



The Villager

Issue 2 • 2017

CCTV

FTTH
(Fibre-to-the-home)

Recycle



I am Irene Farm Villages & Centurion Golf Estate agent

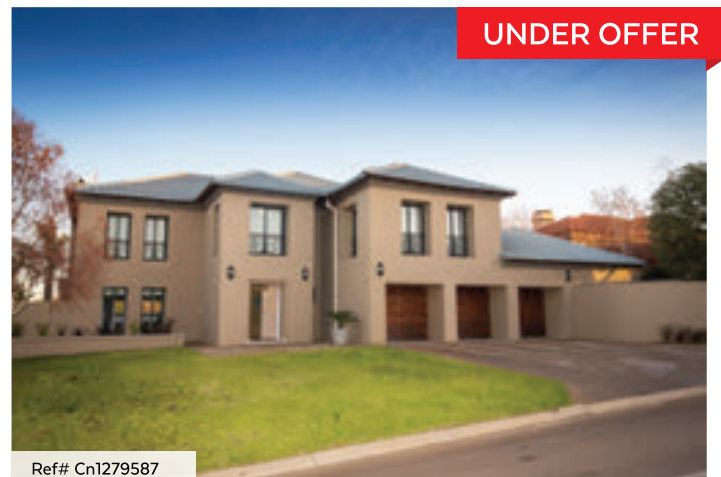
Peter Varrie 082 457 7416, pamgolding.co.za/peter-varrie

Office: 012 644 8300



I am
Peter Varrie

Irene Farm Villages &
Centurion Golf Estate



I can do the same for your property too.
Please feel free to contact me for your sales and rental requirements.

Wishing you a happy and successful New Year!

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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- 2 From the Estate Manager
- 6 Security
- 8 December Financial Statement
- 11 Health
- 14 Life Talk
- 16 Smalls/Classifieds
- 17 Accredited Agents
- 18 Body 20
- 19 Irene Service Providers
- 20 Humour

Cover by Madeleine Du Plessis
at Rietvlei Nature Reserve

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At van Niekerk

Dear Residents

I trust you have already saddled your horse for 2017 and are enjoying the challenges for 2017. At the time of writing this article Giniel de Villiers was in the third position at stage four of the Dakar with the Proteas in a strong position to win the second test against Sri Lanka.

We are very thankful for the abundance of rain we have had in the last couple of weeks. The garden services team has been working very hard to keep up the maintenance of the parks, especially during the few days prior to the festive season and before they took a well-deserved rest of ten days. A large amount of topsoil has been placed on the park lawns, which hopefully will stimulate the growth of the lawns after the severe drought that we had.

During 2017 the following HOA projects should progress to finality:

