

INTRAMUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE

CHIP AND FISH
COMPETITION

INTRA MUROS
HISTORY



NEW BABY ANIMALS
IN THE GAME RESERVE

CHRISTMAS GIFT GUIDE

R 7 450 000



sole mandate

Blue Water Creek: 4 bedrooms | 4 bathrooms | 2 garages | House: 660m² | Stand: 4950m²

R 6 730 000



Silver Lakes: 5 bedrooms | 4 bathrooms | 4 garages | House: 551m² | Stand: 2360m²

R 2 590 000



sole mandate

The Meadows: 3 bedrooms | 2 bathrooms | 2 garages | House: 230m² | Stand: 584m²

R 4 950 000



on greenbelt

Exclusive mandate

The Ridge: 4 bedrooms | 3 bathrooms | 3 garages | House: 450m² | Stand: 1163m²

R 4 990 000



The Ridge: 4 bedrooms | 4 bathrooms | 3 garages | House: 407m² | Stand: 1270m²

R 4 450 000



sole mandate

no transfer duties

The Ridge: 4 bedrooms | 3 bathrooms | 3 garages | House: 360m² | Stand: 1617m²



home is where your story begins

R 5 990 000



Silver Lakes: 5 bedrooms | 4 bathrooms | 2 garages | House: 680m² | Stand: 1898m²

R 6 200 000



Lombardy: 4 bedrooms | 3 bathrooms | 3 garages | House: 566m² | Stand: 1488m²

R 3 980 000



Silver Woods: 3 bedrooms | 3 bathrooms | 3 garages | House: 440m² | Stand: 950m²

R 3 950 000



no transfer duties

The Ridge: 4 bedrooms | 3 bathrooms | 3 garages | House: 350m² | Stand: 1350m²

R 4 850 000



sole mandate

The Ridge: 4 bedrooms | 3 bathrooms | 2 garages | House: 400m² | Stand: 1059m²

R 2 590 000



Olympus: 3 bedrooms | 3 bathrooms | 2 garages | House: 201m² | Stand: 300m²

R 5 490 000



Silver Lakes: 5 bedrooms | 4 bathrooms | 3 garages | House: 550m² | Stand: 998m²

R 6 600 000



no transfer duties

The Hills: 3 bedrooms | 2 bathrooms | 3 garages | House: 450m² | Stand: 784m²

R 6 500 000



sole mandate

stand on golf course

Silver Lakes: Stand: 2200m² with building plans included

R 9 900 000



on greenbelt

Silver Lakes: 5 bedrooms | 4 bathrooms | 4.5 garages | House: 950m² | Stand: 2795m²

R 7 500 000



co-exclusive mandate

on golf course

Silver Lakes: 6 bedrooms | 4 bathrooms | 3 garages | House: 741m² | Stand: 1000m²

R 4 750 000



The Hills: 4 bedrooms | 4 bathrooms | 2 garages | House: 477m² | Stand: 952m²

Wishing you and your family a merry Christmas and a new year filled with God's blessings!

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SILVER LAKES

GOLF ESTATE

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LETTER FROM THE EDITOR

As the year comes to a close, we often take stock of our achievements throughout the year. Our children are celebrated in their year-end assemblies and awards ceremonies, we hit the gym in a last-ditch effort to be beach-ready, and also to make some extra room for all the food and drink we'll consume over the festive period. I'm always amazed that just as we're supposed to be winding down for the year, things speed up dramatically. Everyone panics that work deadlines won't be met, we try our best to see those we won't see before we go away on holiday, last minute Christmas shopping is at fever pitch – it's not called the Silly Season for nothing I suppose.

Holidays are also a time for family bonding. We're all so busy during the year, it's important to put away those laptops and cell phones in order to really connect with our family members. Read the article on page 42 for some great family bonding ideas.

