



The Villager

Issue 4 • 2016

**How humans
can learn
from horses**

**Getting
hooked
in the
Thornveld**

**Are you eating
too much salt?**

INSIDE
IFV pull-out
brochure

Residential Sales and Rentals

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NINA: 082 963 1994
PRINCIPAL
SALES AGENT



THE REAL ESTATE COLLECTION



EUNICE: 071 676 5940
RENTAL AGENT

IRENE FARM VILLAGE & CORNWALL HILL



SOLE MANDATE

CORNWALL HILL R5.8MILL (NEG)

LIGHT AND BRIGHT FAMILY HOME.....
4 BEDROOMS, 3 BATHROOMS, STUDY, OPEN
PLAN LOUNGE AND DINING, KITCHEN + SEP
SCULLERY, 3 GARAGES, POOL, COVERED
PATIO+ BUILT IN BRAAI

NINA 0829631994

WEB REF 940



CORNWALL HILL R5.7 mill

SPACE GALORE.....WELL LOCATED!

6 BEDROOMS, KITCHEN + SEP SCULLERY,
5 LIVING AREAS, 3 BATHROOMS, STUDY,
4 GARAGES, S/Q, POOL. 4000M2 STAND.

NINA 082 963 1994

WEB REF 924



RENTAL

CORNWALL HILL R35 000pm

RENTAL

OCC 1 JUNE/JULY
4 BEDR, 3 BATHR, LOUNGE, TV ROOM/DINING
OPEN PLAN, STUDY, COVERED PATIO, POOL,
S/Q, 3 GARAGES.

EUNICE 071 676 5940

WEB REF 938



CORNWALL HILL R4.45 mill (Neg)

CUL DE SACWALK TO SCHOOL!
4 BEDROOMS, 3 BATHROOMS, LOUNGE,
DINING, TV ROOM, KITCHEN, SCULLERY, POOL,
DBL GARAGE, PATIO, COVERED BALCONY
+ SERVANTS QUARTERS.

NINA 082 963 1994

WEB REF 939



RENTAL

CORNWALL HILL R18 500pm

PICTURE PERFECT

OCC DATE ASAP.
250M2, 3 BEDROOM HOME. 2 BATHROOMS,
LOUNGE, DINING, ENCLOSED PATIO, POOL,
DBL GARAGE.

EUNICE 071 676 5940

WEB REF 915

**HOUSES
WANTED IN
IRENE FARM
VILLAGE
FOR SALE
OR
TO LET**

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Cover Photograph by Lynne Skinner

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: 012 348 2001

Sales

Michere Siefe - Cell: 082 389 6899
E-mail: michere@eiapublishing.co.za

Production Co-ordinator

Pam Moodley
E-mail: pamm@nowmedia.co.za

Graphic Design

Diane van Noort
E-mail: d2vn@mweb.co.za

TEL: 012 348 2001 | FAX: 086 619 0763
84 Glenwood Road | Lynnwood Park | Pretoria
www.eiapublishing.co.za

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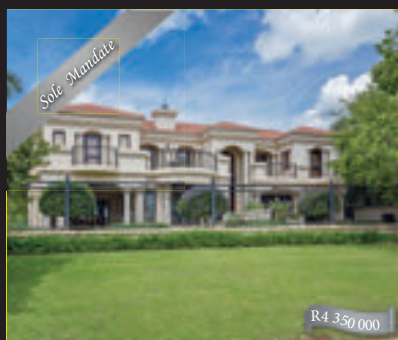


SUPERIOR REALTY

jonathan@superiorrealty.co.za ♥ www.superiorrealty.co.za

Jonathan Koen

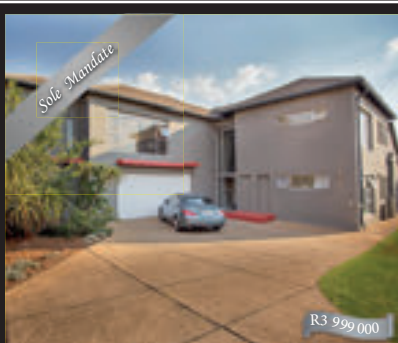
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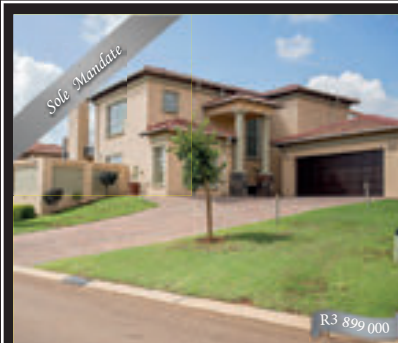
Divine design meets exceptional finishes & unmatched build quality in this dream property. Grandiose home & landscaped garden, for the more sophisticated buyer. breath taking finishes that will take your breath away, from the solid wood kitchen, imported porcelain tiles, modern bathrooms, underfloor heating & gas fireplace. The designs of the living areas are the perfect setting for entertainment, o/plan that incorporates the kitchen, 2 lounges, & d/room. Sliding door opens up to a patio with built in braai overlooking the garden & adjacent park. All bedr are upstairs – the main suite radiates style & provides the occupants with enough cupboard space & a beautiful en suite bathr. 1 more bathr & 3 bedrooms with a landing/study area. The 1 floor provides a stunning view over the park area. In addition to the majestic look & feel of this home, it also offers the owner practical features like: 3 garages with enough space for a work bench, s/quarters with bathr, automated sprinkler system.



This pristine home in the prestigious Irene Farm villages is located in the middle of the estate providing quiet estate living surrounded by beautiful parks. The home has an inviting feel from opening the front door that leads you into the double volume entrance hall. Gorgeous dark wood flooring throughout gives the home a plush, warm feel. Two lounges, one separate provides the kids with their own space while you entertain in the open plan lounge, dining room or open plan solid wood kitchen. Open the stack doors and experience the magnificent heated pool and patio area with built in braai overlooking the generous stand, perfect for kids. Upstairs 4 bedrooms await, all beautifully spacious, with balcony access and a full guest bathroom. The main bedroom with its en suite bathroom has the feel of an executive suite in a 5 star hotel. The home features 3 air-conditioning units, double garage, servant's quarters and loads of cupboard space.



Modern marvel. Experience modern simplicity coupled with great layout, combined offers you a family home with a difference. Walk through the glass front door and experience extra high ceilings and modern open plan exquisite kitchen. Grey and white tones throughout the living areas engulf you in a feeling of calm. All the living areas are open plan and includes an enclosed patio with stack doors that opens to the outside entertainment area. Located downstairs is one of the guest rooms with a contemporary en suite bathroom. Upstairs 3 more bedrooms await, the master suit is truly something to behold, you haven't seen space like this before, with a bathroom that will take your breath away. The use of grey and striking red finishes elevates the bathroom to something you only experience in interior magazines. The property, even with its modern feel and finishes, doesn't lack in practicality and is well designed for family living. The property also offers servants quarters and double automated garage.



