



# *The* Villager

Issue 3 • 2017

*Travel:*  
**St Lucia**

*Guide your  
child to good  
food habits*

**Traffic  
violation  
is a  
problem**



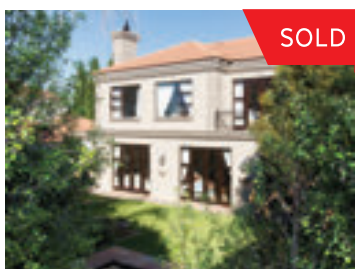


# I am Irene Farm Villages & Centurion Golf Estate

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

Office: 012 644 8300

  
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PROPERTIES



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

I can do the same  
for your property too.  
Please contact me for  
your sales 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.

#### **Publisher**

Nico Maritz

E-mail: nico@eiapublishing.co.za

#### **Editor**

Kathy Thersby

E-mail: kathy@eiapublishing.co.za

#### **Sales Manager & Advertising**

Martin Fourie - Cell: 072 835 8405

E-mail: martin@eiapublishing.co.za

Office: 012 997 2712

#### **Sales**

Gerdie Murphy - Cell: 082 556 9863

E-mail: gerdie@eiapublishing.co.za

#### **Production Co-ordinator**

Nicole Hermanson

E-mail: nicoleh@nowmedia.co.za

#### **Graphic Design**

Diane van Noort

E-mail: d2vn@mweb.co.za

#### **EIA PUBLISHING OFFICE:**

Tel: 011 327 4062 Fax: 011 327 4094

32 Fricker Road, Illovo, Johannesburg

www.eiapublishing.co.za

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Cover by Marthinus Horak



## SUPERIOR REALTY

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





At van Niekerk

### Dear Residents

The Board has approved an operational budget levy increase of 8.5% for the 2017/2018 financial year, effective from 1st March 2017. The operational budget, along with the general expenditures, provides for the following additional expenses:

- Six (6) speedhumps, which will be constructed in the following streets: Devon, Sussex, Essex, Chestnut, Paper Bark and Celtis Street;
- Landscaping of the circle at the North gate;
- Rehabilitation of the "old" dumping site between Phase one and Phase two;
- Boundary walls – maintenance and painting (last phase);
- Rental of the CCTV equipment;
- Community investment activities including the adult education support project, the #Khomani San outreach

project, the Village meander walking trail, and the school stationary support project, etc.

There are many ongoing activities in and around our Estate. The Master Development Plan for the HOA is slowly unfolding with the following projects currently in progress:

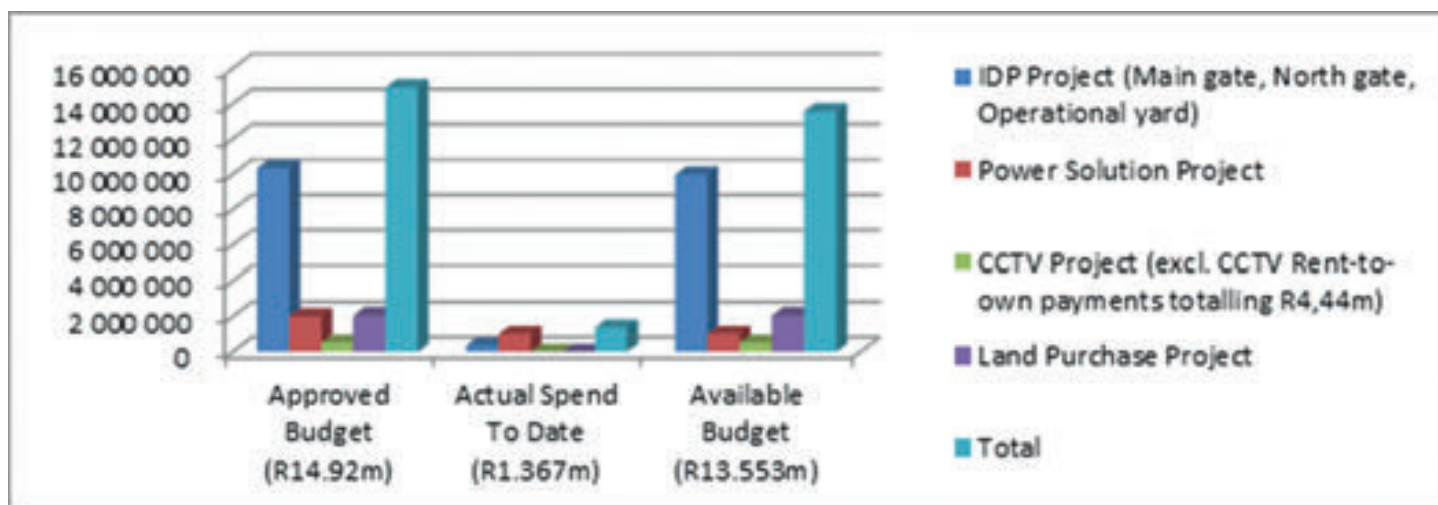
- **The Infra-Structure Development Plan ("IDP"):** This consists of the upgrading of the two gate houses and the operational yard. The building plans must be finalised and approved by the Board. The Property Management Committee ("PMC") of the HOA is in the process of appointing the professional team responsible for managing this project. The PMC has requested quotations from Quantity Surveyors and Structural Engineers. This project will be funded from the special levy, that was approved at the 2016 AGM.
- **The CCTV Project:** The appointed supplier is X-On. The positioning points of the cameras around the perimeter have been mapped out. The digging of the plinth holes commenced on the 13th February and should be completed by the end of March. This project will be funded through a rental-to-own financial package, which shall become part of the operational budget as mentioned above.
- **The Power Solution:** This project, which runs together with the CCTV