No idea what to buy your loved ones for Christmas? We've compiled an easy access online shopping gift guide for you on page 26 and 27. If you'd prefer to handmade your Christmas gifts this year, our resident blogger, Hilary Green has given us a couple of delicious recipes for biscuits that would make a wonderful gift, too. Find them in In Hil's Head on page 41.

I for one can't wait to hit the beach with my family and friends in December. We're lucky enough to be going away for three whole weeks! If you're leaving Gauteng for the holidays, please travel safely and enjoy the time with your loved ones. Be present, be kind and rest as much as you can because if 2019 is as crazy as 2018 was, we're in for an exciting ride.

Best wishes,
Debbie

DISCLAIMER

Intra Muros is a monthly magazine of the Silver Lakes Homeowners' Association (NPC). 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.

Linda Bodenstein
ESTATE AGENTS

SILVER LAKES
082 567 7963
www.lindabodenstein.co.za



May you all have a blessed festive season and a prosperous new year!



**VISIT OUR WEBSITE www.lindabodenstein.co.za
AS YOU CAN SEE WE ARE STILL VERY ACTIVE IN SILVER LAKES.
FOR A VARIETY OF PROPERTIES. CLICK OR CALL. WE DO IT ALL!**

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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

Bidvest Protea Coin Security
From 18:00 to 06:00, weekdays
24 hours Sat, Sun and public holidays
072 615 5862

CLUBHOUSE

Clubhouse
012 809 0281

Café 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

NEWS FROM THE CEO

It is hard to believe yet another year has passed! The festive season is upon us with Christmas carols being heard in all the shops.

Looking back at 2018, there are a number of highlights which we would like to note and show our appreciation for:

Golf

- There was a drastic increase in the number of golf days. This impacted directly on sales in the Pro Shop, golf cart rentals, driving range use and general turnover. We look forward to using this as a base to further increase our membership and more golf days.
- The quality of the course has increased, and various projects have assisted to better the look and feel on the course.
- The efforts of the Golf Club Committee, Golf Management, Academy and Matkovitch need to be applauded. These joint collaborations resulted in yet another award as Best Golf Course in the Best of Pretoria awards.

Operations

- A very effective maintenance team took matters seriously by addressing potholes and begun with the painting of road signs which the City of Tshwane ignored.
- The Board approved the gabions in high-impact areas on the golf course and the dam in Phase 3. This will help with general erosion and potential damage in high impact areas during storms. Our team received training while the service provider facilitated the work and we're excited about doing similar, smaller projects going forward.
- Staff assisted during the extended power outages, over weekends and sometime late at night to ensure that all systems could continue as normal.

Marketing and events

- The highlight for the year must have been the 25 Year Celebration. Well done to a great team effort and the feedback from our members was commendable.
- The efforts from the marketing campaigns are already paying off with a number of new corporate memberships that have been signed at Silver Lakes.
- Various new events were introduced, which included guided field interpretation in the Game Reserve, big screen movies and a picnic in the park.
- We were awarded three 3rd place awards in the Best of Pretoria for Best Kept Secret (Silver Lakes Golf Estate's Game Reserve), Best Retirement Village (Silver Lakes Golf Estate) and Best Venue for Private Functions (Silver Lakes Clubhouse).

Security

- The change in service provider was facilitated successfully and we welcome Bidvest Protea Coin on board.
- The electric fence was upgraded, and a series

of cameras were introduced along the fence, completing the camera network.

Board

- The Board has spent hours of their private time in attending monthly Board meetings, various sub-committee meetings and special meetings with staff and members.
- The Memorandum of Incorporation and the Rules have been updated after various planning sessions and workshops and we look forward to presenting this to our members for approval at the AGM.
- The Board's efforts to create awareness of various rules resulted in campaigns in the Intra Muros, focusing on different topics monthly.

Admin

Our Admin team played a big role, making sure that all communications went out as planned, all arrangements for committee meetings were in place, members received their invoices on time and financials could be presented to members and the Board.

Challenges

There are a number of challenges, which will again be addressed from January. These include, but are not limited to speeding in the Estate, barking or wandering dogs, children driving golf carts, members walking on the golf course during play and alterations to houses without approval.