The perfect location, layout and design for the family. This mint condition property situated in the heart of the award winning Irene Farm villages estate offers you the space you've been looking for. The open plan design of the entertainment areas consist of lounge, dining room, gorgeous kitchen with granite counter tops and patio with built in braai overlooking the sparkling pool and generous stand. One bedroom downstairs with approved plans to add an en suite bathroom. Study downstairs with built in cupboards makes working from home a dream. Upstairs, the 3 bedrooms gives the family privacy and space with great architectural layout. The main suite is spacious with en suite full bathroom. Two guest rooms features en suite bathrooms, perfect for family living. Servant quarters, for a nanny or live-in domestic. The property is situated close to parks, popular with the residents of Irene Farm Villages. The stand size will provide the kids with loads of space to enjoy the outdoors. The property is move in ready, perfectly located, and features everything a family could ask for.

If it's sold you want, it's Jonathan you call

Message from

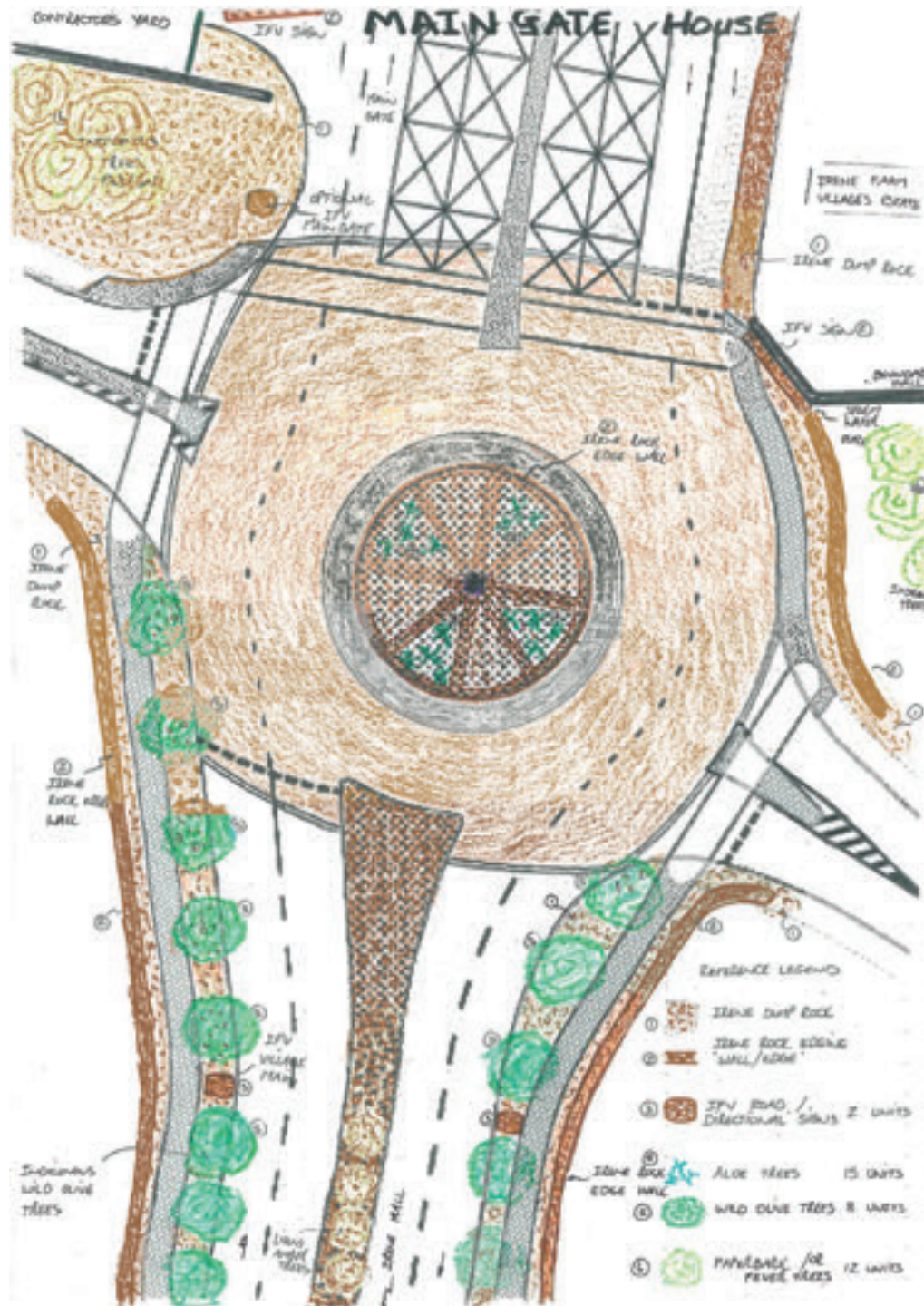
the Estate Manager



At van Niekerk

Dear Residents

At the time of writing my article for *The Villager*, we were nine days away from the Irene Farm Villages Family Fun and Freedom Day on the 27th April 2016. Looking back, at that particular time we were still busy with the preparation of the 100 tree holes, finalising the design of the tree tags, marking out the walking trail, putting all the children and youth activities together, arranging for electricity, water, gazebos, communicating information to the residents, attending to the donations for the tree tags and challenging teams to participate in the potjie kos competition. I would like to thank each and every one who was part of the arrangements. It is hard work, but at the end I trust it will be a day filled with fun and joy to all our residents.



The Estate Management had to deal with numerous occasions where dogs were found roaming the streets. The HOA rule is very clear to the extent, that dogs may not leave the property of a member without being on a lease and the dog must be under the control of the owner at all times. Residents allow their dogs to run

around in parks and in doing so the dogs chase after birds, rabbits, mongoose and the little buck. It often happens that residents with a gate to a park will open the gate for their dogs to go and run around in the park. It also happens on a regular basis, that the household worker leaves the side gate or garage door open and the dogs



then tend to wander into the parks or street. Regardless of several warnings that were sent out to our residents and addressing this matter with specific residents, who were guilty of this transgression, the situation did not improve. The matter was addressed by the HOA Board at its last Board meeting and the Estate Management was requested to take stern action against residents, who do not comply with HOA Rule 4.2. Residents are reminded that a penalty of R500 per incident will from now on be imposed, regardless of the circumstances. The aim is not to generate funds for the HOA, but to stop such incidents.

The construction company of Irene Land Corporation was still busy attending to the snags in and around the traffic roundabout at the main gate and it is expected, that their work should be completed by the end of April 2016. We have identified a few rock masonry artisans and will appoint one to start in May 2016 with the work at the main gate. This masonry work will carry on for about three months. The design for the rock masonry work has been approved by the HOA Board and you are referred to the diagram in the photo insert. Once the rock masonry work has been completed, the remainder of the landscaping will be attended to.

At the Board meeting on the 14th April 2016 the Board approved the following capex expenditures:

• Water supply risk management	R100,000
• Traffic control management (speed humps)	R75,809
• Social development projects	R45,000
• Water tanker roadworthy and licensing	R50,000
• Environmental development	R213,500

The environmental expenses include the tree planting (100

trees), establishment of the walking trail, rehabilitation of the old dump site, landscaping the main gate façade (please refer to the diagram mentioned above) and the establishment of a bird watching den. Hopefully the above activities will be addressed during 2016.

The financial statement for the first month of the new financial year reflects an operating profit of R274,854. However, there is an increase in the outstanding debtors, mainly due to outstanding levies. All outstanding levy accounts older than 60 days will be handed over to the HOA appointed attorneys with the instruction to issue summons. Once an account has been handed over to the attorneys, the member will have to arrange for payment in settlement of the levy account with the attorney, who will prepare a settlement agreement in line with the Board’s decision. Members are reminded that they will be liable for all legal costs once they have been handed over to the attorneys. Accountability, who is managing the levy accounts on behalf of the HOA, will contact a member, whose levy account goes into arrears over 30 days. Should you be contacted by Accountability due to your levy account being in arrears, you are advised to take pro-active steps to settle your account, alternative to discuss your financial situation with Accountability, who has the delegated authority to enter into an arrears payment agreement.

