



SILVER LAKES

GOLF ESTATE

august | 2017

INTRA MUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE



SL BUSINESS CLUB



SLAC



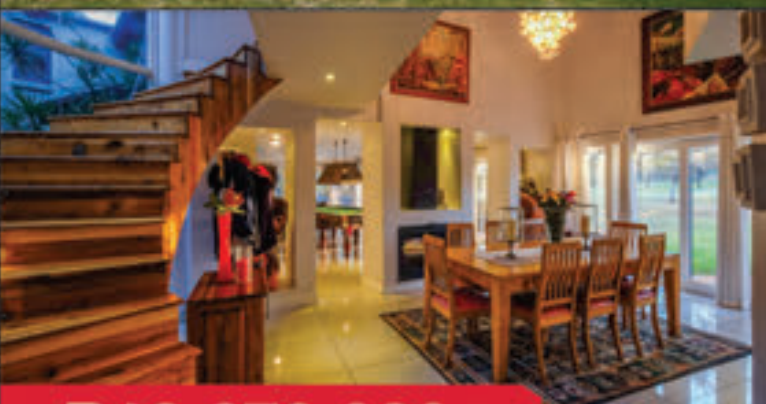
JUDEA HOPE GOLF DAY



R13 500 000

Silver Lakes:

6 bedrooms | 6 bathrooms | 4 garages with garden flat | House: 1269m² | Stand 3700m²



R10 670 000

Woodhill:

5 bedrooms | 5 bathrooms | 3 garages | House: 728m² | Stand 1334m²

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R10 500 000

exclusive mandate

Silver Lakes:

5 bedrooms | 5 bathrooms | 4 garages | House: 680m² | Stand 805m²



R7 790 000

Blue Water Creek:

5 bedrooms | 4 bathrooms | 3 garages | House: 610m² | Stand 2900m²

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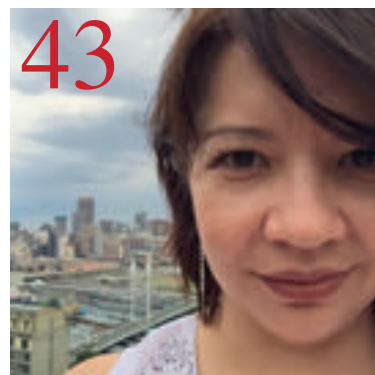


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LETTER FROM THE EDITOR

As an avid user of social media (namely Facebook), I love seeing my memories from the previous years popping up on my newsfeed. Today I was happy to note that posts I'd made this time last year were also about how cold it had suddenly become. On the plus side, we're in our coldest month of the year and it can only get warmer from here – and have you noticed the small buds appearing on the trees?

Speaking of social media, how many of you use the same social media platforms as your children? And are you "friends" or "followers" online? Our regular column 'In Hil's Head' tackles the online etiquette practised with our tweens.

At this time of year we all start to think about reviving our gardens, after neglecting them for the eight weeks of our winter. It's important to

take into consideration that it's up to us to save our planet, so when deciding what trees to plant, make sure the ones you choose are indigenous to our area. Make sure you read the article in the Gardening section this month called 'Greening' – it's easier than you think to grow a sustainable garden oasis.

Don't forget to enter the competition!

On a final note, our apologies are necessary. On page 25 of the previous issue of Intra Muros we called the buck featured an Impala, when in fact it is a Springbok.

Blessings from the EIA Team.

Debbie



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www.lindabodenstein.co.za



Linda Bodenstein
082 567 7963

SILVER LAKES

Web Ref: 922440

VALUE FOR MONEY!!

R4 450 000



Master building house with super face brick. You never have to paint the outside again!! Neat as a pin. Low maintenance, beautiful garden. 5 Bedrooms, 3 bathrooms, 4 garages, 3 Living areas, automated irrigation and a wine cellar. Do not miss out on this gem!!

SILVER LAKES

Web Ref: 1002841

EXCLUSIVE MANDATE!!

R4 000 000



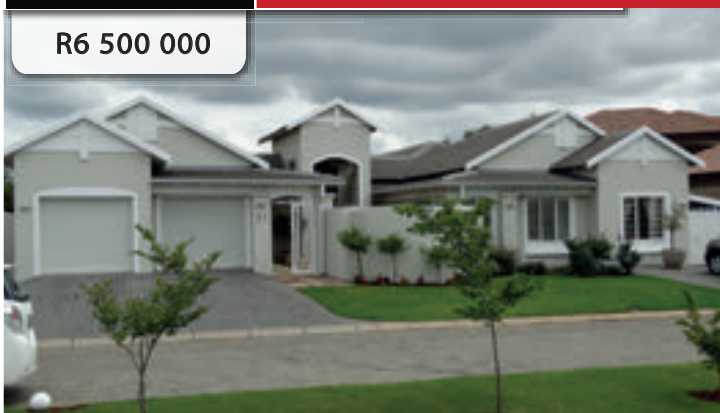
A perfect home for a large family! Wooden flooring and tiles throughout the house! 4 Bedrooms with 2 full bathrooms. A sense of flowing space. Very large north facing entertainers house. Open plan wooden kitchen with double oven and glass top hub. Separate scullery and a very large neat staff quarters with a bathroom. The cherry on top is, it has a large patio area to entertain friends or the whole family. Double garage. The house is built on a stand of 1118m² in a very quiet street. This house is a must to view, contact me for an appointment.

SILVER LAKES

Web Ref: 655059

DUAL MANDATE!!

R6 500 000



Bright, Light, Flawless and Outstanding!! This home is for the young and the old! SINGLE STOREY with large open plan kitchen, dining room and lounge linked to a very large patio and a private pool. 4 Large double bedrooms with en-suite bathrooms. A must to view!! TV room and study or office at entrance. Servants quarters and double garage. Outside store room and carport for a golf cart.

SILVER LAKES

Web Ref: 765395

TO LET!!

R15 500



A loveable sculpture, offers open plan living, an efficient compact kitchen, 3 lovely bedrooms, 3 neatly finished bathrooms and all North facing. A lapa to entertain your friends. A place that will please a small family.

SILVER LAKES

Web Ref: 998913

TO LET!!

R23 000



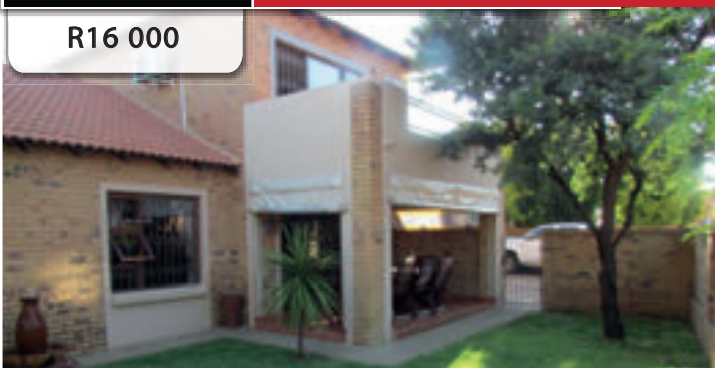
A real lock up and go!! Bright and light!! This house has it all. Good finishes with 3 brand new bathrooms, 3 large sunny bedrooms and a study that can be used as a private office with its own entrance for visitors. Kitchen designed with distinction. Sparkling pool and as a bonus a large patio linked with a lounge and dining room to open plan kitchen with pantry and separate scullery. Double garage, fully tiled. Air conditioners in 3 rooms. A must to view.

WILLOW ACRES

Web Ref: 868400

TO LET!!

R16 000



Spacious 3 bedroom house, 2 full bathrooms. Duplex in a 24 hour security controlled complex. Available as from 1 September 2017. The huge master bedroom en-suite is upstairs, the 2 downstairs bedrooms share a fully tiled bathroom. The large open plan living/dining area lead out to a covered patio with an enclosed garden. The kitchen has space for a double door fridge and 3 appliances. Lots of cupboard space and a breakfast nook, all with granite tops. Double garage with automated doors accessible from the kitchen.

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IMPORTANT CONTACT NUMBERS

HOA OFFICE

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

Whats App 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

Takeaways
012 809 0431 / 012 809 1484

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

ESTATE NEWS



KATHY O'CONNOR
LIAISON MANAGER

Dear All

I hope winter is not getting the better of you and that you are still keeping active. I find that in winter I am less motivated to exercise and get things done. It of course does not help that it is dark at 18:00 in the evening and that it gets light in the mornings at a relatively "late" hour, making it an enormous challenge to get out of bed in the dark. Of course it is great to have the sunshine during the Highveld winters so I should not complain!

Some points of interest:

Appointment of co-opted director

Prof Lekan Ayo-Yusuf was appointed at a board meeting held on 30 May 2017 as vice-chairperson which was as a result of the vacancy created on the board when Dr Pretorius resigned. The current board is made up of the following members:

Mr Jaco Coetzee: Chairperson
Prof Lekan Ayo-Yusuf: Vice-chairperson
Mr Anton Roets: Finance
Mr Visser du Plessis: Security
Mrs Corlia Mathews: Environment
Mr Jannie Botha: Country club
Mr Jan de Wet: CEO and ex-officio director

Resignation of Mr Jan de Wet

A communication was sent out recently that mentioned that Mr Jan de Wet had resigned as CEO. Jan has been the CEO of the Homeowners Association since 2014. Jan it was a pleasure working with you. You are an extremely caring person. I am sure you will have much success with your new endeavours and all the very best to both you and your family.

Convenience store at Clubhouse

Please note that the convenience store has been temporarily closed while its upgrade takes place so that an even better and more upmarket shop will be available soon when it reopens again.

Trusted individuals

In May 2017 a communication was sent out with regard to changes to the "trusted individual" scheme. There

was a fair amount of confusion associated with this email and a follow-up communication was sent out to clarify the matter. To summarise: it would appear that "trusted individuals", who are not residents but friends of residents, were using the Estate as a shortcut. It was therefore decided that these individuals would be given access to and egress from one gate only and that the default gate would be the gate near Muirfield Boulevard. These individuals who had card access would no longer be able to use their cards to access the Estate but would have to wait for the access controller to assist them. These amendments came into effect on 1 June 2017.

Whats App number (081 848 2787)

Keep sending your suggestions, feedback and complaints to the Whatsapp number. However, please note that this number is for WhatsApp messages only. Should you need to report an urgent matter telephonically please contact the HOA office during office hours (Monday to Friday) from 08:00 to 16:30 or call the control room available 24/7 on 012 809 0424/5.

