



# *The* Villager

Issue 2 • 2018

**The  
'Pappa'  
Effect**

**LIFESTYLE:  
Pets**

**Book Reviews**

# I am Irene Farm Villages & Centurion Golf Estate

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

Office: 012 644 8300



FOR SALE

CN1354969 R3.995 million



FOR SALE

CN1342122 R3.3 million



FOR SALE

CN1342091 R3.4 million



FOR SALE

CN1344863 R3.795 million



FOR SALE

CN1329902 R3.65 million



FOR SALE

CN1355490 R2.65 million



FOR SALE

CN1355662 R2.8 million



TO LET

CNL1331257 R24,500



TO LET

CNL1351340 R22,000



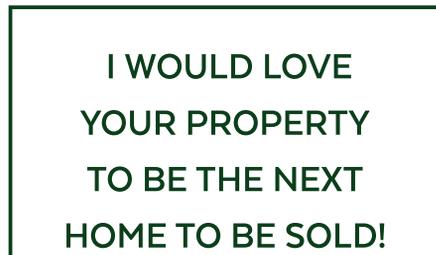
FOR SALE

CN1274255 R4.95 million



FOR SALE

CN1352336 R3.485 million



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

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



Please do not hesitate  
to contact me  
for your sale and  
rental 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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Cover photograph by Johann Perie



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PRINCIPAL SALES AGENT

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RENTALS

## IRENE FARM VILLAGE

### IMMACULATE HOME - CUL DE SAC WEB REF: 1027 R3.1 mill



**DUAL MANDATE**

3 bedrooms, 2 full bathrooms, open plan kitchen, scullery, pantry, dining and TV room, lounge + fireplace, domestic quarters, DBL garage.

**NINA 082 963 1994**

### SPACIOUS, COUNTRY STYLE HOME WEB REF: 1031 R3.3 mill neg



4 bedrooms, 2 bathroom, study, guest toilet, lounge, tv room, dining room, large entertainment room with built in braai as well as a built in bar. Neat garden and 2 garages.

**NINA 082 963 1994**

### STUNNING HOME- EXCELLENT LOCATION! WEB REF: 1029 R4.25 mill



4 bedrooms, guest toilet, 2 bathrooms, stunning, french prov kitchen, tv room, dining room, lounge, study nook, d/q, pool and 2 x single garages. Park area next to and opposite this beautiful home.

**NINA 082 963 1994**

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### Dear Residents

The year is galloping into the first quarter of 2018. I wish all the students and scholars, especially the Grade one's, a successful year of schooling and studies.



During the past festive season, the Estate Management had to deal with several stray dogs, who did not wear a collar and tag as prescribed by the HOA rules. This made it very difficult to trace the owners. I do believe that it is now time, that all dogs and cats must be chipped and that the Estate Management be equipped with a chip scanner.



There is a tendency that residents leave their pets, in a way, unattended whilst on holiday, with the arrangement with a friend or family member, to visit the pets from time to time to ensure, that they have food and water. Such arrangement, in my view, is not a pet-friendly arrangement. I am a supporter of a pet-sitter, who will attend to the welfare of your pets daily at your house, to feed, play and walk with the dogs and to make sure, that their kennel and bedding is still dry and



At van Niekerk

intact. Residents are invited to make use of the pet-sitters who advertise in the "smalls" of *The Villager*.



The acquisition of the 7,5779-hectare of open agriculture land by the Irene Farm Villages Home Owners' Association ("HOA"), raised the obvious question as to the future use of this land by the HOA. Members were invited to submit their comments and inputs to the Board. The following inputs were received from the Members (with little or no editing):

- Focus on sustainable long-term revenue creation rather than short term cash generation and should also focus on primary income (primary residence) streams rather than secondary (storage).
- Retirement life style development. The revenues to be generated for the estate will be longer term annuity revenue that will improve cash flow for infrastructure that already exists and may not require additional capital expenditure. Retirement accommodation is also in short supply nationally and this shortage will continue to grow especially within the inland metros as beach living in

the coastal metros are becoming very expensive.

- Residential – Full Title.
- Any future land use be guided by optimal financial value add to the HOA overall, with minimal accompanying operation/financial risk burden to the HOA.
- Pursuant to the latter input, that any option of an industrial nature (e.g. storage facilities) be avoided, not least as the then Board's original rationale to members to buy the land was to prevent ILC putting up storage or other industrial capacity development as that would detract from the residential/natural character of the estate.
- Any commercial venture, such as retirement facilities, would likely require the operating thereof to be concessioned as these are high effort operating environments and would have high levels of entry level regulatory requirements, also would the available land size allow for a development of sufficient scale. I would not dismiss this option, but would recognize that it comes with added complexity to implement.
- If a hall were built this could be rented out on an occasional basis as a revenue stream to the estate, ideally would be relatively low maintenance and parking/access could be from an external access point thereby not compromising the security of the estate. In this way estate events, resident events such as weddings/funerals etc. could be given preferential access/rates of use. The downside is possible noise for nearby residents and some degree of detraction from the residential nature of the estate, certainly an option to consider. The one caution is that any tenancy by a religious body raises noise/cultural sensitivities that add to the management burden, hence the preference for ad hoc rental and resident's use, both at a fee but possibly a differentiated fee scale.
- Selling-off residential erven, possible offering the entire area as a package to a developer who would have to take on the sub-division costs at

risk and build to HOA determined guidelines is an option. This would generate both initial sale capital and a revenue stream via a wider levy payment base, also well worth considering.