Silver Lakes can be proud of what has been achieved this year and the foundation is laid for a successful 2020. Our members all deserve a well-earned holiday and we trust that the time with your loved ones will be special. At the same time, we salute the staff who need to ensure that all services continue uninterrupted at Silver Lakes, specifically our Security staff who will be on duty on Christmas and New Year.

Wishing you a joyous Christmas and blessings in the coming New Year. 🇿🇦



Kind regards

Henk Booysen

CEO: Silver Lakes Homeowners Association



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Merry Christmas

*May your 2019 be prosperous.
Thank you for another year of
entrusting me as your
Estate Agent!*

EXCLUSIVE MANDATE

4 3.5 3



GOLF COURSE



Property Link: bit.ly/2OjkKzO
Video: bit.ly/2yM7miM44

R5 700 000

EXCLUSIVE MANDATE

3 3 3



GOLF COURSE

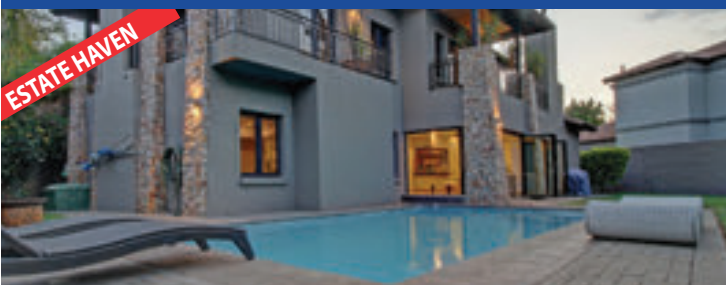


Property Link: bit.ly/2Szc4Zv

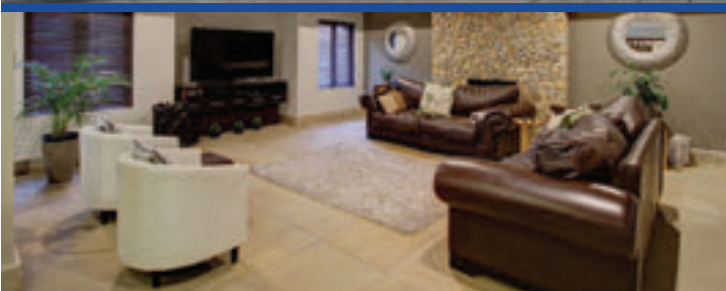
R 5 750 000

EXCLUSIVE MANDATE

4 4.5 4



ESTATE HAVEN

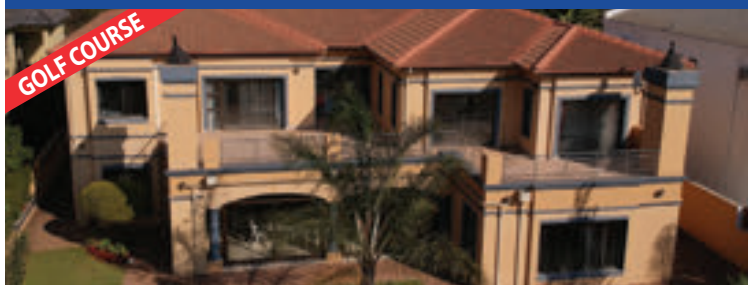


Property Link: bit.ly/2yH1dVh
Video: bit.ly/2Qbdhoj

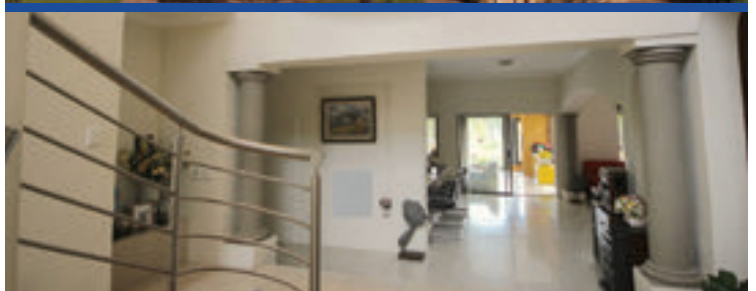
R5 900 000

TRIPARTITE MANDATE

6 4 3



GOLF COURSE



Property Link: bit.ly/2xxxITD

R 7 500 000

TRIPARTITE MANDATE

3 2 2



Property Link: bit.ly/2Bpp8dt
Video: bit.ly/2Qbdhoj

R2 699 000

Tips on increasing property value

(Sandton Chronicle, 2018)

- Security
- Home energy consumption
- Landscaping
- Floors matter
- Parking
- Create space
- Walls and painting

For more got to: Sandton Chronicle <http://bit.ly/2Ji2ITm>

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Loads of Ambiance

R 3 390 000
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Web Ref: 13709039

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Perfect Family Haven

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Web Ref: 13670590

CO-EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Celebrate the Exceptional

R 14 800 000
Web Ref: 13703966

EXCLUSIVE MANDATE



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Spacious & Immaculate

R 2 680 000
Web Ref: 13677581

CO-EXCLUSIVE MANDATE



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Cozy & Charming One-Level

