



The Villager

Issue 7 • 2016

**Did you get
your hug today?**

***Best books
for birders***

**Healthy
eating tips**

Dog dynamics



Country Living in the City



Many thanks to residents that took part in donating towards the Irene Farm Villages and Pam Golding Properties Doggie Day for the less fortunate dogs at WetNose Animal Rescue Centre.



Should your dog have outgrown his kennel, or if he needs a bigger garden in which to run around, please feel free to contact me to discuss your property requirements.

I am Irene Farm Villages and Centurion Golf Estate agent

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



Office: 012 644 8300



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

Deadline for advertisements and editorial contributions:
15 August 2016.



Contents

- 2 From the Estate Manager
- 3 Dog Dynamics in an Estate
- 8 Security
- 10 June Financial Statement
- 15 Stress Gone!
- 18 Books for Birders
- 22 Eating for Health
- 24 Book Reviews
- 26 Smalls/Classifieds
- 27 Accredited Agents
- 28 Listings

Cover Photograph by Simon Smith



"Our more than 52 Years of property sales

EXPERIENCE

makes us the obvious choice when
buying or selling"

Samuel Seeff - Chairman



Irene Farm Village R3 395 000



A piece of perfection!

Beds 4 Baths 3 Garages 2

WEB 391550

Come home to stay. Light & bright. Fireplace.
Underfloor heating. Jacuzzi. Wood & gas braai. Patio.

TRACY KEYTER 082 928 8219 (O) 012 667 2167

Irene Farm Village R28 600 p/month



Great views!

Beds 3 Baths 2 Garages 2

WEB 387791

Available 1 Aug 2016. Beautiful kitchen. Patio with
braai. Irrigation system. Study. Great security.

SYLVIA MENEELY 084 010 8504 (O) 012 667 2167



At van Niekerk

Dear Residents

I have been away on annual leave and had the privilege to tour a huge part of South Africa. I will share some photos with you on our Facebook. I would like to thank the Board of Directors and the Estate office for their assistance and support during my absence. I trust that all the scholars and students had a well-deserved holiday and wish you all of the best for the rest of your studies.

The planting of trees in our Estate plays an important role in the overall environmental development plan of the Estate. The Estate received approximately 60 River bush-willow trees, that were donated to scholars earlier the year. These trees were planted in various parks and open spaces. A special request was received from the Colesky kids to tag their trees, which was carried out. They will now be able to experience the growth of these special trees in the years to come.

maintaining the trees on their sidewalk and are encouraged to plant only indigenous trees on their properties.



The painting of the boundary walls that face the parks and open spaces is still in progress and will take a further couple of months to be completed. The affected Residents will be notified once the maintenance team is ready to start with the preparation of specific walls.



Anica Colesky

The major part of the rock masonry work at the main entrance to the Estate has been completed by Emmanuel Maringe and his team, who was contracted by the HOA for this work. The landscaping of the entrance at the main gate, which includes the traffic roundabout, is in progress. A number of Liquidamber and aloe trees were supplied by Irene Land Corporation as part of the agreement with the HOA. These trees will form part of the landscaping. The landscaping will mainly focus on succulent and other drought resistant plants.



Dewald Colesky

Our residents are once again reminded that the planting and/or the removal of any trees in parks, open spaces or on the sidewalks throughout the Estate must be approved by the HOA. Residents are responsible for





The stand numbers painted on the kerb at each property will be repainted during the latter part of this year. Residents will be notified as this work progresses, especially where the stand number is in front of a driveway with specific arrangements to be made.

The HOA's general assistant, Simon, obtained his Code B (8) driver's licence. The HOA took the initiative in 2015 to send Simon on the necessary courses. Simon was very dedicated during this long period of preparing for his driver's licence test, which he passed after the first examination. We would like to congratulate Simon and value his dedication.



We have approached André Hübner, one of our new resident homeowners, who moved into the Estate in 2015, to write an article on dog behaviourism. André has a dog-walking enterprise in the Estate, which was approved by the HOA. André himself is a trained dog walking expert. The article deals with the handling of the situation when someone walking a dog on a leash encounters an "off leash" dog in the street. Unfortunately this is a situation that occurs from time to time in our Estate. We would like to thank André for his time and sharing expertise with us. Hopefully we will see more of his articles in the near future. Our residents are invited to comment on this topic on our Facebook.

DOG DYNAMICS IN AN ESTATE

The question I'm asked most often is: "What must I do when I'm walking my dog on a leash and we encounter an off-leash dog, or dogs?". It's probably the type of encounter that instils the most anxiety and nervousness in any dog owner, especially ladies walking alone with their pet.

It's your worst nightmare: you're walking in the Estate with your dog and an off-leash dog comes towards you. What do I do next and how do I avoid confrontation?

An off-leash dog is hardly ever intentional. Mistakes happen and builders, garden services or the kids can leave a gate or door open. A dog can slip its leash and run across to greet yours.

The off-leash dog may not necessarily be the aggressor, since we know that the on-leash dog often feels disadvantaged in that moment. I have a nervous little Scotty that hates being the on-leash dog in this kind of situation, but most of these encounters will end well if handled correctly.

In the unlikely event that a fight breaks out immediately, it's important for you to stay out of it; many owners have sustained severe bites as a result of stepping between the fighting dogs. Having the know-how to prevent this type of encounter is definitely the better option.

When an off-leash dog approaches you and your dog, you are not of much interest to the off-leash dog – it's all about your dog. Keeping your dog calm is the most important objective. Cesar Milan, the Dog Whisperer, advocates dropping your leash, so that your dog meets the



The most important thing to remember is that your energy transfers to your dog

new arrival on equal terms. Tension on the leash could also convey your anxiety to your dog. I've avoided many potential confrontations using this method. If you choose to hold on to the leash, make sure you're not pulling on it, since this will raise your dog's anxiety levels. If your dog is calm, there's a good chance that the off-leash dog will also be calm.

When you see the off-leash dog from a distance, the best thing to do is to change direction and move away from the potential conflict situation. I think it was Mao Tse Tung who said, "He who fights and runs away, lives to fight another day." Although this was applied to guerrilla warfare, conflict avoidance is the best strategy. Distract your dog by talking to it, or handing out a treat as you move away from the other dog in a calm manner. Do not run away from the situation, since this could excite the other dog and cause it to chase you, which invariably ends badly.

If you don't have the time to move away from the off-leash dog, get ready to "Alpha" the other dog. I

Estate Manager

call it that because dogs are pack animals and will mostly respond to the pack leader, or Alpha-dog. If your dog can sit or down stay effectively, step in front of your dog and use a calm, powerful voice to command the approaching dog. I typically use a command such as "Go home!", that he might recognise, but the odd command unsuitable for print also works well. Most of the time the dog does as you ask and moves away. If you're walking with a partner, hand your dog's leash over and approach the off-leash dog alone. Alone in this situation, I tend to keep my dog on leash at my side and slightly behind me. A strong hand signal such as a stop or a pointed finger adds to the pack leader image you wish to project towards the approaching dog.

The most important thing to remember is that your energy transfers to your dog. Whatever energy state you're in will be picked up by your dog. Stay calm and your dog will do the same.

If you tense up on the leash as you see the other dog approaching, your dog is going to perceive this as a threat and react accordingly.

Make sure you're in a calm-assertive state throughout the walk, don't panic when you see the off-leash dog and most importantly – don't pull on your dog's leash.

The best solution of course is for us all to take care that our dogs are always on leash when they are out and about with us in the Estate. I've noticed that the small antelope and wild hares do not even run away when they encounter my dogs and I on our walks, because they expect me as a responsible member of Irene Farm Villages to have my gang on a leash – now that's trust!

André owns Dogwalkerz – walking your dogs while you're climbing the corporate ladder. Contact him on 082 843 7998



Charlotte



Madeleine

Talking of Facebook, our Residents are once again invited to participate on Facebook and to share pictures of your precious moments with us. Currently we have 609 "likes" on our Facebook. <https://www.facebook.com/IreneFarmVillages>.

