



The Villager

Issue 6 • 2016

**Make new
friends
at the
Saturday
walks**

*Winter
Holiday Bliss
Competition*

**TRAVEL:
Switzerland**

**Coping
with
stress**





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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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02	From the Estate Manager
06	Security
09	Holiday Competition
10	May Financial Statement
12	Weekend Walking
14	Khomani Outreach
17	Travel
21	Mix FM
22	Humour
24	Stress Gone! Exam Tips
26	Smalls
28	Listings

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Léane Graaff

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Message from

the Estate Manager



At van Niekerk

Dear Residents

The winter of 2016 is upon us and we already had a glimpse of what lies ahead with the few days of cold and rainy weather. We measured 55ml of rain at the main entrance on the 13th June. The rain is very welcome, especially for the many new trees that were planted recently.

The garden maintenance team will be attending to special tasks during the winter months, which include the following:

- To replant and rearrange some of the plants in the circle at the North (2nd) gate;
- To level some of the park areas with the top soil that was donated to the HOA by M & T Developers, who are currently busy with earthworks at the

- Irene Village Mall;
- To develop the landscaping in and around the new traffic circle at the South (main) gate; and
 - To prepare a new landscape feature at the North gate.

While on the topic of gardening, I thought it would be in the best interest of our residents to make you aware of the *Populus simonii* tree, commonly known as the Chinese poplar. A huge number of these trees were planted in the Estate in the early days of its development. At the time this tree was planted because it is a fast grower (up to one metre per year) and provides privacy between neighbours. The problem that I have identified is that many of the trees were planted close to driveways, boundary walls, swimming pools and sewer lines. With its aggressive root system, it is now causing damage to nearby structures. I have seen a number of boundary walls that are showing cracks and driveway pavers lifting up because of the roots. If you have these trees on your property, please take some time to inspect the roots and any sign of damages to the infrastructure near it

The question most frequently asked by our residents at the moment relates to the installation of the Vodacom Fibre to The Home (FTTH) project. The HOA



and Vodacom are in constant communication and the latest information has been sent to our residents. Vodacom has

proposed micro trenching to install the FTTH, which is supported by the HOA. As the roads in the Estate are Tshwane City Council property, the Council has requested Vodacom to provide sample installations of the micro trenching, which will be evaluated over a period of six months before the final approval of the right of way to proceed with the micro trenching will be given.

The Irene Farm Villages HOA Master Plan is progressing well. The following feedback to the residents is important. At the Annual General Meeting on the 5th November 2015, the following resolutions were adopted:

- That the HOA Members approve the Environmental Development Plan (herein after referred to as the EDP),



whereby the Board of Directors are mandated to take all the necessary steps to implement the EDP as part of the Estate's Master Plan, which shall include the identification of the phases, the prioritisation of the phases and the costing of the EDP.

- That the Members approve the Infrastructure Development Plan (herein after referred to as the IDP), whereby the Board of Directors are mandated to take all the necessary steps to implement the IDP as part of the Estate's Master Plan, which shall include the identification of the phases to be developed, the prioritisation of the phases and the costing of the IDP.
- That the Members adopt the EDP and the IDP as the Irene Farm Villages Master Plan and mandate the Board to take all the necessary steps that are required to implement the Master Plan, which includes the prioritisation of the development phases and the final costing for presentation to the Members for their consideration.

In light of the approved Master Plan, the Board of Directors was mandated with the following actions steps to be taken:

- To implement the IDP as part of the Estate's Master Plan;
- To identify the phases to be developed;
- To prioritise the phases; and
- To do the costing of the IDP.

As part of the IDP, the final building plans were submitted to the Board. The Board appointed a Quantity Surveyor to do an estimated detailed costing of all the phases, which costing was carried out. The following four (4) phases were identified by the Board:

- **The Main (South) Gate Entrance:** This phase includes the alteration to the existing "guard house" and office building; and the addition of a covered roof over the access and exit lanes. The current entrance and buildings were constructed during the development of the estate in 2002. The office space is inadequate. The control room, which is part of the main entrance building, must be upgraded to accommodate the new

CCTV control room. The fact that there is no roof cover over the lanes is an inconvenience, especially during thunderstorms, when the guards must use umbrellas to assist residents and visitors from getting soaking wet. The costing for this phase amounts to R2,519,583.

- **The Second (North) Gate Entrance:**

This phase includes alterations to the "guardroom building" to provide inter alia for a boardroom and extending the existing covered roof over the access and exit lanes. The costing for this phase amounts to R750,057.

- **The Operational Yard on Stand 1671:**

This phase includes the alteration to the existing "old boardroom", which is currently used as the office of the Security Manager, as well as the construction of new buildings for the operational and maintenance personnel. Currently temporary sheds and containers are used to accommodate the operational and maintenance personnel and all the equipment. The personnel are making use of a utility toilet, which is rented by the HOA. There are no washing and/or locker facilities for the personnel. There is no undercover parking and/or storage for the vehicles and heavy equipment used by the personnel and service provider. The costing of this phase amounts to R3,443,827.

- **New Entertainment Gazebo/Lapa:**

Due to requests for an entertainment area, which were received over a period of time by the Board, this phase was included in the mandate to the HOA Board. The approval of this phase goes hand in hand with the following decisions and approval by the Members, namely (i) the site where the entertainment gazebo/lapa must be constructed on; (ii) new HOA Rules and Regulations to manage the use of such gazebo/lapa. The

approval of the specific site (area) of construction is subject to (a) a geo-tech survey, (b) the approval thereof by the Council for Geo-Science; (c) the rezoning of existing HOA agricultural land or park areas; and (d) the approval of the plans by the Tshwane City Council. The costing for this phase amounts to R988,484.

The Board is currently considering the implementation of the IDP and the necessary recommendations will be made to the members for their consideration and approval at the forthcoming Annual General Meeting.