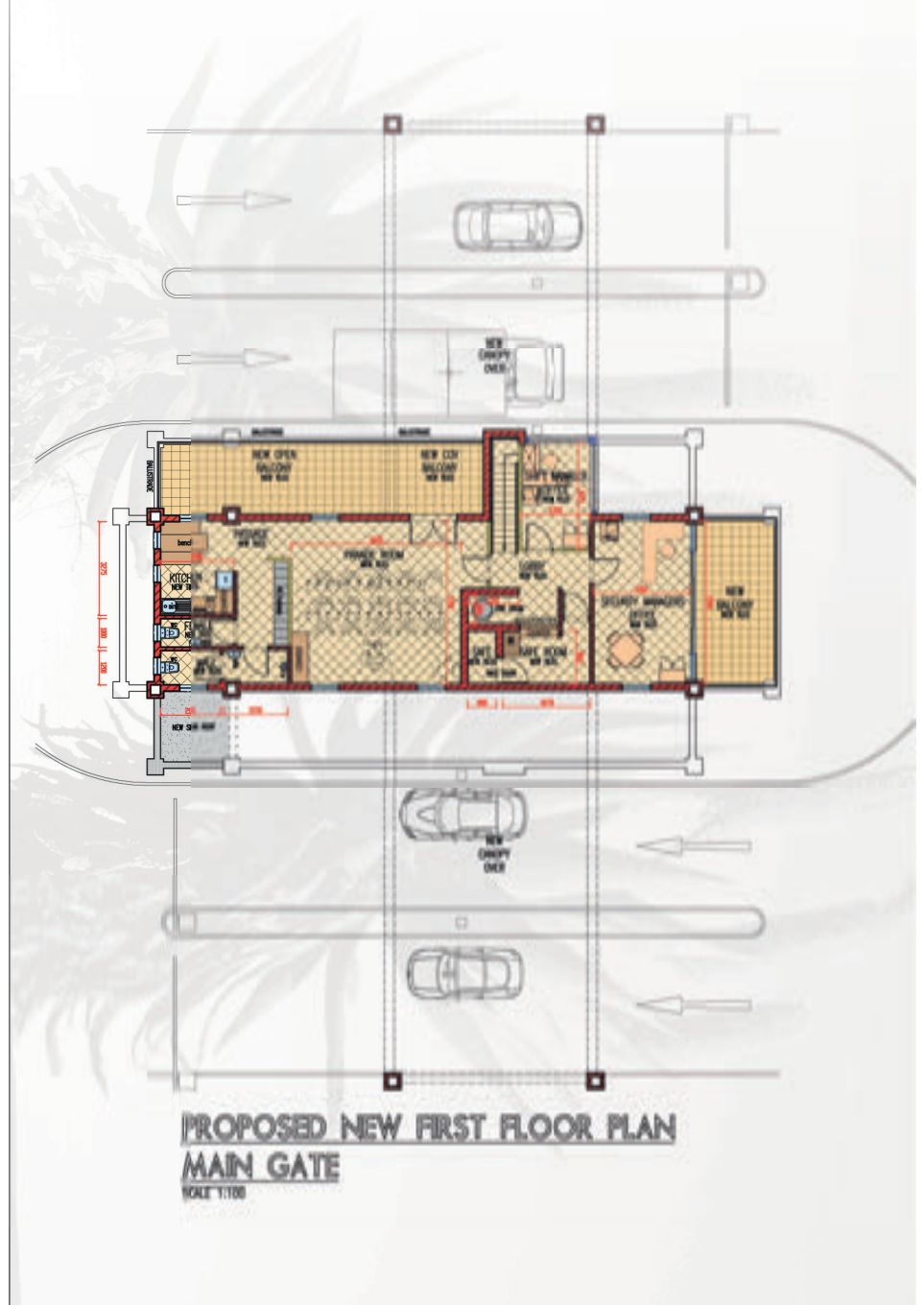
- **The CCTV-project:** After going out on tender, X-On was appointed as the preferred supplier. The installation of the camera surveillance system will follow once the trenching around the perimeter fence has been completed by Vodacom. The projected cost of this project is R4,177,688, which costs will be funded by means of a rent-to-own agreement with X-On.
- **The Power Solution** will provide power to the cameras around the perimeter fence. Spectra Projects was appointed as the preferred supplier. The costs for this project

is R1,717,232, which will be funded through available HOA reserves.

- **The Infra-Structure Development Plan ("IDP")**, which mainly includes the upgrading of the main and second (North) gates and the operational area (old contractors yard at the main gate). The estimate cost of this project is R9,471,026. The construction and

building work can only commence once the building plans have been approved by the Tshwane City Council.

- **The Vodacom fibre-to-the-home ("FTTH")** project should kick-off early in 2017 as the Tshwane City Council has approved the micro-trenching in the Council roads.



SOUTH GATEHOUSE FIRST FLOOR



Our Members will be updated on progress made on these projects on a regular basis via the bulk e-mail message system.

The building plans of all the properties (654 stands) are in the process of being scanned. Once this exercise has been completed, our Members will have electronic access to their plans, which are currently on file at the Estate Office.

