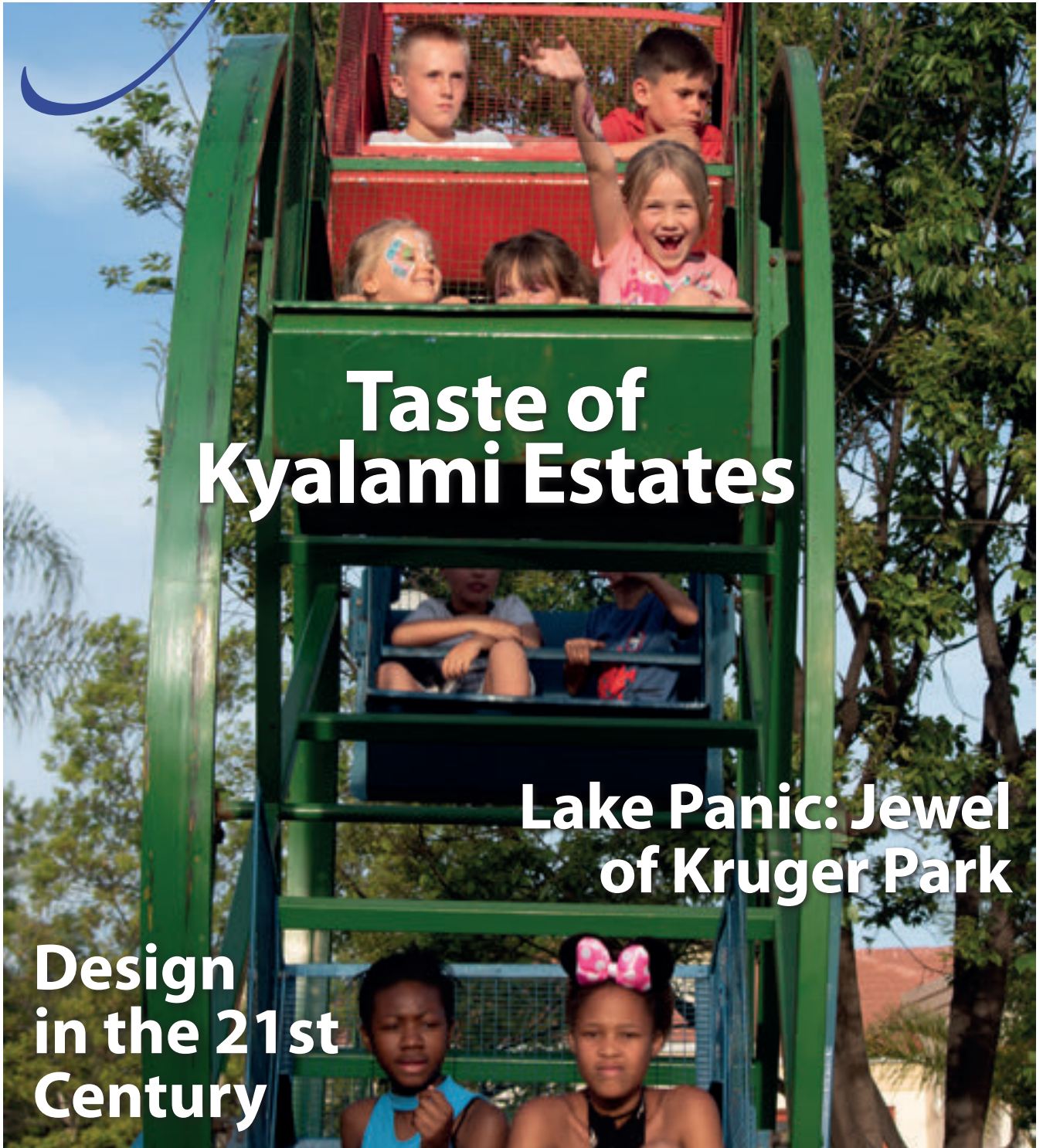


Kyalami

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**Taste of
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**Lake Panic: Jewel
of Kruger Park**

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EDITOR'S MESSAGE

RESPONSIVE CLOTHING

The Taste of Kyalami Estates Food and Wine Festival was again a stunning event with fun for all the family. Events like these are always a great way to shake off the last vestiges of winter while cementing firm friendships and getting to know the neighbours.

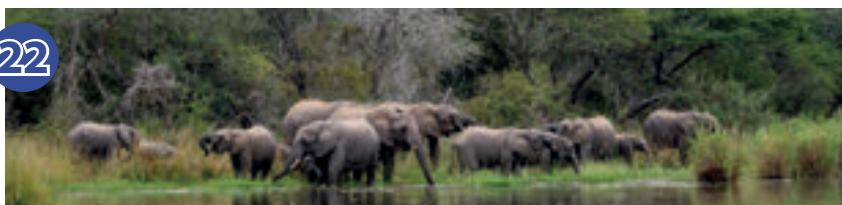
The next event, which I'm sure the kiddies are looking forward to, is Halloween. There's nothing better than celebrating this occasion in a secure estate where you can get creative with decorations and costumes, and hit the streets to share the thrill of the spooky evening.

Talking of getting creative, in this issue we have an article by Ingrid Leujes about an exhibition currently open in Shenzhen, China, where artists, designers and architects are embracing the digital medium and creating commodities that are able to respond to people's behaviour. We know that's already happening when one makes online purchases and uses services such as Netflix, where your habits are analysed almost as you are interfacing with the sites, but imagine wearing clothing that changes in response to the viewer's facial expressions. That's positively scary – but probably will be the norm before we know it.

I wonder what Halloween will be like, then!