The CCTV-project is running hand-in-hand with the FTTH project. One of the main capital expenditures for the implementation of the CCTV-system, is the trenching around the perimeter of the estate (4,2km), wherein the optic fibre and the power cables must be installed. Vodacom has agreed to do the trenching at no cost to the HOA. The remaining expenditures for the power cable, sleeves and the plinths for the 35 camera poles is estimated at R870,450. The costs for the 35 cameras, the installation thereof and the establishment of the new control ("monitor") room is estimated at R3,474,000. The Board will also have to consider the appointment of an electrical engineer to assist the HOA with the tender specification for a power supply and to provide engineering consultation during the installation phase of the power supply, which will be

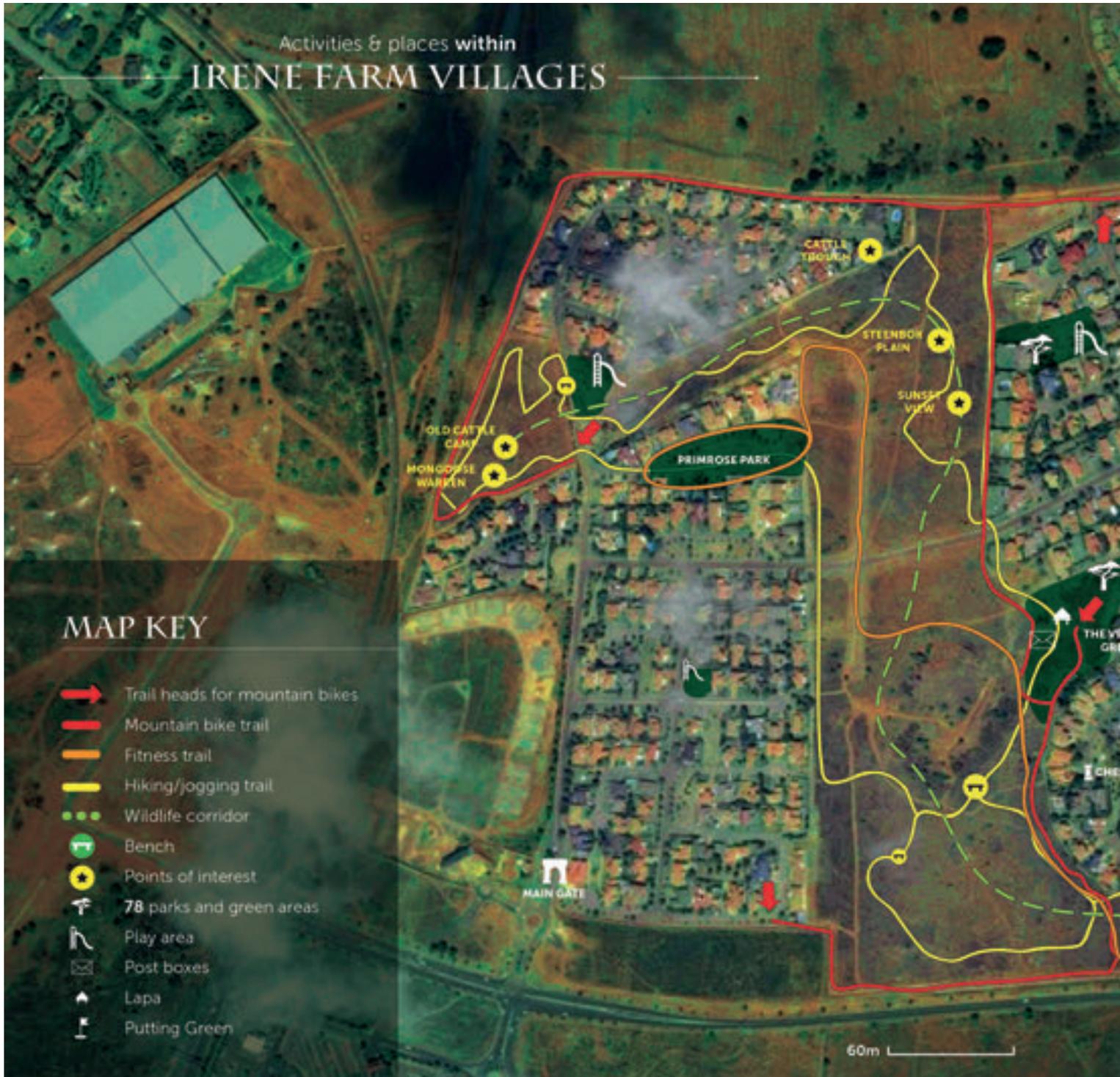
additional costs for the CCTV-project. The total costs for the CCTV-project is estimated at R4,433,450.



The rock mason work is progressing very well at the main gate entrance as you would have noticed. The landscaping at the main gate has also kicked off.



The construction work at the Irene Village Mall has started. The Mall will be increased from 34,000m² to 84,000m². During the construction work, a huge volume of soil will be moved over a period of months from the Mall to the railway line at Irene. Residents are kindly requested to be on the lookout for the tipper trucks that will cross Van Ryneveld Road from the Mall and make use of the road leading to the main gate of the estate and diverted onto a temporary gravel road.





The first 1,6km of the walking trail has been in use since the Family Fun and Freedom Day held on the 30th April 2016. The second phase of the walking trail, which stretches over a further 2,4km, has been marked out and should be ready by the end of July 2016. We will update you on the final opening of the second phase.

Marchell, our Security Manager, has addressed the vandalism that is occurring from time to time in the Estate. The HOA Board is serious about bringing the culprits to book.



Some of our residents are taking advantage of the fact that there is virtually no traffic law enforcement by the Tshwane Metro Police in the Estate. On the contrary, you are reminded of the HOA Rule 4.4.26 read with Rule 6.24, which

prescribes a penalty for transgressing the HOA traffic rules. A number of residents have been served with a notice for not adhering to the HOA traffic rules. The HOA Board once again appeal to each and every one in the Estate, including your visitor or delivery service providers, to adhere to the in-house traffic rules. Please let us make our roads safe for our people. Let us show the rest of Tshwane, that we are law-abiding people.



