



The Villager

Issue 3 • 2019

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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: Madeleine Du Plessis



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IRENE FARM VILLAGE

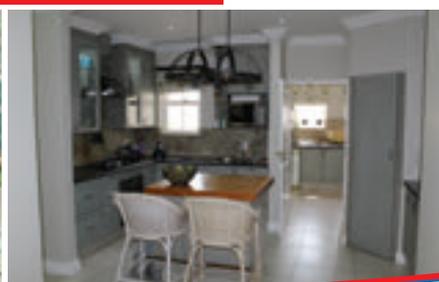


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I am
Peter Varrie
 Irene Farm Villages &
 Centurion Golf Estate

TESTIMONIALS RECEIVED FROM DELIGHTED CLIENTS

- Riaan and I would like to thank you for your wonderful support and expertise. It was an absolute pleasure working with you. **Heike Viviers**
- We would like to thank you for your absolute super service, your commitment, advice, utmost professionalism, yet personal touch. We will definitely recommend you to any other prospective seller. **Ian & Erna Kloppers**
- 'n Kort woordjie van waardering vir die professionele diens wat ons van Pam Golding ontvang het en meer in besonder vir die professionele diens wat ons van Peter ontvang het. Peter het baie meer gedoen as wat van hom verwag word. Dit is mense soos Peter wat van Pam Golding die beste agentskap in Suid-Afrika maak. **Christo Minnaar**
- Many thanks for your professional guidance and assistance throughout the purchasing process. You certainly helped to make it a stressless transaction. I have recommended you to my colleagues. **Sylvia Siphugu**
- Thank you Peter Varrie for an outstanding service. We had a very frustrating three months with two agents who also operate in Irene Farm Villages. We were never kept up to date and when we inquired to what was going on, we were just told that the market was "dead". After their mandates expired, we phoned Peter. He orchestrated a super marketing campaign, put our property on the front page of Property24 and brought potential buyers around within a week. We can only give Peter a massive thumbs up for the great service. We would recommend Peter Varrie to get your house sold, an agent who goes the extra mile for his clients and becomes a friend. **Michael & Heike Wiblin**
- Die diens wat Peter van daar af deurgaans gebied het, was besonder, professioneel en van groot waarde. Die wyse waarop die huis bemark is het vir ons geen ongerief te weeg gebring nie en die besondere kleurrike brosjures oor die eiendom wat op internet verskyn het, was indrukwekkend. Ons eiendom is binne twee weke verkoop! Ons kon sederdien die dienste van Peter Varrie by verskeie mense wat hulle eiendomme wou vervreën, aanbeveel. **Fanie & Rika**
- We utilised the services of Peter Varrie to sell our house in Irene Farm Villages and to rent a property in Cornwall Hill. In both of these transactions, Peter's service was of an exceptional standard especially his attention to detail, speed of handling any queries or needs and his ability to balance the needs of both parties concerned. We highly recommend his services whether renting, buying or selling. **Emile & Yolanda Aldum**
- Peter Varrie from Pam Golding has really partnered with us in our journey to find the ideal home. He understood our requirements and gave us comfort that we were in professional and expert hands. **Chantelle McKenzie**
- Peter has been professional, knowledgeable, efficient and courteous. He is an example for Estate Agents, especially Rental Agents, and I would certainly recommend him to anybody needing the services he so ably performs. **Prof Stephen M Finn**
- Peter Varrie has been our property agent for over 2 years. His help, proactively, extended far beyond the scope of conventional engagement and made our property experience with him a pleasant one. Not a moment's hesitation in recommending Peter for your property requirements. **Nicolette Jasper**
- Peter Varrie has a wonderful ability to match people and places, and has an extensive database to work from. His follow-up service is outstanding and he is always available when needed. His people skills and experience bring a well rounded aspect to his service. We will definitely recommend Peter. **Lynette Weitz**

Pam Golding Properties is the top selling Agency in Africa and Peter Varrie is a valued Gold Club Member and a top selling Property Professional in Irene Farm Villages. We invite you to join his rapidly growing band of satisfied sellers and rental clients.

Peter Varrie: 082 457 7416
 012 644 8300

Thinking of putting your property onto the market? Please contact me for a free market related valuation.

Dear Residents

We have reached the stage in the daily running of the Irene Farm Villages estate office, where we had to say farewell one of our stalwarts, Christine Venter. Christine, who has been working officially twelve years for the Irene Farm Villages HOA (since 2007), has relocated to the beautiful town of Mossel Bay in the Southern Cape. Christine would like to share the following thoughts with all our residents:

"Aan al die inwoners,

Daar is 'n tyd om te kom en 'n tyd om te gaan. My tyd is nou hier. EK sal julle baie mis. EK wil net aan al die inwoners, wie van die begin af saam met my 'n pad gestap het, sê baie dankie.

Baie dankie vir jul bedagsaamheid, jul liefde en bystand die afgelope jare. EK gaan nie land uit nie. Ons verhuis na Mosselbaai. As julle ooit soontoe kom, maak 'n draai. Julle is altyd welkom.

