has been clearly established. Those pet parents who wish to continue feeding their chosen BEG product are cautioned by the FDA to let their vet know about their chosen diet for their pet so that particular attention can be paid to their pet's cardiovascular health at annual check-ups. The good news is that, if DCM is identified early enough and the appropriate treatment plan followed, this condition can be reversed but an early diagnosis requires regular ultrasound assessment of the heart and its function by a veterinary cardiologist. **Untreated, DCM is usually fatal within 6 months to a year.**

DCM refers to a condition where the heart enlarges due to the heart muscle becoming thinner and weakened. As a





warrant vigilance within the veterinary and research communities. Importantly, although there appears to be an association between DCM and feeding BEG, vegetarian, vegan, or home-prepared diets in dogs, a cause-and-effect relationship has not been proven, and other factors may be equally or more important. Assessing diet history in all patients can help to identify diet-related cardiac diseases as early as possible and can help identify the cause and, potentially, best treatment for diet-associated DCM in dogs."

result, the heart can no longer pump blood around the body effectively. Symptoms to look out for and discuss with your vet are:

- loss of appetite
- pale gums
- increased heart rate
- coughing
- difficulty breathing
- distended abdomen
- periods of weakness
- fainting.

Twisted Whiskers has always recommended feeding the leading veterinary premium products, Hills, Eukanuba/lams and Royal Canin to dogs and cats, based on the extensive ground-breaking research that these international companies have contributed to pet health for over 70 years and their proven track record of producing diets with measurable health benefits.

Vets Choice and Ultradog/Ultracat are veterinary quality, complete and balanced foods that, while containing more affordable ingredients, are still formulated according to the aforementioned nutritional principles.

Distinguishing between solid science and passing fads when selecting a diet for our pets has never been more important than today where we are bombarded with a multitude of marketing messages aimed at the pet owner who wants to do the best for their pet.

We leave the last word to Dr. Lisa M. Freeman*

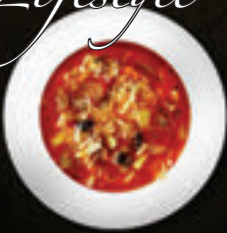
"Pet food marketing has outpaced the science, and owners are not always making healthy, science-based decisions even though they want to do the best for their pets. The recent cases of possible diet-associated DCM are obviously concerning and

Your veterinarian will be able to assist with any further questions you may have regarding the best dietary option for your individual pets, but do yourself a favour and check out the following reputable veterinary websites which will give you factual information on the concerns about grain-free diets, as well as reliable advice on how best to meet your fur-baby's nutritional needs and keep him bright-eyed and bushy-tailed for many years to come.

<https://vetnutrition.tufts.edu/faqs/about-general-pet-nutrition/>
<https://www.wsava.org/Guidelines/Global-Nutrition-Guidelines>
* Dr. Lisa M. Freeman DVM, PhD., DACVN (Journal of the American Veterinary Medical Association December 1, 2018, Vol. 253, No. 11, Pages 1390-1394): <https://doi.org/10.2460/javma.253.11.1390>

www.twistedwhiskers.co.za





RESTAURANT COMPETITION FOR OCTOBER

Don't forget to enter our monthly restaurant competition.

The question for this month's competition:

Which book compiled by author, Vincent Carruthers, was recently released by Struik Nature?

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

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

Terms and Conditions:

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

Congratulations!!

Well done to the winner of our latest restaurant competition!
Congratulations to: Anne-Marie Taillardat receives a R500 meal voucher from one of our participating restaurants.

BARNYARD COMPETITION WINNER

Congratulations, too, to the winner of the last Barnyard Rivonia competition, **Candice Webb** wins 4 x Tickets to a Barnyard Theatre Production valued at R740. Enjoy!!

PICOLINOS
 Addictive
 Pizza
 Festive Family Italian Restaurant

17 Free toppings to choose from to create your own Addictive Pizza.

R77 SMALL
R88 MEDIUM
R99 LARGE

Present a picture of this ad & receive a **FREE** beer/softdrink with every pizza ordered.

42 Witkoppen Road, Rustic Timber Centre, Fourways.

COL'CACCIO
 the reason we crave pizza

**WHAT'S BETTER THAN PIZZA?
 A R99 PIZZA PROMO.**

MARGHERITA & ANY 3 TOPPINGS*

EVERY SAT & SUN

COL'CACCIO DAINFERN
 SHOP 40, DAINFERN SQUARE
 CNR. WILLIAM NICOL & BROADACRES DR.
011 040 4640

T&C's Apply. Sit down only. Saturday and Sunday only. Not to be used in conjunction with any other promotions or the loyalty app. Exclusive to Col'caccio Dainfern store only. *Toppings limited to: Avocado, Feta, Bacon, Seasoned Chicken, Olives, Mushrooms, Ham, Mozzarella, Pepperoni, Salami, Onions



