



SILVER LAKES

G O L F E S T A T E

april | 2017

INTRA MUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE

Easter Activities around Pretoria

Board of
Directors
2017

Resident Author:
Louise Prinsloo





welcome home



R13 500 000

House: 1268m² | Stand 3600m²

Spectacular home situated in the exclusive Silver Lakes Golf Estate! The home features 6 bedrooms, 6 bathrooms (5 en-suite) and a garden cottage. It boasts impressive entertainment areas with multiple options for relaxation and enjoyment that include a cinema room, large braai room, covered patio with a built-in braai and a separate building next to the swimming pool that features a modern bar area, jacuzzi, sauna, shower, guest toilet, boma area and sun lounge.

The living areas include 3 lounges, a dining room, study nook, guest toilet, large study/ library room and 2 kitchens. One of the kitchens is an open plan kitchen with a separate scullery that leads to the lounge and braai room, the other kitchen is a separate kitchen that can also be used as a pantry/ laundry room. The garden cottage features a lounge and kitchen with beautiful views of the golf course, a separate bedroom and bathroom with a shower. Luxurious extras include 3 beautiful fireplaces (lounge, dining room and library), a built-in sound system in the bar area, CCTV camera system and air conditioning in 4 of the bedrooms, 3 lounges and the cinema room. The property also features a grand Porte Cochere, 6 garages and double staff quarters. The unique layout of the property offers multiple options for the new owner when setting up the property. It's a spectacular home that boast stylish finishes and top quality fittings throughout!

To view more detail about this exquisite property including an aerial and interior video please visit www.facebook.com/redtableproperties

www.redtableproperties.co.za
www.facebook.com/RedTableProperties
Kobus: 082 903 9208



redtable
properties



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DISCLAIMER

Intra Muros is a monthly magazine of the Silver Lakes Homeowners' Association (SL HOA). It is intended for the residents of Silver Lakes. It is published on behalf of the SL HOA by Estates in Africa (Pty) Ltd. Articles printed in the Intra Muros, do not necessarily reflect the opinions of the SL HOA or the Estate, the publisher, nor of the companies themselves. Neither the SL HOA, nor the publishers can be held responsible for the quality of the goods and services advertised in the Intra Muros. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form without prior written permission of the publisher.



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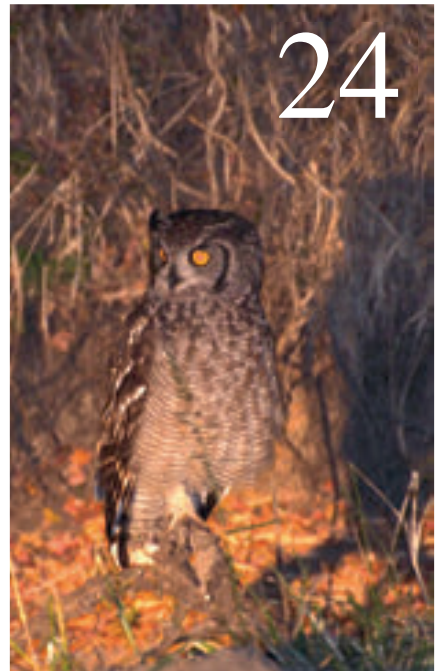
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SILVER LAKES

SHOAL CREEK 24, SILVER LAKES
Tel: 012 809 2787 Fax: 012 809 2583
www.lindabodenstein.co.za



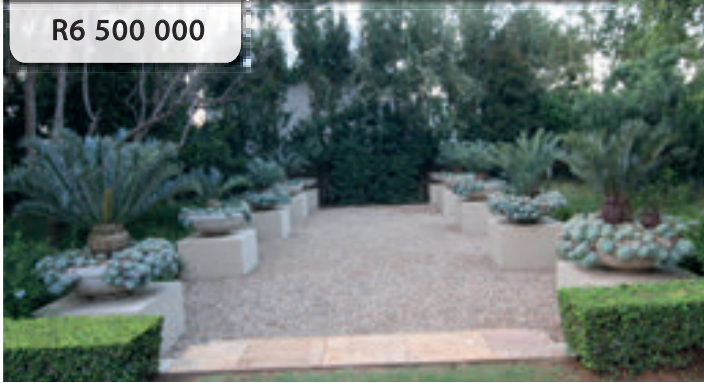
Linda Bodenstein
082 567 7963

SILVER LAKES

Web Ref: 952706

R6 500 000

DUAL MANDATE!!



A real architectural masterpiece on a very large stand of 1800m². All bedrooms are extremely spacious and all with en-suite bathrooms. This house is designed by Joe van Rooyen, one of Pretoria's best architects. Special features are high ceilings and extra high doors. Cavity walls throughout the outside walls. A well planned entertaining area and main bedroom all on one level. A separate study but near the enormous main bedroom that views over a spectacular garden with indigenous trees and pot plants, cycad's and water features. Heat pumps installed, LED lights throughout the house. Gourmet kitchen with double oven and gas stove. Surround sound system. Air conditioners in 2 bedrooms, fire place inside the house and built-in braai on this large patio that opens up with stacker doors. 3 Garages with extra working space, servants quarters. This is a perfect house for a couple with grown-up kids or an older couple that wants living areas all on one level. Contact me for viewing only by appointment.

Linda 082 567 7963

SILVER LAKES

Web Ref: 821918

R2 790 000

LOCK UP AND GO!!



For pensioners that are still young at heart or a young couple buying their first house! Move into this single storey house with 3 bedrooms, 2 bathrooms and double garage and enjoy living in this wonderful Golf Estate.

Linda 082 567 7963

WILLOW ACRES

Web Ref: 944300

R2 390 000

EXCLUSIVE MANDATE!!



A lovely house for the growing family. This property is in a quiet street in this lovely security village. The house is built very neatly with good finishes. Large open plan entertaining area with lounge, dining room and open patio with stacking doors leading to the boma and braai area. Study downstairs and 3 large bedrooms with 2 bathrooms upstairs. Double garage and large servants room. Contact me to view this property. A must to view.

Linda 082 567 7963

VISIT OUR WEBSITE www.lindabodenstein.co.za
FOR A VARIETY OF PROPERTIES. CLICK OR CALL. WE DO IT ALL!

IMPORTANT CONTACT NUMBERS

HOA OFFICE

Office hours:
Monday to Friday
08:00 until 16:30
012 809 0142
info@silverlakes.co.za

WhatsApp Number
081 848 2787

Security access office:
Hours as above
Including first Saturday of every
month from 08:00 until 11:00

SECURITY

Security Control Room (24 hours)
012 809 0424/5

G4S Security Shift Manager
From 18:00 to 06:00,
weekdays
24 hours Sat, Sun and public
holidays
072 615 5862

CLUBHOUSE

Clubhouse
012 809 0281

Cafe 41
012 8091571

GOLF

Pro Shop
012 809 0430

EMERGENCY NUMBERS

Security Control Room (24 hours)
012 809 0424/5

Boschkop Police
012 802 1087/4

Netcare 911
082 911

Willows Hospital
012 807 8100

Life Medical Centre
(near Hans Strijdom Entrance)
012 809 1004

Intercare Medical and
Dental Centre
(Hazeldean Centre)
012 809 6000

Fire Brigade
10111

Power Failure
012 339 9111

City of Tshwane Call Centre
012 358 9999

Water leaks: waterleaks@tshwane.gov.za
Street lights: streetlights@tshwane.gov.za

Smart Meter Call Centre
012 943 9950
smartmeter@tshwane.gov.za

CHIEF OPERATING OFFICER



JAN DE WET
SILVER LAKES
CHIEF OPERATING OFFICER

The cooler weather and good rains over the past few months have transformed our golf course and game reserve, and both are looking better than ever. We are still battling with algae and reed growth in some of the dams. This will be attended to over the next few months and it would seem to be an ongoing issue for us to manage. The cause is possibly, and quite probably, due to sewerage spillages in our waterways and although we monitor and test our water quality on an ongoing basis, we cannot be 100% certain if this is in fact the cause. Corlia Mathews, our Environmental Director, has taken a keen interest in this situation as it has a significant environmental impact on our Estate. She will report back once we have more information.

The 1st of April may be April Fool's Day, but more importantly for us it marks the effective date of our new Rules that were approved at the Constitutional General Meeting in February. Members and residents are encouraged to familiarise themselves with these Rules that are aimed at promoting a harmonious lifestyle and good neighbourliness in our Estate. The new Rules are available on our website, at the HOA offices and have also been emailed to all our members and residents.

Over the next few months, we will be commencing with the installation of the irrigation system on the front nine holes of the golf course to complement

the successful first phase of the system that was installed last year. The difference in conditioning between the two nines is remarkable and once this system is complete, our course will finally be up to the standard we expect it to be. Our golfers will also be able to enjoy a new halfway house facility. We apologise for the inconvenience these two projects will have on the golf operation, golfers and residents, but the end results will be worth it.

These two projects are the last of the major projects to be undertaken as part of the Capital Development Fund levy that started two years ago, and once the funding for these projects is complete our members can look forward to a reduction in capital levies in the next financial year. We would have spent in excess of R30 million on necessary capital expenditure that transformed and revitalised the Estate, and I am proud to have been part of these projects along with the HOA staff and directors that spent many hours to implement these changes for the betterment of our Estate.

I would lastly continue to encourage residents to communicate with me should there be any issues you would like to bring to our attention. Please feel free to make an appointment with Michele on (012) 809-0142 or email: secretary@silverlakes.co.za.

Regards
Jan



RE/MAX
Jacaranda

San-Karin Jacobs

Your fellow resident in Silver Lakes Golf Estate for the past 21 years!
sankarin@remax.net 082 254 2504 www.remax.co.za



Property Link: bit.ly/2-690-000

R 2 690 000



Property Link: bit.ly/3-200-000

R 3 200 000



Silverwoods Country Estate



Property Link: bit.ly/5-700-000

R 5 700 000



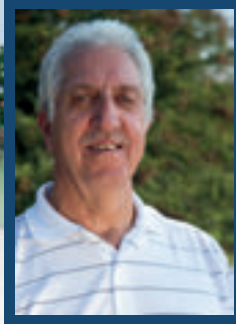
Property Link: bit.ly/6-500-000

R 6 500 000



Property Link: bit.ly/13-500-000

R 13 500 000



DANIE VAN NIEKERK
ESTATE MANAGER



Amended Memorandum of Incorporation and Rules

At our Estate's recent Constitutional Annual General Meeting (CGM) held on 20 February 2017, our amended Memorandum of Incorporation (MOI) as well as the amended Rules and Schedules of Transgressions & Penalties were approved. Furthermore, these documents were then lodged with the Companies and Intellectual Property Commission (CIPC) and are effective from the dates of registration. As a result, all of the official HOA administration documentation (letterheads, application forms, etc.) had to be updated. During this transition period, there could still be some of the old documentation in circulation. For ease of reference, also see the extract from our electronic newsletter below, dated 07/03/2017:

"Dear Members and Residents

RE: MEMORANDUM OF INCORPORATION (MOI) & RULES

The MOI as amended and approved at the Constitutional Annual General Meeting (CGM) on 20 February 2017 was recently lodged and is effective from 6 March 2017.

The Rules and Schedule of Transgressions and Penalties were also approved at this CGM and will become effective from 1 April 2017. The Rules are a particularly important document to guide day-to-day harmonious living on the Estate and we encourage all Members and Residents to spend some time to study the new Rules and familiarise themselves with the content thereof."

Local authority approvals – Building Plans
It has come to our attention that there is still difficulty experienced with the building

approval process – there continues to be a large backlog of work and approval of building plan submissions is taking much longer than expected. Architects, homeowners, project managers and contractors are being seriously affected. This delay results in time losses, risks, cost implications, etc., as construction work may not commence on site without municipal approval. The HOA is unfortunately legally restricted (like the homeowner) and cannot condone commencement of construction work on site without municipal approval. To proceed without the necessary approval is illegal, a transgression of Municipal and Estate Rules & Regulations and an offence. Applicable penalties will be raised and necessary steps will be taken to rectify the matter until approval is obtained for compliance. The HOA has officially taken this matter up with the Local Authority and Ward Councillor. Your co-operation in this regard will be appreciated.