Best wishes,
Bev Hermanson
EDITOR

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	Sharon Smit	082 457 4202	sharons@jawitz.co.za
 L & W Properties	Natalie Sanders	08 289 74360	natalie@lwproperties.co.za
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	Jet De La Rey	082 854 0181	jet.delarey@pamgolding.co.za
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	Laura Lattanzio-Joubert	082 414 3814	kyalamiestates@remax-central.co.za

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Site Security Manager	option 4
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Council Services	011 375 5555
Or	0860 56 28 74
(City Power/Joburg Water & Sewerage /JRA)	

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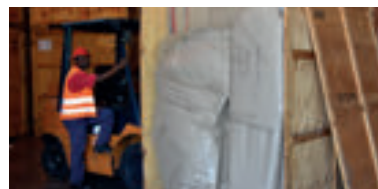
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It's the height of the hayfever season, a condition which affects approximately 30% of South Africans, but pollen might not be the main culprit behind your nasal allergy misery.

POLLEN

MIGHT NOT BE THE BIGGEST CULPRIT BEHIND SA'S HAYFEVER WOES

BY KATHY THERSBY

As usual at this time of the year, our two huge Tipuana Tipu trees shower massive amounts of pollen on the garden. And then suddenly the whole family has a headache of note. It prompted me to do some digging and found Dr Mike Levin, Allergy Advisor to Pharma Dynamics, a leading generics antihistamine medicine provider. Dr Levin says that, for decades, hayfever sufferers have been led to believe that their condition is brought on by the amount of pollen in the air, but there are a host of other triggers too.

"Hayfever symptoms vary from person to person, but typically include an itchy, runny or blocked nose, watery eyes, sneezing, coughing, scratchy throat, postnasal drip and/or fatigue," he says.

"Pollen could in many cases elicit a severe allergic reaction, but sufferers will be surprised to learn that their nasal allergies might not have anything to do with pollen spores. This is why pinpointing where and when an allergy occurs is vital."

Dr Levin explains that even though the treatment might

be the same in many cases, avoiding the source is a crucial part of tackling an allergy, and this can only be done if the trigger has been identified correctly by examining the patient's history and doing confirmatory tests, such as skin prick tests or ImmunoCAP.

"Unfortunately, many in our country are unable to access allergy specialists and laboratory tests to get the right diagnosis and treatment. In general, there is a huge misconception that if someone sneezes a lot, they must have pollen-induced hayfever, when it could be due to many other allergens such as dust mites, pets or cockroaches."

According to Dr Levin, the most commonly inhaled allergens are:

- Different types of pollen (from trees, grass, weeds and flowers)
- House dust mites
- Cat and dog dander
- Cockroaches
- Fungal spores.

Dr Levin recommends that nasal allergy sufferers see a doctor with skills in allergy treatment, to perform a skin prick test or an immunoglobulin (IgE) antibody test, which will help to link the allergy to a specific substance or substances.


“An allergic reaction occurs when the immune system overreacts to something, which is often in the environment of the affected person. To protect the body from the allergen, the immune system of an allergic person produces antibodies called immunoglobulin E (IgE). These antibodies are found mostly in the lungs, skin and mucous membranes and cause certain cells to release chemicals, such as histamine, into the bloodstream. It’s this reaction that triggers allergy symptoms,” he explains.

“Since IgE antibodies are unique to each allergen, tests are very good at picking up ‘sensitisation’ or the presence of these antibodies. However, any result must be carefully checked against the patient’s history, as some people might have antibodies that are not related to any of the symptoms.”

“Doing the test is important, because it might just uncover an allergy that you knew nothing about and, by avoiding the cause, it could significantly reduce your symptoms and improve your quality of life. Importantly, if you are not ‘sensitised’ to an allergen, avoiding it will make no difference whatsoever,” he says.

OTHER TRIGGERS THAT COULD WORSEN SYMPTOMS

- Strong perfumes and cold air can trigger nasal symptoms.
- Red wine – Alcohol is a vasodilator, which widens your blood vessels and can cause a runny or stuffy nose. But wine in particular can exacerbate symptoms because it contains sulphites. Red wine is highest in sulphites and is fermented with grape skins, which contain a protein allergen.
- Veggie drawer – Some fruits and vegetables contain proteins similar to those found in pollen, which can confuse your immune system.
- Swap contact lenses for glasses on high-pollen days since dust and pollen can stick to contact lenses, trapping allergens against your already itchy and irritated eyes.
- Swimming in chlorinated pools may irritate your airways, which could aggravate allergy symptoms.
- A humidifier is a reservoir for mould and bacteria, so clean it regularly to get the maximum relief from this device.

According to Dr Levin you can treat nasal allergies with antihistamines, which prevent histamine from attaching to your cells and causing symptoms. A decongestant can also be used to reduce the swelling in the nasal passages, but he warns that the latter could cause a rebound effect if used for longer than the recommended three to five days, which could end up making you even more congested. So use only as directed. 

Useful allergy online resources include:

www.allergyfoundation.co.za and
www.allergyexpert.co.za.

“There is a huge misconception that if someone sneezes a lot, they must have pollen-induced hayfever, when it could be due to many other allergens such as dust mites, pets or cockroaches.”

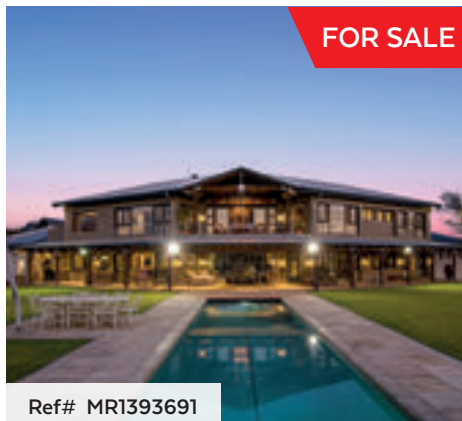
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FOR SALE

Ref# MR1380307

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Most people spend the majority of their time indoors in increasingly well-sealed buildings surrounded by paints and other synthetic materials which emit noxious chemicals. These conditions are related to increasing incidences of asthma, allergies, and cancer. Indeed, it's said that indoor air quality can be much more polluted than outdoor air, up to tenfold.

