



The Villager

Issue 5 • 2018

**Irene Farm
Villages
Popular
as always**

CSOS

IDP is progressing





OUR LEGACY

It's certainly no easy feat bottling the unique warmth, captivating personality and wit of one remarkable woman, whose vast array of social connections was only matched by her unusual determination. But this almost mythical essence - this Pam magic - is our legacy. It has and always will be our heart.

P A M G O L D I N G
1928 - 2018

IN OUR HEARTS AND MEMORIES



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 photo by Madeleine du Plessis of the Holy Trinity Anglican Church, Belvidere in Knysna.



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5 Bedrooms, 3 bathrooms, stunning kitchen, lounge/dining, tv room, covered patio, pool, 3 garages, domestic quarters.
Spacious corner stand!!

NINA 082 963 1994

NEW LISTING!! WEB REF: 1038 PRICE R3.390 Mill



4 Bedrooms (one, on ground floor with own entrance, bathroom and parking bay), 3 bathrooms, open plan kitchen, scullery, covered patio, 2 garages. Corner stand!

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Dear Residents

I had the privilege of spending a few days in the Waterberg mountains near Modimole (Nylstroom) during the Easter school holidays with my family. We experienced some heavy late summer rains, which were much needed in the bushveld, due to the drought and shortage of water. However, the wildlife was in a good condition. We enjoyed the stay in the bushveld.



At van Niekerk

The Infra-Structure Development Plan ("IDP") is progressing. As mentioned before, the Tshwane City Council requested the drawing of the site plans for the storm water and sewer for both the access gates. The appointed engineers completed the site plans, which were presented to the City Council Building Plan Department. The City Council now requested that the HOA apply for a way-leave for the development at the main gate, due to the proximity of the proposed building structure to the Council service's servitude. The appointed engineers were given the go-ahead to apply for the

way-leave. This could hold up the approval of the building plans. The dolomite risk management plan was submitted by Mr Hennie ter Stege from Dolmatec. The draft Bill of Quantities ("BOQ") was submitted by Mr Kelvin Nemacha from Citadel Projects, which is currently under review by the HOA's Property Management Committee ("PMC"). Only after the BOQ has been finalised by the PMC, will the HOA go out on tender for the building works. At this stage the commencement date for the building work at the two gate entrances, is unknown. It is not foreseen, that the building work will start this year.

Irene Farm Villages remains a popular residential estate and as we know, for good reasons. With a total of 654 full title properties, 21 new residents took occupation since the beginning of the year. We would like to welcome the new residents and trust that you have met your neighbours and went out for a stroll along the four-kilometre walking trail.



The Estate management team was very active the last few months. All the stand numbers, totalling 654, plus the 62 parks, were re-painted by Simon and his assistant, whilst at the same time the old numbers were removed. You would have noticed that in some instances the stand number was moved and painted closer to the driveway. This was done to make the identification of a stand easier and more accurate. They also did the yearly maintenance of all the jungle gyms.

Part of this exercise was to install a plastic ("PVC") cover around the bottom of each pole of the jungle gym. This is to protect the pole from being damaged when the brush cutting

Residents are reminded to join us on the Irene Farm Villages Facebook, where you will now find 886 likes. Let us use Facebook to have informal chats and in the process to meet your neighbours and new residents.





is carried out. The wood work of the jungle gyms will be treated next year, because it is still in good condition. We have installed wooden droppers at various camera poles along the perimeter servitude. The purpose is to protect the camera-posts and the fibre-boxes from damage, mainly caused by vehicles.

In the previous issue of *The Villager* it was pointed out that the surface of several tar roads showed small cracks at several places. A leak detection was carried out by the company, Plumit, who did a sonic test at the different places and at the HOA buildings at the two entrance gates. No leak was detected. Residents are advised to ensure that there are no water leaks on their properties, especially the irrigation



systems. An annual water leak detection is recommended.

