



FOURWAYS GARDENS

Residential Estate

September 2017

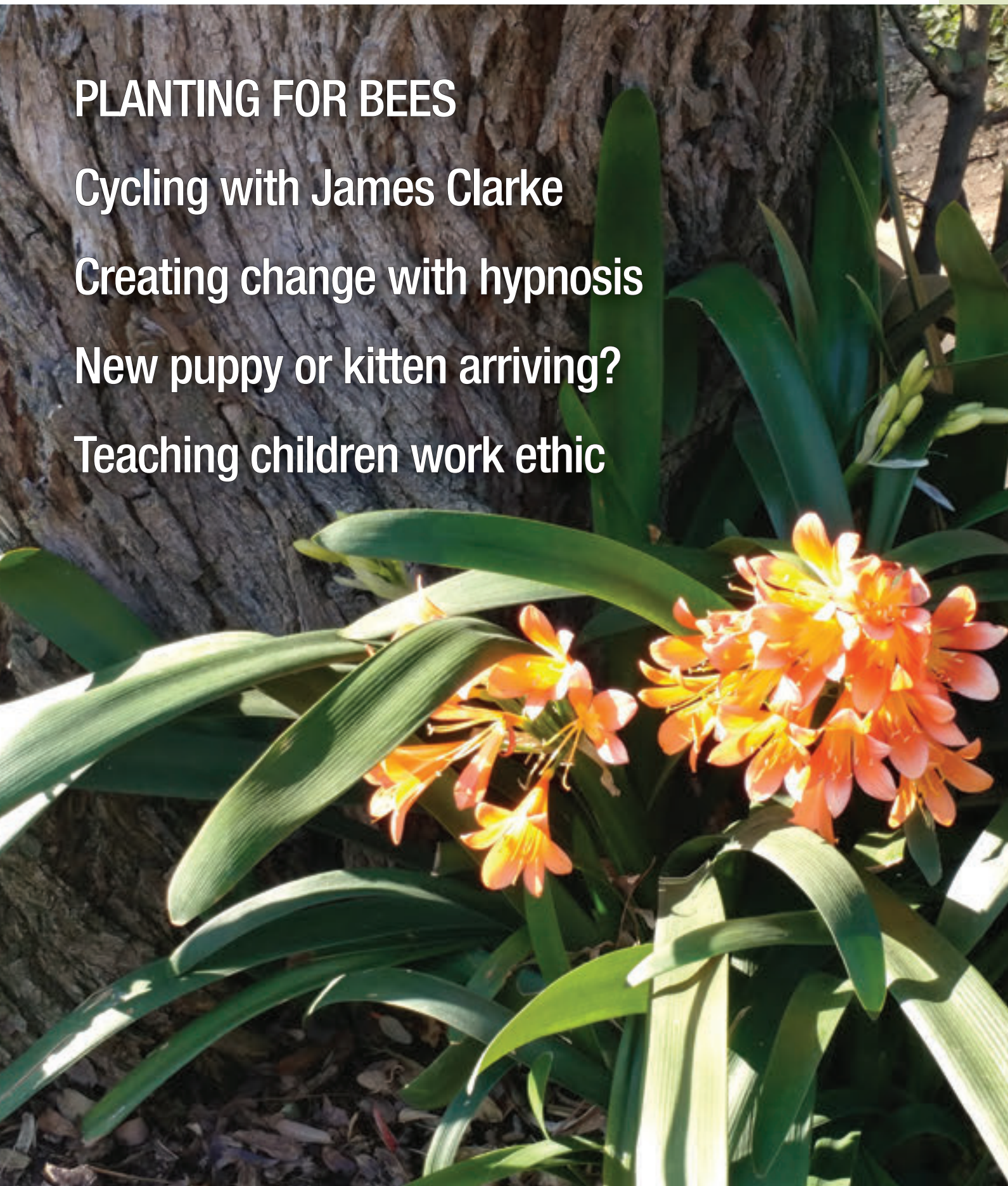
PLANTING FOR BEES

Cycling with James Clarke

Creating change with hypnosis

New puppy or kitten arriving?

Teaching children work ethic



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Lew Geffen

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STORY**



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For Sale

Wild Pear Crescent | R5 500 000



**For Sale/
Rental**

Park Way | R8 600 000
R60 000pm



**For Sale/
Rental**

Keurboom Crescent | R6 800 000
R58 000pm

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



Michele Zuccollo
082 850 8356 | 011 467 3233
michele.zuccollo@seeff.com



Trish Walton
082 442 9112 | 011 467 3233
trish.walton@seeff.com

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Because they went without so you wouldn't need to.

It's a funny thing. Once they were your advisors and now you're theirs. Perhaps you've never spoken much about family finances but now would be a good time. At Evergreen we often find ourselves having these conversations with parents and their grown-up children and what we say always comes as good news. After all, we believe that our Life Right model offers anyone in retirement the very best lifestyle at a price that is flexible and tailored to their finances, with the goal of fully funding the future and all that it may hold. Those living at Evergreen will testify to how liberating it is to live without stress or fear. It's a feeling that lifts a burden from you too.

Help your parents to retire happily – It's the least you can do.

For more information, please call us on 011 467-7097 or e-mail info@evergreenlifestyle.co.za
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MUIZENBERG | BERGVLIET | AT LAKE MICHELLE | DIEP RIVER | BROADACRES (JHB) | NOORDHOEK | AT VAL DE VIE



Cover photograph: Kathy Thersby

IMPORTANT NUMBERS

Estate Office 011 465 7731
(operating hours 08h00 - 16h00 Mon to Fri)
info@fwg.co.za

Estate Security 24/7 011 465 5465/66
Main Control Room

Emergency and 011 467 1400
Medical Response 011 444 2237
Netcare 911 082 911

Council Service 011 375 5555
and Enquiries:

In case of emergency:
Douglasdale Police Station 011 699 1300
ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

Joburg Water 011 375 5555
Water/Sanitation/
Sewer problems 011 375 5555

Fraud & Corruption Hotline 0800 002 587

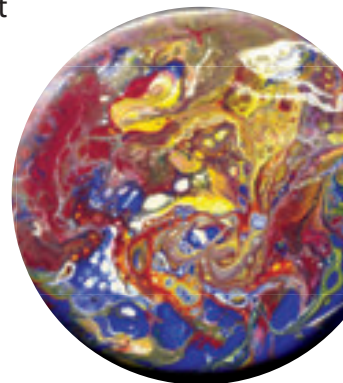
JHB Metro Police 011 490 1600

Fire and Ambulance 10177

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FOURWAYS GARDENS

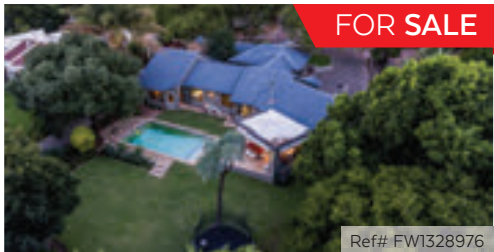
Natalia Atanassov 084 783 3010 • pamgolding.co.za/natalia-atanassov
Tracey-Lee Savage 083 654 2729 • pamgolding.co.za/traceylee-savage



Fourways Gardens / R4.59 million



Fourways Gardens / R3.895 million



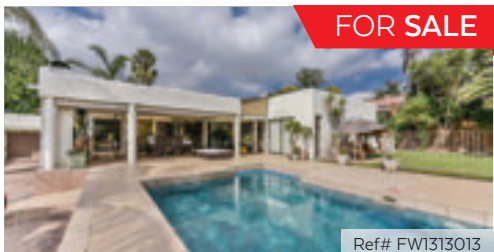
Fourways Gardens / R3.79 million



Fourways Gardens / R3.79 million



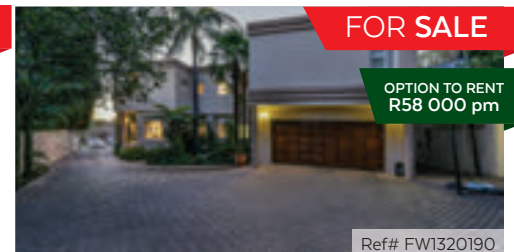
Fourways Gardens / R3.85 million



Fourways Gardens / R3.95 million



Fourways Gardens / R6.95 million



Fourways Gardens / R6.8 million



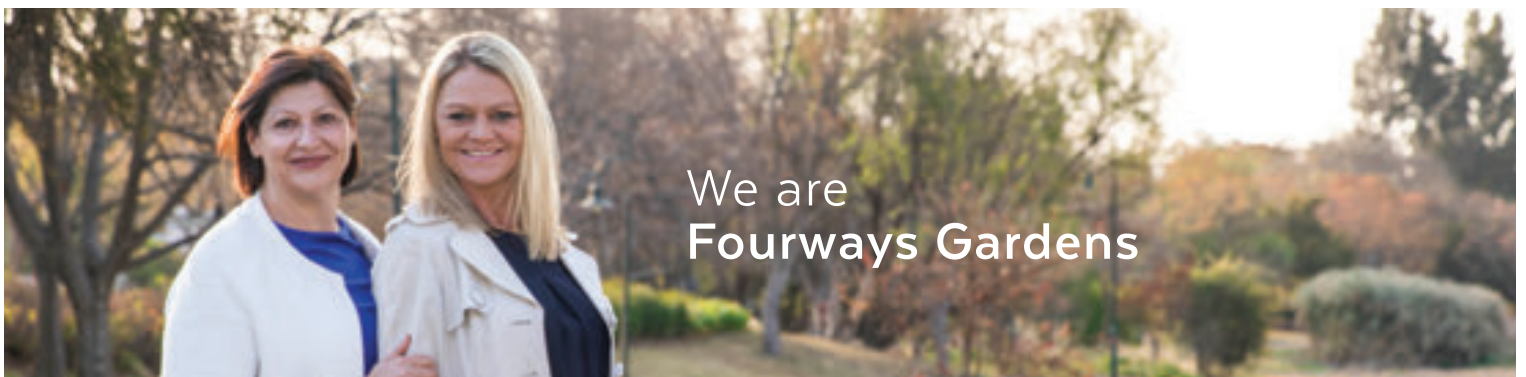
Fourways Gardens / R8.599 million



Fourways Gardens / R50 000pm



Fourways Gardens / R28 000pm



FROM THE FWG HOA GENERAL MANAGER

Dear Residents

It has been an exciting year in the fast lane at Fourways Gardens Estate. Figuratively speaking, mountains have been moved over the past 12 months. New BOD, new GM, new Financial Manager. One of the highlights is definitely the upgrading of the whole security system.

No doubt 2017 will see Fourways Gardens continue to make strides forward for everyone's benefit.

Communication, Communication, Communication

The BOD and Management want to keep residents informed, to involve members, encourage their cooperation, foster their concerns, and ensure their commitment to the community of Fourways Gardens Estate. Proper communication will help to stimulate the flow of information between residents and the management of the Estate.

Members of gated security communities seldom realise the effort and time that is spent by our volunteers in the Committees and Board of Directors to ensure the efficient management of the Estate.

It is important to appreciate that these representatives of our community sacrifice a lot of their personal lives for the cause. After hours' meetings, difficult decisions, sharing of expertise and meetings with residents are just some of the "unseen" contributions.

My mission for 2017 is to further establish the Estate as a sought-after community by improving the estate infrastructure, to establish more of a sense of community living and to maintain good governance and management principles.