The tree planting on 27th April this year went off very well. The tree ID-tags that were sponsored by Residents were delivered and are available at the Estate office for collection. The tags that are not collected by the 31st August, will be tagged to the trees by the Estate Management. Residents are welcome to take part by placing more orders for a sponsored tree ID-tag.

The proposed Vodacom fibre to the home ("FTTH") project is still proceeding. The application for the micro trenching in the roads is currently awaiting approval by the Tshwane City Council. However, at this stage the timeline for this approval is unknown. Residents will be kept informed of the progress of this project.

The construction project at the Irene Village Mall (across from the Estate) is underway as you would have noticed. At this stage the exact nature and extent of this expansion project and details of the new shops, are unknown. Our residents and their visitors are cautioned to be on the lookout for the tipper trucks that are

carrying soil from the construction site across the main entrance to the Estate along a temporary constructed gravel road. The transport of the soil will still continue for a few months.

The date for the 2016 Annual General Meeting ("AGM") has not yet been determined, but this meeting is expected to take place at the end of August. Apart from the standard matters on the agenda, proposals for the capital expenditure for the infrastructure development of the two entrances to the Estate, the operational yard, the lapa or entertainment gazebo and the CCTV project will be tabled. Firstly, the Members will be requested to consider the approval of any one or more of the aforementioned projects and, secondly, the capital expenditure thereof, which will necessitate a special levy.

On the property side, the installation of gas as an energy source in homes is becoming more and more popular. Residents are reminded that according to the National Building Regulations, it has now become compulsory for the home owner to have a certificate of compliance for any gas installation. Residents are also advised to share the certificate with their insurer or broker for insurance purposes.

Copies of the building plans for each property in the Estate, as approved



FOR ALL YOUR EYE CARE NEEDS!

- On-site lab; speedy turnaround time
- Professional service

T: 012 662 0188

E: info@precisionvision.co.za

Ryneveld Lifestyle Centre, Van Ryneveld Avenue
Pierre van Ryneveld, Centurion, 0157

WE HAVE MOVED



- Curtains
- Blinds
- Upholstery
- Wallpaper
- Dry Cleaning
- Window Tinting

NEW HOME OF

012 663 8091

www.botselos.co.za

C/O Marais Ave & Marie Str, Monavoni,
Centurion Close to Forest Hill Mall



✓ BEST PRICE

✓ BEST DEAL

✓ BEST OFFER



083 457 3184



r.graaff@absamail.co.za





by the HOA, are kept at the Estate office. These plans are an important source of information, hence only the owner thereof has access to the plans. The HOA Board approved the scanning of all the existing plans, which will then be e-filed on the file of each member. In future a process will be put in place to scan all the new incoming plans.

The HOA Board is considering a water risk management plan for the Estate. Based on the results of a gravity test, the Board approved the test drilling ("pilot hole") for water in the South West open space of the Estate. If extractable and usable water is found, the following step will be to obtain the necessary water licence from the Department of Water Affairs.

The second section of the walking trail has been marked out and approved by the Environmental Management Committee for development. The trail will cover a distance of 4km. The residents are invited to take part in the weekly family walk, which starts every Saturday morning at 08h00 at the Estate post office. Feedback from the participants received to date confirms



that the walk provides an ideal opportunity to meet fellow residents and to make new friends in our lovely natural environment.

Did you know that during June 2016 the biometric (fingerprint) access system was used 147,488 times to enter or to exit the Estate, either by vehicle or through the turnstiles? As can be expected, 54% of entrants used the main gate compared to 46%

who used the northern gate. Each time that the system is used to gain access, the hardware and software need to function. It is this system that needs regular maintenance, hence the scheduled weekly and monthly maintenance programmes that are carried out by Bidvest Protea Coin.

Best regards

Estate Management.

**PURE CLEAN WATER IS PART
OF A HEALTHY
LIFESTYLE**



**YOUR NEW WATERSHOP
AT VAN RYNEVELD LIFESTYLE SHOPPING CENTER
(NEXT TO CHEERS RESTAURANT)**

NOW OPEN

**SPECIALISING IN BOTTLED, REFILLED WATER
&
WATER SYSTEMS**



OTHER PRODUCTS AVAILABLE IN STORE

sales@atfresh.co.za

www.atfresh.co.za

072 117 5803



Together with our technology solutions,
the sun will power
your business - your home - your life!



KJION Energy SA (Pty) Ltd

Unit 10 Oxford Office Park, 3 Bauhinia Street, Highveld Technopark, Centurion
Tel: +27 (12) 880 0088 | Email: info@kjon.co.za | Web: www.kjon.co.za

Powered by...
ICT GROUP



**To advertise in
this publication,
please contact:**

eia publishing



Michere Siefe

Sales Representative

082 389 6899

michere.siefe@eiapublishing.co.za



Gerdie Murphy

Sales Executive

gerdie@eiapublishing.co.za

082 556 9863

Tel: 011 327 4062 / 011 214 7300

Now Media Centre

32 Fricker Road

Illovo • Johannesburg

www.eiapublishing.co.za

Stay Young



Botox & Dermal Fillers

Safe and effective.

**Look as young
as you feel**



- Doctor living in IFV estate.
- Call or email to get a free assessment.
- Can be done in the comfort of your own home.

Dr N Basson: Call or whatsapp - 082 428 5082

Email: drnmbasson@yahoo.com



Dear Residents

I want to thank all the residents who have taken the time to report suspicious behaviour of youngsters loitering around the Estate after hours. Residents are reminded to please be aware of the whereabouts of their kids.

With the help of some Residents who recently reported incidents of violation of traffic regulations in the Estate, the Estate Management was able to identify and deal with the guilty parties.

I would like to take this opportunity to thank each and every Resident who has voluntarily assisted with donations towards Zanele Dhlamini, who lost all her belongings when her flat burned down. Zanele has prepared a letter thanking everyone for their contributions.

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



Marchell Galant



I ZANELE DHLAMINI WOULD LIKE TO THANK ALL THE RESIDENTS FOR THE LOVE, SUPPORT AND KINDNESS U HAVE SHOWN ME. I WAS VERY MUCH DEVASTATED AFTER MY FLAT BURNT DOWN, YOUR DONATIONS WERE VERY HELPFUL. I FEEL LIKE A HEAVY LOAD IS TAKEN OFF MY SHOULDERS. I AM HAPPY TO HAVE PEOPLE OF YOUR CALIBRE AROUND ME. YOU MADE ME REALISE THAT IRENE FARM VILLAGES IS MY SECOND HOME. MAY GOD SPRINKLES YOU WITH WONDERFUL BLESSINGS AND ENLARGE YOUR TERRITORY "CALL ON ME IN TIMES OF TROUBLE I WILL RESCUE YOU, AND YOU WILL HONOR ME" (PSALMS 50:15)

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



SOLD



4th Avenue Properties

Christa 083 388 4736 | Nadia 082 971 4658

**BUYING * SELLING * LETTING
CLEANING * MAINTENANCE**



FOR SALE: R3 150 000



TO LET: R25 000



LET



LET

Celebrate our 10th birthday with us! List your property with us on a sole mandate and qualify for a free cleaning on the successful sale or rental of your property

Dreaming of owning your own Volkswagen?