- Not in support of any form of commercial activities or businesses;
- Support a “retirement lifestyle development” for the “Irene -node”.
- Sell the land to a developer with pre-set development conditions and with a first option to buy for the Irene Farm Villages residents.
- Leaving the land as undeveloped farm land is the best-case scenario; as a second option, residential full title development like the rest of the estate, is the only option that should be considered.
- When we bought the stand many years ago, we were informed that the estate was going to have a school. To date there is no school.
- “Ontwikkel upmarket stoor fasiliteit vir eenaars wat bote of karavane wil stoor. Dit moet net baie goed lyk en nie soos die goed wat ons langs die pad sien nie. Dus amper soos huise, maar vir voertuie.
- My tweede voorstel is eintlik my eerste. Meeste estates het ’n gemeenskap saal of Klubhuis of sport gebou, waar hulle vergaderings hou, funksies aanbied en selfs verhuur om geld te maak. Ons estate het geen area waar die inwoners saam kan kuier of waar ons byeenkomste kan hou nie. So, my voorstel is dat ons so ’n plek moet bou eerder as ’n kerk of ander gebou; daar is genoeg in die omgewing. Die gebou kan dan ook so ontwerp word dat dit as kleuterskool gebruik kan word deur die dag. Ek dink daar is baie waarde in so iets en kan die waarde van ons estate net verbeter”.
- The land be developed into full title stands and portions be made available for residents of IFV as recreational areas such as volleyball and tennis courts, etc.
- Preference would be to leave the land as undeveloped farm land (veld) and utilize it as such. The beautiful open space and sense of living in

The acquisition of the 7,5779-hectare of open agriculture land by the Irene Farm Villages Home Owners’ Association (“HOA”), raised the obvious question as to the future use of this land by the HOA.

*a nature reserve is a major part of what attracted me to Irene Farm Villages. This will become more and more important, as the land along Van Ryneveld Ave further develops - with what appears to be high density residential and commercial property (incl. extensions to the Irene Mall). This open space within IFV I believe will be a major selling point for properties in the Estate, now and in the future as the area becomes more built-up. Even if this means paying a living premium to have access to this open space. If there is absolutely no option but to develop Portions 917 and/or 916, then my comments with regards to the options are as follows (and in order of priority from most to least preferred) -*

1. Retirement life-style village - IFV is an incredibly quiet Estate, which I very much appreciate. This option is therefore, in my view, the best “match” with current “land-use” and lifestyle within IFV (assuming single or double storey, i.e. not high-rise).
2. Residential 1 full title - so long as the residential properties are in line with the current “property density” on the Estate, i.e. that the HOA do not build high-density or multi-floor stack units, as this will de-value properties and destroy potential views across the open space.
3. Medical day-care facilities - since there are medical care facilities within Pierre van Ryneveld, and major hospitals not too from IFV - I don’t see the benefit of having this in the Estate, and we run the risk of such facilities not being economically viable to operate with limited users and falling into disuse.
4. Community church - (same as above) since there are churches within Pierre van Ryneveld (and Centurion), I don’t see the benefit of

*having this in the Estate, and we run the risk of such facilities not being economically viable to operate with limited users.*

5. Pre-primary school day centre - Absolutely no. Such land-use is in direct conflict with current residential use of the Estate, noise levels, activity etc. As above, there are schools within Pierre van Ryneveld (and Centurion), I don’t see the benefit of having this in the Estate, and we run the risk of such facilities not being economically viable to operate with limited users.
  6. Storage - Absolutely no. This will not be in line with the look and value of the Estate, and I believe will have considerable impact on property values near. In addition, storage areas can create considerable risk to the HOA, depending on what is stored there.
  7. Sell the land to a developer, subject to development conditions to favour the HOA - Absolutely no. While conditions may be stipulated, the HOA will in fact have very little control over what the land is used for eventually.
- Medical facilities.
  - Build a community Church.
  - The area been developed as storage facilities for the residences. The HOA can rent the facility to the residences and recover the building cost and once done can be a source of income for the HOA.
  - Our proposal is that Irene Farm Villages should become the first “LIFE TIME ESTATE” in South Africa. (You get Life Style Estates; Golf Estates; Security Estates; etc).
  - Our idea is that you must be able to start living in the estate as a young couple, have children, who eventually leave home and that you then remain in the estate until you pass away.



- All that is required is the following:
  - (1) A creche facility on site to cater for looking after the children of young parents;
  - (2) A medical facility that can accommodate frail care for one of the members of the family. This implies that should I be old and require frail care, I should be able to be admitted to the facility while my spouse remains in our present home in the estate. It is then less costly in terms of ambulance services to transport members to such a facility and it is easy and convenient for the other spouse to visit the admitted member. The facility should also make provision to do home care for patients who do not require

- 24-hour supervision (3) It would also be good if this same facility has a centre where the elderly can do their fitness exercises under supervision of Physios and Bio-kineticists daily.
- (4) Finally, the market value of the properties in the state will rise should it be supported by a well-designed marketing plan showing value for money for any home owner in terms of being able to live in the estate from cradle to grave;
- (5) This proposal can also, for example be combined with one or more of your proposals.
- I would like to make it known that I would like to keep this land undeveloped for the following reasons:

- (1) I walk in this area regularly and love to see the small wildlife that still live here. We should be privileged to share our world with them.
  - (2) There is a dedicated walk / cycle track in place. Currently of so much crime in the area, it gives us the much-needed time to enjoy our exercise in safety.
  - (3) One of the reasons we purchased in IFV was all the open space which will be compromised;
  - (4) More development brings with it a whole lot of traffic, security, etc problems.
- the purchased land should not be developed until it is known how the road that is going to go through the Estate is build (underground or not). Whatever we decide to build on the piece of land will be greatly influenced the road. We can't for example build a crèche next to a busy road but rather storage.
  - There is a need for smaller "townhouse" kind of housing for the younger people, who cannot afford a big house;
  - A retirement live-style village is recommended;
  - Keep the land within the estate and develop it as residential properties. Most of the other recommendations are options, but with great EXCEPTION to storage facilities. In my opinion that will most definitely bring the image of the estate down.