*Baie liefde groete.
Christine Venter"*

We would like to thank her for her dedication and mastering



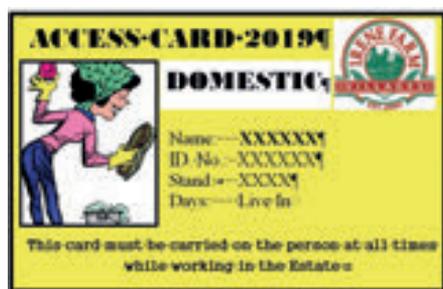
the art of registering the contractors, which was not an easy task. We wish her a safe journey and may God bless her and her family. The HOA Board has approved the appointment of a new Office Assistant.



At van Niekerk

2019 REGISTRATIONS

We would like to thank our residents for promptly attending to the annual re-registration of their household workers. You are reminded that all the household workers must carry the new 2019 yellow access card. This card must be produced when asked to do so by the Security or Office personnel. If the biometric system is faulty (off-line), the household workers will be asked to show their access cards to enter or exit the estate. If the card is lost, the household worker must apply for a new card with a registration fee of R50. We appeal to residents to make sure that their household workers have collected their cards from the office and in fact are carrying them with them.



Residents are also reminded that their personal information must be updated by the 31st of March 2019. Your email addresses and preferred cell phone numbers are especially important, so please be sure to provide those while

updating your personal information.

During 2018, the HOA's Aesthetic Sub-Committee (ASC) reviewed 34 building plans, of which 30 were approved. This compares well with the previous years: 2017 - 54 reviewed and 38 approved; 2016 - 36 reviewed and 29 approved. This statistic indicates that there is ongoing improvement and upgrading of properties in Irene Farm Villages, which adds value to the estate in general. Members are reminded that all new structural additions or alterations must be approved by the HOA and the City Council of Tshwane (COT) before the commencement of building works. This will include swimming pools, new or raised boundary walls, the enclosure of covered patios, etc.



YOUR ESTATE MAGAZINE

At the 2018 Annual General Meeting (AGM), the question was raised whether The Villager should continue to be printed and delivered to the doorstep of each house in the estate, or whether it should be published in an electronic format only and made available on our web page, where it can be viewed by all members. The members voted in favour of the hard copy. However, thinking that this matter has been resolved and laid to rest, we received the following written argument from Ms. Holly-Anne Thompson, who resides in the estate. She argues in favour of an electronic format. What is your view on this matter?

Who are we, really?

By Holly-Anne Thompson

The name Irene Farm Villages brings about many thoughts – some may merely think of it as another estate, conveniently situated near a mall and a highway, but if you ask a resident, the feelings of family, community, preservation and giving may come up more than once or twice. This estate continuously strives to do more and to give back to the community and the environment, such as the PDR (Pretoria Dog Rescue) Fun Walk and Veld Movie, the Khomani San outreach, pad drives, tree plantings and recycling projects. We are in ourselves a community that revolves around the family structure, and residents are encouraged to involve their children in all events.

Now, if we place so much emphasis on community and environment, how is it still true that *The Villager* magazine comes to our doorsteps every month in hard copy? Why do we still subscribe to traditional modes of media when in fact it is 2019 and alternatives to paper-based communication are so abundant? In the 2018 AGM, the matter of converting the magazine to electronic format was discussed, yet the majority of the members voted in favour of maintaining the printed version of *The Villager* over the electronic format.

It is easy to see why members would prefer a printed magazine. Some may fear change and can't see a new format fitting in an estate where things have worked well so far. Others may find the thought of learning to use an electronic format intimidating. The truth is that the change shouldn't be so daunting, and we won't have such a difficult time adapting if members embrace the change with an open mind.

WHY convert to electronic format?

- **Local is lekker:** The trees we grow in South Africa are not enough to produce the amount of paper we use, so some paper is imported. This may not seem important to you, but the South African economy is pleading for consumers to support local businesses. We cannot do so if we buy and use imported goods.¹
- **Water:** Manufacturing paper locally uses a lot of water, and in a country where drought is the norm of late, we cannot afford to consume water unnecessarily. Water is used in all major processing stages, including preparation of raw materials (such as bleaching), paper machines, cooling and transport, amongst other uses.²
- **Ease of Access:** Electronic formats of the magazine are accessible anywhere that you take your device.
- **Convenience:** you can easily search terms in the document, instead of paging through to find an article.
- **Community:** Advertising won't change, but ads will be easier to share with others (as well as estate initiatives and articles).
- **Costs:** It saves on recycling costs, transportation costs and costs of manufacture. Yes, we as residents do not directly bear these costs, but the old expression of 'what goes around comes around' does not just apply on the playground.