Gardening Tips: Choosing fertilizer Organic fertilizer has two components, the compost (organic) part and the mineral (fertilizer) part. Green plants extract the full range of essential minerals (12, including nitrogen) from the soil. View this as the "dry pap" part of plant food. The water soluble part of compost is the "sauce" part, helping the minerals to dissolve in the soil water and improve their availability to and uptake by the plants. So it is clear that applying fertilizer alone is like eating dry pap. Using fertilizer with one mineral, such as superphosphate, or three elements, like 3:2:1 or 2:3:2, only meets part of the plant's requirements and can be likened to a person eating meat all day. On the other hand, sauce alone hasn't got enough nutritional value. Based on this knowledge, I follow these two rules:

- **Plant nutrition rule 1:** Feed your plants all 12 minerals through the year, supported by at least a liquid compost and good mulching practice.

- **Plant nutrition rule 2:** Plants absorb their food continuously in minute amounts in liquid form. Feeding them frequently, very little at a time when watering, is much more efficient and economical.

CRIME AND SECURITY TIPS – don't be complacent about living in a gated estate. Thefts are on the increase, and due to complacency, residents are sleeping with their doors unlocked, so perpetrators are able to gain access into the houses without any forced entry. Theft includes money, cell phones, laptops and small items. Most of these thefts are internal.

Crime is also on the increase. There are repeated incidents of "Follow Home" crime happening in our area, primarily from Shopping Centres and airports, where victims are followed home and robbed as they stop at their gate to wait for it to open

(or even tailgating in behind the vehicle before the gate can close, which I will cover in another article). Don't let this happen to you.

Tailgating

1. You should always pay attention to vehicles driving behind you, especially when driving away from a shopping centre or airport. As you are leaving the premises observe basic make and colour of the vehicles behind you (you do not need to know every make of vehicle for this to work, make your best guess at what vehicle you think it is).
2. When you are halfway home and there is a similar make and colour of car still behind you, which obviously can occur without anything sinister being afoot, heighten your awareness of the vehicle.
3. When you are about a kilometre away from your home/destination check again and if the same make and colour of car is still behind you, either head directly towards your local police station or call ahead to your home or guard house and advise someone there that you suspect you are being followed. Give them the description of the vehicle and ask them to meet you at the gate, with a panic button in hand, to open the gate as you approach and actively observe the vehicle, letting them know you are on to them.
4. Drive directly into the premises without stopping and your "escort" will close the gate directly behind you. Once again we urge you to take your personal security seriously. Keep yourself and your family safe at all times.

Kind regards

Gary
General Manager

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

PUBLISHER: Nico Maritz nico@eiapublishing.co.za SALES MANAGER: Martin Fourie 072 835 8405 martin@eiapublishing.co.za
EDITOR: Kathy Thersby 082 446 8456 kathy@eiapublishing.co.za ADVERTISING SALES: Marc Adrian LaHoud marcl@nowmedia.co.za 076 749 6531
PRODUCTION CO-ORDINATOR: Anna Sawa, eiaads@nowmedia.co.za DESIGN: Diane van Noort, d2vn@mweb.co.za

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

NEW APPOINTMENT

24/7 Security Services has been appointed as the security service provider for Fourways Gardens effective the 1st of September 2017. We at 24/7 Security are excited about this opportunity and look forward to a long and happy relationship with the Fourways Gardens community.



Owner managed and driven, 24/7 Security Services provides integrated security solutions by combining highly skilled manpower with the latest security technology solutions. Our core expertise is in guarding and armed reaction.

The state-of-the-art Command Centre forms the hub of our operations, linked to on-site well-trained teams deployed on the ground. All our sites are supported by armed response and medical teams, available at the press of a button – putting your safety and wellbeing first at all times.



Patrick has over 17 years' experience in the security industry. He has extensive knowledge and experience in the management of residential estates. Patrick is a firm believer in team work and looks forward to establishing and maintaining the best security team for Fourways Gardens.

One of the critical focus points will be that 24/7 Security will interact more closely with regards to contractors gaining access on site, as well as identification of contractors. This is a process that is currently being addressed, and we request the support from the residents in this process.

The 24/7 Security team has been hard at work in the background and are happy with the seamless take-over of all security related matters thus far. An intensive recruitment and training process commenced at the beginning of August 2017 which included a rigorous selection process for old and new staff members. This has resulted in a winning team being groomed for deployment. All staff were assessed on both performance and skills relevant to Estates, and have now been inducted on our intensive training programme.

Your winning team is headed up by Patrick Bhebhe.



Stay in touch

We welcome all feedback and input from the community. Please email info@24-7security.co.za.

Please visit our website- www.24-7security.co.za, and follow us on Facebook and Twitter.



More about 24/7 Security:

Specialised services

- Technical Services that include bylaw-compliant installations, 24-hour technical back-up service, maintenance contracts, tailor-made product information and design (real time and event based CCTV, alarm systems, access control, electric fencing and off-site monitoring).
- Special Events – casual and ad-hoc guarding for sports events, labour unrest, venue protection officers, planning and risk assessment for special events, disaster management, joint operation centres (JOC), and close protection officers (CPOs) for company executives, dignitaries, celebrities or private persons with the Secure Drive chauffeur-driven service.

B-BBEE compliance and accreditation

24/7 Security Services is a Level 2 B-BBEE contributor, ISO 9001:2008 certified, and fully compliant in terms of the Firearms Control Act 60 of 2000. We proudly adhere to a progressive and compliant Employment Equity Policy.



Monthly Draw – August 2017

Lucky Draw – R9 000
David & Brenda Dwyer
61 Buffalo Thorn
Erf: 999

1st prize
Gil Benson
106 Coral Tree

2nd prize
Elke Oellermann
7 Raintree Crescent

The August draw was for R1,000 and was held on 25 August. The September draw will be on 29 September at the Clubhouse at 19h00!

Remember, you have to be there to win!

Thanks to Joep and Tania from Century 21 for sponsoring this fun monthly event for the residents of Fourways Gardens Estate!



Rules for the monthly draw:

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

Remember, you have to be there to win!

Find your Dream Home!



SALE: R6 999 000

Web Ref: 21DN-2439

ARCHITECTURAL MASTERPIECE ON DOUBLE STAND

Magnificent property on a double stand for sale! Double volume entrance, formal lounge and dining room, spacious family room with stacking doors opening onto an entertainers patio; rim flow pool & a private landscaped garden. Granite & maple fitted kitchen with walk-in pantry & scullery; games room, fitted study, guest cloakroom, 4 generous sized bedrooms, 3 bathrooms, garaging for 4 cars and staff suite. Situated in Phase 2.



SALE: R4 600 000

Web Ref: 21DN-2476

PERFECT RENOVATION OPPORTUNITY

Large family home with double volume entrance, lounge, dining room family room with built-in bar & fireplace, kitchen with granite counters, pantry and scullery. 5 Bedrooms, 4 Bathrooms (3 en-suite), guest cloakroom, study, studio/office/ gym. spacious covered patio, landscaped garden, large pool. Double automated garage, storeroom and staff suite. Situated in Phase 2 and within walking distance to the clubhouse and park.



SALE: R3 795 000

Web Ref: 21DN-2438

CREATE YOUR OWN DREAM HOME!

Thatch roofed home situated on a 1 500sqm stand with entrance hall, guest cloakroom and study or 4th bedroom. Open plan formal lounge on split level with wood fireplace, dining room and large family room adjacent to a spacious eat-in kitchen with scullery. Stacking doors lead to a spacious garden. Three bedrooms upstairs with 3 bathrooms, (2 en suite). Covered patio with built-in braai overlooking the swimming pool. Private flat-let. Staff quarters and double garages. Close to the park in Phase 1.

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.

SMARTER. BOLDER. FASTER!

Tania Heurtaux
082 550 2222

Joep Rijntjes
083 462 2756

FWG ACTIVITY PROVIDERS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00		Outdoor		Outdoor Fitness Classes		Outdoor Fitness
08:30		Fitness		(8-10)		Classes (8-10)
09:00		Classes	Pilates - Tracey (8:30-9:30)	Rhona Williams	Pilates - Tracey	Rhona Williams
		(8-10)	082 894 6096	083 600 1868	(8:30-9:30)	083 600 1868
09:30	Yoga with Virusha Gowrie 072 500 7215 virusha.gowrie@gmail.com	Rhona Williams 083 600 1868	Yoga - Wendy (9-10:15) 011 465 7155 083 400 6211			
10:00				Cristina (10:00-11:00)		
10:30				Flamenco Dance 076 521 8750		
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00				SmartPlay Soccer	SmartPlay Soccer	
14:30				(14:00-15:00)	(14:00-16:00)	
				Vincent 078 1223 944	Vincent 078 1223 944	
15:00				Helen O'Grady Drama		
15h30		Debbie (15:45-16:45)		Academy		Yogabats (15:30-16:30)
16:00		Jazz - 082 425 6098		(15:00-18:00)		Desley White
				Kerry Holbrook		011 465 1939 / 084 465 1939
16:30			Goju-Ryu	www.dramafrica.com	Goju-Ryu	
17:00		Cristina (17:00-18:00)	(16:30-19:30)		(16:30-19:30)	
17:30		Flamenco Dance 076 521 8750				
18:00		Yoga - Wendy (18-19:15)	Stef and	FOR HOA AND AGM MEETINGS	Stef and	
18:30		011 465 7155 / 083 400 6211	Roberta		Roberta	
			083 384		083 384	
19:00			3026 / 083 309 5352		3026 / 083 309 5352	
19:30						
20:00						

Clubhouse

Phase 2 Outside

Phase 2 Soccer Nets

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



YOUR RESIDENT Property Specialist!

"I have been living and selling property in Fourways Gardens for 12 years! Your asset is important to me." Francesca Beattie

SELLING OR RENTING?

Call Francesca for a professional valuation presentation – 083 678 8001



White Ash Road - R3.950m



Cape Chestnut Road - R3.650m



PHASE ONE - P.O.A



PHASE TWO - R3.750m



011 705 2384 / 083 678 8001



info@fbproperties.co.za



www.fbproperties.co.za

"Life is like riding a bicycle: to keep your balance, you must keep moving" Albert Einstein



FRANCESCA Beattie
properties

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PLANTING FOR BEES – Indigenous Trees for Gauteng Gardens

Bees are one of the most important insects, if not animals, in the world as they are responsible for pollinating most of the vegetables and fruit we find at our local supermarket. Without bees we would not have a food chain. In turn, a bee's version of a balanced diet is pollen and nectar to make honey. So the kindest thing you can do for these creatures is plant a bee friendly garden to attract these pollinators to the cities.



Wild Pear *Dombeya rotundifolia*

The wild pear is a lovely garden specimen, and the spectacular show of scented flowers is a herald of spring. It

has a single stem and a somewhat rounded crown. It is both frost and drought resistant. The flowers appear from July to September, the earlier flowering taking place in the warmer northern areas.

Like other *Dombeya* species the flowers remain on the tree until after the fruit capsules have formed in the centre of each flower. The petals turn brown and become dry and light. Once the fruit is ripe and falls from the tree, the petals act as wings and float it away.