Some hot potatoes (so to speak)

Obstructions on pavements – the new rules cover quite a wide spectrum of obstructions so I have requested clarity from the members of the environment committee that will be meeting on 1 August 2017. Feedback from this meeting will be communicated.

Another matter that still needs to be finalised is the matter of vehicular access to the large grass area at the dam in the game reserve. This issue is still under discussion and any suggestions from residents would be welcomed.

Keep a lookout for the great specials Fairways Restaurant runs on a weekly basis, which is anything from pizza specials to burger specials.

All the very best and if you have kids, hope you managed to stay sane during the July school holidays.

Regards

Kathy O'Connor
Liaison Manager



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



SILVER LAKES

R5 500 000

EXCLUSIVE MANDATE

Web Ref: 13507614



Imagine ... Enjoying a relaxing lifestyle in this beautiful and immaculate family home on the golf course with engaging views of the fairways. Boasting generous accommodation with outstanding quality and modern finishes. Comfortable with loads of charm and ambiance. Featuring expansive and generous reception areas, study and exclusive well equipped modern gourmet kitchen. Large enclosed entertainment area with bar and gas barbecue opens with stackable doors onto the featured sun splashed pool, boma and landscaped manicured garden. The property also features 5 spacious bedrooms (4 en-suite) with 4,5 beautifully finished bathrooms. Also on offer is staff accommodation, 4 automated garages and ample parking for friends and family.

SPECIAL FEATURES: Air-Conditioning, Automated Irrigation, Fitted Bar, Solar Geysers in all bathrooms with timer switches.

Martin 083 452 5599

SILVER LAKES

R6 890 000

EXCLUSIVE MANDATE

Web Ref: 13509171



A modern and contemporary designed family home with total attention to detail, fantastic style and flair that is complimented by exclusive finishes and state-of-the-art fixtures and fittings. A turnkey residence that offers luxury accommodation that will surpass the expectations of the most discerning buyer. Lavish and generous open-plan receptions spill out to expansive indoor and outdoor entertainment areas with a sophisticated yet relaxed ambiance. Boasting high volumes, large window scapes, fitted bar, fireplace and designer heated pool – all embraced by extensive landscaping. Featuring a custom designed gourmet kitchen with high end appliances, study and 6 generous bedrooms (main en-suite) with 4 beautifully finished bathrooms, including a luxurious first floor master suite with private balcony. This exclusive home offers the possibility of a 2 bedroom flat or home office with separate entrance. Also on offer is staff accommodation, store room and 2 automated garages with ample parking for guests and family.

SPECIAL FEATURES INCLUDE: Air-Conditioning, Automated Irrigation, Gas Fire Place, Bosca Closed combustion Fire Place, Heated Pool, Fitted bar with Snomaster Wine Cooler (196 Bottles), Snomaster Ice Machine (tapped), Snomaster under counter fridge, all fitted curtains and blinds.

Zona-Lize 083 452 5588

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 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 a 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.

Martin 083 452 5599

SILVER LAKES R2 098 000

Web Ref: 3289706



LOCK UP AND GO STUNNER

Enjoy a relaxed lifestyle in this charming and immaculate one-level home. Offering open-plan living areas, with dining and family room, study nook, spacious kitchen with separate scullery, 3 bedrooms, 2 bathrooms, a covered patio with built in barbecue leads into a large, well established and private garden. Double automated garages.

Zona-Lize 083 452 5588

SILVER LAKES R3 600 000

Web Ref: 13475897



EXCLUSIVE MANDATE

Enticing family home boasting stylish elegance coupled with loads of ambiance 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. Cozy and sunny dining room area with fireplace which 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 down stairs. Staff accommodation and 3 automated garages with ample parking. **SPECIAL FEATURES:** Air Conditioning, Two Fire Places, Irrigation.

Martin 083 452 5599

SILVER LAKES R4 650 000

Web Ref: 13406740



ON THE GOLF COURSE

Beautifully presented family home, situated on a 1300 sqm stand with stunning views of the fairways. This stylish, immaculate and spacious home features a welcoming double volume entrance, flowing open plan reception areas that open onto an informal entertainer's patio with built in barbecue, large expansive manicured garden and sun splashed pool. Granite and solid Beech wood kitchen with breakfast nook, separate scullery and ample cupboard space. Also on offer is 4 spacious bedrooms (two en-suite) with their own unique views, including a luxurious master suite with separate study which opens onto a private balcony that offers stunning views of the fairways. Staff accommodation and double extra large automated garages with ample parking space for friends and family. **SPECIAL FEATURES:** Air-Conditioning, Automated irrigation.

Zona-Lize 083 452 5588

SILVER LAKES R3 300 000

Web Ref: 13406728



SPACIOUS & LUXURIOUS

An immaculate, elegant and secure 473 sqm double storey home with loads of ambiance, style and charm. Ideal for the discerning buyer looking for space and privacy. Boasting lovely views of the fairways from the large enclosed entertainment area upstairs. Featuring flowing open plan reception areas, open plan kitchen with separate scullery and ample cupboard space, 4 double bedrooms and 3,5 beautifully finished bathrooms. Covered entertainer's patio downstairs with built in barbecue leads into private and well established irrigated garden. Double automated garages and staff accommodation.

Martin 083 452 5599

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

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JAN DE WET
SILVER LAKES
CHIEF OPERATING OFFICER

Saying farewell

After three years in what started out as an interim position, I have resigned as Chief Executive Officer of the Silver Lakes Homeowners Association effective the end of July 2017. My intention when the position became permanent was to only stay on for a two-year period, but before I knew it, another year had passed!

It has been an absolute privilege to work for the Association and to get to know the residents of this wonderful Estate better. There have certainly been some trying times and many issues to resolve during my tenure but nothing that could not be resolved with a bit of patience and teamwork.

The best part of the job was undoubtedly working with the team of dedicated staff members that all contribute to the effective functioning of the Estate and are often the unsung

heroes in getting issues resolved that most residents are not even aware of. The various Board members I have had the pleasure of working with also deserve a word of thanks for their commitment to the Estate's affairs in what is often a thankless task.

We cannot keep everybody in the Estate happy all the time, but I certainly believe we keep most of the residents happy most of the time. I am also absolutely convinced the dedication from the staff will continue with this team in place, well into the future.

Regards and farewell

Jan de Wet
Chief Operating Officer

Lew Geffen

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Juanita du Plessis

082 322 3407

juanita@sirpretoria.co.za



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DANIE VAN NIEKERK
ESTATE MANAGER

Country Club Facilities – Projects Update

Progress and update regarding the construction of the intended building projects for this financial year (approved budgets) are:

The new halfway house; remedial work, berms and gabions at the golf academy building; new services road; repositioning of generator set and new third tennis court.

Building plans: The plans were approved by the municipality on 16/06/2017 and construction work commenced immediately – completion date is estimated for end of October 2017. Copies of the approved building plans are made available for perusal at the reception desk of our Management Centre in the reception.

Construction progress: Weekly site meetings are held and at end of week four, the construction was confirmed by contractor as on schedule. As anticipated, construction work of this nature has its unexpected constraints (especially existing services)... However, we, together with our main contractor, staff and professional team managed to find solutions.

The construction sites: The construction sites were officially handed over to the main contractor and are under their responsibility and control. Sites are enclosed, fitted with lockable gates, screened off with the green shade netting, are annotated with applicable warning signage and will continue to be "living site".

Health & Safety: Again please remember all constructions sites are dangerous and will be out of bounds for members, residents, visitors and children. The construction sites were officially handed over to the main contractor and are under their responsibility & control for the duration of the construction process. Kindly always observe and adhere to warning signage.

Appreciation: In advance, thank you for your understanding and co-operation during the construction period. We also apologise for the inconvenience.

New half-way house – construction in process



New berm and gabions at Golf Academy Building – earthworks in process



New services road – earthworks and construction in process



New third tennis court – earthworks and construction in process



Golf Course Irrigation System (Upgrade)

Installation of the new upgraded irrigation system, on the "front nine" – holes 1 to 9 – of the golf course, is also in process, with practical completion estimated end August 2017. Installation work is progressing well by the contractor and the project continues under the management & control by our member Martin te Groen and his team. All cautionary measures are taken during installation work to ensure as little interruption as practically possible.

Various identified areas will be used to stockpile materials, to ensure effective handling of materials and to assist workers/ machinery with easier access to the work areas. Work on the existing pump house (situated on the side of the 18th fairway) will commence soon. It entails further upgrade of the mechanical installation and the required civil work to the pump house will also be done soon.



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Major changes were done at the 4th tee to correct existing storm water reticulation system and to change and improve immediate surround of the said T-box; all in consultation with golf course designer Peter Matkovich.

The images below tell the story:

Trenching, lying of pipeline, enclosing and sodding on green – in process



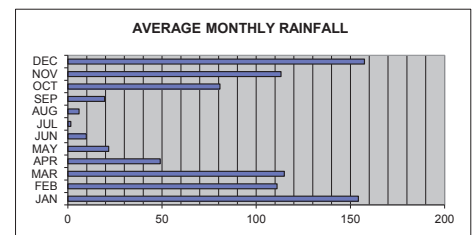
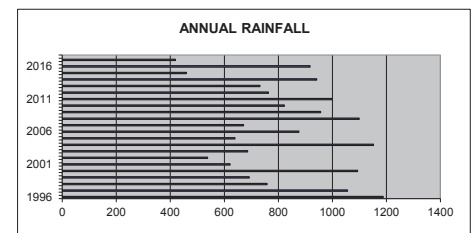
Major earthworks and stormwater remedial work at 4th tee – in progress



Rainfall

The information tabulated below has been recorded over the period indicated (since 1996 till June 2017) by a homeowner residing in Phase 1 of our Estate and we appreciate receiving the rainfall data regularly for publishing in the Intra Muros. Also note the average rainfall for the months of June over the 22 years is 10 mm.

RAINFALL DATA FOR SILVER LAKES - PHASE 1													20 Jul 17
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	268	50	215	53	49	9	3	0	0	56	220	176	1099
2009	205	224	68	6	15	33	0	18	25	84	146	132	956
2010	112	78	94	151	58	0	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	5	80	28	0							419
AVERAGE	154	111	115	49	22	10	2	6	20	81	113	157	841



Stand Details Update

The table below indicates the updated figures of the Estate properties till June 2017.