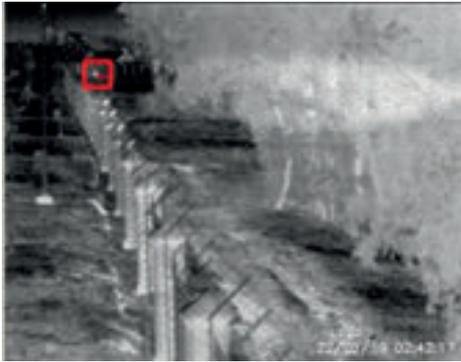
We need to ask the question, are we really doing all we can to promote family, community and preservation? Can we actually do more? (Always!) We should consider not only our personal preferences, but also the preferences of those who do not have voices. Consider the children, ask them if they have anything to say. Consider the

environment, do we really need this hard copy, or can we make do with an electronic version for the sake of the planet? Consider the future of the land and the country.

At the 2018 AGM, when this matter was discussed, some arguments were made regarding the comfort of having a physical book to page through at leisure. We must consider the likelihood of this actually happening in the majority of homes, or whether the average working person has a smart device on which to scroll through the magazine, also at leisure. Whether we have a glass of wine or a cup of coffee in hand, we must remember at no point should we consider our personal comfort superior to others, nor should we consider ourselves higher than international issues, based on the fact that it does not affect us directly. Yes, you may recycle your magazine after you've read through it, but why cure what you have the power to prevent?

On this note, we must question: Are we a community who plants trees here so that we can cut them down somewhere else? Do we set an example only because it suits us or do we do what we know is right even when we have to adapt? Changing to an electronic format of the magazine will allow residents to embrace those feelings of community and environmental preservation that are conjured up when we consider Irene Farm Villages. We now have the opportunity to ask ourselves, who are we, really?

¹ MENIKO (2016). Facts about South African Paper Consumption to convince you to adopt a Paperless Office. Retrieved January 2019, from <https://www.meniko.co.za/blog/facts-south-african-paper-consumption-convince-adopt-paperless-office/>
² SAPP (2012). Water Use and Treatment in the Pulp and Paper Industry, Volume 5/August 2012. Retrieved January 2019, from https://cdn-s3.sappi.com/s3fs-public/slices/downloads/eQ_WP_V5.pdf.



INFRASTRUCTURE DEVELOPMENT PLAN

The Infrastructure Development Plan (IDP) is on the move. The wet services report and audit that was requested by the City of Tshwane was received by the HOA and submitted to the COT, where its Geology Department is currently busy reviewing it.

NEW ACCESS CONTROL SYSTEM

The project plan for the new access control system has been finalised. The plan will kick off on the 18th of March 2019 at the North gate entrance lanes and end on the 17th of June 2019 with the main gate exit lanes, provided there are no unexpected delays. The residents will be informed well in time of the closure of the specific lanes. We apologise for the inconvenience during the construction period. The new access system will be fitted with new IP cameras, including a number plate recognition ability, new spike barriers and booms, new biometric readers, new scanners, a new WhatsApp application and a new infrastructure management system.

SECURITY

We would like to refer our residents again to the attempted security breach on Monday night, the 21st of January at about 02h40, when the CCTV cameras picked up suspicious movements on the Western side of the estate. Initially, five suspects were spotted approaching the fence in the dark. Another two suspects appeared moments later on the scene. The Security promptly responded to the scene, and on spotting the security vehicles, the suspects fled into the veld. After a search, supported by the Joint Operational Centre (JOC), they could not be found.

Residents should remain alert and vigilant, as criminals remain active in the vicinity of Pierre van Ryneveld and surrounding areas. The HOA appeals to all the residents to be aware of their personal safety, be it during the day or at night: lock away your valuables, close and lock garage doors and all the ground floor doors and windows of your home and report suspicious behaviour or movements to the Security.

WATER CONSERVATION

The HOA once again reminds residents that water must be used sparingly. No watering or the use of a hosepipe is allowed between 06h00 and 18h00. It is often noticed that gardeners are washing vehicles during the day, using a hosepipe, which is not allowed by the City Council.



Please diarise Saturday, the 20th of April (Easter weekend) at 09h00. The HOA will be hosting an Easter egg hunt for the kids at the post office. This event will be sponsored by Pam Golding and Boshoff Attorneys. Further information will follow later.



“Life has many different chapters; one bad chapter doesn’t mean it’s the end of the book.”