project, is the power network that will supply power to the cameras. Part of this project is the trenching around the perimeter by Vodacom, which will supply the fibre to the CCTVs. The Board has approved the purchase of two 20kVA Perkins diesel engines, that will be utilized as standby power for the CCTV network in the event of power failure.

- **The Fibre-To-The Home ("FTTH")** project is progressing well. The sub-contractors for Vodacom, who will be doing the micro-trenching in the roads, have established their site in the Estate and the trenching could commence any day now. The Members/Owners will be informed well in time about the signing-up with Vodacom.
- **The Capex programme** that deals with the above highlighted projects is set out in the diagram below.

At the Board meeting of February 2016, the Directors adopted the following two (2) new rules, which will be tabled at the 2017 AGM for approval:

- **Water Tanks:** Rule 5.2.13.13.9: "Water tanks may be installed. The water tanks must not be visible from the street front. The colour of the water tank, including that of any gutters and or downpipes must be an aesthetically pleasing earth-like colour, which must satisfy the HOA. Members must inform the Estate





*Juvenile Laughing Dove*

*Manager of the installation of the water tank(s)."*

- Drafting of plans by architectural professionals: The current rule 4.6.3.6 reads as follows: "All plans for the construction of, or alterations to buildings, must be approved by a registered professional architect."

Due to requests received from the governing body of the architectural profession, SACAP, the following amendment to the current rule was adopted by the Board:

*"All building plans for the construction of new dwellings, or any alteration or addition to buildings, including, but not limited to swimming pools, carports, boundary walls, must be drafted and signed by a professional architect or a draughtsman, who must be registered with the South African Council for the Architectural Profession ("SACAP"). Such architectural professional shall be required to submit his/her SACAP registration certificate with the submission of the building plans to the Aesthetic Sub Committee ("ASC"). The appointment of such architectural professional is at the sole discretion of the Member."*

The above rules will be presented at the 2017 AGM for rectification by the Members.

The following estate agencies were accredited by the Board for the next financial year dated 1st March 2017 to 29th February 2018:

- Buy Sell;
- RM Realtors;
- Superior Realty
- Leane Graaff;
- Pam Golding;
- Leap Frog;
- 4th Avenue Properties;
- Apple Properties;
- Just Property Group;
- Leapfrog;
- Real net;
- Seeff;
- My Roof.

All the accredited estate agencies and their agents are welcomed at Irene Farm Villages. These estate agencies play a very important role in the marketing of the Estate in general and the selling of properties during the year. The Board appeals to its Members to support the accredited agencies. Members are reminded that should you make use of the services

of a non-accredited agency or estate agent, a registration fee of R2,500 is payable, should such agent sell your property.

