



# *The* Villager

Issue 10 • 2016

**Roses  
Galore  
at IFV!**

***Khomani San  
Outreach 2016***

**Rietvlei  
- A Surprise  
Near Home**

***Is All Stress Negative?***





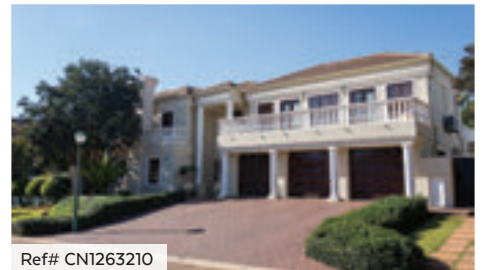
I am Irene Farm Villages & Centurion Golf Estate agent

Peter Varrie 082 457 7416, [pamgolding.co.za/peter-varrie](mailto:pamgolding.co.za/peter-varrie)

Office: 012 644 8300



I am  
**Peter Varrie**  
Irene Farm Villages &  
Centurion Golf Estate



Ref# CN1263210

Irene Farm Villages / **R4.8 million**

**Bedrooms 4 / Bathrooms 3 / Garages 3** / A gracious and elegant home. Enormous study or entertainment area above the 3 garages, pool and adjoining park.



Ref# CN1283486

Irene Farm Villages / **R4.3 million**

**Bedrooms 6 / Bathrooms 3** / Ideal home for the extended family. This house is situated in a very quiet street of the prestigious Irene Farm Villages.



Ref# CN1282041

Irene Farm Villages / **R3.89 million**

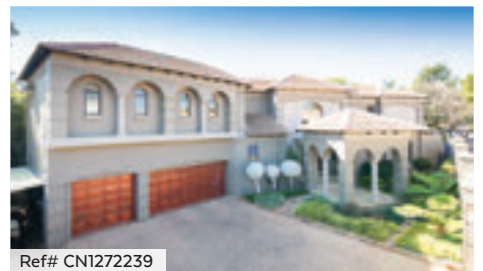
**Bedrooms 3 / Bathrooms 3 / Garages 2** / light and bright modern family home. You cannot help but to say wow as you enter this lovely modern home.



Ref# CN1277525

Irene Farm Villages / **R3.795 million**

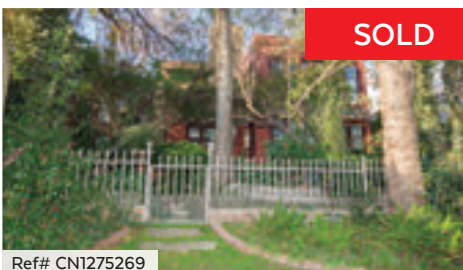
**Bedrooms 4 / BathroomS 2 / Garages 3** / Quality family home situated in the secure confines of Irene Farm Villages. Designed for open-plan living.



Ref# CN1272239

Centurion Golf Estate / **R8.9 million**

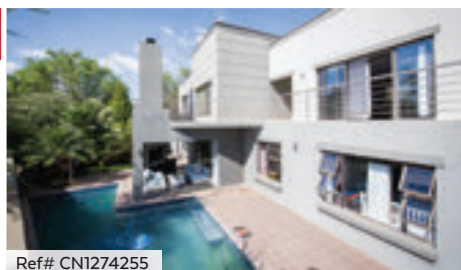
**Bedrooms 4 / Bathrooms 4 / Garages 4** / This north-facing house with large aluminium framed windows ensures that the house is warm and sunny.



Ref# CN1275269

Centurion Golf Estate / **R5.3 million**

**Bedrooms 3 / Bathrooms 3 / Garages 2** / Cleverly designed to make the most of the old indigenous trees. Feel a part of the canopy. 6 Receptions.



Ref# CN1274255

Centurion Golf Estate / **R5.25 million**

**Bedrooms 6 / Bathrooms 6 / Garages 3** / Family home in prestigious security estate. Designed for a large family that enjoys entertaining, it is priced to sell.



Ref# CN1284501

Centurion Golf Estate / **R3.3 million**

**Bedrooms 4 / Bathrooms 3 / Garages 2** / Full cluster home. Recently renovated, exceptionally well-built and designed for low maintenance.

# Contents

*The Villager* focuses on Irene Farm Villages. The magazine is delivered to the home of each resident on the Estate. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd on behalf of the Home Owners' Association of Irene Farm Villages. The opinions of workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of Irene Farm Villages.

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Deadline for advertisements and editorial contributions:  
10 November 2016.



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Cover Photograph by Christa Janse van Rensburg



## SUPERIOR REALTY

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**Jonathan Koen ♥ 073 206 3877 ♥ 012 662 5663**



**SOME AGENTS LIKE TO TELL YOU HOW GOOD THEY ARE, I PREFER TO SHOW YOU**



Devine design meets exceptional finishes and unmatched build quality in this dream property. Open the front door and this stately home reveals finishes that will take your breath away, from the solid wood kitchen, imported porcelain tiles, modern bathrooms, underfloor heating and gas fireplace. The designs of the living areas are the perfect setting for entertainment, open plan that incorporates the kitchen, 2 lounges, and dining room. Sliding door opens up to a patio with built in braai overlooking the garden and adjacent park. All bedrooms are upstairs – the main suite radiates style and provides the occupants with enough cupboard space and a beautiful en suite bathroom. One more bathroom and 3 bedrooms with a landing/study area. In addition to the majestic look and feel of this home, it also offers the owner practical features like: 3 garages with enough space for a work bench, servant quarters with bathroom, automated sprinkler system and a generous stand for the kids to play. Situated in the award winning Irene Farm Villages.



Situated in a quiet part of this award winning estate, this property offers everything and more. The location is perfection, adjacent to a green belt with natural veld grass overlooking the roaming wildlife guarantees tranquility and privacy, as there is no neighboring properties overlooking the entertainment area and pool. The home offers an open plan design that consists of 2 lounges, a dining room and stunning kitchen all with porcelain tiles. Study with built in cupboards is the perfect setting for working from home. On the first floor there are three bedrooms – the main bedroom offers an en suite bathroom with bath and shower. Enjoy your morning coffee from the balconies overlooking the green belt. The two rooms share a guest bathroom with bath and shower. The light and airy property also features a guest toilet, servant's quarters, double garage and air conditioning in the main bedroom.



Completed renovated beauty. Come and experience top notch finishes perfectly combined with an open plan layout that will please even the most discerning buyer. Step into the front door and be greeted by a spacious lounge area with air-conditioning. The open plan kitchen features granite tops and a separate scullery. Adjacent the dining room is a sunny, spacious entertainment area. Another lounge area with stack doors invites in the landscaped garden or provides the family with an informal living space to kick back and relax. The patio area features a built in braai overlooking the garden. Upstairs, the layout for family living is perfection. 4 bedrooms, 2 en suite bathrooms and a family bathroom. The main suite offers a Juliet balcony with the look and feel of an expensive hotel room, the en suite bathroom features both bath and shower with double vanities. The family bathroom and the other en suite bathroom both have beautiful finishes and gorgeous layout. Other features include double garage, servant's quarters, sprinkler system, air-conditioning units and a street appeal second to none.



**If sold is what you want, it's Jonathan you call!**



### Dear Residents

The Estate Management lives close to nature – we drive and walk around the parks and open veld areas daily; we see the mongoose running around, the kiewiets protecting their young ones, the steenbokkies that dash away as we near their hide-outs, the birds flocking around fountains and the lawn in the parks dwindling away and making space for the weeds as part of nature's way to adapt to the drought. In the past five years I have not witnessed a drought as severe as what we are currently experiencing. We, however, do believe that rain will come soon and in abundance.

In the meantime, it is time to consider ways to harvesting any available water that can be recycled and used either for household and or for garden purposes. The Board did consider the option of drilling for underground water, but the gravity tests that were carried out indicated that our underground water is captured at an expected depth of 160 to 250 metres, which makes the drilling and the extraction of water way too expensive. Hence boreholes are out of the question.

In light of the scarcity of water, one should examine and consider alternative aqua solutions. I did some research and with the assistance of Johann Wessels of Eco Water Management, the following range of solutions was identified:

#### • Atmospheric water

**generation:** This is done by extracting moisture out of the atmosphere where there is always a supply of humidity. Moisture is harvested from the air by drawing air into a water generator and cooling it, causing the natural moisture in the air to condense. The condensed water is collected and passed through an

advanced filtration process that removes impurities in the air.