Unknown

Best regards, On behalf of the Estate Management



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IRENE FARM VILLAGES HOME OWNERS ASSOCIATION

Summary Income Statement – January 2019

	January 2019		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
Levy Income	1 031 801	1 031 801	11 349 811	11 349 811	0	0,0%
Other Income	53 516	31 000	743 740	595 350	148 390	24,9%
	1 085 317	1 062 801	12 093 552	11 945 161	148 391	1,2%
Operational Expenditure						
Professional /Administration	84 150	78 221	730 737	733 917	3 180	0,4%
Accounting and Auditing	37 403	38 413	476 229	476 760	531	0,1%
Insurance, Legal and Admin	46 746	39 808	254 508	257 157	2 649	1,0%
General Office	22 066	7 641	133 722	125 459	(8 263)	-6,6%
Office Administration	22 066	7 641	133 722	125 459	(8 263)	-6,6%
Operational Expenses	228 388	209 848	2 446 448	2 438 631	(7 817)	-0,3%
Municipal Charges	68 337	53 350	549 606	552 198	2 592	0,5%
General Operations	20 096	15 610	168 643	171 360	2 717	1,6%
Salaries & Wages	139 955	140 888	1 728 199	1 715 073	(13 126)	-0,8%
Security	669 809	557 240	6 094 739	6 030 053	(64 686)	-1,1%
Security Operations	171 345	58 772	785 474	720 774	(64 700)	-9,0%
CCTV Equipment Rental	105 501	105 501	1 160 512	1 160 512	(0)	0,0%
Guarding Services	392 963	392 967	4 148 752	4 148 767	15	0,0%
Repairs & Maintenance	190 464	167 000	1 854 366	1 853 884	(482)	0,0%
Repairs & Maintenance	60 692	37 228	449 026	448 543	(483)	-0,1%
Park Maintenance Contract	129 772	129 772	1 405 341	1 405 341	0	0,0%
	1 194 877	1 019 950	11 260 012	11 181 944	(78 068)	-0,7%
Operating Profit / (Loss)	(109 559)	42 851	833 540	763 217		
Non-Recurring Revenue	2 760	0	38 753	29 853	8 900	29,8%
Non-Recurring Expenses	0	67 000	361 590	780 624	419 034	53,7%
Net Positive/ (Negative)	2 760	(67 000)	(322 837)	(750 771)	(410 135)	
Net Profit / (Loss)	(106 799)	(24 149)	510 702	12 446		

“Failure is only the opportunity to begin again more intelligently”

– Henry Ford

Irene Farm Villages Home Owners Association - Project Income & Other						
	Actual	Budget	Actual	Budget	Value	%
Revenue						
Special Levies	202 418	202 417	2 233 174	2 233 172	2	0,0%
CSOS Levies	13 881	14 096	222 475	154 249	68 226	44,2%

IRENE FARM VILLAGES HOME OWNERS ASSOCIATION								
Summary Levy Statements – January 2019								
	120+ Days	90 Days	60 Days	30 Days	Current	Total		Previous Month
Normal - Self Pay	-	-	496	14,100	121,334	106,738		-69,756
Normal - Debit Order	-	-	-	-	12,501	12,501		-6,844
-	-	-	496	14,100	133,834	119,238		76,600
Debt Collection - AA (30/60 days)	8,423	5,196	6,609	19,762	25,096	65,086	27%	129,478
Debt Collection - JJR (90+ days)	60,458	3,124	3,152	3,179	2,595	72,509	30%	69,330
Debt Collection - KSB (90+ days)	67,369	12,491	14,492	16,154	15,217	125,723	53%	101,293
Sold - Previous Owner Accounts	-	-	-	-	15,005	15,005		-22,485
In Transfer	92,185	3,669	7,995	8,303	3,090	109,062		110,927
Other	-	-	-	-	-	-		-17,638
	228,435	24,481	32,743	61,497	109,021	238,135	-19%	294,304
Debt Collection - Accounts > R200,000	944,882	29,445	16,826	16,969	8,297	1,016,419	2%	999,950
	1,173,317	53,925	49,570	78,467	100,724	1,254,555	-3%	1,294,254
	1 062 615	41 718	76 434	109 400	-8 866	1 281 302	2,4%	1 251 192

We recovered most of the funds due to the HOA which were unpaid over December 2018. Debtors (excl the 3 big accounts), reduced by 19%, to R238 135. The efforts put in by Account Ability and the Estate Management by actively following up with members owing funds were successful. In December, 24 members of the 654, owed the HOA more than 3 months' levies. This is down to 13. Three accounts make up 81% of the money due to the HOA.

Irene Farm Villages Home Owners Association - Capital/ Development Projects					
	Current stage	Current Status	Approved Budget	Actual Spend To Date	Available Budget
Infrastructure Development	Planning		8 797 910	655 052	8 142 858
Power Solution Project	Completed		2 010 879	2 010 879	-
CCTV Project	Completed		697 451	697 451	-
Land Purchase Project	Completed		2 282 850	2 282 850	-
Security Upgrade Project	Define		1 700 000	-	1 700 000
Total			15 489 090	5 646 232	9 842 858

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:
Winy Boshoff

Summary Income
Statement by
Account Ability



ACCREDITED ESTATE AGENTS FOR 2019



4th Avenue Properties

A mother and daughter team who have been independent since 2006, 4th Avenue Properties specialises in properties for sale and property to rent in Centurion and Pretoria East. Christa has been in the property industry since 1996 and Nadia since 2006. Nadia has a National Diploma in Property Valuation and is currently studying for her LLB degree, while Christa has her NQF5 in real estate.

They have been resident agents in Irene Farm Villages since 2006.