Building plans play a very important role in the management of the Estate in general. Not only does the Estate Office keep records of the building plans of all the properties, but also ensures upon the transfer of the property into the name of a new Owner, that the existing building plans are filed with the Estate Office. The building plans are in the process of being scanned, which will enable the Estate Office to make the electronic copies of the building plans available to the property owners. The building plans for all exterior alterations or additions must be submitted to the Aesthetic Sub Committee ("ASC") for review and subsequent approval thereof by the HOA.

Any form of building work carried out without plans being approved by the HOA carries a penalty; alternatively the HOA may instruct that building work be discontinued.

Residents are asked to use the North



gate exit with caution, due to all the construction work going on across the North gate. At the same time Residents are reminded to be aware of the trenching and digging activities along the perimeter fence and preferably avoid this area during the next two to three months.

The Estate Management would like to thank all Residents who co-operated and assisted with the timeous registration of their household workers

for 2017 before the cut-off date. All household workers should by now be in possession of the new 2017 yellow access card. Household workers must carry this card always, which card serves as a back-up system in the event of the bio-metric access system being off-line.

We once again call upon our Residents to keep to the speed limit of 40km/h and to stop at the stop streets.

You are reminded of the social meet and greet walk that takes place every Saturday morning in our estate. The walk starts at the IFV post office at 07h30 and follows the Village Meander walking trail route. Residents are invited to use this opportunity to experience the lovely natural surroundings of our estate while meeting fellow residents.

Regards  
*Estate Management*



*Yellow mongoose family*





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Our Core Business**



**IRENE FARM VILLAGES**

Land Size 601 sqm  
Floor Size 269 sqm

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**R3 200 000**



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# Security



Marchell Galant

## Dear Residents

I want to welcome all our new Residents and tenants to Irene Farm Villages.

Traffic violation is still a big problem in the Estate. It is not only contractors and day visitors that violate the traffic rules but also Residents.

The Estate Office recently received a complaint from a Resident who was nearly involved in a motor vehicle accident on the corner of Chestnut and Country Club due to the failure of another Resident, heading towards the

North gate, to stop at the stop sign.

Traffic violation in the Estate is a very serious transgression and Residents should at all times abide to the traffic rules and regulations of the Estate.

There are Residents who are still transgressing rule 4.7.7: **'No person, who is registered on the bio-metric (fingerprint) access-system of the HOA is allowed to use his/her bio-metric access for the access of any other person onto the property, regardless of the status of such**

**person'.** Residents are reminded to abide to the rules of the Estate.

Residents should make sure that their household workers, au pairs and drivers that collect children for school are registered with the HOA office.

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





**Nina**  
082 963 1994  
PRINCIPAL  
SALES AGENT

**Eunice**  
071 676 5940  
RENTALS

## IRENE FARM VILLAGE

### Modern Masterpiece R5.9 mill

WEB REF: 987



4 bedrooms, 3 bathrooms, 4 living areas, built in bar and wine cellar, enclosed entertainment room with dining area, study, kitchen and scullery with Caesar stone tops, walk in pantry, swimming pool, garage fits 3 cars +++  
**Nina 082 963 1994**



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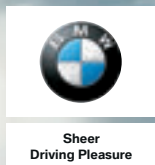
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## IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