NEW VEHICLES - AFTER SALES SERVICE

Autohaus Centurion

1016 Lenchen Ave North
Centurion, Pretoria
Tel : 012 942 1567
hopem@autohaus.co.za





IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

Summary Income Statement

June 2016

IRENE FARM VILLAGES HOME OWNERS' ASSOCIATION

	June 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
<i>Levy Income</i>						
Normal Levies	912 464	910 648	3 644 407	3 642 592	1 815	0.0%
<i>Other Income</i>						
Interest Received	41 819	10 000	152 288	40 000	112 288	280.7%
Contractors Permits	9 210	10 000	72 465	40 000	32 465	81.2%
Estate Agent Registration	0	0	140 790	129 960	10 830	8.3%
Post Box Annual Fee	3 750	2 500	8 090	10 000	(1 910)	-19.1%
	967 243	933 148	4 018 041	3 862 552	155 489	4.0%
Operational Expenditure						
<i>Professional /Administration</i>						
Accounting Fees	33 000	33 000	132 000	132 000	0	0.0%
Audit Fees	0	60 000	1 166	62 500	61 334	98.1%
Bank Charges	3 335	2 500	11 904	10 000	(1 904)	-19.0%
Insurance	9 978	8 655	37 196	34 610	(2 586)	-7.5%
Legal & Professional Fees	0	10 000	14 233	40 000	25 767	64.4%
<i>General Office</i>						
Office Equipment	6 981	10 700	46 465	53 600	7 135	13.3%
Office Refreshment	0	1 000	945	4 000	3 055	76.4%
Printing & Stationary	1 091	3 000	14 999	13 000	(1 999)	-15.4%
Telecommunication	4 312	4 000	18 948	16 000	(2 948)	-18.4%
<i>Operational Expenses</i>						
Municipal Charges	126 977	163 413	533 116	654 650	121 534	18.6%
Recycling	17 103	50 000	98 572	200 000	101 428	50.7%
Donations	8 247	8 663	32 989	34 650	1 661	4.8%
Meetings	0	5 000	0	20 000	20 000	100.0%
Salaries & Wages	0	750	1 470	4 000	2 530	63.3%
Security	101 627	99 000	400 085	396 000	(4 085)	-1.0%
Access Control (ClickOn)	516 127	506 682	2 031 388	2 026 728	(4 660)	-0.2%
- ClickOn Recovery	20 084	22 000	79 185	88 000	8 815	10.0%
Equipment Maintenance SLA	(9 737)	(12 000)	(35 770)	(48 000)	(12 230)	25.5%
Security Maintenance	21 641	19 500	86 563	78 000	(8 563)	-11.0%
Guarding Services	13 957	7 000	20 683	28 000	7 317	26.1%
Repairs & Maintenance	470 182	470 182	1 880 728	1 880 728	(0)	0.0%
Equipment Maintenance	126 452	142 162	588 605	569 348	(19 257)	-3.4%
Fuel	0	0	0	0	0	100.0%
	3 041	3 000	13 908	12 000	(1 908)	-15.9%

FINANCIAL JUNE



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

	June 2016		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
General Maintenance	114	9 650	21 548	38 600	17 052	44.2%
Infrastructure Maintenance	2 392	3 000	14 589	12 000	(2 589)	-21.6%
Park Facing Boundary Walls	3 985	12 500	75 014	50 000	(25 014)	-50.0%
Park Maintenance	2 396	4 500	16 197	18 000	1 803	10.0%
Park Maintenance Contract	114 492	108 012	438 527	432 048	(6 479)	-1.5%
Vehicles	32	1 500	8 823	6 700	(2 123)	-31.7%
	822 849	937 112	3 396 072	3 583 436	187 364	5.2%
Operating Profit / (Loss)	144 393	(3 964)	621 969	279 116	342 853	
Non-Recurring Revenue						
Special Levies	0	0	0	0	0	100.0%
Estate Penalties	1 000	0	19 150	0	19 150	100.0%
Late Building Penalties	7 500	0	45 500	0	45 500	100.0%
Late Payment Penalties	3 900	0	16 300	0	16 300	100.0%
Expense Recovery	350	0	350	0	350	100.0%
Other Income	0	0	0	0	0	100.0%
Plan Fees	750	0	23 792	0	23 792	100.0%
Sale to Members	240	0	1 760	0	1 760	100.0%
Non-Recurring Expenses						
Debt Write-off	0	0	0	0	0	100.0%
Water Risk Management	2 000	0	23 360	100 000	76 640	76.6%
Traffic Management	0	0	73 918	75 809	1 891	2.5%
Social Development Projects	0	0	42 966	45 000	2 034	4.5%
Water Tanker Roadworthy	0	0	0	50 000	50 000	100.0%
Park Development	28 005	0	35 899	60 000	24 101	40.2%
Historic Tshwane Accounts	1 375	0	1 375	408 000	406 625	99.7%
Environmental Development	0	0	60 571	153 500	92 929	60.5%
Cash Provision	0	15 000	22 732	60 000	37 268	62.1%
Stand Sales	0	0	34 986	0	(34 986)	100.0%
Net Positive/ (Negative)	(17 640)	(15 000)	(188 955)	(952 309)	763 354	
Net Profit / (Loss)	126 753	(18 964)	433 013	(673 193)	1 106 206	

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

“Honesty is a very expensive gift.
Do not expect it from cheap people.”
– Warren Buffett





The new home of Bidvest McCarthy Centurion

Your Chrysler, Jeep, Dodge, Fiat, Fiat Professional, Abarth and Alfa Romeo dealership is now situated in the greater Centurion area on the corner of Old Johannesburg Road and Lenchen Avenue.

Visit us to test-drive the exciting new Fiat Fullback which has just arrived in South Africa.

Ask us about our Fast-Lane Service, special offers in new and used vehicle sales, 25% off servicing and 10% off parts, as well as our convenient drop-off and collection service. Contact us on 012 641 0200 for more information.

We look forward to assisting you with all your motoring requirements.

Dealer Principal:

Rod Watters

Sales Manager, New Vehicles:

George Markram

Sales Manager, Pre-Owned Vehicles:

Johann van Niekerk

Aftersales Manager:

Eben Richter

Parts Manager:

André Clark



— FULLBACK —

BUILT FOR YOUR WORK. AND FOR YOUR LIFE.



The new Fullback, an urban and off-road work vehicle that's rewriting the rules of versatility.

- **FULL CAPACITY:** MORE THAN 1 TON
- **FULL POWER:** UP TO 131kW
- **FULL TRACTION:** EASY SELECT 4WD

Specifications for 2.5 Diesel LX 4WD Double Cab featured.
Double Cab 2.5 Diesel 2WD and Single Cab 2.4 Petrol 2WD also available.

Visit www.fiatprofessional.co.za for more information.



A PRO LIKE YOU

South African models may differ from models shown.



Bidvest McCarthy

We Deliver. Always.

CENTURION 012 641 0200

Cnr Old Johannesburg & Lenchen Avenue, Centurion, Pretoria



Smiles4All welcomes
our new

Oral Hygienist

Betsie Schoeman

DipOH (Pret)

Oral hygiene, bleaching,
gum guards and fissure sealants

012 665 1631/2 | www.smilesforall.co.za

Practice mobile no: 071 611 8329 / 50

**SPECIAL
launch
offer for the
Opalescence
bleaching
system!**

Only R 1500,00 for chair procedure or
professional home kit!



Highveld Park Centre | Suite 11 (Ground Floor) | Centurion
t. 012 665 1631 | e. smilesforall@iafrica.com

Smiles4All
DENTAL STUDIO



BE SPORT READY!

Make sure your child's teeth
are protected with a ***mouthguard***

Get your custom-made mouthguard in a variety of colours
from **Smiles4All** within a day! Contact us on **012 665 1631**



Highveld Park Centre | Suite 11 (Ground Floor) | Centurion
t. 012 665 1631 | c. 082 443 1008 | e. smilesforall@iafrica.com

Smiles4All
DENTAL STUDIO



Therapeutic value of hugs for stress relief



*We need
four hugs
a day for
survival.*

*Eight hugs
a day for
maintenance.*

*Twelve hugs
a day for
growth.*

Virginia Satir

Did you get your hug today?

Admittedly, I'm a hugger and love to give and receive hugs because the tactile effects are deeply soothing, nourishing and beneficial. Hugging conveys a comforting, connected vibe, and is a warmer communication gesture than an austere handshake. When I feel there's an innate connection, I hug anyone including strangers, old people, children, animals, and yes, even trees! After all a hug is a hug, right?