It is with great expectation I mention that I will be on leave from the 27th June until the 15th July, visiting the good old Cape.

*Best regards
Estate Manager.*



Dear Residents

I would like to share an e-mail that I have received from one of the Tenants that moved into our Estate not so long ago. I also want to once again thank the Tenant for this e-mail:

Good evening

I read in this month's magazine your insert on the estate rules and some people complaining.

I want to take this opportunity to thank you for the security that we have. We come from the suburb where we had an incident with an armed robber just before we moved here. It took me a while to get over the fear and sometimes I still wake up at night a bit scared.

But the security here with the rules have helped me so much to move past that overwhelming fear. The freedom of being able to walk without looking over your shoulder is absolutely special.

We might only be renting but I would not want to give up the way we live now. The guards make my mornings with their friendly smiles and wishing each resident a good day.

Thank you so much. If no one else thanks you, please know that there is a household that is extremely grateful.

Please thank your staff on my behalf and keep up the good work.

Warm regards



Marchell Galant

Security is receiving an increasing number of complaints of barking dogs. When the complaints have been attended to, it is usually found that the relevant owners are not at home. I want to request Residents to please make the necessary arrangements for someone to look after your pets when you are away from home.

Due to all the complaints that Estate Management received with regards to traffic violations where drivers do not stop at stop streets, the Estate management recently started making use of a mobile camera at different stop streets. It was established that not only drivers of delivery vehicles and contractors fail to stop at stop streets, but also Residents. At one of the stop streets where we had the camera, we noticed that it was mostly Residents that are not abiding to the traffic rules. Residents are warned that they will be penalized according to the Estate rules for not stopping at stop streets.

The Estate recently experienced vandalism in the Estate. Residents, please make sure that you know the whereabouts of your kids after hours. Security will be extra vigilant when conducting routine patrols at night. Residents should report any suspicious activity or groups that are roaming the Estate at night to Security.

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

remember

Make Sure

- That all vehicles that are parked in driveways must be locked and all valuables (e.g. laptops, wallets, handbags and GPS navigators) must be removed from the vehicle.
- That alarm systems must be activated and in a working condition. Please test your alarm system regularly to ensure that it is in a good working condition and that it does send out a signal when activated.
- To be vigilant at all times in the Estate and report any suspicious activities directly to the Bidvest Protea Coin Security.
- To be law abiding citizens and prevent crime, register all domestic workers and gardeners and make sure that they have IDs or valid passport documents.

Residents can contact me directly should they be interested in having an alarm system linked to our Protea Coin 24hrs Call Centre in Highveld Techno Park.

Marchell Galant • galantm@proteacoin.co.za • 082 300 1835

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

IRENE FARM VILLAGES ESTATE

R3 395 000



AGENTS CHOICE

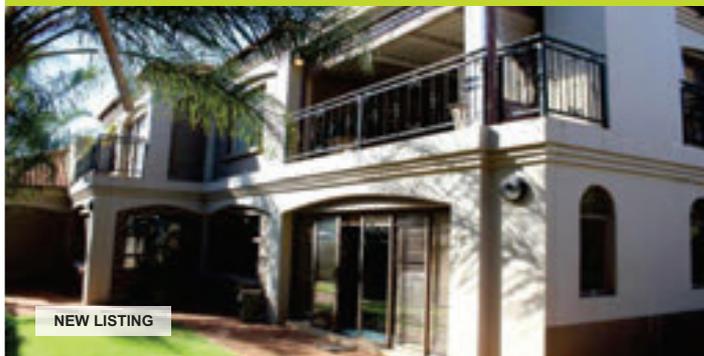
CONTEMPORARY FAMILY HOME!

Web LFIE-0589

4 Bedrooms, 3 bathrooms, (2 en-suite), entrance hall, guest toilet, 4 L/A's, Memphis Cherry wood kitchen and granite tops. Entertainment area with gas/wood braai. Patio, pool, Jacuzzi, automated double garage and staff facilities.

IRENE FARM VILLAGES ESTATE

R4 450 000



NEW LISTING

A SENSE OF SPACE

Web LFIE-0651

4 Bedrooms with balconies, 3 bathrooms, 1 en-suite, guest toilet, entrance hall, Beech wood kitchen, pantry, scullery, laundry room, study, 3 L/A's, Formal lounge with fireplace. Built-in braai, S/Q and Automated D/G. Carports for 4 cars. Under floor heating.

IRENE FARM VILLAGES ESTATE R3 150 000



DUAL MANDATE

HOME ESSENTIALS

Web LFIE-0627

3 Bedrooms, 2 bathrooms, (1 en-suite), guest toilet, study, 3 living areas, kitchen, pantry, scullery, patio, automated double garage and staff quarters.

IRENE FARM VILLAGES ESTATE R3 795 000



DUAL MANDATE

FAMILY SPLENDOUR

Web LFIE-0629

4 Bedrooms, 2 bathrooms, 1 en-suite, guest toilet, entrance hall, kitchen, pantry, scullery, study, 3 L/A's, stack doors open onto patio, built-in braai, irrigated garden, S/Q and D/G. Balcony over-looking breath taking pool and green garden.

IRENE FARM VILLAGES ESTATE R4 250 000



NEW LISTING

ELEGANCE AT ITS BEST!

Web LFIE-0651

4 Bedrooms, 3 bathrooms, 2 en-suite, guest toilet, entrance hall, French kitchen, pantry, scullery, laundry room, 3 L/A's, patio, built-in braai, irrigated garden, S/Q and Automated D/G. Balcony over-looking breath taking pool and green garden.

IRENE FARM VILLAGES ESTATE R3 750 000



A MODERN STOREY

Web LFIE-0546

4 Bedroom, 2 bathroom, (main en-suite) entrance hall, Mahogany kitchen, pantry, scullery and laundry area. 2 L/A's, sliding doors open onto patio with built-in braai and landscaped garden with a fountain. Staff quarters and auto 4 garages.