When 'sick building syndrome' was first becoming recognised as a growing problem, NASA conducted a study of various house plants and their effectiveness at filtering out hazardous chemicals from the air. Their findings? A number of the plants were highly effective at removing hazardous chemicals from the air. Not only that, but they can regulate

humidity as well.

They are also much less expensive than air purifying machines or humidifiers.

The following are the top eight indoor plants, as rated for ease of maintenance and effectiveness at purifying the air, summarised from Mother Nature Network.

BRING THE OUTSIDE INSIDE WITH THESE 8 AIR-PURIFYING PLANTS

BY JORDAN LAIO



Areca Palm (*Chrysalidocarpus lutescens*)

The best performer at removing airborne toxins, it also releases moisture into the air to regulate humidity, and is attractive to look at. It's also effective at removing salt from soil. It is easy to take care of and very resistant to pests. Enjoys semi-sun conditions.



Lady Palm

(*Rhapis excelsa*)

The lady palm is easy to care for as it is very resistant to pests and grows slowly. Enjoys semi-sun conditions.



Bamboo Palm

(*Chamaedorea seifrizii*)

The bamboo palm can grow to 1,8m and is more resistant to pests than the areca palm. It is also even more effective than both the areca and the lady palm at removing airborne chemicals. It's also an excellent humidifier. Enjoys semi-sun conditions.



Rubber Plant (*Ficus robusta*)

The rubber plant, named for the appearance of its leaves, is known for being a plant which requires little light and can tolerate lower temperatures than the previously mentioned plants. It is especially effective at removing the ubiquitous chemical, formaldehyde, from the air. It can grow to 2,4m. Enjoys semi-sun to semi-shade conditions.

English Ivy (*Hedera helix*)

English Ivy grows well in hanging baskets. It can benefit from some time spent outdoors in the spring or summer. It is especially good at removing formaldehyde from the air. Enjoys semi-sun to semi-shade conditions.



Boston Fern

(*Nephrolepis exaltata* "Bostoniensis")

The Boston fern grows lush foliage but does not flower. It is best grown in a hanging basket or on a pedestal. It is highly effective at removing chemicals and humidifying, but requires a bit more attention than the previous plants. It should be misted regularly.

Dwarf Date Palm

(*Phoenix roebelenii*)

The dwarf date palm grows slowly and can reach a maximum height of about 1,8m. It thrives without much light and can survive for decades. It is very effective at removing xylene from the air – this chemical can come from caulking, adhesives, floor coverings, wall coverings, paints, and particle board.



Peace Lily (*Spathiphyllum* sp.)

I know, cute name, right? It boasts white shell-like flowers reminiscent of the more common calla lily and is one of a handful of plants that successfully bloom indoors. Aesthetically pleasing, easy to take care of, and excellent at removing chemicals... what more could you ask for?



NISSAN QASHQAI 1.5DCI TEKNA

BY ALAN ROSENMEYER

Over the past year, Nissan SA has launched new or face-lifted versions of their entire range of vehicles in South Africa. After attending the launch of the new Qashqai earlier in the year, a test car arrived in the form of the top of the range Tekna.

I have long believed that this is one of the best small diesel engines around. It is powered by the very familiar 1.5L diesel engine used by many models in the Nissan and Renault ranges.

While 81kW may seem modest by today's standards, it's the 260Nm that matters and certainly provides a smooth and comfortable drive with exceptional economy. On an open road run, we achieved the amazing consumption of only 4.6L per 100km.

The 6 speed manual gearbox is light and smooth. CVT automatic versions are available on the petrol powered versions, but the diesel only offers the manual option.

The Qashqai is the smallest crossover/ SUV in the Nissan stable but certainly is not a tiny vehicle. The boot size is 272L - or 952L with the rear seats folded, making it extremely practical and competitive within the segment.

As the range-topping version, the test car was loaded with most of the extras that you could ask for, including infotainment screen with navigation, leather trim and a panoramic roof.

Along with all the new models, Nissan has been rolling out Nissan Intelligent Mobility in their vehicles. On the Tekna version, this includes Blind spot warning, cross traffic alert, forward emergency braking, with collision warning and

overhead camera for parking and manoeuvring.

The Qashqai range is priced from R 339 900 to R 445 500 for the version tested and all versions include Nissan's 3 year/90 000km service plan plus 6 year/150 000km warranty. [↩](#)

A full video review is available on the MotorMatters You-tube channel.



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HUMANS & TECHNOLOGY: DESIGN IN THE 21ST CENTURY

BY INGRID LEUJES

"Design is the medium between people and technology" - Carrie Chan, 2017

**Maker Chair (Puzzle 3d),
2014, Joris Laarman and
Maker Chair (Hexagon),
2014, Joris Laarman**

The Maker Chairs result from a crosspollination of handcrafted techniques and digital technology. It poses the question of who the maker is: the designer, the computer, or the assembler?




Polythread, 2016, Jenny Sabin, Jenny Sabin Studio. Sabin, an architectural designer, combines insights from biology and mathematics in this technologically knitted inhabitable form.