2017	Phase 1					Phase 2					Phase 3					Summary					Total
	A	E	U/C N	U/C A	C	A	E	U/C N	U/C A	C	A	E	U/C N	U/C A	C	A	E	U/C N	U/C A	C	
Jan	0	5	2	8	951	1	17	3	2	491	0	16	6	3	139	1	38	12	12	1581	1644
Feb	0	5	2	8	951	1	17	3	2	491	0	16	6	3	139	1	38	12	12	1581	1644
Mar	0	5	2	7	952	1	17	3	3	490	0	16	6	2	140	1	38	11	12	1582	1644
Apr	0	5	1	8	952	3	17	3	4	489	0	16	6	3	139	3	38	10	15	1580	1646
May	0	5	1	7	953	1	17	3	4	489	0	16	6	3	139	1	38	10	14	1581	1644
Jun	0	5	1	9	951	1	16	3	3	491	0	15	7	3	139	1	36	11	15	1581	1644
Jul	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644
Aug	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644
Sep	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644
Oct	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644
Nov	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644
Dec	0	0	0	0	966	0	0	0	0	514	0	0	0	0	164	0	0	0	0	1644	1644

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

CALENDAR OF ANNUAL EVENTS FOR 2017

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



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 <p>SEAMLESS GUTTERS</p> <p>Chromadek Gutters Box Gutters Facia Boards Wide Range Of Colour</p>	 <p>CEILING</p> <p>Plastered Ceilings Bishop Strip Ceilings Timber ceilings Suspended Ceilings</p>	 <p>SKYLIGHTS</p> <p>New Skylights Repair Skylights Waterproofing Skylights Laminated Safety Glass</p>

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Speak Easy... with the Silver Lakes Business Club

BY MARIANNE VAN WYK

Corlia Mathews and I had the privilege of starting the first Business Club in Silver Lakes on 1st March 2017.

It was a great success and our speaker was Dawie Roodt, the well-known Economist of the Year.

His topic was "Uncertainty & Volatility – Economics in 2017!" We were flooded with bookings and four days before the deadline the event was fully booked. The event was a sit-down dinner with food and wine.

We gave sponsors a few minutes each to speak about their businesses, and the five guests who won the lucky draw to tell us about their businesses – good networking!

The idea of these events is for us as business people in Silver Lakes to network with each other and for everyone to get to know what skills the Silver Lakers have to offer.

The second dinner was on the 7th June 2017. The speaker was Danie Behr, a well-known IT specialist. We thoroughly enjoyed his speech about the "INTERNET OF THINGS". This world is becoming an interlinked one of note.

We envisage presenting these events three to four times per year and urge every Silver Laker who has a business or is part of a business to join us. We are in the process of setting up an app to help with the bookings and payments for these events so that you can book and pay from your cell phone without hassle. We are also creating a website/app that will serve as a "yellow pages" for all Silver Lakers who would like to advertise their services/products. This will be open to all the homeowners to use and or add their businesses to the list.

Our next dinner is on the 13th September 2017. Marnus Broodryk will be our speaker. He is a well-known entrepreneur in SA and at the young age of 31, he is involved in many successful companies. He is going to speak about 'The Mind of an Entrepreneur'.



Marnus Broodryk

I can't wait to hear what he is going to share with us! Keep the date open and learn from the maestro; come and network till we drop!

We also have other applications that we are working towards so that it will be an advantage to become active in this popular club. Watch this space!

If you wish to propose a speaker for a dinner in future, you are welcome to contact me at: marianne@libralex.co.za or 0825654234.

"In the modern world of business, it is useless to be a creative, original thinker unless you can also sell what you create." – David Ogilvy, co-founder of Ogilvy & Mather.

Marianne van Wyk
Business Club Chairperson

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Birds, birds, birds with the Silver Lakes Birding Club

PHOTO CREDIT: DR. KOOS MARAIS (BIRD PHOTOGRAPHS)
INGRID MARAIS (QUIZ NIGHT PHOTOGRAPHS)



Malachite Kingfisher



Golden-tailed Woodpecker

The Bird Club held its first Soup and Quiz Night on Thursday the 29th of June. We all had a glass of sherry on arrival, which took the chill away on a cold winter's evening. There were two choices of soup and various breads, which were delicious. Our quiz presenter was Dr. Koos Marais, who made it fun and educational. To keep the mood relaxed, Dr. Koos decided that once he showed the picture of the bird, we would write our answers down and then he would give us the name of the bird with a description. We all marked our own papers as we went along. The winner of the quiz was Mr. Ian Alexander, who did exceedingly well as Dr. Koos had put in a variety of birds from South Africa and the surrounding countries. Everyone had a thoroughly enjoyable evening.

With regard to the bird ringing article that I wrote about in last month's issue, I have received permission from the Environmental Committee to go ahead with bird ringing in the Estate. I

arranged a site meeting with Chris Siebert from BirdLife Northern Gauteng, who is a registered bird ringer. We found a suitable site in the game reserve and will have a trial run in the spring/summer months. A date for this still has to be confirmed. I hope this will become an annual/biannual event as well. To give us an idea of how the ringing works, Chris invited my daughter and me to attend a bird ringing event at the Botanical Gardens on Saturday the 1st of July. We had instructions to bring along a picnic basket, blankets, chairs and a torch as the mist nests need to be set up in the dark, before the sun rises. Once we all arrived at the gate we were allowed in and drove to the site. We then went to help with erecting the nets, which took quite some time. Once done, we unpacked the car with our goodies to have our first cup of coffee and relax while the sun rose. After that it was non-stop all morning: checking the nets, bagging the birds, measuring and weighing them, and finally releasing them. It was an

enjoyable and educational experience.

With the success of the first Quiz Night, it will become an annual event on the Bird Club calendar and we look forward to assisting with the conservation studies through the future ringing events on the Estate.

Dates to diarise

10th August – Chris Siebert is giving a talk on Bird Ringing

21st September – Dr. Hanneline Smit is presenting the Fluff Tail Project

26th October – Ian Alexander is presenting his bird photographs

Regards

Kathryn Downing



Quiz night



Dr Koos Marais



Winner Ian Alexander



Quiz night

Happy Women's Month from Silver Lakes Athletics Club!

August is a celebration of womanhood and we would like to wish our female members and residents a happy women's month!

We've asked a few of our female runners how they benefit from running:

"To me running is a sense of escape, my addiction, and beneficial on a mental, physical and emotional level!" – *Nolene Pienaar*

"Running keep me sane!" – *Christine Naude*

"I run:

- I feel healthier
- I have more energy
- Running is an activity I do with my husband and is our bonding time." – *Rene Rodrigues*

"I run to reduce stress and weight!" – *Malissa Badenhorst*

"It's the only time that I don't / can't think about anything else than running. I love that running is able to give me that!" – *N'cita Willey*

And then, the reason we love running...

"I run so I can drink wine...!" – *Nina Brune*

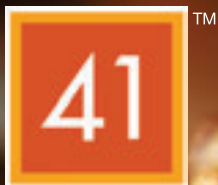


AUGUST RUNNER'S CALENDER (as obtained from Nedbank Runner's Guide):

Race date	Race	Venue	Contact	Telephone
Wed 02	Jackal 10km Night Run/Walk	Copperleaf Country Club	Shane Gouldie	082-3329552(cell)
Sat 05	SPAR Women's 10km – Centurion	SuperSport Park	Race Organiser	011-2035300(work)
Sat 05	GEM Trail Series 4 – Jan Smuts House – CANCELLED in 2017	Jan Smuts House	Race Organiser	012-6672074(work)
Sat 05	Bigen Africa Charity 10km Fun Run	Innovation Hub		
Wed 09	Castle Walk Shopping Centre Womens 10 & 5km	Castle Walk Shopping Centre	Liesel van Zyl	079-8695030(cell)
Sat 12	Smuts Ultra Trail Run – 2 Days	Jan Smuts House	Shane Gouldie	082-3329552(cell)
Sat 12	Clicks Wierie Half Marathon, 10km & 5 km	Laerskool Wierdapark	Kierie van der Schyff	082-8044803(cell)
Sat 19	Romans Pizza Phobians 15km Race	Pretoria Boys High School	Graham Strangleman	076-2465185(cell)
Sat 26	The Barn Doggy Day Race – Big Red Barn	Big Red Barn	Shane Gouldie	082-3329552(cell)
Sat 26	Dawn2Dusk 100 Mile and 12-Hour Circuit Race – 2 Days	Gerrit Maritz High School	Gerrie Strydom	082-9405453(cell)
Sun 27	Land Rover Centurion Mountain Monster 20, 10, & 5km	Hakahana Trails	Ruan Botes	063-6867315(work)

For more information on Silver Lakes Athletics Club contact Christine: 082 443 1119 / christinenaude3@gmail.com

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Silver Lakes Mature Golfers

MATURE GOLFERS – 02 JUNE 2017

NAME	PLACE	2-CLUB
Rolf Hauter / Phillip Molapo (44)	1 st	Rolf Hauter
Jan Potgieter / John Murray (39 c/o)	2 nd	Jannie Duvenhage
Nobody	NTP # 9	
Fernando Vieira	NTP # 16	
Daan Rouffe	NTP # 18	
Fernando Vieira	NTP #13	
Jannie Duvenhage	NTP # 3	

MATURE GOLFERS – 08 JUNE 2017

NAME	PLACE	2-CLUB
Theo O'Neil (33 c/o)	1 st	FX Roome
Francois Booyse (33 c/o)	2 nd	
Kobus Gouws (33 c/o)	3 rd	
Johan Els	NTP # 9	
Amie van Wyk	NTP # 16	
Kokkie Martin	NTP # 18	
Francois Booyse	NTP #13	
Kobus Gouws	NTP # 3	

MATURE GOLFERS – 15 JUNE 2017

NAME	PLACE	2-CLUB
Fernando Vieira / Tim Toman / Rick Newsome / Vincent Mascini (88)	1 st	Lodewyk de Wet
John Murray / Jannie Duvenhage / Danie Jacobs (86)	2 nd	

MATURE GOLFERS – 15 JUNE 2017 (cont.)