Water Restrictions

Now with the lifted water restrictions in this part of our country, we are very thankful for all the rain we were blessed with. Furthermore, thank you to each and every one for understanding the seriousness of using water sparingly and wisely. The co-operation by all is greatly appreciated. It is clear that if we stand together and apply our minds and efforts, we will achieve!

Thank you once again for your co-operation and keep the "Water Wise" awareness on our Estate alive, effective and meaningful. Remember, "Lead by example". We depend on each other...

Clubhouse area and other projects
With the budgets now approved for the

new financial year, we are in a position to commence with some planned projects. Prioritising work, updated costing, resources, availability, good weather, etc., are all key factors that impact on this process.

We intend the following projects:

- The installation of phase 2 of the new golf irrigation system on the first nine holes as well as some civil upgrade works of the existing pump house on the 18th fairway. (This building – mostly underground – is actually the "heart" of the golf course irrigation system that houses very expensive and sensitive irrigation equipment.)
- The replacement of the current temporary facility of the halfway house with the new permanent structure at the bottom of the ramps and main open patio staircase.
- The installation of the new third tennis court, repositioning of the new tennis shelter with the new third tennis court as well as refurbishing of the existing two tennis courts.
- The installation of a new service road (deliveries/refuse removal) off La Quinta Street to the back (west side) of the main kitchen area.
- The repositioning of the existing main diesel generator, currently at the squash courts, to an identified position at the back of the main kitchen area.
- Upgrading the parking area, play area and landscaping in front of the Clubhouse as well as the caddie facility.
- Upgrading the workshops area, workshop facilities, stores, equipment wash-bay and compliant ablution facilities for permanent outdoor staff, service provider staff and standby staff.



List with Lew Geffen Sotheby's International Realty.

There is an art to selling fine homes. Just as an art gallery positions and places art, we position your home to place it in its finest light and to showcase the value.

We embrace innovation. Pushing the envelope and doing things ahead of the curve gets us excited. Technology allows us to market your home in an ever changing and ever improving variety of ways.

Marketing on global scale. We are not passive in our approach to international real estate marketing. We push to open new markets throughout the world and spotlight our market to savvy buyers.

We understand that understanding the lifestyle our people are looking for can be just as important as the home itself.

A track record that speaks for itself. Our attention to detail and innovative marketing have led us to be the luxury leader in real estate.

Lew Geffen

Sotheby's
INTERNATIONAL REALTY



Juanita du Plessis

082 322 3407

juanita@sirpretoria.co.za

Let's connect.



Silver Lakes Property



Juanita du Plessis



sothebys_realty_silverlakes

ESTATE MANAGER



Artist's impression of the new halfway house



New service road at the kitchen area



The existing pump house



The standby generator

STAND STATISTICS UPDATE

2017	Phase 1					Phase 2					Phase 3					Summary					
	A	E	U/CN	U/CA	C	A	E	U/CN	U/CA	C	A	E	U/CN	U/CA	C	A	E	U/CN	U/CA	C	Total
Jan	0	5	2	8	951	1	17	3	2	491	0	16	7	2	139	1	38	12	12	1581	1644
Feb	0	5	2	8	951	1	17	3	2	491	0	16	5	3	140	1	38	10	13	1582	1644
Mar	0	5	2	7	952	1	17	3	3	490	0	16	5	2	141	1	38	10	12	1583	1644

Legend	
A	Abandoned
E	Empty Stand
U/CN	Under Construction New
U/CA	Under Construction Additions
C	Completed

RAINFALL UPDATE

The information tabulated below has been recorded over the period (since January 1996 till February 2017) by a Homeowner residing in Phase 1 of our Estate. We appreciate receiving the rainfall data regularly for publishing in the Intra Muros.

Total rainfall as recorded for February 2017 per phase:

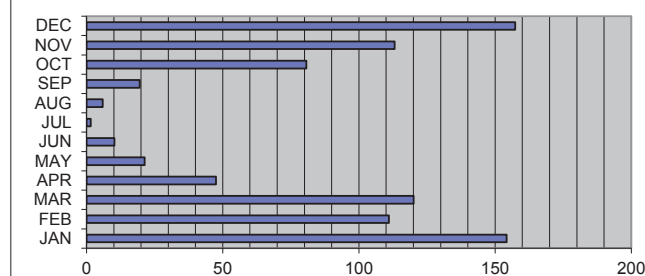
- Phase 1 158 mm
- Phase 2 153 mm
- Phase 3 148 mm

YEAR	MONTH												TOTALS
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
1996	284	285	61	97	31	0	2	0	0	107	106	215	1188
1997	122	58	361	33	102	0	6	0	44	72	155	103	1056
1998	99	121	117	3	0	0	0	0	37	51	123	207	758
1999	123	31	86	37	37	20	0	0	4	50	88	216	692
2000	195	220	177	71	18	8	0	3	15	170	119	97	1093
2001	57	110	21	9	67	3	0	0	9	72	179	94	621
2002	76	70	18	42	11	38	0	25	5	68	29	156	538
2003	187	134	57	0	0	20	0	0	2	99	84	103	686
2004	134	255	246	53	13	11	4	0	0	29	121	286	1152
2005	236	40	66	81	0	0	0	0	0	18	117	81	639
2006	311	182	21	37	0	0	0	47	0	36	92	150	876
2007	58	41	4	61	0	38	0	0	68	197	57	147	671
2008	288	50	215	53	49	9	3	0	0	56	220	176	1099
2009	205	224	88	6	15	33	0	18	25	84	146	132	956
2010	112	78	94	151	58	0	0	0	32	42	255	822	
2011	219	65	243	64	0	20	10	15	11	106	64	182	999
2012	56	61	96	18	0	0	0	0	112	176	72	172	763
2013	96	56	34	99	0	0	0	3	10	114	123	197	732
2014	107	140	316	14	1	2	0	14	1	40	135	172	942
2015	110	27	57	40	0	0	5	0	62	23	65	70	459
2016	191	37	165	29	46	13	2	0	5	95	239	95	917
2017	148	158											306
AVERAGE	154	111	120	48	21	10	2	6	20	81	113	157	841

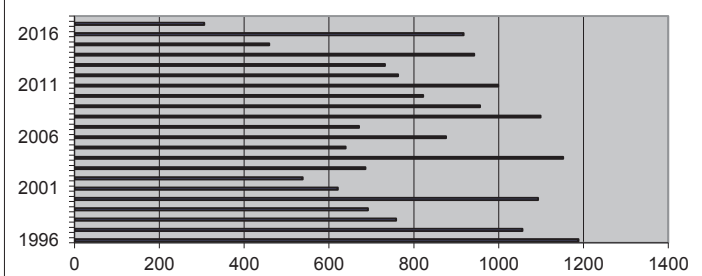
DAILY RAINFALL - SILVER LAKES						
FEBRUARY 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
			3			
12	13	14	15	16	17	18
	11	9				
19	20	21	22	23	24	25
	79	36	5	13	2	
26	27	28				
						TOTAL 158

Sidney Pretorius
70 Gleneaglesrylaan

AVERAGE MONTHLY RAINFALL



ANNUAL RAINFALL





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- RE/MAX CHAIRMAN'S CLUB STATUS IN 2012, 2011 AND 2010
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- RE/MAX INTERNATIONAL HALL OF FAME LIFETIME MEMBER
- NUMBER 11 RE/MAX SALES TEAM INTERNATIONALLY • NUMBER 7 RE/MAX SALES TEAM IN SOUTH AFRICA



*Top row from left: Mr Visser du Plessis (Security), Mr Anton Roets (Finance) & Dr Steven Pretorius (Chairperson).
Second row from left: Mr Jan de Wet (CEO) & Mr Jannie Botha (Country Club).
Front row from left: Mr Jaco Coetzee (Vice-Chairperson) & Mrs Corlia Mathews (Environment).*

Board of Directors 2017

At the Annual General Meeting held on 20 February 2017 three new Directors were elected to the Board, namely Messrs Jaco Coetzee, Anton Roets and Visser du Plessis.

Mr Jannie Botha has been co-opted as the Country Club Director and, going forward, instead of five elected Directors, there will be six elected Directors. The CEO is appointed as an ex officio Director.

The Association extends its appreciation and best wishes to the outgoing Directors, Messrs Eugene Kruger, Theo O'Neil and Frikkie Geysler, and thanks them for their invaluable contribution over the past few years.

WhatsApp Number

It is always good hearing from you and starting from February 2017 it has now become easier for residents and golfers to send feedback, suggestions, comments and complaints to the Silver Lakes Homeowners Association via a dedicated WhatsApp number. The WhatsApp Number is 081 848 2787.

Please remember that all emergencies still need to be reported to the Control Room on 012 809 0424/5. The Control Room is manned with suitably trained staff 24 hours a day, 365 days a year.

Welcome to Cheryl Lotriet

Cheryl Lotriet has been appointed as the permanent receptionist at the HOA office. Cheryl comes from the Cape and has been living in Pretoria for the last 3 years. Cheryl has worked in retail and has held a variety of roles throughout her working career.

Welcome to Cheryl. We wish her all the very best. We hope she enjoys many happy years working for the Silver Lakes HOA.



Cheryl Lotriet



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2016-2017


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PROPERTIES



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As we continue to celebrate the values and wisdom of our founder, we are delighted to have also been recently acknowledged with the **Best International Real Estate Agency for Marketing** award in London. This most recent award is just another good reason for you to place your trust in us when selling your greatest asset, your home.



Inge De Klerk 083 700 3911
pamgolding.co.za/inge-de-klerk

Pretoria 012 365 9000
pamgolding.co.za

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Security Guard of the Month

The security of our Estate is vitally important and to help us to perform our duties effectively, we appreciate feedback from our residents. It is especially gratifying when we hear about the successes achieved regarding the security on our Estate and therefore we would like to share this letter we received from a satisfied resident:



Winnet Sikhosana

I wish to take this opportunity to thank Silver Lakes HOA and G4S for their consistent, passionate way in which they create the safe and peaceful environment we as residents get to live in.

On Sunday 19 February, my little boy's bicycle was left on the golf course by accident. We only realised this on Monday 20 February and obviously went straight to where it was left. Unfortunately, the bicycle was not there anymore. I contacted the security control room to ask if they had maybe found a lost bicycle (which they had not) and left a description of what it looks like. Security then offered to help me find it.

I phoned again on Wednesday 22 February to ask whether we could place a notices on the boards at the entrances in an effort determine whether someone had maybe found the bicycle and did not know who it belongs to.

On Friday 24 February, Lucky, the G4S Contract Manager, phoned me around 17:15 and asked that I come to the Security Control Room as they had found a bicycle fitting the description I had given. On arrival, I was delighted to find my little one's bicycle there.

This did not happen by accident but through service excellence and absolute commitment by our security team, specifically Winnet, the person on duty on the day it was recovered. A person tried to leave Silver Lakes with our bicycle and Winnet was suspicious as he has seen this particular person more than once leaving and entering on foot. He also realised that the bicycle this person tried to leave with matched the description of the lost bicycle that their management team had briefed them about.

Winnet confiscated the bicycle immediately and informed Lucky, who then phoned me.

I believe we have had a tough start for 2017 in Silver Lakes and that we can all do with some good news. I hope that this will again remind us that we are living in one of the best Estates in the entire country.

Thank you HOA, G4S and specifically Winnet. I salute you for putting a smile on my boy's face again.

I am a proud homeowner on this Estate.