Nope, not always! Some hugs can induce stress, so definitely avoid these situations. Let's start off with that hoity-toity 'barely-touch-you-kind-of-hug', which is false and superficial. Or that forced hug from someone with lecherous and toxic energy. What about the burly bear-hug that squeezes the living

daylights out of you, practically cracking ribs. And, that completely overzealous hug that knocks you off balance. Then there's the embarrassingly inappropriate and abusive hug, usually from someone at an office function who is tipsy, bombastic, of the opposite sex, and senior management. Perhaps interpreted as sexual harassment? Equally inappropriate and abusive is hugging someone of a culture or religion where physical contact, especially from the opposite sex, is prohibited. This can have traumatic consequences. Although some people's intentions may be good, they're often disrespectful and unaware of the delicate needs of others. It is said: 'Even the path to hell is laid with the best intentions.' Mindfulness is paramount.

Caution should always be exercised when choosing to hug people, even your own family and especially

Stress Gone!

children. Ask permission to hug. Although hugging is natural and normal it should always be done with careful consideration so personal space isn't compromised. But, when both giver and receiver agree to hug, the effects are pleasant and mutually beneficial.

On a subtle non-verbal communication level, a hug immediately cuts right through all ghastly manmade, divisive and inequality constructs such as status, religion, cultural or gender based issues. A hug can immediately make people feel loved, accepted, safe and appreciated – would you agree this can have enormous therapeutic value?

Gregarious by nature, human beings are hardwired to bond and connect. Hugging, touching, caressing, kissing or holding hands are all natural, normal behavioural traits of showing affection. This is important for our mental and emotional health and well being, but why? At our core, humans have an innate desire to feel loved, accepted and safe – the basis of Maslow's hierarchy of needs.

Hugging therapy is a powerful way of healing. Research shows hugging, like laughter, is an extremely effective way of healing illness, disease, loneliness, anxiety, depression and also stress. Hugging, like laughter, triggers the release of the 'bliss hormone' oxytocin, which has beneficial uplifting attributes. Furthermore, research confirms when people hug correctly, and their hearts press together, their individual heart beats will synchronise. A deeper connection is made when both individuals breathe in and out a few times while maintaining the hugging pose. To achieve, this hug is on the left hand side where the heart is situated. This may feel a little awkward at first since most people automatically hug to the right, and not the left hand side.

The greatest benefit of hugs is



the nurturing effects of the subtle energetic transfer between two people. This is also synergistic, meaning the whole is greater than the sum of its parts. Hugs are simply the best relationship investment resulting in a win-win. Ask any child how many hugs they like receiving. Their honest reply is likely to far exceed 8–12 hugs per day. Children innately understand the unique benefits of frequent hugs.

Here are some therapeutic benefits. Hugs can ...

- Build trust, safety, security and well being. This naturally helps to open honest communication channels.
- Can replace a thousand words, especially at times of bad news, grief and loss.
- Help boost confidence, self-worth and self-esteem, reducing anxiety, worry, stress etc.
- Instantly boost oxytocin levels alleviating feelings of isolation, loneliness, depression, anxiety, anger and stress.
- Extended hugging increases serotonin levels, elevating one's mood and increasing happiness and joy.
- Strengthens the immune system, which wards off illness and disease.
- Takes away emotional and physical pain. When hugging, the body relaxes, alleviating muscular tension, and increasing circulation.

- Balances the parasympathetic nervous system responsible for 'rest and digest' calm state of being.
- Spontaneous hugs encourage one to go with the energetic flow of life, even changing the dreary pace of a daily grind.
- Interrupt insidious, negative thinking patterns while stimulating better choices or behaviours.
- Centre and connect one to your heart, breathing and feelings.
- Innately teach empathy, kindness, consideration and understanding.
- Teach how to let go, surrender and be present in the moment (savour that!).
- Teach the value of giving, receiving and sharing. Also of being receptive to warm, uplifting heartfelt connections with others.
- Help us connect with our innate ability to love and respect others, but most importantly our ability for self-love and self-care.
- Lastly, hugs continually educate us about how love naturally flows both ways.

Hugs are therapeutic miracles. Ensure you hug frequently, and every day too ... life will become far more pleasurable, and most importantly, stress free!

Bridget Edwards – Stress Expert. Author of Stress Gone!
www.Bridget-Edwards.com +27 (0) 83 675 3838

JHB SHOWROOM
209 Jan Smuts Ave, Rosebank
T. 011 880 2222
pakpersian@telkomsa.net

PTA SHOWROOM
Cnr Justice Mohamed (Charles)
& Jan Shoba (Duncan) St
Brooklyn, Prebora
T. 071 336 4461

CPT SHOWROOM
Shop U643, Entrance No 6
Canal Walk, Century City
T. 021 552 9116
pakpersian@mweb.co.za



Pak Persian Carpet Gallery

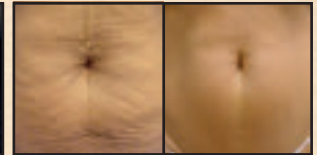
Persian Carpet Dealers of Distinction

THE MUMMY TUMMY

After pregnancy, the skin and muscles stretch and the tummy has extra fat rolls due to protective fat-storage.

To improve the appearance of the "mummy tummy" is a 3 step process:

- 1) Permanent fat cell destruction by **LipoDissolve injections** or by **Fat Freeze treatments**
- 2) Tightening of loose skin by Percutaneous Collagen Induction Therapy (PCI-T)) and **tightening the fat by tightening injections**
- 3) Strengthening the muscles with targeted exercises and Prolothera py Prolotherapy for minor muscle tears.



For more info and bookings: 012 347 4006/082 325 7541
50% off first consultation on presentation of this advert



Fat Freeze Wednesdays treatments are half price! Deposit payable



Residential Sales and Rentals

To view all our properties, visit our website:
www.buysellsa.co.za



Nina
082 963 1994
PRINCIPAL



Eunice
071 676 5940
RENTALS

IRENE FARM VILLAGE & CORNWALL HILL



IRENE FARM VILLAGE

R3.4 MILL

NEW LISTING!

3 BEDROOMS, STUDY, 2 BATHR, 3 OPEN PLAN LIVING AREAS, KITCHEN, SCULLERY, DBL GARAGE, COVERED PATIO.

NINA 082 963 1994

WEB REF 960



IRENE FARM VILLAGE

R3.395 MILL

CONTEMPORARY STYLE HOME

4 BEDR, 3 BATHR (2 ENSUITE), 3 L/A, CHERRY WOOD KITCHEN, ENCLOSED ENTERTAINMENT ROOM WITH BRAAI, POOL, JACUZZI, AUTOMATED DOUBLE GARAGE.

NINA 0829631994

WEB REF 951

Books for birders – which are the best?



South Africa might well be the most endowed country in the world when it comes to having the widest choice of natural history guide books for the non-scientist. There are bird books, mammal books and tree books. One can add many volumes of others on flowering plants, on reptiles, amphibians, fish, butterflies, beetles, dragonflies...

I set out to review the best and pick out the ones I find I use most but the scope is so vast I had to confine myself to bird books and, maybe, come back at a later stage to the others.

I don't know if you are like me in that, as a birder, I find it difficult to know which bird books to take with me on holiday. There's a choice of four comprehensive books and if I'm going by car I take all four. If I am flying I confine myself to one.

The first bird field book I bought on arriving in South Africa in 1955 was Len Gill's little blue book, *The First Guide to South African Birds*. Looking at it today it is rudimentary yet it got me going.

I did not know of Austin Roberts' *The Birds of South Africa*, which had been published in 1940. It was revised 17 years later. Even that edition appears quaint today and was difficult to navigate because Norman Lighton's brilliant paintings were, compared with today's editions, not well reproduced and not synchronised with the text.