You are reminded of the communication, that was send to all the Members of the Irene Farm Villages HOA on 14/2/2018, where in the suspension of the bio-metric access of those Members, whose levy accounts are in arrears, were addressed. The HOA Board took the decision, in addition to current efforts, to suspend the bio-metric access to the Irene Farm Villages of those members, whose levy accounts were in arrears over 60 days. The bio-metric access will remain suspended, until the specific levy account has been settled. The aim of the Board is not to prevent a member from accessing the Estate, but to make members conscious of their duty towards the HOA, to pay the monthly levy and settle the outstanding levy account. Members must take cognisance of the fact that the HOA is dependent on the levy income,



without which the HOA cannot fulfil its monthly expense commitment. Once the bio-metric access of a member has been suspended, he or she will only have access to the Estate via the main gate and by identifying him/her and by

signing in at Security. It is important to note, that if a member whose property has been leased and the levy account is in arrears, that the bio-metric access of such tenants will also be suspended. Also take note that at the same time, the ClickOn visitors' access code system will be suspended, pending the settlement of such levy account.

In terms of the Community Schemes Ombud Service ("CSOS") Regulations, two (2) disputes were lodged by members of the HOA with CSOS. The one matter pertains to the outstanding levy account of a member, which matter was settled. The second matter is regarding the method of calculating the monthly CSOS-levy payable by each member of the HOA to CSOS. This matter is set down for adjudication in May 2018.



The owners of properties are reminded of their responsibility to submit building plans for any building additions or alterations to the HOA Aesthetic Sub-Committee ("ASC") in accordance with the HOA Rules and Regulations. In most instances of building additions or alterations, the Tshwane City Council also requires that the building plans must be submitted for their approval. The additions and alterations refer mostly to any form of addition or alteration, including the extension of boundary walls, swimming pools, car ports, the closing of patios, roof extensions, etc.



The HOA rules regarding the keeping of pets are very important, however neglected by many residents from time to time. Hence your attention is drawn to the following rules:

- All pets must be registered;
- A person (household) may only keep two (2) dogs and two (2) cats on a stand;
- Dogs, when taken out of a property, must be on a leash and always under control;
- Dogs and cats must wear a collar with a tag, indicating the name, telephone number and stand of the resident;
- It is the responsibility of the owner of a pet, to ensure, that the pet is not a nuisance to other residents;
- Cats must be sterilised;
- Residents must ensure, that their pets are attended to, when they are away;
- Stray pets will be impounded by the Estate Management;
- Residents shall be held liable for any costs incurred by the HOA in executing its duties.

The annual dog walk for 2018 with the support of the Pam Golding Properties, is on our social calendar. We should have more information available soon.

I would like to close with the words of Mahatma Gandhi:

"When you go through hardships and decide not to surrender, that is strength".

Regards from the
Estate Management Team



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Willem Richter

Dear Residents

We had no Security breach this month and it seems that everything is running like clockwork in the Estate. However, we still see residents leaving their garage door open late at night. This has the potential of items being stolen even though we have security in place. It also seems that the security officers patrolling the inside of the Estate do curb vandalism of our parks, jungle gyms and residents' plants.



**PLEASE NOTE
NEW NUMBERS**

IMPORTANT NUMBERS

24HR SECURITY GUARD ROOM:

012 662 3505 ext 3

24HR CONTROLLER:

082 947 7610

24HR SHIFT MANAGER:

082 838 7779

JOC: 079 528 1630

"We make a living by what we get. We make a life by what we give."
– Winston Churchill

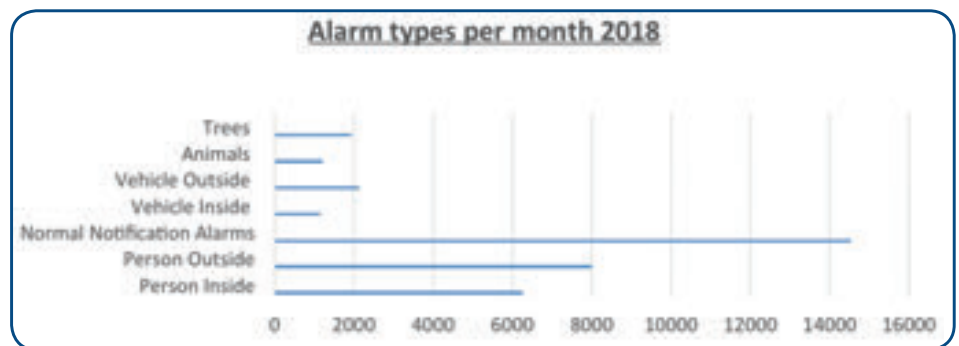
Our surrounding areas in Pierre van Ryneveld have reported hijackings and house-breaking. We need to ensure that when you exit the Estate that you are aware of your surroundings as well as people's movements. Ensure your car is locked and handbags are not left on the front seat while you are stopping or leaving your car.