CALENDAR OF ANNUAL EVENTS FOR 2017

Wednesday 3 May
Workers get-together

Sunday 14 May
Mother's Day Lunch

Friday 16 June
Youth Day Fun Day

Sunday 18 June
Father's Day Lunch

Saturday 15 July
Parent Talk

Tuesday 15 August
Workers get-together

Saturday 9 September
Spring Day Fun Day

Sunday 24 September
Heritage Day

Tuesday 17 October
Garden Competition

Tuesday 31 October
Trick or Treat

Friday 24 November
Christmas Celebration



Martin Hayward
083 452 5599
martin@ikonic.co.za



Zona-Lize Hayward
083 452 5588
zhayward@ikonic.co.za



SILVER LAKES **R8 000 000**

Web Ref: 13455000



EXCLUSIVE MANDATE

The magnificent modern architecture of this exclusive family residence – with special emphasis on space, light and flow is complimented with stunning and engaging views of the fairways and echoes the spirit of uncompromised quality and the ultimate lifestyle. An excellent fusion of glass, aluminium, wood and clean architectural lines, creating an effortless flow from the indoors to the outdoors. Featuring large flowing and expansive reception and entertainment areas, executive study with fire place and well equipped gourmet kitchen with climate control pantry, separate scullery and laundry. The home also features 4 extra spacious en-suite bedrooms, including the exceptional master suite with luxurious bathroom and a his and hers walk in dressing rooms. Also on offer is double staff accommodation, 3 automated garages with workspace, and ample parking for friends and family. **SPECIAL FEATURES:** Fire-Places (2), Air-Conditioning, Under floor heating, Automated irrigation, Surround sound, Store room.

Zona-Lize 083 452 5588

SILVER LAKES **R3 490 000**

Web Ref: 13460061



EXCLUSIVE MANDATE

A spacious and charming family home with modern and quality finishes throughout. Offering flowing open-plan north facing living areas that leads into an enclosed entertainer's patio with built-in gas barbecue, a sparkling pool set in an established private garden, 4 large bedrooms, 3.5 bathrooms, study, 2 garages, big storage or hobby room and staff accommodation.

Martin 083 452 5599

SILVER LAKES **R3 495 000**

Web Ref: 13460850



EXCLUSIVE MANDATE

Enjoy a tranquil lifestyle in this neat and low maintenance home complimented by bay windows. Ideal for a newly retired couple with the main bedroom being down stairs. Situated in a very quiet street with easy access to the golf course. The home features well appointed open plan reception areas with separate formal lounge – all with sliding doors opening onto the patio with views of the well established, lush and private garden with water feature. Also on offer is a well equipped open plan kitchen with ample cupboard space, and separate scullery, study, 3 light and bright bedrooms (MES) with 2.5 bathrooms. Double automated garages with ample parking space. **Special Features:** Air-Conditioning, Automated Irrigation.

Martin 083 452 5599

SILVER LAKES **R3 600 000**

Web Ref: 13340311



EXCLUSIVE MANDATE

Enticing family home boasting stylish elegance coupled with loads of ambience and quality finishes throughout. High ceilinged entrance welcomes you to large open plan reception areas with fold away doors on both sides opening seamlessly to a very private and exclusive entertainment area with welcoming pool and built in barbecue – set in a beautifully manicured landscaped garden. Cosy and sunny dining room area with fire-place overlooks the private pool area. Modern open plan kitchen with ample cupboard space and separate scullery. Also on offer is 4 bedrooms and 3.5 beautifully finished bathrooms - consisting of a lavish main bedroom suite with stunning bathroom upstairs and guest suite downstairs. Staff accommodation and 3 automated garages with ample parking. **Special Features,** Air Conditioning, Two Fire Places, Irrigation.

Zona-Lize 083 452 5588

SILVER LAKES **R3 995 000**

Web Ref: 13426590



EXCLUSIVE MANDATE

Enjoy peace and tranquility in this family inspired home. Beautifully presented throughout with modern fixtures and fittings. A double volume entrance welcomes you to generous and flowing open plan reception areas, a study, an entertainer's patio with boma-like barbecue and a sun splashed pool set in a tranquil, private, secure and a child friendly garden. A modern kitchen with separate scullery and ample workspace. Also on offer are 5 spacious bedrooms (three en-suite) and 4.5 bathrooms, double automated garages, 2 storerooms, visitors parking and staff accommodation.

Martin 083 452 5599

SILVER LAKES **R3 700 000**

Web Ref: 13461588



INVITING - LIGHT & BRIGHT

Infiltrated by lots of natural light this contemporary, immaculate and modern home with exclusive quality finishes features 3 expansive living areas opening onto entertainer's patio with built in barbecue overlooking the sparkling pool and landscaped garden. Also on offer is a modern open plan kitchen with caesar stone counter tops, ample workspace, cupboards and separate scullery. 3 Stylish bedrooms (MES) with 2.5 beautifully finished bathrooms complete this stunning picture. This home also offers two automated garages, staff accommodation and ample parking. **Special Features:** Air-Conditioning, Automated irrigation, Fire Place.

Zona-Lize 083 452 5588

SILVER LAKES **R6 600 000**

UNDER OFFER Web Ref: 13439748



EXCLUSIVE MANDATE

Experience fine & exclusive Golf Estate Living in this luxurious and modern family home - designed with comfort in mind. Situated in a prime position on the golf course with engaging views of the fairways. Featuring a dramatic and welcoming double volume entrance, 4 lavish and expansive reception areas – ideal for indoor and outdoor entertaining, private home theatre, study, fitted bar area and modern and spacious open plan kitchen. Frameless glass stacker sliders open onto sun splashed pool, private landscaped garden and patio area. Also on offer is 5 generous bedrooms, 4 well equipped and spacious bathrooms including a luxurious first floor master suite with private balcony and engaging views. Staff accommodation, 3 automated garages and storeroom. **SPECIAL FEATURES:** Air-Conditioning, Automated Irrigation, Established Kio pond.

Martin 083 452 5599

SILVER LAKES **R2 300 000**

Web Ref: 13444011



VERY MODERN

Light and bright !!! Newly renovated one level townhouse. Situated in the exclusive Silver Lakes Golf Estate. Boasting spacious open plan living areas with sliding doors opening onto the covered patio with built in barbecue overlooking the small and private garden with Jacuzzi. Also on offer is an open plan kitchen with separate scullery, 3 bedrooms (MES) and 2 full bathrooms. Double automated garages.

Martin 083 452 5599

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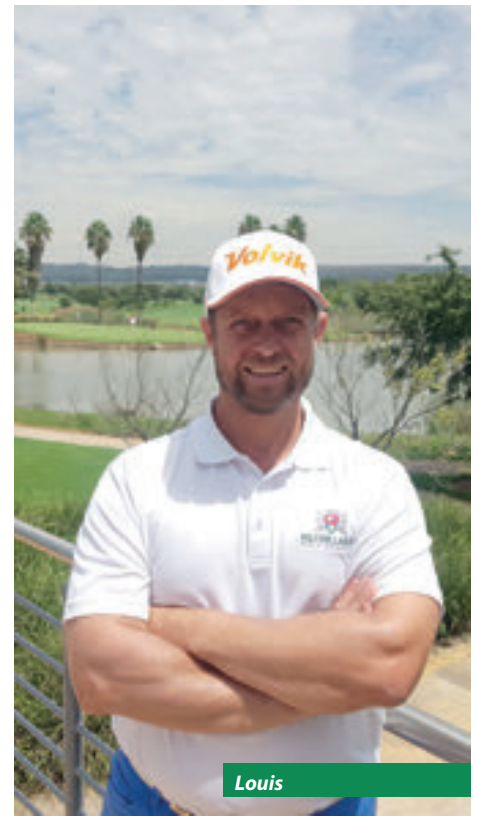
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Andre



Sjac



Louis

Building a Bright Future

GOLF INSTRUCTION AT SILVER LAKES COUNTRY CLUB HAS ENTERED A NEW ERA.

The value of Qualified Golf Professionals at the Country Club has really come to the fore in the past 12 months. PGA professional coaches have a major role to play in the exposure and development of future participants to the game. "As PGA members and ambassadors of the game, we are 100% committed to growing the game of golf at Silver Lakes CC," says Louis Coetzee, one of the three PGA professional coaches at Silver Lakes Country Club.

"At grassroots level, we aim to expose as many people as possible, and especially juniors, to the game. The idea is to get everybody involved and to develop a passion or love for the lifestyle. As we know, it's all about the early-morning beauty of the course, the addiction to playing and

improving, the incredible comfort of the halfway house and, of course, the '19th hole' where memories of the shots made and lost are discussed. It is truly an amazing lifestyle and game!"

The Academy structures are based on developing basic skills like hand speed, agility and hand-eye co-ordination as well as establishing proper fundamentals in the swing and the short game. From here, the player can develop his own style. The key here is to match his physical ability to proposed swing techniques. The coaches focus on a training process rather than lessons every now and again. There are ladies', men's and junior sessions on a daily basis.

Players are also regularly exposed to playing on the course as well as being introduced

to the club structures. It is truly satisfying to see people falling in love with the game – people that you have taken in from "just wanting to try" to being able to join as members, booking rounds, hanging out at the clubhouse and then again encouraging their friends to try the game. Current training opportunities include: daily ladies' clinics, men's clinics, junior sessions, junior competitions, swing analysis, TrackMan analysis, physical screening, playing lessons, holiday clinics, etc. The Coaches also provide a wide variety of teaching techniques, from beginners using SNAG (starting new at golf) to cameras and computer equipment.

"We truly feel that the Golf Professional has a significant role to play in introducing, developing and maintaining members of the Silver Lakes Country Club," he says.



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Guidelines for the Mature Golfers Playing at the Silver Lakes Country Club

VISION: To be the preferred senior golfers' society in Pretoria.

MISSION: To establish a pleasant, affordable and sustainable golf environment for our senior male members playing at the Silver Lakes Golf Club.

VALUES: To uphold shared values such as:
Mutual Trust – Openness – Respectfulness – Honesty – Friendliness – Golf Etiquette

KEY OBJECTIVES

1. Establish a good team/group spirit within a fun-filled competitive environment.
2. Encourage mixing of playing partners.
3. Attract and recruit new members.
4. Regular communication with members.
5. Adhere to golfing rules and etiquette at all times.
6. Promote the Mature Golfers brand.
7. Raise funds to sponsor prizes and organise other activities/competitions for members.

GENERAL RULES

1. Membership is open to all male golfers aged 55 and older on the official database of the Mature Golfers without any entrance fee.

2. An Organising Committee consisting of chair, secretary/admin and 3 additional members is voted in annually.
3. Members are required to make weekly bookings at the Pro shop if they intend to play and are to adhere to draw/playing times as late arrivals may not be accommodated.
4. Only members with official handicaps AND wearing the official Mature Golfer shirts (or on order) will qualify for weekly prizes. All players will qualify for 2-clubs and the nearest to the pin competitions.
5. Selecting of two-balls (but NOT four-balls) will be allowed when the draw is done 15 minutes prior to tee-off.
6. Guests/sponsors with official handicaps are welcome to compete for all prizes.
7. The golf club rules and etiquette shall apply at all times and disciplinary action will be taken in cases of any infringements – the Disciplinary Committee shall consist of 3 members of the Mature Golfers Organising Committee.
8. The starter will also announce specific/applicable Mature Golfer rules for the day during the draw (competition format / fines / etc.).