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Nina Antoniou, a Master Property practitioner in Real Estate since 1997, started Buysell in March of 2003. Buysell is a residential sales and letting agency that operates in the Irene area, namely Cornwall Hill Estate, Irene Farm Villages Estate and Irene proper. Their rentals, which cover Centurion and the East of Pretoria, are run by Eunice Engelbrecht, their very reliable rental agent. Buysell endeavours to provide an honest and reliable service to all their clients. The Buysell office is situated in Nelmapius Rd. Please feel free to visit their office, Monday - Friday 9am - 3pm, where you will be met by Carien Venter, their friendly receptionist, or call 012 667 5381/ 082 963 1994.



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Keller Williams is an international real estate franchise company with over 148 000 associates. It is currently the largest residential real estate company by agent count in the world. Their listings also get shared with all their associates through their system database that means even more exposure for your property. For more information contact Andre Nortje on 082 805 1293, Sandra Nortje on 082 873 2806 or email: andre.nortje@kwsa.co.za



Léane Graaff is a property agent with 16 years' experience in the property market and has been a resident in Irene Farm Villages for



the past 15 years. Honesty, loyalty and respect for herself and the people around her form the foundation of her business. Equipped to provide prospective buyers and sellers with a comprehensive range of professional property services, she believes that hard work, discipline and perseverance are key building blocks that underpin her service. If you are thinking about selling your home, now might be a good time to call her to discuss your needs and explore ways in which she can be of service to you. Please call Léane Graaff Properties on 083 457 3184 to discuss some of the benefits that Léane can offer you as your resident property specialist. She is also available to do free property valuations.

Take the leap! It will be Leapfrog's pleasure to offer you a glimpse of what South Africa's most exciting real estate group is all about. Leapfrog specialises in Irene Farm



Villages Estate and surrounding areas. Their aim is to offer a fresh and innovative approach to buying, selling, renting and property investments, ensuring the best property deals for clients across South Africa. Allow Steven Kruger to come and do a complimentary valuation of your property. He has a fresh new approach to Real Estate. Please contact your Property Master, Steven Kruger, on 082 699 4881, or email: steven.kruger@leapfrog.co.za

The mission of Molodi Properties is to render a high level of service with the utmost professionalism, integrity and ethos. Their commitment to their clients is of paramount importance. They aim to support each client to the best of their ability with open and honest communication and they are dedicated to their clients' welfare, needs and expectations. Through their networking capabilities, they aim to service faithfully all their customers across the board – commercial, corporate and individuals; sellers, buyers, landlords and tenants. They build relationships with their clients, to enable them to fulfil their vision and needs. Contact Abel Mawela on 083 266 1236 or Nicola Beauteman on 078 456 9499, or call their office on (012) 998 7869.



Built on family values and a culture of service excellence, Pam Golding Properties is recognised as Southern Africa's leading, independent real estate group, providing a full spectrum of services to local and global clients through a worldwide network of over 300 offices and more than 2 000 professional staff and agents. For more information, contact Peter Varrie at peter.varrie@pamgolding.co.za.





ACCREDITED ESTATE AGENTS FOR 2019



RealNet Ultimate is a proud member of the RealNet Property Group which has national representation through its franchised network. They have an extensive database of customers looking for upmarket properties in the estate lifestyle category and are therefore able to offer property owners in Irene Farm Villages the opportunity to leverage from those enquiries. They are proud to be of service to you. For more information contact Marius Minnie on +27 (0) 83 640 2222 or email: mariusm@realnet.co.za



RM Realtors is an experienced company and has already been in the market for nineteen years. Rental incomes for investors form an integral part of their service and they are therefore in a position to help tenants and owners quickly and efficiently. They specialise in Development Land, and commercial properties. Their goal is to provide exceptional service to their clients and build good, solid and lasting relationships with their satisfied clients whilst improving their market share continuously. They subscribe to high ethical standards and abide by a strict code of conduct to ensure peace of mind. For more information, visit www.rmrealtors.co.za



Seeff Centurion is an EAAB (Estate Agency Affairs Board) registered estate agency which prides itself on its strong values of excellence, passion, integrity, family, innovation and perseverance. With continuous training and lifelong learning, each agent has a wealth of knowledge and experience. The client is their most important priority. Seeff yearly participates in the annual Irene Farm Villages fun day and community involvement is one of their top priorities. Ronell Venter and Sylvia Meenely are committed to providing you with the best personal service – so call Ronell on 082 302 8924 or Sylvia on 084 010 8504 if you need professional service or just advice on the property market of today.