APPROVED ESTATE AGENTS FOR 2019/2020

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

Agency	Agent	Cell Number	E-mail	Website
	William Armeseder	083 272 4556	williama@aucor.com	www.aucor.com
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	tania.h@century21.co.za joep.rijntjes@century21.co.za	www.century21.co.za
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Gaye Cawood Sue de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Martina Forsyth Kyle Ebben	083 260 1562 082 483 5861	martina.forsyth@pamgolding.co.za kyle.ebben@pamgolding.co.za	www.pamgolding.co.za
	Leanne Peterkin	082 832 6582	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Greselda Smith	083 260 1663	greselda@remax-masters.co.za	www.remax-masters.co.za
	Michele Zuccolo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Dee Thomas Linda Davies Sally d'Hotman Jonathan Davies	083 375 5646 082 371 4667 082 442 7693 082 568 8084	dee.thomas@tysonprop.co.za linda.davies@tysonprop.co.za sally.dhotman@tysonprop.co.za jonathan.davies@tysonprop.co.za	www.tysonprop.co.za
	Sue Brownlie	083 450 1600	sue@univestjhb.co.za	www.univest.co.za
	James Christelis	082 416 5343	james@vered.co.za	www.vered.co.za

SERVICE PROVIDERS:

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

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

A BUILDING PROJECT TO REALISE?: Small to large – alterations, additions and new build. Concept design, Local Authority approval, tender and construction documentation, admin of building contract. Practising adjacent Cedar Square Shopping Centre. Contact Lance Fulton on 082 644 7843, email: architect.script@gmail.com or call 011 465 1897 / www.linkedin.com/in/lance-fulton-3154798.

ACCOUNTANT AND TAX PRACTITIONER: Registered, caring tax practitioner with a proven track record to sort out all your SARS problems and tax returns. Financials provided where necessary. Contact Sharon on 072 248 0198 or email: sharonaley@yahoo.com

ACCOMMODATION: Short to medium term luxury self-catering accommodation available to friends, relatives and colleagues of Fourways Gardens residents in a self-contained studio with separate entrance and parking for 1 car. Contact Lynda on 083 258 6431.

ACCOUNTING TUITION: Qualified and experienced Accounting Educator offering lessons for Grade 10 – 12. Specialises in the following: In-depth understanding of content, assistance with assignments, Exam and Control test revision. When: Monday to Friday (16:00 – 18:00) How much: R200 (I will come to you). Contact Solaine on 081 272 6095 / solainechetty@gmail.com

ADDITIONS, ALTERATIONS & NEW BUILDS: Raycon Construction – resident of FWG for past 25 years. References in the Estate available. Call Steve on 083 601 1594 / 011 465 4547. No job too Big or Small

ALL CONREN \ SA DAMP: Waterproofing, damp-proofing, painting, basements, gutters Agri drainage and inspections. Long life material (civil), professional workmanship, legal, H & S Insurance. Serving Murray & Roberts as long-term clients and all of Gauteng for over 20 years. Great Value, Long Life Guaranteed. Please contact 011 467 7600 or visit our website.

ALL WOODWORK: Installations, repairs and maintenance, door hanging, kitchen and built-in cupboards, laminate floors, skirting, ceilings, cornices etc. Email: info@osamcarpentry.co.za, or call Ozzy on 073 058 0464.

ALL AGES WELCOMED. KARATE CLASSES FROM 4 YEARS AND UP: My classes are conducted in a fun, relaxed environment. Karate nurtures focus, discipline, strength-building and co-ordination to mention a few advantages. Learning is a joy not a chore. Sound interesting? Come and enjoy a free introductory lesson to this humble art at the FWG Estate Clubhouse. Contact Sensei Roberta – 5th Dan Goju – Ryu Instructor on 083 309 5352.

ALL LAWN VARIETIES: Compost, topsoil, lawn dressing. Now is lawn dressing time. Agricultural Drains and all types of Irrigation. Contact Peter at Carpet Lawns on 083 267 1756. Email: carpetlawns.petermcege@gmail.com

ALL TYPES OF CONSTRUCTION PROJECTS UNDERTAKEN: Experienced Building Contractor with extensive portfolio of completed projects done in the Northern Suburbs over the past twenty years. We also undertake design build/turnkey projects. Contact Angus on 066 203 4440 or Gennaro on 082 550 5139. DELITE CONSTRUCTION (PTY) LTD.

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).

ANXIOUS? STRESSED? DEPRESSED? GRIEVING?: Ground-breaking Psychotherapeutic System now in SA!! Dissolve your distress!! Resolve your conflicts!! Become who you are meant to be!! And enjoy a happy and fulfilled life!! AMAZING RAPID and LONG-LASTING RESULTS!! Mature and experienced Practitioner (R.R Institute USA). Call Nicky Benson on 072 129 0698 or visit: www.resonancerepatterning.co.za

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

AU PAIR – HOME AND PETS: Contact the fur kid nanny, Dee Van Heerden on 083 319 2220 or deevanheerden@gmail.com. Regular sitter in FWG. Reasonable rates, daily walks and feeds or stay-in. References available.

