



The
Villager

**Another
successful
Khomani
outreach!**

**Positivity
breeds
success**

Travel: Northern Farm



I am Irene Farm Villages & Centurion Golf Estate

Peter Varrie 082 457 7416, pamgolding.co.za/peter-varrie

Office: 012 644 8300



THESE ARE SOME OF THE PROPERTIES THAT I SOLD IN THE PAST YEAR



SOLD

R4.55 million



SOLD

R2.2 million



SOLD

R2.7 million



SOLD

R2.9 million



SOLD

R3.85 million



SOLD

R2.2 million



SOLD

R4.35 million



SOLD

R2.57 million



SOLD

R3.85 million



SOLD

R5.8 million



SOLD

R3.35 million

I WOULD LOVE
YOUR PROPERTY
TO BE THE NEXT
HOME TO BE SOLD!

I am
Peter Varrie
Irene Farm Villages &
Centurion Golf Estate

I can do the same
for your property too.

Please contact me
for your requirements.

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 2017.



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

Nestled in a pan handle for extra privacy, this home offers everything that a family is looking for including a massive stand of 1220 sqm.



R3 570 000

Open plan lounge, dining room and kitchen that allows you to interact with your guests while you cook up a storm. The enclosed braai room is adjacent to the dining room and creates a beautiful setting for entertainment. 1 bedroom downstairs with its own bathroom, perfect for guests. 3 bedrooms upstairs, including a spacious master bedroom with en suite bathroom, built-in study, double garage and servant's quarters with bathroom.

Sole and exclusive mandate

Contemporary living in the heart of the award-winning Irene Farm Villages. House is in mint condition and move in ready, a true stunner.



R3 950 000

A truly modern marvel, a double volume entrance creates space and serenity. 1 bedroom downstairs, perfectly positioned for guest with its own bathroom. Downstairs features an open plan design with 2 lounges, 2 fireplaces, dining room and a spacious cherry wood kitchen. There are 3 bedrooms upstairs including main suite with full en suite and balcony overlooking the garden. The home offers 3 garages, outside toilet with shower, alarm and much more.

Sole and exclusive mandate

This palatial home will leave you breathless the second the front door opens to reveal the top class, elegant finishes and layout.



R4 295 000

The magnificent bathrooms to the spacious bedrooms are all designed to leave you wanting more. The main bedroom with en suite bathroom has its own kitchenette and private lounge. 4 living areas with semi open plan design, patio overlooking the pool for those summer days or sun downers. The kitchen is solid beech wood with granite tops. Features include Underfloor heating, Air-conditioning, tinted windows, servants quarters and double garage.

Sole and exclusive mandate

Perfect condition, perfect location. Neat as a pin, just bring your furniture and make this home yours.



R2 999 000

This home is situated in the award-winning Irene Farm Villages, right opposite a park. The home offers 2 lounges, dining room, a solid wood open plan kitchen and outdoor patio. The rooms are spacious and the home features a full guest bathroom. The main suite is huge with an en suite bathroom. The generous stand will be enjoyed by the younger members of the family. Double extra sized garage, and additional parking. Call now make this dream home yours.

Sole and exclusive mandate

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



At van Niekerk



Dear Residents

The summer rain came early in October. We were blessed with about 50mm of rain over the first two days. Most of the home gardens in the Estate are in a beautiful condition, displaying well prepared lawns and laid out flower beds. We would like to thank our residents for their effort in making the Estate a feast for the eye, which not all residential estates can show off with.

Talking of flower beds, you would have noticed that the garden service team was busy during August and September with the new landscaping on the outside of the North (second) entrance. All the plants and the rock material that was used for the landscaping, were harvest and collected from inside the Estate. The landscaping was done in consultation with Jason Fick, the Operation Manager of Garden Creations, our garden service provider. This project was carried out at no additional operational expenditure for the HOA.



The next project that the garden service team started with, was in the beginning of October, is the re-landscaping of the circle at the North (second) gate. Some of the current plants will be relocated in the circle, whilst new plants will be planted

as well. More succulents will be planted, to save on the HOA's water consumption.

The recycling programme in the Estate is running well. We would like to thank all the residents, who are





taking part in this programme. Without any doubt, it is in the best interest of our community. For the past three (3) months (July, August and September) an average of 7,000 kg of recyclables were collected per month at Irene Farm Villages, which is the most amongst the six (6) estates, where Remade Recycling is collecting.