R 2 795 000
Web Ref: 13678790

CO-EXCLUSIVE MANDATE



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Perfect Family Haven

R 5 680 000
Web Ref: 13693595

EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Architectural Masterpiece

R 8 945 000
Web Ref: 13695303

SOLD

Silver Lakes Golf Estate
Spacious Family Home

R 3 850 000

SOLD

Silver Lakes Golf Estate
On the Golf Course

R 5 500 000

THE HISTORY OF *INTRAMUROS*

The end of the year is fast approaching and with it comes the chance to enjoy friendships and festivities. This is also an opportunity to reflect on the year that is coming to a close, to learn from our mistakes and to be thankful for our blessings. This is also an apt time to reflect on our wonderful Estate, how much it has developed, whilst maintaining a sense of community spirit, and to be thankful to those who have contributed and dedicated much of their precious time to making Silver Lakes Golf Estate a wonderful place to live. As one of the primary ways to keep our residents informed on news in and around the Estate over the years, the *Intra Muros* magazine has also become part of living in our tranquil Estate.

The *Intra Muros* has developed significantly over the years! Thanks to Corlia Mathews, one of our residents who was involved with the *Intra Muros* magazine since its inception in 1993, we could get the information below:

The first issue of the magazine in 1993, was hand printed and stapled together by the homeowners themselves. It was an A5 printed version which resembled more of a modern magazine.



1998

In the late 1990s Maria Marais obtained the rights from the HOA to publish a full colour magazine on quality paper and she and her daughter Yvette Ollewagen went ahead to print the first version of the *Intra Muros*, high quality magazine in A4 format. The Silver Lakes *Intra Muros* magazine was very successful and Maria and Yvette also introduced the concept to other estates and in the process grew their business which was registered as 'Estates in Africa'.

Yvette, who was the editor of the magazine and organised publishing and distribution of the magazine later left for Nelspruit

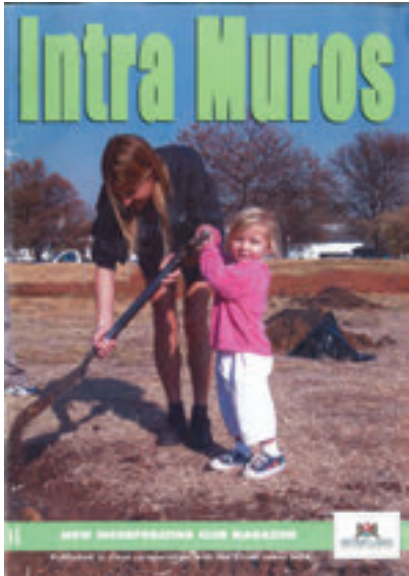
with her husband. Maria also moved and sold the 'Estates in Africa' business.