Organising Committee

MATURE GOLFERS - 2 FEBRUARY 2017

NAME	PLACE	2-CLUB
Barry Chappel (34 c/o)	1st	Johan Myburgh
Jannie v d Watt (34 c/o)	2nd	Jannie v d Watt
Rolf Hauter (34 c/o)	3rd	Barry Chappel
Johan Myburgh	NTP # 9	
Rolf Hauter	NTP # 13	
Pieter Grey	NTP # 16	
Francois Booyse	NTP # 18	
Barry Chappel	NTP # 3	

MATURE GOLFERS - 9 FEBRUARY 2017

NAME	PLACE	2-CLUB
John Murray / Tienie Wessels (44)	1st	Daan Venter
Niek Hollander /Jan Potgieter (43 c/o)	2nd	Rolf Hauter
Daan Venter	NTP # 9	John Murray
Hugo Pretorius	NTP # 13	
John Murray	NTP # 16	
Francois Booyse	NTP # 18	
Rolf Hauter	NTP # 3	

MATURE GOLFERS - 16 FEBRUARY 2017

NAME	PLACE	2-CLUB
John Murray / Jannie v d Watt / Leon Nolle / Eugene Visagie (88)	1st	John Murray
Herman Prost / Colin Gibson / Johan Grobbelaar / André Smit (85)	2nd	
Jan Potgieter	NTP # 9	
Eugene Visagie	NTP # 13	
André Meij	NTP # 16	
Jannie v d Watt	NTP # 18	
Jannie v d Watt	NTP # 3	

MATURE GOLFERS - 23 FEBRUARY 2017

NAME	PLACE	2-CLUB
Eugene Visagie (37)	1st	No 2-Clubs
Francois Booyse (31 c/o)	2nd	
Jannie v d Watt (31 c/o)	3rd	
Eugene Visagie	NTP # 9	
Eugene Visagie	NTP # 13	
Piet Skinner	NTP # 16	
Johann Myburgh	NTP # 18	
Eugene Visagie	NTP # 3	

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CURING THE DOUBLE BOGEY BLUES – take the "C" out of your slice

BY COACH LOUIS COETZEE

As a first in a series of articles about technique, I would like to highlight the fact that we will try and take all the complex issues surrounding swing and the short game and simplify them.

It is of utmost importance that you firstly understand the issue of “cause and effect”. A sequence of events occurs during the swing, producing a specific result.

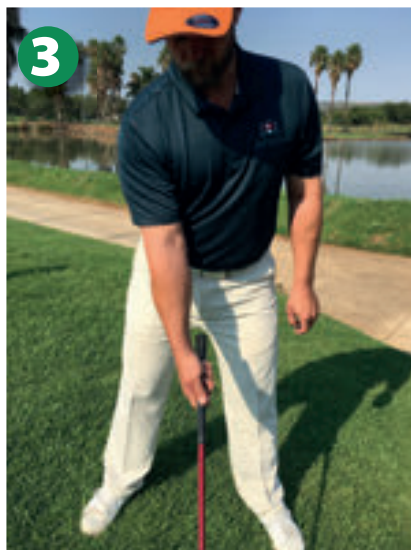
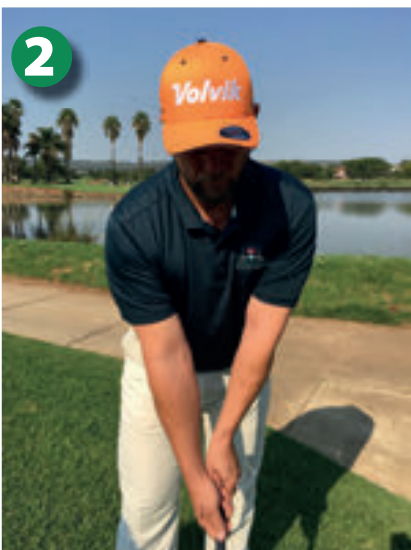
Understanding your sequence and how this can be altered to produce a different outcome will be a game-changing experience. For

example, a player with a stronger grip, when hooking the ball, will need more lateral body movement through impact whereas a player with a weak grip will need more spine tilt to enhance release. Both these actions will manipulate the clubface position at impact and produce a specific ball flight.

Ok, so enough said. Where do we start? Let’s start at everybody’s favourite shot: the tee shot.

Different factors at impact (the moment you hit the ball) produce ball flight. Upon

analysing, we start at the result, the “symptom of the sickness”, which in this case is a slice. Slicing a ball is produced by an open clubface at impact. To counter this, the player will adapt an out-to-in swing path. This, in time, will only make the slice effect worse. To get rid of the slice, we have to do the opposite. We have to get the clubface closing to the target line on impact. A good indication of the change that can be achieved at impact is when you start to hit the ball in the opposite direction. The result should be that the swing path will adapt to the new clubface position and the swing path should change to a more inside path.





My tips to “Slicers” (right-handed players):

1. Check the fleshy pad on the back of your left hand. It should be in a position on top of the grip of the club. Most slicers have the grip of the club running through the palm of the left hand. This is a weak position and makes rotation of the club very hard to do.
2. Turn the Vs. By turning both the Vs formed by the thumbs and forefingers towards the right shoulder, your hands will be in a “stronger” position to rotate through impact.
3. Push the hips forward so the spine angle will lean slightly to the back. Try and keep this angle during impact. This can promote a shallower and more inside entry into the ball. This, combined with the rotation of the club, will inhibit the slice effect.
4. Ensure your right thumb is on the grip and not off the left side. This has a major effect on your ability to use the right thumb and forefinger to rotate the club head.



Use of the Golf Course

- Pedestrians must stick to the cart paths during official play.
- At all times pedestrians must take extreme caution when on the golf course.
- Do not walk, ride bikes or drive carts across the course during play.
- Residents and visitors who walk, jog and cycle on the course do so at their own risk.
- Walk in the direction in which the hole is played.
- Please stop and stand still while a golfer is playing near you.
- Dogs must be on a leash and please remove excrement.
- Golfers have priority at all times.
- Please obey the marshals and security officials.
- Keep out of the bunkers, off the tees and greens at all times.

Thank you.



About Coach Louis Coetzee
Sport & Exercise Technology Degree
PGA Qualified Coach/Member
15 years
Currently “Fellow” PGA Member
Qualified Logical Golf Instructor
20 years coaching experience



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CORLIA MATHEWS
ENVIRONMENT, SOCIAL & ETHICS DIRECTOR

Help us make this great Estate even greater

In last month's article, I discussed some of the past year's projects and events. Perhaps it will be prudent to discuss what we have in mind for the coming year... But first, all of our residents out there who have something you want to say to us, make some suggestions or who just want to help us make our great Estate even greater, join one of our committees – the architectural or the environmental committee – or one of the working groups – environment, social or clubs. Send me an email (mathews@iafrica.com) or give me a ring on 083 448 9441. We will appreciate your input.



After the great rains we had, the golf course is stunning... with many mushrooms popping up everywhere – but please refrain from eating them!

You will also notice that our golf course staff are not in their Servest clothes anymore. We started with a new service provider, Matco, on the 1st of March. They started with a great drawback – even though the golf course looked green and luscious, the greens had unfortunately been burnt and it is now the task of Matco to get the greens fit for play again. We wish them the best of luck and thank them for their hard work.

We have many projects that were approved and started in 2016 continuing this year. One such project is renewing the signage. As you would have seen all around the Estate, the disclaimers at the gates, on the golf course and at the Club, as well as the signature street corners were started last year after they were approved at City Council. We will be finishing the projects around the clubhouse, such as the new halfway house and tennis court, as well as the gardens surrounding these projects.



The Clubhouse with the new pergola.

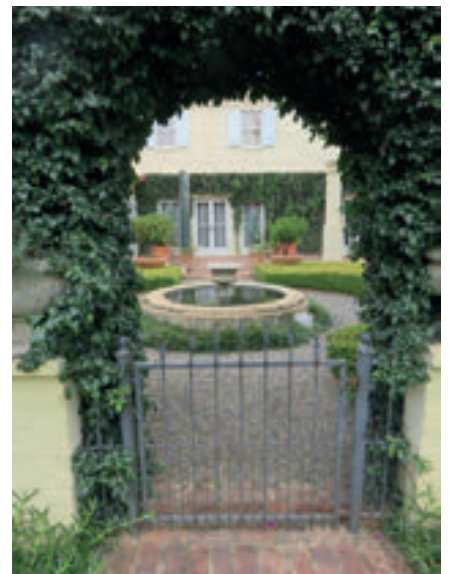


Our tennis courts will be revamped and a third court will be built.



You will agree that our pool is looking stunning thanks to our own Chris and Elijah.

Together with this, we will continue trying to clear our sidewalks of untidy elements in order to create more pleasing streetscapes. We ask homeowners to remove hard elements such as concrete balls and unwelcoming rocks from their sidewalks. It will be great if we could all take the importance of beautiful sidewalks to heart and help enhance our Estate.



One of our biggest headaches of the past year is the infestation of our dams with weed grasses, ESPECIALLY the one on the 5th green. I have written many articles about the weed grass and from those you would have gathered that it is not an easy task to control it... never mind eradicate it!



not have a root system, it cannot be 'killed off' by removing it. It just becomes 'cuttings', growing and multiplying again.

We tried to remove the weed by hand with NO success other than breaking the spirit of all who were working on the project... removing heaps and heaps of weeds, just to come back the next day and the weeds seem to be back to the masses and masses one started with! This was done before winter last year and we hoped winter might be a factor, but other than the weeds being dormant for a few months, nothing has changed.

We even had the mechanical remover on site for a week last summer, but as you can see once again, nothing has changed.



Our newest idea is to circulate the water in the dam on the 5th since the weed does not grow in moving water. We would like to verify this with some experts and the Department of Water Affairs and Sanitation. As you know from previous articles, we are in constant contact with the Department of Water Affairs and Sanitation and other specialists to help with this problem in an environmentally appropriate manner.



In the Game Reserve, we have approximately 100 animals – go and take a walk on our walking trails and see which of these animals you can spot.

- 11 Kudu
 - 15 nyala (could be 17)
 - 28 impala
 - 17 springbuck
 - 16 blesbuck
 - 3 common reedbuck (possibly 4)
 - 7 mountain reedbuck (could be 8 as I suspect another small lamb is still hiding)
 - 2 waterbuck (female visibly pregnant)
 - 3 sable bulls
 - At least 5 bushbuck in the Game Reserve (could be as many as another 9 in Phases 1 and 2)
 - 6 Steenbuck
 - 6 Grey duikers (at least 5 more in Phases 1 and 2).
- Since the smaller animals are very difficult to count accurately, the numbers could be more.

As you all know, this is a very special part of the Estate and well worth visiting, but also very sensitive! Obviously, no dumping, littering or any kind of environmentally unfriendly activities are allowed in Silver Lakes, but in this area especially, PLEASE take care and be quiet around the animals. This is an area for restful enjoyment, for getting a bit of one's 'soul' back after a day's hard work in the city.



Adriaan du Toit of the Garden Group and his maintenance team have been hard at work on the Estate these past few months. After first trying to survive a drought and then so much rain, weeds and too much growth were the daily hurdles so that they have really had to jump in their efforts to beautify our Estate. It was no problem to them, and Eddie and his team of workers had the Estate in tip-top shape after the skeleton team grew to full capacity again in January.

They mowed the sidewalks and lawns every week and replaced lawns where necessary. They also undertook a big 'clean-up' and cutting of overgrowth on the open stands after the summer break, with lots of weeding, so much so that two gardeners were permanently on weeding duty! As you will notice since the start of the year, all our plants are doing extremely well and are constantly being replanted under the watchful eye of Elize, the Garden Group horticulturist. Our roses are beautiful! Thanks, Elize.

I have already said a little about the Game Reserve, but the Garden Group also does a lot of work there, removing weeds such as the nearly 400 bags of pom-poms mentioned last month, seeding grasses for the game and in general looking after the area as well as picking up litter... PLEASE do not litter in this area – or anywhere, for that matter!

Tree pruning and removal of old wood is an ongoing process on the Estate. If possible, we reuse the old material for wood cuttings and compost.

A big 'thank you' from all at Silver Lakes to these guys who take such good care of our Estate gardens.

And then, the big one... We will follow up on the outfall sewer and do research to discover whatever we need to in order to find out what is best for Silver Lakes. We are in the process of appointing professionals to undertake the studies for us so that we can tackle this issue with knowledge and the best inputs from our professionals.

Have a wonderful fall and enjoy the last days of summer with a meal at the Club!

The origin of the *Ceratophyllum demersum*, commonly known as hornwort, rigid hornwort, or coontail, the weed grass growing in the dams in areas where the water is slow-flowing or close to stagnant, might be homeowners or their children dumping the contents of their home aquariums in the streams of the Estate.

Please, let us all refrain from releasing any such contents onto the Estate, into our streams and our dams.