In the previous issue of *The Villager* it was mentioned, that the M & T Developers gave notice of the two new township developments on the East-side of Pierre van Ryneveld Road, referred to as Irene Extensions 194 and 195. No comments were received from our Members. The HOA Board lodged twelve (12) objections at the Tshwane City Council. After the lodging of the mentioned objections, the HOA appointed sub-committee met with the representatives of M & T on the 27th September. We are glad to mention, that M & T has undertaken in writing, to commit themselves to all the objections raised by the HOA, except for the Pierre van Ryneveld Road being a dual carriage-way from the North gate to the Irene Village Mall. A Traffic Impact Assessment ("TIA") was carried out by M & T, which will be made available to the HOA.

Apart from the above mentioned ongoing discussions with M & T, we also addressed the matter pertaining to the installation of a traffic light at the intersection of Pierre van Ryneveld Road and the North-gate access road. M & T confirmed in writing, that they support the traffic light and that provision has been made for such installation. They have applied to the Tshwane City Council to proceed with the

installation of the traffic light, but was denied consent, due to the fact that the traffic volumes are currently not sufficient to warrant the installation, primarily due to the fact, that no new traffic has yet been added to the road network by any of the new developments. Once there is new traffic flowing from the new development under construction, the HOA in conjunction with M & T, will address the matter with the Tshwane City Council. In the meantime, the residents, that use the North-gate will benefit due to the new bus/taxi-ranks that were constructed along Pierre van Ryneveld Road. Any comments from our residents are welcome and will be attended to by the specific sub-committee.

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from our residents
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sub-committee.**

The Infra-Structure Development Plan ("IDP"), which is the upgrading of the two gate houses and the operational area, is progressing. The building plans have been completed and approved by the HOA Board. A land surveyor was appointed to survey the three (3) HOA properties, which are affected by the IDP-project. The building plans are scheduled to be submitted to the Tshwane City Council during November.

Our annual family fun-day will take place on Saturday, the 2nd December from 09h00 until midday. There will be lots of fun for old and young, refreshments, stalls and a special visit by Santa Clause. We invite all our residents to this special event and to spoil your family on the day.

Our residents are reminded of the following rules:

- To ensure that your levy account is settled by the 7th of each month;
- Members are liable for the conduct of their visitors, contractors, household workers, etc;
- All workers, regardless of the nature of the work to be carried out, shall access the Estate only once an access card or permit has been issued by the Estate Office or Security to such workers;
- No activity, that can cause a nuisance, disturbance, aggravation or offensive of nature to neighbours, is allowed;
- Not to exceed the speed limit of 40kph;
- Gardens must be maintained in a clean, tidy and sightly condition to the satisfaction of the HOA;
- No light commercial or other commercial or recreational vehicles, trailers, boats, caravans or trucks are permitted to be parked on a stand, unless in a garage or out of sight from the street and neighbouring stands;
- No Wendy hut may be erected without the approval by the HOA;
- Only parties for children are allowed in parks, subject to the permission from the HOA;
- No vehicles, motorbikes, scooters or quad-bikes are allowed in any park or open space;
- Building plans must be submitted to the HOA for approval prior to any building works being carried out;
- After the completion of any building works, the Member must obtain a new Certificate of Occupation from the Tshwane City Council;
- The exterior of houses is not allowed to be painted in white. Only earth-like colours will be approved by the HOA;
- No thatch or metal sheeting is allowed for roofs;
- The colour and or design of garage doors must be approved by the HOA;
- The painting of driveways must be approved by the HOA;
- Building plans for swimming pools must be submitted to the HOA for approval prior to the construction thereof;
- Air-conditioning units must be effectively screened off or camouflaged to the satisfaction of the HOA and not fitted higher than 1,5 metre from the natural ground level;
- All awnings, canopies or shutters must be approved by the HOA;
- No antennae or aerials may protrude above the highest point of a dwelling without the approval of the HOA;
- Prior to the installation of a solar water heating system, approval must be obtained from the HOA;
- The current minimum penalty is R500 in the instance where no specific penalty is prescribed.



It is again this time of the year when our scholars and students will be tested to prove that they have achieved the goal set for them. We wish you all the best; believe in yourself.

Best regards.