In the meantime, the above inputs can be debated amongst the Members, which debate could guide the HOA Board and the Members at the next Annual General Meeting (“AGM”) to resolve the matter. Members are welcome to forward further comments to me. (few photos of the landscape 2 areas in question).

With the courtesy of STBB Attorneys, the annual domestic workers wage increase is brought to your attention.

### DOMESTIC WORKERS WAGE INCREASE

The Department of Labour has announced wage increases for all domestic workers (which include gardeners at private homes; persons who look after children, the aged, the sick or the disabled in private homes; and persons employed to drive the children of a household to school). This is effective 1 January 2018 to 30 November 2018.

Those working more than 27 ordinary hours per week:		
Area	Metro Areas	Other Areas
Hourly Rate	R13.05	R11.89
Weekly Rate	R587.40	R534.91
Monthly Rate	R2545.22	R2317.75

Those working 27 ordinary hours or less per week:		
Area	Metro Areas	Other Areas
Hourly Rate	R15.28	R14.03
Weekly Rate	R412.60	R378.83
Monthly Rate	R1787.80	R1641.48

### Members are reminded of the following rules:

- no gathering, meeting or function is permitted to take place in a park or open space, except parties for children, with prior written permission to be obtained from the HOA. The contravention of this rule carries a penalty of R10, 000.
- all exterior walls must be painted in an earth-like colour, which must be approved by the HOA prior to the painting work being carried out. The failure to comply, shall carry a penalty of R5, 000.
- the painting of driveways may only be carried out if approved by the HOA Board and subject to the conditions of painting, with specific reference to earth like matt colours. The failure to comply, shall carry a penalty of R5, 000.

A special word of thanks to the residents who decorated their properties with festive lights. It was appreciated.

Regards,  
*Estate Management.*

**PS:** Unknown:

**“Today be thankful and remember how rich you are, your family is priceless, your time is gold and your health is wealth”**



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Willem Richter

## Dear Residents

To date we have not had any security breaches in 2018. The cameras are fully operational, and I must say trying to breach our perimeter fence will be very difficult. The guards have also been issued with body cameras to assist in monitoring their movements as well response and observation when approaching and incident. It seems that the guards patrolling the inside perimeter is having a positive impact in that we can now observe movement of those who are up to mischief.

The risk assessment is still ongoing. This will take a bit of time given the in-depth analysis and verification to be done. We endeavour to have the report ready by end of Jan 2018 and once received we will update the residents with the outcome.

Some of our access control equipment is starting to become obsolete and we are in the process of obtaining quotes to replace the equipment and at the same time improving our entering and exiting process. This should enhance our process at the gate for contractors, domestic workers, visitors and residents. This will in addition, also improve the security at our gates.

I would like to warn our residents that when you go shopping, to the Irene Mall or Spar, to be wary. There have been some attempted motor vehicle theft, stealing of laptops, hand bags etc from vehicles. Please ensure that you lock

*"Let truth be told. The more we allow water to be controlled, bottled and sold — the more we sell the security of our sons, daughters and souls. He who controls the water, controls us all. Water is the true gold." — Suzy Kassem*

your car and check that it has been locked. Don't leave valuable items, equipment and so on the back or front seat where it is in clear view of potential perpetrators.

As we live in a dangerous world, parents should at all time know where their children are. As parents we are also responsible for the actions of our children and we continue to get reports of some children vandalising or playing at the building site. Firstly, this is trespassing and secondly, they can get hurt as the building site is not finished. Please ask your children not to enter any building site as this is extremely dangerous.

As this is a beginning of a new year, here is just a refresher to remind us of certain security rules. These are the rules as per HOA rule book. The security of the estate and residents remains our top priority but we all need to understand our obligations to ensure a safe environment for all.

### Rules

- 4.7.1. *In the interest of providing an effective security system, the security protocol shall be adhered to at all times;*
- 4.7.2. *Members and contractors shall treat the security personnel in a co-operative and respectful manner. The verbal abuse of any security personnel is prohibited. The transgression of this rule shall carry a minimum penalty of R1 000.*
- 4.7.3. *Every member shall request visitors to adhere to the security protocol, and shall advise security personnel in advance of pending arrivals of visitors or obtain pre-approval access through the click-on system;*
- 4.7.4. *Members shall report any suspicious actions or people to the security personnel;*
- 4.7.5. *Members are advised to inform the Security Manager when going on holiday;*
- 4.7.6. *Members, domestic workers and gardeners shall obtain access cards from the Estate Manager at a prescribed fee;*
- 4.7.7. *No person, who is registered on the bio-metric (fingerprint) access-system of the HOA is allowed to use her or his bio-metric access for the access of any other person onto the property, regardless of the status of such person.*

Please ensure that garage doors are closed, and downstairs windows are secured at night. And although we have state of the art security, one never knows whether someone has moved into the estate with ulterior motives.

Roaming dogs are also becoming a serious issue. They are a potential safety and security risk as these roaming dogs may cause a car accident or children might be attacked. Please ensure your dogs are staying inside your own property and that they have collars and nametags for us to take them back to the rightful owners. There is also a penalty of R500 per incident if the dogs are outside. See rule 6.2

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: 012 662 1688

24 HR CONTROLLER:  
082 947 7610

24HR SHIFT MANAGER:  
082 838 7779

JOC: 079 528 1630

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## IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement December 2017

December 2017      Year to Date      YTD Variance  
Actual      Budget      Actual      Budget      Value      %