One of the ways to enhance the value of the properties in the Estate is to ensure that the gardens of all the properties are clean and tidy. To achieve this, owners or their tenants must attend to the maintenance of the garden at least once a week.

The recycling programme in our Estate is growing steadily. One would like to see that the participation percentage increases from approximately 50% to 100%. There is no reason why Irene Farm Villages cannot be the first residential estate where there is a 100% participation. We urge you to talk to your neighbours and encourage one another to recycle. Remade Recycling is the HOA-appointed company that collects all the recyclable waste on a Thursday. Below you can see the waste tonnage that was collected during 2016.

Irene Farm Village	
Jan-16	6 770
Feb-16	4 060
Mar-16	7 870
Apr-16	5 770
May-16	5 600
Jun-16	7 720
Jul-16	6 840
Aug-16	5 650
Sep-16	6 370
Oct-16	6 080
Nov-16	8 930

Green recycling bins are available for sale at the Estate Office at R890 per bin.



Residents are reminded that Security Personnel are prohibited from receiving any parcels from courier companies on behalf of Residents. The main reason behind this decision and protocol, is the lack of a facility and control system for the safe-keeping of a parcel until collected at the Security or Estate Office by the Resident.



The Estate's Community Investment Committee ("CIC") is inviting Residents with an interest in contributing to an array of activities and projects focusing on supporting the welfare and development of our Residents as well as the wider community and surrounds to contact the Estate Office as we welcome your participation.

Estate News

Residents are reminded to re-register their household workers for 2017, for example domestic workers, gardeners, drivers, au pairs, etc. The bio-metric access of the domestic workers who are not re-registered will be suspended, pending the re-registration. Also make use of this opportunity to register your pets!

Speeding and the failure to stop at stop streets remains a serious problem in our Estate. Residents are once again requested to adhere to the Estate traffic rules, which are binding on all of us. The last thing that we would like to see is a child that is injured due to the negligence of a driver in the Estate. A scouting camera is in use to track down drivers who fail to stop at stop streets. Several penalties have been issued with the HOA Board showing no leniency to cancel or reduce the penalty amount.

With the heavy rains, Residents are reminded to make sure that there is proper drainage for storm water. We often find that the boundary



drain pipes are blocked, which could cause serious damage in the instance of a heavy rain storm. Remember, it is trite law, that the lower-lying property must receive the storm water from the higher lying property.

A special word of thanks to all our Residents who made donations towards the 2016 Christmas Fund for the security and garden service staff. The groceries and cash funds were

distributed amongst the 55 personnel. The staff showed much appreciation for the donations.

Babe Ruth once said:

“You just can’t beat the person who never gives up”.

Regards from the Estate Management





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Marchell Galant

Dear Residents

Happy New Year to all the Residents of the Estate, I trust that you all had a good festive season and have had a good holiday.

We have experienced a few issues where vandalism has taken place. We once again call on our Residents to assist the Estate Management and Security with the prevention of vandalism as well as identifying the perpetrators.

Resident should please talk to their children about vandalism and the consequences of vandalism. Parents

should also speak to the visitors and their kids about vandalism.

The Estate management have noticed that in a few situations we dealt with, that some of the kids that were involved in vandalism were visiting our Estate (IFV).

Residents are reminded to please make sure that all household workers are re-registered for 2017. All household workers are to be re-registered before 13/01/2017.

All new household workers can be registered with the HOA office

weekdays between 07:30 and 16:30.

The Estate Management urge all Resident to refrain from driving household workers into or out of the Estate, not only is this a Security Risk but also a contravention of the Security protocol and HOA Rules and Regulations.