The *Intra Muros* subsequently went through a few different publishers over the next number of years as the HOA Boards changed and new contracts were negotiated with different publishers. Obviously, the look-and-feel of the magazine also changed during this time.

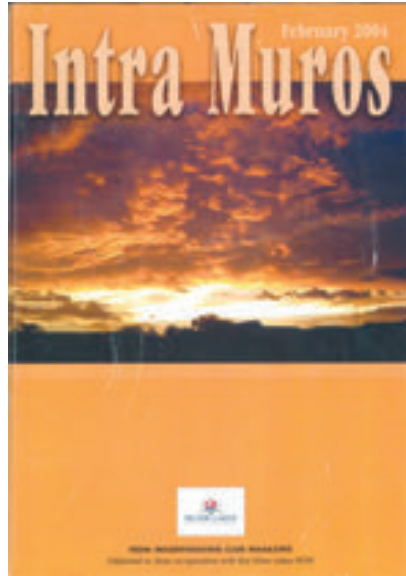
As you will see from the images in this article compared to the 'new look' of our current magazine, it is as if we went full-circle, not only in the look of the magazine, but also with Estates in Africa.



2002



2003



2004



2017



2018

The magazine has continued to evolve in an effort to reflect a more modern 'look and feel' and to address the needs of our advertisers and residents. It is therefore also apt that we thank our advertisers who continue to enable us to distribute the *Intra Muros* free of charge and to all our monthly contributors who help to ensure that our residents are up to date.

I would like to wish all our staff, residents and readers a joyful December, happy holidays, safe travels and a cheerful New Year. We look forward to welcoming you back in January with another issue of the *Intra Muros* as we start the New Year filled with excitement and optimism.



Best Wishes,
Nienke Moolman
Marketing Manager

MEET THE STAFF

Get to know: Geoffrey Ngobeni



**What's your current position?
Can you give us a brief overview of what it is you do in your work?**

I currently act in a supervisory position. I am responsible for anything from road maintenance, cleaning the Estate, feeding animals at the Game Reserve, making sure the Game Reserve is clean and observing the animals; to driving the team around.

Feedback from Geoffrey's line manager, Mike Westman.

Geoffrey is very good at what he does. He gets things done and is extremely reliable. He handles his day-to-day tasks with enthusiasm and it is an absolute pleasure to have him on board.

Did you have any key mentors or people who deeply influenced who you are, what you believe in and what you're committed to in your work and life?

While I worked at Silver Lakes in 2007 and 2008 Mr JC Steenkamp saw that I had a lot of potential and taught me new skills and developed me a lot. I learned a lot from Mr Steenkamp and he inspired me to grow.

What do you enjoy most about your job at Silver Lakes?

I've been working at Silver Lakes for 15 years and it feels like my second home.

Describe yourself in three words.

Hard working, friendly, reliable.

Are you married? Any children?

I am married and I have a girl and two boys.

What are your hobbies or interests?

I like music and watching soccer.

Where did you grow up?

I grew up in Tzaneen.

What are your future plans or something exciting that you would still like to do?

I would like to build a good future for my kids.

What is your motto in life?

To keep my focus on God. Without Him we are nothing. 

Get to know: Danélie Smuts- Steenkamp



**What's your current position?
Can you give us a brief overview of what it is you do in your work?**

Financial Manager.

I oversee the financial function and am responsible for the review of, and financial reporting on the operational performance of the business. This includes analysis of the numbers for forecasting and budgeting purposes to support good decision making. I also play a role in minimising risk to the business by ensuring adequate controls are in place. For me, it is important to take care of the assets of the business, which includes cash; therefore return on investment, operational efficiency and spending money wisely is key.

Contact details:

Telephone: 012 809 0142 Ext. 208
E-mail address: fm@silverlakes.co.za

Describe yourself in three words

Reliable, introvert, humorous.

Are you married? Any children?

Yes, to Allen. We have a beautiful daughter, Noa, age 5.