BABYSITTER: A competent, patient, reliable matric art student available for babysitting in FWG Estate, experienced at childminding and available every night. Can also teach art if they like. Please WhatsApp Candice on 072 716 3143.

BARBER ON WHEELS: Gents Haircut, Dye, Shave, Scrub, Beard Shaping and Trim, Massage, Ear and Nose Wax. Pensioner's discount offered on Mondays and Tuesdays. 10% discount on first Haircut. Contact Jay on 074 779 0310. I come to you!!!

B4 ELECTRICAL: For all your electrical installations, repairs, maintenance, and Certificates of Compliance. Fast, friendly and reliable. We offer a 24hrs Emergency call-out service. Contact Peter on 083 452 0635/6 or email: b4electrical@mweb.co.za

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

BOOKKEEPER: Qualified Bookkeeper with over 30 years' experience. Competitive rates, Fourways/Dainfern area. Contact Verona on 079 763 4551.

BUSY BEEZ GARDEN REFUSE REMOVAL: Let us do the dirty work. Contact Justin Delaney on 060 997 4744 for your everyday garden refuse removal needs.

CAREGIVER: I am a professional caregiver available for Day or Night Shifts. References are available. Contact Noma Dube on 078 757 6000.

CANDICE INTERIORS: I offer the right design advice and quality products to suit your requirements. Blinds, curtaining, upholstery, shutters, painting, house renovations, etc. Interior Designer, established since 2005. Contact Candice on 082 363 0542. Candice@candiceinteriors.com / www.candiceinteriors.com

CARPETS & FLOORING: (Carpets, vinyl planks, laminates, solid and engineered wood). 40 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

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

CARPET CLEANING: Furnishings and mattresses. MASTERCARE SPECIAL: latest quick-drying Karcher machines. Owner supervision, competitive rates. Call or WhatsApp Wyn on 084 052 6400, www.justcleanit.co.za

COMPOST: We deliver organic compost to Fourways Gardens at R 500.00 for a bakkie load which is 2 cubic metres. It is weed-free and does not smell. For orders contact Dienneke on 083 326 3007 or Dienneke@donnybrook.co.za

CHARTWELL STABLES: Looking for a riding school? Chartwell Stables in Fourways is the place to be! Lessons for all ages and levels. Healthy and well-schooled horses/ponies. Safety is our first priority. Child-friendly facilities, interschools success. Regular shows held at yard, holiday camps, workshops and fun days. Ponies available for half bait. Contact our Stable on 073 952 8572 or Shirley on 083 500 0103 / www.chartwellstables.co.za

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

DELANEY PROJECTS: We are a comprehensive turnkey building and maintenance contractor for both your commercial and residential property needs. We specialise in renovations, alterations, painting, waterproofing and damp-proofing, tiling, concrete, laminate and screed flooring, kitchen renovations and improvements, bathroom renovations and improvements, plumbing contractor, retaining and boundary walls, decking installation and maintenance (composite and timber), carport construction, garage door installations (wooden and aluminium), aluminium windows and doors, woodwork and carpentry (maintenance and installations excluding furniture), pool building and maintenance. Call Justin Delaney for a comprehensive quote on 060 997 4744.

DRY FIREWOOD: "Razor sharp service" Email: brightfirewood@gmail.com / 082 786 3225.

DSTV DOCTOR: Approved DSTV – all installations, aeriels, sales, Wi-Fi Extender/Booster over cat 6E and aeriels, Multichoice accredited installer. Call Junior on 073 228 3182 / 011 072 6791 or email: 4wayssat4@gmail.com, www.dstvdoctor.co.za, Address: Plot 79 Cedar Rd, Chartwell.

EARTH ELECTRICAL: Do you require Reliable and Qualified electricians for any electrical work? We specialise in new installations, alterations, maintenance, garden lighting and inverter/battery back-up systems. Contact: Etienne Mitton on 082 924 0580 or repairs@earthelectrical.com

EASY CARPET CLEANERS: The home people. We clean carpets, lounge suites, cushions, Persian rugs - you name it we clean it! Call 082 211 8492 or WhatsApp us on 082 290 6469.

E4 CONSTRUCTION: We are a full service/turnkey construction company specialising in high end quality projects. Highly recommended by our clients, many of whom are repeat customers. Call us for any renovations or alterations you're considering. Contact Grant Noakes on 084 600 0900 / grant@e4construction.com to discuss your requirements.

E & J GAS INSTALLER: Maintenance, repairs, installations. Call Eddie (Cert Gas Installer) on 079 885 2528 or Julio on 082 654 4888 / eduardocasanoves@gmail.com / jzw@telkomsa.net

ELECTRICIAN: (Lazis Electrical) Certificate of Compliance, new installations, tripping and fault finding, power failures, geysers, stoves, plugs, lights, installation of generators. Call 078 739 6773 / 073 127 3921.

ETHNIC HAIRDRESSER: I will come to you in Fourways Gardens Estate. Call 062 118 4895.