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

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

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

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IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

Summary Income Statement December 2016

	December 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
<i>Levy Income</i>						
Normal Levies	916 815	910 648	9 132 912	9 106 480	26 432	0.3%
<i>Other Income</i>						
Interest Received	48 605	10 000	410 142	100 000	310 142	310.1%
Contractors Permits	7 890	10 000	122 065	100 000	22 065	22.1%
Estate Agent Registration	0	0	129 960	129 960	0	0.0%
Post Box Annual Fee	0	2 500	11 970	25 000	(13 030)	-52.1%
	973 310	933 148	9 807 049	9 461 440	345 609	3.7%
Operational Expenditure						
<i>Professional /Administration</i>						
Accounting Fees	62 545	54 155	626 711	623 640	(3 071)	-0.5%
Audit Fees	33 000	33 000	332 280	330 000	(2 280)	-0.7%
Bank Charges	3 399	0	58 801	65 000	6 199	9.5%
Insurance	3 022	2 500	27 537	25 000	(2 537)	-10.1%
Legal & Professional Fees	11 064	8 655	115 321	103 640	(11 681)	-11.3%
	12 060	10 000	92 772	100 000	7 228	7.2%
<i>General Office</i>						
Office Equipment	18 802	30 700	117 211	139 800	22 589	16.2%
General Expenses	1 087	1 200	7 049	11 800	4 751	40.3%
Office Refreshment	1 934	21 500	24 489	45 000	20 511	45.6%
Printing & Stationary	4 195	1 000	9 089	10 000	911	9.1%
Telecommunication	6 536	3 000	27 439	33 000	5 561	16.9%
	5 050	4 000	49 145	40 000	(9 145)	-22.9%
<i>Operational Expenses</i>						
Municipal Charges	209 296	262 413	1 508 906	1 746 125	237 219	13.6%
Recycling	19 328	50 000	307 270	500 000	192 730	38.5%
Donations	0	8 663	75 550	86 625	11 075	12.8%
Meetings	5 000	5 000	40 000	50 000	10 000	20.0%
Salaries & Wages	585	750	3 463	10 500	7 037	67.0%
	184 383	198 000	1 082 623	1 099 000	16 377	1.5%
<i>Security</i>						
Access Control (ClickOn)	599 600	555 245	5 235 231	5 256 438	21 207	0.4%
- ClickOn Recovery	21 600	22 000	202 688	220 000	17 312	7.9%
Equipment Maintenance SLA	(8 619)	(12 000)	(92 332)	(120 000)	(27 668)	23.1%
Security Maintenance	41 220	21 045	191 937	196 545	4 608	2.3%
Guarding Services	42 298	7 000	93 221	70 000	(23 221)	-33.2%
	503 100	517 200	4 839 717	4 889 893	50 176	1.0%
<i>Repairs & Maintenance</i>						
Fuel	146 207	153 164	1 429 234	1 466 423	37 189	2.5%
General Maintenance	1 564	3 000	27 801	30 000	2 199	7.3%
	12 712	9 850	54 587	96 700	42 113	43.6%