IRENE FARM VILLAGES ESTATE R3 650 000



WARM GATHERING

Web LFIE-0489

3 Bedroom, 2 bathroom, 1 en-suite, guest toilet, study, kitchen, pantry, scullery, laundry, 4 L/A's, pool, built-in braai, irrigation system in garden, staff quarter and double garage. Air-conditioning units and underfloor heating through-out.

IRENE FARM VILLAGES ESTATE R2 800 000



SOLD IN 1 DAY

UNCOMPLICATED LIVING

Web LFIE-0649

4 Bedrooms, 2 bathrooms, 1 en suite, study, High gloss white kitchen, soft close cupboards, pantry, scullery, laundry, 3 living areas, patio, built-in braai, irrigation system in garden, double automated garages.



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

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Winter Holiday Bliss COMPETITION



Exams written, travel bags packed and ready to hit the road for a well-deserved winter break!

Share your holiday experience with other Villagers by submitting a maximum of five (5) photos with captions to us for posting on the Irene Farm Village Facebook page.

The various photos received and posted on Facebook will be assessed by the Community Investment Committee taking the following into consideration:

- Interesting information in the caption of the picture describing the location, subjects, activities, etc.;
- Number of likes received on Facebook; and
- Quality of the photo taken within the given context.

The winning photo will be placed in the next Villager with a brief description of the holiday experienced captured!



Submit your photos to Madeleine at admin@irenefarmvillages.co.za by 31 July. Remember to provide a caption for each of the photos submitted!



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION
 Summary Income Statement
 May 2016

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

	Actual	Budget	Actual	Budget	Value	%
Operational Income						
<i>Levy Income</i>						
Normal Levies	910 648	910 648	2 731 944	2 731 944	(0)	0.0%
<i>Other Income</i>						
Interest Received	37 985	10 000	110 501	30 000	80 501	268.3%
Contractors Permits	11 390	10 000	63 255	30 000	33 255	110.9%
Estate Agent Registration	0	0	140 790	129 960	10 830	8.3%
Post Box Annual Fee	(160)	2 500	4 090	7 500	(3 410)	-45.5%
	959 863	933 148	3 050 579	2 929 404	121 175	4.1%
Operational Expenditure						
<i>Professional /Administration</i>						
Accounting Fees	62 378	56 655	152 374	164 955	12 581	7.6%
Audit Fees	33 000	33 000	99 000	99 000	0	0.0%
Bank Charges	0	2 500	1 166	2 500	1 334	53.4%
Insurance	2 958	2 500	8 564	7 500	(1 064)	-14.2%
Legal & Professional Fees	9 994	8 655	27 218	25 955	(1 263)	-4.9%
<i>General Office</i>						
Office Equipment	16 426	10 000	16 426	30 000	13 574	45.2%
General Office	20 057	11 200	39 484	42 900	3 416	8.0%
Office Equipment	0	1 200	2 720	3 400	680	20.0%
General Expenses	3 525	1 500	7 276	14 500	7 224	49.8%
Office Refreshment	386	1 000	945	3 000	2 055	68.5%
Printing & Stationary	7 596	3 500	13 907	10 000	(3 907)	-39.1%
Telecommunication	8 551	4 000	14 635	12 000	(2 635)	-22.0%
<i>Operational Expenses</i>						
Municipal Charges	156 245	163 412	403 639	491 237	87 598	17.8%
Recycling	39 968	50 000	81 469	150 000	68 531	45.7%
Donations	8 247	8 662	24 742	25 987	1 245	4.8%
Meetings	0	5 000	0	15 000	15 000	100.0%
Salaries & Wages	0	750	1 470	3 250	1 780	54.8%
Security	108 030	99 000	295 957	297 000	1 043	0.4%
<i>Security</i>						
Access Control (ClickOn)	530 697	506 682	1 515 261	1 520 046	4 785	0.3%
- ClickOn Recovery	20 127	22 000	59 100	66 000	6 900	10.5%
Equipment Maintenance SLA	(8 971)	(12 000)	(26 033)	(36 000)	(9 967)	27.7%
Security Maintenance	43 281	19 500	64 922	58 500	(6 422)	-11.0%
Guarding Services	6 077	7 000	6 725	21 000	14 275	68.0%
<i>Repairs & Maintenance</i>						
Fuel	470 182	470 182	1 410 546	1 410 546	(0)	0.0%
Repairs & Maintenance	177 313	142 162	458 597	427 186	(31 411)	-7.4%
Equipment Maintenance	0	0	0	0	0	100.0%
Fuel	4 302	3 000	10 086	9 000	(1 086)	-12.1%

IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

FINANCIAL MAY



IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION Summary Income Statement May 2016

	May 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
General Maintenance	6 141	9 650	21 435	28 950	7 515	26.0%
Infrastructure Maintenance	2 944	3 000	12 197	9 000	(3 197)	-35.5%
Park Facing Boundary Walls	52 439	12 500	68 254	37 500	(30 754)	-82.0%
Park Maintenance	2 029	4 500	13 800	13 500	(300)	-2.2%
Park Maintenance Contract	108 012	108 012	324 035	324 036	1	0.0%
Vehicles	1 445	1 500	8 791	5 200	(3 591)	-69.1%
	946 690	880 111	2 569 354	2 646 324	76 970	2.9%
Operating Profit / (Loss)	13 173	53 037	481 225	283 080	198 145	
Non-Recurring Revenue						
Special Levies	0	0	0	0	0	100.0%
Estate Penalties	0	0	18 150	0	18 150	100.0%
Late Building Penalties	0	0	22 750	0	22 750	100.0%
Late Payment Penalties	3 750	0	12 400	0	12 400	100.0%
Expense Recovery	0	0	0	0	0	100.0%
Other Income	0	0	0	0	0	100.0%
Plan Fees	12 067	0	23 042	0	23 042	100.0%
Sale to Members	420	0	1 520	0	1 520	100.0%
Non-Recurring Expenses						
Debt Write-off	0	0	0	0	0	100.0%
Water Risk Management	21 360	0	21 360	100 000	78 640	78.6%
Traffic Management	0	0	73 918	75 809	1 891	2.5%
Social Development Projects	24 174	0	42 966	45 000	2 034	4.5%
Water Tanker Roadworthy	0	0	0	50 000	50 000	100.0%
Park Development	7 894	0	7 894	60 000	52 106	86.8%
Historic Tshwane Accounts	0	0	0	408 000	408 000	100.0%
Environmental Development	0	0	60 571	153 500	92 929	60.5%
Cash Provision	0	15 000	0	45 000	45 000	100.0%
Stand Sales	0	0	34 986	0	(34 986)	100.0%
Net Positive/ (Negative)	(37 191)	(15 000)	(163 833)	(937 309)	773 476	
Net Profit / (Loss)	(24 018)	38 037	317 392	(654 229)	971 621	