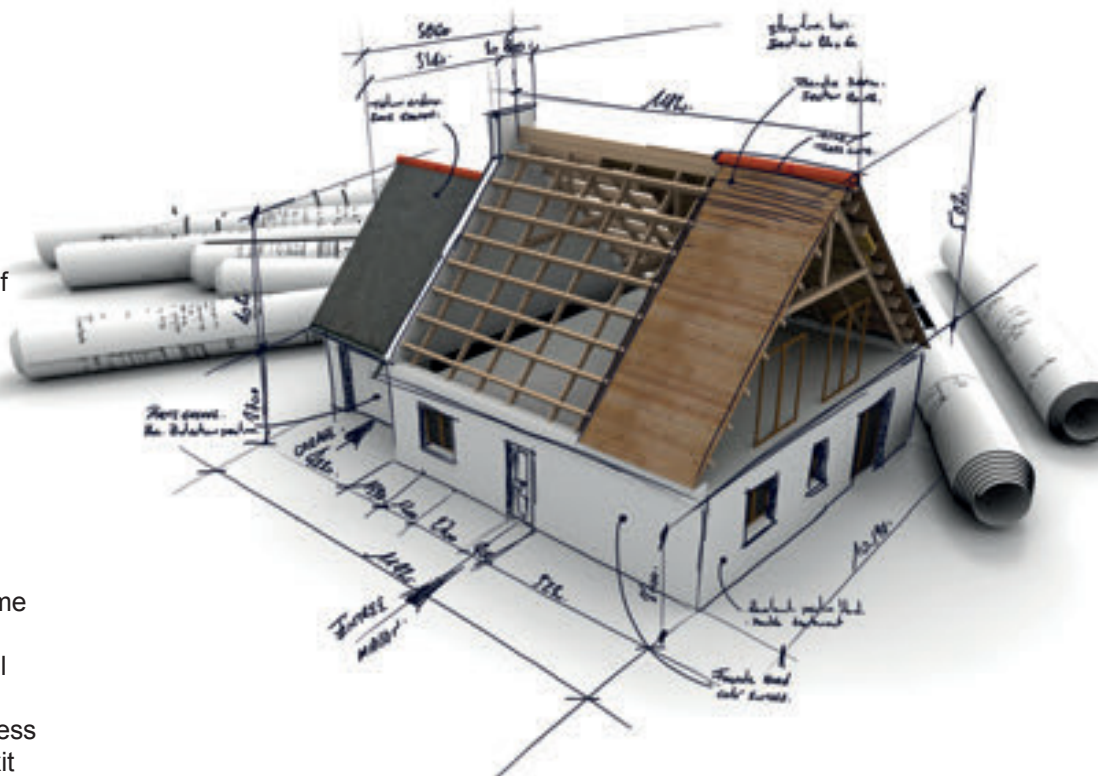
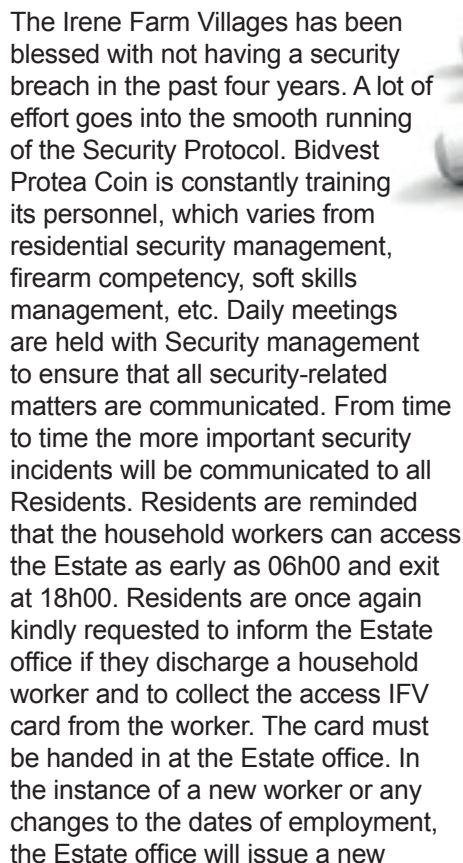
- **Grey water system:** This system is mainly used in residential applications and enable residents through a simple filtering system to use their bath and shower water for garden or other household uses, such as washing of vehicles.
- **Portable water back-up system:** This system is installed in the main water supply to any residential property. The system will ensure that any water supply will be backed-up with at least 1,200 litres of drinkable water at any given time. The constant feed of water through the tank ensures that there is no build-up of unwanted algae in the system.
- **Rain water:** This is probably the more effective and simplest way to provide a household with usable water in time of a water outage. The rain water from the roof is harvested into a wide range of tanks with a fairly easy installation process. Residents are welcome to contact Johann Wessels (071 643 4221) for more information.



At van Niekerk

The HOA is a prescribed member of the Lyttelton SAPS Sector 3 Community Police Forum ("CPF"), and in accordance with a decision by the Members a monthly donation of R5,000 is made to the CPF. The Estate Management is in regular contact with the Exco of the CPF to ensure that there is good governance by the CPF. The CPF is playing an important role in our community to combat and prevent crime within Pierre van Ryneveld and neighbouring suburbs. The monthly newsletter of the CPF is circulated to all our Residents. Residents are advised to save the telephone number of the Joint Operation Centre ("JOC"), 079 528 1630 on their phones. In an emergency, the JOC can be of great assistance. The JOC is in radio contact with the SAPS, emergency services and most of the security companies in our residential neighbourhood. A Whatsapp group has been created specifically for the Irene Farm Villages in conjunction with the CPF. The aim is to communicate important crime and community-related information to Residents. Residents are welcome to join the Whatsapp group and can contact Madeleine at the office to add you to the group.





access card, which must be collected at the office by the Resident or the worker. All household workers must carry their access cards with them at all times, which can be requested by the Security if necessary.

Indications are that the property market of Irene Farm Villages is performing

well in an economy that is currently under severe pressure. Our accredited estate agents, in a short survey, highlighted some of the reasons for the exchange of ownership:

**Selling:**

- Relocation (often to the Cape or emigrating);
- Downsizing/retirement;
- Affordability;
- School/tertiary changes; and
- Divorce.

### Buying:

- Location/access to freeways;
- Security;
- Schools;
- Lifestyle; and
- Good reputation.



Building plans play a very important role in the aesthetic management of the Estate. The building plans of all the houses are kept at the Estate Office. The HOA Rules and Regulations prohibit the building of any additions or alterations without building plans, that were approved by the HOA Aesthetic Sub-Committee ("ASC") and the Tshwane City Council. Sale transactions cannot be finalised if all the building plans are not in place and approved.



# Estate Manager



The Fibre-To-The-Home ("FTTH") project is ongoing. Inspection was carried out by the Tshwane City Council on 28 September 2016 of the trail micro-trenching site. The City Council requested a further layout of the total design of the FTTH-network, which application was lodged with the City Council. Indications are that we should have a decision by the Tshwane City Council during November 2016. If the trenching is accordingly approved, it is anticipated, that Vodacom could start with the trenching early 2017 with FTTH two to three months thereafter. Residents will be updated on a regular basis.

The IFV Community Investment Committee ('CIC') is launching the 'Be a Star' initiative within the Estate. The aim of this initiative is to assist Grade 1 learners of an identified school with basic school stationery. Stars of all forms and shapes suitable to be used as tree decorations will be displayed at the Estate Office during the latter part of November and early December. These stars can be acquired at a nominal fee that will enable the CIC to acquire the school stationery. Be a Star and

contact the Estate Office if you want to participate in the role-out of this community support initiative.

The annual Fun Day will take place on Saturday, 3 December 2016 in Primrose Park. The aim is to bring fun to young and old on the day. Santa Clause will be visiting us. Please make arrangement with the Estate Office to receive the present for the kids by the latest on Friday, 2 December.