This is a deciduous, very fast growing tree, 1 - 1.5 m per year. It may reach up to 10 m in height but is usually between 3 and 6 m. The bark is dark brown, very rough and corky on mature trees. It forms a protective, fire-resistant layer around the trunk. The leaves are almost round and are covered with the minute star-like hairs which are a characteristic of *Dombeya*.

Credits: Plants important to South African beekeepers as honey bee forage (adopted from 2011-2013 beekeeper survey; Tlou Masehela PhD Thesis)





Queen Bee in a Hive

Can you spot her?

This photo, of the queen bee [above] surrounded by her royal court in a honeybee colony in an apiary in Greater Johannesburg, was taken late last year. The queen bee is the only fertile female in the Scutellata (*Apis mellifera scutellata*) colony and therefore the only bee that can properly lay eggs of either male or female workers. She lives for between 2 – 5 years, and can lay up to 2000 eggs per day for the duration of her lifetime.

(Photo Credit www.beeware.co.za)



Sweet thorn *Acacia karroo*

The sweet thorn makes a beautiful garden specimen. The bright yellow flowers look very striking against the dark green foliage. The rough, dark brown bark is also most attractive. The flowers are sweetly scented and are renowned for attracting insects which are essential to any bird garden.

In cold and dry areas the tree will be deciduous. The roots are invasive, so avoid planting near paving or buildings. The sweet



thorn is very adaptable to soil types and is frost and drought hardy. However, for best performance, water well and deeply (shallow, frequent sprinklings only encourage shallow root growth) until established. Plant with plenty of compost, bonemeal or superphosphates (commercial tree tablets also work well). The growth rate is fast, up to 1m per year.

It may be grown from seed which should be soaked in hot water and left overnight. You will see if this has been effective as the seed will swell up. Sow the following morning. Seedling trays with seedling mix can be used, or the seeds could be sown directly into black bags. Cover lightly with sand and do not allow to dry out. Germination usually takes 3 - 12 days. The seedling will transplant well in spite of the long tap root. Wait until they unfurl their second leaves before transplanting.

Bee Awareness Talks



Sharon Lage conducts Bee Educational and Awareness Talks to Schools and Adult Interest Groups. Contact Sharon on (083)449 8980. Contact Us macbeehoney@gmail.com 083 449 8980 146 Western Service Road, Woodmead

Fun Facts



Honey bees are the only insect that produce a food which can sustain man

Napoleon's flag carried a single line of bees in flight, and his robe was embroidered with bees

Honey bees produce beeswax from special glands on their abdomens.

A single honey bee worker produces about 1/12th of a teaspoon of honey in her lifetime





RealGreen has used the quieter winter period as an opportunity to do some much needed revamping on the landscaped beds and road islands around the Clubhouse and surrounds.



5 EASY STEPS TO GET YOUR GARDEN “SPRING READY”

Preparation now will ensure you can enjoy a beautiful outdoor space later...

Clean Up

Throughout the winter, your garden can be exposed to the elements. You want to first start by clearing all of your garden beds and lawn of broken branches, leaves, and other debris that have collected. It's important to start these chores quickly, as your spring bulbs and plants should be popping out of the ground any day now. The sooner you clean out the beds, the less chance you have of stepping on the growing plants and damaging them.

The same clean up method applies for your trees and bushes. To prep for spring, trim off any broken or dead branches. Now is also a good time to prune and shape your trees.

Prep Your Garden Tools

Pull out those tools that have been sitting around all winter. It's almost time to use your tools again, so you want to make sure they are ready for the job. Clean off the tools with soap and water, and use mineral spirits on wood handles. The mineral spirits will help prevent the wood from splintering.

Give Your Soil Some TLC

Make sure your soil is ready for planting. To start, turn the soil over with a garden fork and rake it out, clearing any weeds that may have grown. Then add fresh compost or manure to add nutrients to the soil. You'll want to add compost or manure a couple of weeks before planting something, so it has time to mix well with your soil and won't burn the roots of your new plants.

Make a Plan (see tips below)

Have a masterplan of your garden to see which flowers and vegetables are best for your location. You can also head to your local nursery to get planting recommendations.

And Don't Forget to Maintain It

Upkeep during the whole season is key. Once your flowers start blooming you will have to deadhead to promote more flowers (depending on the species), and it's a good time to plant annuals to supplement your perennial flowers. Deadheading is when you cut off the drooping or fading flowers from the rest of the green, healthy stem. The late spring is also a good time to put down a nice layer of mulch on the garden. This will help hold down weeds while keeping in water for those long hot summer days ahead. It also will break down over the winter and help add nutrients to the soil.

HOW TO CREATE A MASTER PLAN FOR YOUR GARDEN AT HOME

When developing a master plan for your garden, there are some important factors to consider before you start planting. It's not as simple as popping to your local nursery. Creating a plan beforehand will help you choose plants that will best fit your needs and thrive in your garden.

It's easy to go out and be tempted into buying plants that look beautiful at the local nursery, only to get them home and realise they are wrong for your garden.

Know your Garden

Think about your climate, the landscape of your garden, and your soil type when planning your garden. Keep in mind that the specific conditions of your garden are likely to create a microclimate based on the amount and length of sun and shade exposure the area receives.

Microclimates are usually broken into one of four categories: full sun, partial shade, shade, or deep shade; take note of your garden's microclimate when selecting plants. Also, take note of how water drains in your garden.

Who will be using your garden?

Think about who will be using your yard and how they will use it. Will children be using your yard? Do you have pets? Are you hoping to use your yard for outdoor entertaining? Remember you can create different spaces for different uses in your garden using strategic plantings and hardscapes. Walkways can be used to move people from one area to another.

Think about themes

A theme can unify your landscape and help guide your plant and material selections. Themes can be as simple as using consistent shapes or forms throughout your garden or as complex as creating a relaxation garden.

When deciding on a theme for your garden, a good place to start is looking at the architecture of your home. Try

to compliment the lines and style of your home's architecture; after all, your garden is an extension of your home.

Themes can help guide how you place and select plants, decorations, hardscapes, and structures. Ask yourself if you want neat shapes and structures in your garden, or do you want softer, more natural lines. Or, do you only want to include specific colours. These types of questions will help you choose the right theme for your garden.

Create and link spaces

In order to get the most out of your garden, think of it as another room, or rooms, in your home. Just as a home has well defined and carefully planned rooms, so should your garden; using your materials wisely allows you to create different "rooms" in your garden.

Don't forget to think about how you'll link your spaces. How will people move from one area to another? Create openings to encourage exploration in your garden and keep people moving throughout the landscape.

Make your plants work for you

Early in your planning you should determine how your plants will function in your garden. Plants can be used in a number of ways. They can provide you with fresh and delicious fruits and vegetables, beautiful scenery, lovely aromas, and much more.

Plants can be used as barriers to define areas within your garden as well as identify where your garden ends. You can use plants to create physical barriers in your garden by blocking both views and access to an area. If you want to keep your views open, but maintain some barriers, low growing plants can be used to create implied barriers, blocking access but not the view.

Highlight important points

Using unique plants, distinct structures, or garden ornaments allows you to highlight a particular area of your garden. Contrasting shapes, textures, sizes, and colours will help to capture

attention and direct it to a specific area of your choice.

Pay attention to detail

Plants, hardscapes, and garden ornaments all have their own visual details, from various forms and shapes to an array of colours and textures. By thinking about how these visual details can be used to complement and contrast each other, you can create a cohesive and captivating landscape.

Don't just think about visuals; taking into consideration the scents of the plants you select for your garden can enhance the experience you create for those in your garden. Think about when flowers will be blooming, as well as what scents will complement each other in the garden.

Think about the future

More specifically, take into account how the passage of time will affect your garden. When selecting plants, make sure you consider the plant's growth rate, maintenance needs, and its eventual mature size. Make sure you provide your plants with enough room to reach their mature size. Keep in mind though, that mature size is typically based on optimal growing conditions, your landscape's specific conditions may cause a plant to grow larger or smaller.

Protect your resources

By choosing resource-efficient plants, consciously managing water, and choosing environmentally sound hardscapes, you can help protect and preserve your environment.

Before removing plants from your landscape, determine whether these plants truly need to be removed, or if they could be relocated to another area of your yard. When selecting new plants, look for resource-efficient plants, ones that will require less water, fertilisers, and pesticides.

When planning the changes to your garden, consider installing a rainwater catchment system which will provide you with an environmentally sustainable source of irrigation water (especially with the droughts we have been experiencing).

August Overview

We started the month with our coffee morning which consisted of a catch up of what was happening in each of the groups and a slice of fresh chocolate or carrot cake in the Clubhouse.



Fourways Gardens Social Club

Wonderful wines were tasted at the FWG Wine Club event on Wednesday 2nd August 2017. The wines were presented from Constantia Glen and Le Riche and a thoroughly enjoyable evening was had by all. Thank you to Tyson Properties for sponsoring the event.



The Book Club met on the third Tuesday and we welcomed some new faces. There is no formal format to our meetings; it is more of a chance to find out which books everyone is reading.

If people wish to swap or borrow books from each other we are able to keep a record of this so we are able to keep track of who has borrowed which book.



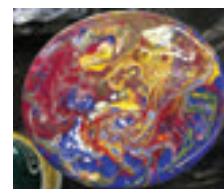
Every Friday at 1pm you will find the Bridge Club playing in the Clubhouse Restaurant. These sessions are very popular and new players are always welcome.



The Charity Club has been making soaps as Christmas gifts to be given to the ladies and gents living in the Eventide Salvation Army Home for the Aged. If anyone can help with toiletry bags or donations toward the purchase of them, please contact Jen jen.joburg@gmail.com. Alternatively if you have any spare airline toiletry bags with or without contents, they would also be much appreciated.

The Charity Group also visited Witkoppen Clinic and handed over bags of knitted

jumpers they have made for new-born babies who need clothing. Rita is happy to carry on knitting, but needs wool. If you have spare wool and would like to help with this project, please contact Morag morag@vlaming.co.za.



The Ceramic Painting Group continues to meet on the fourth Tuesday at 10am in Phase One. Over the past month they have created some stunning pieces of artwork.



The Tennis Groups has been playing at 7.30am every Tuesday morning. We are trying to get a regular group together so we always have enough people for a doubles game. You don't need to play every week but if you are keen to pick up your racket, please join us.

SEPTEMBER

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

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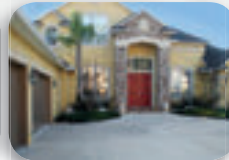
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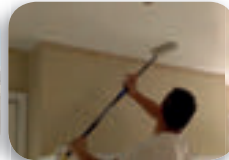
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Our August wine evening was presented by Le Riche Wine Estate and Constantia Glen



Fourways Gardens
Wine Club

Mark McGowan from Tyson Properties opened proceedings to a wonderful wine tasting evening which was well attended again and hosted by Janine

We sincerely wish to thank Francois and his team for doing such a great job every month for our Fourways Gardens guests for the perfect setting and table set up with cheese and biscuits.

It was an informative event with Constantia Glen, acclaimed for their bespoke wines.

Winemaking dating back to 1685

Constantia is the oldest wine producing region in South Africa.

We had the privilege to taste their four wines they produce – Constantia Glen Two, Three, Five and a special Sauvignon Blanc. The second Estate, Le Riche, is nestled in the slopes of the Helderberg Mountains and a family run winery producing a wonderful Cabernet Sauvignon which we can recommend.