Mr. Peter Chambers, who served for several years on the Financial Sub-Committee of the HOA, resigned due to his own work circumstances. The Board expressed its thanks to Mr. Chambers for his valuable contributions. The Board welcomes Mr. Hennie Cronje, a member of the HOA, who indicated that he is willing to serve on the Financial Sub-Committee.

The sink holes in Willow Street and Queens Street received high level



attention when the Co-Chairman of the HOA, Casper Badenhorst met with the City Manager, Mr. Jason Ngobeni and Mr. Tebello Masehe, the Regional Executive Director on site to discuss the delays in rehabilitating the two sink holes. Mr. Ngobeni acknowledged that the situation was serious and that the matter will receive urgent attention, subject to the availability of funds, which will only be available in the new financial year for the Tshwane City Council on 1 July 2016. In light of this financial limitation, the Board took a decision to assist the Tshwane City Council by making available interim bridging finance as was set aside for such purpose during the 2015 AGM. The matter was referred to the HOA attorneys to advise on the risk and to draft the letter of understanding. This matter is currently in progress and further information will be made available in due course.

In the previous issues of *The Villager*, you were introduced to the Yellow Wood, the Chess and the Golf parks in Irene Farm Villages. In this issue I would like to introduce you to the Village Green, which consists of seven (7) individual erven, measuring in total 5515 m². The Estate post office is situated in this park and is regularly visited by residents, when they collect their post. The development of this park only started in 2014, when a large number of trees were planted in and around the park. Rock masonry work was introduced here in the Estate, when rock walls and benches were constructed in the park, which emphasises the special

"Irene rock" found in our area. Daryl Hardy, a member and resident of the Estate, led this initiative. There is an abundance of small animal life in this park, especially late in the afternoon when the guinea fowls make their appearance. The walking trail and the mountain bike trail will eventually start at this park. A bird watching den is also planned for this park.



Short and important messages:

The maintenance of the boundary walls facing the parks and open spaces are still in progress;

Follow us on Face Book. We have 546 likes to date; www.facebook.com/IreneFarmVillages/

You still have time to make a donation for a tree tag at R100 per tag. Contact Madeleine at the office;

You are invited to join in the activities of the HOA Community Investment Committee ("CIC"), who focuses on the development of and the investment in the IFV community. If you are interested, you are welcome to contact Elna Hirschfeld on 083 212 2820;

The Environmental Committee is tasked with the establishment of the walking trail (5km), the mountain bike trail and a bird watching den. The rehabilitation of the old dumping site will also be addressed. The assistance of experts in this field is required. This committee is chaired by Marthinus Horak, who you can contact on 084 555 2489;

The Vodacom fibre to the home ("FTTH") is in progress with the application for the right of way to trench the fibre in the roads, still with the Tshwane City Council;

The drought relief grass cutting project is still continuing. Residents can drop their grass cuttings at the contractor's yard, next to the main gate. Please enquire at the Security for the key to the yard;

Remember to recycle on Thursday mornings. The green bins and/or green bags must be put out early in the morning. The collection team is already collecting at 07h30;

A follow-up water meter inspection will be carried out soon. Further communication will go out soon;

The Extension 193 Development by M&T: The HOA filed its objections with the Tshwane City Council, where upon M&T responded positively in its reply to Tshwane. The HOA met with the appointed Traffic Engineer from ITSE, to discuss the Traffic Impact Assessment ("TIA"). The HOA is now waiting for the TIA to be submitted;

The Board approved the application by APPLE PROPERTY CONNECTION for accreditation as estate agency in IFV. The official introduction to the Apple agency will be done in the next issue of The Villager; and

The Board approved the business from Stand 2378 in Country Club to rent out party/function equipment like jumping castles, chairs, tables, etc.



It is always of great value to share the activities or the life experiences of our residents. I would like to introduce you to Sihle Mkosi, a grade 12 pupil at Cornwall Hill College. He is conducting research into the development of a new Gautrain bus route as part of his Business Studies Project. The proposed bus route will run from the Irene Village Mall to the Centurion Gautrain station. You are invited to join him on Face Book and to take part in his research.

May you have a wonderful 2016 autumn.

Best regards
On behalf of the *Estate Management*

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IRENE FARM VILLAGES ESTATE

R3 150 000



SOLE MANDATE

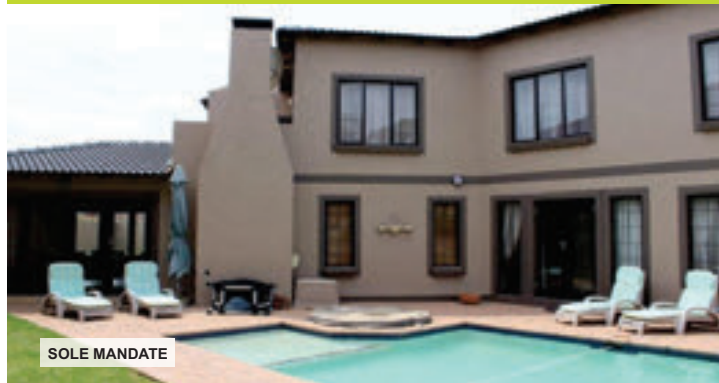
BEAUTIFUL CONTEMPORARY HOME!

Web LFIE-0627

A home with 3 Bedrooms, 2 bathrooms, (1 en-suite), guest toilet, study, 3 living areas, kitchen, pantry, scullery, patio, double garage and staff quarters. For the chilly winters you will find heater panels and under floor heating. Situated in the Estate in Irene which has magnificent vistas of the surrounding countryside and stunning sunset views.

IRENE FARM VILLAGES ESTATE

R3 450 000



SOLE MANDATE

SOLE AND EXCLUSIVE MANDATE

Web LFIE-0589

4 Bed, 3 bath, (2 en-suite), entrance hall, guest toilet, 4 L/A's, Memphis Cherry wood kitchen and granite tops. Patio, pool, Jacuzzi, auto double garage and staff facilities. Balcony over looks the beautiful garden. For the chilly winters you will find heater panels & under floor heating. Situated in the Estate in Irene which has magnificent vistas of the surrounding countryside & stunning sunset views.

IRENE FARM VILLAGES ESTATE R3 650 000



A CONTEMPORARY FAMILY HOME!

Web LFIE-0489

3 Bedrooms, 2 bathrooms, 1 en-suite, guest toilet, study, kitchen, pantry, scullery, laundry, 4 living areas, pool, built-in braai, irrigation system in garden, staff quarter, and double garage. Air-conditioning units and underfloor heating throughout the home

IRENE FARM VILLAGES ESTATE R3 750 000



SULE MANDATE

MODERN DOUBLE STOREY!

Web LFIE-0546

This home has 4 Bedrooms, 2 bathrooms, (main en-suite), balcony, entrance entrance hall, kitchen, laundry, pantry, scullery, scullery, 3 living areas, sliding doors open onto patio with built-in braai and land scaped garden with a fountain. Staff quarters and 4 garages.