Estate Management

“Mistakes of man: the illusion, that personal gain is made up of crushing others; insisting, that a thing is impossible, because we cannot accomplish it; and refusing to set aside trivial preferences”

Marcus Tullius Cicero

HAPPY Women's Day
7 August 2017

- Love The Apple Women -

The patience to listen,
the strength to support,
the heart to make
a house a home

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082 963 1994
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RENTALS

IRENE FARM VILLAGE

SPECTACULAR!! R5.9 mill

WEB REF: 987



4 bedrooms, 3 bathrooms,
2 living areas, 2 dining areas,
enclosed patio, study/gym, pool,
3 garages and domestic quarters

NINA 082 963 1994

RUSTIC CHARM - SOLE MANDATE R2.8 mill WEB REF: 1013



3 bedrooms, 2 bathrooms, open
plan living areas, solid cherry
wood kitchen, study nook,
covered patio, pool, dbl garage

NINA 082 963 1994

COSY & NEAT - SOLE MANDATE R2.65 mill WEB REF: 1021



3 bedrooms, 2 bathrooms
guest toilet, open plan lounge
and dining + gas fireplace
study, enclosed covered patio,
dbl garage, pool

NINA 082 963 1994

FAMILY HOME - NEXT TO PARK R3.15 mill WEB REF: 1003



4 bedrooms, 2 full bathrooms
kitchen + scullery, lounge
3 open plan living areas
dbl garage, covered patio, pool

NINA 082 963 1994



Willem Richter

Dear Residents

I am happy to say that thus far we have had an incident-free month with regards to breaching of security. As soon as our cameras go live, Bidvest will conduct a full risk assessment of our security. We are continually looking at ways to improve our security.

As always, there are always security risks and I would like to inform residents of the new modus operandi by perpetrators or hijackers. There have been quite a few incidences at other estates where these hijackers, usually two cars and 6 people with fire arms, will follow residents from where they did shopping. They then proceed to hijack the residents right in front of the estate. We have put some remedial plans in place but we caution our residents to be on the lookout for cars following you to your destination. Should you become aware of a situation like this, please drive to our main gate and blow your hooter continuously.

I thought it good for this month's edition to give residents some insight into all the value-added services that Bidvest is providing without any additional payment:

1. Additional undercover guards as and when required.

2. While patrolling, they phone residents to remind them to close their garage doors.
3. The guards make a list weekly of all street lights not working and report back to us.
4. They accompany the garbage truck, ensuring no unnecessary movement of garbage collectors keeping the environment safe.
5. Attend to domestic situations of dogs barking, excessive noise, etcetera.
6. Take roaming dogs back to their owners or to our kennel to phone the resident to fetch the animal.
7. Delivering of *The Villager* to your doorstep.
8. Helping people starting their cars, closing or opening stuck doors.
9. Visiting building sites to ensure no unauthorised persons are on site.
10. Picking up kids' bicycles, toys and handing them in for safe keeping or if they know who the items belong to, they take it to the resident's home.

These are a few of the extra things that they do. Let us also give them the necessary respect they deserve as they are keeping us safe and looking after our belongings.

Again, may I emphasise the importance for residents to ensure that their garage doors are closed and downstairs windows are secured at night.

With regards to the CCTV Project, I am glad to inform residents that we have started implementing and configuring the cameras. Thus, these should be going live by the end of November 2017. A demonstration was planned for the Board and once they are satisfied we will start inviting residents to come and look at the control room and see the cameras

in action. With regards to residents' privacy I can assure you that we will not be invading your privacy and where necessary we will put blind of plates to ensure that the lenses of the cameras do not face towards your property. The plan is that the CCTV cameras must be fully functional by end of November 2017. The installation of the CCTV cameras will improve the general security of the Estate and add value to your property.

I greet you for now until next month. Stay vigilant, safe and report suspicious activities immediately. Only you can help us make a difference.

Kind Regards,

Willem Richter

Acting Assistant Estate Manager
083 274 8829.