Account Ability

Office Address:

Sovereign Drive,
Route 21
Corporate Park

Accounting Office Hours

8:00 to 13:00
Monday to Friday

Office Tel:

082 780 0059

Accounts Email:

accounts@aams.co.za

IFV Accounts:

Winnie Boshoff

Summary Income
Statement by
Account Ability



“He who is not
courageous enough to
take risks will accomplish
nothing in life.”
– Muhammad Ali

A Greet and Walk About in the Estate

Saturday mornings are not the same anymore for a committed and growing group of residents and their friends, who have joined together to undertake brisk and energetic walks through the Estate.

The Saturday walks have been a regular event since the beginning of May. It creates a wonderful opportunity for fellowship and getting to know one another in the beauty and safety of our Estate while at the same time keeping fit. Each person walks at their own pace and different routes are available for those who wish to cover a longer distance or tackle a more challenging route.

The group includes young and old, families, friends and even some pets. We welcome all who wish to join this great initiative to meet at the Post boxes, Village Green @ 8am every Saturday morning. For more details contact Joelene Moodley 082 564 0341 or Gail Horak 083 651 1957.

Community Investment Committee



I am Irene Farm Villages

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

Office: 012 644 8300



I am Irene Farm Villages

I am the footprints and calls of the abundant buck and birdlife in the estate.

I am the adrenaline of the mountain biker and Acro-branche foofie slide at the Big Red Barn.

I am the tranquility of the Rietvlei Dam and surrounding veld .

I am the hum of the transporter planes heading into Africa.

I am the never ending vista from the high point of the estate.

I am Irene Farm Villages agent, **Peter Varrie.**

SOLD BY ME



Sole and Exclusive Mandate / R4 million

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Sole and Exclusive Mandate / R3.9 million

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Khomani outreach October 2016

A great big thank you to all Irene Farm villagers who continue to open their hearts and their cupboards to help alleviate the plight of the Khomani San in the Kalahari. We have already taken many bags of much needed clothing to a storeroom at a nearby church where each item is sorted and packed into parcels for individuals. These parcels typically contain 3-5 items of clothing per family member and are marked according to size and gender.

The majority of the Khomani San are small of stature and the adults wear clothing that normally fit our teenagers or young adults. Meticulous records are kept of what we have in the storeroom and what is needed to pack the parcels for the 780 Khomani San living in 208 households. The latest count indicates a need for lots of boys clothing as well as small men, sizes 28-34, and small ladies, sizes 30-32.

Every donated item, whether it is clothing, small toys or household items such as towels and bedding, makes a huge impact on the lives of the San



community. The collection bins will be at the gates until the end of July.

Marthinus 084 555 2489 or Gail 083 651 1957.

Should you wish to join the outreach during 1-7 October 2016 or just want more information, please contact

The Community Investment Committee Khomani Outreach team

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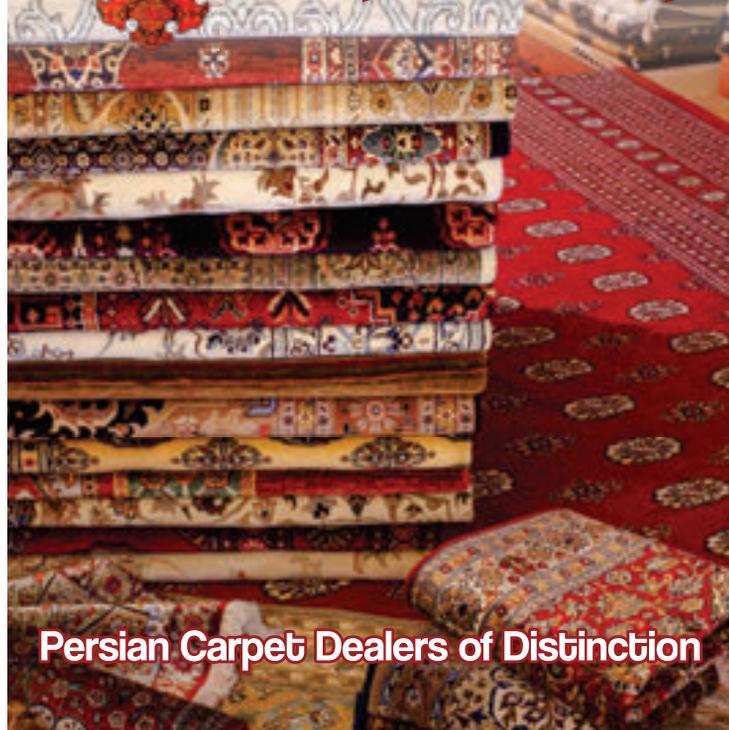
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James Clarke

A mass display of geraniums.



Falling in love in **SWITZERLAND**

Oberweningen is a village not far west of Zurich and it was there, on an expedition to Switzerland in 2010, in a shed, that I fell in love. Love at first sight.

OK, it was only a bicycle. But you can fall in love with a bike. Believe me you can.