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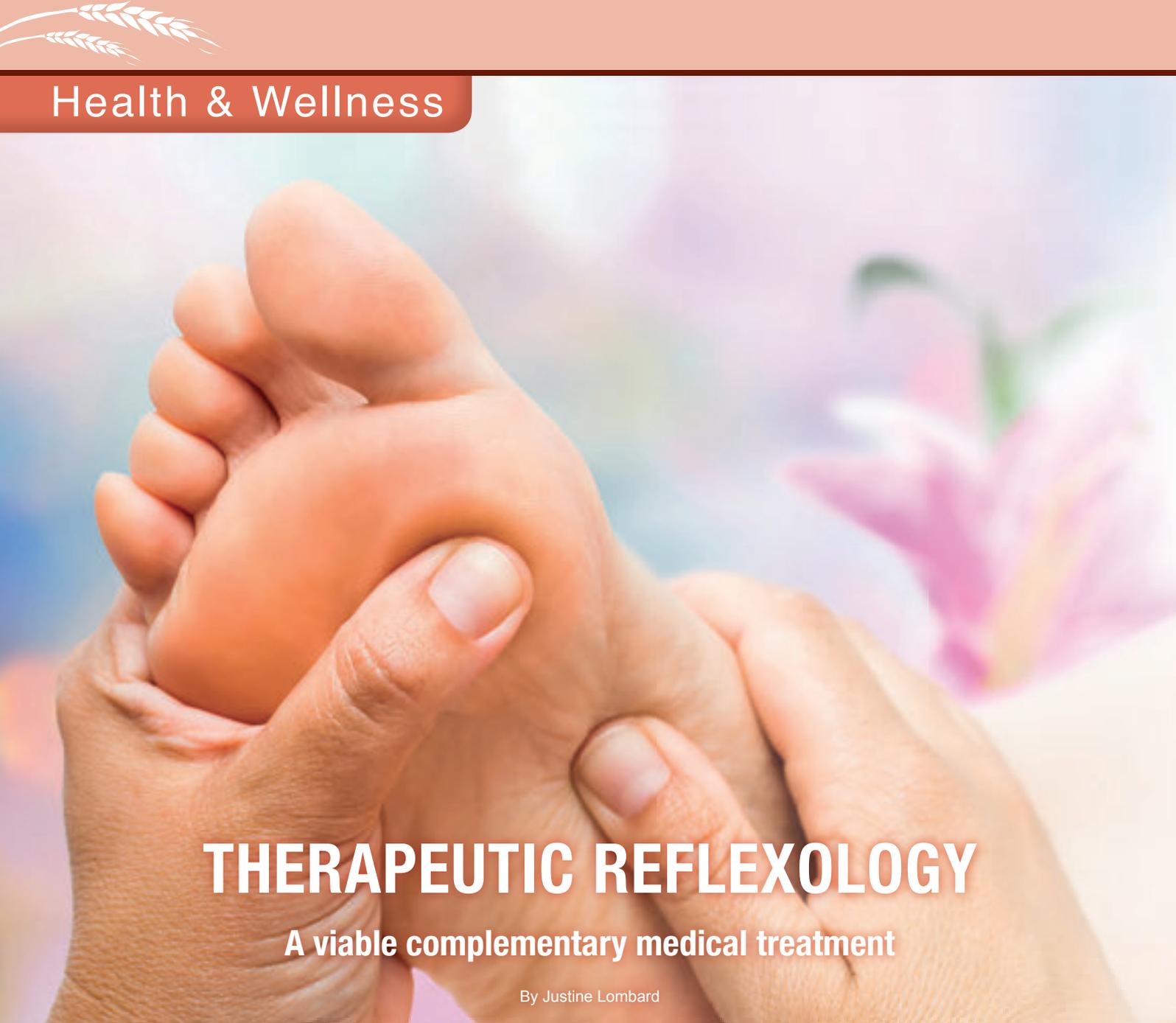
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THERAPEUTIC REFLEXOLOGY

A viable complementary medical treatment

By Justine Lombard

Reflexology, in its most simple form, is a method of massage during which a trained practitioner massages, presses and stimulates specific parts of the feet, hands or ears in order to provide relief to the patient. Many people find that there are benefits to having regular reflexology sessions.

A BRIEF HISTORY

It has been well-documented that ancient cultures used reflexology to ease pain and provide comfort to those suffering from poor health. Throughout history, reflexologists have been claiming that the organs of the body are mapped out on the soles of the feet. This evidence can be found on ancient Egyptian pictographs and on ancient Chinese drawings that accompanied the Nei Ching (a Chinese Medical Book which is believed to have been written around 2500BC). Foot maps have been found on Native American Indian and Inca documents and even ancient Greek vases, depicting the

importance of the feet – remember the legend of Achilles' heel?

HOW TECHNOLOGY HAS ADVANCED THE PRACTICE OF REFLEXOLOGY

Today, with the invention of computed tomography, better known as CT scanning, some credence has been given to the idea that the organs of the body are mapped on the feet. If one looks at a full body scan from the soles of the feet, and travels upwards towards the head, it becomes evident as to how reflexologists interpret the mapped position of organs on the feet. As an example: the heart, which resides to the left of the chest cavity, is stimulated on the ball of the left foot

because this is its natural and obvious mapped position.

Every organ has its own mapped area on the feet and the reflexologist uses different techniques to locate and stimulate each body part during a treatment session.

Modern science accepts that the human body is an electromagnetic force field, something that the ancients seemed to have known before the invention of today's modern technology. These energy fields can be stimulated on the feet to cause reflex reactions in the organs they are connected to.