	Actual	Budget	Actual	Budget	Value	%
<b>Operational Income</b>						
Levy Income	992 116	992 116	9 921 163	9 921 160	3	0,0%
Other Income	27 924	27 500	755 732	687 582	68 150	9,9%
	1 020 040	1 019 616	10 676 895	10 608 742	68 153	0,6%
<b>Operational Expenditure</b>						
Professional / Administration	55 953	56 630	628 077	643 324	15 247	2,4%
Accounting and Auditing	38 630	34 980	412 233	410 800	(1 433)	-0,3%
Insurance, Legal and Admin	17 323	21 650	215 844	232 524	16 680	7,2%
General Office	25 495	34 100	175 736	169 845	(5 891)	-3,5%
Office Administration	25 495	34 100	175 736	169 845	(5 891)	-3,5%
Operational Expenses	281 787	182 414	1 821 280	1 911 635	90 355	4,7%
Municipal Charges	62 083	31 000	361 095	334 000	(27 095)	-8,1%
General Operations	620	14 943	120 125	147 692	27 567	18,7%
Salaries & Wages	219 084	136 471	1 340 060	1 429 943	89 883	6,3%
Security	34 957	561 579	4 747 741	5 528 101	780 360	14,1%
Security Operations	34 957	61 799	402 670	461 737	59 067	12,8%
CCTV Equipment Rental	0	105 500	0	422 000	422 000	100,0%
Guarding Services	0	394 280	4 345 071	4 644 364	299 293	6,4%
Repairs & Maintenance	144 960	160 725	1 585 603	1 601 460	15 857	1,0%
Repairs & Maintenance	23 598	39 355	392 593	408 421	15 828	3,9%
Park Maintenance Contract	121 362	121 370	1 193 010	1 193 039	29	0,0%
	543 152	995 448	8 958 437	9 854 365	895 928	9,1%
<b>Operating Profit / (Loss)</b>	476 888	24 168	1 718 458	754 377		
<b>Non-Recurring Revenue</b>	4 125	0	172 006	31 091	140 915	453,2%
<b>Non-Recurring Expenses</b>	1 550	123 113	175 540	625 024	449 484	71,9%
<b>Net Positive/ (Negative)</b>	2 575	(123 113)	(3 534)	(593 933)	(308 569)	
<b>Net Profit / (Loss)</b>	479 463	(98 945)	1 714 924	160 444		

### Irene Farm Village Home Owners Association - Project Income & Other

	Actual	Budget	Actual	Budget	Value	%
<b>Revenue</b>						
Special Levies	210 251	204 257	2 072 270	2 040 113	32 157	1,6%
CSOS Levies	13 302	0	79 814	0	79 814	100,0%

*Education is the passport to the future, for tomorrow  
belongs to those who prepare for it today.*

**Malcolm X**

# Financials

## IRENE FARM VILLAGES HOME OWNER ASSOCIATION

### Summary Levy Statements – December 2017

	120+ Days	90 Days	60 Days	30 Days	Current	Total		Previous Month
Members paying via EFT	229	12 594	35 771	105 964	21 751	176 309		51 347
Members paying via DO	0	0	0	0	(2 339)	(2 339)		(5 624)
	229	12 594	35 771	105 964	19 412	173 970		45 723
Debt Collection - AA (30/60 days)	83 851	19 307	(81 903)	11 706	16 266	49 227	10%	101 447
Debt Collection - JJR (90+ days)	125 003	7 823	7 891	7 960	6 729	155 406	11%	147 446
Debt Collection - L&B (90+ days)	110 463	19 863	19 754	19 897	18 667	188 643	13%	169 655
Debt Collection - Accounts > R200,000	715 119	14 287	48 475	14 796	7 990	800 667	59%	785 871
HOA Contact	0	145	4 262	5 694	9 316	19 416		56 420
Sold - Previous Owner Accounts	0	0	0	280	(16 839)	(16 560)		(7 339)
In Transfer	2 173	3 281	3 239	3 366	(4 210)	7 849		2 433
Estate Agent	0	0	0	0	0	0		0
Other	0	0	0	0	0	0		(1 563)
	1 036 839	77 299	37 489	169 664	57 330	1 378 620	6,0%	1 300 092

Of the 654 member accounts 195 accounts are overdue of which 14 has been handed over to the HOA's Attorneys for collection. The number of accounts with amounts due doubled during December. We appeal to members to settle their outstanding levies. Overdue accounts are followed up by Account Ability, and in some instances the HOA Board. A number of accounts will be handed over to the Estate's Attorney's for collection during January 2018.

### Irene Farm Village Home Owners Association - Capital/ Development Projects

	Current stage	Current Status	Approved Budget	Actual Spend To Date	Available Budget
Infrastructure Development	Planning		10 332 764	608 344	9 724 420
Power Solution Project	Completed		2 010 879	2 010 879	-0
CCTV Project	Execute		775 447	226 192	549 254
Land Purchase Project	Complete		2 380 000	2 282 850	97 150
<b>Total</b>			<b>15 499 089</b>	<b>5 128 265</b>	<b>10 370 824</b>

## Account Ability

Office Address:  
Sovereign Drive,  
Route 21  
Corporate Park

Accounting Office Hours  
8:00 to 13:00  
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## Summary Income Statement by Account Ability



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Léane Graaff Properties

**NEW LISTING**

R2,8 mil



Single storey home

**NEW LISTING**

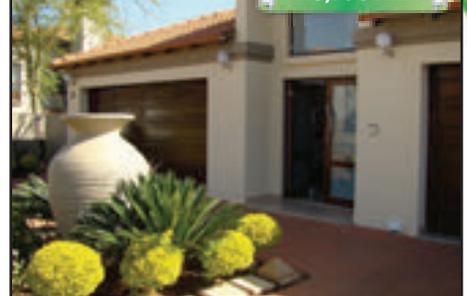
R3,3 mil



5 Bedroomed house

**NEW LISTING**

R3,795 mil



4 Bedroomed house with 4 Garages

**UNDER OFFER**



**RENTAL**  
**Exclusive Mandate**  
From 1st March 2018

R19,000pm



# BIRD FEEDING

By James Clarke  
Pictures by  
Glenn Havemann  
and Mary Broadley



*Black eyed bulbul*

**There's an interesting debate going on among birders and professional ornithologists: many professionals say it's wrong to feed wild birds and one or two estates advise residents to stop feeding them bread.**

**I**raised the question last November: what should we be feeding them? In fact, should we be feeding them at all? As one resident e-mailed, "Surely we are artificially increasing bird populations".