Kokkie Martin	NTP # 9
André Meij	NTP # 16
Fernando Vieira	NTP # 18
Johan Cilliers	NTP #13
Lodewyk de Wet	NTP # 3

MATURE GOLFERS – 22 JUNE 2017

NAME	PLACE	2-CLUB
Eugene Visagie (44)	1 st	André Smit
Fernando Vieira (40 c/o)	2 nd	Eugene Visagie
Kobus Gouws (40 c/o)	3 rd	John Murray
John Murray	NTP # 9	
Rolf Hauter	NTP # 16	
Jan Terry	NTP # 18	
Niek Hollander	NTP #13	
Manie de Clercq	NTP # 3	

MATURE GOLFERS – 29 JUNE 2017

NAME	PLACE	2-CLUB
Fernando Vieira (37 c/o)	1 st	Nobody
Tim Toman (37 c/o)	2 nd	
André Basson (33 c/o)	3 rd	
Eugene Visagie	NTP # 9	
Lodewyk de Wet	NTP # 16	
Fernando Vieira	NTP # 18	
Johann Myburgh	NTP #13	
Piet Skinner	NTP # 3	

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CORLIA MATHEWS
ENVIRONMENT, SOCIAL & ETHICS DIRECTOR

In and Around the Estate...

Last month I spent most of my article catching up on issues on the Estate. This month I will pop in few more items we are working on and end with a bit on designing gardens.

But first on the social side. We had a bumper Youth Day celebration, with the largest group of cyclists ever entering. Thank you to all our staff who made this day possible – we really appreciate the extra effort you put into these events for us. As you would have noticed, the kids absolutely loved it!



Thank you to all who attended. Look out for our next events as published in the *Intra Muros* and our weekly Silver Lakes newsletters. On the 28th of July, we had our Silver Lakes Charity Day – a day of golf, an auction and a dance! Photos to follow in next month's issue. Next on our calendar is Spring Day on Saturday the 9th of September. Come and join us for some great eats, lots of fun and join friends and family in our beer garden!

Some important environmental issues:

Boom gates in the game reserve:

The boom gates blocking vehicle access to the grazing grounds in the game reserve became an issue when the boom gate at the dam wall blocked entrance to the fishing and picnic areas. These areas were previously reachable by parking on previously open stands. Blocking of the thoroughfares in the game reserve became necessary when the internal grazing areas became 'testing' ground for 4x4 vehicles, not only damaging the grazing area by creating roads instead of grazing (which we try and rehabilitate by seeding yearly with a veldt grass mixture), but also hurting animals hiding in the grass and disturbing and frightening grazing animals. Access became a problem when fishermen and people wanting to visit the beautiful dam in the game reserve had to park at a parking spot next to the ring road at the N4. Carrying all the equipment and getting elderly people to the picnic spot are now cumbersome. A parking spot at the dam wall was considered, but the disturbance of vehicles in this pristine grazing area was met with resistance, and the basic principle of protecting the grazing of the game in our game reserve was implemented.

We have looked at various options such as a bridge across the dam wall and a pathway from the contentious parking area at the N4. We are in the process of reviewing the situation of protecting the grazing area vs. people wanting to use the fishing and picnic spots with easy access.

This is not an area comparable to the business area of our Estate where major parties and events may take place. The game reserve is a 'quiet' area for the use of homeowners who would like to enjoy nature and our beautiful animals. I believe the people requesting closer access also have the same opinion of the area and we will come to an amicable conclusion.





Illegal Dumping and squatting on the corners of Solomon Mahlangu and Von Backström/N4:

We had our first meeting with our Tshwane representative, Mike Strange, in February 2017 regarding the dumping. Thereafter, we had another meeting in May 2017 with Mike Strange, Tshepo Mokwena (Tshwane Housing) and Jacqui Uys (ward member). The issue is that it is council property and we as homeowners cannot enter this area illegally to 'clean up' even though excessive illegal dumping happens on this property and an informal settlement might be starting. One suggestion was to do some cleaning up as our 'Mandela Day' effort. We are still in the process of negotiating with council to block and then clean up this area.

I would like to end my article on a bit of motivation for the upcoming spring gardens. As I have mentioned a month or so ago, to make design effective you have to go back to the basics – line and form. But to make that work you have to clean up what you have.

What we did the past 3 years in cleaning up the Estate through design and maintenance was to:

- simplify;
- use repeat elements.

When I became Environmental Director, there were a lot of great things happening on the Estate, but two things that were lacking were:

- the cohesiveness of the look and feel of the Estate;
- maintenance.

We are still addressing these issues by designing the look and feel to have a simplified, easy-to-understand layout and fixed plant list. Maintenance used to be done by a large team who did everything. Specific maintenance, especially of the gardens and buildings, 'got lost'. Consequently, we have outsourced the gardens and now have a smaller maintenance team who can specifically take care of our buildings on the Estate.





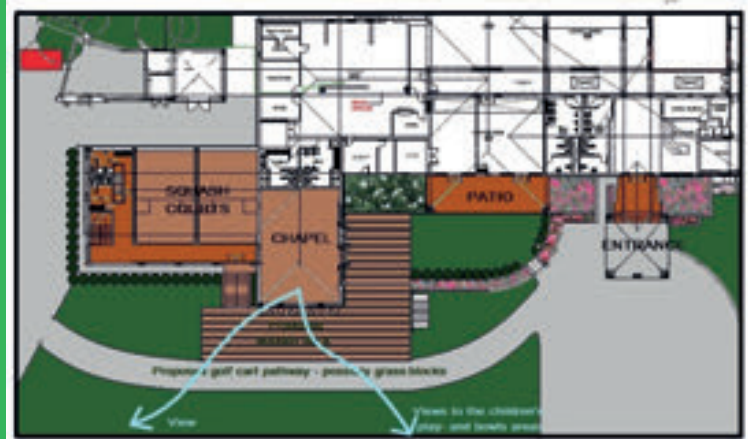
We are still busy in many areas, such as the new halfway house at the pool and the main entrance side of the Club where we will be replanting the gardens in-between the parking, as well as fixing up the children's play area with a levelled soccer field, beach volley ball court and new equipment on the larger lawn area.

The image below shows the master plan that has been developed for the Club House area these past few years, where one zone will compliment another:



- The front of the Club will receive golfers who will move through the Club to register at the Pro-Shop;
- Golf carts will go around the Club (through the new play area) to the front of the Club at the new halfway house;
- The top floor of the Club will mostly be for golfers and large groups, functions, etc.;
- The restaurant area, deli and wine bar will be the 'flagship' areas of the Club – with facilities for all homeowners;
- The children's play area at the front of the Club will form part of a more active, Country Club area with tennis courts, squash courts, a soccer field and volley ball court as well as a bowling green in time.

In the image below one can imagine the 'chapel' developed into a facility where parents can sit and watch children at play, or it can be used as a facility to host events such as the regular Silver Lakes events, children's parties, etc. With the possible 'opening up' of the front of this facility with glass doors and an extension of a wooden deck, this facility can bring this whole area together.



In the same way, we have developed a 'master plan' for the rest of the. We are still busy with a lot of the ideas – including the building of the signature corner signage structures. As mentioned, we have done some extensive work on the boulevards and will extend some work in tidying up the gates even more by adding some new elements such as planters with flowers and trying to bring together the different kinds of paving used in the entrance gates – tar, paving, concrete. With some design manipulation, we will try and tidy this up.

Have a wonderful month of starting to think about what to do in Spring. Create your own master plan for your garden on paper. Clean up and remove too much detail or items you would like to remove. Simplify the design by repeating elements already in your garden, creating clean lines and forms.

Have fun and join us for our Spring Day festivities on Saturday the 9th of September!

Corlia Mathews

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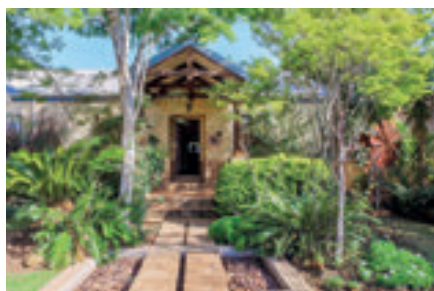


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Planting Trees To Sustain Our Planet

ARTICLE BY ELIZE MALAN

Arbor Day is celebrated in September and we are all reminded to plant a tree. Although an indigenous tree should be your first choice, any tree suitable for your specific area will be a practical gesture towards “greening” the environment.

The word “greening” does not refer to the green canopy eventually created by a tree – the real reason for planting trees is the miraculous way in which the leaves, through the process of photosynthesis, take carbon dioxide from the atmosphere and release back oxygen.

Eight trees produce enough oxygen for one human to survive for one year.

The process of photosynthesis requires a constant flow of water.

The water comes from the extensive and deep root system of the tree.

The complicated submersible and suction system of the tree allows sufficient water to be available for its life-sustaining processes.

A tree can balance water levels within its cells and will allow water to evaporate, creating a cool, moist environment around the tree.

In times of drought the tree will try and prevent unnecessary loss of water. The leaves curl and close up, and little evaporation occurs.

Trees are good to neighbouring plants.

At night, when they need less water, the upper root system near the soil surface will release a certain amount of water.

As a result, seedlings and plants growing in the tree drip area will benefit.

The Department of Agriculture, Forestry and Fisheries choose specific species every year to increase public awareness of our indigenous trees.

You may ask, why bother to supply information about trees not often planted in urban gardens?

Remember, our planet needs all its trees and for every tree cut down, two new ones should be planted.



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Big congratulations to Thapelo Mokoena (Stand 1481) who answered last month's question correctly! We will be in touch with you to arrange your prize. Please send us pictures of yourselves when you're out for your dinner. We'd love to include them in the next issue of *Intra Muros*!

Question: What date does the Blood Drive take place in the chapel at the Silver Lakes clubhouse?

Send your answer along with your stand number, name and cell number to: info@eiapublishing.co.za.

Remember, the answer to this month's question is in this issue of *Intra Muros*!

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1. Vouchers cannot be exchanged for cash.
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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.
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If you have any queries, please contact Martin Fourie on 072 835 8405.