We had landed in Zurich and were met by Ruedi Jaisli of Swiss Trails, an enormous fellow with a mop of unruly hair who has played a substantial role in designing Switzerland's amazing network of trails for hikers, cyclists, canoeists, ice skaters, even rollerbladers. They all interlock so you

can swop from one mode to another using one ticket and even hop on trains or buses. It's hyper-efficient. But that's the Swiss.

Six of us were spending 10 days cycling across Switzerland, a prospect that slightly worried me for I was into my 70s and although not the oldest, I was the slowest, especially on hills.

The bike and I were introduced



The Flyer – the answer to cycling up hills

outside Ruedi's hangar-like cycle depot in a neat and tidy agricultural region of the Aare valley whose fields are strictly geometrical and where the cattle pads are kept squared off at the corners. In contrast to the rest of Switzerland, the countryside is pancake flat.

Our first four days of cycling from Baden to Lake Geneva following the Aare were no problem. But from Morges we were to head east and cross the Alps to the warm Italian side.

The silver-grey bicycle was a Swiss-made "e-bike" – an electric-powered bike known as the Flyer and probably the most advanced e-bike in the world. It had eight gears for normal cycling, disc brakes and three strengths of battery power.

I tentatively pedalled round the yard before pressing a button marked "Power". It was as if an invisible hand was pushing me from behind. I approached a ramp and effortlessly pedalled up it.



Little Switzerland, better known as Swiss Miniatur on Lake Lugano where you can view the Swiss nation – its cathedrals and famous railways – almost at a glance; all one-25th of their normal size.

Even on the flat, if one kept the power on, the small 1.5kg battery attached to the frame and looking like a water flask, would bowl you along, silently, at 32km/h. The battery lasts 40km if used constantly, which one wouldn't do, not on the flat or downhill

and, anyway, there's a spare in the saddlebag and they can be recharged from a wall plug.

The bike has a push-button booster for something really steep like the north face of the Eiger and there's

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Lake Lugano – like being on the Mediterranean

You can fall in love with a bike. Believe me you can.

a gentler one for when you are, say, pushing your bike up a ramp from a railway station.

It's like having a chauffeur-driven

bicycle. The astonishingly small engine is in the wheel hub and a cursory look at the bike will not detect it. Indeed, an electric motor has since been developed that is so small that

race organisers these days have to examine competitors' bikes to make sure they aren't cheating.

For years, six of us – mostly retired daily newspaper editors – had cycled throughout Europe (we called our expeditions the Tours de Farce) but we rarely could keep a tight formation because some were younger and fitter (one was only 62) and some, like me, were slower. Now, with the great equaliser, we could now stay together and chat as we rode.

This, I realised, is going to make family cycling, even with sub-teen children, feasible.

How was crossing the Alps? I was afraid you'd ask me that. It was bliss. We caught a train.

We travelled in an almost century-old steam train up the Furka Pass to the snowy summit and then down the St Gotthard Pass to Lake Lugano where we picked up fresh bikes and made mincemeat of the hills around the lake.



One minute we were in the snow on the Furka Pass – next we were on Lake Lugano's warm "Mediterranean" shore.



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Get your Groove on with Mix93.8FM

While scrolling through the radio stations one day, I stumbled upon one that I'd never heard before. They were playing hits from the 60s, 70s, 80s and 90s.

My radio has stayed on stuck on that station since then – their music wakes me up in the morning and keeps me rocking all day long. Great company, I must say.

Listening to where they do their promotions and who advertises, I realised that they must be based close by – which they are! That's excellent news as I love to take advantage of the products and services that their advertisers promote.

SMALL BEGINNINGS

The original owner started what he called Radio Midrand in a caravan 8 years ago. After that first year, he was ready to throw in the towel when Steve Milosevich heard about him and offered to take over the station. He appointed his sister-in-law, Abigail, as Station Manager and they changed the name to Mix93.8FM. Their broadcasts now reach listeners all over the world (via Streaming and DStv channel 823) and they have a local audience estimated at over 200 000 listeners in Gauteng.

When I popped in to meet Abi at their base in the Constantia Office Park just off New Road, I was surprised by how young and enthusiastic the staff are. I met Kudzayi Tribabi, their Programme Manager, who'd joined them straight out of college as an intern. Last year, he won the Bright Star of the Year award and he has been inducted into the MTN Radio Awards Bright Stars Club of 2016.

"We're very big on internships," Abi explains. "In fact, every staff member in our admin team has started as an intern."



BROAD CROSS-SECTION OF LISTENERS

There are two studios – a main studio and a secondary one – where the DJs and announcers have their fun, broadcasting 24 hours a day.

"We're very techno-driven and very interactive," Abi continues.

"Our main geographical spread of listeners covers Rosebank, Sandton, Randburg, Fourways, Roodepoort, Florida and parts of Krugersdorp, north-west to Hartebeespoort Dam as well as Midrand, Centurion and Pretoria." That said, their most ardent fan lives in Cape Town and a while back they received an email from a fan living in Texas.

What amazed me about the analysis of their audience is that the core of their listeners is between the ages of 25 and 60, with an LSM rating of 8 – 10. "These are people who grew up listening to their parents' music, in the car and at home, and that's the music that they enjoy," says Abi.

COMMUNITY-BASED AND APPROACHABLE

Mix93.8FM relies solely on advertising and promotions for their revenue.

They also do a lot of charity drives and participate in community-based outreach programmes, which they do for free.

"Annually Mix93.8FM raises over R8-million for various charity projects, including the horse trust. We've collected more than 10 000 blankets for the K.I.D.S blanket run in conjunction with HOG SA and, every year, we collect Christmas hampers and organise a Christmas party for the Tarantal Old Age Home in Edenvale. We also support a lot of the animal rescue organisations," Kudzayi adds.

More of their community involvement happens in smaller ways, such as helping to find lost pets, helping promote local activities through their Community Diary and encouraging youngsters to come in and do job-shadowing to learn more about the world of radio.