FHUMY MAINTENANCE: General house maintenance, paving, ceiling, tiling, painting, minor building, minor electrical, plumbing, and irrigation. We do professional work with reasonable rates. Please contact: 071 427 2938 / 084 723 5385 / ozyzyfhumy@gmail.com

GATE MOTOR REPAIRS: Alarms, CCTV, gate motors and intercom system repairs and installations. Call Ninja Office on 084 354 5596 or Quinton on 084 354 5597.

GARDENBOYZ: For all your garden needs: landscaping, irrigation, lawn cutting, garden clean-ups, composting/lawn dressing, garden maintenance, weeding and tree felling, pool services. Call Jordan on 073 849 0927 / 068 083 5393.

GERT IRRIGATION & PROJECTS: (New installations and repairs) Projects include paving, tiling, painting, plumbing, plastering, fish ponds, swimming pools, koi ponds, water features, and electrical repairs. Contact Gert directly on 074 387 5493 / 083 377 8323 or email: gertprojects@gmail.com

GENERAL PRACTITIONER: Dr Vicki Schutte, Stratford Office Park, Corner Valley and Cedar Roads, Broadacres. Contact 011 465 6715 / 073 729 0959 / www.drivickischutte.co.za

GENGROW – LANDSCAPING: Garden maintenance, installations, clean-ups, Irrigation installations, repairs, water feature installations and repairs, tree felling, compost, lawn dressing, pool maintenance and repairs, lawn care programme, rubble removal. Contact Doane on 083 456 3480 or email: doane@gengrow.co.za

GREG ROBERTS CONSTRUCTION: Need a builder you can trust? Construction projects have a reputation for being overwhelming, but we pride ourselves in delivering stunning results without the stress. We've been working in Fourways Gardens and the northern suburbs for the past 30 years. References and a Portfolio available. Call Greg Roberts on 083 326 8818 / gregrobertsconstruction@gmail.com

GEORGE LANDSCAPING SERVICES: WE OFFER THE PERSONAL TOUCH TO ALL GARDENS. With our experience and knowledge, we can assist with your maintenance, installation, irrigation and lawn requirements. This will be specific to your needs to ensure your garden looks beautiful. We will give you ongoing advice and recommendations on all essentials! Contact Tracy Dedlow on 083 625 9573.

FIXIT FOX HANDYMAN SERVICE: (FWG Resident). General home repairs and installations including cupboards and shelving, wood and steelwork, minor electrical and 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. Call 011 705 2145 or call Steve on 082 440 5111.

FOR SALE: Brand new LG 9kg load washing machine for sale. Ordered and installed while the owner was away – wrong model. New R8 500 for sale at R7 000. Includes original packaging and all manuals. Please contact Brandon on 081 441 3457.

HANDYMAN: British tradesman for all the jobs you hate!!! Building, total house renovations, wooden flooring, painting, cupboards, damp-proofing, tiling, plumbing, roofing, ceilings, kitchen and bathroom renovations and electrical work, plastering, paving and alterations...No job too small. Offers a friendly and reliable service. Contact Steve on 076 823 6847 / 082 955 5642.

HANDYMAN EMMANUEL: We do renovations, plumbing, tiling, ceiling repairs and installations, cornices and skirting, painting, building work and paving. Call Emmanuel on 073 110 3590 / 084 333 0267 / 011 050 7264 / email: emchikati@yahoo.co.uk / www.wondersrenovation.co.za

HANDYMAN: I specialise in roof repairs, re-roofing, damp-proofing and waterproofing ceilings, guttering, insulation, skylights and painting. References available, 19 years' experience. Call Stephen on 072 292 8245.

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

HOMEWORK HOTSPOT: After years of tutoring, we have found that most students don't need one-on-one tutoring as they end up relying on the tutor to do all their work and don't push themselves. Rather, they need an assisted space to work at their own pace, challenge themselves and ask for help when they need it. Join our Homework Hotspot on Monday afternoons from 3pm – 6pm at Piatto, Valley Shopping Centre for R899 per month (limited subjects). Contact Jodie Currie on 060 682 5709 for more information.

HOUSE / PET SITTER: Going Away? No Worries! As a mature woman with many years of experience, I will feed and walk your pets, take them to the vet if necessary, and even keep them company in the comfort of their own home. Areas: Lonsdale, FWG, Fourways, Dainfern and Cedar Lakes. Many references available. 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 on 076 035 6908 / djb160453@yahoo.com. References upon request... NB (including Dainfern, FWG, 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 on 082 565 9317 or Deirdre on 082 335 5096 deidredevine89@gmail.com References available on request.

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 and repairs to new installations. Call Isaac on 078 658 4371 or Thabiso on 079 946 2906 / softtrainirrigation@gmail.com

INFRANET SYSTEMS: DSTV installation and repairs, cameras installation and repairs, Netflix set-up. Call Casper on 074 071 4949.