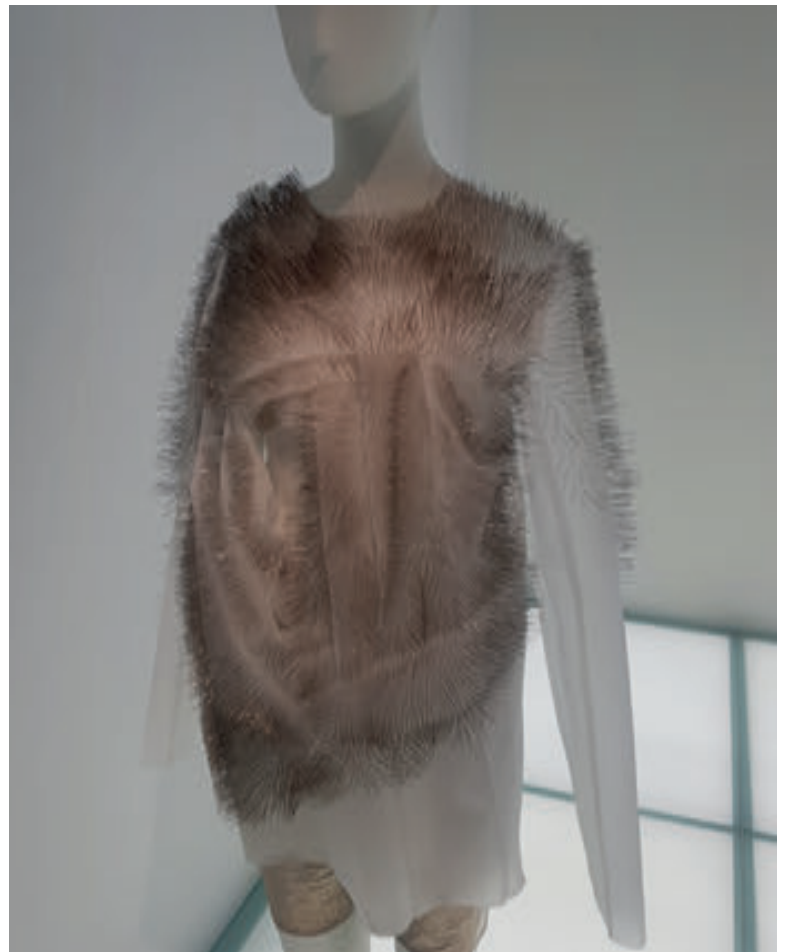
A current design exhibition at the Art and Design museum in Shenzhen, China, *Minding the Digital*, clearly portrays the excitement and fascination that current designers and artists have with the creative possibilities of the digital medium. Not only does digitisation allow for innovative manipulation and use of materials but it also has the potential for changing the interaction between people and objects, spaces and society at large. This in turn changes perceptions and emotional responses and therefore the significance of encounters. Most notable is how the digital can create objects and spaces that respond to people's behaviour.

Designing for the end user's needs is a

fairly new but not unknown concept. Designing a product or space that interprets users' needs from their behaviour and then responds to their needs instantaneously is, by contrast, a futuristic concept. What this exhibition illustrates is that this has already been achieved but has not yet hit mainstream consumption.

From these examples, the complex relationship between people and intelligent technology is illustrated. What is also illustrated is the exciting potential of the new creativity that is made possible by the interaction of technology and humans co-creating. We are definitely already living in the 21st century, but are our educational institutions preparing students for this century? 

Ingrid Leujes is a Director Greenside Design Center, an internationally acclaimed, specialist design college focused on nurturing creative and innovative thinkers. For more information, visit: <http://designcenter.co.za>.



Incertitudes, 2013, Ying Gao

Incertitudes is part of a responsive dress series. This exhibit consists of mannequins wearing dresses that change in response to the facial expressions of the viewer.

Above left: Escapism, 2011, Iris van Herpen and Isaie Bloch.

Left: Damestop, 2011, Iris van Herpen and Isaie Bloch.

Van Herpen and Bloch use selective laser sintering, (a 3d printing process that uses heat and pressure to solidify powders into solids), to create fashion that moves beyond traditional handcrafted garments and also beyond machine mass production.



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The college is a private, Anglican, co-educational high school, rooted in tradition, with the goal of preparing young students to pioneer bravely into the future. "We pride ourselves on offering all our students an opportunity to excel on all fronts. At the Open Day, you will learn more about our excellent academic, sport, cultural, arts and community, and character-building programmes," she adds.

Your child is unique. Come and see how St Peter's College can partner with you to help him/her discover his/her potential and excel.



If you require more information before you register, contact Nosipho Nkosi at marketing@stpeterscollege.co.za or call 011 807 5315.





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Top 10

TRAVEL DEALS

1. Coral Lodge offer from Mozambique

GSA. Rates from R25 090 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, five nights' accommodation at the Coral Lodge with breakfast, lunch, dinner and selected drinks daily, snorkelling in the lagoon and more. Valid until 15 December 2018. For more information visit www.mozambiqueislands.com; email: info@mozambiqueislands.com or contact them on 083 299 4321.

2. Vic Falls offer from Air Holidays. Rates from R9 190 per person sharing. Offer includes return flights departing from Johannesburg, return transfers, three nights' accommodation with breakfast and dinner daily, guided tour of the Falls and more. Offer excludes taxes of approximately R4 905 per person sharing. For more information visit www.airholidays.co.za; email: reservations@airholidays.co.za or contact them on 011 803 8223/4.

3. Couples getaway at Protea Hotel by Marriott Cape Town Tyger Valley. Rates from R1 350 per night. Offer includes one nights' accommodation with breakfast and sparkling wine upon arrival. Valid until 7 December 2018. Offer excludes flights and taxes. For more information visit www.marriott.com or contact them on 021 913 2000.

4. Arusha Day Trip Arusha National Park offer from Ventures into Africa. (Tanzania) Rates from R3 796 per person. Explore Arusha National Park there are several alkaline lakes and the spectacular Ngurdoto Crater, a variety of animals

to see. Hiking is allowed if accompanied by an armed guard and often gives the best views of Mount Kilimanjaro. Offer excludes flights and taxes. Valid until 30 November 2018. For more information visit www.venturesintoafrica.co.za; email: info@venturesintoafrica.co.za or contact them on 011 789 1681.

5. Luxury offer from African Pride Melrose Arch, Autograph Collection. Rates from R1 050 per night including one nights' accommodation and champagne breakfast. Valid until 22 February 2019. For more information visit www.marriott.com or contact them on 011 214 6666.