Well, what is a suburb but an artificial environment superimposed on what used to be Highveld grassland with, for millennia, a limited range of bird species adapted to savannah with scattered karee (*Rhus*) trees and proteas and kiepersols (*Cussonia*) on the slopes.

Birdlife was kept in check by predators - jackals, genets and birds of prey - and periodic droughts. There

developed, what scientists call, a "dynamic equilibrium" among the living organisms. Today the situation bears almost no resemblance to the past.

Garden watering and artificial ponds and bird tables have eliminated the harsher effects of drought but predation remains: cats! Other predators, once scarce on the Highveld, have moved in in force – coucals, cuckoos, owls, and, as we have witnessed lately, the African Harrier-Hawk (*Gymnogene*). And there's the pied crow.

This new picture is evidence that nature and humans have created a new ecosystem – a new dynamic

equilibrium as in pristine natural areas.

Britain's respected Royal Society for the Protection of Birds says that making large quantities of bread available stops some bird species, such as ducks, from pursuing a natural, balanced diet.

It says, "White bread has no real nutritional value and waterfowl may fill up on it instead of more beneficial foods."

Locally, some birders argue that bread pollutes the water causing unhealthy algae growth. But then think of London's Serpentine in Hyde Park -it's a dam on the Westbourne River



*Glossy starling*



*Groundscraper thrushes*



*Red eyed dove*



*Cape sparrow*

where for generations Londoners, and especially visitors who number up to a million a day in London, have traditionally fed bread and picnic leftovers to the Serpentine's great variety of ducks and geese

They looked healthy and happy in my childhood and they continue to look that way. And the "lake" looks fine even though, since 1960, it's often topped up by water from the Thames which itself is not that clean.

If the Serpentine is polluted nobody has told the health authorities. The Serpentine Swimming Club in 2012, hosted Olympic Games swimming events including the swimming marathon. Despite the bread, club members have been swimming in that water since the club was formed 1864 – and fish thrive too.

At Pretoria's Austin Roberts Bird

Sanctuary I have seen people hurling whole loaves of bread into the dam - not to feed the ducks but rather to watch the monstrous carp erupt from the water in a frenzied melee to gobble up the bread in their satchel-like mouths. And the duck population appears to be healthy and nicely varied.

Referring back to Britain, the RSPB lists as "Not safe for ducks": Bread, chips, crackers, biscuits, popcorn and sweet food.

So should we discourage children from feeding water birds with bread? I don't see why? Perhaps in winter, when the dams - unflushed by rain storms - become stagnant, it is better to feed them away from the water's edge.

Birding has sprung a new and rapidly growing branch in Europe: "urban



*Speckled Pigeon*



*Red Eyed Dove and Indigo Grey Headed Sparrow*



*Karoo Thrush*



*Squacco Heron*



*Crested Barbet*

# Birding

birding". Birding, for years, was mostly a countryside pursuit but so vigorously has the number and variety of birds grown in the towns and cities that there are now urban bird clubs.

A "Birds and Booze" event has become a regular in London when birders (like the birds themselves) gather on hotel rooftops to peer down on parks and gardens to spot birds – and, I wonder, what else? They proudly call themselves twitchers, better than the Norwegians: they call themselves "titting-titters".

According to a poll, Britain's favourite bird is the Robin Redbreast – a smaller and chubbier version of our Cape Robin which, in 2016, was voted by BirdLife members as South Africa's favourite bird.

It is very noticeable that as Greater Johannesburg's suburbs grow and garden irrigation increases we have developed what amounts to a rain forest with an enormous variety of trees and plants introduced from habitats far from the Highveld – in fact as far away as Australasia, Eurasia and the America's. As a result, Greater Johannesburg's birdlife is now one of the most varied of any city in the world.

The proliferation of artificial lakes and reed beds in housing estates has, in Fourways Gardens, encouraged occasional visits of Spurwing Geese and Spoonbills. And as this month's cover picture by Fourways resident,



*Masked Weaver*

Steve van Niekerk, shows we seem to have a permanent Little Bittern. Although it is the size of small heron it is very hard to spot as it stretches its neck vertically and points its bill upwards too look just like a reed.

The latest newcomer to establish itself in numbers in suburbia is the Rosy Ring-necked Parakeet (originally from Asia). A flock of 30 flies over my house every evening. Where do they roost?

The dusky Indigo Bird or Widow Finch (a small jet black bird with a white bill and red legs), normally a bird of the forest edge and bushveld, has also moved in. We have four of them in our garden. It parasitises the African Firefinch so can we assume that that firefinches are now around?

(If you see unusual birds please let me know: [jcl@onwe.co.za](mailto:jcl@onwe.co.za))



*Go-away Bird*



*Blacksmith Plover*



*Laughing Doves*

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## FAT LOSS & EMS

If you've ever seen one of those low-rent infomercials that punt hand-held electrical muscle stimulation (EMS) devices as an easy, convenient approach to literally shocking your way to less fat, all from the comfort of your couch, then you'd be forgiven for being sceptical.

While there's certainly no easy way to achieve the body of your dreams, don't dismiss EMS out of hand. In fact, **COMMERCIAL EMS TECHNOLOGY HAS THE POTENTIAL TO DRASTICALLY REDUCE THE AMOUNT OF TIME YOU NEED TO COMMIT TO EXERCISE EACH WEEK**, while delivering results that exceed those many achieve with conventional training. Don't be fooled, though, you'll still need to work extremely hard during an EMS training session, but the returns on the time and money you invest can be exponential.