"If any of our listeners would like to get involved, they're very welcome to contact us," says Abi. "We've helped quite a few people launch their careers in radio. Some have started with us and then moved on to bigger radio stations. We also have volunteers who work evenings and weekends purely for the love of radio. It's a great industry to be in. We love it!"

For more information, call 011 568 0871 or follow Mix93.8FM on Streema, Tunein, Youtube, Website Streaming DStv channel 823, Facebook and Twitter.

So dogs rule – OK

A year ago I wrote in a column about the IQ of dogs based on a scientific paper by zoologist Professor Stanley Coren of the University of British Columbia. After decades of study Coren concluded that Afghans are the dumbest of all 100 or so breeds he had measured. The Pekingese was very slightly more intelligent.

An Afghan hound owner, Johan Booyens, was not happy with Coren's conclusion and demanded I apologise.

I can only warn Johan Booyens that, as Mark Twain said, never argue with a man who is in a business that buys ink by the barrel.

Johan, in his dog's defence, cites documentation held by the American Kennel Association whose highest accolade for a dog is to certify it as a "Companion Dog Excellent" (CDX).

He maintained that Afghans are very regal and then takes a dig at "working dogs" – Rottweilers, poodles, Bouviers, etc – saying, "Affies have to be accepted as partners rather than as a servile working class member of the family."

Apropos all of this, which are smarter – dogs or cats?

Kate Douglas of New Scientist in the UK in a wonderfully tongue-in-cheek article has drawn on scientific and anecdotal material to answer that question.

In a long article she described how behaviourists have lately intensified studies on dogs and cats – seriously.

"Could it be time for a showdown?" she asks. Then adds, "Let the fur fly..."

When it comes to brains she says cats if you measure brain mass as a percentage of body mass, win by a whisker. "Cats' brains are exactly the mass you would expect for their size, whereas dogs have slightly more



upstairs than you would predict."

Not that brain size is a reliable measure of intelligence. Still she scores cats higher than dogs. Cats 1 – Dogs nil.

It appears dogs have been domesticated 50 000 years – long, long before cats were accepted as fireside companions.

So ... Cats 1 – Dogs 1.

Bonding : Dogs obviously bond more firmly with humans. (After all, they join the police force, don't they? And the Belgian Army uses Bouviers in intelligence. I had one years ago whose great grandfather was a colonel. Imagine cats in the army.) Cats 1 – Dogs 2.

Popularity? There are almost 204 million felines. In the top 10 dog owning countries dogs number only 173 million. OK. Cats 2 – Dogs 2.

Understanding: Kate cites a border collie able to understand over 200 words. Dogs can follow pointing gestures. Even chimps struggle to do this. And dogs inspect our faces for information, reassurance and guidance. Cats 2 – Dogs 3.

Problem solving: Dogs are easily ahead. Cats 2 – Dogs 4.

Vocalisation: Researchers find that adult canids, including wolves, rarely

bark. This suggests that during the course of domestication dogs may have evolved their elaborate vocal repertoire especially to communicate with humans.

Yet cats can produce a sound that brings out our nurturing side working on a "subliminal level in much the same way as a baby's cry, which has a similar frequency range". Cats 3 – Dogs 4.

Tractability: Dogs are easy to train because we have selected them to be so. Cats 3 – Dogs 5.

Eco-friendliness: OK, cats in the UK annually kill more than 188 million wild animals. And dogs are no bunny huggers. But look at a medium-size dog's ecological footprint – the area of land required, annually, to keep it fed is 0.84 hectares. You could run two SUVs on biofuel from an area that size and still have change. The average cat's ecological paw print is just 0.15. Cats 4 – Dogs 5.

Utility: Dogs can hunt, herd and guard; sniff out drugs and bombs, guide blind and deaf people, pull sleds... Cats 4 Dogs 6.

So the dogs win. OK?

For more James Clarke, visit Blogsite:
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Stress Gone!

Tips to cope with exam stress

Exams test your memory, life tests your learning; others will test your patience.

Fennel Hudson

Regardless of age, grade or abilities, everyone gets stressed about exams. Stress isn't necessarily negative because it can motivate and inspire one into action, to knuckle down to studies, and get things done. But, too much stress can have the adverse effect, incapacitating one's cognitive abilities to the extent of brain fog and overwhelm. It is imperative to put both the exams and stress levels into perspective, and not let either get out of control. After all, there is life after the exams.

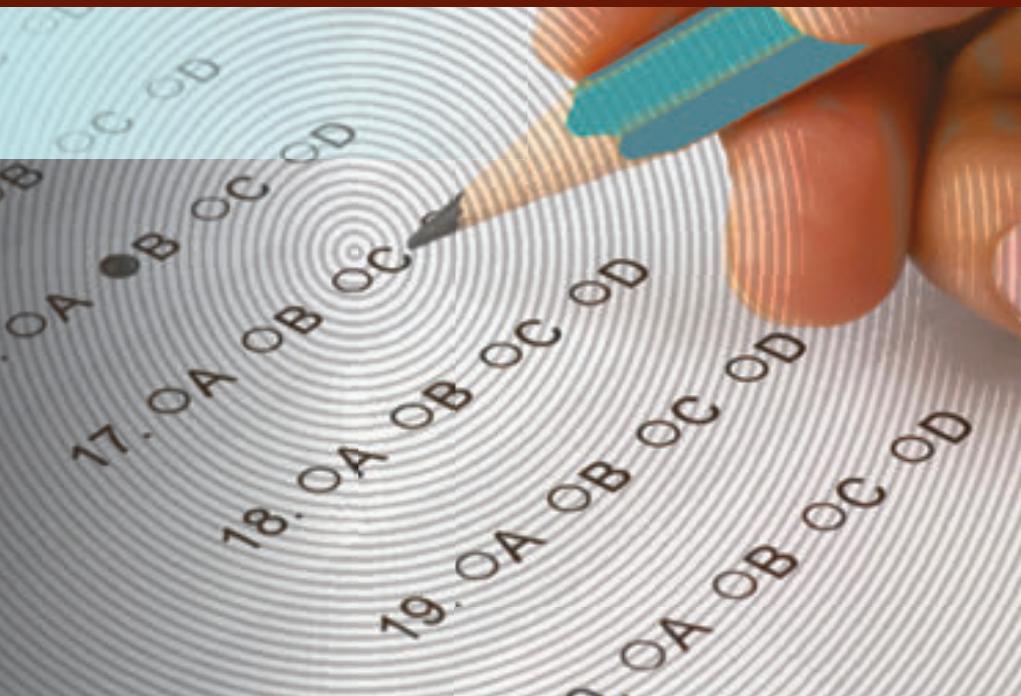
Today far too much pressure is exerted upon children to compete, and to win at all costs. Yes, education is important but it's not everything, least of all a 'one size fits all', hence the increasing popularity of home-schooling because children's learning styles are different. Creativity, passion, beliefs, morals, ethics, values etc are equally important, if not more so. Many successful entrepreneurs were illiterate, dyslexic or school dropouts.