From the photos, you can see the effect this weed has on our dams, especially the dams that have intermittent sewage spillages and other nutritional deposits. I have been studying the weed, trying to get a resolution, and as you already know, there is no easy answer. These weeds even regrow after they are treated with snail pesticides and have lost their leaves. Before the weeds go into 'hibernation' in winter, they sometimes form turions or little 'nuts' which fall to the bottom of the streams or ponds, only to germinate and grow again in the new growing season. Since the plant does



Photograph by Richard Downing

Birds of Prey – Owls

My first close encounter with an owl was at the Afsaal Picnic Site in the Kruger National Park. It was perched up in a corner underneath the zinc roof by the restrooms. I couldn't believe my eyes when I looked up and saw the barn owl (*Tyto alba*) looking down at me! I don't know who was more intrigued... it was amazing to see the patterns on its feathers and its snowy white face. It was such a privilege to see.

Not many people encounter owls, but we have heard them – especially in Silver Lakes. I have heard the spotted eagle-owl (*Bubo africanus*) many a night perched on my roof, calling out to its mate – it is quite enchanting to listen to their duet. The spotted eagle-owl has a distinct hooting call, unlike the barn owls' screech. I have gone out looking for them but, alas, I have yet to see either of them. This leads me to my second close encounter with an owl.

About a year ago, I acquired two dachshund puppies. I set about house-training them

and diligently kept them on a rigid routine. During that time, I often heard the spotted eagle-owl but thought nothing of it until one evening... The two little pups ran out of the house ahead of me and just as I came out to see where they were, the owl swept over me, flapped its enormous wings and flew up into the night sky. I had such a fright as they are silent fliers due to their unique feather structures. From that evening onwards until the puppies had grown large enough not to become prey, I never let them out of my sight. I kept a watchful eye out for the owl and once I actually saw it perched on the tree in our garden, but as it was night time, I could only see its silhouette.

Even after this scary encounter, I still love owls.

On another trip to the Kruger National Park, while looking through binoculars for a leopard, I accidentally spotted the Verreaux's eagle-owl (*Bubo lacteus*). Our guide didn't believe me until he saw for

himself and confirmed my sighting. What a thrill!

As with all wildlife, we should help preserve them as much as we can. I have noticed some local nurseries are selling owl boxes or, if you are more inclined to build your own, there are plenty of websites that give instructions on how to make them.

Club News

We are planning a birding event in Silver Lakes in the coming months.

Don't forget to like our Silver Lakes Bird Club page on Facebook for interesting birding news.

Please join our Silver Lakes Bird Club group and feel free to share any news or pictures you have of birds – we would love to hear from you.

Kathryn Downing

Chairperson Silver Lakes Bird Club



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Leopard Research Project

Some more information about the leopard research project

BY CHRIS PIEARS

One of the aims of the project is to determine how many leopards are in a given conservation area. The habituation process starts with camera traps to locate and identify different individuals. This is then followed up with a specialised capture team and method, and certain individual leopards will have a tracking collar fitted.

There are 3 types of tracking devices to be used for this project.

Normally, as is also the case for this project, a female leopard will be fitted with a *VHF collar*. This will allow the research team to follow an individual with a radio receiver capable of tracking the specific frequency on the collar. This is a great tool in the habituation process and the collar's battery can last up to two years.

The second method is a *satellite tracking collar*, which is fitted on a territorial male. The disadvantage of this method is the cost of the units. The battery on one of these satellite collars is estimated to last over two years, and the GPS information obtained can be downloaded to a laptop. The information and data collected from one of these collars is invaluable as home ranges and movements can be monitored from your desk. Moreover, it also allows tracking and following of a male. As a result, we would be able to monitor his interactions with females and determine mating patterns.

The last method is a *tracking implant*. Once a certain individual's habits and movements have been studied using the collar, the implant is placed in the leopard subcutaneously by a veterinarian. The battery and range is limited, especially in mountainous regions. The idea

behind the project using an implant is to do so only once an animal has been studied using one of the first two methods and aims to cause as little disturbance as possible to natural movements and behaviours of the individual.

The above picture shows the terrain where the project takes place, and the reason why tracking collars are required.

SHELANTI LEOPARD



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A Passion for Life – Tannie Betsie Schoeman

“Those who live passionately teach us how to love. Those who love passionately teach us how to live.” – Sarah Ban Breathnach

BY LEANDRI VAN JAARVELDT



In last month's magazine, you would have seen an article on Tannie Betsie Schoeman. Unfortunately, the wrong images were published with the article. We sincerely apologise to Tannie Betsie for any inconvenience caused.

When I went to meet Tannie Betsie and Oom Fanie, the thing that struck me about them was their passion – a passion for everything they do, for their family, for each other and for Silver Lakes. It is this passion that you experience when you walk into their house or take a stroll through their garden.

They have so many stories to tell about what they have seen and experienced in Silver Lakes – from when they first moved to Silver Lakes on 1 February 1996 and rented a property near the Clubhouse while their house was being built, moving into their home on 16 September 1996 and the development of Phase 2 (which was still bushveld at that stage), to the development of the retirement village.

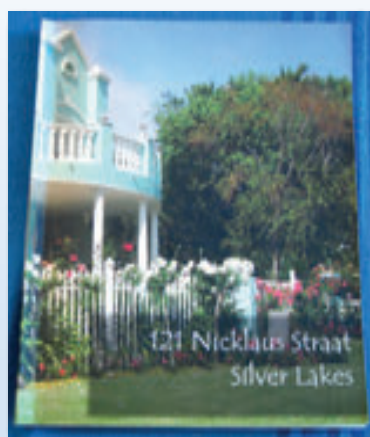
Did you know? The retirement village was actually the brainchild of Tannie Betsie, who mentioned it to Oom Fanie, and Bob's your uncle!

Not only is she a very creative soul; she also has a keen business instinct.

Tannie Betsie and Oom Fanie love everything about Silver Lakes – and fondly remember the Nature Reserve area becoming part of the Estate, with a funny anecdote about a lady in said retirement village looking out of her window one morning to come face to face with a kudu bull! Only in Silver Lakes can you be so in touch with nature while still living in a big city such as Pretoria...!

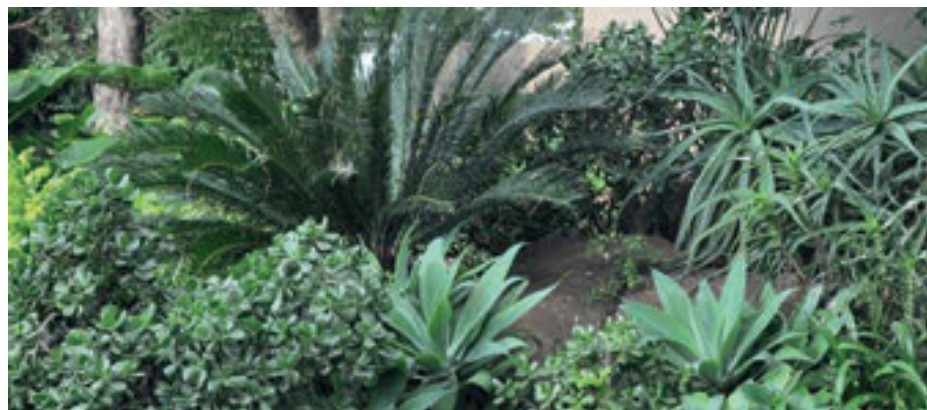
As Corlia also mentioned in her article last month, their entire house is covered in photographs – of their children and grandchildren, their parents, themselves, friends, places they've visited, etc. When asked, Tannie Betsie said that photographs are snippets of memories, tools to help you remember all the people (some already long deceased) and all the important events in your life that have led you to be the person that you are. They serve to remind you to live life to the fullest. Make the most of every moment and live your passions – like Tannie Betsie does with her gorgeous garden!

GARDENING



Garden of the Month

Mnr. En Mev. Koch van Nicklaus straat nr 61.







The Beauty of Bulbs part 2

As was the case last month, we are focusing on bulbs again in this month's article.

BY ELIZE MALAN

The majority of our extensive indigenous bulb species are more suited to winter rainfall areas, but Gauteng gardeners still have a variety to choose from. Lily borer caterpillars are partial to all our bulbs (and the leaves) and preventative treatment needs to be done twice during summer.

Gladiolus, Sandersonia, Gloriosa, Haemanthus, Moraea, Babiana and Dierama (to mention only a few) are often planted, but I chose the following species to discuss:

Crocsmia (falling stars)

We have eight indigenous species in different shades of orange. The bulbs prefer moist, semi-shaded spots in the garden. The tall flower stalks will grow 70 to 90cm in height and would be better suited at the back of a mixed flower bed. The flowering season is from December to March and the flowers combine well with Agapanthus. The plants are evergreen in warmer areas. Crocsmia are excellent cut flowers and the seeds are easy to germinate, but seedlings will take at least two seasons to flower.

Eucomis (pineapple lily)

This is a very hardy deciduous bulb that grows from spring to autumn. The unusual sweet-scented flowers, on tall, heavy stalks

and ranging in shades from cream to pink, are impressive. Due to this flowering habit, the plants need a wind-protected spot in partial light shade, planted in well-drained soil. Do not disturb the bulb and remember to mark the spot during the dormant period. Propagation can be done by removing offsets from the mother bulb or from seed.

Nerine bowdenii (pink nerine)

This lovely autumn-flowering deciduous bulb is very hardy, suitable as a container plant or massed bedding plant and its flowers are often used as cut flowers. The sturdy flower stem can reach up to 70cm. The bulb prefers full sun to partial shade but will grow better in colder areas of Gauteng in moist, compost-rich soil. The bulbs need to be planted close together (5cm apart) to achieve good results. Do not disturb the bulb and keep dry during the dormant phase. Propagate new plants from offsets or fresh seed. The seeds germinate quickly, but seedlings will take a few seasons to flower.

Clivia miniata (bush lily)

Although actually tuberous rhizomes, Clivias are classified as bulbous plants. The natural habitat is south-facing slopes, under trees or on top of shady rocky areas. They are semi-epiphytic plants (air plants) and the roots grow in leaf litter or similar growth medium.

The large, fleshy white roots give Clivia plants excellent drought resistance and provide nutrient storage.

Recreate the natural soil conditions and your Clivia plants will flourish. When Clivias are grown in containers, potting soil marked as *Coarse Potting Mix* will be suitable for mature plants and *Seedling Mix* can be used for Clivia seedlings. The plants are evergreen, flower in spring and hybrids in yellow, white and different shades of orange are available. Do not remove the leaves under trees where Clivias are planted as these leaves are an essential part of the growth medium.



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Louise Prinsloo and her pen

Louise Prinsloo is an acclaimed writer of children's books. She has won several awards for her stories – and she lives right here in Silver Lakes!



When asked how she got into writing, Louise fondly reminisces about her childhood... Her grandparents often told her stories about the past, their adventures and experiences, and her father was himself an ardent storyteller – this, without a doubt, shaped her love for writing and storytelling.

Even as a child, she was always an avid reader and the one responsible for writing letters to faraway family members. She remembers with great humour a particular occasion when she was asked by their domestic helper to write a letter to her father – which Louise had to redo because, according to the helper, her father would not care about the birds or the flowers... he only needed to know if his daughter was well!

Born and bred in Johannesburg, Louise attended Helpmekaar High School for Girls, where she was actively involved with the school's yearbooks. After school, she went to the University of Pretoria where she studied Education. She met her husband, Daan (who has also published two books) in 1973 and the two tied the knot on 30 March 1974. They have three daughters: Stephanie, an occupational therapist; Elmarie, a medical doctor; and Marelise, who studied visual communication design.

Before her marriage, Louise was a teacher at a Johannesburg school for eight years. It was here that she decided to instil a love for reading and books in the children she taught. She also let them write their own stories, which they enjoyed immensely.

Louise started writing in her free time. Currently she has published no fewer than 36 books! Her first book, *Lizette en die silwer beker*, was so well received that it led to two follow-up books – *Lizette en die kapokkies* and *Lizette en die tandmuis*.