### Summary Income Statement January 2017

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

Operational Income						
Levy Income						
Normal Levies	912 407	910 648	10 045 319	10 017 128	28 191	0.3%
Other Income						
Interest Received	47 035	10 000	499 826	110 000	389 826	354.4%
Contractors Permits	8 300	20 000	130 365	120 000	10 365	8.6%
Estate Agent Registration	0	0	129 960	129 960	0	0.0%
Post Box Annual Fee	500	2 500	12 470	27 500	(15 030)	-54.7%
	<b>968 242</b>	<b>943 148</b>	<b>10 817 940</b>	<b>10 404 588</b>	<b>413 352</b>	<b>4.0%</b>
Operational Expenditure						
Professional /Administration	51 876	69 155	715 719	692 795	(22 924)	-3.3%
Accounting Fees	33 000	33 000	365 280	363 000	(2 280)	-0.6%
Audit Fees	574	0	59 375	65 000	5 625	8.7%
Bank Charges	5 045	2 500	32 582	27 500	(5 082)	-18.5%
Insurance	11 064	33 655	126 385	137 295	10 910	7.9%
Legal & Professional Fees	2 193	0	132 097	100 000	(32 097)	-32.1%
General Office	34 016	11 000	158 840	150 800	(8 040)	-5.3%
Office Equipment	1 420	1 000	8 469	12 800	4 331	33.8%
General Expenses	693	1 500	25 502	46 500	20 998	45.2%
Office Refreshment	885	1 000	9 973	11 000	1 027	9.3%
Printing & Stationary	24 534	3 500	59 267	36 500	(22 767)	-62.4%
Telecommunication	6 484	4 000	55 629	44 000	(11 629)	-26.4%
Operational Expenses	173 777	163 412	1 690 746	1 909 537	218 791	11.5%
Municipal Charges	37 035	50 000	352 209	550 000	197 791	36.0%
Recycling	8 909	8 662	93 369	95 287	1 918	2.0%
Donations	0	5 000	40 000	55 000	15 000	27.3%
Meetings	0	750	3 463	11 250	7 787	69.2%
Salaries & Wages	127 832	99 000	1 201 705	1 198 000	(3 705)	-0.3%
Security	540 323	554 700	5 796 867	5 811 138	14 271	0.2%
Access Control (ClickOn)	20 793	22 000	223 480	242 000	18 520	7.7%
- ClickOn Recovery	(11 345)	(12 000)	(103 677)	(132 000)	(28 323)	21.5%
Equipment Maintenance SLA	20 610	19 500	233 925	216 045	(17 880)	-8.3%
Security Maintenance	7 165	8 000	100 321	78 000	(22 321)	-28.6%
Guarding Services	503 100	517 200	5 342 817	5 407 093	64 276	1.2%
Repairs & Maintenance	145 268	153 564	1 578 627	1 619 987	41 360	2.6%
Fuel	3 465	3 000	31 266	33 000	1 734	5.3%
General Maintenance	18 738	9 650	73 324	106 350	33 026	31.1%
Infrastructure Maintenance	3 273	3 000	38 208	33 000	(5 208)	-15.8%
Park Facing Boundary Walls	5 225	12 500	131 652	137 500	5 848	4.3%
Park Maintenance	0	4 500	41 827	49 500	7 673	15.5%
Park Maintenance Contract	114 492	118 814	1 239 973	1 242 137	2 164	0.2%
Vehicles	76	2 100	22 377	18 500	(3 877)	-21.0%
	<b>945 260</b>	<b>951 831</b>	<b>9 940 799</b>	<b>10 184 257</b>	<b>243 458</b>	<b>2.4%</b>

FINANCIALS January



# Financials



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

	January 2017		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
<b>Operating Profit / (Loss)</b>	<b>22 982</b>	<b>(8 683)</b>	<b>877 141</b>	<b>220 331</b>	<b>656 810</b>	
<b>Non-Recurring Revenue</b>						
Estate Penalties	2 000	0	33 650	0	33 650	100.0%
Late Building Penalties	0	0	53 250	0	53 250	100.0%
Late Payment Penalties	4 941	0	40 560	0	40 560	100.0%
<b>Expense Recovery</b>	<b>0</b>	<b>0</b>	<b>855</b>	<b>0</b>	<b>855</b>	<b>100.0%</b>
Plan Fee Recovery	(4 930)	0	(49 259)	0	(49 259)	100.0%
- Plan Fee Cost	0	0	(49 260)	0	(49 260)	100.0%
Sale to Members	0	0	10 099	0	10 099	100.0%
<b>Non-Recurring Expenses</b>						
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	15 000	0	185 000	185 000	100.0%
<b>Net Positive/ (Negative)</b>	<b>2 011</b>	<b>(15 000)</b>	<b>(224 136)</b>	<b>(1 077 309)</b>	<b>(773 381)</b>	
<b>Net Profit / (Loss)</b>	<b>24 993</b>	<b>(23 683)</b>	<b>653 005</b>	<b>(856 978)</b>	<b>(116 571)</b>	