## MORE ACTIVATION PER REP

The reason why EMS is so effective is its ability to stimulate involuntary muscle contractions. Depending on the strength of the current and its duration, an EMS machine has the ability to fire all the motor neurons in a targeted muscle simultaneously to create an intense contraction.

These involuntary contractions are

very different to the voluntary muscular contractions that we use to move our bodies during exercise. Voluntary contractions are controlled by the brain and tend to undulate through a muscle in a wave to generate a coordinated, directed force. Very seldom, if ever does the brain allow the body to work at or very near its maximum capacity during these types of muscle contractions. This is part of our innate survival response – the brain always tries to keep some energy in reserve and seldom activates our full physiological potential, unless we find ourselves in a life-threatening situation.

For these reasons, maximal EMS-induced involuntary contractions can be up to 30% higher than a maximal voluntary contraction from conventional training, according to various independent studies. This is made possible because the direct stimulation of muscle with an electrical current bypasses the brain and central nervous system.

## TARGETED BENEFITS

EMS has an additional benefit on cellulite and other areas commonly plagued by stubborn body fat. It's often poor circulation that inhibits our ability to loose fat in certain areas, as well as an inability to directly target those areas with exercise. EMS addresses both issues as it improves circulation.

In terms of cellulite, it is a build-up of oestrogen and collagen under the skin that causes that unsightly lumpy effect. Every woman knows how difficult it can be to get rid of this, and losing weight or body fat does not always guarantee that your cellulite will disappear. In fact, for some the appearance of cellulite often gets worse following significant weight loss. With the EMS device we can precisely target these areas to break down the collagen fibres. Added to this is the fact that the muscle activation induced by EMS boosts testosterone, which improves a women's testosterone-to-oestrogen ratio. This can have a dramatic effect on the appearance of cellulite, in addition to a whole host of other metabolic and muscle-building benefits.

## METABOLISM BOOST

The intense involuntary isometric contractions stimulated by EMS technology improves conditioning by increasing muscle volume and density over time, which improves tone and body composition. EMS training also helps to boost a person's metabolism, helping them to burn more fat, even at rest. By recruiting and activating more muscle fibers during each session, and building more muscle over time, a person's resting and active metabolic rate increases, which means they burn more calories throughout the day. EMS also boosts the metabolism of intramuscular fat to fuel those intense contractions. This happens because the fast twitch muscle fibers that are activated to the greatest degree with EMS training have much greater energy demands. As such, we find that body fat levels tend to drop a lot quicker when using EMS. **THIS EFFECT ALSO IMPROVES AESTHETICS DIRECTLY AFTER A SESSION, MAKING IT A POPULAR TOOL FOR THOSE LOOKING TO IMPROVE THEIR APPEARANCE FOR A SPECIAL OCCASION.**



# THE 'PAPPA EFFECT'

**“Always, and in every moment, strive to be a celebration and example of positive human connection and respect, and believe in your child.”**

**H**ow dads 'are' with their children has a massive influence on how they will value and respect themselves down the line. I call this the 'Pappa Effect'. I've used the term Pappa as an acronym below for some effective fathering characteristics:

**P.....Present: This means emotional and physical presence and being really 'in the moment' when you are with your kids.**

Actually, many dads do this better than mums because dads are not quite as good at multitasking. The upside is that when they are with their kids they are often more focused. If you don't live with your children you need to maximise the time you do have with them and find telephonic or virtual ways to continue the connection.

**A.....Available: Don't be so busy that your kids think you don't care.**

I always remember the heart-wrenching Chicken Soup for the Soul story of the boy who found out how much his dad's time was worth per hour at work, and saved up enough to buy an hour of his dad's time.





**P.....Proud: Teach kids to value themselves by valuing and believing in them.**

Show pride in both their achievements and their journey in getting there, even if it is a place in the D team! And please, please don't live vicariously through your children. It is an unfair burden to expect them to perform so that you feel good about yourself. If your attention and affection is performance-based you are not loving them for who they are but for what they do. Your children are not you and may never become a clone of you. Love them for who they are, not what you expect them to be or do and this is what will grow their confidence and self-belief.

**P.....Protective: Dads are a symbol of physical and emotional security and they are often less easy to manipulate than mums when it comes to implementing boundaries.**

While you may be the family 'fixer' on many levels because you get things sorted, your role is also to teach your children to become resourceful and resilient in themselves, to learn independence little by little. These are the tools they will use to create their own happiness and success one day.

**A.....Attentive: Pay attention. Listen. Talk and share.**

Do things together – dates with your daughters and adventures with your sons. Dads have a huge influence on how their daughters will allow themselves to be treated by men; how their sons will treat women, and on the healthy expression of emotions. Always, and in every moment, strive to be a celebration and example of positive human connection and respect, and believe in your child.

Dads, may you always be celebrated, honoured and adored for your positive 'Pappa Effect'.



**NIKKI BUSH**

Creative parenting expert, inspirational speaker and co-author of Tech-Savvy Parenting (Bookstorm, 2014), Future-proof Your Child (Penguin, 2008), and Easy Answers to Awkward Questions (Metz Press, 2009)  
 nikki@nikkibush.com  
 www.nikkibush.com

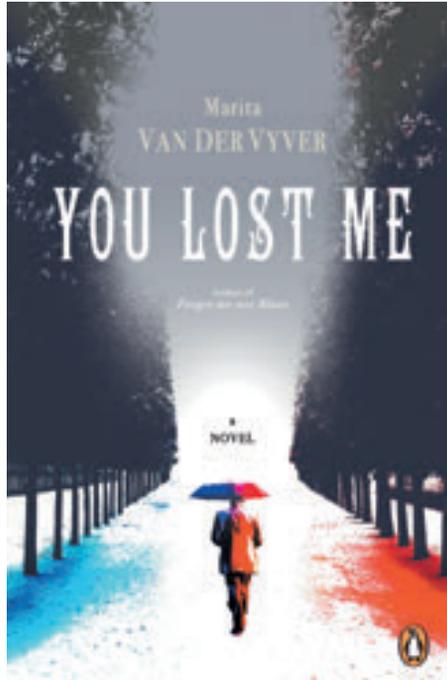


## THE CULL

By Tony Park

In *The Cull* by Tony Park, former mercenary Sonja Kurtz is hired by business tycoon Julianne Clyde-Smith to head an elite squad. Their aim: to take down Africa's top poaching kingpins and stop at nothing to save its endangered wildlife. But as the body count rises, it becomes harder for Sonja to stay under the radar as she is targeted by an underworld syndicate known as The Scorpions.