Dinner wines were served with a scrumptious buffet curry and again thank you to Fourways Gardens.

Our lucky prize winner Kaval Shah, enjoying a fabulous prize sponsored by Tyson properties.

These evenings offer great value and entertainment and are ever popular so please book for the next event with tickets available at the Clubhouse Bar.



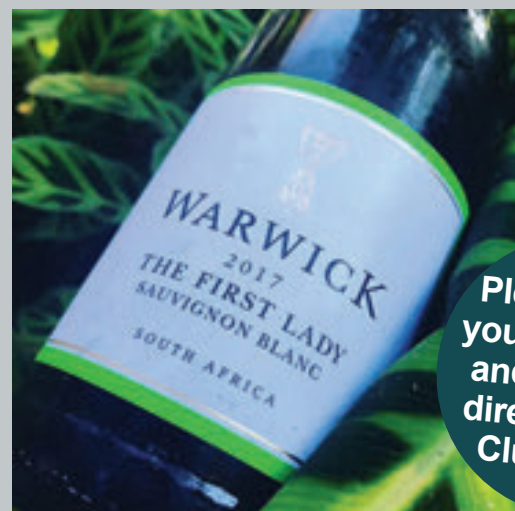
The November 2017 wine tasting will be presented by



WARWICK
— ESTATE —

On 1 November, the FWG Wine Club will have the opportunity to taste the wonderful wines of Warwick Estate. Due to many events during October, we will skip straight to November! More information will be made available in the October publication of the Estate Magazine.





Please make
your bookings
and payment
directly at the
Clubhouse.

THOMAS BERMAN – FOURWAYS GARDENS RESIDENT



Hard work goes a long way ...

Tom is a grade 12 pupil at King Edward VII School. (KES). He plays open side flank (6) for the KES 1st team. He is currently the most capped player in the "Reds" team and has played every game in the last two years.

The current team has been ranked in the top 3 nationally. They have only lost one game all season, being beaten by Monument 19-25. Tom is a prefect at Kes and is head of Donald Gordon House. He is also the chairman of the RCL (representative council of learners).

Tom was recently selected to represent South Africa in the men's Macabbi rugby team to take part in the 20th World Macabbi games in Israel. The Macabbi

games is the 3rd largest sporting event in the World behind the Olympic Games and World cup soccer. There are over 80 countries that are represented at the games. The team was coached by Kevin Musikanth and James Small. Evan Speechly was the physio.

The team did very well. They won Gold in the 7's tournament and received Silver in the 15's. They were beaten by the USA in the final 31-21. The final was refereed by our very own Jonathan Kaplan.

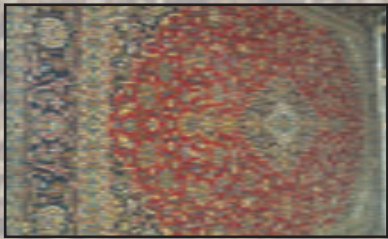
Tom plans to either go to university next year or go overseas to possibly further playing rugby.

Watch this space and remember the name!



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COME JOIN US FOR
A SPRING CELEBRATION



Dog Walk & Kite Day

Sunday, 10 September 2017

Fourways Gardens and Pam Golding Properties supported by Chefs4Pets invites you to bring the family and come join us for a fun-filled morning at the Fourways Gardens Clubhouse.

Dog walk registration will start from 8h30 in front of the clubhouse with the walk starting at 9h30.

Radical kites on sale from 11h00 or bring your own. Jumping castle and music on the clubhouse lawn.

Please bring donations of puppy food or cash for Ark Animal Shelter.



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GOOD FELLOWS TRANSFORMS THE PAWN BROKING INDUSTRY

Strange but true, the pawn broking industry has become increasingly popular in recent years. Be it because of well-known television shows that give insight into the pawning process or because of the poor state of our economy, which has forced many families to source other financial means to survive – either way the industry is booming, and rightly so.

Pawn brokers are offering a smart and simple alternative for individuals seeking out loans. Rather than taking out a bridging loan to tide one over until payday, which involves paying back money at excessively high interest rates, people are leaning towards going to pawn brokers who offer cash loans in exchange for collateral items that can either be given up altogether, or paid back over an agreed period in order to reclaim the pawned property.

One of the biggest benefits of pawn loans is, should a client default on their repayments, it doesn't affect their credit rating, like other types of loans do. Failure to repay the loan within the specified time means the broker is able to sell the pawned item and pocket the reward.

Heading up the pawn industry in South Africa is Good Fellows Pawn Brokers who are well experienced and provide a bespoke pawn broking service to clients looking for a lucrative channel to sell unwanted goods or a hassle free solution to soothe financial woes. "We are not looking to put our customers in more debt, our focus is on helping them to escape it," says the team of Good Fellows Pawn Brokers.

Specialising in the pawning of vehicles, including cars, bakkies, trucks, buses and boats, their mission is to reinvent the image surrounding pawn broking by offering a quick, discreet and professional service tailored to suit individual needs.

The transparent and confidential service delivered by the brokers at Good Fellows helps them to seal the deal as the number one pawn broker in South Africa. Each client has the option to pawn and sell or pawn and rent, and the broker guarantees the best prices on all vehicles and ensures immediate pay-outs for the

convenience of the client. Having built up a sterling reputation for themselves over the years, Good Fellows continues to exceed the expectations of their clients, who are grateful for the stepping stone that the popular pawn broking establishment provides them with.

One of their clients, John Adriaansen, proudly comments on his experience with Good Fellows as "Quick, easy, great service and, best of all, instant cash with no credit checks!" He goes on to say, "Thank you Good Fellows for helping me, so that I can enjoy the holidays with my family." Other testimonials include praise from Patience Sebakwa, "Good Fellows you are truly amazing! Thank you for giving me instant cash for my car!" and Pieter Ramsden who has become a raving fan of Good Fellows Pawn Brokers: "Wow, what a quick and easy service! Good Fellows came to me. I pawned my car and was able to pay my children's school fees. Thank you Good Fellows!"

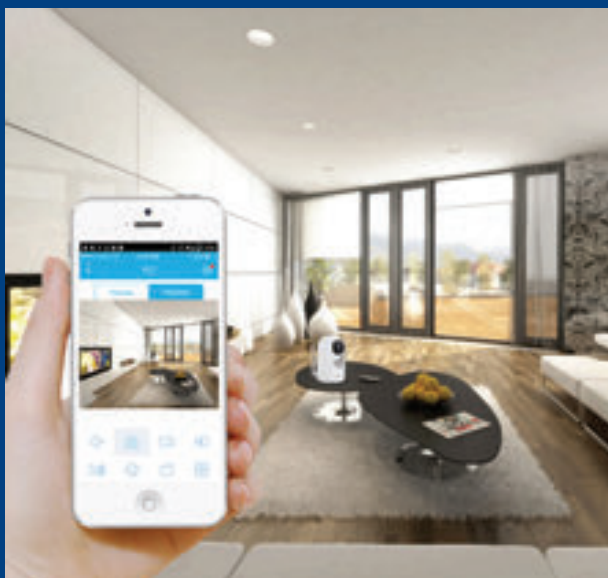
Their seamless platform has undoubtedly had a positive impact on the general community as they enable people to pawn their collateral without the unreasonable restrictions and excessive costs involved in taking out loans via other financial avenues. Good Fellows Pawn Brokers will continue to be game changers in the industry, by giving hope to those who have hit a dead end and going the extra mile to get them back on their feet.



For more information contact Good Fellows Pawn Brokers on 086 001 5656 or visit their website www.goodfellowspawnbrokers.co.za

YOUR SAFETY IS THEIR PRIORITY

Have you ever arrived home from work or shopping and felt that something was not quite as it should be? It's happened to me a few times – plants trampled, finger prints on the window sills, pot plants moved – that's why I was so excited when I heard about Foscam.



metres and 60 metres, with 4 x optical zoom. There's a slot in each camera for an SD card, so they can record any action if motion is detected – and recordings can also be saved in the cloud (on subscription) if you prefer – or sent to you via email.

Now you may be wondering about the recording option and whether you're going to be getting all sorts of happy shots of haddas and pouncing cats, but actually, the cameras can be set for human detection, which of course is the most important aspect of your security. The passive infra-red sensors will pick up the warmth of

the human body and record for up to 60 seconds at a time.

The cameras are also Onvif-compliant, which means they can be mixed and matched with equipment from other Onvif-compliant vendors. And if you do find that you're all fingers and thumbs and can't actually do the installation yourself, they can, for a fee, send someone out to do the installation for you. They can also give you telephonic advice and support if at any stage you need assistance.

"Research has shown that you have up to 85% less chance of being burgled if the intruders know they are being watched, so these cameras are a great deterrent," says Craig Nicholls, MD of Foscam. "You can even view the property from a safe place before going home, to make sure that you won't get any nasty surprises!"

For more information about these amazing cameras, and the Foscam services, call Craig on 011 465 9173 or email craig@foscam.co.za.

Because I'm not a huge fan of having strange service providers in and out of my property, I have dithered over my security issues for months. But now here's a DIY solution that's quick and simple to install and there's back-up support to give me peace of mind.

WHO IS FOSCAM?

Foscam has been operating in South Africa since January 2013, serving home owners and businesses locally and beyond our borders in neighbouring countries.

The company offers indoor and outdoor camera solutions with 3 different options:

- Wireless (IP)
- Ethernet - Wired
- Power over ethernet (PoE) – Wired.

For me, the most interesting solution is their wireless camera that can be powered by solar power, but for large homes and businesses, a network of cameras placed in strategic spots would be ideal. They tell me that, over and above domestic security

and businesses wanting to watch their staff, their wide range of cameras serve many other purposes, ranging from what's happening in the mines, farmers watching their crops, nature conservationists observing wildlife, staff keeping an eye on patients in hospitals and pet owners concerned about the welfare of their pets when they aren't home.

There have been services that have sent alerts to laptops and cell phones for years, but somehow, this seems much simpler. I guess it's due to the advances in technology and Foscam is certainly up-to-date on that score. Knowing that I can see who is on my property and what's happening at my home on my smartphone gives me far greater peace of mind – finally!

Some of the cameras can swivel 355 degrees and have a 90 degree tilt up and down. All their cameras have night vision and the indoor cameras have a viewing distance up to 8 metres, while the outdoor cameras have a range of between 20





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DAINFERN COLLEGE: PROUD TO BE A ROUND SQUARE SCHOOL

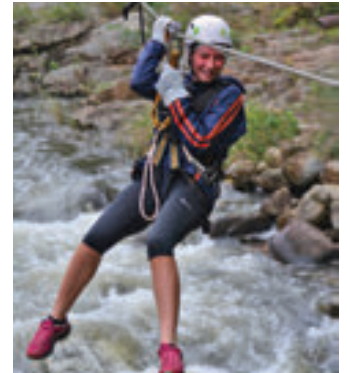
The international organisation known as Round Square has 180 member schools across the globe and spans six continents. Round Square schools share a belief in an approach to education developed by education philosopher Kurt Hahn, which is based on six pillars known as the Round Square IDEALS: Internationalism, Democracy, Environmentalism, Adventure, Leadership and Service.