In the 1970s Alan Bird, a medical doctor, tracked down all but four of the original plates of "Roberts" (as birders nowadays call the book) and decided to reproduce them in their original size in a book the size of a tea tray. He approached the artist and found Lighton had not received a cent for his famous paintings. Roberts, by then, had sold 100 000 copies – at the time



African Green Pigeon



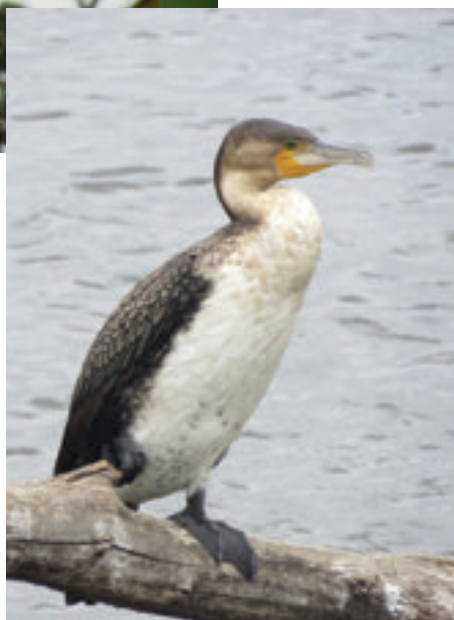
Ground Hornbill

it was the second biggest selling book in South Africa after the Bible. Lighton's paintings were being freely reproduced in all manner of publications yet to supplement his meagre pension Lighton was engraving medical bracelets.

Bird told Lighton of his plan and invited him to paint a frontispiece. Lighton painted a magnificent goshawk – his last painting. Directly afterwards he suffered a stroke and lost the use of his arm. *The Paintings of Norman Lighton* was published in 1976; the reproductions were spectacular and one realised only then, how, *Roberts*, because of its size, could not do justice to the paintings. Bird donated all proceeds from *The Paintings* to Lighton.



Squacco Heron



White breasted Cormorant

Roberts is nowadays titled *Roberts Bird Guide*. Its arrangement of the genera has been altered to be scientifically correct – unlike its rivals who've stuck to the traditional arrangement. By doing so *Roberts* has not helped the bulk of non-scientific birders who have grown used to the old arrangement. Nevertheless it's a light and handy guide book with a neat check list.

In 1967 Kenneth Newman came into the picture with *Garden Birds of South Africa* which was such a hit he quickly produced *Roadside Birds of South Africa*. Newman then realised there was a great national interest in birding and while *Roberts* was fine for reference there was a need for something easier to carry and with more vivid illustrations.



Goliath Heron

Being a non-scientist he knew what amateurs wanted and so became the most popular man in ornithology. He would have been knighted had he done something similar in Britain which he had left soon after leaving the RAF.

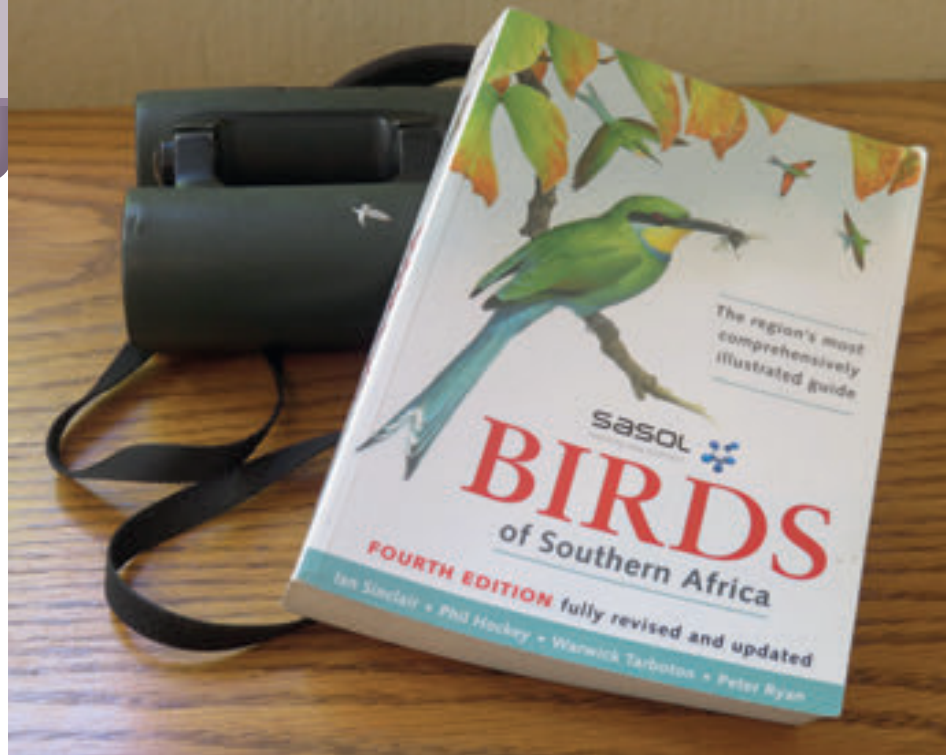
His *Newman's Birds of Southern Africa*, when it came out in 1983, established his name and the book rivalled *Roberts* as a field book. Newman's books have sold over 1million.

In 2010, his daughter, Vanessa, in London, who shared his love of birds and his talent for painting, brought out a brilliant commemorative edition of *Newman's* with updated information and some additional paintings of her own. Newman died in 2006 aged 86.



Birding

The third great field guide is Sasol's *Birds of Southern Africa* – popularly called “Sasol’s”. The illustrations and the succinctness of the text are, of course, paramount to a guide and Sasol, an industry that has hugely sponsored South African birding, corralled four of the region’s most outstanding professional ornithologists: Ian Sinclair, Phil Hockey, Warwick Tarboton and Peter Ryan as well as top artists in South Africa and the UK. Many birders maintain it has to be best illustrations. Sasol, by the way, subsidised Newman’s field guide until it was established.



Curiously, Sasol’s latest edition has omitted a check list at the back. I don’t mind admitting I am a “ticker” – I like to tick which of Southern Africa’s nearly 1000 birds I have seen and, next to the illustration, write where and when I first saw it. But still, given the space, I never go away without Sasol.

If I go away in my car I take four field guides, the fourth being Sinclair’s *Field Guide to the Birds of Southern Africa* which has nearly 1000 very useful photographs. It is a great backup.

If I am travelling by air and I have a problem with baggage weight,

it’s a toss-up between *Roberts* and *Sasol’s*. *Roberts* is the smallest and lightest – but how often I curse the irritating rearrangement of the genera. But the latest edition of *Sasol’s* is unquestionably the most user-friendly and instructive for somebody new to birding.

Homeless Animals Day
27 AUGUST 2016 @ 9AM

Let's Horse Around

ENTRANCE FEE
R20 Adults
R10 Kids Under 10

FUN DOG WALK & OBSTACLE COURSE
Bring your own and contribute R10 to one of our homeless dogs

WET NOSE ANIMAL SHOW

FLEA MARKET & FOOD STALLS

BEER GARDEN

KIDS PLAY PARK
FUN FOR THE WHOLE FAMILY

Wet Nose
Animal Rescue Centre

brought to you by
Complete
The Good Pet Food
Growing Goodness

www.wetnose.org.za Tel: (013) 932 3941 www.completepetfood.co.za

Venue: Wetnose Premises, Plot 75, Old Pretoria/Brakfontein/Grout R8, Wierburg, between Pretoria & Bronkhorstspuit (Take Raydon - Cullinan off-ramp from N4 East and follow pointer boards)

Directions to Wet Nose Animal Rescue Centre

Maps from your cell phone:
Type in "Wetnose Animal Rescue Centre" in the search bar and press enter, you will be directed directly to us!