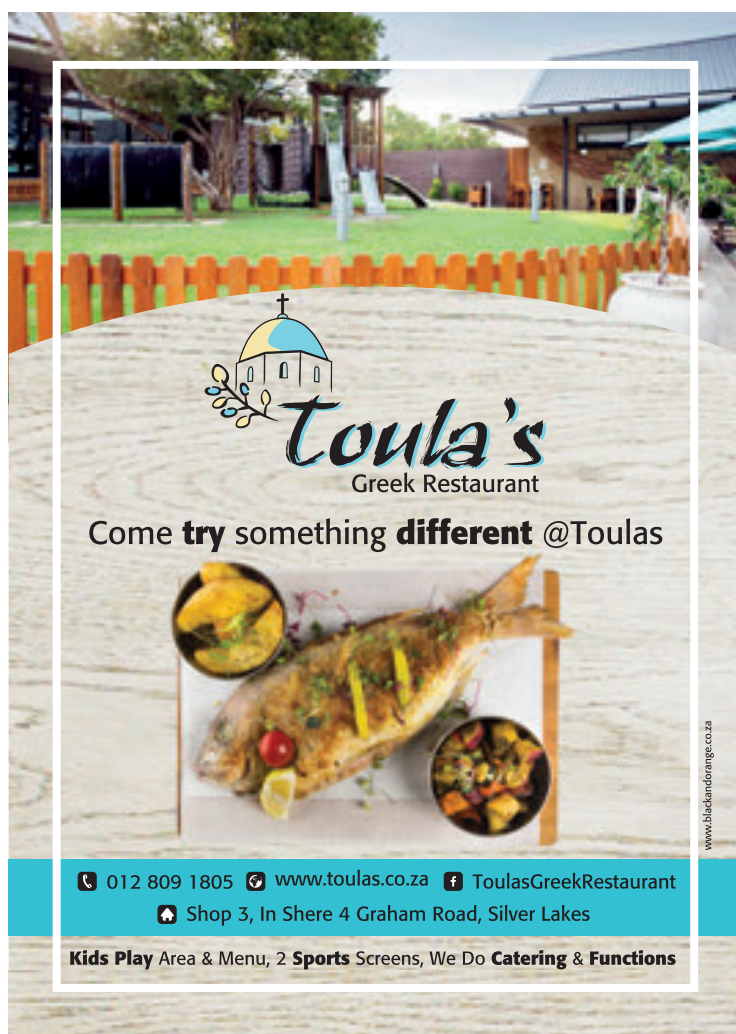


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TOP TEN TRAVEL DEALS

1. A glimpse of Vietnam with Wendy Wu Tours. Rates from R26 965 per person sharing. Offer includes return flights departing Johannesburg to Vietnam including taxes, return transfers, breakfast daily, three lunches and one dinner, English-speaking guide, Vietnam visas and entrance fees as per itinerary. Valid for travel between 1 August and 30 September 2017. Highlights: Hanoi, overnight in Halong Bay, Saigon, Mekong Delta and Mui Ne beach. **For more information visit www.wendywutours.co.za or call them on 010 001 9998.**

2. Thailand December bargain from Tour East Australia. Rates from R2 756 per person. Offer includes seven nights' accommodation at the Deevana Patong Resort & Spa. Valid for travel between 1 November and 24 December 2017. **For more information visit www.toutheast.com.au.**

3. Make it a date night at the SunSquare Montecasino. Rates from R1 795 per room per night. Offer includes dinner, one night's accommodation and breakfast. Dinner includes unlimited wine by the glass. Valid until 31 January 2018. **For more information visit www.tsogosun.com/sunsquare-montecasino; email sunsquare.reservations@tsogosun.com or call them on 011 557 7007.**

4. Dubai package from kulula holidays. Rates from R13 319 per person sharing. Rate includes return flights from Johannesburg to Dubai, approximate taxes and levies, return transfers, three nights' accommodation at the Ibis Styles Jumeirah with breakfast daily and a 96-hour tourist visa. Valid for travel until 30 September 2017. **For more information visit www.kulula.com or call them on 0861 585852.**

5. Kenya special from Africastay. Rates from R12 385 per person sharing. Offer includes return flights from Johannesburg to Mombasa, approximate taxes, six nights' accommodation at Mnarani with breakfast and dinner daily. Valid until 30 November 2017. **For more information visit www.africastay.co.za; email sales@africastay.co.za or call them on 011 592 9000.**

6. Caribbean fly and cruise deal from Discover the World. Rates from R26 699 per person sharing. Offer includes return flights to Fort Lauderdale departing Johannesburg, approximate taxes, return transfers, nine nights' accommodation with breakfast, lunch and dinner daily, and entertainment on board. Depart from Fort Lauderdale and visit Princess Cays St Thomas, St Maarten and Fort Lauderdale. Set departure 10 December 2017. **For more information visit www.discovertheworld.com,**

7. Celebrate 50 years of Air Mauritius. Flights from Johannesburg to Mauritius from R1 900. Fare excludes taxes and is not available during school holidays. Valid until 30 November 2017. **For more information visit www.airmauritius.com; email jnbmk@airmauritius.com or call them on 0800 983 537.**

8. Amazing Africa package from Dreams. Rates from R11 261 per person sharing. Offer includes return flights from Johannesburg to Livingstone, approximate taxes, return transfers, three nights' accommodation at the five-star Avani Victoria Falls Resort in a double room with breakfast daily, four days' travel insurance, including hazardous pursuits, and entrance to Victoria Falls. **Valid for travel until 31 October 2017.**

9. Singapore combo deal from Perfect Destinations. Rates from R17 890 per person sharing. Offer includes return flights departing Johannesburg, approximate taxes, four nights at the Avani Sepang Resort and two nights at the Ramada Singapore, American breakfast daily and a half-day tour of Singapore. Valid between 18 September and 30 November 2017. **For more information visit www.perfectdestinations.co.za; email info@perfectdestinations.co.za or call them in 021 250 0752.**

10. Winter getaway at the Blue Marlin Hotel (KZN). Rates from R1 250 per room per night including breakfast. Kids under 12 stay free. Minimum two-night stay applies. Valid until 31 August 2017. **For more information visit www.bluemarlinhotel.co.za; email info@bluemarlin.co.za or call them on 039 978 3361.**

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Judea Hope Golf Day

Support this wonderful cause and come down to the Silver Lakes Clubhouse on 11 August – meet celebrities, eat delicious food and have fun with your whole family.



Altus Theart

On cold winter days, sometimes you need a bit more than an extra layer of clothing to warm yourself up; sometimes your heart needs warming too and the story of Judea Hope will certainly do that.

Judea Hope has been project managing an array of upliftment and development projects in South Africa for the past 10 years. These projects focus on feeding and educating vulnerable children in the rural, RDP suburbs

and informal settlements of South Africa. Today Thea Blom is the leader of Judea Hope, and is making a very real difference in the lives of thousands of children in terms of food security, nutrition, education, care and salvation. To date hundreds of tons of high nutrition, warm cooked meals have been distributed through their Million Meals Project. Many of the Early Childhood Development (ECD) centres are founded in tents. However, as the church grows, a building is built for church and ECD classes.

Judea Hope has formulated dehydrated rice, vegetable and legume-based meal with a vitamin and mineral supplement that is added to it. This single mix provides all the micronutrients needed for a child and even an adult and Judea Hope also provides these meals to the daycare centres. The meals are packed by volunteers and are distributed and delivered to our network of ECD centres across the country.

This amazing cause is hosting what promises to be a fun-filled and entertaining golf day for the entire family, held at Silver Lakes' own golf course and clubhouse on 11 August. There will be a number of celebrities present as well and they've lovingly dedicated their time and effort to this wonderfully heartfelt initiative – and all funds raised will go towards feeding children in informal settlements in our country.

Now, there aren't many South Africans out there who don't watch Getroud Met Rugby, and if you don't, now is the time to catch up! The beautiful Elsje Slabbert, local actress and Judea Hope ambassador, will be making an appearance at the golf day, along with a host of other well-known South African celebs.



Elsje Slabbert



"In 2016 I joined Judea Hope as an Ambassador. In between acting jobs I love being part of charity projects as I truly believe in the needs of our children in South Africa in both education and food for the disadvantaged communities." – Elsje Slabbert

Kids' entertainment:

Buster the Brak will be making an appearance for children between 2pm and 3pm at the outside play area and he'll be putting on a show for our children. The show is free, but any donations are most welcome to support Judea Hope and the wonderful work they do.

Golf Details:

Cost: R4000 per four-ball. All proceeds go towards meals for underprivileged children. Arrival time: 10am

Tee-off time:

11am shot gun start.

6pm: Prize-giving dinner and auction hosted by Getroud Met Rugby star Altus Theart. There will be prizes valued up to R30 000 so this golf day is not to be missed. What is a prize-giving party without entertainment, you may ask? SA-born singer Ampie will be performing. This promises to be a night not to be missed.

Putting competition:

A host of celebrities will be competing in a putting competition on the putting green in front of the clubhouse. Join in the competition and get your photo taken with your favourite South African celebrity. The putting competition isn't only for golfers, but for moms and kids too! So make sure to make an appearance.





Time is running out for those who have not as yet considered the implications of what is required for disclosure, or the possible implications of non-disclosure, of offshore assets.

In the 2016 Budget, the now ex-finance minister Pravin Gordhan announced the Special Voluntary disclosure programme (SVDP) for those individuals that did not previously utilise the opportunity to disclose undeclared offshore assets in the 2003/2004 amnesty.

It was estimated that approximately R65 billion was disclosed in the 2003/2004 amnesty with an estimated R200 billion or more still undeclared.

Treasury has made it clear that the SVDP is the last opportunity for those who have not declared any historical offshore assets to the local tax authorities and the Reserve Bank if these assets were in contravention of any exchange controls or the Tax administration act.

As from 1 October 2016 to 31 August 2017 taxpayers have been given an opportunity to disclose these assets and pay certain penalties in order to legitimise these assets and bring them into the SARS tax net for any future tax liabilities.



**BY BRIAN BUTCHART, MANAGING DIRECTOR & CFP®
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DEADLINE LOOMS FOR UNDECLARED OFFSHORE ASSETS

Time is running out for those who have not as yet considered the implications of what is required for disclosure, or the possible implications of non-disclosure, of offshore assets

Taxpayers who do not utilise this opportunity to come clean risk being taxed on the full amount that has not been taxed before, with no limitation on how far back SARS can raise assessments. So while properly disclosed applications under the SVDP will provide full immunity, those who do not come clean will be at the mercy of the revenue service with regard to the taxable period.

In addition, SARS could impose understatement penalties of 150% or 200% of the tax payable, together with interest. From an exchange control perspective the authorities are mandated to, where appropriate, recover the full amount of the contravention. A contravention of the exchange control regulations can lead to criminal prosecution.

The first set of countries, which include the G20, (including South Africa and several others), have agreed on the terms of the common reporting standards (CRS) to disclose information of tax payers who hold financial instruments in their country to the tax authorities in which they are tax resident, as from September 2017 this year. This includes all financial instruments held by individuals and entities including trusts and foundations.