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement December 2016

	December 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Infrastructure Maintenance	4 240	3 000	34 936	30 000	(4 936)	-16.5%
Park Facing Boundary Walls	12 362	12 500	122 302	125 000	2 698	2.2%
Park Maintenance	0	4 500	41 827	45 000	3 173	7.1%
Park Maintenance Contract	114 492	118 814	1 125 481	1 123 323	(2 158)	-0.2%
Vehicles	836	1 500	22 302	16 400	(5 902)	-36.0%
	1 036 450	1 055 677	8 917 293	9 232 426	315 133	3.4%
Operating Profit / (Loss)	(63 141)	(122 529)	889 756	229 014	660 742	
Non-Recurring Revenue						
Special Levies	219 691	0	219 691	0	219 691	100.0%
Estate Penalties	1 000	0	31 650	0	31 650	100.0%
Late Building Penalties	0	0	53 250	0	53 250	100.0%
Late Payment Penalties	0	0	35 619	0	35 619	100.0%
Expense Recovery	1 750	0	16 124	0	16 124	100.0%
Sale to Members	(1 750)	0	3 081 571	0	3 081 571	100.0%
Non-Recurring Expenses						
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	46 155	45 000	(1 155)	-2.6%
Water Tanker Roadworthy	0	0	0	50 000	50 000	100.0%
Park Development	0	0	48 428	60 000	11 572	19.3%
Historic Tshwane Accounts	0	0	1 375	408 000	406 625	99.7%
Environmental Development	0	0	70 976	153 500	82 524	53.8%
Cash Provision	0	25 000	0	170 000	170 000	100.0%
CCTV Project	3 933	0	50 605	0	(50 605)	100.0%
Stand Sales	858 617	0	858 617	0	(858 617)	100.0%
	0	0	35 786	0	(35 786)	100.0%
Net Positive/ (Negative)	(641 859)	(25 000)	2 228 865	(1 062 309)	3 291 174	
Net Profit / (Loss)	(704 999)	(147 529)	3 118 622	(833 295)	3 951 917	

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

"At the 2016 AGM, the HOA Members approved the CCTV camera implementation along the perimeter of the Estate. The Board provisioned R2,000,000 for the cabling and for the power along the perimeter. After going through a tender process with potential suppliers, Spectra Projects was appointed to implement the power provisioning solution. The implementation started in December 2016 with a first payment of R858,617, which lead to the reported loss for the month of R704,999. This loss, which is funded by the R2,000,000, will be capitalised as soon as the project has been completed, correcting the reported loss for the month."

Summary Income Statement by Account Ability

"Being promoted to a top position in your organisation, or even being elected to public office, does not suddenly endow you with financial literacy, if you did not acquire and develop it, earlier in your life."

– Strive Masiyiwa





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A NEW START TO HEALTH

It is a new year, new beginning, another chance to do things differently. A clean page to reset goals, a fresh start with a new mind-set... welcome 2017!



The top 3 things that make the majority of New Year goals are weight loss, more exercise and more time with the family. Health ... yes your health will always be a priority for the year. It is your most prized asset and without it life is just not the same.

So then, for 2016 how did you end the year? Did you achieve your health goals?



Build on your basics. Once you start eating regularly then look for variations to make eating interesting. Once an exercise session starts getting easy push it a notch up. Develop good habits over time.

With all the information out there on the internet and many, many health experts, my recommendation here is to consult someone you are happy with regarding their treatment plan for YOUR needs. Take a look at success stories and testimonials. Look at the plan prescribed and visualize you being able to do this for the long-term – and not just through will-power make it for 3 months and then have a big crash.

Preparation, education and a willingness to change one step at a time key decisions to make this a success for you. The joy of having clients with long-term results is what has always kept me motivated to help even more clients on their health journey.

Make the choice to adopt a healthy Lifestyle and your results for 2017 will be ticked off as a huge success!

We all know the rush to the gym and the healthy meals for week one of the new year: by week two we have already lost a few contenders and by the end of January at least half our ambitious goal setters are nowhere to be seen. What happens to us that we simply cannot keep this on track when it is of such high importance for so many of us?

Let me make it simple for you. The first thing is your MINDSET. If you are looking for the quick fix solutions and the magic pill that promises that no lifestyle change is going to make all your health challenges disappear then you are already setting yourself up for failure. However, just take a second to think about making this a way of life, a way you enjoy eating, a way you enjoying living... then you are on a completely different path and long-term success is most likely to be yours.

Take it one step at a time. When you try to do everything perfectly at one go the chances of your keeping it up are highly unlikely. We all have our good days and then the days where things went a little off track... that is life.

When it comes to diet and your eating habits, make sure your plan is simple, easy and practical to follow. You should be able to buy all your groceries at your local supermarket and if you do need to eat out then you should be equipped with the knowledge on exactly how to do this. When you are equipped with education on how to choose different under various circumstances then you will stay on track with your plan and continue in confidence with what you need to do. The less you need to think about your eating plan, because your choices start happening by default, the more you can be sure you are winning at your health goals!