### Irene Farm Village Home Owners Association - Infrastructure Development

	Actual	Budget	Actual	Budget	Value	%
<b>Revenue</b>						
Special Levies	214 638	0	434 329	0	434 329	100.0%
Stand Sales			3 078 240	0	3 078 240	100.0%
<b>Projects</b>						
WIP - CCTV Project			0			
WIP - Infrastructure Development Project			0			
WIP - Land Purchase Project			0			
WIP - Power Solution Project			858 617			

## 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

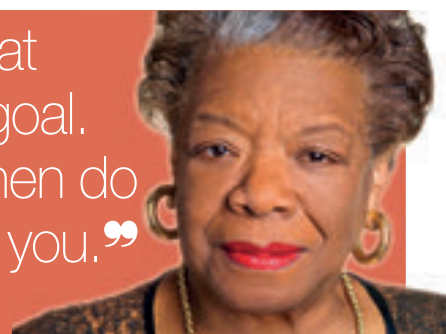
IFV Accounts:  
Winnie Boshoff

"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

"You can only become truly accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you."

Maya Angelou







## PretoriaSmile

ORTHODONTIST

### Dr. E. Ghabrial

BChD, MChD (in Orthod), H Dent Dip,  
PG Dip Dent (p.Manag)

#### Queenswood Practice

203 Shilling Str.  
Queenswood, 0186  
Tel: (012) 333 2224/6

#### Pretoria East Practice

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By James Clarke and Mary Broadley

Courtesy of iSimangaliso Park

## St Lucia village in northern Kwa/Zulu ...

**No, wait. Let me start again. St Lucia is a bit bigger than a village. After all it has a dozen tarred streets, short though they are.**

**T**he town's resident population is 800 – mostly business owners and retirees.

There's no town council – just a motivated rate payers group. There's a satellite police station, a medical centre, filling station, lots of restaurants and three coffee shops. Nothing big or flashy about St Lucia yet all the houses are well built and the gardens well-tended. Half of them are B&B establishments.

St Lucia is, in fact, the world's smallest privately-owned town. It is enclosed entirely inside a World Heritage Site, namely the relatively new iSimangaliso Wetland Park.

The town lies on Africa's largest seawater/freshwater estuary – Lake St Lucia, and the game park that engulfs it stretches 230km north to Kosi Bay and the Mozambique border.

The town has a cosy feel and a palpable air of serenity.

There is one other privately-owned town inside a World Heritage Site. It's in Michigan in the United States but as the townsfolk enjoy hunting practically everything in the neighbourhood it has an entirely different ambience. Zululand's St Lucia sees itself as part of nature and nobody would dream of shooting anything.

It is unique in a number of ways. It rates as one of the world richest towns in terms of biodiversity – probably a record number of bird species for a town (526 species throughout the park, scores of mammals and reptiles). I would guess the town and its surrounds have well over 300 species.

Prominent road signs warn people to look out for hippo that wander in at night.



Red duiker in town.



Trumpeter hornbill also in town.



iSimangaliso, a name that doesn't take long to trip off the tongue (issy-man-gallee-soh) means "miracle" or "wonder". It was South Africa's first World Heritage Site. The United Nations Educational, Scientific and Cultural Organization, Unesco, designated it as such because of its "superlative natural beauty and unique global values". The 332 000 hectare park has eight interlinking ecosystems, hence the bird count. It's right on Africa's largest estuarine system and 25 000 year-old forested coastal dunes are said to be the highest forested dunes in the world.

The first photograph of the "living fossil" coelacanth was taken along its coastline – off Sodwana Bay.

If one follows the beach that starts a couple of hundred metres from the town centre one might well come across a deep furrow coming up from the waves into the dunes – a sign that a giant leatherback turtle or a loggerhead turtle emerged during the night to lay its eggs. Four of the world's seven species of marine turtles lay their eggs along the coast.

Its main street, Hornbill Street, with its warning sign about hippos, has several small shops all very much within human scale. And there's a post office which, in the 1950s, was run by the sister of Britain's Prime Minister, Anthony Eden.