The SVDP is intended to encourage taxpayers to come forward on a voluntary basis to regularise their tax affairs with SARS and the Reserve Bank to avoid the imposition of under-

statement or administrative penalties.

SARS has confirmed that any person may apply for SVDP. However, a person that is aware of a pending audit or investigation or is the subject of a not-yet-concluded audit investigation may not use the scheme.

Individuals and companies may apply. Trusts may not. However, beneficiaries of trusts may apply provided they deem the assets and income of the trust as their own.

The SVDP consists of an application to the Reserve Bank for exchange control transgressions and an application to SARS for any tax transgressions.

The exchange control levy is 10% of the value of the assets as at 28 February 2016 if you opt to keep these funds offshore or 5% if you opt to bring them back to SA. If you pay the penalty from SA sources rather than the offshore source an additional 2% is levied.

There are two disclosure options for tax transgressions. Voluntary disclosure programme (VDP) and SVDP.

What is VDP?

The voluntary disclosure programme has been in existence for several years already, allowing all tax payers an opportunity to voluntarily disclose any tax contraventions to SARS on

which the tax liability would be calculated and interest applied to that liability. The one disadvantage is that if this route is selected SARS has the right to go back to the inception of the investment in order to calculate the exact tax liability since inception with interest applied to each respective tax period.

What is SVDP?

The SVDP is for a limited period until 31 August 2017 and is calculated using the capital value of all assets in contravention of the tax administration act at the end of every tax year from 28 February 2011 to 28 February 2015. 40% of the highest value of the aggregate of all assets over these 5 years will be included in the taxable income of the individual in the 2015 tax period and tax will be payable thereon.

In addition, SARS also charges interest on the outstanding tax due to them. This ensures that all donations tax, dividends tax, capital gains tax and any income tax or estate duty liabilities will be exempt from the past.

However, you need to clearly understand the implications of both the SVDP as well as the VDP in order to determine which route will be more beneficial. I would suggest seeking professional advice and assistance in order to make an informed decision, but wouldn't wait too much longer as 31 August 2017 is fast approaching.



I have had many queries this month regarding what depression is and subsequently decided to write the following article to unpack some of the elements surrounding this construct.

Depression is a psychological disorder that affects thoughts, feelings, behaviour and physical health, and not only mood. It is important to note that clinical depression is much more than grieving or feeling down. People used to think it was 'all in your head' and provided you tried hard enough and put in a concerted effort, you could 'snap out of it'. However, thanks to a plethora of research, we now know that depression is not a weakness, and it is not something you can treat on your own.

How do we get depression?

Sometimes a stressful life event, such as the loss of a loved one, a breakup or diagnosis of poor health, triggers depression. At other times depression just seems to pop up with no identifiable cause. For example, there may be times when you wake up one morning feeling overwhelmingly sad and this feeling remains for a while.

Depression may occur only once in a person's life, such as after a divorce. In psychological terms, we call this a single episode. More often, though, it occurs as repeated episodes over a lifetime, with periods free of depression inbetween.

What to look out for?

The two characteristic symptoms of depression are:

- *Loss of interest in normal daily activities.* You lose interest in or pleasure from activities that you used to enjoy. This is

called anhedonia.

- *Depressed mood.* You feel sad, helpless or hopeless.

In addition to these symptoms, the diagnosis of depression is only made with several of the following symptoms being present for a significant time frame:

- Difficulty sleeping
- Significant changes in appetite
- Significant weight loss or gain
- Irritability
- Tearfulness and crying
- Feelings of guilt
- Inability to concentrate
- Feelings of anxiety and agitation. Anger often manifests itself in depression.
- Tiredness and lack of energy
- Difficulty making decisions
- Decreased sex drive
- Recurring thoughts of death or suicide

The symptoms are frequently worse at a particular time of day. For example, they may be more severe in the morning and improve toward the end of the day. Symptoms may also be worse at particular times of the year, such as Christmas time.

What causes depression?

There is no single known cause for depression. Research points towards a hereditary component, i.e. it often runs in families. Experts believe a genetic vulnerability combined with environmental factors, such as stress or physical illness, may trigger an imbalance in brain chemicals called neurotransmitters, resulting in depression. Scientists do not fully understand how imbalances in neurotransmitters cause signs and symptoms of depression. It is also not certain whether

changes in neurotransmitters are a cause or a result of depression. Ongoing research is constantly being done.

What contributes to depression?

Literature provides us with several factors that seem to contribute towards depression. They are:

- **Heredity.** Researchers have identified several genes that may be involved in bipolar disorder. They are also looking for genes linked to other types of depression. But not everyone with a family history of depression develops the disorder, and conversely, people with no family history of the disorder can become depressed. So the nature versus nurture debate continues.
- **Stress.** Stressful life events, particularly a loss or threatened loss of a loved one or a job, can trigger depression.
- **Medications.** Long-term use of certain medications such as some medications used to control high blood pressure, sleeping pills or overuse of over-the-counter (OTC) medications may cause symptoms of depression in some people.
- **Illnesses.** Having a chronic illness, such as heart disease, stroke, diabetes, cancer or Alzheimer's disease, puts you at higher risk of developing depression. Having an underactive thyroid (hypothyroidism), even mildly, can also cause depression. However, elevated sugar levels can mask as depression. This is why glucose (sugar) and thyroid levels are always checked before diagnosing depression.
- **Personality.** Certain personality traits, such as having low self-esteem and being overly dependent, self-critical, perfectionistic, pessimistic and easily overwhelmed by stress, can make you

more vulnerable to depression.

- **Postpartum depression.** It is common for mothers to feel a mild form of 'baby blues' that usually occurs a few days to weeks after giving birth. During this time you may have feelings of sadness, anger, anxiety, irritability and incompetence. However, a more severe form of the baby blues called postpartum depression can also affect new mothers.
- **Hormones.** Women experience depression about twice as much as men, which leads researchers to believe hormonal factors may play a role in the development of depression.
- **Alcohol, nicotine and drug abuse.** Experts once thought that people with depression used alcohol, nicotine and mood-altering drugs as a way to ease depression, which may be true. However, the converse has also been proven true – that these substances may actually contribute to depression and anxiety disorders.

Now you have some tips on what to be on the lookout for. However, remember not to go around diagnosing yourself and others. Depression can also cause a wide variety of

physical complaints, such as itching, blurred vision, excessive sweating, dry mouth, gastrointestinal problems (indigestion, constipation and diarrhea), headache and backache, all of which can be accounted for by other illnesses and ailments and not depression. Children, teens and older adults may react differently to depression. In these groups, symptoms may take different forms or may also be masked by other conditions.

When to seek medical assistance?

If you show little interest in once-enjoyable activities, if you feel sad, helpless, tired or worthless, and if your eating and sleeping habits have changed greatly, make an appointment with your psychologist to determine what is going on. If you know someone who exhibits the characteristics of depression, encourage him or her to seek professional help.

NB: You do not necessarily suffer from depression if you experience a couple of the symptoms mentioned above. Experiencing these symptoms can be attributed to a normal functioning individual going through a tricky time and not necessarily depression. **Diagnosing depression, and**

other psychological disorders for that matter, should only be done by a qualified psychologist or psychiatrist.

A link which may be useful:

South African Depression and Anxiety Group:
www.sadag.org



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



It's time for a revamp!

Yesterday. Yes, it feels like yesterday when we were young and beautiful, building our dream homes in our new Estate.

Every second house was a potential new kitchen and cupboard customer. Exquisite Designs can proudly say that we have made so many houses a home. What would a house be without the kitchen at the heart? Young and old enter the home and without any-a-do walk right to the fridge and at the same time ask, "What's for supper tonight?"

Being in the kitchen industry for 30 years, working from our old Tuscan-style (then very fashionable) home in Silver Lakes, I have gained experience and passion for the joinery business, far beyond my wildest dreams. As time goes by, we get older and styles and fashions change. Many of our homes are now a bit dated and need a fresh look and feel. At the same time, since we live in our homes every day, we might ask: is it worth the money and effort?

Instead of going to the expense of replacing, revamping – as well as re-using what might still be in good condition – is a great option for minimising costs. Even if you aren't in the market for a total redo, one or two trendy updates will bring a fresh new feel and add value to your property.

In the next few issues of *Intra Muros*, I will be discussing a variety of the latest trends and ideas to consider when planning a kitchen, built-in cupboards, bathroom vanities or any other cupboards.

Let's start with the first steps of planning:

1. Decide on the style that suits your personal taste as well as the feel of your home and lifestyle
 - A modern kitchen is sleek, minimalist and elegant, while a contemporary design is ever-changing and consists of elements that are current and what is popular now and can therefore be quite eclectic, borrowing pieces and styles from different eras. Often, modern contemporary design integrates horizontal lines and high gloss materials combined with natural wood. A classic design is characterised by softer lines, more detailed doors and often a dash of paint. More classic looks include French provincial, farm and cottage styles.
2. Redesign your kitchen by using a professional
 - We look at your lifestyle, your needs and day-to-day use. Space planning and materials are chosen according to your requirements for function as well as

aesthetics. Playing around with heights, depths and lighting as well as decorative elements such as cornices and floating shelves all add to the overall design.

3. Identify which of the existing cupboards can be re-used
 - Your old cupboards can be reused and made new with a coat of paint and by replacing the old worn-out hinges, runners and handles. A wide variety of stone tops are available today and can be used in conjunction with your existing tops.
4. Consider replacing old appliances
 - There is quite a variety to choose from and this includes models to fit every style: from stainless steel gas or glass electric hobs for the modern kitchen or freestanding gas stoves in assorted colours for the more classic look to integrated ovens, coffee machines and microwaves to suit the sleek contemporary design.

Whatever your style, whatever your needs, you can get a fresh look at an affordable price or refurbish your old one into a brand-new kitchen. Watch this space!

Estelle Dippenaar • Exquisite Designs
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In Hil's Head

I'm a mom to two amazing kids – a 12-year-old daughter and a 14-year-old son. I've been married to my best friend for 17 years and we all live in a big, old house in the 'burbs with our two cats and two dogs. I work full-time in the insurance industry and when I'm not working, wife'ing or mothering, I'm studying towards a degree in marketing. And in the very few spare moments I have left, I blog, take horse riding lessons, run (slowly) and sleep!
Please come hang out with me at www.inhilshhead.co.za – I'd love to have you visit!