WHY REFLEXOLOGY?

The best reasoning for reflexology becoming a viable treatment method lies in the power of observation; it is a simple fact that anyone having experienced a treatment naturally feels better afterwards.

• Increased circulation and toxin elimination: the foot massage has the effect of increased circulation which leads to deeper breathing and thus

increased oxygen transport to the cells. Increased circulation may lead to improved lymph drainage and thus improves the chances of eliminating toxins that may have been stagnating somewhere in the body, causing blockages and ill health.

• Digestive health: reflexology has also been observed to impact the digestive system which could either mean speeding up a sluggish system or relaxing an irritable bowel, depending on the patient's needs.

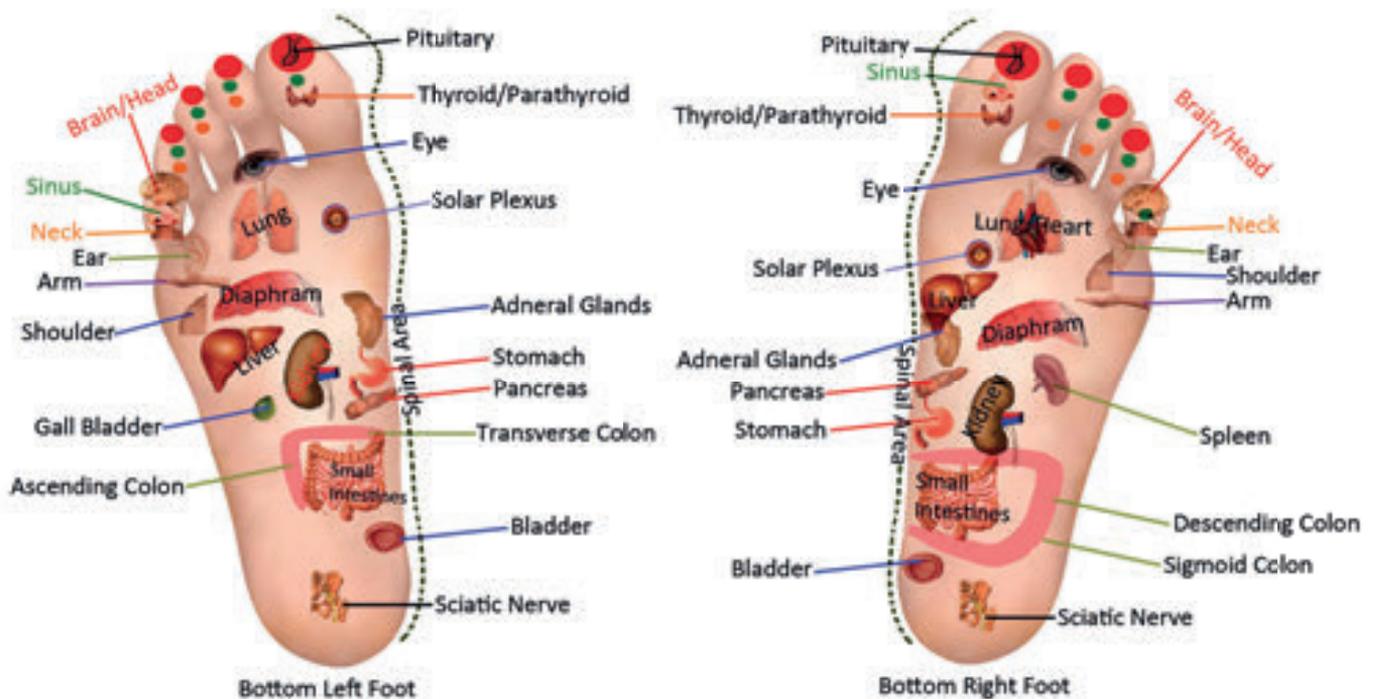
• Lifestyle support: Therapeutic Reflexologists are trained to help their patients embark on better lifestyle habits, such as eliminating food of a poor nutritional value and sourcing more organic, fresh and life-giving food choices. This is a process of changing bad habits which takes time and dedicated support in order to rectify their lifestyle.

• Overall health benefits: improved lifestyle choices and regular reflexology treatments have been observed to, over time, decrease cholesterol levels, reduce high blood pressure, have a positive

effect on acne, improve milk supply in breastfeeding mothers and even support the healing process of burn victims and those with wounds resulting from surgery or bed sores.

The applications of reflexology are very wide. It does not spot-treat specific illnesses, but rather stimulates and strengthens the basic functions of the body in order to eliminate toxins and allow the body to activate its own self-healing mechanisms. It is a complementary healing modality, meaning that it may support or add to other treatments or medication already being received and can be seen not only as a treatment method for a variety of ailments but also as a preventative method for maintaining a person's state of good health. This is why several medical aids are now agreeing to pay for therapeutic reflexology treatments under certain circumstances.

Justine Lombard has a Diploma in Therapeutic Reflexology and is registered with the Allied Health Professions Council of South Africa. She can be contacted via email at reflexology@justinelombard.co.za or www.justinelombard.co.za.