The CCTV cameras are fully operational and are working perfectly. We have complete visibility of our perimeter day and night should someone attempt to breach our security perimeter. Below are statistics from what the cameras alerted us during March.

security to secure our body cameras as well as have more control over them as we see by the photo below from officer Kubayi.

The last phase of training for the security officers on the Standard Operation procedures has been completed. The Shift Managers are receiving management training, which will be completed in April 2018. This should ensure that Irene Farm Villages has the best-trained security officers.

As you can see below, some of our access control equipment has



We do have a high number of alarms and we are adjusting the sensitivity of the cameras, but seeing that our residents are so aware of fitness and walking the perimeter, it is difficult not to have alarms. In addition, the new body cameras have a positive effect and are enhancing the value to residents and our security officers alike. We also now have new harnesses added to the body of the

reached the end of their life cycles and we are in the process of obtaining quotes to replace the equipment. At the same time, new technology will ensure that we are able to improve our entering and exiting process. This should also enhance and speed up our process at the gate for contractors, domestics, visitors, and residents. This will, in addition, improve our security at the gates.



During the past month, we had only 5 dogs roaming the streets. For this we thank all residents for keeping their dogs safe and inside their property. Residents must please take note that roaming dogs carry a penalty of R500.00 per incident.

We had 26 garage doors left open at night during the past month, and as a result we had to phone and request the owners to close the garage doors. Please ensure that garage doors are closed, and downstairs windows are secured at night.

The risk assessment has been completed: See feedback below on report as prepared by Security Sub-Committee.

Irene Farm Villages Security Risk Assessment Feedback: 2018

After the last security breach in May 2017 the HOA Board requested Bidvest Protea Coin, the security provider, to execute a formal security risk assessment of the Irene Farm Villages.

The risk assessment was carried out by an independent security consultant who was proposed to the HOA Board. After the implementation of a series of FLIR thermal imaging cameras on the perimeter of the Estate the risk analysis set an aim to determine any remaining risks and vulnerabilities.

Abstracts of the risk assessment will be dealt with herein. The full risk assessment can be viewed at the office of the Estate Manager, however due to security reasons, the document will not be distributed in its entirety.

The well protected perimeter with effective utilisation of technology has however highlighted the vulnerabilities associated with access control; a challenge experienced at most other estates. Access control to the Estate is considered the weakest link, as indicated by the results of the physical risk assessment, but various remedies exist to ensure access control complements and equates to the perimeter protection. The upgrading of access control can be done relatively inexpensively with a mix of technology

and standard operating procedures to be maintained by the security officer complement. The Security Sub-Committee ("SSC") of the HOA has already embarked on an investigation to upgrade the access control at both the access gates. The current bio-metric fingerprint readers have reached the end-of-life service and will be replaced with new technology readers. The goose-necks will also be upgraded to fit in with the new Infra Development Plan, which is focused on the enhancement of the two access gate entrances. At the same time the implementation of scanners is being investigated. The scanners will be used to scan the identification documents of all visitors, contractors, deliverymen, household workers, etc, as well as the licence disc of all the vehicles that enters the Estate. To reduce the current costs of the SMS ClickOn code system, the use of a smart phone application, which will allow for the generating of PIN-codes, using data instead of SMS's, is under consideration.

The Risk Assessment also made recommendations, which focused on certain specific areas that require the attention of the HOA or Bidvest Protea Coin, namely:

- Northern perimeter to be equipped with an additional electric fence, where the houses from Pierre Van Ryneveld borders onto Irene Farm Villages. The Board has addressed this matter and an additional electric fence will be installed.
- Additional lights are required at the main gate, where there is a dark spot, which could hinder the security officers to execute their task properly. An additional light will be installed.
- More effective management of the gun-safe, especially the holding of the safe keys, as well as all other keys used daily by the Security Personnel and or the Estate Management. This recommendation was addressed with immediate effect.
- Access Control, identified as the weakest link, was addressed as set out above and to be substituted with new and better technology.
- Performance by the security personnel: In general, it was recommended, that there is room

for more training of the security personnel, especially about the daily access control and the execution of soft skills. Since the Risk Assessment was made available, the Shift Managers received management skills training, followed by soft skills training for the full complement of security officers.