GPS: Latitude: -25.792917 Longitude: 28.578558
S 25°47'34.5 E 28°34'35.8

From Johannesburg/Sandton/Midrand
Take the N1 highway North towards Pretoria, then take the Pietersburg Highway split through Centurion and the Eastern Suburbs of Pretoria. After the Lynnwood Road Off-ramp, you will get a sign saying Pretoria N4/Witbank/Emalaheni. Take this split towards Witbank/Emalaheni, continue for approximately 25km until you get the "Cullinan/Raydon/Kempton Park" off-ramp. Go through the toll gate and turn **LEFT**, pass the Total Garage on your left. At the 4 way stop turn **RIGHT** towards Bronkhorstspuit. Travel for 6.1km, we are on the **LEFT**.

From the North
Take the N1 North towards Pretoria, take the off ramp (N4) towards Witbank/Emalaheni, continue for approximately 25km until you get the "Cullinan/Raydon/Kempton Park" off-ramp. Go through the toll gate and turn **LEFT**, pass the Total Garage on your left. At the 4 way stop turn **RIGHT** towards Bronkhorstspuit. Travel for 6.1km, we are on the **LEFT**.

From Bapsfontein/Kempton Park
Take the R25 towards Bronkhorstspuit. Turn **LEFT** on the R515 at the train bridge. Travel approximately 13km. Pass the Total Garage on your left. At the 4 way stop turn **RIGHT** towards Bronkhorstspuit. Travel for 6.1km, we are on the **LEFT**.



THE FASHION CAPITAL

Did you say “Gift Card”?




WOODLANDS
BOULEVARD



woodlandsboulevard.co.za

Eat yourself healthy inside out

Your health is your greatest asset. Without a fully functioning body so many basics that we enjoy and take for granted, for example taking a hike, walking up a flight of stairs, playing outdoor games with your kids and so on can suddenly become tasks you cannot perform or can only perform to a very limited extent. Adopting a healthy lifestyle does not need to be complicated, it just takes some effort to put in the right foods so that you can adequately provide your body with essential nutrients it needs to function optimally.

Here are a few points to help you be healthy from the inside out.



1. No sugar

We have heard this one so many times and it still stands at the top of the list. Sugar and sugar-containing foods and drinks cause inflammation in your system, they cause a surge of insulin to be released (insulin helps normalize blood sugar but also helps to store fat) and damages tissue lining. So the bottom line is that the less sugar you have the less insulin you secrete (less fat storage takes place) and you have less inflammation in your system.

2. Water

Water is essential for a healthy body. Being well hydrated helps you function optimally. It helps prevent constipation and assists with regular bowel movements. An easy way to consume water is by keeping a 500ml water bottle with you and drinking it during the day. Keep topping it up so that you drink adequate water for the day.



3. Omega 3

This is an essential fatty acid. This means that we need to get it in from food we eat; our body does not synthesize it on its own. Sources of omega 3 are fatty fish – tuna, sardine, salmon and mackerel. Omega 3 fatty acids have great anti-inflammatory properties and help keep cardiovascular health good. Most people do not consume fatty fish 2-3 times a week and thus need to supplement with omega 3. Make sure that your omega 3 is heavy metal free.



4. Exercise

Diet and exercise work together. Make sure that you are active 3 to 4 times a week. Exercise helps keeping your weight in check, it helps maintain muscle mass and it helps burn up extra kilojoules you may have taken in. It also helps to relieve stress. Choose a variety of exercises – cardio, strength training, flexibility and core exercises.



5. Sleep

We need adequate sleep for our bodies to regenerate and revitalize. We need six to seven hours of sleep to function optimally. Lack of sleep affects concentration and mood.



6. Regular bowel

A huge part of your immunity is in your gut, so having a healthily functioning gut is very important. You need enough fibre in your diet – both soluble and insoluble – to have a regular bowel movement. Adequate water intake and activity also helps keep a good gut health. Healthy gut bacteria can be added by having yoghurt regularly. Constant use of laxatives is not recommended as it makes your gut lazy.

7. Fresh foods

Choose fresh produce as far as possible. Canned, packaged and instant foods are loaded with sodium, preservatives and artificial ingredients. Eating fresh foods provides a variety of nutrients and fibre in your diet.

8. Fruits & veggies

Include a variety of fruit and vegetables in your daily diet. The various colour spectrums of fruits and veggies provide you with vitamin and minerals you need to stay healthy. Antioxidants in fruits and veggies are also great for anti-ageing properties, boosting immunity and preventing many diseases. It is always better to have a fresh fruit than juice as you will get in more fibre from consuming a fresh fruit.



9. Supplement

Due to busy lifestyles most of us need the help of supplements to keep our nutrient levels topped up. A multivitamin and omega 3 are good bases to start with. Depending on your individual needs, other supplements can be added. Easy Health Wellness has a great range of basic supplements to help you get started.



10. Mind set

Keep a positive mind set about your health. Take time to take care of your body – it is after all the only one you have! Embrace a healthy lifestyle instead of always being desperate for results. This causes you to look for quick fixes – and quick fixes don't last. At Easy Health Wellness we help clients make lifestyle changes to improve health, lose weight and sustain weight loss. We have a great range of supplements and health products that make your healthy lifestyle easy and enjoyable!

For more info you can visit our website www.easyhealthwellness.com or visit our clinic on 749 Rubenstein Drive, Moreleta Park. Tel 012 997 2783.



Book Reviews

4X4 Travel Guide: Eastern Africa

By Maureen Day

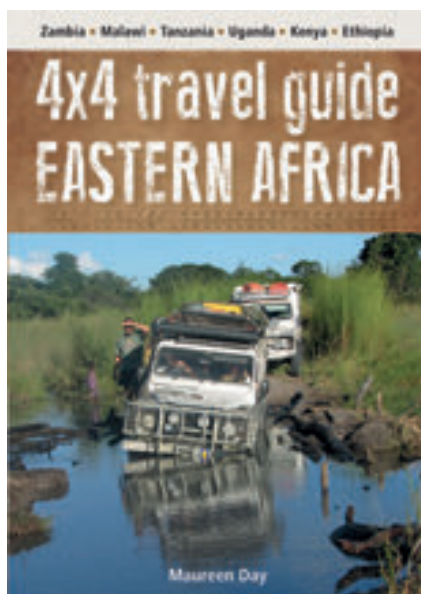
Zambia – Malawi – Tanzania – Uganda – Kenya – Ethiopia
An invaluable guide for 4x4 explorers to these less-travelled but hugely rewarding parts of our continent.

This comprehensive planning guide to 4x4 travel through eastern Africa is based on first-hand travel experience. Introductory chapters give detailed general information and guidance on itineraries, what to take, potential costs, fuel availability, road conditions, security issues, requisite documentation, medical precautions, check lists, bush recipes and more. This is followed by descriptions of the routes traversed by the author and her party through six countries. Route maps and detailed, sensible advice equip future travellers with all the necessary information required to plan and carry out a trouble-free trip through the region.

Originally self-published under the title *Beware of Falling Mangoes*, this handy travel companion has easy, bulleted text and contains numerous photographs.

Maureen Day (nee McLelland) was born in Luanshya, Zambia and was educated in Rhodesia and South Africa. She qualified as a midwife and psychiatric nurse in 1984 and met and married her husband Brian in 1989. Their love of the outdoors has led to many 4x4 excursions to neighbouring countries and, ultimately, to the adventure of a lifetime – the subject of this book.

Price: R230.00



Periodic Fasting

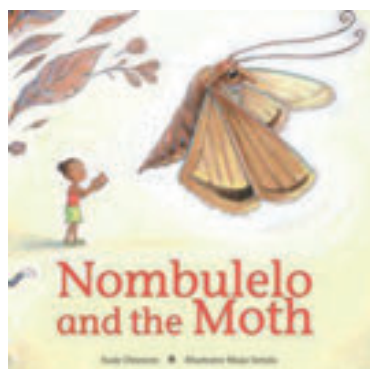
By Annchen Weidemann and Annaret Brand

Do you want to lose weight, feel great and live longer, without having to comply with a strict diet? Periodic fasting might be just the thing for you. Studies have shown that eating significantly less for limited periods of time produces

better results than sustained dieting, and that reducing calorie intake is beneficial for chronic conditions such as diabetes, hypertension and high cholesterol. Periodic Fasting introduces the concept of eating normally for five days, followed by two days of restricted eating (also known as the 5:2 diet).