Dainfern College is a proud member of Round Square as it believes the IDEALS are perfectly aligned with the College's holistic approach to education. Here's how Dainfern College puts the Round Square IDEALS into practice:

- **Internationalism:** Through a student exchange programme, students attend other Round Square schools on an educational exchange for a few weeks, and in turn the College welcomes incoming exchanges too. Schools from Peru, Colombia, Australia, USA, UK, Canada, India, Jordan and Argentina, to name a few, have participated in the programme.
- **Democracy:** Students are given the opportunity to travel and explore through Round Square international and regional conferences, tours and excursions. They meet other students from across the globe and work with them on projects and tasks that promote cooperation, empathy and understanding.
- **Environmentalism:** Dainfern College promotes environmental awareness, encouraging students to find sustainable ways to reduce their footprint.
- **Adventure:** In addition to international and regional tours, hikes and adventure days, each grade, from Grade 4 to Grade 12, is also involved in an annual camp that is run according to the IDEALS.
- **Leadership:** Dainfern College believes



Internationalism



Adventure



Democracy



Leadership



Environmentalism



Service

education and students are continually involved in projects to aid and uplift local communities and outreach organisations.

Dainfern College firmly believes that

that all individuals have leadership potential and that leadership skills can be learnt and developed. The intentional leadership development programme in place at the College culminates in the innovative Grade 12 Leadership Programme.

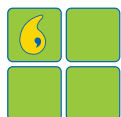
- **Service:** Service and outreach are integral to the Dainfern College

engagement with the Round Square IDEALS continually exposes staff and students to international best practice and places the College amongst the top schools in the world.



To find out more, contact the head of Round Square at Dainfern College, Mrs Sonia Claassen, sclaassen@dainferncollege.co.za, or marketing manager, Mrs Deidré Proxenos, dproxenos@dainferncollege.co.za, or call 011 469 0635.





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NEW PUPPY OR KITTEN ARRIVING?

Top 6 must-haves for your shopping list



With springtime on the horizon, the world will soon be alive with furry bundles of joy and many of us may be preparing to welcome a new canine or feline family member. After years of advising new pet-parents, we've put together a handy checklist so you know you've got the most important things covered.



FOOD

As in the case of a human baby, the right nutrition may be the single most important investment in your pet's life; choosing the best diet for your new puppy or kitten needs to be your number one priority. Budgeting for a top-quality, veterinary-endorsed diet will ensure your new baby receives the nutrition and immune-boosting he needs at this vulnerable age and will help set him up for a long and healthy life with your family. Studies have proven that feeding a premium diet can actually lengthen the lives of dogs and cats! Then, consider good quality feeding bowls that can be cleaned easily and will last.

MICROCHIP AND ID TAG

Legally speaking, dogs and cats are considered to be possessions in South



Africa and the only true way to prove "ownership" of your pet is if it carries a microchip linked to your details. Puppies and kittens are tiny and curious – this is the time they're most likely to stray from the safety of your property. A microchip, together with a collar and ID tag will alert people to the fact that your pet belongs to someone. Microchips can be inserted for animals as young as 6 weeks and this service is provided at Twisted Whiskers by our veterinarian and owner, Dr. Katja Bier.

CLEAN UP "GEREEDSKAP"

House-training kittens is relatively easy, but with pups it can be a process. And

there will inevitably be some accidents along the way.... Not only do you need a litter tray, scoop and a stash of litter for kittens, and plenty of puppy pads and training spray for puppies, you'll want to ensure you have products to hand that are formulated to eliminate stains and odours on a variety of surfaces, rather than just masking them, as household detergents do. Pets have a much keener sense of smell and will easily 'find' their familiar spot again and again, unless all trace has been removed.



COLLARS, LEADS AND HARNESSES

All puppies and kittens should be introduced to a collar as soon as possible. Remember that these are species-specific. Dog collars should never be used on cats, as they don't have a break-away mechanism that helps cats get out of trouble if they get caught on something. Similarly, a cat collar won't be much use for walking your pup as it will break open as soon as he pulls on his lead. Small and medium dogs should be walked in harnesses (as should cats... yes, they can be taught to go "walkies" too!) For large and giant breeds, a collar and short lead are recommended for walking, as harnesses allow them to use their full power centre (in the chest) to pull against you. Bear in mind that the collar will need to be replaced as the puppy outgrows it.

BEDDING AND BLANKETS

While you may already have decided that your furkid will have free access to all couches and beds in the house (in which case, you'll want to set up regular



grooming bookings with us!), some pet parents may prefer a "Pets In Pet Beds" rule. The new baby may feel bewildered initially, so comfy, welcoming bedding can help a lot. Both puppies and kittens enjoy an igloo-type bed to start, which provides a safe hide-away. For pups, ensure that whatever bed you decide on is washable and made of a robust material, as it can become the target of chewing during moments of boredom.

TOYS AND TREATS

Youngsters have boundless energy and enquiring minds, so if you aren't properly prepared with a wide range of toys and safe items to chew, you're setting yourself up for chaos in the home. Anything and everything (including books, electrical wiring, plants, valuables...) becomes an object of fascination to your furry baby, so ensure he has plenty of other options to keep him busy. Favourite toys for kittens include feathers, soft balls that bounce and toys that make rustling sounds. Smaller pups enjoy plush toys that offer comfort and are easy for them to get their jaws around, while the larger guys will demolish these in 5 seconds flat and need toys that are a lot tougher. Consider rope and tug toys for them. Hunting breeds like Labs, Goldies, Spaniels and Pointers enjoy anything they can carry around in their mouths, preferably with a squeak or quacking sound (think amphibious toys, too, for games on land and in the water). And if you're the parent of a Pitbull, Boerboel, Bull Terrier or Staffie, you'll need to bring out the heavy artillery and invest in durable Kong toys, super-thick ropes or

toys made of firehose webbing. As they grow, items made from tyres also work well.

There are loads of treats to choose from – bite-sized, yummy ones to reward good behaviour, or tougher sinewy ones to keep a bored dog busy for a while. Treat dispensing toys are a fun combination of both.

Twisted Whiskers staff are on hand to advise on all aspects of kitten- or puppy-parenting. We'd love to help make this the special time it should be. Feel free to pop in and browse all of the goodies we've selected especially with the younger furry family members in mind. We also have contact details for Puppy Socialisation specialists and the best Doggy Day Cares around; they'll be of inestimable value to you, trust us!

Have fun!



REVOLUTIONS COME IN CYCLES

Somebody mentioned the other day that cycling – recreational cycling – is overtaking golf as an outdoor pursuit in South Africa. What is helping stimulate the trend is the rapid growth of “secure estates” – controlled access housing complexes where a major attraction is open space and safe places to walk or cycle.



Weekend cycling is becoming more popular than golf.

If ever you want to see an example of the popularity of recreational cycling just go to Northern Farm on a weekend – that area of dams in northern Sandton that purifies water from Johannesburg’s sewage works. It’s where cyclists gather – old and young, male and female.

Year after year, and worldwide, the appeal of the ordinary “push bike” is increasing. Bikes are now recognised as a most pleasant way of exercising and, like golf but far cheaper, cycling, as opposed to working out in a gym, provides something interesting and mentally stimulating to do while exercising.

Cycling is the one form of wheeled transport that cannot in any way be

regarded as offensive – no pollution, no noise, little demand on road space. As for enjoying the outdoors, cyclists are able to enjoy the aromas and sounds of the countryside far, far more than those travelling in a car who, literally, suffer sensory deprivation. Cycling has an advantage even over hiking: the scenery changes at a more stimulating pace, yet not so fast that one does not have time to savour it.

The bicycle itself is a marvellous machine when one considers how it runs on fuel such as bananas, bread and jam, beer, even duckling bigarade. The nice thing about this is that the cyclist has to consume it all first because he or she is the bike’s engine and their stomachs are the fuel tanks.

I believe the chain-driven bicycle, a machine that is not much older than a





century, is on the edge of a golden age. Europe's cobweb of dedicated cycle tracks – cross country and urban – is growing by hundreds of kilometres a year. Switzerland has 6 000km of them; in the UK nobody is more than 3km from a cycle way. Wherever we went in France or Spain we were able to cycle for hours on “greenways” – disused railway tracks now tarred for cyclists, hikers and roller-bladers.

A decade ago there were an estimated 1 billion bikes in the world. Today there's that many in China alone – and, what is most interesting, is that a third of Beijing's bikes are battery-driven “ebikes”. The ebike offers a new dimension to cycling and represents its most revolutionary change since the chain drive. Bosch in Germany is now producing more than 1 million ebikes a year.

The growing popularity of cycling – especially ebikes – is going to call for far more consideration for cyclists in town and regional planning in South Africa. I think its rivalry with golf is likely to cause golfing estates to include cycling circuits when designing golf courses.

It is going to be interesting to see how cycling's growing popularity will influence tourism. The ebike is becoming the great equaliser in that wives and children can now keep up with daddy on tours and, as cycle tracks proliferate, especially in suburban areas, women may even take to using bikes when socialising.

Little more than a century ago cycling provided a major step towards the emancipation of women. As women took to it, it spelt the end of neurotic Victorian modesty; the end of ankle-length dresses, corsets and petticoats. These were replaced by skirts and bloomers and all over Europe women were suddenly revealing their legs, causing men to walk into lampposts and into each other.

The advent of the mass-produced cycle also influenced human evolution. Being cheaper to buy and cheaper to keep than a horse, towards the end of the 19th century it enabled more and more

young men living in villages to court girls in distant villages, thus giving a wider choice of mate and resulting in a more widespread and therefore richer human gene pool.

Battery-driven pedal bikes have ushered in a new age.

I belong to a group of six retired colleagues who, for many years, starting from 2002, annually cycled for up to two weeks exploring Europe as well as South Africa. Our average age was 68 and none of us had cycled since childhood but, in 2002, we made a decision: we would cycle down the Danube from Passau in Germany to Budapest.

Now, 16 years later, some of us still cycle long-distances. In moments of introspection, I suppose we were, sub-consciously, attempting to push back



Cycling

Cycling is the one form of wheeled transport that cannot in any way be regarded as offensive – no pollution, no noise, little demand on road space



Bicycle safari in Botswana's Tuli Block.

the frontiers of medical science and prove that age is no longer relevant; that age really is in the mind? Ok, it's in the joints too but we have anti-inflammatories for that.

Look at our line-up: One of us had a chronic spine injury, two were suffering from old rugby injuries; one had a damaged lung; two had crock knees ... We all had arthritis somewhere or another. When we walked together into, say, a restaurant, the creaking and clicking of worn-down joints startled diners.

One year we even cycled in Switzerland. And here I realised how the ebike is going to create a whole new dimension to cycling.

I rode my first e-bike outside Zurich where we hired bikes (we always hire bikes when overseas). I was a little embarrassed at hiring one especially as our oldest member was 80 and insisted on a standard bike.

I pedalled off in the normal way and then reached a ramp which normally would demand engaging a lower gear. I simply

twisted the right-hand grip – one must continue pedalling – and it was as if a hand was pushing me from behind.

Ten years ago, back in South Africa I had my R2 500 road bike retrofitted (for R7 000) with a special front wheel whose hub, somewhat larger than an ordinary hub but still unobtrusive, contained a powerful little battery-driven motor. The battery itself fits against the frame like a water bottle so one's bike, to a casual observer, looks perfectly normal.

The battery and silent motor has a 35km range. It can be recharged overnight from a wall plug. The range is ample for a day's cycling because one uses the motor only on hills. If the battery does run out, the cyclist can carry on, but one has to pedal, unlike what happens when an electric vehicle runs out of juice.