- The Standard Operational Procedures ("SOP") must be updated regularly and the security officers to be trained therein. The SOP was hence upgraded to include the new CCTV-camera system. The Shift Managers and Controllers were trained in the monitoring of the CCTV-cameras in the control room.
- It is advisable for the Estate Management, in collaboration with Security Management, to develop a formal security policy providing strategic guidance to what is expected for security operations at the Estate. Emergency preparedness could also form part of the policy and be communicated to employees.

In conclusion, given the limited scope of the finding it is fair to state that Irene Farm Village is a well-managed security estate. The HOA is in the process of addressing the matters raised in the Risk Analysis Report. However, it is incumbent on all members and residents to be vigilant and conscious of the of criminal activities in our surrounding areas and to perform a risk assessment of your own environment from time to time.

We request residents to refrain from parking on open spaces, and parks not part of their property as well as in the streets. We had some complaints regarding this. Let us take our fellow neighbours into consideration as well as stay within the HOA rules.

I greet you for now until next month. Stay vigilant, safe and report suspicious activities immediately. Only you can help us make a difference.

Kind Regards,

Willem Richter

Assistant Estate Manager
083 274 8829.



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement March 2018

	March 2018		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income%						
Levy Income	992 116	1 031 800	992 116	1 031 800	(39 684)	-3.8%
Other Income	172 190	175 130	172 190	175 130	(2 940)	-1.7%
	1 164 307	1 206 930	1 164 307	1 206 930	(42 623)	-3.5%
Operational Expenditure%						
Professional /Administration	53 681	59 094	53 681	59 094	5 413	9.2%
Accounting and Auditing	37 078	37 078	37 078	37 078	0	0.0%
Insurance, Legal and Admin	16 603	22 016	16 603	22 016	5 413	24.6%
General Office	7 430	13 614	7 430	13 614	6 184	45.4%
Office Administration	7 430	13 614	7 430	13 614	6 184	45.4%
Operational Expenses	197 116	193 865	197 116	193 865	(3 251)	-1.7%
Municipal Charges	38 038	36 107	38 038	36 107	(1 931)	-5.3%
General Operations	15 156	14 954	15 156	14 954	(202)	-1.3%
Salaries & Wages	143 923	142 804	143 923	142 804	(1 119)	-0.8%
Security	557 334	528 884	557 334	528 884	(28 450)	-5.4%
Security Operations	87 382	58 933	87 382	58 933	(28 449)	-48.3%
CCTV Equipment Rental	105 500	105 500	105 500	105 500	0	0.0%
Guarding Services	364 452	364 451	364 452	364 451	(1)	0.0%
Repairs & Maintenance	208 946	162 311	208 946	162 311	(46 635)	-28.7%
Repairs & Maintenance	87 584	40 950	87 584	40 950	(46 634)	-113.9%
Park Maintenance Contract	121 362	121 361	121 362	121 361	(1)	0.0%
	1 024 507	957 768	1 024 507	957 768	(66 739)	-7.0%
Operating Profit / (Loss)	139 800	249 162	139 800	249 162		
Non-Recurring Revenue	5 394	0	5 394	0	5 394	100.0%
Non-Recurring Expenses	0	62 000	0	62 000	62 000	100.0%
Net Positive/ (Negative)	5 394	(62 000)	5 394	(62 000)	(56 606)	
Net Profit / (Loss)	145 194	187 162	145 194	187 162		

Irene Farm Village Home Owners Association - Project Income & Other						
	Actual	Budget	Actual	Budget	Value	%
Revenue						
Special Levies	208 998	202 731	208 998	202 731	6 267	3.1%
CSOS Levies	13 302	(14 096)	13 302	(14 096)	27 398	-194.4%