LEERAY COLLECTABLES: Make instant cash from your used clothes, shoes, bed linen, kitchen stuff, toys etc. I buy and collect. Please contact me on 072 656 0470 / silindendid@gmail.com

LOAD SHEDDING? WATER CUTS? Are you ready?: Give us a call, we have the right solution to suit your budget, from back-up to off grid solutions. Owner supervision. Please contact Dave on 082 566 6278 or George on 084 663 1124 or email: davepark2212@gmail.com for a free quote. (German Electronics cc)

MESSAGE THERAPIST: I am a fully qualified SPORTS and RELAXATION MASSAGE THERAPIST with an internationally recognised diploma from Australia. I operate the business out of a tent in my front garden that is surrounded by indigenous shrubbery which is unique. My hours are from 8am to 8pm. My services include pre- and post-sports massages, injury treatments, stress relief, deep tissue massage, lymph drainage and full body massage

which is similar to Swedish massage. My rates are R190 for 30 min, R360 for 60 min, R500 for 90 min. Please contact Leila Kelly for an appointment on 062 117 4347 / 076 012 7039.

MY NAIL LADY: Inside Fourways Gardens. Manicures and pedicures with paint, Gelish or Bio Sculpture. Call Lindsay on 082 739 9347 to book your appointment.

MGUNI GREEN FINGERS: Garden maintenance, garden refuse removal, tree felling service. Call Isaac on 083 582 0636 / isaac@mgunigreenfingers.co.za / www.mgunigreenfingers.co.za

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 and spa motors, Certificate of Compliance, underfloor heating. Call Ronald on 072 154 9735 / mokopane.electrical@hotmail.com

MOBILE PET GROOMERS: Soapy Smooches – the best in town! Give us a try – we conveniently come to your home to pamper your pets in our fully equipped pamper van and animal loving, professionally trained, caring staff. Collect your loyalty smooches every time, 10th wash is free! All we require is a connection to an electricity point and a tap and then...a booking! To make a booking, call or WhatsApp us on 061 087 8247.

MR TREE FELLING: We specialise in tree felling, trimmings, pruning, instant lawn, Kikuyu and LM grass. We also supply compost and lawn dressing. Fully Insured. Contact Wisdom on 071 793 0825.

ORGANIC RAW HONEY: Straight from our hives at avo-macadamia-blue gum-jacaranda farms in Brits. 0.5kg honey @ R95, limited quantities. Collection at 58 Karob Crescent Phase 2, Mon to Fri between 12:00 to 18:00. Please send your order with pick-up date and contact details to 072 924 5593.

PAINTED KITCHENS: Want to renew your kitchen without the huge expense and hassle? We will transform your kitchen with minimal disruptions, we have been painting kitchens / furniture for over 20 years. Call for a free quote. Petra Dewar 083 625 1278.

PAINTING & SKIMMING: We are a company of six men doing good work of painting and skimming. Free Quotation, please contact Robert on 064 802 1254

PATSONS PAVING: For all your 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.

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

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

PSYCHIC TAROT READINGS: 31 years' experience. For an appointment call or WhatsApp Sarah on 072 808 7795.

POOL REPAIRS: Since 1989. We design and build new pools as well as renovate, repair and improve existing pools. We have a dedicated team and long-standing suppliers which, together with our commitment to using only the best materials and proven techniques, enables us to create beautiful swimming pools and provide quality solutions we can be proud of. Contact Dereck Wood on 082 552 8470. You can also check HelloPeter to see what people say about us.

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

PAUL POOL SERVICE: Specialising in repairing of Pump Motor Filters and Re-marbeliting. Please call 072 193 0680.

PURE ORGANIC CBD: Highly innovative company committed to rigorous pharmacological standards to deliver the highest quality CBD products on the market with unmatched level of purity, quality and efficacy. 99.7% Pure Organic CBD, IN CBD CBG CBV, THC Free, non-psychoactive, non-toxic, non-GMO, 100% Absorption, third party analytics on every batch. Natural drug-free anti-inflammatory pain management, enhanced homeostasis, enhancing sports injury recovery and stress relief. WhatsApp or call Chad on 076 424 8224 for info.

PLUMBER: Sandton Plumbers & Solar. Maintenance, Renovations & New Installations. Solar Geysers/Heat Pumps, Back-up Water Systems, Drain cleaning. Over 30 years' experience. Call 083 460 9870.

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

QUICK SERVICE I.T.: QUICK SERVICE INFORMATION TECHNOLOGY. We provide quick, quality, onsite I.T. services. Hardware and software technical support, repairs, sales, networking etc. Contact us for all your I.T. requirements. Call 083 600 2533 / www.quickserviceit.co.za / quickserviceit@icon.co.za

RUBBLE REMOVAL: Building rubble, garden refuse, building material deliveries, compost / manure deliveries. Call Ozy on 073 058 0464.

SEWING / ALTERATIONS: Overalls/dressmaking/curtains, anything you may need done. Call Lorita 076 878 0566 / 084 619 3995.

SECOND-HAND KITCHENS: Buying, removing and selling of used kitchens and cupboards. Call Ryan on 084 871 9624.