*Echo Lodge's grounds.*



Courtesy of iSimangaliso Park

We were down there to explore the reserve and, en passant, find a rare bird that had flown in – the Eurasian oystercatcher. We found it thanks to Mike Bower, technical manager at St Lucia Echo Lodge. He happened to be on an inspection round of the iMfolozi River mouth and saw us after we'd walked 10 or 12km along the beach, first north and then south towards Mapelane. He guessed what we were after and invited us to jump in his Land Rover. That's how we saw

and photographed the oystercatcher back near Mapelane – a "lifer" for both of us. We were later joined by Themba Mthembu who, in 2015, was named KZN's best tourist guide. He is a formidable birder.

We stayed at St Lucia Eco Lodge, which I remembered from years ago as Seasands Lodge. We were greeted near the entrance by a wild but unfazed crowned hornbill, a big dramatic bird whose huge bill looks capable of cracking macadamia nuts. Next morning an even bigger hornbill, the trumpeter, appeared. Its massive bill looks as if it could crack stones.

The lodge's proprietor is Kian Barker, a 53-year-old ichthyologist, former game ranger and, it seems, the region's best tourist guide. He lived in Melville, Johannesburg, for a few years and in 1996 moved to St Lucia.

He operates a tourist service, Shaka Barker, which does night drives and day tours of iSimangaliso including snorkeling at Cape Vidal. At first he managed the lodge but, 18 months ago, took it over and transformed it into a very attractive, rambling 54-





room hostelry set in a luxuriant tropical garden. Its second storey suites look over the forest canopy to the sea.

There's a 100-seat conference hall plus a smaller hall.

The lodge has no restaurant but it does have its own bistro – the Hog and Hippo – which is licensed and offers a fixed menu of “afro-cuisine”. One can also order a braai that the lodge makes for you – or stay in a self-catering apartment.

There are night drives into the reserve where one might see lion, leopard, spotted hyena, elephant, giraffe, buffalo and red duiker and Southern Africa's smallest antelope, the cat-sized blue duiker.

We had lunch at the popular Skiboat Club amid a babble of foreign tongues and watched hippos, crocodiles and a low-flying squadron of pink-backed pelicans.

The town is central to so many attractions, such as the wetland



*Intimidating art at St Lucia quay.*



*Crowned hornbill at Echo Lodge's entrance.*

itself and uMkhuzi Game Reserve that is now part of iSimangaliso and arguably the richest birding reserve in South Africa. Less than an hour, but separate from iSimangaliso is the uMfolozi/ Hluhluwe Game Reserve. It has the big five, as does iSimangaliso.

Apart from snorkelling among sub-tropical fish there's surf and deep sea fishing within reach of town.

We took a late afternoon barge cruise up the estuary and quietly sidled up to a pod of hippo with their young. The next day elephant were swimming a few metres from the barge.

I know from experience that hippos often have a bad attitude and the barge's skipper informed us that a hippo can charge at 50km/h. I doubt this but certainly it can outrun a human. He advised that, if charged, we must use the same strategy as if being charged by a man-eating lion, look around for fattest person and simply stay in front of him.



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# GROUP TOURS vs TAILOR-MADE TRAVEL

## TO JOIN A GROUP TOUR OR CREATE YOUR OWN?

Join a Group Tour or create your own? Wendy Wu Tours knows that every traveller is different, so they offer some advice on the different touring styles.

### GROUP TOURS:

#### EVERYTHING IS TAKEN CARE OF

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Travelling through Asia is sometimes seen as a daunting experience, but the Wendy Wu Tours escorted group tours make things easy. Absolutely everything is taken care of by your National Escorts and Local Guides, plus your flights, meals, accommodation, touring, entrance fees, local transport – and even your visas are included in the price!



#### SEE ALL OF THE ICONIC SIGHTS

As the experts in group travel, Wendy Wu Tours knows the very best things to see; and they can guarantee that those 'bucket list' and authentic sights will be visited. Not only will they be visited though – your National Escort will take you and your group at the very best times so you'll have more space for yourself to soak it all up.