*Regards*

*Estate Management*



Nelson Mandela said:

**"Education is the most powerful weapon,  
which you can use to change the world."**





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40 MINUTES A  
WEEK!**



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SESSION  
TODAY!**

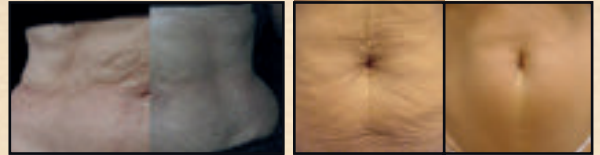
0641597480 | [www.body20.co.za](http://www.body20.co.za) | [irene@body20.co.za](mailto:irene@body20.co.za)

## THE MUMMY TUMMY

After pregnancy, the skin and muscles stretch and the tummy has extra fat rolls due to protective fat-storage.

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- 1) Permanent fat cell destruction by **LipoDissolve injections** or by **Fat Freezing treatments**
- 2) Tightening of loose skin by Percutaneous Collagen Induction Therapy (PCI-T) ) and **tightening the fat by tightening injections**
- 3) Strengthening the muscles with targeted exercises and Prolotherapy for minor muscle tears.



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Deposit payable

**Please enquire about our Fat Freeze specials!**



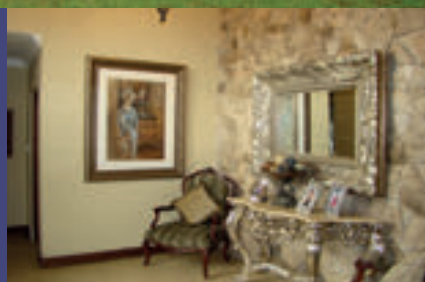
Léane Graaff

**"YOUR TRUSTED PROPERTY PROFESSIONAL"**

Léane Graaff Properties



**CRÈME DE LA CRÈME!**  
 4 Bedrooms with en suite bedroom on ground floor, pool, SQ,DG, Study, Immaculate finishes. A must see!



**FOR THE ENTERTAINER AND EXTENDED FAMILY.**  
 This spectacular spacious home adjacent to a park has all the bells and whistles from CCTV to heated pool. Offers 5 bedrooms one on ground level with en suite bathroom, study, bar room with built in bar, huge kitchen with gas stove entertainment patio with built in cupboards, 2 lounges and lots more.



# Security

## Dear Residents

The Estate office is still experiencing problems with the collection of new ID cards for household workers. The HOA office sent out emails to notify Residents but only a few responded or collected the cards. After a two-week period the finger prints of such household workers are then suspended. This situation puts a lot of strain on the security staff when the household workers experience problems with entering the Estate. We kindly request that Residents send their household workers to the Estate office to collect their ID cards should you as Resident not be able to collect the card.

Residents, you are requested to inform your visitors to make use of the main gate when trying to enter or exit the Estate after hours. Security has experienced several instances, normally over weekends, when visitors try to enter or exit the Estate via the north gate after hours, causing the after-hour alarm system to activate.

Recently a Resident in the Estate heard a female scream one evening and contacted Security. The report went to one of the other branches of Bidvest Protea Coin. The security officer that received the report knows the Estate and its management team and forwarded the report to the IFV Estate security team. I want to request all Residents to please make sure that



Marchell Galant

you have the correct contact details of the IFV Estate's security team.

**The 24hrs guard room number is 012-662-1688 / 082-947-7610**  
**The contact number for the 24hrs Shift Manager is 082-838-7779**

**and the contact number of the Security Manager is 082-300-1835.**

The soccer team of the Bidvest Protea Coin Group security at IFV had a soccer match on 2016/09/24 when they played against Air Port FC. The final score of the match was 1-1 and the team went into penalty shootout that was won by .... On behalf of Bidvest Protea Coin, I would like to thank the HOA for sponsoring the soccer match.

Kind Regards

*Marchell Galant*

Contract Manager  
EPS Irene Farm Villages  
Tel: +27 12 665 5602  
Mobile: +27 82 300 1835  
E-mail: galantm@proteacoin.co.za



*remember*

## Make Sure

- That all vehicles that are parked in driveways must be locked and all valuables (e.g. laptops, wallets, handbags and GPS navigators) must be removed from the vehicle.
- That alarm systems must be activated and in a working condition. Please test your alarm system regularly to ensure that it is in a good working condition and that it does send out a signal when activated.
- To be vigilant at all times in the Estate and report any suspicious activities directly to the Bidvest Protea Coin Security.
- To be law abiding citizens and prevent crime, register all domestic workers and gardeners and make sure that they have IDs or valid passport documents.

Residents can contact me directly should they be interested in having an alarm system linked to our Protea Coin 24hrs Call Centre in Highveld Techno Park.

Marchell Galant • galantm@proteacoin.co.za • 082 300 1835

## IMPORTANT NUMBERS

**24HR SECURITY GUARD ROOM:**

**012-662-1688**

**24HR CONTROLLER:**

**082-947-7610**

**24HR SHIFT MANAGER**

**082-838-7779**

**SECURITY MANAGER**

**082-300-1835**





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**e:** smilesforall@iafrica.com | **w:** www.smilesforall.co.za | **fb:** smiles4all





## IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

### Summary Income Statement September 2016

	September 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%

Operational Income						
Levy Income						
Normal Levies	913 317	910 648	6 384 215	6 374 536	9 679	0.2%
Other Income						
Interest Received	49 156	10 000	306 221	70 000	236 221	337.5%
Contractors Permits	11 550	10 000	89 395	70 000	19 395	27.7%
Estate Agent Registration	0	0	129 960	129 960	0	0.0%
Post Box Annual Fee	1 000	2 500	11 970	17 500	(5 530)	-31.6%
	<b>975 023</b>	<b>933 148</b>	<b>6 921 761</b>	<b>6 661 996</b>	<b>259 765</b>	<b>3.9%</b>
Operational Expenditure						
Professional /Administration	70 932	71 255	419 297	458 675	39 378	8.6%
Accounting Fees	35 280	33 000	233 280	231 000	(2 280)	-1.0%
Audit Fees	0	0	58 703	62 500	3 797	6.1%
Bank Charges	2 725	2 500	19 001	17 500	(1 501)	-8.6%
Insurance	24 978	25 755	82 128	77 675	(4 453)	-5.7%
Legal & Professional Fees	7 950	10 000	26 185	70 000	43 815	62.6%
General Office	5 149	11 200	67 069	86 700	19 631	22.6%
Office Equipment	250	1 200	4 197	8 200	4 003	48.8%
General Expenses	0	1 500	8 113	20 500	12 387	60.4%
Office Refreshment	1 351	1 000	3 561	7 000	3 439	49.1%
Printing & Stationary	0	3 500	18 078	23 000	4 922	21.4%
Telecommunication	3 548	4 000	33 120	28 000	(5 120)	-18.3%
Operational Expenses	144 056	163 412	983 231	1 154 887	171 656	14.9%
Municipal Charges	35 535	50 000	228 404	350 000	121 596	34.7%
Recycling	8 247	8 662	57 731	60 637	2 906	4.8%
Donations	0	5 000	0	35 000	35 000	100.0%
Meetings	350	750	2 391	6 250	3 859	61.7%
Salaries & Wages	99 923	99 000	694 705	703 000	8 295	1.2%
Security	479 942	553 700	3 547 851	3 593 793	45 942	1.3%
Access Control (ClickOn)	20 158	22 000	139 152	154 000	14 849	9.6%
- ClickOn Recovery	(9 583)	(12 000)	(63 433)	(84 000)	(20 567)	24.5%
Equipment Maintenance SLA	0	19 500	129 844	136 500	6 656	4.9%
Security Maintenance	(816)	7 000	44 789	49 000	4 211	8.6%
Guarding Services	470 182	517 200	3 297 499	3 338 293	40 794	1.2%
Repairs & Maintenance	175 395	153 659	1 014 404	1 007 331	(7 073)	-0.7%
Equipment Maintenance	0	0	0	0	0	100.0%
Fuel	3 688	3 000	23 178	21 000	(2 178)	-10.4%
General Maintenance	2 509	9 650	31 320	67 550	36 230	53.6%

IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

FINANCIAL SEPTEMBER





## IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement September 2016

	September 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Infrastructure Maintenance	3 195	3 000	20 383	21 000	617	2.9%
Park Facing Boundary Walls	20 008	12 500	100 878	87 500	(13 378)	-15.3%
Park Maintenance	23 328	4 500	39 524	31 500	(8 024)	-25.5%
Park Maintenance Contract	114 492	118 809	782 004	766 881	(15 123)	-2.0%
Vehicles	8 174	2 200	17 116	11 900	(5 216)	-43.8%
	<b>875 474</b>	<b>953 226</b>	<b>6 031 852</b>	<b>6 301 386</b>	<b>269 534</b>	<b>4.3%</b>
<b>Operating Profit / (Loss)</b>	<b>99 549</b>	<b>(20 078)</b>	<b>889 909</b>	<b>360 610</b>	<b>529 299</b>	
<b>Non-Recurring Revenue</b>						
Special Levies	0	0	0	0	0	100.0%
Estate Penalties	5 000	0	26 150	0	26 150	100.0%
Late Building Penalties	0	0	53 250	0	53 250	100.0%
Late Payment Penalties	7 444	0	30 294	0	30 294	100.0%
Expense Recovery	0	0	350	0	350	100.0%
Other Income	0	0	0	0	0	100.0%
Plan Fees	2 250	0	46 140	0	46 140	100.0%
Sale to Members	0	0	3 082 401	0	3 082 401	100.0%
<b>Non-Recurring Expenses</b>						
Debt Write-off	0	0	0	0	0	100.0%
Water Risk Management	0	0	23 180	100 000	76 820	76.8%
Traffic Management	0	0	73 918	75 809	1 891	2.5%
Social Development Projects	0	0	43 455	45 000	1 545	3.4%
Water Tanker Roadworthy	0	0	0	50 000	50 000	100.0%
Park Development	3 337	0	47 989	60 000	12 011	20.0%
Historic Tshwane Accounts	0	0	1 375	408 000	406 625	99.7%
Environmental Development	4 219	0	70 976	153 500	82 524	53.8%
Cash Provision	0	15 000	0	105 000	105 000	100.0%
VIP Development	20 007	0	42 739	0	(42 739)	100.0%
Stand Sales	0	0	35 786	0	(35 786)	100.0%
<b>Net Positive/ (Negative)</b>	<b>(12 869)</b>	<b>(15 000)</b>	<b>2 899 166</b>	<b>(997 309)</b>	<b>3 896 475</b>	
<b>Net Profit / (Loss)</b>	<b>86 680</b>	<b>(35 078)</b>	<b>3 789 075</b>	<b>(636 699)</b>	<b>4 425 774</b>	

### Account Ability

Office Address:  
Sovereign Drive,  
Route 21  
Corporate Park

### Accounting Office

Hours  
8:00 to 13:00  
Monday to Friday

Office Tel:  
082 780 0059

Accounts Email:  
accounts@aams.co.za

IFV Accounts:  
Winnie Boshoff

Summary Income  
Statement by  
Account Ability




“Finance is a gun.  
Politics is knowing when  
to pull the trigger”

— Mario Puzo



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**Nina** - 082 963 1994  
PRINCIPAL



**Eunice** - 071 676 5940  
RENTALS

**IRENE FARM VILLAGE**

**R3.1 MILL**



**SOLE MANDATE**

### CONTEMPORARY STYLE HOME

3 BEDROOMS, STUDY, 2 BATHR, 3 OPEN PLAN LIVING AREAS, KITCHEN, SCULLERY, DBL GARAGE, COVERED PATIO.

NINA 082 963 1994

**WEB REF 960**



# KHOMANI SAN OUTREACH 2016

**The Mission: Deliver 120 solar lights and 250 pre-packed boxes to the Khomani San at Andriesvale, Scotty's Ford, Witdraai and Uitkoms in the Kalahari Northern Cape. 1 to 6 October, distance approximately 1000km one way.**

**Behind the Scenes Team:** Residents of IFV contributed towards clothing, blankets, shoes and monetary contributions towards the acquisition of the Solar Lights. Clothing was all sorted by Gail and Ria according to sizes and packed per family to ensure each family member would receive a full outfit with shoes as well as other extras such as blankets, towels, curtains and household items.

**The Team:** About 30 people gathered as the outreach team from Pretoria



at the Molopo Lodge – base camp. Two families from IFV Estate joined the group, Marthinus and Gail Horak, who are also the organizers from IFV's side and

founders of the project, as well as the Janse van Rensburg family: Christa, Madri and Inke, together with their nieces from Kathu, Charnel and Lisa-Marie.

**Statistics:** 360 Solar Lights distributed to date. 200 Khomani San families (about 870 people) received clothing boxes. Minimum of 2600km was travelled.

The Van Rensburgs and young ones were soon dubbed the "Paw Patrol" as an additional focus this year was on the animals of the San – taking food, water and food bowls, bedding, harnesses and leashes, de-worming, rope for donkey harnesses, etc. It was a mammoth task. We've talked to each animal owners about their concerns, we've distributed about 10 000kg of pet food, 150 bowls, 50 leashes and harnesses as well as the establishment of relationships with the San children with pets and to discuss general pet care. The primary school Louis Leipoldt School, Littleton as well as individual sponsors helped in donating the food and Tip Top Pets sponsored all the bowls and leashes and ropes.

Herewith a photographic recount of the Khomani San Outreach 2016.

Saturday 1 October, after packing all boxes in a big trailer the big trek to Andriesvale began in the early hours of the morning. It is about 10 hours travel by car if you drive right through. Going through little towns like Kuruman, Kathu, Olifantshoek, a bigger town



Upington and then towards the Namibia border to Askham and Andriesvale.

## Journal entry:

*Amazing grace, travelling so far, everybody arriving safe, no trouble or injury. Tired of driving but excited to start this week.*

**Sunday 2 October:** Today we offloaded the trailer at the Community Centre, Andriesvale and marked the





# Estate News



Solar Lights by engraving a unique family number on each. Everybody helps. The lights and boxes for families at Andriesvale are distributed. At 17h00 the community came together for a church service and worship and the Khomani San can sing! A spontaneous game starts with a tennis ball and the Paw Patrols first "clients" are met and the week begins.

Every morning the boxes will be loaded on to the vehicles to be taken to the various farms and delivered to each of the families. Every box has a unique family number and colour coding according to the farm they are residing on. The family members' info is also checked and updated if needed.

## Journal entry:

*Physical day, hard work packing and unpacking parcels, feeling good, official start of the Animal project, humbled by the music and simplicity of the San's view of being happy. Very grateful to share this experience with my kids. Life changing.*

**Monday 3 October:** Scotty's Fort, the smaller of the farms visit, church sermon and worship, games with the kids and distribution of lights and parcels. In the afternoon we had a



programme for the community in and around the Community Centre, Kalahari Olympics, even the Estate's tug of war rope on loan to us was utilized and much fun was had by all.

## Journal entry:

*100 Kids laughing and having fun sure is a wonderful sound. The Olympics was a big hit. New record stepper over 15 000 steps today. Today's message was to listen with the purpose of understanding and not replying. Just listening is sometimes enough.*

**Tuesday 4 October:** Today was Witdraai's turn for church and worship, distribution of parcels and the Paw Patrol was looking for dogs. In the

evening we had the privilege of being invited for dinner at Koeras Farm Kitchen. We started with a visit to the farm Erin – a game farm under management of the Khomani San – and we watched the sun setting from Kalahari dunes and had a lovely dinner afterwards.

## Journal entry:

*Busy day, lots of driving around as Witdraai's families are spread out over a big area. Visited a lot of animals, mostly in good condition, but there are a few ones we are concerned about, getting more and more emotional, the kids are doing so good, really connecting with the people and work so well together with the handing out and asking about the animals, reporting on what is needed, etc. The most spectacular time spent on a dune watching the sun setting. Amazing hospitality and food at Koeras Kitchen what an amazing women and doing so much for the community. Receiving creates a moment of connection. Receiving invites us to welcome a vulnerable part of ourselves – John Armode.*

**Wednesday 5 October:** Uitkoms turn to be visited. Afterwards we had a Talent show/sing-a-long evening at the Community Hall. We also watched the sun setting from one of the big salt pans in the vicinity – Koopan.