IRENE FARM VILLAGES ESTATE R3 795 000



CONTEMPORARY HOME - TRANQUIL!

Web LFIE-0629

4 Bedrooms, 2 bathrooms, 1 en-suite, guest toilet, entrance hall, kitchen, pantry, scullery, study, 3 living areas, stack doors open onto patio, built-in braai, irrigated garden, S/Q and D/G. Air conditioning units in home. balcony over-looking breath taking pool and green garden.



Your Trusted Property Advisor and Area Specialist in Irene Farm Villages Estate

To view these homes or for a free, no obligation e-valuation on your home call

Steven Kruger 082 699 4881
steven.kruger@leapfrog.co.za

Dear Residents

The Estate office on numerous occasions communicated to the Residents to register and collect the ID cards of their household workers. We are still experiencing a problem with household workers that haven't collected their ID cards. In most cases the ID cards that are not yet collected are for household workers that are registered as current in the workers database. Residents who have not yet collected the ID cards should do so ASAP.

Security has recently received more and more complaints of delivery vehicles driving up and down in the Estate. I firstly want to thank all those Residents who noticed this and reported it to Security. Upon stopping and questioning the drivers of the delivery vehicle, Security was informed by the drivers that they were lost and could not find a certain stand number. Security is now questioning all delivery drivers in order to ascertain where they need to deliver and how many deliveries they are about to make in the estate in order that Security

Security going the extra mile



can confirm with the relevant Residents.

Residents, please make sure that you inform your visitors that the north gate (second gate) closes at 20:00 at night. Security is experiencing problems with visitors that enter the Estate via the north gate and question why these gates are closed after 20:00. The guards at the north gate are not always at the guard room due to the fact that they are patrolling the perimeter fence and when a visitor stops at the north gate and realizes that the gate is closed, they start to hoot to draw attention. On a few occasions this resulted in visitors verbally abusing Security when they return from patrol.

There are still Residents that issue contract workers with ClickOn codes. You are reminded to adhere to the Rules of the Estate.

Residents, please be vigilant whether you are shopping, driving from home in the morning, driving to work or wherever you may go. Criminals are always looking for a soft or easy target. Should you use your cellphone while stopped at a traffic light at night, be aware that the cell phone light is visible to criminals and it may reveal how many people there are in the front seats. When driving alone, keep all doors locked and windows closed.

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

Kindest Regards

Danie Jordaan

Executive for Estate Protection

jordaand@proteacoin.co.za"



Marchell Galant

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 should be used, armed and in a working condition.
- 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 a ID or valid passport document.

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.

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



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IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

Summary Income Statement March 2016

March 2016		Year to Date		YTD Variance	
Actual	Budget	Actual	Budget	Value	%

Operational Income						
<i>Levy Income</i>						
Normal Levies	884 123	884 123	884 123	884 123	(0)	0.0%
Other Income						
Interest Received	35 913	10 000	35 913	10 000	25 913	259.1%
Contractors Permits	42 355	10 000	42 355	10 000	32 355	323.6%
Estate Agent Registration	129 960	129 960	129 960	129 960	0	0.0%
Post Box Annual Fee	2 250	2 500	2 250	2 500	(250)	-10.0%
	1 094 600	1 036 583	1 094 600	1 036 583	58 017	5.6%
Operational Expenditure						
<i>Professional /Administration</i>	<i>47 875</i>	<i>54 145</i>	<i>47 875</i>	<i>54 145</i>	<i>6 270</i>	<i>11.6%</i>
Accounting Fees	33 000	33 000	33 000	33 000	0	0.0%
Audit Fees	0	0	0	0	0	100.0%
Bank Charges	6 452	2 500	6 452	2 500	(3 952)	-158.1%
Insurance	8 423	8 645	8 423	8 645	222	2.6%
Legal & Professional Fees	0	10 000	0	10 000	10 000	100.0%
<i>General Office</i>	<i>6 359</i>	<i>11 200</i>	<i>6 359</i>	<i>11 200</i>	<i>4 841</i>	<i>43.2%</i>
Office Equipment	1 447	1 200	1 447	1 200	(247)	-20.6%
General Expenses	4 051	1 500	4 051	1 500	(2 551)	-170.1%
Office Refreshment	861	1 000	861	1 000	139	13.9%
Printing & Stationary	0	3 500	0	3 500	3 500	100.0%
Telecommunication	0	4 000	0	4 000	4 000	100.0%
<i>Operational Expenses</i>	<i>116 124</i>	<i>164 412</i>	<i>116 124</i>	<i>164 412</i>	<i>48 288</i>	<i>29.4%</i>
Municipal Charges	15 222	50 000	15 222	50 000	34 778	69.6%
Recycling	0	8 662	0	8 662	8 662	100.0%
Donations	0	5 000	0	5 000	5 000	100.0%
Wildlife Conservation	0	0	0	0	0	100.0%
Meetings	520	1 750	520	1 750	1 230	70.3%
Salaries & Wages	100 382	99 000	100 382	99 000	(1 382)	-1.4%
<i>Security</i>	<i>503 604</i>	<i>506 682</i>	<i>503 604</i>	<i>506 682</i>	<i>3 078</i>	<i>0.6%</i>
Access Control (ClickOn)	19 398	22 000	19 398	22 000	2 602	11.8%
- ClickOn Recovery	(8 264)	(12 000)	(8 264)	(12 000)	(3 736)	31.1%
Equipment Maintenance SLA	21 641	19 500	21 641	19 500	(2 141)	-11.0%
Security Maintenance	648	7 000	648	7 000	6 352	90.7%
Guarding Services	470 182	470 182	470 182	470 182	(0)	0.0%
<i>Repairs & Maintenance</i>	<i>145 785</i>	<i>142 162</i>	<i>145 785</i>	<i>142 162</i>	<i>(3 623)</i>	<i>-2.5%</i>
Equipment Maintenance	0	0	0	0	0	100.0%
Fuel	1 796	3 000	1 796	3 000	1 205	40.2%

IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

FINANCIAL MARCH



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

Summary Income Statement March 2016

	March 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
General Maintenance	11 967	9 650	11 967	9 650	(2 317)	-24.0%
Infrastructure Maintenance	7 094	3 000	7 094	3 000	(4 094)	-136.5%
Park Facing Boundary Walls	4 950	12 500	4 950	12 500	7 550	60.4%
Park Maintenance	4 621	4 500	4 621	4 500	(121)	-2.7%
Park Maintenance Contract	108 012	108 012	108 012	108 012	0	0.0%
Vehicles	7 346	1 500	7 346	1 500	(5 846)	-389.7%
	819 747	878 601	819 747	878 601	58 854	6.7%
Operating Profit / (Loss)	274 854	157 982	274 854	157 982	116 872	
Non-Recurring Revenue						
Special Levies	0	0	0	0	0	100.0%
Estate Penalties	13 650	0	13 650	0	13 650	100.0%
Late Building Penalties	22 750	0	22 750	0	22 750	100.0%
Late Payment Penalties	4 500	0	4 500	0	4 500	100.0%
Expense Recovery	0	0	0	0	0	100.0%
Other Income	0	0	0	0	0	100.0%
Plan Fees	1 500	0	1 500	0	1 500	100.0%
Sale to Members	0	0	0	0	0	100.0%
Non-Recurring Expenses						
Water Risk Management	0	0	0	0	0	100.0%
Traffic Management	0	0	0	0	0	100.0%
Social Development Projects	0	0	0	0	0	100.0%
Water Tanker Roadworthy	0	0	0	0	0	100.0%
Park Development	0	0	0	0	0	100.0%
Historic Tshwane Accounts	0	408 000	0	408 000	408 000	100.0%
Environmental Development	0	0	0	0	0	100.0%
Cash Provision	0	15 000	0	15 000	15 000	100.0%
Stand Sales	0	0	0	0	0	100.0%
Net Positive/ (Negative)	42 400	(423 000)	42 400	(423 000)	465 400	
Net Profit / (Loss)	317 254	(265 018)	317 254	(265 018)	582 272	