*All our dreams can come true, if we have the
courage to pursue them.*

Walt Disney

Financials

IRENE FARM VILLAGES HOME OWNER ASSOCIATION

Summary Levy Statements – March 2018

	120+ Days	90 Days	60 Days	30 Days	Current	Total		Previous Month
Members paying via EFT	-	16	5 076	61 272	3 616	69 981		-24 708
Members paying via DO	-	-	-	-	4 560	4 560		-1 427
	-	16	5 076	61 272	8 177	74 541		-26 136
Debt Collection - AA (30/60 days)	7 825	4 471	9 800	17 917	21 678	61 692	4%	110 316
Debt Collection - JJR (90+ days)	130 877	8 030	16 493	8 170	7 167	170 736	12%	167 479
Debt Collection - L&B (90+ days)	95 812	27 047	28 160	39 163	27 252	217 434	15%	197 478
Debt Collection - Accounts > R200,000	786 678	14 926	15 030	15 135	8 879	840 648	59%	824 624
HOA Contact	-	-	-	-	-	-		-
Sold - Previous Owner Accounts	-	-	-	-	-6 731	-6 731		-2 449
In Transfer	49 459	3 185	7 725	4 998	3 969	69 335		76 412
Estate Agent		-	-	-	-	-		-
Other		-	1 009	9	-6 240	-5 222		-11 740
	#####	57 674	83 293	#####	64 150	#####	6.5%	#####

Of the 654 member accounts 80 accounts are overdue (reducing from 148 the previous month). 16 has been handed over to the HOA's Attorneys for collection. With the revoking of the biometric access, 20 of 22 members overdue greater than 60 days settled their accounts. In addition to the 16 accounts handed over, this month only 15 other members are 60 days and more overdue. Those members who have not made any payment arrangement with the HOA's biometric access will also be removed.

Irene Farm Village Home Owners Association - Capital/ Development Projects

	Current stage	Current Status	Approved Budget	Actual Spend To Date	Available Budget
Infrastructure Development	Planning		10 332 764	623 615	9 709 149
Power Solution Project	Completed		2 010 879	2 010 879	0
CCTV Project	Execute		775 447	697 451	77 995
Land Purchase Project	Complete		2 380 000	2 282 850	97 150
Total			15 499 089	5 614 795	9 884 294

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Accounting Office Hours
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Monday to Friday

Office Tel:
082 780 0059

Accounts Email:
accounts@aams.co.za

IFV Accounts:
Winnie Boshoff

Summary Income Statement by Account Ability



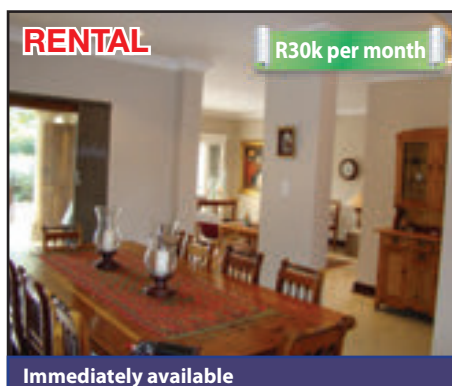
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ENERGY SAVING TIPS



We are facing spiralling electricity bills this winter, and to top that we may have to even spend your evenings in the dark if Eskom load sheds.

Most of you have probably tried to cut down but we bet there are still opportunities you're missing out on. Have a read through the following energy saving tips from Eskom and we're sure you'll find a few more ways to save power (and avoid the dreaded load shedding).

Geysers

- Set the thermostat of electrical geysers

at 55-60 degrees C. Make sure the geyser and all hot water steel pipes in the roof are well insulated with fibre wool or even newspaper.

- Solar heating units could reduce the geyser's electricity consumption by 40% to 50%. This would result in a saving of about 200kWh to 250kWh of electricity per month, depending on the number of geysers and the size of the family.

Lights

- Switch lights off when they are not needed.
- Use fewer bulbs with higher wattages. For instance, one 100 Watt bulb produces the same light as two 60 Watt bulbs.
- Dimming switches reduce electricity consumption.
- Use compact fluorescent lamps (CFL) instead of ordinary bulbs.
- Use low-energy lamps for exterior lighting.

Heating

- Use the correct heaters. Infrared electricity heaters are more efficient. An oil-filled heater is the safest type of heater.

- Insulate the ceiling and seal air gaps in the home.
- Ensure that heaters have thermostats.
- Use electric blankets but turn them off when in bed.