#### Journal entry:

*Uitkoms what a special name for a farm, outcome. These families started with livestock farming and is going from strength to strength. There is also very active needlework and handwork ladies, making all kinds of wonderful things. The drought is ever so present and we pray for rain every time. But this community shows where there is a will there is a way. Where there is faith, God will provide. It's not what you have but what you do with what you have that makes the difference. What an awesome day.*

**Thursday 6 October:** Last day for most of the outreach group, we visited the Kgalagadi Game Park.

#### Journal entry:

*Free time, a lot of thinking and discussing going on. Wondering, praying and spending time in the Kgalagadi with all the amazing animals. The Kalahari and its animals and people get under your skin, just beyond the nerves and with every second in this place of a lot of sand and sun you change. First turning the city white skin into dark tanned skin, then your outlook on life, your own and those around you*



*and then your heart, slowly but surely you are changing into a Kalahari "mens" and you realise it doesn't matter where you are or what you do, God's grace for you is enough. Finish and Klaar. Soos Griekwa Psalm Miga 6. Die dierste goeterse lyk dit mos vi my, Kan jy somme veniet by onse Jirre loop kry.*

**Friday 7 October:** The group returned home, the Paw Patrol spend some time in Andriesvale and visited a few sick animals we saw during the week again to follow up.

#### Journal entry:

*This morning the wind was blowing as if knowing it is time for us to go home. A sad and dusty wind. We are feeling heavy but were quickly consumed by distributing the last of*

*the animal donations. We spend some time with new friends and talked about the amazing week we had and how long it feels before we would return. A lot of tears flowed today as we left behind a few favourite puppies who stole our hearts. The return homewards was quiet everyone with their own thoughts. It was an indescribable awesome journey, one we will definitely do again.*

Thank you for all the prayers and every gift sent with for these very special people and their animals. I hope that through my eyes and words you could also experience a little of what your kindness means to them. For them the thought that there are people in Pretoria who thinks about them is already a miracle, so much thankfulness and gratitude for every little thing received. Thank you so much for you're as big as the Kalahari plains and as warm as the Kalahari sun hearts. Without your kindness the project would not be as successful as it is. You made the difference!

Christa Janse van Rensburg



# BANG & OLUFSEN – MULTIROOM SYSTEM

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The Multiroom system focuses on delivering an echoless distribution of sound across multiple rooms & products - highlighting ease of convenience - with a single touch you can bring a Bang & Olufsen product to life. Enjoy the flexibility of expanding sound from one room to several more. Link or unlink rooms or even put all the Bang & Olufsen devices on stand-by with a simple one-touch gesture with the BeoMusic app or directly from the BeoRemote One. Now that puts you in control of the entire BeoLink Multiroom system.

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Unlike any other Multiroom set-up – now you can expand the Multiroom experience by adding a Bang & Olufsen television. Use the speakers on the television to listen to music or send the sound from the television to another room.

All BeoLink Multiroom products remain up-to-date through software updates that provides new features

and functions in order to secure the lasting value and longevity of your Bang & Olufsen set-up. Through this commitment the devices will always deliver true Bang & Olufsen signature sound from the time your love affair with Bang & Olufsen products begins. The BeoLink Multiroom also breathes new life into your classic Bang & Olufsen products. With the BeoLink converter you can connect all-time favourites, such as the BeoSound 9000 or the turntable BeoGram 4000, to your Multiroom experience.

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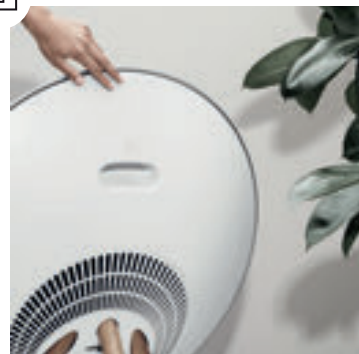
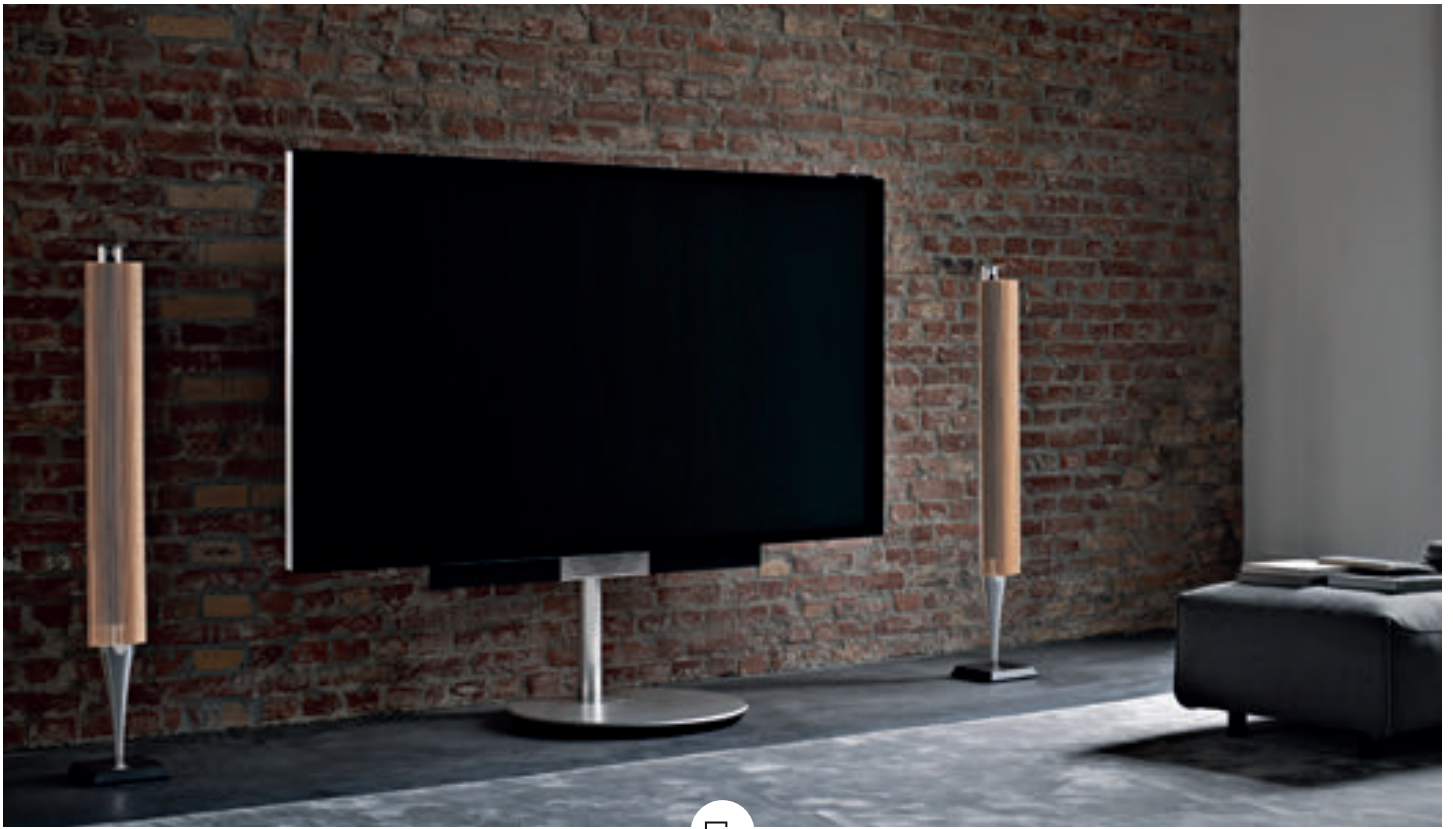
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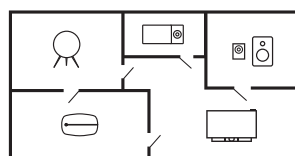
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# Estate News









The background of the poster is a detailed illustration of a stone castle at night. The castle has multiple towers and battlements. A large, bright blue starburst of light emanates from the center of the castle's facade. A trail of blue sparks and light particles curves around the main title. Red, glowing lights are strung across the top of the castle. In the foreground, there are green bushes and two ornate, glowing yellow lanterns. The overall atmosphere is magical and festive.

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# RIETVLEI – A SURPRISE NEAR HOME



*Rietvlei Fishing Spot*

**T**he idea was to spend a Sunday morning birding at Rietvlei Nature Reserve to the southeast of Pretoria. I'd been there before, long ago. But it had never before occurred to me what a splendid place Rietvlei is to take visitors – especially overseas visitors who'd like to see some wildlife.

If you've ever wondered what that rare veld type known as the Bankenveld was like, Rietvlei is an example. Bankenveld is a hummocky landform unique to the Gauteng/North West region. It comprises parallel ridges of incredibly ancient mountain ridges following the west-east line of the Magaliesberg.