What are your hobbies or interests?

I love to read and travel.

What do you enjoy most about your job at Silver Lakes?

The different aspects of the business itself. I am also fortunate to be part of

a very competent finance team, which contributes to a positive working environment.

Where did you grow up?

White River, in the Lowveld.

Did you have any key mentors or people who deeply influenced who you are, what you believe in and what you're committed to in your work and life? Tell me about them

My parents. They have, by setting an example, taught me the value of a strong work ethic, and also to mention but a few:

- To always do your best
- Don't lie, that ensures that you do not have to remember all your conversations
- A positive attitude can go a long way
- Relationships count, not things
- Enjoy life, you only have one!


What are your future plans or something exciting that you would still like to do?

I try to steer clear of planning too far ahead, but next up I would say is a trip to Paris to watch the Men's French Open final at Roland-Garros.

If you could change one thing in the world to make it better, what would it be?

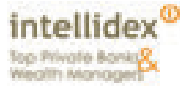
Talk less and listen more!

What is your motto in life?

Use what you have and do your best in all aspects of life. Be yourself, nobody can beat you at being you! 



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PICNIC AND LIGHT MUSIC



As the sun began to set over Silver Lakes on the third Sunday afternoon of November we were fortunate to be entertained by the fabulous Vienna String Quartet with their beautiful music. This also afforded our residents the chance to have a lovely picnic outside with a view of the golf course while listening to the soothing music in the background. In spite of the weather forecast predicting only a 1% chance of rain for the afternoon, the wind picked up and the storm clouds started to loom. Regardless of this, the quartet continued to play and thankfully three of our amazing residents' children volunteered to hold the pages of the musicians' music sheets to ensure that the wind did not blow them away. When it eventually started to rain we moved into the Clubhouse conference room where the show continued for our appreciative audience.

Thank you to those who attended this wonderful event and we hope to have another picnic soon. 

Kind regards,
Nienke Moolman
Marketing Manager



SOLD

Silver Lakes Golf Estate


PAM GOLDING
PROPERTIES

SOLD



Ref# PT1404884

5 Bedrooms | 4 Bathrooms | 3 Garages
R5.8 million

SOLD



Ref# PT1380209

4 Bedrooms | 3 Bathrooms | 2 Garages
R5.9 million

SOLD



Ref# PT1395506

5 Bedrooms | 4 Bathrooms | 3 Garages
R6.495 million

SOLD



Ref# PT1399086

4 Bedrooms | 4 Bathrooms | 4 Garages
R8 million



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October results

MATURE GOLFERS

MATURE GOLFERS - 03 OCTOBER 2018		
NAME	PLACE	2-CLUB
Fernando Vieira / Jas Wasserman (50)	1st	No 2-Clubs
Francois Boooyse / Eugene Visagie (47)	2nd	
André Meij	NTP # 9	
Eugene Visagie	NTP # 13	
Bertus de Klerk	NTP # 16	
No body	NTP # 18	
Hennie Coetzee	NTP # 3	

MATURE GOLFERS - 11 OCTOBER 2018 (Highland Gate)		
NAME	PLACE	2-CLUB
Piet Skinner (40)	1st	Phillip Molapo
Cor Scheepers (39)	2nd	Piet Skinner
Bertus de Klerk (36 c/o)	3rd	Danie Joubert
Colin Heath	NTP # 3	Colin Heath
Rolf Hauter	NTP # 7	
Phillip Molapo	NTP # 13	
Fernando Vieira	NTP # 15	
Colin Heath	NTP # 17	

MATURE GOLFERS - 19 OCTOBER 2018		
NAME	PLACE	2-CLUB
Steve Greylin / Braam Venter /	1st	Sid Pretorius
Sid Pretorius / FX Roome (89)		André Meij
Bertus de Klerk / Hennie Coetzee /	2nd	Bertus de Klerk
Jan Potgieter / Jas Wasserman (88 c/o)		
Sid Pretorius	NTP # 9	
Bertus de Klerk	NTP # 13	
Pieter Grey	NTP # 16	
Eugene Visagie	NTP # 18	
Daan Rouffe	NTP # 3	