Easy Health Wellness is a weight loss clinic founded by Dietitian Ajita Ratanjee in Moreleta Park, Pretoria.
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We all want our children to be happy and successful and raising them, in itself, is probably the greatest responsibility we will ever have. Consider then how important love is in achieving this. We may not realise this but, unconditional, demonstrative love, creates a solid foundation for happiness and if they are happy and positive, our children are more likely to succeed and be resilient when they don't.

Benefits of unconditional love

As parents, we may feel alone or overwhelmed by demands placed on us as parents, in the workplace, as caregivers and providers, even as a spouse and, as a result, we may become so absorbed in day-to-day issues that we forget to love our children. How we raise our children affects their confidence,

self-esteem, self-worth and general optimism. Children who are loved unconditionally are more likely to experience the world as a safe place in which they can thrive, with parents they can turn to when they need help or guidance.

According to a study from UCLA, unconditional love and affection can make children emotionally happier and better able to cope with stress.

The study showed that lack of parental warmth can make children more stressed. When we give our love to our children, they are very likely, due to their innate spontaneity, to return it tenfold, which in turn helps enriches our own lives.

Another study in Montreal found that a child's physical well-being is also affected by parental affection. They found that children of authoritarian





Unconditional love also affects a child's brain development and memory.

parents, who focus on achievement and show their children little affection, are more likely to be obese.

Unconditional love also affects a child's brain development and memory. A study found that children with affectionate parents had a larger hippocampus – the part of the brain which controls memory, learning capabilities and stress responses.

Don't just tell them. Show them!

Children, when they are very little, learn about their world, and how to behave, through observation. As they grow, they can understand the meaning of words but, regardless, it is vital to demonstrate love. Telling them is just as important as showing them and there are so many simple ways you can do this:

- **Hugs and kisses** – create a physical connection. If your child doesn't like physical shows of affection think of other ways to demonstrate your feelings. Ruffle their hair or give them a wink, maybe a little light love tap on the arm – anything to show them that you are focusing your affection solely on them. Did you know that hugs reduce blood pressure, reduce stress and can help you sleep better?
- **Smile at them!** Smiling can reduce stress and boost the immune system, whilst releasing endorphins and serotonin which make you feel good. You will benefit and so will they!
- **Tickles and roughhousing** – are fun and spontaneous.
- **Be random** – take a moment, when they least expect it – in the car, when waiting in a queue – to tell your children you love them and maybe add a nice hug or hair ruffle for good measure.
- **Being together** – read a book or

snuggle in bed – these are one-on-one intimate moments which create a bond. Spending time together as a family is immeasurably important.

- **Have meals together** with cell phones off or out of sight. Use meal times to have conversations, to really listen and focus on each other, sharing the events of your day, each taking a turn – you will be amazed at how impactful this can be.
- **Spend time together** with something they chose to do, which they enjoy doing. This will let them know that they are important to you and that you enjoy doing things they love to do too.

Acting out or misbehaving?

If your child is misbehaving, they could be crying out for your time, your love and affection. In a child's eyes, negative attention from a parent can be better than no attention at all. Next time your child is misbehaving, or throwing a tantrum, ask yourself when last you gave them a hug or spent time with them.

Pushing boundaries is how children learn about life, about what is and isn't acceptable. Acting out helps children to reduce their internal stress and it is how they show their hidden emotions. As a result, children often act out or say something to elicit a response. Consider stopping whatever it is you are busy with, to go spend some time with them, distracting and refocusing them on more positive past times. You may well find that a few minutes of your time is all it takes but in the process you avoid becoming frustrated or angry with them. In these circumstances it could be tricky to not lose your temper and to stay positive in your interaction with them but it is worth a try.