Granted parenting isn't easy especially since children aren't born with personal manuals. Moreover, each child's personality is different from their siblings, making parenting challenging. Helping your children cope with tests or exams is challenging especially since you

want them to excel but cannot do it for them. It's well documented millennial parents have a tendency to overindulge and overprotect children, instead of equipping children with necessary life skills like thinking for themselves, taking responsibility, doing chores, discipline, routine, healthy habits and self-sustainability and so on. This ethos directly relates to how well equipped children are at coping with life's common and regularly occurring stressors like exams.

Life continually tests people, pushing their limits, making one dig deep, and if they don't have the internal resolve, they buckle under the slightest pressure. Stress management skills begin at home where children adopt and emulate their parent's habits, behaviour and ability to cope under pressure. As a parent, how do you handle your stress in pressured situations? Do you easily fly off the handle or are you as cool as a cucumber? Do you consistently panic, worry and become anxious when you're stressed about life situations? Either way you are subtly instilling this behaviour into your child's ability to cope with and handle stressful situations, like exams.

There's the obvious question of how much pressure parents and teachers inadvertently exert upon children to achieve top grades.



Exam tips to help your children cope effectively

- Create a study plan or timetable, and stick to it.
- Organise all material and notes – helps maintain a clear, focused mind set.
- Repeatedly re-write notes neatly, until absolute confidence in the subject matter is attained.
- Make notes with diagrams or images to stimulate memory retention.
- Continually strive for progress, not perfection.
- Practise using past exam papers.
- Maintain a clean and clear study space – helps declutter the mind.
- Remove all distractions from study area – TV, radio, social media, cell phones.
- Reduce procrastination by continually taking action steps – this reduces stress.
- Take adequate breaks between studies.
- Regular exercise and fresh air stimulates memory, boosts mood and reduces stress.
- Drink plenty of still water – keeps the brain well hydrated and fully functional – coffee, tea and energy drinks are stimulants, which create adrenaline, increasing stress.
- Partake of healthy nutrition supporting mind and body during study periods and exam stress. Heavy meals are harder to digest, taking energy away from the brain, and making one feel lethargic and sleepy. Raw fresh fruit, vegetables and nuts are healthier and easily digestible.
- Avoid all sugar, which leads to hyperactivity. Regrettably most manufactured food contains sugar as a preservative. Study food labels.
- Adequate and quality sleep is vitally important.
- Use positive affirmations and self talk to achieve better results – believe you can, and you're halfway there.
- Use effective stress release techniques as shared in my book *Stress Gone!*
- Above all, stay relaxed ... simply do the very best you can.

A fiercely competitive parent will naturally expect the same of their child. Some parents demand only the best, pushing their children, but never being satisfied with their achievements. Some insist upon sport and extra-murals so the child is kept busy throughout the day and over weekends with little freedom for rest or play, let alone enough time for studies. These pressures and stress can contribute towards a child's poor confidence, low self-esteem, burn-out, unhappiness, depression, eating disorders, smoking, drugs or alcohol dependencies etc – possible coping mechanisms to escape unpleasant stress, disappointment or unmet expectations. Children are especially vulnerable to stress. Assess how much stress is being unwittingly exerted upon your child. Can this be reduced? Strive for balance.

Not every child has the ability to be a winner and excel at school or on the sports field. Most children struggle under pressure because they aren't adequately equipped. Are you expecting them to become something you are not or weren't

given the opportunity to have? Is your expectation realistic and fair?

Understandably job competition may be stiff, but being able to regurgitate information like a parrot doesn't make a child well balanced or better equipped to deal with life's challenges. Education is only one aspect of a child, and parents directly shape a child's personality and worldly perceptions. Parents have a responsibility to help children achieve a balanced reality. Perhaps reassess expectations, and communicate this to help your children adequately cope with exam stress. Everyone excels when they know someone believes in them. Parental love, support and encouragement to do one's best is vital for reducing stress-related issues.

Guaranteed, being prepared reduces stress. Preparation shouldn't begin just as exam season commences. Consistent effort throughout the year is the best form of preparation, and helps identify subjects that require attention. This avoids last minute anxiety, overwhelm and panic.

Wishing your children success in their exams, and you peace of mind.

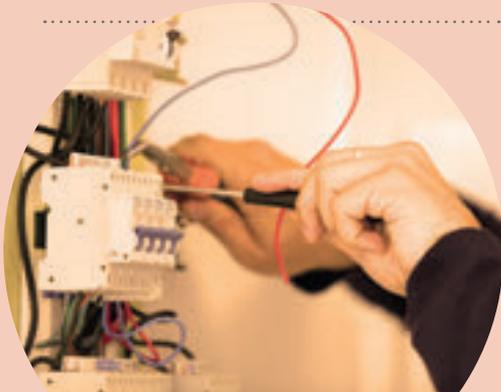
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