6. Last minute Asia offer with Discover the World. Rates from R26 999 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, twelve nights' accommodation, all meals and entertainment. Visit Bangkok, Kota Kinabalu, Nha Trang, Ho Chi Minh City, Bangkok and Koh Samui. Set departure date 8 December 2018. For more information visit www.discovertheworld.com; email: jnb@discovertheworld.co.za or contact them on 011 463 5251.

7. South Coast Reunion December beach stay offer from Travel 2 Reunion. Rates from R17 650 per person sharing. Offer includes return flights, approximate taxes, return transfers, five days car hire and seven nights' accommodation at the three-star Florals with breakfast daily. Set travel date 9 – 16 December 2018. For more information visit travel2reunion.co.za; email: info@travel2reunion.co.za or contact them on 072 352 6830.

8. Britain & Ireland winter delight offer from Cost saver Holidays.

Rates from R11 900 per person sharing. Offer includes seven nights' accommodation, breakfast daily, two dinners, transport between destinations and sightseeing. Visit Bath, Stratford-Upon-Avon, Windsor, York, Belfast, Cardiff. Dublin, Edinburgh, Glasgow, Kilkenny and Waterford. Offer excludes flights and taxes. Valid between November – March 2019. For more information visit www.costsaver.com or contact them on 011 280 8440.

9. Best of Vietnam offer from Perfect Destinations.

Rates from R19 790 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, two nights at the four-star Silk Luxury Hotel Hoi A, Tour of Tra Que Village, four nights at the four-star Eldora Hotel Hue, Hue Savours tour and twilight foodie tour. Valid between 12 February – 27 April 2019. For more information visit www.perfectdestinations.co.za; email: info@perfectdestinations.co.za or contact them on 021 250 0752.

10. Finnish Wilderness Week tour from Earth Wanderer.

Rates from R25 660 per person sharing. Offer includes seven nights' accommodation, breakfast daily, five lunches, seven dinners, local transport, tour leader throughout and specialist equipment. Offer excludes flights and taxes. Valid until December 2019. For more information visit www.earthwanderer.co.za; email: info@earthwanderer.co.za or contact them on 074 340 4587. 



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LAKE PANIC

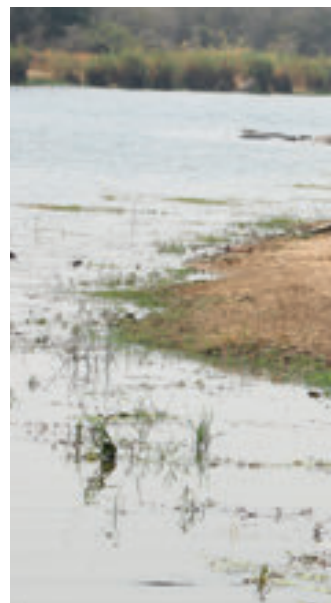
JEWEL OF KRUGER PARK



Malachite Kingfisher



Trio of thirsty Impala





Elephant outing to Lake Panic.
Image: Glenn Havemann

It is South Africa's most famous bird hide and, in my estimation, the most rewarding hide in Kruger National Park - Lake Panic. It would rate highly among the world's best.

**BY JAMES CLARKE
IMAGES: MARY
BROADLEY**

Tens of thousands of pictures of wetland birds published across the world in magazines and books have been taken at Kruger Park's Lake Panic. We were there, again, in August. It was noon and still winter - the worst possible time of day for birding and the worst time of year, too, because 18% of our bird species were still wintering in the north.

We first faced east in the L-shaped hide's interior, looking along the long arm of the lake. In one casual sweep we saw a green heron, a malachite kingfisher (almost within touching distance), a brown-hooded kingfisher successfully fishing, (neither of us had seen this bird fishing before, believing they were insectivores), a jacana, a darter, an unidentified martin, a grey heron, and cattle egret. For the first time that I recall, there were no thickknees on the nearby bank.

We then moved to face south and saw coot, jacanas, moorhens, the inevitable black crane, pied kingfisher, masked weaver, white-throated swallow and fish eagle flying towards us at 'zero feet'.

A truly massive crocodile lay on the beach - was it the man-killer that killed somebody upstream four years ago at Skukuza Golf Club?

Near the bend, a pod of maybe 25 tightly clustered hippo, with not a centimetre between them, looked like an outcrop of huge boulders.

A variety of mammals come to the dam. There's usually bushbuck. Friends recently saw a leopard. We saw hyena and impala. About five years ago, I watched a herd of about 20 elephants materialise out of the dense vegetation 70 metres away and then saw how deep Lake Panic was. The adults waded in almost up to the roots of their tails. Then came a baby of a few days old, still hairy and wobbly on its feet, and I wondered how it would manage to cross. No problem. It scrambled up the mountainous rump of its mother to cling with its front feet, while an aunt supported the baby's rear with her trunk.

Lake Panic is a photographer's dream... even without a telephoto lens. Waders walk around 2m away. Goliath herons come close, as do night herons.

In 1997 I flew down to Nelspruit with an old friend, Kenneth Newman, whom I'd known from his days as a commercial artist. Sappi, who sponsored the hide, had asked us to do an assessment of it.

Ken was, by then, Africa's best-selling author of



Lazy afternoon on Lake Panic's beach



Cautious bushbuck checking for crocodiles



Jacana



Squacco Heron



Grey Heron

bird books including Birds of the Kruger National Park, first published in 1987. Noticing the book was 10 years old, I asked Ken, during the flight, if, in those 10 years, any new species had been added to Kruger Park's list. He said: "Surprisingly, no."

We drove through Kruger Gate straight to the hide just 7km short of Skukuza.

It was empty.

Ken was facing east where a dead tree protruded from the water a few metres away when he suddenly exclaimed: "Good Lord! Good Lord!"


I asked what he'd seen. He said: "An hour ago you asked if any bird had been seen that was not in my book. Take a look at that!"

A pair of grey waxbills. They'd been suspected in the park but never confirmed for they are often seen further east in Mozambique and in KwaZulu Natal.