During fasting, the body has a chance to use its inherent healing capacity to restore your health and wellbeing. Unlike many popular diets, periodic (intermittent) fasting puts you in control of what you eat. It's as simple as eating normal, healthy meals on non-fasting days and making sensible choices on fasting days. There are no special diet foods or supplements, and everyone in the family can eat the same meals, making this an ideal weight-loss programme for families with differing nutritional needs. There are guidelines and menu plans for both fasting and non-fasting days, and examples of meals and snacks that make up the 600 calorie limit on fasting days. Sixty tasty and nutritious recipes for breakfasts, lunches and dinners include variations on how to adapt the dishes for fasting days. The recipes and recommendations in *Periodic Fasting* make it easy to adapt to this eating lifestyle, and - your body will thank you, too!

Price: R200.00



Nombulelo and the Moth

By Susie Dinneen

Even though Nombulelo loves her Gogo's stories about the animals that live in the forest, she's too scared to go there. When Gogo dies, Nombulelo must summon her courage and take Gogo's magical moth on a journey through the forest. This is a story of love, loss and the discovery of inner strength.

Price: R100.00

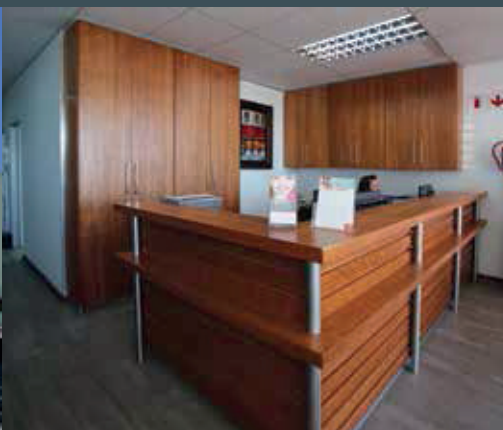
For more information about these or any of Random House Struik's other titles, visit www.randomstruik.co.za.



The family friendly
dental practice on
your doorstep



Smiles4All DENTAL STUDIO



Crowns • Fillings • Oral hygiene • Teeth Whitening

SMILES 4 ALL has just been appointed as a registered agent for the DaVinci Teeth Whitening System! Kindly contact us for prices and special offers!

... your special SMILE is just minutes away!

Smiles4All Dental practice	Highveld Park Shopping Centre	
Suite 11 (Ground Floor) , Centurion	t: 012 665 1631	c: 082 443 1008
e: smilesforall@iafrica.com	w: www.smilesforall.co.za	fb: smiles4all



Estate Manager

SMALLS

DOMESTIC WORKERS:

My excellent domestic worker, Maddy, is looking for a full time, live in position in Irene/Pretoria or surrounding areas. We are moving and sadly cannot take her with us. Maddy is a very competent housekeeper, hardworking, extremely trustworthy and very good with children and animals. Contact Kathi 083-354-4490.

My domestic is looking for work urgently on a Tuesday. Her name is Onica and her number is 083-764-7289.

Albertinah is an extremely trustworthy, friendly and dedicated individual looking for full or part-time employment with immediate effect. She has 4* Guest House experience and can also cook. Contact Ruhann Fourie on 072-821-9107 for references or further information.

We have a house maid who has two days that she requires work – Mondays and Thursdays. Her name is Christina – cell 076-306-0375. She has been working for us for the past 3 years.

BABYSITTER

Available most nights of the week as well as weekends. Good with children of all ages. References available upon request. Please contact Onica 083-243-5223.

JUMPING CASTLES FOR HIRE: Contact Werda @ 082-822-8659 (Creative Castles).

INTERNET: Are you tired of your unreliable Internet? Contact Starbright IT Solutions today to hear how we can help you with an affordable and reliable Internet connection! Tel: 012 004 0080; info@starbright.co.za; www.starbright.co.za

QUALIFIED ELECTRICIAN:

I offer the following services:
Maintenance/repair work/new installations
Installation of generators into main supply
Energy efficient solution to reduce electricity bills ie
1. Timer switches on geysers
2. Energy saving lighting
Rates very reasonable.
Please contact Peet Erasmus 082-892-4203

PET SITTING: Your pets are cared for when you are away! Whether for one day or many days. Contact me any time: Michiel Brand 0710160913 / www.mypetcare.co.za (You will be welcome to phone any of my clients for references).



KINDLY NOTE: ALL SMALLS ADVERTISEMENTS NEED TO BE RESUBMITTED EVERY MONTH.

If you would like to advertise in our
smalls section, please contact us:
Tel: 012 662 3505
E-mail: admin@irenefarmvillages.co.za

my3c

COMMUNITY • CHARACTER • COURAGE

JOIN US EVERY SUNDAY

07:00AM | 08:30 AM | 10:00 AM

8 JAN SMUTS AVE, IRENE

A vibrant multicultural church purposed with a mission to serve the nations of Africa. This cutting edge organisation founded by Pastors Bert and Charne Pretorius, has become a source of inspiration for millions across the nations of Africa proclaiming a message of hope, healing and restoration.

@my3c_
 3C
 @my3c_
 www.my3c.tv
 086 111 2345



APPROVED ESTATE AGENTS



Principal: Yolanda Barnard
Agent: Yolanda Barnard
Cell: 082 941 2002
Office: 012 003 3242
E-Mail: yolanda@yb-law.co.za
Web: www.yb-law.co.za



4th Avenue Properties
Charlotte 082 288 4758 | Nadia 082 971 4038
BUYING * SELLING * LETTING
CLEANING * MAINTENANCE



Lenie Visagé &
Liesl van Staden
083 259 5342 & 084 870 1465
lenie@appleproperty.co.za
liesl@appleproperty.co.za
www.appleproperty.co.za



Principal: Nina Antoniou
Agent: Nina Antoniou
Cell: 082 963 1994
Agent: Eunice
Cell: 071 676 5940
Office: 012 667 3692
Fax: 086 617 0516



Jana Brink and Frank Roos
Cell: 0724020181/
Cell: 0825550466
Office: 0126675201
jana.centurioneast@justresidential.co.za
frank.centurioneast@justresidential.co.za
www.justpropertygroup.co.za



Principal: Leane Graaff
Agents: Leane Graaff
Cell: 083 457 3184
Office: 012 689 2018
Fax: 086 698 6210
Email: lgstates@absamail.co.za



Franchise Manager: Deon van Zyl
Agent: Steven Kruger 082 699 4881
steven.kruger@leapfrog.co.za
012 348 1640
www.leapfrog.co.za



Principal: Retha Schutte
Office: 012 644 8300
Fax: 012- 664 6790
Agent: Peter Varrie
Cell: 082 457 7416
peter.varrie@pamgolding.co.za



Jeanne Minnie
082 092 9947
jeanem@realnet.co.za



Machelle Henning-Walker
Kantoor: 071 657 7555
Cell: 082 789 7888
Epos: machelle@rmrealtors.co.za
PO Box 61740
Pierre van Ryneveld
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

Mix 'n Match Curtains & Blinds



Wide Range of:

- Fabrics
- Upholstery
- Sheets
- Linen
- Ready-made curtains

Free Quotes *Best Prices*

Tel: 012 345 2852
Cell: 083 306 4444

**10% DISCOUNT ON ALL
WOODEN BLINDS**

on presentation of this advert



**WE DO
UPHOLSTERY**

ELARDUSPARK SHOPPING CENTRE
KNITTINGWOOL ON SPECIAL

**WE STOCK A HUGE RANGE OF
CROCHET, KNITTING WOOL AND ACCESSORIES**

IMPORTANT NUMBERS

Police Emergency	10111
Lytelton Police Station	012 664 8600
Pierre van Ryneveld	079 528 1630
Community Policing Forum	