#### LIKE-MINDED TRAVELLERS

What's special about group travel is the like-minded people you travel with. Ranging from 6 to 29 people in each group from different corners of the world, you're bound to form friendships that often last a lifetime – you may even choose to travel on future tours together. Whether you're travelling as a couple or solo, it's a great experience for all, so embrace it and let your travel companions enrich your experience over a drink or two, while discussing the day's adventures.



#### A VARIETY OF TOURING STYLES

Wendy Wu Tours understands that every traveller is different - which is why they have a number of different group touring styles. As well as their 'Classic' range – comprehensive tours visiting the most iconic sights, you can also choose from 'Discovery' tours, aimed at those with an adventurous side and their 'Exclusive Collection' – luxury tours with little added extras. Each style has its own personality to bring your holiday alive.







## TAILOR-MADE TRAVEL

### ULTIMATE FLEXIBILITY

Travelling on a tailor-made itinerary means that you are in control. From what time you wake up in the morning, where you go for lunch, to what hotel you stay in – it's all your choice. And of course, the sights that you visit are entirely down to you too; each itinerary is truly unique. For those moments of inspiration, their tailor-made team are on hand to give you all of the advice you need. Fulfil your dreams – where you want, for as long as you want, on the dates that you want.

### GET OFF THE BEATEN TRACK

Tailor-made touring gives you the opportunity to delve that little bit deeper into your destination of choice and spend as much time there as you wish, without the worry of keeping to a schedule.

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### PRIVATE TRAVEL

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### Conclusion

*Group and tailor-made travel both offer the ultimate touring experience; but it's down to you as to which one suits you the best. If you're looking for a flexible approach with just your loved ones, Wendy Wu Tours recommends opting for a tailor-made holiday. However, if sharing your experiences with fellow travellers is more for you, a group tour may be more your style.*

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## GUIDE YOUR CHILD TO GOOD FOOD HABITS

What your child eats today will have a great impact on his or her health throughout their teenage years up to adulthood. Consuming a well-balanced diet helps children and teens grow, develop, and help with their self-esteem. Nutrition also plays a role in cognitive development, which also influences how they perform academically.

**G**ood nutrition also helps preventing children and teens from becoming overweight or obese and developing chronic diseases, such as diabetes and hypertension, as well as dental cavities and nutritional deficiencies such as iron-deficiency anaemia.

The development of feeding skills, food habits and nutrition knowledge influences the cognitive development that takes place in a series of stages, each laying the ground work for the next. Unfortunately children don't know enough on their own to naturally choose to eat well.

Numerous influences, some more obvious than others, determine the food intake and habits of children. Habits, likes and dislikes are established in the early years and are carried through to adulthood. The major influences on food intake in the developing years include family environment, social trends, the media and peer pressure.

It is therefore important to provide

them with the right nutrition now and to guide them so that they can learn at an early age what's necessary for good health. This will also help to set them up for a life of proper eating and nutrition, almost certainly helping them for the years to come.

Here are some tips on how to guide your child to have good food habits:

- Encourage your child to consume at least three balanced meals and two healthy snacks daily. This helps to control their blood sugar levels, which also helps to prevent them from wanting any non-nutritious foods.
- The most important meal for a child is breakfast. Starting the day with a nutritious, well-balanced meal allows them to concentrate and learn to their full potential.
- Pack your child's lunch for school, including foods from different food groups. Make sure to keep it fun and exciting by including a variety of colours, shapes and sizes.
- Always keep a variety of healthy snacks available such as fresh fruit, yoghurt, raw vegetables and whole grains.
- Encourage your child to try out new foods as well as foods with different textures. Prepare foods with different cooking methods, for example steam versus stir fry. This allows them to increase their knowledge about different foods, also allowing them to increase the variety in their diet.
- Let your child participate in grocery shopping, meal planning, and meal preparation. These are great opportunities to teach them about good nutrition.
- Never use food as a reward or punishment. Children who are deprived of meals as punishment can tend to overeat when possible for fear of missing the next meal.
- Do not be overly restrictive with sweets and treats. You want your child to develop a healthy attitude towards them. It is great to teach them that moderation is the key.
- Discourage your children from snacking while watching television. People tend to ignore their hunger cues while watching television, leading to overeating.
- Encourage your child to be active. Let them discover physical activities that they find enjoyable.

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