IMPORTANT NUMBERS

24HR SECURITY GUARD
ROOM: 012 661 1688

24 HR CONTROLLER:
082 947 7610

24HR SHIFT MANAGER:
082 838 7779

JOC: 079 528 1630

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 Centurion | Tel: 012 665 2189



Giselle — Sales Agent & Rent
 082 346 8640



Machelles — Principal Sales & Rent
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 2 garages

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Cornwall Hill | Ref: RMRS-1276



FOR SALE
R9 980 000
 6 bedroom
 4 bathroom
 5 garages
 pool

Call Machelles: 082 789 7888



3 bedroom, 2 bath-
 room, 2 garages
 Irene Farm Villages
SOLD by Giselle
R3 690 000



4 bedroom, 3 bath-
 room, 2 garages
 Irene Farm Villages
SOLD by Machelles
R3 495 000

Irene Farm Village | Ref: RMRS-0790



TO LET
R19 000
 4 bedroom
 2 bathroom
 2 garages

Call Machelles: 082 789 7888

Irene Farm Village | Ref: RMRS-1228



TO LET
R25 000
 4 bedroom
 3 bathroom
 2 garages

Call Machelles: 082 789 7888

Irene Farm Village | Ref: RMRS-1189



TO LET
R18 000
 3 bedroom
 2 bathroom
 2 garages

Call Giselle: 082 346 8640



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

Summary Income Statement September 2017

	September 2017		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
<i>Levy Income</i>						
Normal Levies	992 116	992 116	6 944 814	6 944 812	2	0.0%
<i>Other Income</i>						
Interest Received	40 589	27 000	341 594	302 884	38 710	12.8%
Contractors Permits	17 000	5 000	122 888	122 888	0	0.0%
Estate Agent Registration	0	0	129 960	129 960	0	0.0%
Post Box Annual Fee	250	500	39 100	39 350	(250)	-0.6%
	1 049 956	1 024 616	7 578 356	7 539 894	38 462	0.5%
Operational Expenditure						
<i>Professional /Administration</i>	64 740	114 980	466 225	469 934	3 709	0.8%
Accounting Fees	34 980	34 980	244 860	244 860	0	0.0%
Audit Fees	479	56 000	58 033	57 500	(533)	-0.9%
Bank Charges	2 734	3 000	23 471	23 733	262	1.1%
Insurance	26 548	16 000	95 379	94 360	(1 019)	-1.1%
Legal & Professional Fees	0	5 000	44 482	49 481	4 999	10.1%
<i>General Office</i>	5 324	14 100	92 500	97 545	5 045	5.2%
Office Equipment	0	1 200	33 600	34 800	1 200	3.4%
General Expenses	0	1 000	6 750	7 000	250	3.6%
Office Refreshment	247	1 000	5 284	6 033	749	12.4%
Printing & Stationary	489	4 750	11 701	15 959	4 258	26.7%
Telecommunication	4 588	6 150	35 165	33 753	(1 412)	-4.2%
<i>Operational Expenses</i>	191 247	181 880	1 224 272	1 226 918	2 646	0.2%
Municipal Charges	42 665	31 000	251 856	241 000	(10 856)	-4.5%
Recycling	8 909	8 909	53 456	62 363	8 907	14.3%
Donations	0	5 000	30 000	35 000	5 000	14.3%
Meetings	1 076	500	3 404	4 500	1 096	24.4%
Salaries & Wages	138 596	136 471	885 556	884 055	(1 501)	-0.2%
<i>Security</i>	494 894	634 383	3 607 268	3 748 371	141 103	3.8%
Access Control (ClickOn)	21 127	22 000	143 829	145 154	1 325	0.9%
- ClickOn Recovery	(10 989)	(10 000)	(71 364)	(70 828)	536	-0.8%
Equipment Maintenance SLA	21 490	20 610	145 151	144 270	(881)	-0.6%
Security Maintenance	7 279	7 000	56 405	57 744	1 339	2.3%
CCTV Equipment Rental	0	105 500	0	105 500	105 500	100.0%
Guarding Services	455 987	489 273	3 333 247	3 366 531	33 284	1.0%
<i>Repairs & Maintenance</i>	146 979	161 225	1 086 442	1 119 685	33 243	3.0%
Fuel	4 073	3 000	22 939	21 000	(1 939)	-9.2%
General Maintenance	2 178	9 150	48 373	75 314	26 941	35.8%
Infrastructure Maintenance	(13 353)	3 255	13 428	30 292	16 864	55.7%
Park Facing Boundary Walls	22 219	13 750	127 364	117 000	(10 364)	-8.9%
Park Maintenance	10 500	8 500	16 638	16 250	(388)	-2.4%
Park Maintenance Contract	121 362	121 370	828 924	828 929	5	0.0%
Vehicles	0	2 200	28 776	30 900	2 124	6.9%
	903 185	1 106 568	6 476 708	6 662 453	185 745	2.8%