Her book, *Die geheim van Groukatlaagte*, for which she received the ATKV prize for Children's Literature in 1997, is about three friends: Wikus, Karel and Giep. Set on a Karoo farm, Wikus, the "ghost expert", becomes curious after hearing rumours about a ghost on a neighbouring farm. This story was so popular that it led to many more stories about their ghostly adventures, including *Die stem in die Trommel* (which is set in Jongensfontein and for which she spent much time in the museum researching what would typically have been inside ships chests), *Skaduwees op Siwet*, *Die Osiris-raaisel*, *Stemme van gister*, *Droomkamer op Donkerhoek*, *Dwaalgees op Duiwelskantoor*, and *Spookhuis by die see*. Louise says that her inspiration for *Spookhuis by die see*, for which she also received the coveted MER prize, came about quite unexpectedly. A friend had brought her an accordion and asked her to write a story about it – talk about being creative! Next came *Skimme van gister* and *Duiwel-in-die-bos*. These ten stories, probably her most famous and most successful work so far, have been republished in omnibus-form known as the *Gedaantes en Geraantes* series. Omnibus 1 and 2 are even prescribed books for Afrikaans First Additional Language in many English schools.

By die lêplek van die leeus, which was published in 1997 and is currently in its 9th edition, is

also a prescribed book and deals with many of the sensitive issues we are faced with in South Africa, such as the colour line, culture and much more.

Louise finds it very important to visit the places she writes about and she spends a great deal of time on research. In 2005, Louise spent some of the money she made from her stories travelling to Greece, Egypt and Turkey. It was in Turkey that she came across the memorial of Luke the Evangelist, of whom very little is really known. Inspiration struck and, after much research and even meetings with academics, *Lukas, die geliefde geneesheer* was published. She published *Kerkenberg tot Bloedrivier*, a historical novel set between January 1838 and 16 December 1838, on the 175th anniversary of the Battle of Blood River.

Louise and Daan have been living in Silver Lakes for the past two years and, although neither of them are golfers, they are both members of the Bird Club and Daan is a very happy member of the Fishing Club. They enjoy going for walks around the Estate with their dogs, and they also visit the nature reserve often. They have much praise for the Clubhouse – especially the food! They love the serenity of the area, the green parks, the water, the feeling of being removed from the busy city life and the sense of security they experience on the Estate... In their own words, Silver Lakes is a great place to live!

Louise is currently busy working on something new, so make sure you don't miss out on the newest publication from this fantastic writer!



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Zena le Roux, the proud owner of Health Nook

I'm completely in love with the health industry, always researching and reading up on the latest trends, trying to better understand the concept of being healthy. For quite some time in my life I believed 'healthy' only meant having a tip-top, shapely and fit body but, after a long journey and lots of time and effort, I realised I couldn't have been more wrong.

After my journey in search of true happiness and holistic health, I finally found some precious methods, info and a way of living that can add to a healthy, happy life. Take the journey with me to help you find your unique way of leading a healthy life.

Look around you – do you see anyone who resembles you? Some of us are tall, some short, some fat and some thin, some have curly hair, some have straight hair. To continue that question: do you expect anyone else to have the exact same internal environment as you? The same hormone balances, the same gastrointestinal health, the same metabolism of food? No, of course not! So, in this day and age, why are we all trying to eat the same diet (low carb, high fat, etc.) and expecting the same results? We seem to have lost the individual approaches to health in this era of commercial food production and bombardment by various forms of dietary media, all persuasively telling us the best way to eat.

Also, if you are following an extreme diet, ask yourself: "How long can and will I be able to keep this up?" A diet should be sustainable for five years, ten years or a lifetime; otherwise, you might as well give it up now.

Health Nook believes that the key to healthy living is different for every single person. Their mission is to go on a journey with you, finding out how they can address your way of living (food, exercise, stress, emotional wellness, etc.) in order for you to feel the best you possibly can.

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Health Tip for the day

One of the most important things you can do today in pursuit of health is to focus on quality. If you focus on food quality, you will feel satisfied, more energetic and ready to take on whatever life brings you. This is not so much about what you can't have but about all the extraordinary tastes, flavours, textures and foods you can explore without doing damage to your body.

"We get the most pleasure from life when we focus on quality – the quality of our relationships, of our work and our food. Make one change today by choosing quality!" says Zena le Roux, owner of Health Nook.



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Why you need cross training

Developing an athlete's core – the deep abdominal muscles along with the muscles closest to the spine – makes athletes more agile, helps prevent injury and increases sports performance.

Pilates principles match perfectly with exercise. Due to its effectiveness, Pilates is now one of the fastest growing fitness systems in the world, nearly doubling in participants every year. Pilates lengthens and strengthens muscles while building a uniformly developed balanced body, focusing on core strength – abs, gluteals, the lower back, pelvic muscles, inner thighs, and intrinsic, deep stabilisers throughout all joints of the body.

Pilates is whole-body exercise, just as the golf swing is. Pilates works all 7 physical performance factors and demands integration of breathing, control, flexibility, strength, precision, and body awareness. When you develop awareness of moving from your core first, you will initiate every

shot or putt from the same place, leading to increased repeatable and consistent shots and putts.

Core strength is not synonymous with abdominal strength. Your core encompasses your entire torso, including your hips, abdominals, back, shoulders and neck. When all of the muscles in the torso are strong and balanced, your core acts as a stabiliser and a centre for you to transfer forces through when you are running or doing other activities. Pilates enables you not only to better produce force during activities such as running, but it also helps you better control and maximise the forces you produce while you are active in other pursuits.

Pilates is known for its ability to improve flexibility and posture, so it's a great way to redress some of the postural and muscular tightness and imbalances that cycling inevitably brings. Cyclists tend to suffer from tight hip flexors, necks and upper backs, caused by being hunched forward over the frame. Pilates will help stretch and lengthen

these muscles and will also strengthen them so they don't set tight and short – this is another good preventative measure to avoid injury.

From weekend warriors to elite professionals, athletes looking for a competitive edge are discovering that Pilates helps you:

- Hit the ball farther
- Run faster
- Jump higher
- Correct muscle imbalances
- Prevent injury.

Visit the exclusively modern Pilates studio, situated on the ground floor of the Silver Lakes Golf Academy next to the driving range, where they offer their great facilities to everyone who is determined to change their lifestyle for good. You can contact them via info@absolutepilates.co.za or visit www.absolutepilates.co.za.

Sport benefits of Pilates
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St Lucia Village



JAMES CLARKE'S VISIT TO ISIMANGALISO WETLAND PARK – PART 2

PHOTOGRAPHS BY MARY BROADLEY

St Lucia village in northern KwaZulu Natal ... No, wait. Let me start again. St Lucia is a bit bigger than a village. After all it has a dozen tarred streets, short though they are.

The town's resident population is 800 – mostly business owners and retirees. There's no town council – just a vigilant ratepayers group. There's a satellite police station, a

medical centre, filling station, lots of restaurants and three coffee shops. Nothing big or flashy about St Lucia yet all the houses are well built and the gardens well-tended. Half of them are B&B establishments.

St Lucia is, in fact, the world's smallest privately-owned town. It is enclosed entirely inside a World Heritage Site, namely the relatively new iSimangaliso Wetland Park. The town lies on Africa's

largest seawater/freshwater estuary – Lake St Lucia, and the game park that engulfs it stretches 230 km north to Kosi Bay and the Mozambique border.

The town has a cosy feel and a palpable air of serenity. There is one other privately-owned town inside a World Heritage Site. It's in Michigan in the United States but as the townsfolk enjoy hunting practically everything in the neighbourhood, it has an entirely



Hippo checks out a barge cruiser and Toyota



Red Duiker seen in town



Crowned Hornbill

different ambience. Zululand's St Lucia sees itself as part of nature and nobody would dream of shooting anything. It is unique in a number of ways. It rates as one of the world's richest towns in terms of biodiversity – probably a record number of bird species for a town (526 species throughout the park, scores of mammals and reptiles). One sees lots of red duiker, even during the day. Prominent road signs warn people to look out for hippo that wander into town at night.

iSimangaliso, a name that doesn't take long to trip off the tongue (issy-man-gallee-soh) means "miracle" or "wonder". It was South Africa's first World Heritage Site. The United Nations Educational, Scientific and Cultural Organization, UNESCO, designated it as such because of its "superlative natural beauty and unique global values". The 332 000 hectare park has eight interlinking ecosystems, hence the bird count. It's right on Africa's largest estuarine system and the 25 000 year-old forested coastal

dunes are said to be the highest forested dunes in the world.

The first photograph of the "living fossil" coelacanth was taken along the coast. If one follows the beach that starts a couple of hundred metres from the town centre, one might well come across a deep furrow coming up from the waves into the dunes - a sign that either a giant leatherback turtle or a loggerhead turtle emerged during the night to lay its eggs. In fact, four of the world's seven species of marine turtles lay their eggs along the coast.



Gardens of Ecodge



Trumpeter Hornbill

Hornbill Street, with its warning sign about hippos, has several small shops all very much within human scale. And there's a post office which, in the 1950s, was run by the sister of Britain's short-lived Prime Minister, Anthony Eden.

We were down there to explore the reserve and, en passant, find a rare bird that had flown in – the Eurasian oystercatcher. We found it thanks to Mike Bower, technical manager at St Lucia Echo Lodge. He happened to be on an inspection round of the iMfolozi River mouth and saw us after

we'd walked 10 or 12 km along the beach, first north then south towards Mapelane. He guessed what we were after and invited us to jump into his Land Rover. That's how we saw and photographed the oystercatcher back near Mapelane – a "lifer" for both Mary and myself.

We were later joined by Themba Mthembu who, in 2015, was named KZN's best tourist guide. He is a formidable birder.

We stayed at St Lucia Eco Lodge which I remembered from years ago as Seasands Lodge. We were greeted near the entrance by a wild but unfazed crowned hornbill, a big, dramatic bird whose huge bill looks capable of cracking macadamia nuts. Next morning, an even bigger hornbill, the trumpeter, appeared. Its massive bill looks as if it could crack stones.

The lodge's proprietor is Kian Barker, a 53 year-old ichthyologist, former game ranger and, it seems, the region's best tourist guide. He lived in Melville, Johannesburg for a few years before he moved to St Lucia in 1996.

He operates a tourist service, Shaka Barker, which does night drives and day tours of iSimangaliso including snorkelling at Cape Vidal. At first, he managed the lodge but, 18 months ago, took it over and transformed it into a very attractive, rambling 54-room hostelry set in a luxuriant tropical garden. Its second storey suites look over the forest canopy to the sea. The lodge has no restaurant but it does have its own bistro – the *Hog*



and *Hippo* - which is licensed and offers a fixed menu of "afro-cuisine". One can also order a braai which the lodge makes for one – or one can stay in a self-catering apartment.

There are night drives into the reserve where one might see lion, leopard, spotted hyena, elephant, giraffe, buffalo and red duiker and Southern Africa's smallest antelope, the cat-sized blue duiker.

We had lunch at the popular Skiboat Club amid a babble of foreign tongues and watched hippos, crocodiles and a low-flying squadron of pink-backed pelicans.

The town is central to so many attractions such as the wetland itself and uMkhuze Game Reserve which is now part of it and arguably the richest birding spot in South Africa. Less than an hour away is the uMfolozi/Hluhluwe Game Reserve – like iSimangaliso it has the big five.

Apart from snorkelling among sub-tropical fish there's surf and deep sea fishing off the St Lucia coast. We took a late afternoon barge cruise up the estuary and quietly sidled up to a pod of hippo with their young. I know from experience that hippos often have a bad attitude and the barge's skipper informed us that a hippo can charge at 50 km/h. I doubt this but certainly it can outrun even the most athletic. He advised that, if charged, we must use the same strategy as if being charged by a man-eating lion. Look around for the fattest person and simply run in front of him.

A competition to whet your appetite

For this issue, we have 2 prizes up for grabs. The prizes are vouchers from the restaurants featured on this page. Each restaurant has been carefully chosen and we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

Here is the question for this issue:

1. Who is the new receptionist at the HOA office?
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3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
7. Indemnity: The publishers, Silver Lakes Estate and other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

If you have any queries, please contact Martin Fourie on 072 835 8405.