MATURE GOLFERS - 25 OCTOBER 2018		
NAME	PLACE	2-CLUB
Hennie Coetzee (38)	1st	Doep du Plessis
Jannie v d Watt (35)	2nd	Frans van Jaarsveld
Rolf Hauter (34 c/o)	3rd	Eugene Visagie
Francois Boooyse	NTP # 9	
Vusi Ngwena	NTP # 13	
Dawie Jacobs	NTP # 16	
Bertus de Klerk	NTP # 18	
Eugene Visagie	NTP # 3	



FROM THE COUNTRY CLUB

Squash

You would have noticed that we have been having trouble with the main entrance to the squash courts. It seems the frame is bent due to someone trying to force the door open, or falling against it. The door still operates with your code but this matter is being attended to.

Tennis

Requests for a tennis committee will be sent out shortly. This committee will comprise of a few residents who are interested in running the tennis club and introducing competitions and some fun events for ladies and children during the week and holidays.

General Rules

Please note that when you are playing golf and the siren goes off, it is compulsory for


you to mark your ball and return to the safety of the Clubhouse immediately.

Golf Carts

The new yellow reflective golf cart stickers are available at reception at the Clubhouse for R180. Please make certain your cart is clearly marked with the sticker on the side of the vehicle and not on the steering wheel or under the seat.

Golf Course

Top soil has been spread on the course and everything is looking better every day.

Christmas is in the air so please pop down to the Clubhouse for something cold and remember to drop off your letters for Santa in the big red letter box. 

Happy Golfing



Brendon van Nieuwenhuizen

Golf Manager



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To make a booking or for more information, please contact

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Andre	076 314 2968	britsandre@yahoo.com



Christmas Voucher

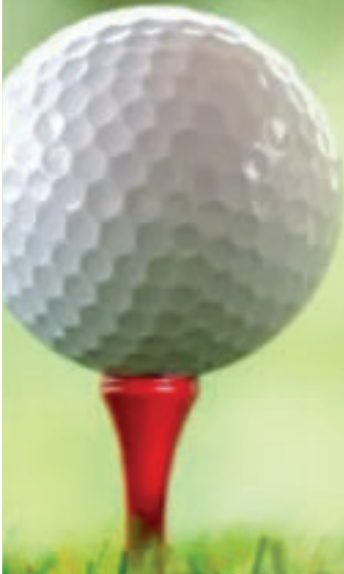
Includes 3 sessions of 45 minutes.
Swing analysis using video & FlightScope.

VALUED AT R999

Valid from 1 November to 31 December 2018

To make a booking or for more information, please contact

Sjac	071 889 8072	sjac@silverlakes.co.za
Andre	076 314 2968	britsandre@yahoo.com



FISHING CLUB NEWS

THE CHIP AND FISH COMPETITION!



Left and Below – Overall winners:

Team Toxic Waste (Andre Botha, Pierre Spies, Jan van Dyk and Stephanus Terblanche) and helpers... Besides the floating trophy, each member also received a prize sponsored by the Silver Lakes Pro Shop and a gift voucher sponsored by the Fishing Club!



The Silver Lakes Golf Club and the Silver Lakes Fishing Club hosted a joint golf and fishing competition at the end of November. The golf competition took place on Saturday 17 November; and the fishing part of the competition was held on 18 November.

The idea behind this competition is to combine the scores of a four-man team, comprising of a four-ball alliance golf score and a fishing score, to determine the overall winners. It is important to remember that although the idea is to combine the scores, it is possible for folks wishing to only fish to enter the competition – there are category winners for fisherman only as well.

Biggest fish, a barbel of 83cm was won by Kacey from Team Fat barbel Brothers, and the prize for the biggest carp was shared by Andre Botha and Mike de Jongh. Kacey won a sizable gift voucher, and Andre and Mike each won a reel (sponsored by The Fishing Pro Shop) and a voucher. The fish measured 65cm in length.