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement September 2017

	September 2017		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operating Profit / (Loss)	146 771	(81 952)	1 101 648	877 441	224 207	
Non-Recurring Revenue						
Estate Penalties	3 500	0	84 500	17 500	67 000	382.9%
Late Building Penalties	0	0	87 250	0	87 250	100.0%
Late Payment Penalties	3 375	0	23 625	10 124	13 501	133.4%
Plan Fee Recovery	0	0	42 600	42 599	1	0.0%
- Plan Fee Cost	(5 233)	0	(48 221)	(42 987)	(5 234)	12.2%
Expense Recovery	0	0	3 856	3 855	1	0.0%
Sale to Members	0	0	0	0	0	100.0%
Non-Recurring Expenses						
Scanning of Building Plans	0	0	25 054	25 054	0	0.0%
Traffic Management	0	0	112 518	112 518	0	0.0%
Social Development Projects	4 013	5 000	6 317	10 000	3 683	36.8%
Water Tanker Roadworthy	0	0	0	0	0	100.0%
Park Development	0	0	596	0	(596)	100.0%
Historic Tshwane Accounts	0	0	0	0	0	100.0%
Environmental Development	0	0	0	0	0	100.0%
Cash Provision	0	98 113	0	98 113	98 113	100.0%
Net Positive/ (Negative)	(2 371)	(103 113)	49 124	(214 594)	61 318	
Net Profit / (Loss)	144 400	(185 065)	1 150 773	662 847	285 525	
None	0	0	0	0		
CSOS Levies	13 302	0	39 907	0		

Irene Farm Village Home Owners Association - Infrastructure Development						
	Actual	Budget	Actual	Budget	Value	%
Revenue						
Special Levies	203 671	203 984	1 436 037	1 427 888	8 149	0.6%
Stand Sales			0	0	0	100.0%
Projects						
WIP - CCTV Project		101 856	101 856			
WIP - Infrastructure Development Project		158 394	158 394			
WIP - Land Purchase Project		0	0			
WIP - Power Solution Project		1 620 304	1 620 304			

Account Ability

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Sovereign Drive,
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Corporate Park

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8:00 to 13:00
Monday to Friday

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082 780 0059

Accounts Email:
accounts@aams.co.za

IFV Accounts:
Winy Boshoff



Summary Income
Statement by
Account Ability

Capital is that part of wealth which is devoted to obtaining further wealth.

Alfred Marshall

Khomani San outreach

Once again a big thank you to every single person and each company that contributed to the success of our outreach. The major portion of the clothing and other items donated to the Khomani San came from our generous IFV family. To observe the excitement and gratitude from the recipients of the gifts is indeed a gift in itself.

Thank you to our generous sponsors which include the following companies and individuals:

- Residents of IFV for the contribution of clothing and other items.
- IFV Home owners association for the donation of 250 boxes for packing of the family boxes
- Nick Nicolaou and Monument Park Spar for generous sponsorship of groceries.
- Tip Top pets, Centurion, for sponsoring dip, leashes and bowls for the animal project.
- Children and parents at Louis Leipoldt primary school in Lyttleton, and other individuals for the donation of pet food.
- Financial contributions from many individuals made it possible to purchase and distribute 120 solar lights to the community.

Gail Horak



Offloading parcels



Christa and Anlia



Clothing packed per family



Kalahari sunrise



Gertruida Griekwa



*Gert Bok and Pieter
Gail with Vinie van der Westhuizen*





Petrus Vaalbooi and Elna



Telling stories

To observe the excitement and gratitude from the recipients of the gifts is indeed a gift in itself.



Riani's photograph of Katrina Kruijper



Sune & Children

I had the opportunity to spend some time with the #Khomani San in the Kalahari. It was wonderful to experience the excitement of all the children playing games and having fun together.

The community have great appreciation for everything they have and it is something we can learn from them. I realised that I don't always need to have the newest item or the latest craze to be happy.

It was great to realise that something small and caring for each other makes a difference in all our lives. It was a fantastic week that I will never forget!

Sune Enslin



Erika

It was a wonderful holiday! I had the opportunity to visit the San.