**Incredibly ancient?  
The Magaliesberg is  
2 000-million years  
old, one of the oldest  
ranges in the world.**

Why didn't it erode away? Because the entire region was buried for millions of years a kilometre deep under the Karoo System. This protective layer has eroded away, revealing the mountain chain along whose crest there are scattered slabs of an extremely ancient fossilised shore line still with ripple marks of the last outgoing tide. Nothing



*Eland walking across veld*



# Travel

lived on the landward side because the earth's atmosphere was unbreathable.

The 3400ha Rietvlei Nature Reserve surrounds the Rietvlei Dam that supplies Pretoria with 15 percent of its water. When we were there – it was a Sunday – its western shore was bristling with fishing rods. There were herons, cormorants, darters, grey-headed gulls, ducks, coots, dabchicks and geese.

The dam was built during the great depression (from about 1929 to early 1930s) – built by otherwise out-of-work men who were fed and paid 4 shilling a month. Soil was carted away by mule carts. Feeding the dam is the Sesmyl (Six Mile) Spruit plus fountains and boreholes. Upstream from Rietvlei Dam is the Marais Dam, which acts as a silt trap for Rietvlei Dam and is also rich in waterfowl.

The reserve can support up to 2000 head of game. We saw zebra, eland, blesbok, red hartebeest, black wildebeest, waterbuck and, at a lower dam, hippo and an otter. There's also white rhino, springbok, common reedbuck (this antelope, despite its label, is no longer common in South Africa now that half our wetlands have disappeared), mountain reedbuck, steenbok, grey duiker and oribi. Leopards occasionally come in from the Magaliesberg as do brown hyena and, I am told, there are buffalo and cheetah. An adjacent fenced-off area has lions.



*Rietvlei Coffee Shop*

The sight we found most captivating were the comical antics of a pair of yellow mongooses at the side of the road.

## There were tracks of porcupine and aardvark.

The birdlife is interesting too – even for non-birders for there are some really memorable species among the 319 that, potentially, could be found. The list of confirmed species is just over 270.

We were hoping to see a green sandpiper, a very rare bird on the Highveld. It had been seen a week before. We hung around with a dozen other birders on Vlei Bridge where it had been spotted but it was obviously hiding from us for we were told it popped up as soon as we left. We identified 50 species of birds – not bad for two hours – and that included the ostrich. Several ostriches in fact. As these are the world's biggest birds it's another reason to take overseas visitors.

There are plenty of hides and some excellent and clean picnic spots with tables, benches and sunshades and there are plenty of clean ablution facilities.



*Rietvlei Coffee Shop Room*



*Three Red Hartebeest*





*Marais Dam has resident hippo and otters*

The reserve has a typical Highveld climate – dry, frosty winters with absolutely clear skies and an average of more than 700mm of rain in summer. The temperature when we were there in October was 30deg C dropping to nine at night.

*The landscape is open grassland with undulating hills. There's a typical century-old Transvaal farmhouse with its original yellowwood floorboards, shady rooms and deep stoep. It is now a café with a cheerful staff – even a swimming pool.*

Because it was, for many years, a working farm, there are some clumps of exotic trees, especially Australian wattles, though these are gradually being removed and the wood used as fuel.

The roads are excellent and the reserve offers lake-side accommodation (R880 for an overnight stay in one of four self-catering cottages near the lake side). There also bus tours for big groups.



*Lesser Striped Swallows*



*Green sandpiper's hang out*

**The reserve is a 40 minutes' drive from OR Tambo or from Johannesburg's northern suburbs and 18km from Pretoria.**

**For more information: 012 345 2274 or 012 358 1811/12.**







## The Way I See It

By Lerato Tshabalala

### WARNING: NOT FOR THE FAINT-HEARTED!!

Lerato Tshabalala first came to our attention in 2011 with her 'Urban Miss' column in the Sunday Times, and since then she has by turns entertained, exasperated, amused and confounded her fans and critics alike.

Now, with her first book, she looks set to become the national institution she deserves to be. With her customary wit and keen insight into social, political and cultural affairs, Lerato shines a bright – and controversial – light on South African society and the quirky ways of the country. She is brutally honest about her experiences as a black South African in post-apartheid Mzansi, and no subject is too sacred for her to explore: annoying car guards, white-dominated corporate South Africa, cultural stereotypes, economic and racial inequality, and gender politics, among many other topics, come under her careful – and often laugh-out-loud – scrutiny.

*The Way I See It* is written for people who are hungry for a book that is thought-provoking, funny, irreverent and truly South African all at the same time. It is light but full of depth: like a supermodel with an MBA!

Price  
R210.00



## A Fox's Tale

By Chantell Ilbury

Sit down with one of Africa's most creative strategic minds, and really get to know her and how she thinks ... In this book, and for the first time, Chantell Ilbury – bestselling business author, renowned scenario strategist and speaker – tells her remarkable story. It covers her formative years in a country at war, her early days as an educator and entrepreneur, the roots of her successful partnership with Clem Sunter, and what she has learned steering the executive level strategies of global organisations and some of the biggest names in business.

She also talks candidly about dealing with physical threat, controversy, reputational risk and the dangers of a woman travelling the world alone; and provides refreshing perspectives on entrepreneurship, working in Africa, balancing the demands of family and business, and on women in the corporate working environment. *A Fox's Tale* is loaded with strategic insight, yet often reads like an adventure novel, rich with humour and entertaining anecdotes.

Price  
R230.00



## Winners and How They Succeed

By Alistair Campbell

Alastair Campbell knows all about winning. As Tony Blair's chief spokesman and strategist he helped guide the Labour Party to victory in three successive general elections, and he's fascinated by what it takes to win.

How do sports stars excel, entrepreneurs thrive, or individuals achieve their ambition? Is their ability to win innate? Or is the winning mindset something we can all develop? Drawing on the wisdom of an astonishing array of talented people – from elite athletes to top managers, from rulers of countries to rulers of global business empires – Alastair Campbell uses his forensic skills, as well as his own experience of politics and sport, to get to the heart of success. He examines how winners tick. He considers how they build great teams. He analyses how they deal with unexpected setbacks and new challenges. He judges what the very different worlds of politics, business and sport can learn from one another. And he sets out a blueprint for winning that we can all follow.

Price  
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# *Festive treats . . .* tasty healthier options

**It is that time of year again when the Christmas decorations start going up and you realise that another year has gone by in a blink of an eye. We all do look forward to some of the special treats we make over the festive season, however we are aware that many of the treats are not the best to keep your waistline in check.**

**L**et's take a closer look at some of our treats. Remember we are trying to make the better choice here and still have a treat.

The recommendations that remain the same and consistent with previous articles:

- **Alcohol drinks** - use a light version of drinks and dilute drinks with sugar-free cool-drinks or ice. Try and have an alcoholic drink with one main meal only instead of all day drinks.
- **Excess sugar should be avoided.** Use sugar-free cool-drinks and low-cal juices. Sweets and chocolates should be taken as a treat instead of eating them daily.
- **Water must be taken in sufficient amounts.** Alcohol dehydrates you and sugar competes with water in

the gut, thus making constipation more likely to happen over the festive period. Drink 2.5 -3.5l water daily to stay well hydrated.

- **Keep your starches in check.**

Summer is a great time to eat more veggies and salads with protein. Have a starch at one main meal only.

**Christmas Fruit cake:** a piece of fruit cake can easily be equivalent to two slices of bread worth of carbohydrates and additional kilojoules depending on the amount of alcohol in the cake. It is an energy dense food as it is packed with nuts and dried fruits. Rather opt for a low-fat cheese cake that can save you some carbohydrates and kilojoules. If you can make your own cheese cake you can use a low-fat cream cheese, making it lower in fat.





Always stay active! Take regular walks, jogs, play tennis, swim or even continue to hit the gym if that is what you enjoy. At least the excess kilojoules get burned up and you feel much lighter and maintain better energy levels over this period of time.