It goes without saying that there could be other reasons for acting out such as personality disorders, or abuse, bullying and resulting power struggles but, more often than not, it is the result of suppressed feelings and emotions.

Love makes the world go round.

Teach your children that love is the foundation for happiness. By showing and telling them that you love them, this will in anyway become a learned behaviour for them. Encourage them to do the same, to reach out to friends who may be lonely. Love is the gift that comes at no cost, it can't be bought and shouldn't be earned – just give freely and unconditionally.

For more advice on these and other topics, purchase this book at www.lifetalk.co.za or email Forum@lifetalk.co.za. Proceeds assist our NPO in continuing our vital work in schools and communities countrywide.

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Additional resources:

<http://www.deseretnews.com/article/865627417/5-benefits-of-showing-your-child-unconditional-love.html?pg=all>
<http://www.parenting.com/article/7-ways-to-show-your-kids-love>
<http://forthefamily.org/5-ways-show-love-children/>
<http://www.healthline.com/health/acting-out#Takeaway6>

SMALLS

DOMESTIC WORKERS

My domestic worker, Esnad, is looking for extra days to work on the Estate. She is available on Tuesday, Wednesday and Friday. She is honest, reliable, hard-working and has a good attitude. Her cell number is 062-128-7614. For Reference contact Mariana on 082-927-6502.

Phil, my gardener, is looking for work from Mon–Thursday. Call Tammy on 082-852-8734.

Linah has been working for us for more than 6 years and lives in the Estate. She is looking for domestic work for a Thursday. She is highly recommended, honest, hard-working, good with children and loves animals. Please phone 083-225-3860.

Honest and reliable, Afrikaans speaking young lady from Carnavon is looking for domestic work in the Estate. Preferably stay in position. Contactable references. Please contact Ingrid on 073-062-4489.

Domestic worker Josephine Phiri is available to work on Tuesdays and Fridays in the Estate. They can contact Giselle Bramley (082-454-3070) or Christine van der Westhuizen 082-823-5136 for referrals. She has been working for us for 12 years and is very reliable.

Muno Dube is looking for work on Tue and Thu. She has been working for me for six months and is excellent with cleaning, washing and ironing. Yolande Stand 1819 Call 083 580 9403 for reference or Muno 062 698 0707

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Body20 EMS Training Raised the Bar for the Physical Fitness Industry



When checking out an average conventional gym, it is likely that you will encounter dozens of men and women of all ages engaged in all manner of activities. Some may be furiously pedalling a static bicycle, while others could be observed straining every muscle in their attempts to lift progressively heavier weights. Still others might be manning a rowing machines or a treadmill, or engaged in operating some elaborate piece of machinery designed to develop their abdominal, pectoral or gluteal muscles, among others, through their efforts to overcome mechanically applied resistance.

Whatever their choice, most of these devotees are likely to be red-faced and perspiring heavily, while many of them will be displaying visible signs of fatigue. Nevertheless, a few stalwarts will be happy to continue such activities for many months or even years, in order to achieve the results they are seeking. They, like a great many people, believe that the harder you work, the more you can achieve. However, when it comes to the pursuit of fitness, the emergence of a new exercise technology known as EMS training is set to challenge that belief and demonstrate that **one can achieve great things simply by working smarter.**

So, what could possibly build big, powerful muscles, tone your body or shed those excess kilos as effectively as good, old-fashioned exercise? Naturally, in order to achieve any of these goals some exercise will be required. However, just because all physical exercise involves muscular contraction, it does not mean that such action must be voluntary and the result of excessive physical effort. These contractions occur naturally when the brain signals the muscles that you intend to move by a series of

chemical reactions transmitted along motor nerves. The effect is to generate an electrical charge that temporarily modifies the chemical bonding between layers of muscle fibres, thus causing them to contract.