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TYGER VALLEY COLLEGE: PRE-PREPARATORY

At Tyger Valley College Pre-Preparatory School our main aim is to foster a lifelong love of learning in our children and an ability to learn in a way that leads to success in the 21st century. Obviously, teaching in the 21st century is an altogether different phenomenon; never before could learning happen the way it is now, everywhere, all the time, on any possible topic, supporting any possible learning style or preference. This has resulted in the inclusion of critical thinking skills and core skills in our curriculum. These skills develop in each child the capacity to participate in a variety of real-life situations and learning experiences that will enhance their education and their ability to cope with their future careers.

Ultimately, we want our children to flourish and they do this when they have a sense of meaning in their lives, which comes from both social engagement and enthusiastic development of their own interests and talents. The aim of the Pre-Preparatory phase at Tyger Valley College is therefore to act as a values-based community promoting mutual respect between all members of the school and involving parents closely. Unless parents are intimately involved in the life of the school, and the lives of their children, it is not possible to achieve our goals.

Every decade brings new developments and changes to society, but the pace of change today is unprecedented. This affects us all, and in the midst of such

dramatic change it is our duty to stop and reflect on its impact on children and young people and re-evaluate the place of childhood in modern society. In a book I read recently titled "A good childhood – searching for values in a competitive age", children are referred to as a 'sacred trust' and at Tyger Valley College Pre-Preparatory School we firmly believe this and keep this at the core of all we do with your children.

The key to happy children at a school such as ours are the teachers who implement and live out the philosophy and ethos mentioned here.

Mrs. Carmen Weir

Principal: Tyger Valley College
Pre-Preparatory School

OUR TEACHERS ...

- **Believe they have been called by God to teach.**
- **Believe in children, young and old, black and white, rich and poor; each in need of learning.**
- **Believe in blackboards, chalk dust, textbooks and computers for each has a role in imparting knowledge.**
- **Believe the love they give to their students will someday be reflected in their lives.**
- **Believe the gift of teaching is not measured simply by marks, enrolment, or the end of the school year. It is in the witness they give and the fullness of the life lived by those they teach.**
- **Believe they have the power to lead those in need of learning to the threshold of their own minds.**
- **Believe in their gifted ability to use each of the tools available no matter how new or old, for the light of knowledge in the eyes of others is their goal.**
- **Believe teaching is more than tests, diplomas, paperwork and fundraising. It is the values they breathe daily into another.....slowly.**
- **It is the faith they share in Jesus....ever changing and growing....never ending.**
- **Believe their success today goes unnoticed.....until those they teach and touch can stand alone and say "in my life I have learned..."**
- **Believe if they have taught and touched one person....in God's name.... they have used their gifts justly....and can humbly say....**
- **They believe in teaching.**

Our mission at Orcas Swim School is to teach children to enjoy water, to learn to swim and ultimately to be water safe. We teach babies from 6 months to adults.

Orcas Swim School at Tyger Valley College in Pretoria East is a state-of-the-art facility. Lessons take place in an indoor heated pool with water temperatures of between 28°C-32°C and operating on the revolutionary E-clear system. Water is laboratory-tested regularly and an Astroturf surface around the pool ensures a safe and healthy environment for our swimmers. With E-clear you can swim in healthy oxygen-rich mineral pool water that is 'fit to drink'.

What are the benefits of baby swimming?

The Orcas Baby Swim programme is designed to be energetic and fun-filled and, in so doing, guiding you to teach your baby to swim. Baby lessons can be started from 6 months of age.

In their early training, the infant will experience a great deal of tactile stimulation from water resistance over their entire body. The water has over 600 times the resistance of air, which is great for the muscles, and it encourages neurological development too. The more tactile stimulation of the nerves the child experiences, the more that interconnections and neural pathways can develop in the brain cells. In terms of development, the first year is the time when your baby's brain will grow most rapidly and regular exercise will help strengthen it for all the new learning it needs to do.

Scientists have determined that children who were taught to swim by 5 years of age had statistically higher IQs because of their early sensory/motor stimulation in the water. This touch and connection with the water can also establish a deeper emotional bond between the parent and child because they are face to face, skin to skin, in the water. Research has shown that it benefits an infant emotionally, cognitively, physically and socially.

Swimming regularly will help improve your baby's eating and sleeping habits too. Additionally, early exposure to swimming can help fend off future breathing problems like asthma.

We gently guide you and your baby into an enchanting other world, where you'll experience the thrill of seeing them move freely and confidently through water with a grace and autonomy you'll rarely see on land. The parent will be in the water with their baby until the baby is about 24 months of age when the weaning process will start. This is when they start swimming with an instructor.

Our unique methods will enable your baby to feel at ease swimming both above and below the water, and they will love the sensation of floating in such a warm, calm atmosphere. Your baby's comfort, safety and enjoyment are paramount within our philosophy.

Baby swimming is an entirely safe and gentle activity – and one that will have beneficial impact on you and your child far beyond the confines of the lessons itself.

While the emphasis is on having fun, the baby swimming lessons, which are offered twice a week, are carefully structured with progressive lesson plans.

When is the best time to start with baby swimming lessons? Straight out of the maternity ward!

Contact us at: marieta@orcasswim.co.za or tel 082 263 5807 for further information.



“When is the best time to start with baby swimming lessons? Straight out of the maternity ward!”





What is your parenting style?

BY DR ILSE RUANE PSYCHOLOGY

Parental control refers to the degree to which parents manage their children's behaviour, from being overly controlling to setting few rules and boundaries. Four patterns of parenting styles have been identified based upon two aspects of parenting behaviour, namely control and warmth. Parental warmth refers to the degree to which parents are accepting of and responsive to their children's behaviour as opposed to being unresponsive and rejecting. When these two aspects of parenting behaviour are combined in different ways, four primary parenting styles emerge:

1. Authoritative Parents are warm but firm. They encourage their children to be independent while maintaining limits and controls on their actions. Authoritative parents do not invoke the "Because I said so" rule. They are willing to entertain, listen to, and take into account their child's viewpoint. Authoritative parents engage in discussions and debates with their children, although final responsibility resides with the parent.

How to recognise if you are an authoritative parent:

- Does your child's day have structure

to it, such as a planned bedtime and understood household rules?

- Are there consequences for disrupting this structure or breaking the household rules?
- Does your child understand the expectations that you have for their behaviour, and are these expectations reasonable?
- Do you have a healthy and open line of communication with your child? That is, does your child feel that they can speak to you about anything without fear of negative consequence or judgment?

The traits described above mark a healthy household with an authoritative parent. Parenting styles will need to differ in order to accommodate different children, and you may find that this style does not work for you and all of your children. In this case, it is best to adjust your parenting appropriately. One of the most important traits to come from an authoritative parenting style is open communication with the child. If parents can foster the ability to speak to their child without judgment or reprimand, they will be more likely to have insight into the child's life and understanding, providing the child with

a deeper understanding of the world around them.

Children of authoritative parents learn how to negotiate and engage in discussions. They understand that their opinions are valued. As a result, they are more likely to be socially competent, responsible, and autonomous.

2. Authoritarian Parents display little warmth and are highly controlling. They are strict disciplinarians, use a restrictive, punitive style, and insist that their adolescents follow parental directions. Authoritarian parents invoke phrases such as, "You will do this because I said so," and "I'm the parent." Authoritarian parents do not engage in discussions with their children as family rules and standards are not debated. Authoritarian parents believe the children should accept, without question, the rules and practices that they establish.

Recognising your authoritarian style:

- Do you have very strict rules that you believe should be followed no matter what?
- Do you give your child few choices and decisions about their own life?



- Do you find yourself utilising punishment as a means of getting your child to do what you ask?

While the structure and rules of an authoritarian parent are necessary for healthy child development, all good things can be overdone. It is important to find a balance between the structure and the communication so the child knows why it is important for them to follow the rules placed in front of them.

Children of authoritarian parents are prone to having low self-esteem, being fearful or shy, associating obedience with love, having difficulty in social situations, and possibly misbehaving when outside of parental care. Furthermore, children of authoritarian parents learn that following parental rules and adherence to strict discipline is valued over independent behaviour.

3. Permissive Parents are very warm but undemanding. They are indulgent and passive in their parenting. They believe that the way to demonstrate their love is to give in to their child's wishes. Permissive parents do not like to say "no" or disappoint their children. As a result, teens are allowed to make many important decisions without parental input. Parents do not view themselves as active participants in shaping their child's actions; instead, they view themselves as a resource should the child choose to seek their advice.

How to recognise if you are a permissive parent:

- Do you not have set limits or rules for your child? Do you often compromise your rules to accommodate your child's mood?
- Do you avoid conflict with your child?
- Do you have a willingness to be your child's best friend rather than their parent?

These traits mark an unhealthy permissive parenting style. It may seem as though this would be a child's favourite parenting style as it provides a sense of freedom without consequences. However, children need a sense of structure to make them feel safe. It is

important in a child's development for there to be clear-cut parental and child roles.

Other damaging effects of permissive parenting include:

- insecurity in children due to a lack of set boundaries
- poor social skills, such as sharing, from lack of discipline
- self-centredness
- poor academic success from lack of motivation
- clashing with authority.

It is important for the permissive parent to begin to set boundaries and rules for their child while still being responsive before it is too late.

Children of permissive parents learn that there are very few boundaries and rules and that consequences are not likely to be very serious. As a result, children may have difficulty with self-control and demonstrate egocentric tendencies that can interfere with proper development of peer relationships.

4. Uninvolved or neglectful parents are not warm and do not place any demands on their children. They minimise their interaction time and, in extreme cases, are uninvolved to the point of being neglectful. Uninvolved parents are indifferent to their adolescent's needs, whereabouts, or experiences at school or with peers. Uninvolved parents rarely consider their child's input in decisions and they generally do not want to be bothered by their child. These parents may be overwhelmed by their own circumstances or they may be self-centred. Parents might also engage in this style if they are tired, frustrated, or have simply "given up" on trying to maintain parental authority.

If you suspect you or a friend may be a neglectful parent, consider the following:

- Do you have an understanding of what is going on in your child's life?
- Does the home provide a safe space for the child where they can share their experiences and expect positive feedback rather than negative or no feedback?

- Do you spend long periods of time away from home, leaving the child alone or in the care of others?
- Do you often find yourself making excuses for not being there for your child?
- Do you know your child's friends? Teachers?

If the above describe you or someone that you know, the child is at risk of being damaged by a neglectful household. Neglectful parenting is damaging to children because they have no trust foundation with their parents from which to explore the world. Beyond that, children who have a negative or absent relationship with their parent will have a harder time forming relationships with other people, particularly children their age. If you suspect that you or a friend of yours may be a neglectful parent, it is important to seek help in a way that does not damage the child further or intrude into their life in a disruptive manner.

Children of uninvolved parents learn that parents tend to be interested in their own lives and are less likely to invest much time in parenting. As a result, children generally show similar patterns of behaviour as adolescents raised in permissive homes and they may also demonstrate impulsive behaviour due to issues with self-regulation.

Concluding remarks

Parenting styles can be learned over time; therefore, they can also be changed. If you find yourselves displaying a parenting style which concerns you, do not be discouraged as parenting styles can be changed through educating yourself about the positive and negative consequences of each style. If you find that you are struggling to develop your parenting style along the lines you have chosen, speak to your partner or give your therapist a call to help assist in smoothing out some of the finer details of what you are trying to achieve.

For an appointment at Dr Ilse Ruane Psychology, please call 083 376 1995.

Easter activities in and around Pretoria

WORRIED ABOUT KEEPING BUSY OVER THE EASTER WEEKEND? DON'T BE.

BY LEANDRI VAN JAARSVELDT



Can you believe that Easter is just around the corner? As this year is just speeding ahead, I think we are all looking forward to this special long weekend! If you are lucky enough to be going away for the school holiday or perhaps just for the Easter weekend, have a safe journey, eat lots and lots of Easter eggs and enjoy the break. However, if you, like myself, will be staying here for Easter, do not worry – there is an abundance of activities to explore, ranging from physical activities to eating.