Account Ability

Office Address:

Sovereign Drive,
Route 21
Corporate Park

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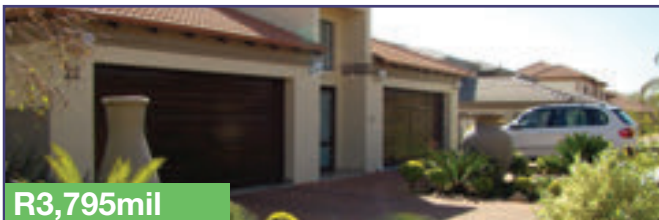
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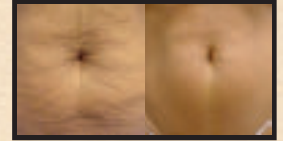
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Horse herd dynamics are fascinating, and they can teach us better ways to interact with each other.



It's always fun to watch equine herd dynamics in action. There is always a lot of subtle – and not so subtle! – communication going on, including noises, body language, and facial expressions. Once you learn to understand what the different signs mean, watching all this unfold can be quite entertaining. And who knows – maybe you can learn a thing or two from your animals!

1. Horse arguments don't last long

Even horses who are best buddies sometimes have a minor disagreement or two. It might be about who has the best pile of hay, or about whose turn it is to stand next to the gate. But here's the interesting part: horse buddies have a quiet way of quickly "discussing" a problem, and then dropping it. There might be a mean face with ears briefly pinned back, or some pushy body language, but then it's generally over. They don't talk about it for hours or days; they don't hold grudges or stay mad at each other.

We can take a lesson from this: if there is a disagreement or argument between friends, why not just quickly let it go, and not dwell on the details? In a few minutes our horses have forgotten about the incident and moved on to more important things – like whose turn it is to roll in the best spot. (Note: I'm talking about horses who are buddies – not every combination of horses works out and some horses that consistently don't get along have to be separated.)

2. Leaders are a good thing—in moderation

Many times in a horse herd, a natural leader emerges. This is the horse who declares that "Today we're going to the back of the pasture to graze," and the one who says, "We're not going to run around right now, we're going to stand in the sunshine and relax." The rest of the herd tends to recognize this leader and listen to them – to a point. The other horses use their leader as a guide, but they never forget to be individuals.

If one member of the herd really doesn't want to graze in the back, they're free to stay in the front. And if someone is feeling spunky and wants to run around, they can – the herd boss won't (usually) care too much.

Again, you can likely make some useful observations from this: people who are natural leaders can still guide while avoiding being pushy, and followers can use their own judgement in addition to the leader's guidance.

3. In tough times, stick together!

Have you ever watched a group of horses outside on a windy day? They will often stand together in a group, and all face away from the direction the wind is blowing. This is another observation we can learn from: when things get tough, stick together! The wind will stop eventually.

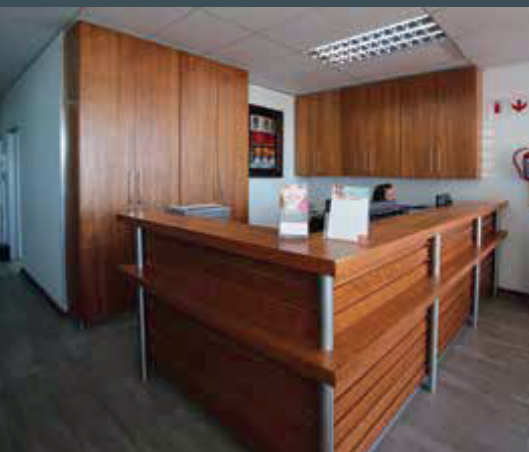
What are some of your favourite equine herd behaviours?



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JAN

– A Breath of French Air

By Jan Hendrik van der Westhuizen

JAN – A Breath of French Air is a memoir and celebration of the renowned eatery JAN, a South African restaurant in the south of France. The restaurant is a showcase of South Africa's tradition of hospitality, transported from a farm in rural South Africa to the glamorous French Riviera. JAN, now a one-star Michelin restaurant, is proof that dreams can be lived and how a love for what you do can transform humble ingredients into a masterpiece. Each chapter captures the mood and inspiration of what is served at JAN, and the collection of over 90 recipes covers everything, from locally baked breads, amuse



bouche and mouthwatering main course meat and fish dishes, to what the chefs eat after a long night's service in a hot kitchen.

South African-born Jan Hendrik van der Westhuizen was raised on a rural farm in the north of the country. After completing an Advanced Diploma in Culinary Arts in Stellenbosch, he furthered his studies with a bachelor's degree in Applied Design and Photography. He worked as a contributing food editor for ELLE magazine in South Africa and Paris before relocating to Nice to open his own restaurant called JAN. Since its humble beginnings in 2013, JAN has garnered a reputation as one of the top restaurants in the south of France. This is Jan Hendrik's second book, which continues the journey first started in *The French Affair*, also published by Struik Lifestyle.

Price: R395.00

Giant Steps

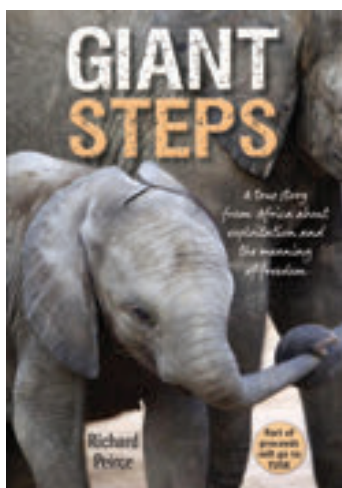
By Richard Peirce

Elephants have long been targeted by humans: not only are they killed for their ivory, but their extraordinary strength, intelligence and charisma have seen some of them captured, chained and effectively jailed for life.

Bully and Induna are two African elephants, both orphaned in organised culling operations and destined for lives in captivity. Growing up far apart and quite differently, Bully (a former animal film star) and the less fortunate Induna were both driven to react to their circumstances – Induna even killed one of his carers. Their individual situations reached a point where both were considered to be dangerous animals and were under threat of being put down.

This is the true story of their lives.

Conservationist Richard Peirce presents their individual narratives and the twists and turns of their fortunes: the exploitation of these majestic but sensitive animals, how they each came to be trapped in unsuitable 'employment' and shunted about from



one venue to the next, before finding one another – free at last – on a farm in southern Africa. It's a gripping story, full of drama, danger, sadness and ultimate rescue.

Richard Peirce is best known as a shark conservationist and is chairman of the Shark Conservation Society and the Shark Trust. He has authored several books, including *The Poacher's Moon* - an exposé of rhino-poaching. Richard and his wife Jacqui are confirmed nomads who spend half the year in South Africa; their love of wildlife takes them to the bush at every opportunity.