### Low fat cheese cake

- 180g plain biscuits (such as digestive or Marie)
- 90g unsalted butter, melted
- 250g low-fat cream cheese
- 250g low-fat cottage cheese
- 250g low-fat plain yoghurt
- 2 eggs
- 2/3 cup (150g) caster sugar
- 1/2 teaspoon vanilla extract
- Pre-heat the oven to 160°C (not fan-forced). Line the base of a 20cm cake pan with baking paper.
- To make the base, crush biscuits in a food processor, add the melted butter and process to combine.
- Place mixture into a pan and use your hand to press down firmly in the base. Bake in oven for 10 minutes, then remove and cool.
- To make the filling, mix remaining ingredients in a food processor until smooth. Pour over cooled base, then bake for a further 35-40 minutes (it may still have a slight wobble, but will firm on cooling).
- Cool cake in turned-off oven with the door slightly ajar (this is to prevent top from cracking). Serve with seasonal fruit.

**Ice creams:** We all love ice cream! However, ice cream is high in fat and sugar. Opt for yoghurt based ice-pops or lollies. They are delicious and easy to make at home.

### Jamie Oliver Strawberry ice lolly

250g strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey.

- Whizz up 250g ripe strawberries, 100ml natural yoghurt (or apple or orange juice) and 1 teaspoon honey in a blender or food processor. Taste, and add a little more honey/xylitol if you think you need to. Divide the strawberry mixture between 4 ice lolly moulds, then pop a stick into each one. Put the ice lollies in the freezer for at least 4 hours or until solid.







# WATER-WISE GARDENING

**With the ongoing drought we are experiencing and the strict water restrictions, gardening company RealGreen recommends creating a water-wise landscape.**

Water-wise gardens focus on plant varieties that thrive with little water. However, no plant is 'wrong' in a water-wise garden – it just needs to be in the right zone to use water most efficiently. You can select exotic as well as indigenous plants, as long as you plant them in the appropriate zone.

All water-wise plants have certain characteristics that make them water efficient. By knowing these characteristics, we will be able to make a well informed decision as to whether a particular plant is suitable for the low water zone of the landscape. Therefore a few options we have:

**Small or needle-like leaves.** This minimises the surface area from which water is lost by evaporation. Examples are Ericas, most Aacacias, Rosemary, Origanum and Thyme.

**Reduced number of leaves.** Some plants reduce moisture loss by dispensing with leaves altogether, or shedding their leaves during drought







periods. Examples of the latter are the karee tree, acacias and buffalo thorn.

**Grey foliage.** The light colour reflects the sun's rays away from the plant, thereby keeping it cooler, which in turn reduces water loss. Examples are Lavender, Artemesia, Arctotis and Giant honey flower (*Melianthus major*)

**Succulent leaves.** Water is stored in thick fleshy leaves to be available when necessary. Examples are Crassulas, Aloes, Echevarias and Vygies.

**Plants with lighter colours on the undersides of their leaves.** When stressed, they turn the lighter side upwards to reflect the sun away. Examples are Wild olive tree, Gazanias and indigenous Buddlejias.

#### **The importance of grey plants in the garden**

They reflect light and are therefore cooler.  
They contrast against green in design. They create a focal area through contrast.  
They give more impact to plants of other colours, e.g. red = more red. They assist to colour coordinate different colours (blend).  
Generally these plants don't require large amounts of water, therefore can easily be used in medium to low water zone.



#### **Shades of grey**

By taking note of the different shades of grey available in many plants, it is possible to create harmony and rhythm throughout the garden.

Fennel – bright green grey; brown grey.  
Lavender - grey. Centoria cineraria – white grey. Hebe - green grey.

Water-wise gardening involves using plants that require minimal water, and applying some simple water-wise gardening principles, namely:

#### **Growing water-wise plants**

There are many attractive plants that need no additional watering once established. These are plants, such as succulents, that have fleshy leaves and stems and can store water.

#### **Grouping plants according to their water needs**

Plants have different water requirements. Grouping them according to their water needs avoids wasting water on plants that do not need it.

#### **Improving the soil**

This can be done by putting in more compost. This encourages earthworm activity, aeration and water penetration.

#### **Mulching**

This can be done by covering the soil with a layer of bark to help cool the soil and reduce water evaporation. Currently RealGreen are working on our Green Waste area and are producing our own mulch on site.

Over the next few months we will be focusing on being water wise, and at the same time converting the landscape into a water wise area that still thrives and looks spectacular, despite the current circumstances.





# SMALLS

## DOMESTIC WORKERS

My bediende, Elizabeth, werk Maandae en Vrydae by my. Sy wil graag nog ander dae ook werk. Sy is baie betroubaar, werk verskriklik skoon. Jou kas word ook sommer couler coordinated gepak. Haar nommer is 078 8757 813. Skakel vir 'n verwysing soek 084 7600, 365 Cornelia.

GARDENER: Frans, excellent gardener looking for work on a Monday, Tuesday and Saturday. He is currently working three days in the estate. For a reference please call me Nicole on 072 905 7400, Frans, 060 887 8134.

Elsie seeks domestic work on Monday, Tuesday, Thursday and or Friday. She is currently working on the estate on a Wednesday. She is very reliable and hard working. Please contact Elsie on 071 245 6993.

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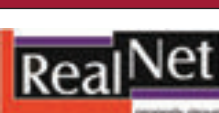
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# IS ALL STRESS NEGATIVE?

**S**tress can be likened to a coin which we all know has two sides – heads or tails, positive or negative, beneficial or detrimental.

With discernment, and a level-headed approach, it is possible to determine how best to handle stress, including daily stressors. Contrary to popular belief, not all stress is negative, or even detrimental. To expand, I would like to share the following aspects for introspection of the stress in your life.

- From a holistic point of view, the dualistic principles that govern all aspects of life naturally govern stress too. In duality both extremes coexist simultaneously, for example hot and cold, electric and magnetic, male verses female etc, and stress is no different. Every stressed situation has a positive solution, and unfortunately for the most part, we don't easily see solutions when we are stressed. How we elect to see and react to stressful situations is the real issue. Naturally our stressed reactions are unique for every individual – no two people respond to stress in the same way.
- The determining factors of how one perceives stress, either positively or negatively, is governed by an individual's belief system, their programming and perceptions, but most importantly, their ability to adapt and cope with change without putting up resistance.

Resistance saps one's life-force energy, and is the opposite of acceptance or *'going with the flow'*. The more resistance, the more likely stress will escalate, and the effects are then negative – *'what you resist, persists!'* Instead, and as best as possible, adopt a positive attitude and mindset, and focus on acceptance while seeking possible solutions to a stressful situation. These two well known sayings help to reiterate this point, *'what you think about, you bring about'* and *'what you focus on, expands.'* In other words, the more we stress the more stress

**Most of the stress we bring on ourselves is because of bad habits and bad attitudes.**

Vikrant Parsai



we will feel, but the more we focus on finding a solution, the more likely we are to find that solution.

For the most part it is important to realise stress is both a matter of perception of the situation, but also a choice of where one decides to place one's energies – in resisting the situation (negative), or in finding solutions (positive). As such, stress provides a great opportunity for reflection and re-evaluation. This can have a beneficial outcome for even the most stressful of situations.

- It is important to understand the three stress response triggers inherent in all human beings, namely the flight, fight or freeze response, and their effects. Two stress responses drive instinctual action (flight and fight), while the other appears inactive or passive (freeze), and depending upon the circumstances, either one of the three automatic stress responses can be appropriate for one's overall safety and survival. Since survival is crucial for our existence as human beings, this is another positive aspect of stress.

- Likened to a figurative guide or teacher, stress subtly encourages and at times coerces us to adapt, to cope, to change and to learn new things, new skills and new ways of thinking. At times stress may be painful, particularly as we feel stretched to capacity, torn apart or frayed at the edges but this is how we learn, grow and evolve as human beings. Most importantly, stress expands our awareness and consciousness which is absolutely necessary for man's evolution. Everything in the Universe is constantly changing, and a person is either growing or dying. I'm sure you will agree, growth is the only path to living successfully.
- Einstein said, *"Doing the same thing over and over again while expecting a different result, is the height of insanity."* In stressed situations we so often repeat habitual patterns of behaviour, and temporarily get stuck without realising it. Stressed situations can either control us, or stop us in our tracks (the freeze response). This is where procrastination sets in, we cannot think clearly, creativity and productivity is impaired, memory



# Stress Gone!

affected, and in extreme cases, we're rendered helpless or useless for a moment. With chronic or prolonged stress, these negative effects are exacerbated. This is why I've coined the phrase, '*stress is a dream stealer*'.