Did I feel shame at using a performance-enhancing aid? No. I felt exhilaration. For the first time I was able to keep up with the front-runners on steep hills instead of watching them drawing further and further away.

Better still, I could even leave them behind!

To convert a road bike to an e-bike costs R11 000, which includes the battery and charger. A useful website is www.relectro.co.za.

Note the front wheel hub – that's the battery.





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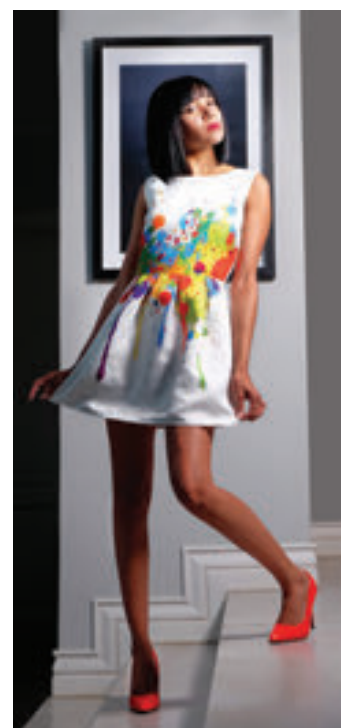
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CREATING CHANGE WITH HYPNOSIS

When asked about hypnosis, most people will recall some theatrical stage show where they witnessed weird and wonderful behaviour going on by some unfortunate volunteers. However, little is known to the public about the positive power of hypnosis when it comes to assisting people with major concerns such as stress, trauma, phobias, anxiety, sleep disorders, depression, stage fright and many more personal and some time debilitating issues. When used as therapy, hypnosis can bring about incredible behavioural change and correct limitations that hold people back from a life well lived.

So what is hypnosis?

Hypnosis is merely a moment in time where the person is fully aware of their surroundings, but the conscious mind is placed in a relaxed state so that the subconscious mind can be exposed.

Hypnotic states can be experienced in day dreaming and when one is captivated by a movie. The person is completely aware of what is going on around them, but their attention is focused on something else.

In hypnotherapy, the client will be aware of their surroundings, but will be solely focused on the hypnosis practitioner's voice. Using various techniques to relax the mind and body, the practitioner will be able to go beyond the conscious mind and access the subconscious mind where positive suggestions, reframing and alterations of limiting beliefs can be made to affect positive behavioural change in the client.

How does hypnosis create change?

Our conscious mind is what keeps us alert and helps us to function on a day-to-day basis. However, like an ice berg, most of what is controlling us is below the surface. This is the domain of the subconscious mind.

This is the place that holds our long-term memory, beliefs, patterns, addictions, emotions, habits, involuntary bodily



“I’ve lived through some terrible things in my life, some of which actually happened.”

— Mark Twain.

actions and our creative imagination. In order to create lasting behavioural change, it is crucial to access the subconscious mind and change the behavioural programming at the source.

Life experiences create behaviours and perceptions. So as an example, if I was bitten by a dog when I was young, which created physical pain, a moment of fear and severe panic, I may now hold on to a fear of dogs.

This fear is a coping mechanism of the mind to protect me from the danger of such a thing happening again. Coping mechanisms are very rudimentary reactions and fail to understand the difference between a real threat & a no-threat situation. Therefore, it will create a hormonal, emotional & physical response suited to a threat even though there is no evidence to support such a demanding and irrational response.

Knowing this, a hypnosis practitioner will work skillfully past the irrational conditioning of the conscious mind and alter my beliefs about dogs, create a positive understanding that although such an experience happened once, this does not mean that it will happen every time. The practitioner will further help by creating effective strategies to help calm the brain down when I encounter dogs so my fight/flight/freeze response is disengaged and I can think with a clear mind.

The power of the mind

The mind is a beautiful and powerful tool that is unlimited in its potential. However, it is also highly impressionable and can create coping mechanisms that can severely affect and limit a person's life to such a degree that they are prevented from the enjoyment and adventure that can be experienced. But with every problem lies its own solution and we can see this in the way that simple techniques in hypnotherapy can positively change people's lives. The only magic to be acknowledged in such a discipline of behavioural change is how powerful the mind can be and of the infinite potential that lies in all of us. A whole new world of possibility awaits the person who can utilise the power of their mind. Limitations in our beliefs and perceptions will only remain valid until a higher sense of awareness around such limitations can be dispelled. The mind is like putty that can be moulded, shaped and re-shaped. Therefore, it is crucial that we nurture our positive/empowering mental states and work to change those states that no longer serve us.

Thank you for reading.
Donovan - Hypnosis Practitioner
078 952 0328
donovan@donovanrabie.co.za

TEACHING CHILDREN WORK ETHIC

Work ethic – a seemingly small concept that is actually at the core of who we are. To understand why it is so central to our lives, we need to understand what work ethic is and how it can impact on us.

It encompasses our attitude towards our work; our sense of responsibility; how we communicate, sometimes unconsciously through our actions; our respect and consideration for the environment we are in and the people we interact with; the pride we take in what we do and it tells a story about who we really are. Importantly, your work ethic can impact on others around you – it can either inspire them or it can place an unfair load on them if you don't contribute as and when you should. It can take down a team once it starts to affect the group dynamic; and it can be the difference between succeeding and failing.

Knowing how important it is, and the competitive, every-changing world our children are heading in to, this is a life skill we should instil, in a fun way, from the start. Starting young means, not only are they more willing and keen but, by the time they go to school, their work ethic will be a habit, part of who they are and therefore, effortless to apply.

Tip #1: Role modelling

In many of our articles, this comes up but, it's a fact – small children learn so much from observing their parents – their words, their actions, their reactions. If they see their parents work hard, honour their responsibilities, finish what they start, take pride in what they do; chances are they will do the same. This incidental learning is invaluable.

Tip #2: It must be fun!

We want our children to embrace and accept work as part of life and attitude is more than half the battle won. If they perceive it as fun and light-hearted, they will be far more willing to participate and



it will keep them engaged. A positive attitude is a fantastic attribute and that, along with a great work ethic, can compensate for what may be lacking in intellectual capabilities.

Tip #3: It must be a very important job!

For us, chores may seem like work but, for small children they perceive it very differently. When you entrust them with an important task, you are making them feel special – and that makes them feel good about themselves. This builds self-belief.

Remember, they want to please you more than anything. These positive feelings will help them embrace the concept of work. Looking after pets is a great way to make them feel extra special.

Tip #4: Age-appropriate chores

Avoid frustrating them, and yourself, by giving them an appropriate everyday task to do.

For a toddler, introduce one chore at a time and explain what they need to do and how often. Make sure they are simple, fun tasks and don't forget to praise them for their efforts. It may need practise and repetition until they get the hang of it. These could include:

- Brushing their teeth, which they must proudly display to you afterwards for inspection.



- Getting dressed by themselves.
- Putting their dirty clothes in the wash.
- Helping to tidy up a room or put their toys away.
- Help water the plants with a small watering can.



For slightly older preschoolers, they can do more complex task and you can make it their set responsibility.

- Setting the table, and clearing it again after the meal.
- Packing the dishwasher.
- Feeding the pets.
- Packing their own clean washing away.
- Making their beds.

As they grow, be mindful to continue with this process, adding more complex chores. Each member of the family should have something they are responsible for – both in terms of remembering to do it and actually doing it. It shouldn't be your job to keep reminding them – that's part of the learning. Doing chores together should also be considered – this teaches team work and joint responsibility.

Tip #5: Show appreciation and praise efforts

Show appreciation for their efforts. When they have completed a picture they were drawing, or built a sand castle, or remembered to do their chore – positive reinforcement goes along way. When they are younger – praise will be very important to them – this is how they understand that they are doing well and making you proud. Remind them too, that they can be proud of themselves for doing such a good job. This helps to develop their self-esteem. And it doesn't always have to be about total success, improvements are also



worthy of praise. Be cautious to not over-praise, this can build a false sense of achievement so there always needs to be balance.

Tip #6: Teach perseverance

In order to be successful, regardless of your personal interpretation of the concept, you have to go through a process – to learn to persevere, to fail, to have marginal success, to have great results. This builds resilience and confidence and shows you where your strengths and weaknesses are. Teach your children, to take this approach in everything they do in life.

Setting achievable goals is one way to do this. Always having something to work towards is very inspiring. You could pay them pocket money for certain chores, or have a reward system for good behaviour or chores done on time.



This teaches them responsibility and discipline which all forms part of their work ethic as they grow older.

When they are little, something as simple as building a puzzle can also develop this skill. With the puzzle you need to plan how to build it, sort pieces, you may make mistakes which you only realize later on and have to correct and rebuild, it can take time and you may want to give up but, when it is done, you have a beautiful puzzle to show off and be proud of.

A strong work ethic will benefit your children for the rest of their lives. Invest the time and energy when they are young – and you will reap the rewards as they grow. Giving enabling skills to our children, to allow them to lead happy lives, where they are able to cope and achieve, must be a gift worth giving to our children. It can mean the difference between them being ordinary to extraordinary.

Other sources:
<http://www.wikihow.com/Teach-Your-Kids-to-Have-a-Work-Ethic>
<http://www.bhg.com/health-family/parenting-skills/responsible-kids/teach-your-kids-work-ethic/>

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SENSOPATHIC PLAY – more valuable than parents realise



“Screens don’t provide three-dimensional learning.”

In a fast-moving digital world, where children are glued to the couch with a handheld device in-hand, it is important to give them an opportunity to experience the world through touch - a fun and engaging way to play and learn with endless developmental benefits.

Parenting expert Nikki Bush says sensopathic play uses the sense of touch, the biggest sensory system in the body to help children better understand the world around them.

“Sensopathic play is a very real, concrete and experiential way to learn through personal experience. And as Albert Einstein said: ‘Learning is experience. Everything else is just information’,” Bush says.

Yet, in the modern world fewer children engage in sensopathic play, and instead spend more time in front of a laptop computer or playing video games. Bush says the digital world has evolved so much that these days real toys and games have even been replaced with similar screen-based games.

“Screens don’t provide three-dimensional learning. And these days a 4-year old can play a shape matching game on a tablet, but can’t do it in the real world. Similarly, a 5-year old can build a 64-piece puzzle on a computer game, but struggles to build a puzzle in class,” she says.



Parents are advised to encourage this type of play, and Bush says the options are endless. Drawing on a child’s back with bubble bath during bath time; allowing him/her to draw pictures on the patio door and window with shaving cream, and crafting little figures out of play dough are just a few examples that guarantee fun, interactive multisensory experiences. And there are many developmental benefits attached to each, including fine motor coordination and teaching a child how to feel emotionally safe and secure.

“Balance children’s time on screens with even more time doing real activities in real time with real objects and real

people and you’ll be surprised at the results,” she says.

There are dozens of toys on the market that encourage sensopathic play and the Child Development Team at Toy Kingdom has carefully selected and curated a range of toys that encourage this form of play, including finger paints and play dough, as well as dolls and plush toys.

“Every child needs an opportunity to experience the world in a very real sense and through the sense of touch. By ignoring sensopathic play, your child will not learn as effectively as when they are fully, physically engaged in their own learning creating meaningful experiences,” Bush says.