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

SPOT ON: We specialise in residential and commercial floor tile cleaning and sealing. We also do re-grouting and pre- and post-cleaning. Contact us on 063 301 7171 or 066 449 0092 or email us on gabriel.spoton@gmail.com

TENNIS FOR LIFE: Professional tennis coaching for beginners to advanced players, adults and children, individual and group lessons. BOOK A FREE GROUP LESSON USE PROMO CODE FWG032. Contact Ina on 082 859 8565 / info@tennisforlife.co.za or www.tennisforlife.co.za

TEDDY TENNIS (2 1/2 TO 6 YEARS): This is a curriculum-based sports programme that inspires children aged 2 1/2 to 6 to get active and learn to play tennis. It works by combining music, pictures and "Teddy Bear" stories into a totally interactive learning adventure that children love. Contact 074 505 3182 / wilfredattennis@yahoo.com / www.teddytennis.co.za / Instagram: Teddy Tennis Fourways.

THE CLASSIC BOUTIQUE & CLEANERS: Tailoring and alterations, commercial and industrial laundry, shoe repairs, carpet, upholstery and curtain cleaning, dry-cleaning. We collect and deliver at Fourways Gardens in the car wash area, 7 days a week, from 7 to 7. Call 011 074 9918 / 074 622 0735. Shop no.40 Uranium and Granite, Fourways Gardens.

THE WINDOW LADY: We specialise in window cleaning for Estate households, companies, hotels and restaurants/ Personal services, offering monthly, quarterly, twice a year and once-off service. Contact Thabang on 082 927 0081.

TRANQUILITY FIRES: We do installations of wood burning fires (closed combustion stoves) and servicing (all makes). We also convert old built-in fires to closed combustion stoves, we do installation on gas piping and gas appliances. We also do servicing on gas units (all makes). Call Markus on 074 532 3839 or email: markus@tranquilityfires.co.za

TREE FELLER: Offering Tree Felling Services as well as Refuse Removal. Can also do handyman work, painting and paving. Contact Samuel on 072 414 7585 / 082 817 5614.

THE ULTIMATE PROFESSIONAL: Painting and varnishing, waterproofing/damp sealing/plastering/rhinolite/wall paper hanging. Call Clement on 078 717 8732. For a reference please call Linsel on 082 600 1271.

VOICE AND PIANO MUSIC TEACHER: Experienced music teacher in Lonehill offering tuition in piano voice. Award-winning studio both locally and overseas. I love my profession and I am happy to teach from 5 years onwards. Beginners and adults welcome. Please call 082 575 4601 (Trinity exams / Theory / Eisteddfods & Talent competitions).

WILFRED TENNIS ACADEMY: Professional Tennis coaching for all ages. Free 30 minute Assessment Lesson. Book Yours Today! Contact 074 505 3182 / wilfredattennis@yahoo.com

VUKUZENELICE CLEANING: We specialise in cleaning offices, shops/supermarkets, malls. Contact Sarah on 073 561 4136 / 081 838 6688 / ntsoakisarah4@gmail.com

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

DOMESTIC WORK:

Ranneesy: Malawian looking for work on Tues, Thurs, Fri & Sat, 8 years' domestic work experience. Call or WhatsApp 078 931 2057.

Patty: Hardworking domestic helper looking for part-time or full-time live-in work from Mon to Fri, as we are relocating. She has been a loyal and trustworthy part of our family for the past 7 years and has helped raise my 7-year-old son. She is Zimbabwean with a valid work permit. She is bright, works on her own initiative and is a lovely person all around. References available. Please contact Patty on 071 956 7555 / 078 882 0565 or, for a reference, call 064 523 6258.

Queenie: She is friendly, has a good sense of humour, and is trustworthy and honest. She cleans and irons well. Her cooking is limited but she is willing to learn. She is great with kids and will read with them and do basic maths. She is also very flexible with babysitting during evenings and weekends. She loves animals and takes the dogs for walks and feeds them. Queenie is Zimbabwean and has a valid permit, she is 41 years old, she prefers live-in but will also do live-out. Please call 067 292 0310, or for a reference call Riza on 082 446 3167.

Domestic: My wonderful helper is looking for additional days' work – any day of the week. FWG-cleared, reliable hardworking and kind, great with animals. Please contact Brandon on 081 441 3457.

Annah: Seeking part-time live-out employment on Mon, Wed, Fri & Sat. She has worked for me for 7 years and is very honest, reliable and hardworking. Please call Annah on 073 144 9785, for references call Claire on 084 555 5552 after 5:30pm.

Naomi: Has been a loyal, trustworthy domestic worker for my family for the past 4 years. She is looking for live-out employment full or part-time. Please call Kirsty on 079 600 0538 for a reference and her details.

Glory: Malawian lady looking for full-time domestic work live-in or out, she knows how to cook and bake, excellent at household chores and taking care of pets, trustworthy and honest. Call Glory on 062 057 0840.

Thandi: Highly recommended domestic worker/house keeper, she has worked for me for the past 18 years. She is friendly and polite and extremely reliable, she takes pride in her work and is always available when needed. I am relocating and Thandi needs work. Please call 083 260 5058 / gwallace@wrqs.co.za should you have more questions or call Thandi on 072 948 9656.