Dishwashers

- Fill the dishwasher completely before operating.
- Turn off before drying cycle and wipe dishes clean with a dry cloth.
- Connect the dishwasher to the cold water supply.
- Clean filters regularly.
- When purchasing a dishwasher, look for energy-saving features, e.g. a short wash cycle.

Tumble dryers

- Tumble dryers that operate with an electronic humidity control are the most efficient – they automatically shut off the drying cycle when clothes are dry.
- Use correct temperature settings to minimize the amount of electricity used.
- Remove water before putting clothes into

the tumble dryer.

- Utilize sunny days for drying clothes outside.

Automatic washing machines

- A front-loading washing machine uses less water and costs less to operate.
- Use the warm water setting to cut down on electricity needed to heat the water.
- Make sure you have a full load before washing.
- Select the shortest possible washing programme.
- Cold water detergents reduce electricity consumption.

Stoves

- Use pressure cookers when preparing foods that take a long time to cook.
- Match pots and pans to stove plates. Small pots on large plates waste electricity.
- Do not use pots with distorted bottoms.
- Switch off the plates or oven before food is fully cooked, allowing completion of cooking at a diminishing heat.
- Keep oven doors closed until food is cooked.
- Do not preheat the oven. It isn't necessary to preheat the oven except for food requiring high temperatures and slow cooking times.
- Make use of the oven's leftover heat. Your oven retains heat for 15 to 30 minutes after it is turned off. Use that free heat to warm up desserts or rolls.
- Glass and ceramic pans retain heat better than metal pans.
- Use the self-cleaning feature only when really necessary. Start the self-cleaning cycle



right after cooking while the oven is still hot. Less energy will be required to reach cleaning temperature.

Microwave Ovens

- When you defrost food, leave it in the fridge overnight. You will use less electricity than defrosting food in the microwave.
- Use the microwave to cook small to medium quantities of food. For larger portions of meat, it is better to use a conventional oven or pressure cooker.

Refrigerator

- Don't open the door unnecessarily and

make sure the seal is intact.

- Turn off an empty refrigerator when going on holiday.
- Let hot foods cool down before placing them in the refrigerator.
- Defrost fridges regularly. A build up of ice reduces operating efficiency and increases running costs.

Freezers

- Freezers work harder to remove heat and have to use more power – only 90% of a freezer's capacity should be used for freezing.
- Defrost regularly.



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THE LAST TOUR DE FARCE

Not long ago I succeeded in persuading half-a-dozen of my one-time colleagues to take part in a 500km cycle ride. It was to be the tenth, and last, of our annual cycle rides exploring darkest Europe. After all, some of us were getting on a bit. Harvey had passed 80.



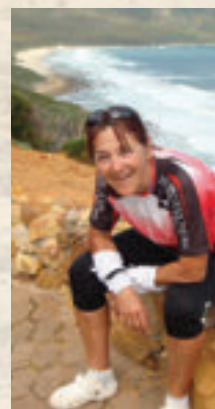
One of many long hills along the route.

Our Tours de Farce had begun by cycling down the Danube from Passau in Germany to Budapest. One year we crossed France; then Italy; we cycled the length of the Thames; we crossed Switzerland... but where to go for Tour de Farce X – our final expedition?

Then somebody said, “To hell with exploring Darkest Europe again, let’s explore Lightest Africa!” and so we

decided to follow the Cape coast from Knysna to Cape Town. No need for passports; no more having to shout at foreigners to be understood.

We turned to Liz Szabo, champion long-distance cyclist and proprietor of Escape Cycle Tours, for advice. She organises cycling tours in Africa and Europe with her business partner, Chris Murray, who supplies the transport - an immaculately kept luxury bus towing a 14-bike trailer.



Liz Szabo of Escape Cycle Tours - our organiser





Roadside cottage



Harvey and I would be using electrically-assisted bikes despite being called “a couple of bloody Hell’s Angels”.

We drove in the bus to overnight at Knysna but, because two of us could only fly down the next day, we decided to start cycling only when we all met at George airport. The route from there was a switchback of climbing and freewheeling but even with an e-bike I was getting some healthy exercise.