Price: R160.00

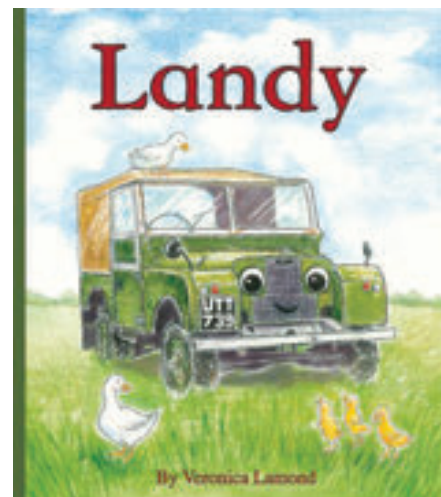
Landy

By Veronica Lamond

The first book in the series, *Landy*, tells of Jack finding Landy abandoned at the bottom of a field and how they start their new life together.

Veronica Lamond grew up in Durban, South Africa, and has lived most of her adult life in Cornwall, UK. She is the author and illustrator of the well-loved and highly successful Landy series. There are four books in the series so far, with many more in the pipeline.

Price: R95.00



GETTING HOOKED IN THE THORNVELD

*Where is the best
birding spot within
easy reach of
Johannesburg and
Pretoria? Marievale
perhaps, near Nigel?
Nylsvlei? Maybe
Nylsvlei is a bit far?*

Although I cannot answer my own question I can offer, for debate, a place called Zaagkuilsdrift.

Certainly the area is, as far as I know, already among the top 10 birding spots in South Africa.

Zaagkuilsdrift is on the Springbok Flats, well north of Pretoria, in a region of thick Thornveld and within an easy 40 minutes' drive from Pretoria along the N1. We did it from Fourways, Sandton, using the N1 all the way to the turn off at the Pienaars River / Rust de Winter off-ramp, in less than 90 minutes.

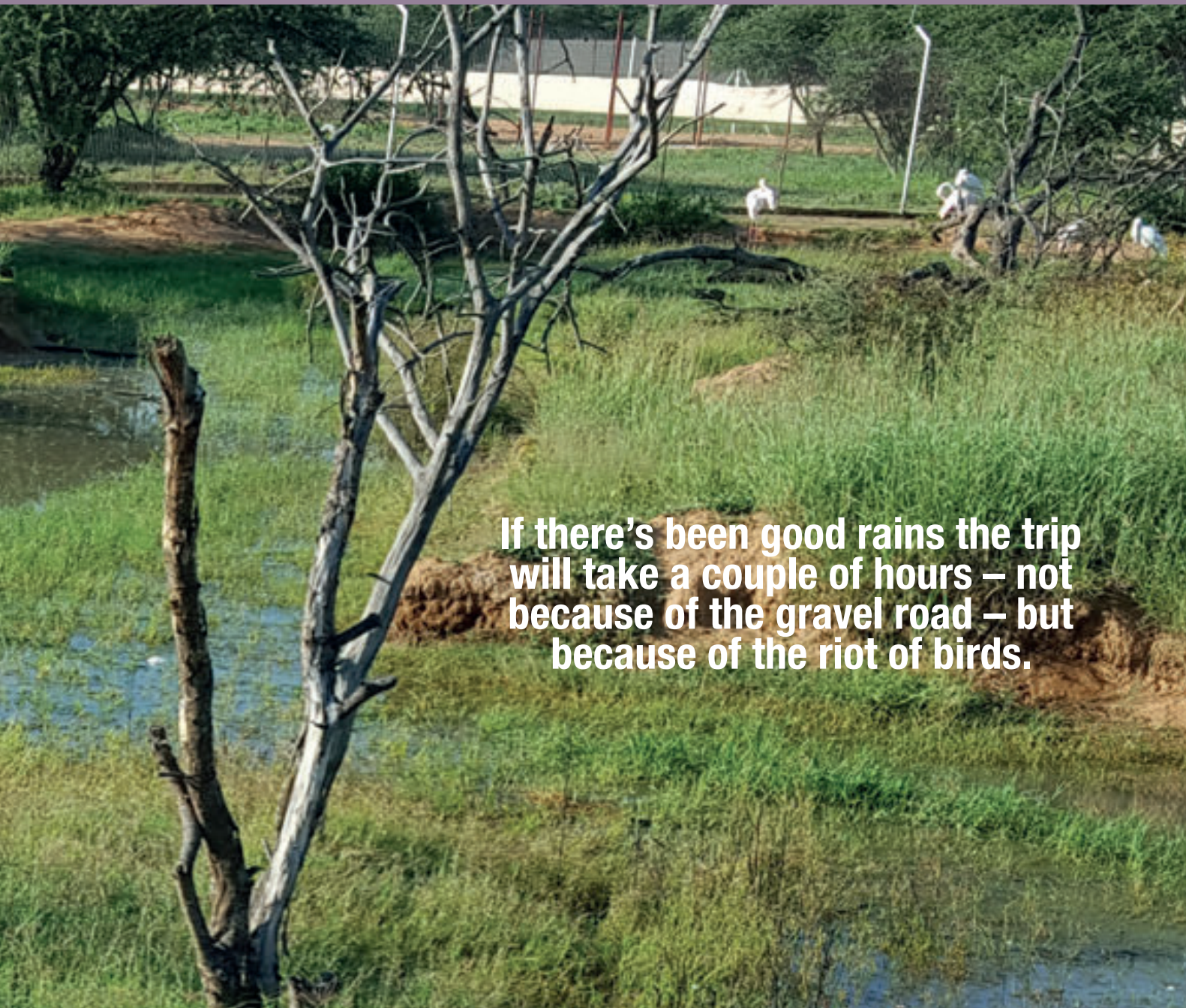
The beauty of Zaagkuilsdrift is that the birding begins as soon as one leaves the N1 with 24km still to go. From the ramp you head north for 1km along the R101 (in the direction of Hammanskraal) before turning left on to the gravel road at the Zaagkuilsdrift sign.

Suddenly one is deep in the Thornveld stretching as far as the eye can see. There are the painfully clawing blackthorn trees and the *blinkblaar wag-'n-bietjies* (how descriptive is that Afrikaans name – “shiny-leaved wait-a-minute”) or, in English, buffalo thorn. In fact it

has two kinds of thorn – hooked and straight (*haak en steek* is its other name). Its botanical name is *Ziziphus mucronata* – *Ziziphus* being the crown of thorns Christ had to wear.

The blackthorn has even crueler thorns. It used to be *Acacia mellifera* but since the Australians have established that they are the botanical “owners” of the genus, *Acacia*, it is now officially called *Senegalia mellifera*. Its tiny but viciously hooked thorns are so dense that I am reliably told of a hunter who was tossed into one and they had to fell the tree and it took hours to carefully and painfully cut him free.

If there's been good rains then driving the next 24km will take a



If there's been good rains the trip will take a couple of hours – not because of the gravel road – but because of the riot of birds.



couple of hours – not because of the gravel road – but because of the riot of birds. One has constantly to stop to identify them. Eighty of the 98 species we saw on our 40-hour trip were found along this quiet road and at Zaagkuilsdrift itself.