When her love interest, safari guide and private investigator Hudson Brand, is employed to look into the death of an alleged poacher at the hands of Sonja's team, she is forced to ask herself if Julianne's crusade has gone too far. From South Africa's Kruger National Park to the Serengeti of Tanzania, Sonja realises she is fighting a war on numerous fronts, against enemies known and unknown. So who can Sonja really trust?



## YOU LOST ME

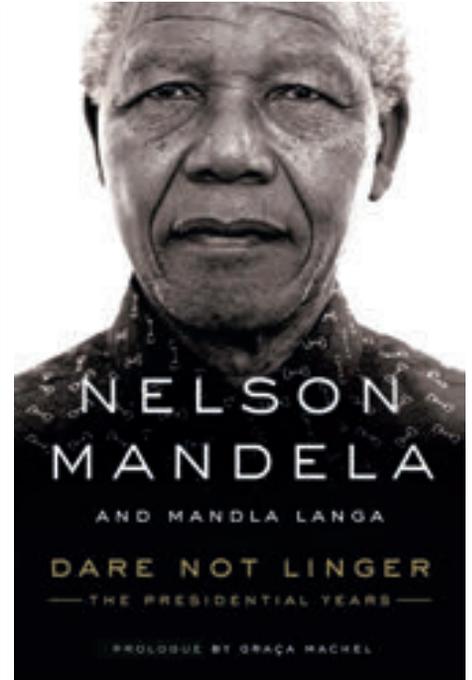
By Marita Van Der Vyver

Willem Prins wanders the streets of Paris, disillusioned and glum. Once, he showed great promise as a South African writer of distinction, but years of disappointment have left their mark. Drowning himself in the Seine may well be the only option left to drive up his book sales.

His reason for being in Paris – the French translation of an erotic novel he wrote under a pseudonym – is not exactly something to be proud of. He is no stranger to Paris. An ex-wife of his (one of three) lives in the city with his eldest son, a young man who barely knows his father.

Willem finds an unlikely companion in Jackie, a young South African working as an au pair in the city, a woman old enough to be his daughter. Together, the two of them will face the chaos of the terror attacks on Friday the thirteenth in Paris.

*You Lost Me* is bestselling author Marita van der Vyver's thirteenth novel, a story about life's thunder clouds and the bonds between us that offer shelter. It is a tale of disillusionment and loss, told with warmth and wicked humour.



## DARE NOT LINGER - The Presidential Years

By Mandla Langa

'I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not ended.' – *NELSON MANDELA, Long Walk to Freedom*

*Dare Not Linger* is the story of Mandela's presidency, drawing heavily on the memoir he began to write as he prepared to finish his term as president, but was unable to finish. Now, the acclaimed South African writer, Mandla Langa, has completed the task using Mandela's unfinished draft, detailed notes that Mandela made as events were unfolding and a wealth of previously unseen archival material. The result is a vivid and often inspirational account of Mandela's presidency years in which he overcame the challenges of transition and made a reality of his cherished vision for a liberated South Africa.

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Maria is a gem. She has worked for me for 10 years. Maria is available on Tuesdays and Fridays. Contact Cheryl 082-775-3788, or Maria directly on 072-293-1877.

Julia is seeking employment for three days a week, Tuesdays, Wednesdays and Fridays. She works for me the other two days. She is a soft natured, friendly and stable person and very intelligent. She is neat and very proud of her work. Please contact her at 072-922-1230.

Nelly, a domestic worker is looking for a sleep-in position in the estate. She is available from January 2018. Please contact Nelly on 076-071-6956.

Oncemore is a lady from Zimbabwe seeking employment for 5 days. She is Julia's neighbour and helped out at my place before. I really liked her. She is in possession of an Asylum. Please contact her at 060-872-5564.

Pretty is a lady from Zimbabwe and seeking employment. Her previous employer cannot afford a domestic lady currently. She is in possession of an Asylum. Please contact her at 071-141-6477.

Portia is looking for work on a Tuesday. She is hardworking and honest, and starts early in the mornings. Contact me for a reference: Suretha 082-359-3575, Portia 060 614 0685.

Johanna, the mother of our domestic worker is looking for work within the Estate. She prefers to sleep out and is available five days a week. She speaks English and Afrikaans. Please contact her on 079-930-1690/078-079 8429.

## GARDENING

Frans, our gardener of many years, is available for work on Mondays and Wednesdays, as we are relocating. Please call Saskia on 083-517-4190.

# SMALLS

## OTHER EMPLOYMENT

Jericho and Christian are from the DRC. They were car watchers at the Spar but lost their positions. They are urgently seeking employment, currently surviving on donations. I have tried to find them positions as car watchers elsewhere. Currently they would take what they can get. They are both extremely friendly and good with people. They are both in possession of Asylums. Please contact them at 071-845-8652.

## LIFT CLUB

Looking for a lift club between Irene Farm Villages and Laerskool Monumentpark and / or Hoërskool Menlopark – please advise if interested. Contact Adelle on 082-450- 4659.