I'm no social media fool. Some may even call me an addict. I Facebook, Tweet and Instagram. I'm no guru, but I understand the concept of a hashtag and I've even snapped a chat here and there.

I recently read an article about the micro-generation born in between the X'ers and the millennials – "the Xennials". I fall into that category. Born in the latter half of the 70s, I had an "analogue" childhood and a "digital" coming of age. I'm not scared of technology and I love living in the future.

You'd think this would stand me in good stead to be a cool mom, right? Along came my kids' teenage years. All my dreams of cool parenting have been swiftly dashed.

Social media is a different animal for them. Trends for adults and kids on social media are worlds apart!

A few days ago, The Teen was laughing at me about the way I use Twitter. At first I hated the lack of responsiveness to tweeting. My enjoyment of the medium only set in when I found myself a Twitter community and could engage in actual conversations that other Twitterers could follow and join as they wished. According to The Teen, it's seriously weird to use Twitter in this way. That's

what Whatsapp is for. He is quite satisfied with throwing 140 characters into the Twitterverse as commentary about his favourite football team and not receiving any feedback. The epitome of awesome is when a Tweet in the general direction of a YouTuber, famous for doing nothing, gets a like or retweet from said celebrinothing.

Which brings me to the subject of YouTube. I love getting lost in a good old YouTube black hole. From watching music videos, recipes and DIY tutorials to feeding my fascination with all things birthy, it's easy to lose an hour or three watching YouTube.

My kids treat YouTube like TV. They subscribe to a bunch of YouTube channels and watch the (often inane) webisodes like soap operas. The Tween follows a trio of gymnast sisters and talks of them like they're personal friends:

"You'll never believe what happened to Bree on her bar routine today, mom?!" says The Tween.

"Who is Bree honey? You weren't at gym today?" I reply, looking puzzled.

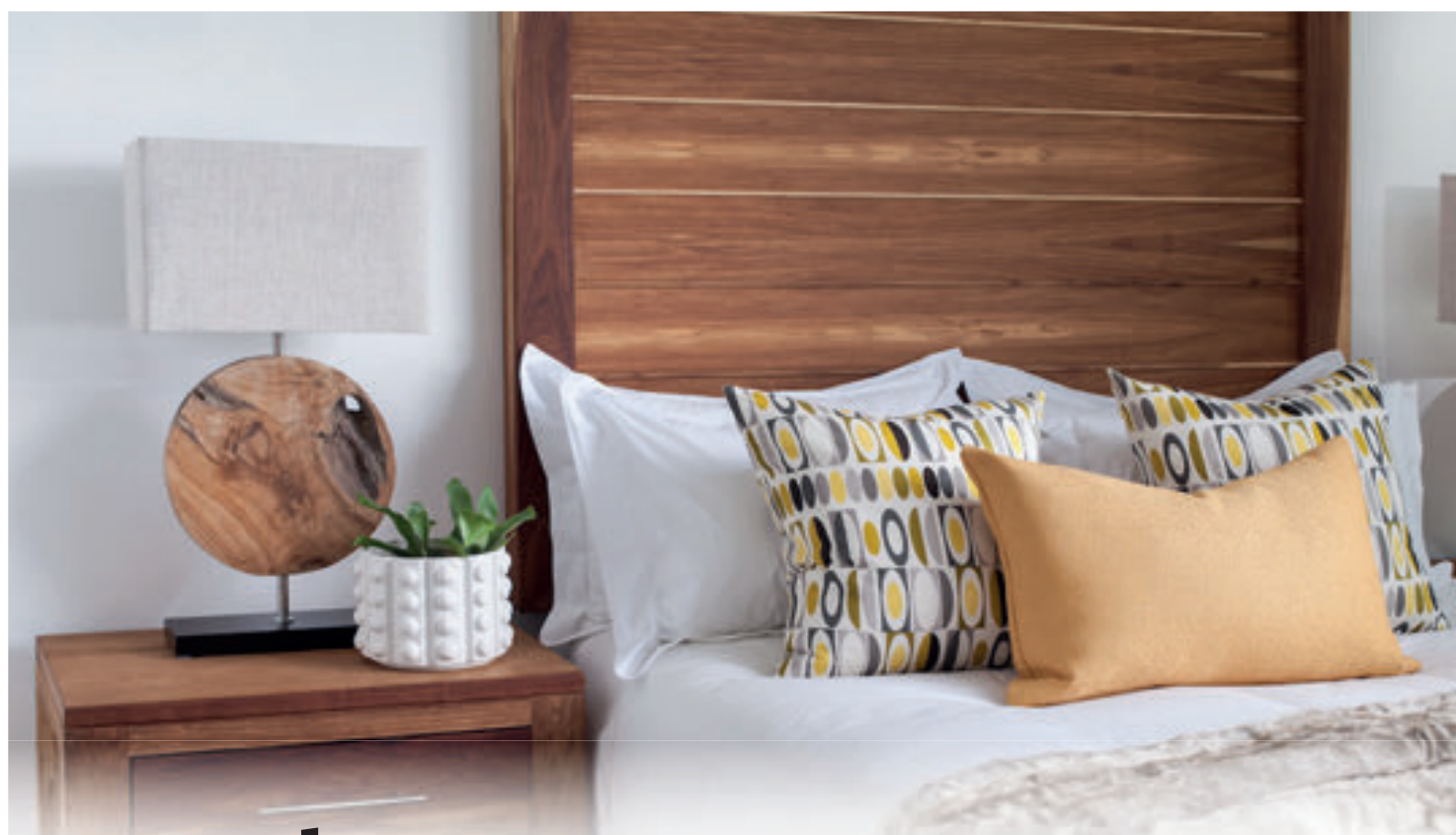
And then there's Instagram. I love my iPhone camera and together with Instagram, I have a match made in tech-heaven. I've become a decent iPhoneographer, even if I do say so myself, and I

really enjoy snapping, editing and sharing some of the cool things I come across in my daily life. And it's amazing to go back through the memories made in the time I've been on Instagram. A visual journal, if you will.




If you were to find The Teen on Instagram, you'd probably just find a couple of images. That's his thing apparently: only posting a few images at a time. His reasoning is that things from his past aren't relevant anymore since he's changing all the time and finding himself. Since he's no longer the geeky 12-year-old in that selfie he took when he was first allowed an IG account, the photo no longer belongs on his page.

Facebook doesn't even get a mention. Most kids appear to think Facebook is just uncool. The Teen has never even asked if he can have a Facebook account. For now... I'm pleased that that particular medium is all mine. Oh and my mom's. Hmm – maybe the kids have a point there?

PS – if you're a social media junkie like me, you can follow me on IG and Twitter – @inhilshhead – see you there!



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The Importance of Belly Breathing

ZENA LE ROUX

What is an extremely effective way to reduce stress that is easy, portable and free – and with you your entire life? Breathing! The next time you feel your stress level rising, take a timeout and breathe. You can do it anywhere, anytime – at work, while waiting in line at the grocery store, at the doctor's office, or before bed.

When we are stressed, our breathing tends to be shallow and quick, using only the top half of our lungs. This shallow breathing sends a message to our body that we are in fight-or-flight mode and we begin to pump out stress hormones. These stress hormones can suppress the cells of our immune system, leaving us more susceptible to illness.

The breathing style that produces the greatest relaxation response is that which allows the stomach to expand rather than the upper chest. This is actually how we breathe when we are comfortably asleep and how we

breathed when we were babies. It is known as diaphragmatic or belly breathing. This simple act of deep breathing can calm the nervous system, lower the heart rate, reduce blood pressure, and improve the digestive process – all of which promote our health and well-being.

How exactly does it work? It's quite simple: breathe in deeply through your nose and allow your stomach to expand rather than the upper chest. Exhale out through your mouth, pushing out as much air as you can while contracting your abdominal muscles. Repeat until you feel more relaxed.

Belly breathing is easy and always available to you as a natural de-stressor. Start making use of it today for some unbelievable health benefits.

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Reformer or Mat – What is the fuss about?



Pilates attracts everyone from grandmas to executives with its promise of core strength, flexibility and lean muscle tone. But as Pilates transforms from a professional dancer's secret to a mainstream workout, many newcomers wonder if they should be rolling out a mat to do their Pilates or strapping into a Reformer – the equipment developed by Pilates creator Joseph Pilates.

Working against resistance is essential to the 500 classical Pilates exercises, which are designed to train the body's "powerhouse" – the abdomen, lower back, hips and buttocks. You can accomplish that in Pilates using either a mat, where your own body weight creates resistance, or a Reformer, where pulleys and springs create resistance.

To the unfamiliar eye, the Pilates Reformer might look like a torture device. A sliding platform, springs, ropes, handles and a footbar... oh my! It can be overwhelming to see and even more confusing to watch the workouts take place. Why would anyone do Pilates Reformer, you might ask.

The reasons to do Reformer are many... Whether you are brand new to Pilates or have previously trained in mat, this technique on one of the most versatile, interesting apparatus offers many benefits to the mind and muscles.

The Pilates Reformer workout is a series of movements to open, lengthen and strengthen the feet, legs, glutes, hips, shoulders, back and arms – all the while engaging the core (powerhouse or abs) to stay stable and balanced. Some exercises are performed supine on the moving seat, while others are performed kneeling, sitting or lying on the side. It truly is a full-body routine. You will leave feeling taller, full of fresh oxygen and in touch with some tiny muscles you may not have known you had. The machine helps to keep the body in the correct position, providing tactile feedback to help us know when we are in the right spot and hitting the right muscles. The focus is very much on alignment and accurate muscle engagement, which will lead to improved posture, better balance, more stability and best of all, it will help you move more easily while doing everyday tasks.

The Reformer provides a terrific no-impact workout. You spend the majority of your time lying down, sitting or kneeling, exerting little force on the joints. This makes it a great tool for recovering from injury and strengthening the muscles around the problematic joint to keep them injury-free.

The workout requires you to work against resistance that can be adjusted using the springs on the Reformer. Training with resistance builds strength, and although Pilates does not look like it is burning a ton of calories or can make you break a sweat, come see for yourself!

Reformer Pilates can be used as a sport-specific cross training tool and is great for rehab purposes too as it allows the client to exercise in a horizontal plane of motion and not be vertically loaded with weight bearing through their legs.

Come have a try on what feels like a grown-up jungle gym!