Electro-muscular stimulation or EMS training produces the same effect, but does so involuntarily. The required electrical charge is delivered from an external source via electrodes placed against the skin. Charging is repeated at short and variable intervals, creating a pulsed effect that results in rapidly repeated contraction and relaxation of the muscles that are being targeted. As a result, the subject will experience the equivalent of multiple reps using conventional apparatus, but in far less time. In practical terms, this means that the results of this involuntary muscular activity will also become evident in far less time. In fact, all of the **evidence accumulated to date indicates a five-fold advantage.** This, in turn, means that a 20-minute session of EMS training is able to provide the same benefits that would otherwise have required 4-6 hours of conventional exercising.

While the option of impressive results with minimum effort will certainly appeal to those who are less fit and concerned that they may not cope in a conventional gym, the prospect is equally attractive to accomplished bodybuilders and sportspeople in that the five-fold effect allows them extra time for other activities.

For weight loss, toning, building and even cellulite reduction, Body20 studios provide expert trainers and world-class EMS training equipment, accurate body assessments to track progress plus a free demo to prove that you can build the body you dream of in as little as 20 minutes a week.

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The Body20 Irene Team from left to right: Ludwig Rutter, Cathlia van Jaarsveldt, Twanette de Jager, Divan Swanepoel

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Messed up by Mango

There I was, shirtless, with my face buried in a large mango over the kitchen sink (it's the only way to eat a mango) when the telephone rang. It is a toss-up which occupation is most likely to attract a telephone call – when one is in the bathroom or when one is eating a mango.

I ignored it.

I knew that one careless move and I would be responsible for a skinned mango being on the loose.

We are persistently told by the Mango Growers' Association that there are refined ways to eat a mango and the other day on their website I read that one way was to stab the mango with a fork while in an upright position (ie: the mango should be in the upright position -- you are allowed to lay down if you like).

Then you cut around the mango's meridian line (longitudinally, and not around its equator) and twist the two halves apart.

Ignore the yellow slime that now covers your hands and down your front. Place the pip-less half on its back. Now cut into its flesh longitudinally down to the skin and then across. Then you turn the skin inside out so that all the little cubes you have created stand out and can be taken off with a spoon.

What about the half that still has the stone in it? My advice: don't touch it.

If you try to cut away the pip you are likely to lose control. It is, as I have said so many times before, easier to grasp Einstein's Theory of Relativity than to grasp a mango pip.

I read some time ago that South Africa exports a third of its mango crop and that another third is sold locally. There was no mention of the third third for one very good reason. They escape.



People peel them and then carelessly allow them to slide from their grasp and off they go with a mind of their own, slithering and sliding and glazing whole landscapes in a yellow slime – hence our mango-coloured sunsets at this time of the year.

Years ago a reader invited me to watch her use a three-pronged fork designed for harpooning mangoes.

She speared its stalk end and stripped away the peel as one would skin a whale. Then she sliced bite-sized pieces off the mango and, hey Bisto, one could then eat it with decorum, or even with custard.

I was impressed. But when I asked her how to get the messy remains off the fork she had to take it to the kitchen and tried to shake it off as one would try to shake off a determined fox terrier that had you by the person.

The mango flew off the fork, hit the sink, rocketed up the side and then began to slime its way across the kitchen floor. An unseemly chase ensued but it quickly became a matter for Civil Defence.

Years ago Tzaneen farmer and hotelier, the late Guy Matthews, who was then Chief Mangowurgle of the South African Mango Growers Association, threatened to take me before the Media Council over what he described as my "defamatory remarks" about mangoes.

He reminded me of the mango's history and how Alexander the Great "knew the mango and ate one in the Indus Valley in 327 BC". This was just after Alexander had captured the Persian city of Media and put the entire council to the sword. So much for the Media Council.

But something really messy must have happened, otherwise why are they still talking about Alexander and his mango 23421 years later and 9456 kilometres away in Tzaneen? Answer me that.

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

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