Security at Gates	012 662 1688
Guard House Main Gate	42831
Guard House North Gate	42832
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 Office	012 662 3505/5601
Estate Manager	079 525 9281

Managing Agent:	
Account Ability	Tel: 082 780 0059
	Fax: 086 671 9798
	info@aams.co.za

MEDICAL SERVICES

DENTAL CARE

Irene Village Care, General dentistry and more. Irene Village Mall. Call: 012 662 0302 / 079 069 4607 info@irenecare.co.za www.irenecaredentist.co.za

DR CHRISTA ROCHER

Your GP in Irene Village Mall Family Health, Child Health, Women's Health
Call: 012 662 0305
Info@christacare.co.za
www.christacare.co.za

PHARMACY

Rynepark Pharmacy Beauty salon, stockist of Environ, clinic services, baby clinic, Discovery Vitality checks 012 662 1705

QUALIFIED IRIDOLOGIST / LIVE BLOOD ANALYSIS

Achieve optimal health by identifying your hidden imbalances. Contact Willemien du Toit 082 789 3929 dutoitwillemien@gmail.com www.lumeniq.co.za
Irene, Pretoria

GENERAL SERVICES

CLEAN PURIFIED WATER

Visit the @FRESH WATER SHOP at Ryneveld Lifestyle Center. Pierre van Ryneveld.
We do: Refills, Sell bottled water, containers, dispensers & other products.
Contact us @: sales@atfresh.co.za or on 072 117 5803.

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.

EVENTS & DÉCOR

Unlimited Events Décor Décor, sound & lighting, photography, balloons, treat & eats 012 664 1114

HOME SERVICES, BUILDING & MAINTENANCE

EASYSKLEIN PRODUCTS AND SERVICES

Protect your shower glass, upholstery, carpets, tiles and windows with patented nanotechnology products. No more harsh chemicals required and surfaces will stay easy-2-clean for years to come. free quotation with up to lifetime warranty offered. Contact Martin 012 004 0700. www.easyscleangroup.co.za www.facebook.com/easyscleangroup
email: protect@easyscleangroup.co.za

CHEMDRY

Convenient appointments, deep cleaning on carpets & upholstery. Chantel 012 663 8531 / 082 372 4999

PLUMBING – PLUMB AVID

Drains, leaks, maintenance, installations. 012 654 2513

RESTAURANTS

MEADOW GREEN RESTAURANT.
012-667-6464

HOME SERVICES, BUILDING & MAINTENANCE

CENTURION PEST CONTROL

We will beat any written quotation. Call us for free quotation
012 751 6522 / 072 395 1959

PAINTWISE CENTURION

Expert advice, free technical advice, expert colour advice, free delivery.
012 653 8521

HASSLE-FREE POOL SERVICES

Weekly pool maintenance for R 500 including chemicals.
Contact Mark Venter at 082 601 6868 or e-mail me at markventer67@gmail.com

GARDENING AND LANDSCAPING

MELIA GARDENS

Would you like to have a beautiful garden? Our professional, reliable garden service company can assist you. We have over 16 years' experience and also offer pool maintenance services. We will be working full steam over the December holiday period for your convenience. Contact us for a quotation and see how we can maintain your garden and make it flourish!
Amelia - 0833264210

MONAVONI NURSERY

Landscaping, irrigation, nursery.
012 668 1261

LIFESTYLE HOME GARDEN

Indegenous and exotic plants, home decor and restaurants. 011 792 5616

MADISON FLOWERS

Fresh floral arrangements.
012 667 1802 / 082 873 3797

GRASSNYER KLINIEK/ LAWNMOWER CLINIC PRETORIA

Sales, accessories, parts & repairs on mowers, lawn tractors, brushcutters, pressure washers, vacuum cleaners, chainsaws and more. Best brands, amazing service, top deals. Every time! Tel 012-323-1833. www.lawnmowerclinic.co.za



Looking to sell or let your home?
Your Trusted Leapfrog property advisor can help you.

I do this Everyday!

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

Move on
Move up

leapfrog
PROPERTY GROUP

www.leapfrog.co.za

IRENE FARM VILLAGES

Machelle Henning-Walker Principal/Owner • Cell: 082 789 7888 • Office: 071 657 7555
2185 Halfmoon Lane Irene Farm Villages • machelle@rmrealtors.co.za

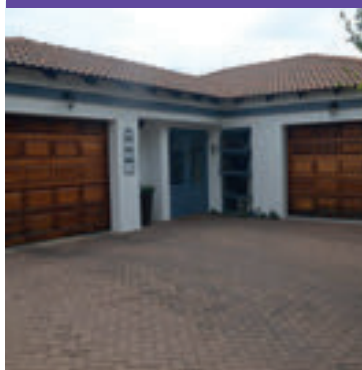
SOLD



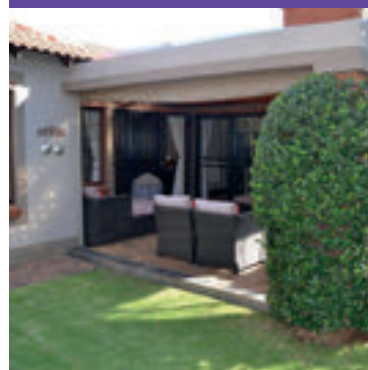
SOLD



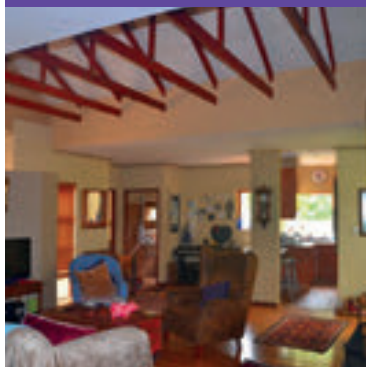
SOLD



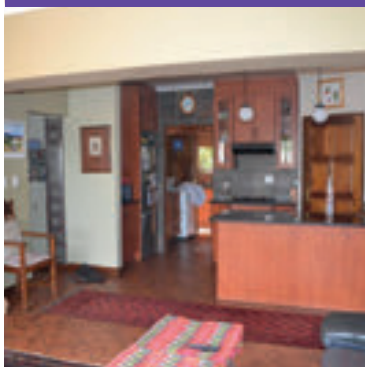
SOLD



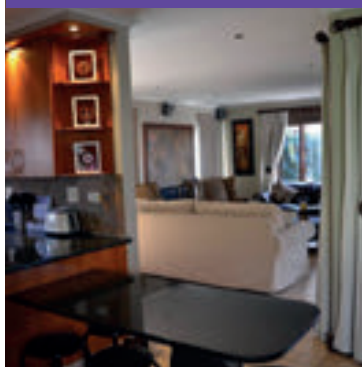
JUST LET



JUST LET



JUST LET



JUST LET



RM REALTORS
PROPERTY BUYING • SELLING • RENTALS • DEVELOPMENT LAND AND COMMERCIAL

RM Realtors has different agents in different areas – all rental stock, for sale stock, commercial stock welcome!

List your property with RM Realtors
and when sold successfully you will
receive a free house cleaning.

Squeaky Clean
Cleaning Services
Where it's all about you.
• Offices
• Homes
• Newly Built Houses

Discover the mystique of ancient China for yourself.

THE TERRACOTTA ARMY and the FIRST EMPEROR OF CHINA the exhibition

ONLY AT CENTURION MALL



3 September – 26 November 2016

TICKETS AVAILABLE FROM WEBTICKETS

Over **300** astounding clay models of China's GREATEST ARMY on display.

CENTURION
MALL