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There is always hope, always belief

Just the other day I was driving back into the Estate, returning from an engagement at Nedbank, where I am facilitating an emotional intelligence programme but more on the importance of EQ at another time.

I witnessed something rather amazing...

I was coming down Camdeboo Road toward the Clubhouse, which is often busy at the entrance circle, particularly in the late afternoons.

As a responsible driver I am cautious of the comings and goings, especially the many young children scurrying about, pursuing their various activities.

Some are off to karate or tennis, some cycling, some just hanging out with friends, others rushing to catch mum's taxi, which is running – urgent to go.

Having successfully navigated the Clubhouse stretch, something really peculiar caught my eye.

There on the pavement flying along in front of me was this bundle of high energy, motoring along on one of those tiny little plastic cycles. The ones we rarely see anymore.

At first, all I could see were frantic little legs, blurred, because they were moving so fast. It appeared as if this plastic cycle had a pair of extremely fast moving legs growing out of the sides of it. There didn't appear to be any body, head or other appendages that would suggest there was a child driving this cycle, just frantic legs, gunning this little missile along the street.

I looked at my speedometer, I was going about 30km per hour and the bullet was leaving me in their dirt.

So I caught up to get a better look.

And sure enough, here was this little kid, head down, arms tucked tightly inside, with a focus as sharp as a razor, hell bent on getting somewhere real quick. Deliberate determination fighting any

resistance in its path, nothing in this world could or would stop it.

There was the briefest moment when this little face looked up at me, we connected for a nanosecond, and then the head was down again, back into the zone, speeding forward, oblivious to the world.

I moved on, but couldn't help asking myself, how old was this tiny little body, and where on earth was the power and energy coming from.

The kid couldn't have been more than three or four. At which stage another question came to me... "Where was the parent, the guardian, the elder sibling?" To my relief, as I checked my rear view mirror, I saw the 'helper' with buddy, bringing up the rear, some distance behind.

But what really lingered in my mind was how much belief this kid had in his or her own power. This little dynamite package had no doubt about their ability to get from point A to point B and was doing so on their own terms, nothing holding them back, no permission required, no approval sought.

Conscious of this high-energy cycling kid, I then thought about some of the other sights I have seen around the Estate, which illustrate that same powerful self-belief.

I'm a runner (I have written of this before) and when you are a runner, you notice other runners – it's a thing.

So, there's this other guy, let's say he's also not that young, just like me.

I see him on the road from time to time. And I can't help noticing, that like me, his



legs don't have the flexibility and energy, as the many of the comfortable runners we are accustomed to seeing.

This fella really has to bring all his energy to the game with each and every step he takes. He's a battler. He always keeps his head down; focused on the step he is about to take next. He has his own unique rhythm and pace and each footfall has been earned with blood sweat and most likely a level of pain. He hammers his way along the tarmac, leaving lasting impressions behind. There is no doubt the three year old on the plastic cycle is much faster, and will get there far sooner, but for the road runner he is – flying.

Because he believes he is.

There is also an elderly woman, who I



have seen in the early mornings, she's a walker. She walks at a pace that would be considered slow, even very slow, by the casual observer.

I am fairly certain this woman has walked a great many years through her obviously long life. Here again, there is a confidence and determined look about her. She too is in the zone.

She is well aware that she is no longer the fastest girl on the track, but she is confident that she will achieve her target for the morning. I am certain that she does because she is back out there on that path, day after day.

She's a believer.

I make reference to these individuals,

not because they are special or unique in some way. There are countless other people out there every day, stretching and extending themselves, and not just in a physical way, but in all manner of growth, mental learning and in skills development spaces.

I make reference to these three because they reflect something we all have the capacity to express (should we choose to).

And that is hope and belief.

That little kid on the plastic cycle hopes that one day he or she will be transported across the land in something grander and faster than self-propelled plastic, and truly believes it will be so.

The gent hammering the tarmac – hopes

that the work he puts into keeping his fitness levels high, will keep him active and energised for the busy life he wishes to continue, and he believes it is doing just that. That's what keeps him coming back.

The elegant elderly woman commits to each step in the hope that it will keep her agile, flexible and young of mind, and it does, because she believes it to be so.

Driven by their hope, these individuals halt any idea of doubt, any notion of failing to reach their end goals. Simply put, nothing gets in their way, and they succeed because they deeply believe they will.

These wonderful people are testaments to a basic truth that is – we are all capable of reaching our goals – if we believe we can.

I am also sharing this with you now because of the doubt and uncertainty that casts a shadow over this majestic country in a time of darkness and difficulty.

Don't play to the doubt and fear. Don't entertain the doom cravers. Stand up for the hopes and visions you have for your land, in fact passionately pursue them.

I choose to remind us all that we can rise above the scepticism and bleakness, that we can enliven our hopes and our dreams.

We need to reimagine what it is we seek; we need to speak of what we expect. And we need to do this with a conviction of belief.

Reach for your hopes and dreams as a child would, with an exhilarating sense of freedom and simply keep on believing.

Till next time.

Graeme



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Stockade infestation

One of the characteristics of the urban stockades that are springing up wherever I look is that they have become infested – yes, that is the word – with fluffy little white dogs that seem to be specially bred for housing estates.



Among the Rottweilers, Bouviers and German shepherds that my family has had over the years we've also had two of these – both were Maltese terriers. The first was named White Fang and the other, Susie. The latter was foisted upon us by a daughter who married a man whose two Alsations had a poor tolerance for little white dogs.

I still have to work out a use for a Maltese terrier.

Rottweilers, for instance, are working dogs (although our old Rotty never did a stroke of work in his life) and, at night, they double up as security guards. They are dumb though. If you put your head next to a Rottweiler's you can hear the ocean.

Great Danes are also working dogs; retrievers are hunting dogs; Bouviers de Flandres are extremely bright and were used in the Belgium Army's intelligence unit during World War 2 – which might explain why Belgium surrendered after 24 hours).

We had a Bouvier whose great granny was a spy and claimed she knew James Bond.

But Maltese? Of what use are they?

Could the people of Malta have used them in the army to drive the enemy mad

with their yapping or, maybe, for getting under the enemy's feet causing them to fall about?

Some time back, South Africans, jittery about the rising number of burglaries, were taking their funny little dogs to the SPCA to swop them for something bigger and fiercer.

I took White Fang.* I had always resented the way it had been foisted upon me. (It was the day my daughter turned six and I was summoned by phone to come straight from the office to a shopping mall where I was to rendezvous with the females of my family, they outnumber me 3–1, at a pet shop. And there stood the birthday girl cradling a small bundle of white fluff whose its two beady black eyes peered from deep inside the hair.

I said that I thought I had made myself clear: NO MORE DOGS! They looked at me as if I said something.

Anyway, White Fang grew up into a dirty, noisome bundle – as ugly as sin with an undershot jaw. Because the face mercifully grew over with hair, both ends of the dog looked much the same. White Fang looked like something that is kept in a broom cupboard. I once saw the gardener polishing the car with it.

I said to the lady at the SPCA, "I'll give you this cute little doggy if you give me

that black Alsatian with the impressive dental battery".

She said, "But why do you want to get rid of such a darling little creature?"

I said I needed something that would eat burglars or at least carry them outside and dump them on the pavement. Though it occurred to me that one bite from White Fang and a burglar would die of septicaemia but not in time to stop him stealing my cookie jar (I have no valuables unless you count my collection of beer mats.)

The SPCA lady, making those silly sounds that women make when addressing small dogs, was trying to tickle it under the chin.

I said: "Its chin is at the other end".

She parted the hair at the right end to reveal two crossed eyes. She said: "I still think you are being very unkind to this dear little animal."

So I took White Fang home and eventually bought a Rottweiler which was terrified of it.

(*I didn't really.)

For more James Clarke, visit Blogsite:
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ACCOMMODATION: Holiday Fun at Zebula Golf Estate & Spa, sleeps 8, 4 bedrooms en-suite with aircon, full DSTV, fully equipped kitchen, maid service optional / flexible, splash pool, R4000 per day negotiable – length of stay, please contact Paul Adams on 072 333 1886.

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

ACCOMMODATION: Lovely, Bright and Light open plan studio / flatlet, above double garage (upstairs), very quiet with pretty garden & pool, suitable for a single person, located in Lonehill furnished or unfurnished, occupation 1 September 2017, rent R6500 neg. including water & lights, optional DSTV and internet, call Toni on 082 575 4601.

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

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

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

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

ASK AMANDA: To look after your home and pets. This reliable relative of a resident in FWG will make sure you have peace of mind while you're away from home, call Amanda on 083 400 8112, FWG resident is Barbara Ann 083 267 5006.

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

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

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

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

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

BEST TILING: Simba & Tinos Tiling. Likely the most beautiful tile job you've seen. Punctual, efficient, honest. References in FWG available upon request. We do tiling, paving, laminates, ceilings. Call us immediately to tile you up, 073 211 6640 or 079 987 7348.

BOOK A BAKKIE: Do you need help moving furniture or other items too large to do yourself? We can help you, reliable, trustworthy team with 1.4 ton bakkie – 011 465 4547, Wendy on 083 604 0931 or Steve on 083 601 1594.

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

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

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

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

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

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

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

CONSTRUCTION: V.V Grilg – construction for all your renovations, big or small, we do building, tiling, painting & plastering, references available, contact Vuyiswa on 071 030 2048 / 078 702 4038.

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

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

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

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

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

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

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

FUN TUTOR: Experienced, friendly Kumon tutor available in Lonehill for extra lessons after school: English, Reading and Mathematics, from 5 years of age up until Grade 6, call 073 978 7368 or email: ckaps10@gmail.com. Can do sessions in your home, references avail.

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

FLEXIROAM: Do you often travel abroad and would love to save up to 66% (or more) on data roaming without a change of SIM card? For more information, call Daliso on 076 766 7684 or visit / www.flexiroam.co.za

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

FURNITURE MAKERS: Can't find the furniture you are looking for? Furniturespot.co.za has collected the best furniture makers on one platform. Your furniture idea, custom made for you, your piece, your colour, your style, your budget, send your idea to Wouter via WhatsApp on 071 308 6379, or wouter@furniturespot.co.za / www.furniturespot.co.za

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

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

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

HANDYMAN: Looking for weekend work for any maintenance around the house, including building, painting, waterproofing, paving contact Samuel on 074 883 3780 / 072 414 7585.

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

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

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

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

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

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

HOUSESITTER: Need someone to look after your place at the last minute? A reliable someone to take care of your beloved pets? Well I may just be the house sitter for you! Contact Jason on 079 496 1227.

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

KIRASPA: Body massage, body exfoliation, manicure, pedicure, waxing, facials, LPG, lipo massage (slimming body) call 079 806 6555, 011 465 1319 / kiraspa02@gmail.com / Facebook: kiraspa / www.kiraspa.co.za, Agora Shopping Centre.

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

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

LIFESTYLE COACH: Is Fitness and a Healthy Lifestyle on your mind? Come and train with us, tennis training mixed with intensive cardio fitness, individual, groups and semi-private slots available, bring a friend. Deuce International Sports Institute, call 071 095 2689.