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## HOUSE CHECKING IN IFV AND SURROUNDING AREA:

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# PETS



**You have lost the battle. You have surrendered, because even as adults we still get that fluttering inside at the thought of having a new baby animal, be it a puppy, kitten, rabbit or hamster. It is that “awwww” feeling we get when we see babies of all different species!**

There are many advantages for a child in owning a pet. Firstly, having to look after a pet – feeding, grooming and playing with him – teaches a child responsibility.

A pet also teaches a child how to behave appropriately towards the pet and to allow others to also play with it. In other words, children learn socially acceptable behaviour and tend to share more easily.

A pet can become an ally and confidant, privy to the child’s innermost secrets and fears. Children who develop a relationship like this with a pet learn to trust others and be as loyal as man’s best friend is to them.

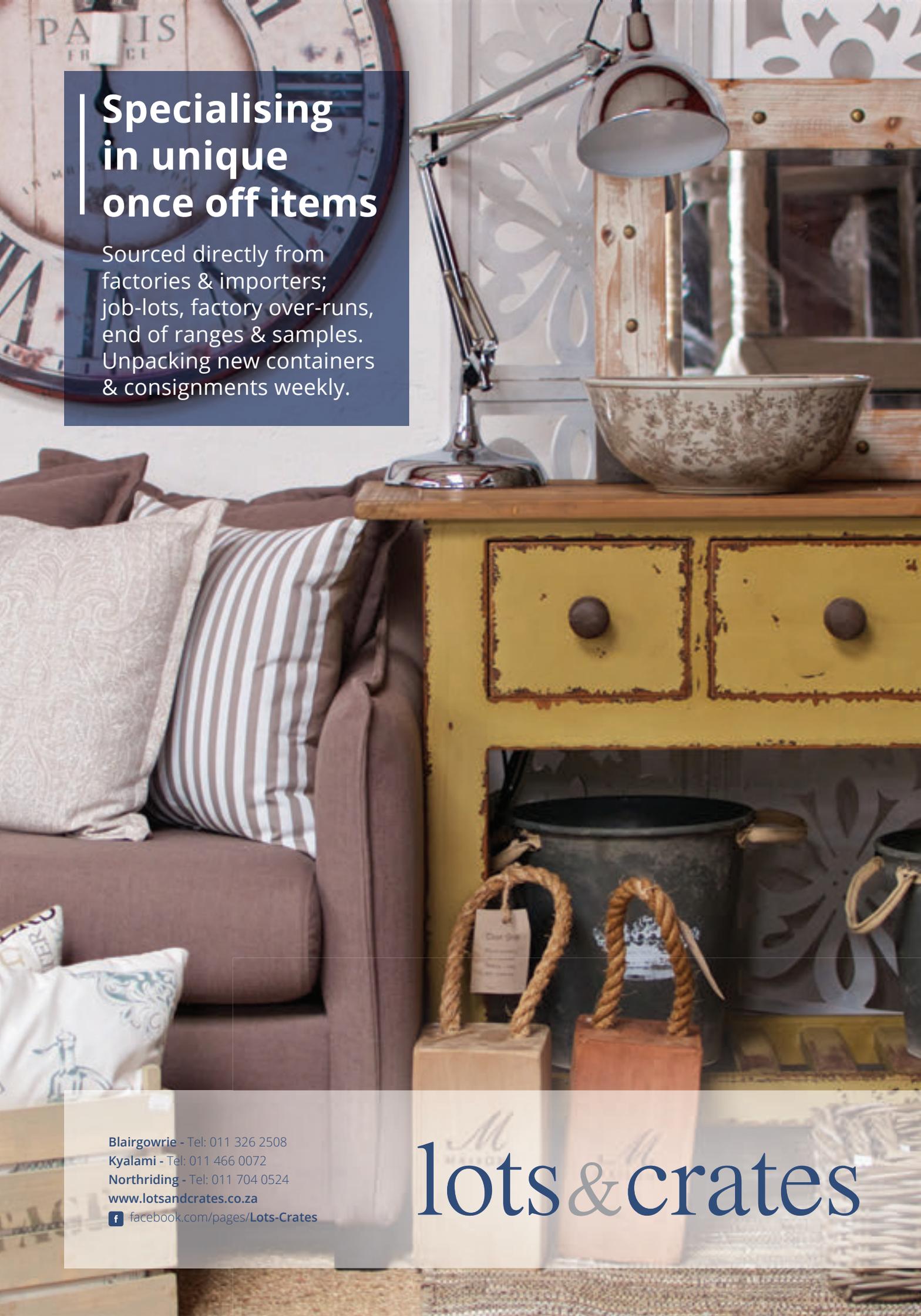
Pets also teach children some very important life lessons – for instance how to deal with birth, death and illness. The pet-owner relationship establishes a connection and respect for nature.

These advantages are real and parents should remind themselves of them often, especially when you have to clean up the puddle on the kitchen floor...!

**The realities of owning a pet include:**

- **Food.** Any animal deserves the best food available and this comes at a cost. Whether you buy specially designed pet food or cook the food yourself, it is not free!
- **Grooming.** All animals need grooming – you’ll need the right tools and time to take care of it.
- **Exercise.** You need the time and space to ensure that your pet gets sufficient exercise and play time with you.
- **Veterinary care.** Your pet deserves top-quality medical care, including regular immunizations.
- **Spaying or neutering.** If you don’t want to end up being the local pet shop, you have to consider spaying your cat or dog. Considering the vast number of homeless pets, I think it is the responsible thing to do.
- **Animals grow up.** All puppies and kittens grow into mature dogs and cats. Be sure that you are willing to take care of the needs of a grown animal. In other words, when the cuteness factor diminishes, you have to love and respect your maturing animal.
- **The buck stops with you.** At the end of the day, despite all the promises your child made, you have to ensure that the pet is taken care of. Children do need reminding and supervision when it comes to taking care of a pet. You have to teach your child to respect your pet, how to handle him and in which ways his physical needs have to be met.

Enjoy the wonder of nature and use your beloved pet to teach your child about life, love and respect.



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