We dipped down to the mouth of the Klein Brak River and up the other side to our B&B, Soekie’s Ocean Guest House in Hartenbos on the east side of Mossel Bay. Next morning, we skirted Mossel Bay and headed west along a very quiet gravel road that cut through the heart of what is known throughout the botanical world as the “Cape Floristic Region” – at 90 000 square kilometres, it is the smallest of the world’s seven floral regions but, size for size, the richest in variety. At times, it was a bit like cycling through the Chelsea Flower Show.

We were to overnight at Stilbaai, a neat but rather sterile village of 6 000 people. Tourists come there from the other side of the world to be lowered beneath the waves to watch monster sharks nudging the bars.

Our B&B that evening was in an annex of the suburban home of a former Springbok cyclist, Abie Botha who, daily, in his younger years, used to cycle from Pretoria to Krugersdorp and back – 140km before work on a bike without gears.

The next day, we continued westwards through the uplands for Witsand and the Breede River where we were to spend the night well inland. We stopped for a coffee break at a derelict pleasure resort near the hamlet of Vermaaklikheid (it translates to “joyfulness”). It looked as joyful as a Bagdad air raid shelter. Although the site had been open to the elements for years and reclaimed by *Flora Capensis*, it is still treated on maps with a respectably-sized typeface.

Here was the fundamental difference between cycling in Europe and cycling in South Africa. In Europe every six or seven kilometres there’s a reason to stop - so many antiquities, interesting villages, markets, cafés... By contrast, routes in the Cape often continue strait, dipping and climbing and the only antiquities we saw were each other. But there’s an unsurpassed tranquillity and, often, exhilaration. The landscape changes from golden grassland to cropland; from montane to seascapes with frequent glimpses of wildlife.



The group at George Airport ready to set off.

The last Tour de Farce team with guests. On the far right: Chris Murray known as the “Bike whisperer”.

On day five my notes read “a mere 35km covered today but some heart-breaking climbs on gravel roads. My battery only just coped with one or two of the steepest gradients”. Nevertheless, Liz or Chris, depending whose turn it was to cycle with us rather than drive the bus, would cycle alongside and chat and then spurt forward to those up front. We were headed for Malgas, a hamlet on the Breede River. The Breede is quite a grown-up river in South African terms and we used a hand-hauled pont to cross it.

On the sixth day, after cycling over hummocky countryside densely cloaked in fynbos, we found ourselves on a high ridge looking down a steep winding road that plunged into a wide fynbos valley. To the south, there was a line of high coastal dunes of snow white sand. To our right, we could make out a collection of 19th century Cape colonial buildings and, about 16km beyond, a bird’s eye view of de Hoop Nature Reserve, one of South Africa’s most attractive game reserves where we spent the night and enjoyed, at the Fig Tree restaurant, one of the best dinners we’d experienced on all 10 tours.

Next day we cycled on smooth tar and level ground towards L’Agulhas, a small pizza-dispensing town of



The bus crossing the Breede River

tasteless architecture but within a pleasant ride of Cape Agulhas itself where we paid our respects to the African penguin colony on the bottom tip of Arica.

We stayed over at L'Agulhas where we reached the stage of no longer being able to separate clean clothes from ones we'd worn, not even by smell – but at least I had cleverly folded away a clean set for our last night which was to be in Stellenbosch, South Africa's most elegant city where Liz had negotiated a good tariff at a most splendid 18th century hotel, the Oude Werf.

Cycling over the rolling countryside towards the coast we were irresistibly drawn into a winery, the Black Oyster Catcher, partly because it was there. There are many circular wine routes in the region for cyclists whether athletic or . . . like us.

By now I was shamelessly using my bike's electric motor even when I did not have to. Thus I was first to arrive at Elim – a quaint 250 year old, very faded mission station, deep inland. Here we had a plain but wholesome lunch (pickled snoek) in the church hall and waved aside their apologies for having only three wine glasses.

We then "racked" our bikes and drove back to the coast, to Gansbaai which looked more attractive than the usual rather mundane Cape coastal towns. This was the penultimate day of the last of our 10 tours and as Harvey lived in nearby Hermanus not far from Rex who'd cycled with us the first five Tours de Farce, we hired a private room in the Burgundy restaurant. We told Rex of the vicissitudes of our Cape ride - of the hills and how we were forced to drink wine from beakers.

"Why do we do it?" wailed Harvey in mock despair. "Adventure before dementia" suggested Rex.