Why the name: Lake Panic? There are several stories but the true one dates back to 1975 when the earthen dam wall was completed across Mafunyana Creek, a kilometre or so from the club. The creek's name commemorates Louis Steyn, warden of Kruger Park from 1953

to 1961, whose Shangaan nickname was Mafunyana – Shangaan for "one who eats with gusto".

The wall had just been completed and the dam was filling nicely when the mother of all tropical thunder storms dumped several million tons of water into the catchment and the river rose within minutes to a height that alarmed everybody – especially those behind the project who were certain the dam would burst. The panic could have been measured on the Richter Scale.

But the dam held. 



FOOTNOTE

Talking of birding hotspots, Mary and I spent the annual Birding Big Day (BBD) 2017 at Return Africa's Pafuri Camp in the far Northeast of Kruger Park.

Teams of up to four people, each operating within a 50km radius, can take part.

We were three, including a superb guide, Tristan Phipps, and we chalked up 138 species in just 12 hours, giving in at sunset. The winning team, I seem to recall, saw about 180.

BBD 2018 is on the 24th of November, beginning at midnight on the 23rd. Return Africa has again offered an almost 50 percent reduction to members of BirdLife (contact bbd@birdlife.org.za). The rate is R2 500 a day, pp sharing.



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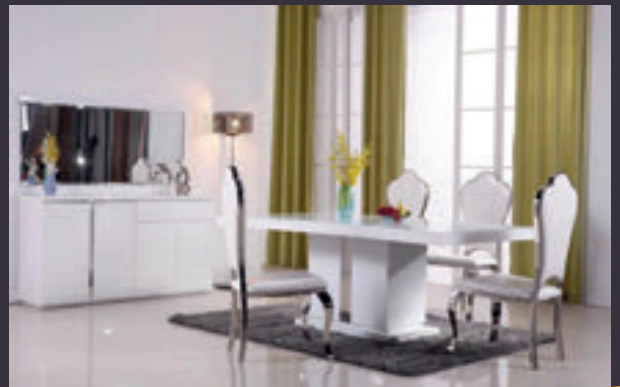
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The crèche is divided in two sections – a baby group (3 – 18 months) and a toddler class (19 – 36 months). Each group has their own daily schedule to accommodate the learners' differing social, emotional and developmental needs. There are also separate play areas for each group to provide a safe space where age-appropriate equipment is available. [↗](#)

Nestled in the heart of Kyalami, Kya-Kids is fortunate to have a taste of the countryside within an urban environment. The extensive grounds encourage the children to be inquisitive and caring about the world around them.

Kya-Kids offers quality education, focused on the all-round development of each learner. Their curriculum is based on the National Curriculum Framework (NCF / ELDAS) and aims to help the learners to meet age-based developmental milestones through fun, engaging and interactive activities. Through well planned daily schedules and classroom layouts, designed with their young learners in mind, they create

a safe and happy environment where the children are encouraged to develop their social, emotional and educational skills. Their learners are provided with a range of activities throughout the daily schedule to accommodate all their unique likes and interests.

The meal time menu is developed to meet all the nutritional requirements of young children with growing bodies and minds. Meals are free from MSG, preservatives and colourants, whilst still remaining tasty and enticing. The crèche provides all daily meals and snacks as part of their programme, so parents do not need to stress about packing a lunchbox for their child. Meals offered include breakfast, morning snack, a

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Kyalami Schools
(NPC)



Kyalami Schools (NPC) consist of three high-performing independent (private) schools, namely Beaulieu Preparatory, Kyalami Preparatory and Beaulieu College – all located in the north of Johannesburg in Kyalami, Midrand. Our two Preparatory Schools also each have their own Nursery School and the latest addition to our Brand of Schools is the affiliated Kya-Kids Crèche which is situated next to the indoor sport centre at Beaulieu College.

Our learners, the future leaders, are at the heart of every decision. Our profession and calling is to nurture and support children to develop and assist them to become the best they can be. Collectively, we are committed to the development of inquiring, lifelong learners. The fast change of pace in the world today, coupled with the doubling of the growth rate of knowledge every few years, means that our children will experience a very different world than the one we know. As such, we offer holistic learning programmes to support the most important capacities that young people now need, in order to make their way in the increasingly demanding world of the 21st century: the powers of creative thinking and problem-solving, moral and values-based education, and a strong academic base so they can become global achievers in whatever field they choose to work.



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How to reduce your pet's carbon pawprint

Sustainability is a vast subject, but a very useful definition is “meeting the needs of the present, without compromising the needs of the future”



SUSTAINABILITY has to be this decade's buzz word. And with good reason. After many years of dire warnings regarding our impact on the planet, organisations and individuals worldwide are finally stepping up and taking responsibility for reducing their personal load on our limited resources. But published research into how having pets affects sustainability has thrown the cat amongst the pigeons and left many pet parents with ruffled feathers.

So how, exactly, do our pets fit into the sustainability debate? What are our basic responsibilities as pet parents, to ensure that our pets, and our habits as their

caregivers, don't place undue pressure on the environment?

WHAT IS SUSTAINABILITY?

Sustainability is a vast subject, but a very useful definition is “meeting the needs of the present, without compromising the needs of the future”.

Why are our furballs in the firing line?

- There are currently in excess of a billion pet dogs and cats on the planet - eating billions of tonnes of animal protein per year. And animal-based products



are the most energy-sapping agricultural ingredients to produce. With more pet parents demanding higher-quality, 'human grade' meat products to feed to their furkids, in order to improve their health and well-being, our animals are now in direct competition with humans for food.

- The billion pets also excrete an estimated quarter of a billion kilos of poop each day! Where does it all land up?

- Besides food, the pet industry is massive (and growing), producing toys, accessories, treats, clothing, gadgets, etc. on a grand scale. The manufacturing processes and packaging required for these items have far-reaching effects.