PRETORIA

BOUNCE – MENLYN MAINE

Since opening in Pretoria on 21 September 2016, Bounce has proven to be very popular amongst children and adults alike. Even though it is actually a very good workout (I am not proud to admit this, but I was VERY stiff after just one session), it is a lot of fun and with so many activities ranging from dodgeball to fitness classes, there is sure to be something that strikes your fancy. For school holidays and public holidays, here are their business hours:
Monday - Thursday: 9 am to 9 pm
Friday: 9 am to 10 pm
Saturday: 8 am to 10 pm
Sunday: 8 am to 8 pm

Prices are between R135 - R160 per adult (depending on peak or off-peak times), but they also have a family session, which is only available during school and public holidays, for R520. This package allows entry for 4 jumpers (2 adults maximum) and requires prior booking. Visit www.bounceinc.co.za/bounce-fit/#/ for more information.

CHOCOLAT ET CAFÉ

If you want to regain some of the energy you worked off during the year so far – or after a day of fun and games at Bounce – this quaint little café is just the place, especially if you are a chocoholic! At Chocolat et Café you can treat

yourself to some scrumptious baked goodies, delicious coffee, milkshakes, light lunches – and, of course, some of the most decadent chocolate treats. The average price is around R180 for 2 people, and since space is limited, it is advisable to book. Their hours are:
Monday - Tuesday: 7 am to 5 pm
Wednesday - Friday: 7 am to 8 pm
Saturday: 8 am to 8 pm
Sunday: 9 am to 3 pm
Phone them at 012 752 5362 and follow their Facebook page:
web.facebook.com/chocolatetcafe/?_rdr

HARTBEESSPOORTDAM

HENNOPS MOUNTAIN BIKE AND HIKING TRAIL

Located a mere 30km from Pretoria, this tranquil family farm is a perfect destination for a family outing. It features a 4x4 trail, several hiking trails ranging from 2,5 to 11 km, as well as some amazing mountain bike routes, again ranging from 5 to 26 km. The hiking and MTB trails cater for all levels of fitness and difficulty as there are several escape routes along the way if it becomes too challenging or if you decide to rather just enjoy the beautiful scenery.

After completing a hike or a trail bike ride, whether it was more or less challenging, have a break and recharge at the beautiful picnic spot situated next to the Hennops River and make use of the braai facilities or bring along a picnic basket. There are also two swimming pools to cool off in at the picnic spot. Bookings are essential and the trails are only open during daylight hours. Please phone 082 825 9205 or visit www.hennopstrails.co.za for more information.

VAN GAALLEN CHEESE FACTORY

If find you cannot get enough of cheese, make sure to include Van Gaalen Kaasmakerij in

your outing to Harties! Annelies van Gaalen, the owner, immigrated from the Netherlands to South Africa in 1990 and decided to start making her own cheese – Boerenkaas – right here in Hartbeespoort. Her current range includes over 30 different cheeses! If you are interested in the making of cheese, they offer guided tours every Wednesday and Saturday morning at 10 am.

These tours take about an hour and fifteen minutes and include a cheese tasting, a cup of coffee or juice and a slice of delicious Dutch apple cake. There is a restaurant as well, and you can book a relaxing picnic on the banks of the Skeerpoort River, if you prefer more casual dining. They are open daily (except Tuesdays) from 8 am to 5 pm.
Phone them on 012 207 1289 or 083 226 7834 to book your tour or picnic basket in advance. For more information, visit www.vangaalen.co.za.

OTHER ACTIVITIES IN THE PRETORIA AREA

- Visit the Lindt store in Menlyn Park. After all, at Easter one can't have too many chocolate eggs or bunnies...
Website: www.lindt.co.za
- Have some fun at the Ice Rink in the Grove. They are open daily from 10 am to 5 pm and again from 7:30 pm to 10:30 pm. Entry fee is R75 and skates can be hired at a fee of R35.
Website: <http://theicerink.co.za/wp/grove-ice-rink>
- Take the Easter Bunny's 'Diamond Express' to Cullinan on Monday 17 April 2017. The train departs from their private Hermanstad station at 8 am sharp and you will have about 8 hours to spend in Cullinan. Return ticket prices for adults are R275
Website: www.friendsoftherail.com/joomla

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Please contact Paul at 072 686 3816.

services offered

■ **HANDYMAN** – Are you too busy or need a small job done in Silver Lakes? Please call Johan for anything from changing a light bulb or lock to painting, waterproofing, tiling, paving, ceilings, cornice, dry walling, small brick work and plaster – almost anything.

Please contact Johan at 082 4110 451 or Protus at 061 0291 850.

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■ HOUSE & PET SITTERS

I am available to look after your beloved pets when you go on holiday. I am also a dog owner and a dog lover. Please contact Helen at 082 552 3418.

Hello, our sweet 2-year-old mixed breed Lilian, who loves any other dog, would like to have some four-legged friends in Silver Lakes for nice walks and playing together. Please contact Rose at 063 039 0389 or email u.gail@gmx.de

accommodation

■ Sineke Mbambo is looking for sleep-in accommodation and 2 days per week work. She is working in Silver Lakes and has been with her current employer for about 8 years. She is very trustworthy and wonderful with children and the elderly. References are available. Please contact Sineke at 078 514 1511 or 012 809 3116.



gardeners

■ Sello has been with us for the last 6 years. He is reliable, honest and hard working. He not only works well in the garden but does odd jobs and maintenance around the house. Please contact Sello at 083 953 2526 or contact Jane at 082 565 3643 for a reference.

■ Mevin is looking for gardening work on Mondays and Fridays. Please contact Mevin at 071 185 5470.

Domestics, House Keepers & Child Minders

■ Royi is looking for a job as a domestic worker. She is hard working and she has a lot of experience as a Housekeeper and nanny. Please contact Royi at 074 731 9370 or D. Scott at 076 433 5639 for a reference.

■ Christina is looking for domestic work on Mondays, Wednesdays and Fridays. She is currently working for me once a week for the past 5 years. Christina is very reliable, trustworthy and hardworking. She lives in Mamelodi and is English speaking. Please contact Christina at 078 537 4196 or Heila at 083 632 6639 for a reference.

■ Persy is an experienced nanny looking for a full time position in Silver Lakes. She has 10 years experience looking after children from newborns upwards. She comes with excellent references

and is hard working, trustworthy and reliable. In her previous positions in addition to caring for children, Persy has cooked household meals for the family, done general cleaning, and supervising of homework. References are available on request. Please contact Persy at 073 865 8391.

■ Aletta Matlepe is looking for full time sleep-in domestic work due to relocation of current employers. She is immediately available. She has worked for 18 years in Silver Lakes for the Toerien family. For a reference please contact Marina Toerien at 082 9223 442 or kindly contact Aletta at 082 816 2936.

■ Bee is looking for part-time domestic work on Tuesdays, Thursdays and Saturdays asap. Bee is extremely reliable and trustworthy, a hard worker and friendly. She speaks fluent English. Bee is working at my house for the last six years. I would gladly recommend her to anyone. Please contact Bee at 071 015 4748 or for a reference contact 082 807 7619.

■ Mercia is fantastic with children and can work independently in the home. She is keen to learn to cook new meals and takes the initiative around the management of a home if necessary. She is honest and hardworking. She is sleep out. Please contact Mercia at 060 959 2700 or contact her Mother, Rose at 081 882 0961. Jane can be contacted at 082 565 3643 for references.

■ Olga is looking for work on Wednesdays and Fridays with possibility to sleep-in. She is trustworthy, reliable and hard-working. She speaks good English. She has been working as a domestic worker for many years. Please contact Olga at 073 588 9042 or please contact 060 664 1006 for a reference.

■ Paulina has been in my employ for 15 years. I can wholeheartedly recommend her. She has four available days per week. I have relocated. Please contact Lucia Maan at 078 750 3743 for more information.

If you would like to advertise in the Silver Lakes Intra Muros Classifieds section, please email Nicole at nicoleh@nowmedia.co.za by the 15th of every month. The Classifieds section is only available to Silver Lakes residents and there is no charge for residents of Silver Lakes to advertise here. Please include your Silver Lakes stand number and contact details for references.

This Classifieds section is not for the use of businesses. If you would like to advertise your business in the Silver Lakes Intra Muros magazine, please email Martin Fourie at martin@eiapublishing.co.za.

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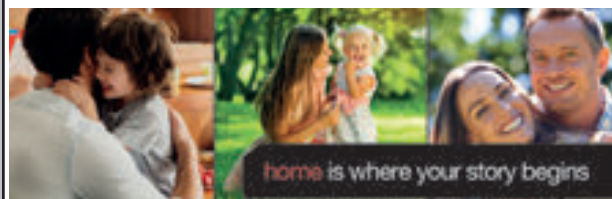
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Spectacular weather patterns

BY JAMES CLARKE

Nobody can read the weather any more. I find myself becoming more and more neurotic about it. All I know is that floods follow drought.

Across the world, from Germiston's Dinwiddie to Beijing's southern suburbs, the weather has been doing strange things.

The most spectacular phenomena are usually floods.

In Britain the rivers are bursting their banks with a frequency unprecedented and, in England's southwest, villages have been known to overtake each other as they float downstream.

And the people, as they surface for air, are blaming the Government.

The same in the US. I heard a Miami man, named Agnew, on television threatening to sue the federal government for not warning him in time that a "hercane" (hurricane) was on its way. Whole communities had to rearrange their street numbers.

Yet, I, living as I do 13 000 kilometres from Miami, had seen images of that hurricane on television two days before it struck Florida. The weatherman had actually warned it might strike "Floorda" and was headed for where Miami is – or was. You never know after a hurricane.

So if I, living in Gauteng, knew it was about to strike Floorda, how come Agnew didn't know?

The trouble is, people don't listen to their governments anymore.

Yet, if people don't listen to governments they at least do what you are doing right now – they read magazines and newspapers.

For this reason I see it, as my bounden duty, to offer readers advice on what to do when they feel water rising over the tops of their wellies. And, remember, February is the month of maximum runoff.

Up here on the ever so Highveld, once we have had our annual average rainfall of around 700mm, the soil becomes saturated and the runoff is high – especially in urban areas where runoff can be 100 percent.

In South Africa, severe floods used to follow severe droughts as surely as twini follows Umbogin. And, as an observer of weather patterns, I was the man who first drew this nation's attention to the fact that South African farmers inevitably ended up clutching their drought relief cheques while sitting on their flooded farmhouse roofs.

Nowadays anything can happen.

My advice is:

1. Be alert. Look out for little warning signs like, while watching TV you detect water creeping up your ankles.

2. If you wake up after a stormy night and find your neighbour tapping at your window from

a rowing boat do not open your window (for Pete's sake). Just assume there's some sort of trouble.

3. If you have the only high tree in your street, invite selected neighbours to book a branch on which to perch should there be a flood.

4. Encourage them to practise climbing on to their allotted branches and sitting on them in their pyjamas (floods always strike at night) for three or four hours at a stretch so that when the real thing happens they will not be dismayed by the lack of comfort or lack of service.

5. If there are no high trees in your area, practise (with your family) climbing onto your rooftop and sitting there for a night, taking with you your most important possessions such as the DVD player and favourite socks. Try standing up without sliding off because you'll have to do that when the helicopter arrives.

6. Keep at least a comb up there because you could appear on the TV news. Women might need a bit of makeup.

7. If the rain really does come down – and this is generally the direction that rain favours outside Cape Town where it flies horizontally – ensure granny's water wings are properly inflated!

For more James Clarke, visit
 Blogsite: <http://stoeptalk.wordpress.com> or
www.jamesclarke.co.za



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Saturday, 8am – 1pm

Cnr Solomon Mahlangu Drive and
Von Backstrom Boulevard, Willow Acres



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Tyger Valley College

Grade 000 - Grade 12
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www.tygervalleycollege.co.za

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Through Enjoyment to Excellence