It was delightful to see the happiness in the children's faces and it has been a long time since I had such a warm feeling in my heart.

I've learned that it doesn't matter how big and strong you are as long as you do what you believe is right .

Helping with the animal project was also very special.

Erika Enslin

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**4th Avenue
Properties**



LET



LET

R3 Mil Web ref: 1709378

3 bedrooms, 2.5 bathrooms,
lounge, dining room, study,
braai patio and pool.



FOR SALE



Contact us for sales and rentals in Irene farm Villages and surrounding areas. We have properties for sale in Pierre Van Ryneveld ranging from R1.2 mil to R1.7 mil

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NORTHERN FARMS



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

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

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

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

Northern Farm, owned by Johannesburg Water, is just 15 minutes from that landmark cluster of towering building cranes above burgeoning Fourways in Sandton.

It's maybe 30 minutes on the N14 from Pretoria's western suburbs.

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

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

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

Ready to take on the red route at a cattle pen (note the arrow).





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

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

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

The entrance fee is R50 per person but cheaper if one buys a multiple access card.

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

The farm’s information sheet says, “Route 1 for mountain bikes runs through the middle of the farm and is mostly a sand road and ideal for beginners. If you want something a little bit more technical and challenging, try for Routes 2 and 3, which incorporate fantastic one-direction tracks in the Blue Gum Forest and the Mamba Trail. Route 3 adds an extra few kilometres by taking you down to the bottom of the



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

farm, and it also includes the more technical single track (winter months only) that runs along the river”.

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

Talking of a different kind of calves – one Saturday we found



Tree sterilised by roosting birds.



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





Near the Clubhouse – picnic tables in the background.

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

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

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

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

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



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



Three habitats: lake, reeds and woodland.

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

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

Website: Northern Farm,
Twitter handle: @NorthernFarm,
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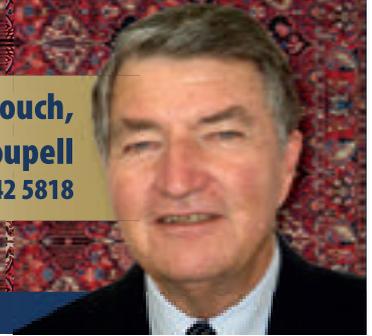
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LET THEM FIGHT

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

Conflict is even more likely to escalate as children reach the hormone-laden teenage years. Says Kevin Lehman MD, author of *Have a New Teenager by Friday* (Revell, 2011), "Nobody wants to live in a war zone, where shells are landing willy-nilly and exploding. That kind of excitement you don't need in a home. Homes should be a place of peace and respect, even if a few skirmishes occur now and again.

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

He agrees with my sentiment that

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

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

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

"If one of your kids is wily and strong-willed and the other is much more laid-back, I can tell you that with great

regularity the powerful kid will be the one who decides what the solution is. However, the street-smart parent will defer to the more manatee-like type personality – the one who floats along in the water of life – and ask, "Is that really how you want this to be?" You give that child the opportunity to speak up.

"If she says, "Well not exactly," you say, firmly, "Then, you guys need to talk longer until I get a fair, balanced solution to this problem. It sounds pretty one-sided to me." Now your teenagers will play their guilt card on you. They'll accuse you of treating them like little kids. "Well," you say, unruffled, "you're acting like little kids, so I guess that fits."

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

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

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Positivity breeds success

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

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

Positivity makes you healthier

Research has shown that a positive attitude makes you feel better, literally! Researchers from Harvard University and in California found that the circle of positive energy actually extends out to three to four layers of people. When you will feel better about yourself, others around you will feel better too. Positive thinkers are healthier; less stressed, have stronger

immune systems, are more productive and have a greater overall sense of well-being. Positive people are also more likely to act rather than react. A positive attitude really, literally, is contagious.

Suzanne Segerstrom, a positive psychology researcher, maintains that, "Setbacks are inherent to almost every worthwhile human activity, and a number of studies show that optimists are in general both psychologically and physiologically healthier". Pessimists' health also deteriorates far more rapidly than those of optimists as they age. (Seligman Research Study, Dartmouth.)