- Pets need medications and other products like shampoos and parasite control to ensure they enjoy the peak health and wellness they deserve. Hence, the pharmaceutical industry is also heavily represented by companies producing all manner of lotions and potions for animals – involving more chemical waste and high-energy manufacturing processes.

- And what about the impact of domestic animals on the finely balanced wildlife populations around us? A UK study showed that British cats with access to the outdoors were responsible for hunting more than 200 million small animals in a year! If your felonious feline has a penchant for a specific species and is an avid hunter, that local population doesn't stand a chance. Certain pet dogs, particularly hunting breeds, are also players in the carnage. And, of course, untold numbers of starving strays and feral animals have to kill to survive.

SO WHAT'S THE ANSWER? NO PETS?

One respondent to a 'no holds barred' article on pets and sustainability printed in the US Guardian stated: "You'll prise my pet out of my cold, dead hands!" Pets are our family and there is no more sense in telling pet parents to stop keeping pets, than there is in saying that parents of human children should give these up too, due to their impact on the environment.

We would, in any case, make the greatest environmental impact if we all gave up our vehicles. But, there are a few areas, that can dramatically affect the pressure that the pet population worldwide places on our planet, that each of us can consider and adapt to suit our lifestyles.

1. Check out the manufacturers

Before choosing the brand or type of food you wish to feed your pet, research the manufacturing processes employed by the supplier, their commitment to responsible environmental practices and the type of packaging they utilise. This applies, too, to Raw and Meat-Based Diets (RMBDs), which tend to use a lot of packaging for safety reasons. Twisted Whiskers supports only those suppliers we know have strict environmental policies in place. These manufacturers continually strive to reduce their burden on precious resources, for example, by using grey water wherever possible, building plants that require less energy to sustain, using fish products from sustainable marine sources, and packaging

the finished products using recyclable or biodegradable materials.

The ingredients are worth a great deal of thought too. Some feel that pets should be fed lower quality diets that make use of all the off-cuts rejected in the manufacture of human foods. While there is much sense in this argument in terms of sustainability, we know that dogs and cats thrive and enjoy increased longevity when fed premium-quality diets.

There is also the counter-argument that pets who eat good food absorb more and excrete less. We feel there's a good balance here. A top-quality, animal-based product doesn't have to exclude grains or other carbohydrates, although the 'Grain Free' trend is currently growing in the pet-care industry. Much research has, in fact, proven that dogs and cats very seldom have problems digesting grains (as many humans do). Grains can form a very useful part of a balanced diet for them, and can contribute valuable proteins, too, when combined with other meat-based proteins. Grain production, in turn, is gentler on the environment. Also look at the sustainability of the particular meat protein sources in your chosen pet food brand. Beef production, for example, has the heaviest impact on our planet, while chicken is relatively light. Also beware of products made from 'exotic' game products like bison, wild boar, etc. How are those wild populations being sustained, given the mass production of foods now containing these ingredients? A final interesting thought on the pet food



debate: TW management recently visited the world's largest pet-industry trade expo, Interzoo, in Munich and attended a talk on sustainability in the pet industry. The speaker, a highly-recognised expert in the field, believes that the only truly sensible and sustainable protein for the pet industry to utilise is insect protein. And there are currently companies working on insect-protein pet diets. They are packed with all the amino acids our pets require for health and well-being and bugs are certainly a very sustainable commodity. Watch this space!

2. Waste Disposal

You may think that disposing of your dog's poop in a bio-degradable poop-bag is a responsible environmental decision but even bio-degradable bags can take over 10 years to break down! While scooping up after your pooch on a walk is an hygienic and often mandatory practice, most bags used aren't degradable and all that doggy-doo ends up immortalised in plastic, in a landfill. It's not a great idea to flush pet poop either, as it's too nitrogen-rich for our wet ecosystems. Pet poop is best composted - but take care not to use it on your veggie garden, as it contains E.coli and other harmful bacteria.

Environmentally conscious cat parents should avoid clumping kitty litter at all costs. Clay is strip-mined, which is an incredibly harmful practice for the environment and the clumping material, sodium bentonite, acts like expanding cement - it's also used in grouting, sealing and plugging products in the construction sector - and may clog up your fur-child's insides as

he grooms. The silica dust contained in other absorbable litter can also coat cats' lungs. Choose environmentally-friendly litters that are safe for kitty and safe for the planet. There are a number of these available at Twisted Whiskers - they can be flushed safely, or composted.

3. Reuse and Recycle

Our pets don't need expensive, mass-produced, heavily-packaged toys to have fun. We know how much joy they get out of hiding in cardboard boxes or chasing old tennis balls. There are thousands of ideas online for making your own pet toys out of recycled items around the home. And if you don't have time to get crafty and are looking for a special toy for Max and Luna, invest in well-made, durable ones that won't be shredded in 2 seconds and need to be replaced weekly. TW sells a range of top-quality toys that can withstand the most determined chewers for years and can even be popped into the washing machine or dishwasher to ensure hygiene. We are committed to stocking our stores with more items from suppliers who use natural or environmentally-safe materials and minimal packaging.

Remember to recycle your pet food packaging. But before you do so, bear in mind that the bulk food bags can be used as very useful interim holders for garden refuse destined

for the compost heap - the 20kg and 40kg bags make gathering trimmings a breeze.

4. Adopt, Don't Shop

It goes without saying that sterilising our pets is the only way to prevent millions more unwanted pets overpopulating the earth. If you're looking for a new furry member of the family, think about adopting rescue animals, rather than fuelling the demand for the breeding of more pets. If you're after a specific breed, there are rescue organisations looking for loving homes for practically every breed known to mankind.

5. Watch Unnecessary Energy Output

Do you leave heaters on for your pets in cold weather? Rather purchase a self-heating mat for their igloo or kennel. Does the water fountain run all day, unused, when your animals prefer to lap from the bird bath? Do you leave the TV or radio on to keep your pets company while you're away? Why not sign your pooch up at a doggy day-care facility where he can enjoy endless fun and socialise with other pets? Or create a special area of the garden (a sandpit is perfect), where all your pup's favourite treats and toys are buried and where he can dig and play for hours without getting into mischief in other 'off-limits' parts of the home.