And look out for a left turn (marked Matopi) just past the big gates of



Zaagkuilsdrift Lodge. This is a short sand road but it is extraordinarily rich in finches including the beautiful Violet-eared and the Blackfaced waxbills as well as some rarer species.

The Zaagkuilsdrift road follows the Pienaars River and ends at a crossroads at Kgomo Kgomo and a



vast wetland rich in waterfowl.

Mary and I booked into the Zaagkuilsdrift Bird Sanctuary & Lodge for two nights at R750 each for dinner, bed and breakfast which, considering the food and the quality of service, was very reasonable indeed. And being a bit of a budget tourist I always warm to a place



Estate Manager

whose wine list has prices that are not much higher than at my local bottle store.

Within walking distance of the lodge's circle of stone and thatch cottages there is a securely fenced wetland of a few hectares in which there's a group of greater flamingos and other species which the lodge voluntarily accommodates at its own expense – birds from KZN



provincial authorities (found injured or were confiscated and would otherwise have to be euthanised) and from Free Me in Sandton, which lacks the facilities for injured waterfowl. But the wetland attracts birds from far and wide and so one sees Knob-billed ducks, Black Ducks, Red-billed Teal. Pochard... weirdly, for the first time that I recall, I saw not a single Egyptian Goose – not even as we drove up from Gauteng.



The lodge is about 18 months old and is the dream project of Gerrie Botha and Jaco Botha who are tireless hosts. I saw in the visitors' book Etienne Marais' name. Etienne – one of Africa's internationally known bird guides, made his first visit late last year and has been back four times since. In April he ran a course there on lark identification.

Gerrie and Jaco designed the cottages and the décor which incorporates the paintings of Solly Manthata. Gerrie "discovered" Solly in 2014 selling his art at the roadside in Parys. The artist's large, bold and cheerful landscapes employ vivid primary colours.

"Lodge" is not too pretentious a title for Zaagkuilsdrift for it has the feel and facilities of a good quality international establishment and indeed a third of its clientele are international and often arrive *en famille*.



We dined in the boma both nights and the fare was as good as I've had in places charging many times more.

Within walking distance of the lodge and, informally part of its attraction, though not owned by the lodge, is what must be the biggest aviary in the country. Again it accommodates birds that were being kept illegally or cannot fly – including some quite dramatic exotics from throughout Africa.

The facility is run by Sooi Verheen, a Boksburg businessman with a passion for birds. Although he accommodates confiscated birds from provincial authorities and from charities who receive subsidies, he receives nothing. Yet bird food alone costs him R20 000 a month. Many of his birds were rescued when Cape Town's Tygerberg Zoo closed.



Zaagkuilsdrift's "sanctuary" label conjures up an image that might put a lot of birders off but the captive birds are merely a sideshow – like the lodge's game reserve, children's play area and the swimming pool. These do not devalue Zaagkuilsdrift as a pleasant base from which to explore the huge expanse of natural Thornveld.



Contact the lodge via:
gerrie@zaagkuilsdrift.
www.zaagkuilsdrift.co.za.



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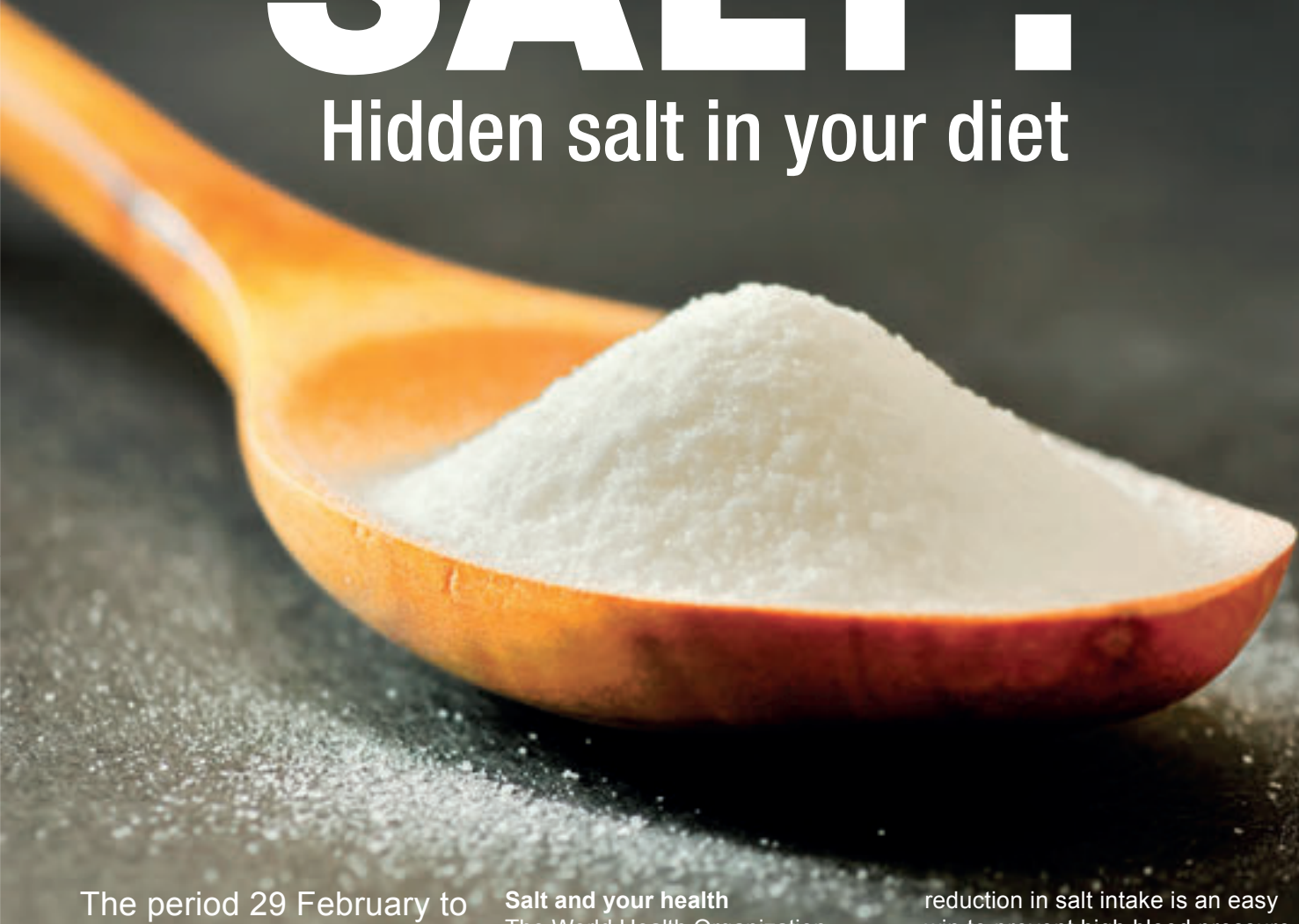
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ARE YOU EATING TOO MUCH SALT?

Hidden salt in your diet



The period 29 February to 6 March 2016 was World Salt Awareness Week. In 2016 the emphasis is on hidden salt. This is the salt in our foods that we don't see or even taste, but that still contributes to our total salt intake. The heart and stroke foundation has this latest info to share regarding salt and your health.