To book a session today at Absolute Pilates, please contact info@absolutepilatessa.co.za or book with Natasha at 083 289 5464.



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'Through enjoyment to excellence'

A well-respected educationalist, Dr. Jane Hofmeyer, was quoted as saying that, 'The perfect school is in fact an imperfect school.' Having spent the past three decades in schooling, and also having experienced the transformation in education which our city and nation has undergone, I can certainly relate to this statement. Different children and families will find a school, hopefully within their community, which is a 'good fit'.

As parents and pupils, you will know that a 'School is My Place' when:

- They know me by name
- The community is intentional
- 100% RESPECT, 100% of the time
- Discipline is restorative
- The curriculum connects and engages
- Pupils can make choices

TYGER VALLEY COLLEGE: NEWS

At Tyger Valley College, and most certainly in the Preparatory School, we strive to ensure that every child is able to find their 'place'.

As we celebrate our 10th anniversary year at Tyger Valley in 2017, our school finally comes of age. The reputation of the Preparatory School, not only within our city but further afield, has been established. By January 2018, we will boast a school of nearly 600 pupils with four classes across every grade.

The true measure of the climate of any school is your interaction with the pupils. They are the life and soul of the school. Visitors to Tyger Valley often remark on the sincere and refreshing manner in which they are received and greeted by the pupils. Not only are they polite and friendly, but they take great pride in their school and wear their smart uniform with a degree of distinction. A happy smile on a child's face and enthusiastic laughter permeates the corridors, classrooms and playground at our school. Our girls and boys are not only educated to be community-focused, but also to have a keen moral and social conscience. The Preparatory School is a true representation of the multi-cultural diversity of our country, interspersed with pupils from many other parts of the world who add a certain international flair to our campus.

In the classroom, you will encounter an academic rigour which instills a strong work ethic in every child. The 21st century child needs to be equipped to function and think in a rather different manner. We are raising and educating the 'job givers' and not the 'jobseekers' of the future. Although we follow the national curriculum (CAPS), being an IEB, three-term independent school, our teachers are challenged to extend the curriculum, moving away from the traditional content-driven approach to a skills-driven curriculum. The World Economic Forum has identified the key 21st century skills which will be needed by our pupils for future success – these are categorised into foundational literacy,

Tyger Valley Preparatory School





competencies and character qualities. The core skills of communication, thinking, socialisation, research and self-management are embedded into the curriculum and form part of almost every lesson. Ongoing benchmarking, through various national and international authorities, ensures that we regularly measure the strength of our academic offering and that our staff and children are committed to a journey of life-long learning and inquiry. The TIME Maths Institute, unique to our school, also serves to support and strengthen a key aspect of our curriculum. It provides the opportunity for every child, on a weekly basis, to not only strengthen skills, but also to explore the wonder of mathematics. Along with this we also enjoy the support of our Academic Enrichment Centre which encompasses an in-house educational psychologist, occupational and speech therapy, and ongoing remedial intervention. Our recently introduced 'no homework' policy, first met with some apprehension, has been welcomed – giving our children enough time in their day to simply be children.

Another central pillar of the school is our extra-curricular component. In both winter and summer seasons our children are fully committed to their sport. Along with a team of dedicated coaches, which includes many teachers, our children are afforded the opportunity to develop their talents and represent the school in a team which matches their level of ability. We have enjoyed

considerable success in recent years – our Swimming A Team were crowned B League winners in 2017, many of our teams have enjoyed unbeaten runs over the course of their respective seasons, and many children are selected for provincial representation across the full range of sporting codes. Beyond our sporting programme, pupils also have the choice to participate in outside pursuits, with gymnastics, acrobatics, mountain-biking and rock climbing proving to be very popular. A strong sports touring tradition has been established in recent years, and our soccer, netball, hockey and cricket teams visit other parts of our country on an annual basis.

The performing arts and culture departments at Tyger Valley Prep are vibrant and dynamic. Our music department proudly boasts two choirs (the 'Tiny Tygers' in the foundation phase and the 'Valley Voices' who represent our senior phase). Presently, every third child in Tyger Valley Prep is enrolled and learning to play one or more musical instrument. A full range of instruments are offered by a dedicated team of private music teachers, with string, percussion and drumming ensembles also regularly performing and receiving acclaim. Dance and drama is also very popular, and our pupils are regularly involved in school productions, public speaking festivals and quiz evenings. Fine art takes centre stage in the month of October when we play host to our annual 'Art In The Valley'. On this occasion, we showcase

the artwork of our own pupils according to chosen themes and afford local artists an opportunity to exhibit their work.

Tyger Valley College is a school that serves the community. Along with a supportive and committed parent body, our school actively makes a difference in the lives of those who are needy. Boschkop Primary School is a partner school with whom we enjoy a long and mutually beneficial association, having regularly interacted in sporting, academic and often purely fun exchanges between pupils and staff over the past decade. Recently, pupils and staff enjoyed a sleep-over at the Wetnose Animal Rescue Centre in support of another very worthy cause. The Paul Jung Nickel Home and the Tshwane Place of Safety are two organisations which are near and dear to all at Tyger Valley. Our parent body form an integral part of the success of our school, and on any Saturday morning you will be greeted with a warm cup of coffee and by throngs of moms and dads in their supporter's gear, cheering on the home team.

Former president and father of the nation, Mr. Nelson Mandela, was often quoted as saying, "There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered." This is Tyger Valley Preparatory School.

Mr Gavin Langley
Principal: Tyger Valley College
Preparatory School



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classifieds

Domestics, Housekeepers & Childminders

■ Beatrice is looking for sleep-in domestic work 5 days a week. She was standing in for my domestic worker/nanny for the last year while she had to care for her sick mother. Beatrice is English-speaking, extremely reliable, trustworthy and hardworking. For a reference, please contact Saskia at 072 123 3129.

■ Elizabeth Lekalakala is looking for full- or part-time employment in Silver Lakes or surrounds. She has been with me for the last 20 years, but due to divorce and downsizing I can no longer employ her. She is very reliable and trustworthy and can always be relied upon. She helped raise my two sons from birth. Feel free to contact me for a reference. Please contact Shirley at 083 719 4595 or Elizabeth at 073 640 3773.

■ Miriam Kruger, our domestic worker, is looking for work on Mondays, Wednesdays and Thursdays in Silver Lakes. She is currently working for us on

Tuesdays and Fridays. She is hardworking, friendly, reliable and honest. She has been working as a domestic worker for many years. I would gladly recommend her to anyone. Please contact Miriam at 079 291 9392. For a reference, please contact 078 427 4830.

■ My housekeeper is looking for work on a Wednesday and Saturday. She has been with us for 5 years and is a hard worker, very trustworthy and reliable. My girls are very fond of her. Her name is Loise Zuze and I would really appreciate it if you can help her out. Please contact me at 082 296 7078 or you can send me an email: ronell1logan@gmail.com.

■ Maria Seshoka is available full-time, sleep-in preferably. References are available with her current employer. Very neat, friendly and trustworthy. Please contact Maria at 083 512 7141.

■ My domestic worker of the past 4 years is urgently looking for employment on a Tuesday and Thursday from 1 August 2017. She lives in Mamelodi. She is extremely reliable, hardworking and honest. Please contact me anytime at 079 501 8085 for a reference or any additional information.

■ Our domestic worker, Dorah Radebe (36 years old), will be available from 1 September 2017, 5 days a week, as we are relocating. Dorah speaks English, is reliable, trustworthy, friendly and good with children. Please contact Dorah at 079 177 9759 or Sanet at 083 229 1838.

■ Rhoin is looking for a job as a domestic worker. She is hardworking and she has a lot of experience as a housekeeper and nanny. Please contact her at 062 321 0441. For a reference, please contact D. Scott at 076 433 5639.

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It must be true – it was in the papers

BY JAMES CLARKE

The main difference between what is published in newspapers and what is published on the internet is that generally the internet is often believable but untrue – and what's in the newspapers is often unbelievable but, sadly, true.

A famous example: the internet has spread a story that a Bloemfontein hospital's Intensive Care Unit found that patients in a particular bed always died on Sunday mornings. After several deaths they discovered that on Sunday mornings the cleaner entered the ward, unplugged the life support system, and plugged in the vacuum cleaner for 15 minutes.

The fact is that this well-circulated story is totally fabricated and is fairly typical of what one gets on the internet. It is a great example of an urban legend or, I suppose, 'fake news'.

On the other hand there's the adage: "If it's in the newspaper it must be true".

For instance the Moran Times (Tennessee) reported, "Mrs George Earl who gave birth to a 19-year-old daughter is reported to be getting along fine".

And an unnamed South African paper reported: "The concert held at the Good Templers' Hall was a great success... Special thanks were due to the minister's daughter who laboured the whole evening at the piano which, as usual, fell upon her".

But, as I say, the internet is much more exciting.

It reported that the average cost of rehabilitating a seal after the Exxon Valdez

Oil spill in Alaska was \$80 000. At a special ceremony, two of the saved animals were being released amid cheers and applause from onlookers. A minute later, in full view, a killer whale ate them both. Sometimes the report says it was otters that were released and then eaten.

Whatever. There's not an ounce of truth in the story but it became terribly popular.

And how about this one?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current, she ran outside and grabbed a handy plank of wood and smacked him with it, breaking his arm in two places. Up to that moment, he had been happily listening to his iPod through his earphones.

This wasn't true either.

There's this from Germany:

Two animal rights defenders were protesting the cruelty of sending pigs to a slaughterhouse in Bonn, Germany. Suddenly, all 2 000 pigs broke loose and escaped through a broken fence, stampeding madly. The two helpless protesters were trampled to death.

Total fiction. But it keeps cropping up.

And this one:

(But the following stories which appeared in various newspapers can be totally relied upon. Trust me. I'm a newspaperman.)

Zoologists can only visit the hot springs in El Hamma with the permission of the local Kaliphat and with an escort of police, since it is reserved for the exclusive use of Muslim women bathers. An attempt was made to bring back a number of specimens alive in vacuum flasks so that further investigation could be carried out in Oxford. (Illustrated London News)

The age limit for Girl Guides was formerly 18 years, but by general request it has now been raised to 81 years. (Kentish Times)

It is scandalous to see these society women going about with a poodle dog on the end of a string where a baby would be more fitting. (Auckland News)

The service was conducted by the Rev Charles Harris MA. The wedding was of a quiet nature owing the recent death of the bride. (Blackpool Times).



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