Next day, we used the bus from Hermanus to Betty's Bay for we wanted to cycle the long way round hugging the coast to reach Gordon's Bay by lunch time. The ride from Betty's Bay took us first to Pringle Bay and then along the eastern shore of False Bay, one of South Africa's most beautiful routes. Across the water we could see Table Mountain.

So ended the last Tour de Farce – an idea that began on a whim and took us many thousands of kilometres through a dozen countries and, last of all, our own. I recalled Joel Chandler Harris' Uncle Remus saying:
I journeyed far, I journeyed fas';
I glad I foun' dis place at las'.



The original Tour de Farce team. From the left: Rex Gibson, Richard Steyn, James Clarke, Peter Sullivan, Harvey Tyson. All but Rex made the last tour. Not in the picture is Alan Calenborne who took the photo.

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Molline is looking for additional work in the estate on Thursdays and would like to sleep in as well. She has worked for me for almost a year now. She is very reliable and hard working. Her number is 061-316-8671. For reference contact Retha on 083-949-7509.

Martha has been part of our family for 12 years and comes with wealth of experience and an excellent track record. She is available on Mon/Wed/Fri from 1 June 2018. We can highly recommend her to any family. Bennie, 082-577-5000.

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We have a very hardworking gardener looking for work on a Monday and Friday. He has been working for us for more than 4 years and is also working for other families in the estate. He is also good at doing all kinds of odd jobs around the house. For more details and a reference please phone me Susan 082-851-5711.

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I have been tutoring in Irene for four years and at the University of Pretoria for three years. I am offering English, Afrikaans, History, Computer Literacy (CAT), Business Studies, LO and CV skills. I am a 4th year student at UP. Please contact Holly at 071-895-9032 or hollyanne.t@gmail.com for references or more information.

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HOW TO MAKE THE PERFECTLY DELICIOUS KIDS LUNCHBOX

Making sure your kids get the best nutrition possible to help them perform well at school and grow is the intention of every parent and keeping it tasty yet nutritious can be challenging – it can be easy to reach for the pre-packaged salty and sugary snacks but now, more than ever, you don't need to: The Westin Cape Town illustrates how to pack that perfect school lunchbox for your children.

According to The Heart and Stroke Foundation of South Africa, one in four girls and one in five boys between the ages of two and 14 years old are overweight and/or obese..

Since healthy options are not available to them, children tend to make unhealthy eating choices and opting for those high sugar foods that most school tuck shops offer. This makes it imperative for parents to develop healthy eating habits in their children. Foods high in sugar provide an abundance of calories and are low in nutrients. In addition, this high sugar intake leads to dental cavities, obesity and poor nutrition habits that can easily last a lifetime, exposing a person to all sorts of serious lifestyle diseases and conditions such as diabetes and hypertension.

"With the rise in awareness around healthy eating, parents are opting for nutritional food options for their children both at home and on the go. The new choices, not only reflects this trend, but also speaks to children's preferences," says Grant Cullingworth, Executive Chef at Westin Cape Town. This awareness has inspired the culinary team at The Westin to collaborate with experts from SuperChefs to develop their SuperFoods menu, made from powerhouse ingredients rich in



nutrients, antioxidants and delicious taste so you can start your day feeling recharged.

Although broadening the horizons of your child's tastesbuds is definitely challenging; the options for creating a healthy, tasty and nutritious lunchbox for your child are endless. And in using a combination of high-fibre whole grains, fresh fruits, vegetables, lean protein, while keeping an eye on the nutrient count of sugar and salt included, you can achieve this in no time.

Here are some quick and easy options for you to include in your child's lunchbox:

- Almond waffles with strawberries, banana and black cherries.
- A soft boiled egg with whole-wheat pancake dippers, broccoli and cauliflower.

- Sweetcorn and zucchini fritters with slices of grilled chicken.
- Boerewors and lentil meatballs and courgette tagliatelle.
- Fresh fruit cut into quarters with a small natural yoghurt.
- Gluten-free oat and chocolate chip cookies.

Healthy eating habits truly start at home as children mimic the dietary habits of adults. So this is why it is important for you to spend some time with your kids and try out different snacks – show them how it is prepared and involve them to find the nutritious food that they like themselves.

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