Alternatively, a stressful situation can propel one into action (fight or flight) to seek appropriate solutions and to think out of the box. Perhaps to rise above current abilities or circumstances, and ultimately to make a different, more inspired choice that serves one better i.e. change jobs, leave a relationship, move to another city etc. In this instance, stress is a catalyst, and provides inspiration and motivation for change.

- Over time daily stress can leave one feeling pressured, overwhelmed, exhausted and frayed at the edges. This can create a potential health risk, and possibly place both work and relationships in jeopardy. In this case, we should not be in denial of the effects of our stressful lifestyle but view this as an early warning signal. In this light, the stressful situation should be embraced as a gift and blessing, not a curse. Perhaps now more than ever, it is time for you to make necessary lifestyle changes.

**Heed those early warnings signals – be alert, aware, open and honest with yourself.** Self-mastery and understanding is all about self-awareness and observation. Don't play the game of being a martyr because that serves no one, least of all you. In reality, denial, resistance, and stubbornness doesn't serve you either. These reactions often exacerbate the problem, and create further unnecessary stress. Honest reflection is vitally important when addressing stress and stressors, and when you know what to look out for, there are numerous tell tale or early warning signals calling for your attention. The more you deny, resist and stubbornly refuse, the louder the alarm bells become. Be clear. Be congruent. Without doubt stress is an early warning; take cognisance of that hunch and the tiny inner voice calling out for help.

As a dear friend often said, "*Truth is hidden in plain sight*", and so are our solutions to stressful circumstances. We simply need to be open, remove our blinkers and resistance, breath, relax and get ourselves out of the way – again simple, not necessarily easy to do! If all else fails, ask your colleagues, family and friends for honest feedback about the effects of the stress in your life – they'll tell you the truth if you ask for it.

## **Since stress is natural, and considered a normal part of life, stress can serve a useful purpose.**

For many people the daily demands, deadlines, frustrations and hassles are so common that stress has become an accepted way of life. For some people, there is a warped perception that stress, or the amount of stress, is actually indicative of success and therefore a necessary ingredient of success, proudly worn like a '*badge of honour*' says Dr Lissa Rankin. In other words, success and stress automatically go hand in hand – implying the more stressed or "hectic" you are, the more successful you are. Be careful of that belief and expectation – it is not true. Stress implies strain, resistance, force, exerting willpower, or a refusal to change or accept what is. In other words, you're not 'in flow' and not going with the natural flow of life; instead you're trying to swim upstream, hence the resultant stress. Living this way is not conducive to successful living; the consequences are both delusional and dire.

**I love this word 'impossible'. It means 'I'm Possible'.** In other words, within me are all possibilities so anything becomes possible – referring back to our innate wisdom where anything and everything becomes a possibility because we are drawing from an infinite resource, or a universal consciousness. When we are stressed, we automatically block solutions from appearing spontaneously. This is why applying breathing and relaxation techniques to stressful situations yield profound results. Conscious breathing refocuses the mind to the body, and the present moment. Relaxation is simple process, but may not be easy

to implement – a good example is meditation, which is a simple exercise but it isn't easy to quieten a busy and stressed mind! I cover a variety of stress relief techniques in my book, *Stress Gone! How to identify and reduce stress easily*. These simple yet effective techniques can be used in any day-to-day stressful situation regardless of whether you are in a boardroom meeting, giving presentation, stuck in traffic, on the phone or during a heated argument.

**When we are clear, focused, relaxed and totally congruent about what it is we want, life usually flows easily and so does the success.** The real issue is that most of us are not clear or congruent with what we want, and these conflicting states cause us to vacillate, with stress as the result. Don't get me wrong, a degree of stress is a necessary ingredient for motivation and inspiration, particularly in order to go above and beyond a perceived limitation.

Essentially personal development and growth hinges upon one's success (or failure) in handling stress and stressful situations. And, what one learns from these situations boils down to one simple thing; our attitude. Adopting a positive attitude, together with an awake, aware and open mindset will go a long way towards one's progress and success in life. Right attitude determines right results, and contrary to popular belief, life is constantly supporting us by giving us opportunities to learn and grow. Stress is so often a gift in disguise, your attitude will determine whether or not you receive the gift, or miss out completely. As the saying goes, when life throws you lemons, make lemonade!

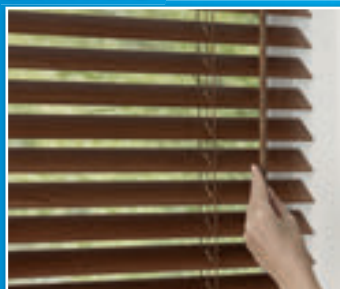
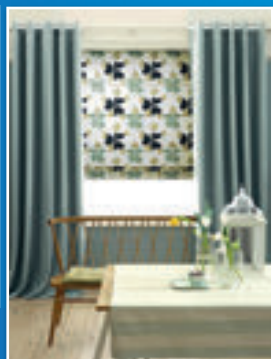


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James Clarke

# WHERE HAVE ALL OUR IDOLS GONE?

**N**ot long ago I came across a book called *Cleopatra* by Duane W. Roller (Oxford University Press) that, for a change, did not denigrate one of history's iconic figures.

On the contrary, it reveals that Cleopatra, Queen of Egypt, was a skilled naval commander, a published medical authority and an expert royal administrator who was met with adulation throughout the eastern Mediterranean – she was the hope for a future eastern Mediterranean free of Roman domination.

Nor was she promiscuous. Before she died her only two known affairs hardly made the Sunday papyrus.

Usually, these days, writers tend to demolish the registered owners of great names. Look how they demolished the reputation of Scott of the Antarctic by revealing that he was a bit of a moffie whose poor decisions led to the deaths of all his men. Baden Powell, they said, was a cross-dresser. Robin Hood was merely a dirty rotten crook and Bonnie Prince Charlie was a flea-bitten wife-beater covered in sores.

We South Africans have been less critical of our folk heroes. Yet, years ago I was able to rev (as we newspapermen like to put it) that Dick King, our equivalent of America's Paul Revere, was not the hero that people think he was.

You will not find this in the history books but here is what really happened. It began one day in 1842 when King set out to ride from Durban to Grahamstown. His commanding officer shouted, "King! The enemy is about to attack!"

Dick was acutely aware of this. He knew the Boer forces of the Nieu Republiek van Natalia were approaching with their battle cry, "Skiet die Rooinekke!" while the top of the pops in Natal was "Shoot the Boer!"



Dick said: "Sir! I must get these dispatches to Grahamstown!"

His brothers-in-arms could well have been forgiven for believing that Dick King had important papers. In fact Dick was fooling everybody by holding the Port Natal Dispatch under his arm. He was in fact moonlighting as a newspaper delivery boy.

"Come ye back!" roared the Colonel.

"I must hither hence and muster reinforcements!" Dick cried. He cried a lot did our Dick, especially when he read and reread *The Little Match Girl*.

It was one of many reasons his comrades in the Port Natal Volunteers were only too glad to see the back of "The Sniveller" as they called him.

As he sat there revving his faithful horse, Cyril, the CO shouted, "King! Dammit! Grahamstown is 600 miles from here! We'll all be dead by the time you get back!"

Richard (Dick) Philip King, b. 1811 Gloucestershire, England, had already worked this out.

"Six hundred miles should be far enough," he muttered to himself behind his hand. This habit of muttering behind his hand was another reason

his comrades would be glad to see the back of him.

"Anyway," he muttered to himself, "Mummy, in Grahamstown, will bake me some fairy cakes." His weakness for sweet things had resulted in his face being covered with pimples which he picked incessantly – another reason why the boys would be glad to see the back of him.

His father often admonished him about it: "Dick, if you are going to pick your face at least pick a better one?" (Yes, this old joke was invented by King, Snr, Albert Roger, b. Lancashire, England 1781, d. Bathurst, E. Cape, 1859).

Slipping Cyril into first gear and, showering the beleaguered garrison with Lower Carboniferous grit and toffee wrappers, Dick King sped off. History tells us he rode non-stop to Grahamstown covering the 600 miles (960km) in 10 days 10:32 hrs. It actually took him 18 months. For a start he kept falling off. He died in Poverty. Poverty, in the Eastern Cape, is now renamed Xhlup which is onomatopoeia for the sound a man makes falling off a horse into mud.

For more James Clarke, visit Blogsite:  
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