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

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

MUSIC LESSONS: Experienced music teacher offering tuition in piano / keyboard, voice, guitar and recorder – from beginners to advanced, age 5 yrs. upwards. Music is my passion and I would love to teach you in my happy studio on Lonehill, please call Toni on 082 575 4601 / notedbytoni@gmail.com

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

OMEGA WEALTH: A qualified independent financial advisor will assist you with your retirement, estate planning, medical aid and life insurance requirements. Omega Wealth is based in Fourways Gardens Phase 1, and we have a team of specialists in all fields of financial services. For a no-obligation, no-cost financial needs analysis, contact us on 011 465 8650 or email: admin@omegawealth.co.za

PAINTER: Solomon has worked for me as a painter when required for 20 years, he is an excellent painter, honest & reliable, highly recommended, call John for a reference on 084 683 3366 or Solomon on 076 469 0343.

PARKWAY GARDENS: Garden Redesign, weekly garden maintenance, general house maintenance, weekly pool service, contact Tino Musasa on 073 967 8953 or email: parkwaygardenservice@gmail.com

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

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

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

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

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

Q.G CONSTRUCTION: Building renovation, pool renovation, painting, tiling, paving call Givemore on 071 349 7486.

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

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

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

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

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

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

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

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

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

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

OTHER:

FOR SALE: 2 Bed Home in Hibberdene River Resort (South Coast. Perfect for retirement or for holiday home. R450K NEG. Pictures available. Call Gary on 082 569 6449.

FOR SALE: Dining / outdoor table and six chairs with cushions, table has a glass top with Meranti surround. R4000, call Kathy on 083 327 0621.

FOR SALE: Jameson Select Reserve Whiskey + 2 Glasses Gift Box R450, unwanted gift, call Anne on 083 292 2266.

EMPLOYMENT WANTED: Driver seeks employment, has a code 10 & 14 driver's license with DGP and 4 years' experience, FWG resident, contact Rodwell on 073 604 7596.

DOMESTIC WORK:

Grecious: My fantastic domestic worker is looking for part time work on Mon, Wed & Thurs, she is trustworthy, hardworking and reliable, call Eve on 082 456 2456 for more information or call 082 393 5775.

Eilen: Looking for part time work on Saturday as a babysitter, call 071 806 3332.

Melody: Looking for full time work live in / out, good with children and excellent with domestic chores, call Yvette on 082 858 5920 for a reference or call Melody on 073 412 7750.

Sandra: Looking for part / full time work on Tues, Thurs & Sat, has a valid work permit, can also sew curtains, call 083 238 2774 or Dawn on 083 281 9036 / Calla 083 720 6267.

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

Maureen: Malawian looking for part time work on Tues, Wed & Fri, good with kids and animals, call 074 821 3584 or Samira on 082 174 1171 for a reference.

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

Kelly: Looking for part / full time work as a domestic, excellent worker who loves pets, also has CPR certificate, trustworthy and reliable, call Kelly on 061 098 8320 or Jackie on 083 597 6993 for a reference.

Noluvuyo: Seeks employment, has experience in kitchen duties including preparation of meals and domestic work (cleaning and ironing of a high standard) references on request, call 078 282 5392.

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

Pearl: Looking for domestic work, part / full time, hard worker, good with child minding, excellent at cleaning and ironing, also in gardening, call 071 775 8224 / 078 990 3773.

Normaeza: Looking for domestic work part / full time, hardworking, good with children and excellent at cleaning. Call 083 631 8589.

Maletsase: Looking for domestic work part / full time, excellent at all domestic work, call 078 530 2616.

Tryness: My fantastic domestic is looking for a job on Tues, Thurs & Sat, she is Malawian, she is trustworthy, honest and reliable, call 084 710 7030 or Omega on 071 812 1948 for a reference.

Caroline: Malawian seeks work as a domestic worker on Tues, Wed & Thurs, call 062 413 3821 / 071 997 1250, for a reference call 084 318 5750.

Jennifer: Domestic / Childminder available immediately due to family relocating, Mon – Fri, live out, she is hardworking and trustworthy, speaks excellent English, call Jennifer on 078 240 1160 or for references call Candice 082 302 0559 or Vivienne 082 810 8420.

Gloria: Looking for part time work as a domestic / housekeeper, hardworking and friendly, honest and loyal with a strong work ethic, currently working in FWG, please call Gloria on 073 224 8063 or Tish for a reference on 083 380 3002.

Patience: Looking for cleaning / ironing work for Wed, for a reference call Zoks on 082 551 1613 or call 072 141 5382.

Philani: Domestic worker looking for full / part time work, highly reliable, hardworking Zimbabwean lady, sadly we are down scaling and no longer need 2 x domestic workers, call Philani on 083 638 7923 or Daniela on 082 323 8039 for a reference.

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

Phindile: Looking for part time work on Mon, Tues, Thurs & Fri, she is very hardworking, honest and reliable, for a reference call Gaye on 083 308 8610 or Phindile on 076 545 4948.

GARDENERS:

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

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

Legson: Malawian looking for work as a gardener, housekeeping or if a painter is required, former employed lived in FWG and has now emigrated, please call 073 120 2665 or 073 452 3345 for a reference.

Progress: Looking for work on Mon, she is reliable and trustworthy, she has worked for us for 3 yrs, call 073 531 1270 / 064 160 4394 or for a reference call Colleen on 082 773 8961.

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

Vingstone: Seeking for garden work on Mon & Thurs, call him on 072 958 4731, for a reference call 083 295 2060 / 011 465 9986.

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

Lyford: Looking for work on Mon & Wed as a gardener, 13 year's experience in gardening, for a reference call Mr Kitt on 083 326 3525 or Jenny 083 325 8678 or Lyford on 078 143 0954.

Nkosi: Our excellent & experienced gardener is looking for work on Mon, Tues & Sun, call him on 061 112 4009 or Catherine on 082 820 0492.

Tuson: Looking for part time work as a gardener on Mon, Tues & Fri, 10 year's experience, call 078 607 1107 or 082 556 5883 for a ref.

Manwel: Has lived in our property for the past 8 years and has worked for us as a driver, as our family is emigrating he will be looking for a new position, he is trustworthy, dependable, kind and hardworking, good work ethic, if you or someone you know require a driver please contact him on 071 853 0646 or 062 250 6613.

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

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









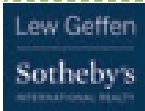


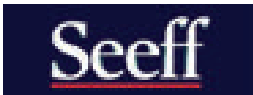



Gripsy: Malawian looking for gardening work on Mon & Thurs, does house work as well, good with pets, call Gripsy on 071 792 8058 or call Jessogan on 083 274 4821 for a reference.

Steve: Malawian, looking for work on Tues, Fri & Sun, can do gardening, painting & irrigation, call 064 042 9295.



APPROVED ESTATE AGENTS FOR 2016/2017

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

Agency	Agent	Cell Number	E-mail	Website
	Joep Rijntjes Tania Heurtaux	083 462 2756 082 550 2222	Joep.rijntjes@century21.co.za Tania.h@century21.co.za	www.century21.co.za
	Detmar Nuttall	082 840 5511	detmar.nuttall@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni	083 601 5521	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Drotskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Darrell Wright	072 227 0992	darrell@hamiltons.co.za	www.hamiltons.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Natalia Atanassov Tracey-Lee Savage (rentals)	084 783 3010 083 654 2729	natalia.atanassov@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Lee Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Bri-Anne Powell	082 896 4362	bri-anne@highstreetauctions.co.za	www.highstreetauctions.com
	Grant Raw Mark McGowan Dee Thomas (rentals) Sally d'Hotman	079 495 9357 083 358 5652 083 375 5646 082 442 7693	grant.raw@tysonprop.co.za mark.mcgowan@tysonprop.co.za dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za
	Keri-Ann Hart	083 844 3150	keri@univestre.co.za	www.univestrealestate.co.za

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HOUSE SITTING / PET SITTING

Going away for a few days or on holiday? Are you concerned about the well-being of your beloved pets, the pool, the garden and the security of your home?

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



Deldre - 082 335 5096
Henry - 082 565 9317
deldredevine89@gmail.com
Contactable references available

TOM'S IRRIGATION

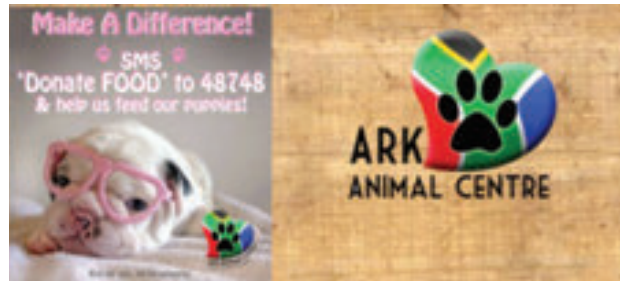


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071 075 3330
tomsirrigation@vodamail.co.za
www.tomro.co.za

www.arkanimalcentre.co.za



Welcome to Ark Animal Centre

We are the leading puppy shelter of South Africa. We are a non-profit organisation specialising in puppies, pregnant moms and small breed dogs, based less than 10 minutes from Fourways/ Dainfern, Johannesburg South Africa.

We are a puppy paradise for our animals. Our aim is to change the consciousness in attitude of people towards animals in South Africa through education and awareness and to promote animal welfare & animal rights. PBO Number: 930053318

What's on offer at Ark Animal Centre premises:

ADOPTION CENTRE: Rescued puppies and dogs available for adoption. Call 087 742 2211 or email info@arkanimalcentre.co.za

ARK VETERINARY CLINIC:

Welfare Spay and Neuter Clinic. Call 087 742 2211 to make an appointment to sterilise your dog or cat.

MUST LOVE DOGS EMPORIUM:

Luxury dog hotel for smaller breed dogs. Call Ineke/Taryn 072 892 7545

BON-A-PET TREAT PET PRODUCT

STORE: Food, treats and accessories for your dog (some cat merchandise also available). Call Stacey 071 889 8095.

ARK PARTY VENUE: Outdoor venue available for birthday parties and events. Donation/hire fee of R500 or more per day. Call 087 742 2211 or email info@arkanimalcentre.co.za. Self catering – for party planning/packs/decorations etc contact info@thoughtfulthings.co.za

COMMUNITY SERVICE

PROGRAMME: Educational school programme for students to complete their school community service hours. No booking needed. 10am – 2pm on Fridays, Saturdays and Sundays. R50 per student per day. For companies/organisations or groups of more than 10 please call 087 742 2211.

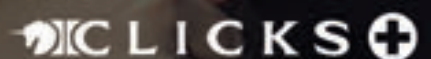
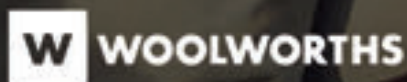


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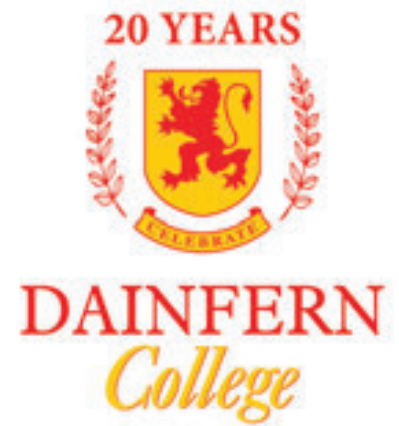
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KyalamiCorner.co.za



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- A connected and caring community

Open Days:

- 7 Sep: 09h00-10h00
- 5 Oct: 09h00-10h00
- 2 Nov: 09h00-10h00

011 469 0635

info@dainferncollege.co.za

www.dainferncollege.co.za