Share with your children that when you feel good and you have a positive attitude your brain chemistry changes,



you release more endorphins, serotonin and all of those feel-good substances – sound like good reasons to maintain a positive attitude. People are attracted to and energized by positive people and their positive energy. Luckily, attitude is also easy to control. When you start to feel your attitude spiralling into negativity, be aware of it and consciously choose to avoid it and stop it. It is your choice. Your thoughts directly affect your words, and your words become actions, which in turn become habits, and habits form character.

Positivity makes you more resilient

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

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

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

There is a great saying.

“If you can't change it, change the way you think about it”.

Positivity helps you perform better

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

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

How to teach positivity

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

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

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

- **Life is like a mirror – it reflects back what we project:** Approaching situations with negative expectations will most likely result in missing out on positive experiences. If we expect to find positives, chances are good that we'll find them. Even if we come across some negatives, we might classify them as temporary setbacks or hardships that will soon be overcome. For our children, being armed with a positive outlook, even in the face of tough challenges, will serve them well throughout their lives.
- **Start the day with a positive affirmation:** This will set the tone and mindset for the day. Any positive message should do the trick – “Today I will have a good day”, “Today I am going to have fun”, “Yes, I can”.
- **Take the ‘t’ out of can't:** You can do anything and at the very least you should try. By not even trying you will never know what could have been.
- **Learn from mistakes:** We all make mistakes and learn something from each of these experiences. Think about next time and what to do differently.
- **Laugh at yourself:** Taking ourselves too seriously is often at the core of pessimism. Help your child to find the funny side in bad situations and encourage them to crack a joke about it and laugh at themselves.
- **Surround yourself with positive and uplifting people.**

In communicating with our children we also directly impact on their personal attitude to life and the people in it. Communication helps all of us to deal with what life brings us and that shapes our views on the world and

how we react. The reverse is also true. A negative attitude will negatively impact on communication and so a downward spiral forms. It's amazing how often attitude plays a greater role than intellectual ability. In many situations, people with average ability and a brilliant attitude are more likely to succeed than a brilliant person with a bad attitude. No matter how young or old we are, a positive attitude is an indisputable powerful ally. It helps us to make it in life.

Encourage the right attitude – it allows us to see creative options instead of dead-ends, it highlights opportunities where others see threats or gloom, and it helps to surmount difficulties. A positive attitude can attract happiness and friends, solutions and prospects, and it helps in achieving goals and success. It is also incredibly energizing, inspirational and motivational. Encourage a positive attitude

and help your children to apply it in their lives. This will allow them to see and experience life very differently than those who go around with a spirit of heaviness and negativity.

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Other sources:

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

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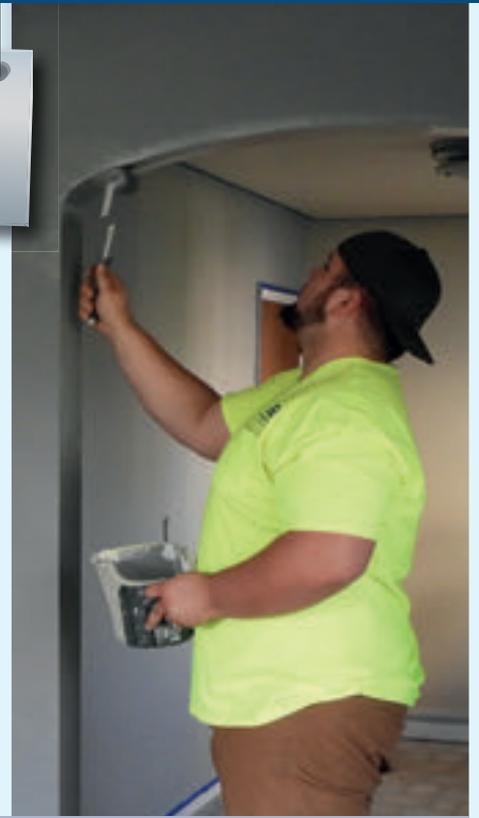
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BEWARE THOSE SILENT VEHICLES



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

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

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

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

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

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

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

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

There just has to be some way for a

motorist driving a silent EV (electric vehicle) to warn pedestrians that he or she wants to get through.

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

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

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

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

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

In 2009 the US National Highway Traffic Safety Administration found that EV's are twice as likely to hit a pedestrian or cyclist as a conventional car. They also found that accidents commonly occurred in zones with

low speed limits – when vehicles are slowing or stopping, reversing or entering or leaving a parking space.

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

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

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

"Jane."

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

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

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

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

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



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