6. Indoor vs. Outdoor

Many pets overseas are kept indoors due to various factors, from extreme weather to owners' fears about dangers from predators or vehicles. In SA, our pets are still able to enjoy an outdoor environment for much of the time. But we need to be aware of their habits and take responsibility for their impact on our surroundings. Cats should wear safety collars with bells attached to alert unsuspecting prey. Or investigate the possibility of keeping your cat indoors with access to an enclosed outdoor exercise area like a 'catio', which is safe for both your cat and the critters in your garden and beyond.

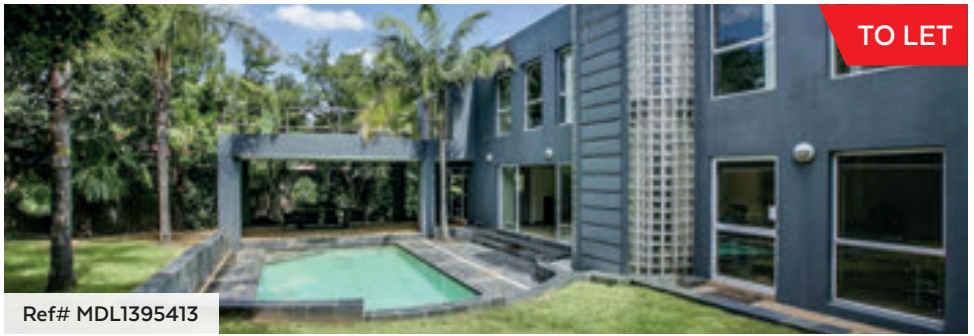
7. Type, size and number of pets

When you consider getting a pet, be it the very first furry bundle you welcome into your home, or a new addition, think about the potential carbon pawprint of the animal you have in mind. Smaller animals eat less, poop less and use smaller dosages of medications and other products than larger pets do. Cats eat diets higher in meat protein (which is more draining on resources), but also produce less waste than dogs, who eat a more omnivorous diet. If you and your family are especially invested in the idea of reducing or eliminating the consumption of animal products in your home, think about adopting a pet that thrives on a vegetarian diet, like birds, rabbits or hamsters, rather than trying to adapt the diet of carnivorous animals to suit your lifestyle. While many companies are now formulating 'vegetarian' and 'vegan' dog and cat foods, these are NOT recommended and do not provide the nutrient profile necessary to promote health in dogs and cats. Also, pay careful attention to the amount of food your pets consume - pet obesity is an enormous problem and overfeeding is not only seriously damaging to your furkid's health, but also wastes resources.

Despite the sobering wake-up call that pet parents have received from the scientific community, if we each take personal responsibility for our own carbon footprint, and our furry family's carbon pawprint, Mother Earth will breathe a sigh of relief and scientists and engineers will be free to focus on solving a far more menacing problem: our collective 'carbon tyre-track'. 



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Please include 'Kyalami Estates Restaurant Competition' in the Subject line and send your answer along with your full name, your cell number and your stand number to: info@eiapublishing.co.za. The winner will be notified by email.

The restaurants featured in this competition have been carefully chosen and, even if you aren't a winner, we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience!

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Well done to the winner of our last competition! Congratulations to: **Jacqueline Pitts** who receives a R500 meal voucher from one of our participating restaurants.

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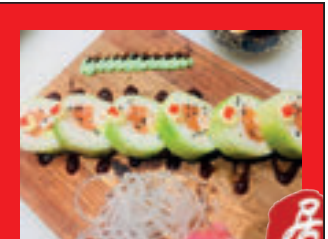
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AN UNQUIET PLACE

By Clare Houston

Hannah Harrison escapes her stalled life in Cape Town for a small-town bookshop in the Free State. A concentration-camp journal from the South African War, found in a dusty box of old stock, reveals the life of Rachel Badenhorst, a young girl separated from her family and enduring the crushing hardship of war. Hannah becomes obsessed with finding out what happened to Rachel.

Coveting the young girl's courage and endurance, she is compelled to uncover Rachel's story, never thinking it will lead her to pick open the wounds of a local farmer and dig up old tragedies, unearthing grief that even the land has held on to for over a century.

R260



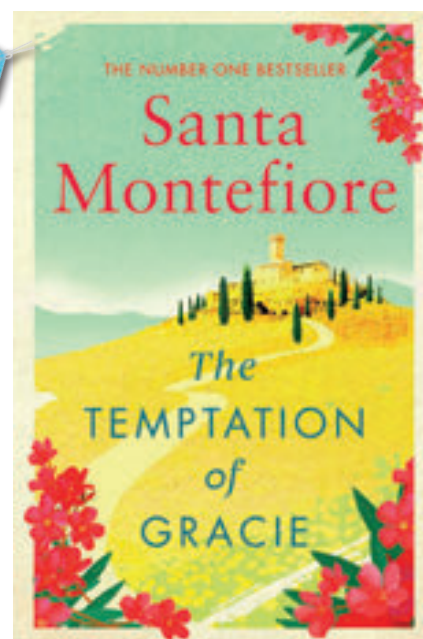
THE TEMPTATION OF GRACIE

By Santa Montefiore

Never give up on your dreams, no matter how long you hold on to them . . . When Gracie Burton stumbles upon an advertisement for a week-long cookery course in the heart of the Tuscan countryside, she cannot resist, and ploughs her life savings into the trip.

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R335



FAIR GAME

By David Fleminger

Fair Game is the story of the hidden history and heritage of the Kruger National Park. It's an engrossing and little-known tale filled with boisterous personalities, twists of fate, unlikely heroes, stubborn perseverance, greedy villains and (luckily) a very happy ending.

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