Florence: Is looking for work on Tues & Thurs, she has worked for me for 7 years and she is exceptionally hard working, always punctual and has a very happy demeanour. Her cleaning and ironing skills are fantastic and she loves children and animals. Call her on 074 855 5632 or call me for references on 079 364 6662.

Angel: Hardworking, pleasant and eager, living in FWG, looking for domestic work. Call 062 118 4895, or for a reference call Marisa on 082 600 7509.

Monica: Malawian seeking full or part-time work as a domestic, she has experience with caring for children. She is honest, trustworthy, reliable and very hardworking. Please call 078 111 9801, or for a reference call 060 564 4756.

Tapiwa: Malawian seeking full-time live-in employment as a house keeper. She has experience with caring for children. She is honest, trustworthy, reliable and very hardworking. Please call 078 739 5643.

Silzani: Malawian lady looking for work on Tues, Thurs & Sat. She is diligent and reliable. Call 063 827 3545 / 064 988 5747. For a reference please call Johnny on 072 992 3695.

Lonely: Malawian, looking for part-time or full-time domestic work. She is hardworking, trustworthy and reliable. Please contact Lonely on 083 599 5108 or Lucia on 076 982 6902 for a reference.

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

Milliam: Malawian, seeking full or part-time work as a housekeeper live-in or out. She has experience with children and is trustworthy, reliable and hardworking. For more information, call Milliam on 061 097 5828.

Florence: Looking for part-time or full-time work as a nanny or helper. She is hardworking with 2 years' experience working in FWG. Please call 071 092 7792 or call 083 303 1193 for a reference.

Leah: Our part-time domestic helper of 8 years is looking for 2 days (Tues & Thurs). Leah lives with us in FWG, she is unquestionably honest and pleasant, she shows initiative and has competent cooking skills. To meet Leah call on 083 986 5059, or call Vanessa on 083 284 4049 for a reference.

Joyce: Is an extremely friendly, appreciative, trustworthy, hardworking and helpful domestic worker! She is fantastic with children and has worked in our family for about 15 years! We think she is wonderful! She is looking for a car or piece job in the area and is available on Tues, Wed & Fri. She is available to start on Tues , 1 October. Please call Lindsay on 082 739 9347.

Ellen: Looking for work on Mon, Tues & Fri, part time, very reliable and trustworthy, great at cleaning and always smiling. Call Ellen on 079 797 3280.

GARDENERS:

Patrick: He is an honest, hardworking gardener who has kept our gardens immaculate. He is looking for work twice a week. Please call Kirsty on 079 600 0538 for details.

Onyx: General gardening and maintenance work, Malawian, very reliable and available on Tues & Thurs. Call 063 082 2782 and for a reference call Neil on 082 373 4011 / 082 565 1286.

Shadrak: My gardener for the last 20 years is looking for work on Tues & Fri. He is very reliable, hardworking, honest and very good at painting and doing odd jobs. Call Shadrak on 079 104 7004 or for a reference call Judy on 083 630 4205.

Derick: Looking for part-time or full-time gardening or handyman work. He is fantastic at using his own initiative, is very hardworking and has a passion for gardening. He lives in FWG. For a reference, please call Shelley on 083 601 8555 or Derick on 078 285 4399.

Precious: Excellent, friendly gardener is available on Tues from 1 September. Please contact Vanessa on 082 826 6446 or Precious on 083 669 9028.

Centry: My gardener of 12 Years who works once a week, very honest, reliable, is needing gardening work 3 days a week. Please call him on 083 981 6077 or call Yvette for a reference on 083 556 8862.

Clement: Malawian looking for work on Mon, Tues & Sat, has 3 years' gardening experience. Call 063 386 4499 or for a reference call 082 860 8868.

Chimwemwe: Looking for work as a gardener or a driver, part-time or full-time. Please call 063 360 1167.

Joseph: Excellent, reliable gardener looking for work on Mon. Highly recommended. Call Vicky on 081 444 1234 for a reference or contact Joseph on 078 442 5492.

Happy: Seeking garden work on Mon, Tues, Wed, Thurs & Sat. He is very reliable and is an excellent gardener. Call him on 083 654 8941.

Christopher: Malawian gardener with building experience. He has a work permit and is looking for work on Mon & Wed. He is hardworking, honest, reliable and takes pride in his work, always willing and nothing is too much to ask him. He is also handy with fixing things around the house. For a reference, call Sheridan on 083 383 7399 or Christopher on 083 359 7270.

Cannan: Malawian seeking part-time work, has experience in gardening and is very hardworking. Please call 060 349 5077.

Dickson: Malawian looking for work on Tues, Thurs & Sat, also flexible with the days. He keeps himself always busy in the garden and is great with the dogs. He is trustworthy, reliable and efficient and has a great attitude. Call Allyson on 082 461 5893.

Duncan: Hardworking, diligent, trustworthy Malawian gardener who has worked for us on a part-time basis when an extra pair of hands has been required. Call Duncan on 074 952 4327 or call Kareen on 083 631 1878 for a reference.