HOW I WAS CAUGHT UP IN A SEGS SCANDAL

By James Clarke



Now that London has enhanced its War Rooms underneath Whitehall from where Britain conducted World War 2 – the war that began 80 years ago – there is a resurgence of interest in that war.

Even in the sleepy Cotswolds where I was not long ago, I came across a tiny museum filled with memorabilia of the war years including - to my joy - a handful of metal studs called Segs. Now Segs will mean nothing to most readers, but to me - I was a small child when the Germans were redesigning British cities by dropping bombs on them - the sight of those studs released a cascade of memories.

We had moved out of London where I was born, to live in the Warwickshire countryside where the bombs were being dropped in a less concentrated manner. But life was frugal. No liquorice all sorts and we had to eat ox hearts and bowels because (mother said) the kids in China were starving. I have never quite worked out how this helped the kids in China.

But there was in the UK a shortage of almost everything - including cows and this meant a shortage of leather. Because leather was almost unobtainable, our shoes had to be

made from imitation stuff, but the soles were of real leather. To make them last as long as possible, my father hammered into them these heavy metal studs.

Like Cinderella, I had two ugly sisters who, despite their tearful objections, had to wear Segs in their shoes. When we three walked down our road to the village we sounded like the Brigade of Guards. Dull red sparks flew from our feet sometimes setting light to hayfields.

Walking on Segs was fun for me - a bit like wearing roller skates because they elevated one some distance above the ground. For years I never knew what it was to walk at ground level and it was only after the war, when the cows came home and Segs were no longer necessary, that I discovered I was quite a short little fellow.

A few years after the war our biology mistress announced the time had come to teach us about

sexual reproduction. She was very embarrassed, and she coyly asked if any of us knew anything about sex. She was hoping, I suppose, that we would all nod enthusiastically and she could then skip the subject and get on with the respiratory system.

Nobody reacted, except me. Having very narrow ear channels I thought she was asking if any of us knew about Segs and that she wanted to reminisce about those dark war days.

My hand shot up. She was surprised. Everybody was.

She bade me take the floor and I told the class how Segs made you feel tall and how really good Segs caused sparks to fly and set light to hayfields. Noticing the way the biology teacher's eyes shot open I warmed to the subject and told the class that my father claimed the more Segs you had the longer your shoe leather lasted.

I was about to tell her how the cobbler's wife down in the village, Mrs Deeming, would give us boys free Segs - but she motioned me to sit down and we all had to take out our text books and turn to page 147 and read (quietly to ourselves) about the reproductive habits of the common newt.

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Elisa Mbaso is looking for domestic work on Mondays, Tuesdays and Wednesdays. She is a hard worker, loyal, thorough, trustworthy and reliable. She has worked for us for 16 years. She can be contacted at 073 484 1055, or for a reference contact Natasha on 071 600 1677.

Evelyn is looking for work any day of the week or all five days of the week. Evelyn, has been working for me the last four months while my domestic has been on maternity leave. I've known Evelyn for over eleven years. She is a lovely person who works very hard. She is reliable and trustworthy. I highly recommend her as a domestic. Please contact Evelyn directly on 066 389 7934, or Nicole on 072 905 7400 for a reference.

Filista Mahlangu is looking for domestic work. She is an excellent worker, extremely trustworthy, gives great attention to detail when cleaning, and treats your belongings with respect. For reference contact Chanté Verwey on 083 631 9463 / chanteverwey@gmail.com. Filista can be contacted on 076 209 8742.

Hlamalani is looking for work. She is hard working and trustworthy, as well as respectful to your household belongings. You can contact her on 064 709 8183.

Josephine (Jo) is looking for domestic work on Fridays. She is very reliable and hard working. She currently works in the Estate and can be highly recommended. For reference contact AnneMarie on 082 328 1500. You may also contact Jo directly on 071 134 8562.

Martha is 48 years old. She has been our domestic worker since 2012. Martha has Tuesdays and Fridays open. She is hard working, loyal, trustworthy, and good with animals. She speaks and writes English. Feel free to contact her should you wish to interview her. Martha can be reached on: 076 982 6881. You are welcome to approach me, Johan Botha on 082 894 9450 for a referral check after hours as well.

Sarah is available for work from Mondays to Fridays. She is hard working, friendly, honest and reliable. She is also very

good with children. Sarah has been working for me in the Estate and has been in my employment for 7 years. Please call Saskia on 083 517 4190 for a reference.

Windy is looking for domestic work on Tuesdays and Thursdays. She is staying in IFV and I can recommend her as very reliable, honest and a hard worker. For a reference contact Zelda on 083 703 8015, or contact Windy directly on 076 383 4955.

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April is looking for work as a gardener on Tuesdays, Thursdays and Fridays. He is very hard working and can be highly recommended. He currently works in the Estate and is looking to fill his working week. For reference contact AnneMarie on 082 328 1500. You may also contact April directly on 076 654 6606.

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