Salt and your health

The World Health Organization (WHO) recommends a daily salt limit of 5 grams per day or about one teaspoon. In a 2011 South African study more than half of adults exceeded 10 grams salt a day, at least doubling this recommendation. The main consequence of excessive salt intake is raised blood pressure, which in turn leads to heart diseases and strokes. In fact the WHO regards raised blood pressure as the single biggest contributor to heart diseases worldwide.

Given that a devastating one in every three adults in South Africa suffer from high blood pressure, a

reduction in salt intake is an easy win to prevent high blood pressure, improve existing high blood pressure, and thereby reduce the 220 fatalities from heart disease and strokes every day.

Salt and your food

The food we buy already contains salt. In fact 55% of the salt we consume is from salt added during the manufacturing process. Often we cannot see the salt, neither can we taste it – hence the term hidden salt. Hidden salt includes much more than potato chips, take-outs and boerewors. Foods such as breakfast cereals, breads, ready-made meals, sauces, spreads, cheeses and

processed meats all contain hidden salts and can increase salt intake considerably.

Reducing salt intake requires two broad approaches: reduce salt added to food during manufacturing, and reduce the excessive use of salt and salty products at home.

Salt legislation is around the corner

In 2013 Health Minister Aaron Motsoaledi signed legislation to reduce the salt content of a range of highly salted foods in South Africa. June 2016 is the first deadline for this stepwise reduction programme. With only three months to go, all eyes will be on South Africa as the first country to legislate such a wide range of foods. Early indications suggest that industry is making excellent progress towards it.



Is salt legislation enough?

On its own, legislation will reduce salt intake by an average of 0.85g per person. Whilst this is a good start, much more is needed. The next step is to help you to buy lower salt options and use less salt at home.

Empowering South Africans to know their own salt intake

When 1 000 South Africans were asked whether they believed they eat too much salt, 83% said no. Yet the study results further showed that 75% in reality consumed too much salt. Hidden salt is the main reason for this discrepancy, as salt you cannot taste or see is not fully accounted for.

The HSFSA in partnership with Unilever South Africa is introducing a new salt calculator to help South Africans evaluate their salt intake to start making better food choices. The salt calculator estimates salt intake based on the frequency by which common foods are consumed, and then provides feedback on current intake and tips on making better food choices.

The HSFSA encourages members of the public to use the new salt calculator to measure their salt intake, and to start making changes. The equation is simple: check your salt – change your salt.

Table salt is perhaps one of the most common household items and ingredients in cooking. In conventional table salt, the salt is processed to remove all “impurities”. These impurities happen to be essential minerals needed for your body. After this “chemical cleaning”, what’s left is 99% sodium chloride. Sodium chloride that is not in its natural form. Table salt is a highly refined product. Additives may be also added to prevent clumping and better the pouring process. The high balance of sodium chloride in table salt makes it easy for a person to exceed the daily intake limit. While our bodies need sodium for survival, it also needs the other minerals that are removed from natural salt in order to make table salt.



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Make sure you stay within your salt limits in your diet. At Easy Health Wellness we work out personalized plans for your needs. Contact our clinic on Tel 012 997 2783 or visit www.easyhealthwellness.com

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Our domestic worker Batanai is looking for work on Tuesdays, Wednesdays & Thursdays within the estate or surrounding areas. Batanai is a very hard-working, honest and reliable person with a lovely, bubbly personality. She maintains very high standards in her cleaning and ironing. You can contact her directly on 061-022-8644 or alternatively you can reach me, Varsha Pillary, directly on 082-444-3564.

BESKRYWING / VEREISTES:

Ek is opsoek na 'n voltydse huishulp vanaf einde April in Irene Farm Village. Moet hard werkend, eerlik en betroubaar wees en goed kan kommunikeer. Verkiestlik Afrikaans sprekend en bo 35 jaar. Slaap in en moet ook kan kook. Kontak asb Magriet cell: 082-967-4264 stand 2236 or magriet@dhubecon.co.za as u sou belangstel.

Betty has been my domestic worker for over 2 years. She is no longer needed full time and is now seeking for work in Irene Farm Village/ Pierre Van Reyneveld area for Tuesdays and Thursdays. She is a reliable, caring and fast worker and has experience as a cook. She is friendly and has a pleasant disposition. Please contact Susan Cell: 083-292-6047 stand 2279 or Betty Mothimunye 079-303-2699 or susanhmaree@gmail.com should you be interested.

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0045
Stand 2185, Halfmoon Drive,
Irene Farm Village



Principal: S.J. van Wyk
082 454 9813
Tracy Keyter: 082 928 8219
Tracyk@seeff.com
Sylvia Meneely: 084 010 8504
sylvia.meneely@seeff.com
Office: 012 667 2167
Fax: 012 667 3566
www.Seeff.com



Jonathan Koen
Cell: 073 206 3877
www.superiorrealty.co.za
jonathan@superiorrealty.co.za

IMPORTANT NUMBERS

Police Emergency10111
Lyttelton Police Station012 664 8600
Pierre van Ryneveld
Community Policing Forum079 528 1630

Security at Gates012 662 1688
Guard House Main Gate42831
Guard House North Gate42832
Security Manager.....082 300 1835
Protea Coin Shift Manager.....082 838 7779
Irene Farm Controller.....082 947 7610

Fire Emergency.....10177
Medical Emergency.....082 911

Irene Farm Villages:

Estate Office012 662 3505/5601
Estate Manager.....079 525 9281

Managing Agent:

Account AbilityTel: 082 780 0059
.....Fax: 086 671 9798
.....info@aams.co.za

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owc@outsourcewindowcleaners.co.za

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www.irenecaredentist.co.za

DR CHRISTA ROCHER

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Info@christacare.co.za

www.christacare.co.za

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dutoitwillemien@gmail.com

www.lumeniq.co.za

Irene, Pretoria

GENERAL SERVICES

LOOKING FOR A PHOTOGRAPHER?

See my portfolio here at www.ivanmullerphotography.com. If you like what you see, contact Ivan at 082 454 8487 or ivanmuller@icon.co.za. I also have a large format photo quality inkjet printer that can print on canvas and fine art paper up to size A0. My studio is at 579 Broadbury Circle, Cornwall Hill Estate. I am also available for any type of location photography.

CHURCH SERVICES

3C Ministries Join us every Sunday at 7h00/ 8h30/ 10h00 012 667 5518

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IRENE FARM VILLAGES

FOR SALE



Sole And Exclusive Mandate / R4.8 Million

Ref# CN1263798

Bedrooms 4 / Bathrooms 3 / Garages 3 / Staff accommodation / Award winning garden / This is a very special French Provincial house, with the authentic feel, thanks to the imaginative design; even down to the 4 water-features, which make you feel as if you are not far from the village square. The interior of the house is very well appointed, with state-of-the-art underfloor heating and security systems. The kitchen needs to be seen, with its Rose and Jacaranda wood cupboards. You can even choose whether you want to use a gas or a wooden braai whilst your friends gather around the pub area.

FOR SALE



Sole And Exclusive Mandate / R4.9 Million

Ref# CN1263210

Bedrooms 4 / Bathrooms 3 / Garages 3 / Staff quarters / Air-conditioning / Enormous study or entertainment area above the 3 garages / pool/ adjoining a park. It is very seldom that such an impressive house of 541m² on a 954m² stand comes onto the market. This prestigious home needs to be seen to be appreciated.



Please contact me for a free market related valuation
Peter Varrie 082 457 7416 • peter.varrie@pamgolding.co.za