Philip: Hardworking, knowledgeable, reliable gardener available. He is meticulous and has many skills including planting, garden maintenance, painting and handyman skills. He is trustworthy and friendly. For more information please contact Kelly on 076 931 2153 or Philip on 084 961 7532.

Richard: Looking for gardening and painting work. He will make your garden look beautiful. He is reliable, trustworthy and hardworking. Days required: Mon, Wed, & Fri. Contact 076 745 0576 for a reference.

WHAT CONTINENT HAS NO LAND?

BY JAMES CLARKE

A kind retired teacher has sent me some student exam howlers, some of which were new to me. I thought they would amuse young and old.

Climate is caused by the emotion of the earth around the sun.

The people of Japan ride around in jig-saws.

The writing of ancient Egypt is in hydraulics.

The general direction of the Alps is straight up.

The benefit of latitude and longitude is that when a man is drowning he can call out what latitude and longitude he is in and we can find him.

The climate is hottest next to the creator.

Oceania is a continent that contains no land.

Climate lasts all the time but weather lasts only a few days.

The Eskimos are God's frozen people. The sun sets in the west and hurries around to the east to be in time to rise the next morning.

People go to Africa to hunt rhinostriches. Imports are ports far inland.

Inhabitants of Moscow are called Mosquitoes.

The Mediterranean and the Red Sea are connected by the Sewage Canal.

A watershed is a shed in the middle of the ocean where ships shelter during a storm.

These reminded me of that classic essay compiled by Richard Lederer, an American teacher of English, who gleaned these pearls of historical knowledge from student bloopers dating back to the 19th century. He described it as "a history of the world through the eyes of students". The essay was published some years ago in his book, *Anguished English*.



I'll quote just the beginning:

The inhabitants of Egypt were called mummies. They lived in the Sarah Dessert and travelled by Camelot. The climate of the Sarah is such that the inhabitants have to live elsewhere so certain areas of the dessert are cultivated by irritation. The Egyptians built the Pyramids in the shape of a huge triangular cube. The Pyramids are a range of mountains between France and Spain.

The Bible is full of interesting caricatures. In the first book of the Bible, Guinnesses, Adam and Eve were created from an apple tree. One of their children, Cain, asked, "Am I my brother's son?"

Jacob was a patriarch who brought up

his twelve sons to be patriarchs but they did not take to it. One of Jacob's sons, Joseph, gave refuse to the Israelites.

Pharaoh forced the Hebrew slaves to make bread without straw. Moses led them to the Red Sea where they made

unleavened bread which is bread made without any ingredients.

Afterwards, Moses went up on Mount Cyanide to get the Ten Commandments.

David was a Hebrew king skilled at playing the liar. He fought the Philatelists, a race of people who lived in Biblical times. Solomon, one of David's sons, had 500 wives and 500 porcupines.

Without the Greeks, we wouldn't have history. The Greeks invented three kinds of columns - Corinthian, Doric and Ironic. They also had myths. A myth is a female moth. One myth says that the mother of Achilles dipped him in the River Stynx until he became intolerable.

Socrates was a famous Greek teacher who went around giving people advice. They killed him. He died from an overdose of wedlock. After his death, his career suffered a dramatic decline.

The government of Athens was democratic because the people took the law into their own hands. There were no wars in Greece as the mountains were so high that they couldn't climb over to see what their neighbours were doing.

(Alas, I am out of space so cannot go on to tell you all the stories about Caesar and how "the Ides of March murdered him and, dying, he gasped "Tee hee Brutus".)



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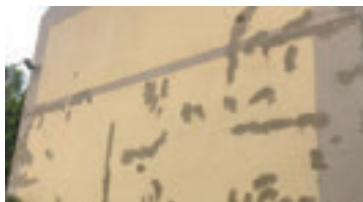
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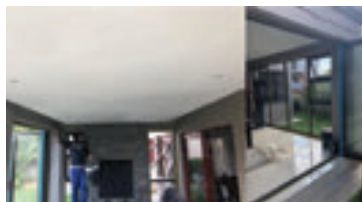
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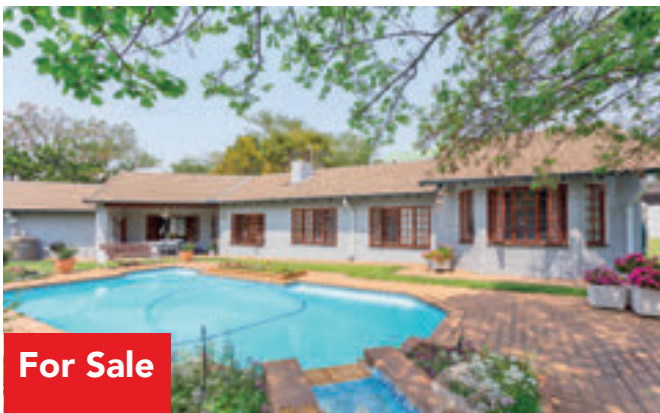
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