A special thanks goes to Brendon and his team in the Silver Lakes Pro Shop for sponsoring some of the prizes, and for helping with all the arrangements. It was really a pleasure to have Brendon assist us, the guys were most helpful!

To Charles Steward and his team at The Fishing Pro Shop for their sponsorship of two reels and a gift voucher to the value of R500!

To Lorelei Botha, for the stunning pictures. To Andre, Pierre, Henry, Willie and Louw for organising the event.

The only real disappointment was that the participation was below expectations. Come on Silver Lakes, you can do better! See you all next year!

Henk Van der Westhuizen

Silver Lakes Fishing Club



Above – Winning team – Fishing

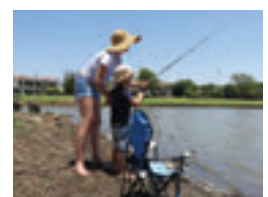
Team Mieke Botha, Adam de Beer and CJ Engelbrecht. They won a golf shirt from Silver Lakes Pro Shop, and a gift voucher.



Mike de Jongh



Andre Botha



Fun was had by all !!

NEWS FROM THE GAME RESERVE

Excitement comes with summer months and this year is no exception with the birth of baby animals which become part of our Estate "family". We are so privileged to have this incredible wildlife on our doorstep. In what has been spotted, the Nyala, Impala and Springbuck families have all contributed to the population growth.

The Sable family of three (one male and two females) have settled in nicely and are less skittish and give residents a beautiful view of the species from close by.



The gabion project is reaching the final phases and rehabilitation will soon start in earnest. The HOA plans to plant new grass on the fishing area and residents are urged not to park on the newly planted grass and to please allow it time to grow so that it can be enjoyed by all.

With the summer rains not too far away the HOA urges residents to stay off the wet roads in the Game Reserve, vehicles

cause a lot of unnecessary damage to the roads which have to be maintained with funds that could be utilised elsewhere.

Enjoy your December holiday and please drive safely. 🇷🇷

Regards,
Michael Westman
Operations Manager



BUTTERFLIES FRIEND OR FOE

by Elize Malan



The metamorphosis of a caterpillar (larvae) to a beautiful butterfly is a real miracle of nature.

During the last century a vast amount of butterfly and moth species have become extinct and 75% of all species are in decline. Their fragility makes them easy targets when environmental changes occur.

Butterflies are indicators of a healthy environment and healthy ecosystems.

Adult butterflies would mostly feed on nectar from flowers, but juice of ripe fruit and open wounds on plants will also attract their attention.

Eggs are deposited on specific hosts, where they develop into larvae (caterpillars) that feed on leaves, flowers and wild grasses. The annual migration of the Brown-veined White Butterfly occurs in midsummer and is South Africa's most common butterfly.

During December or January the sky is full of butterflies flying in a north eastern direction in Gauteng (and other parts of the country).

The metamorphosis of a caterpillar (larvae) to a beautiful butterfly is a real miracle of nature, but supplying food in your garden and allowing the miracle to happen, comes at a price.

Some leaves and flowers will be eaten by the larvae. At a certain time of the year, *Dovyalis caffra* trees (Kei Apple) will be without leaves as the larvae of the "African Leopard" butterfly feed on this tree. Once the larvae change to pupae new leaves will grow and the tree will show no damage.

The following indigenous plants will attract butterflies to visit your garden:

- Acacia trees supply food to adult

Butterflies and larvae. At least 9 different Butterflies use Acacia trees as a host.

- *Asystasia gangetica* (creeping foxglove) a hardy trouble free groundcover will be appreciated for the flowers as well as the leaves.
- *Bulbine frutescens* a hardy ground cover has flowers popular with adult Butterflies.
- *Carissa macrocarpa* (Big Num-num) have white sweetly scented flowers for adult Butterflies.
- *Buddleja salviifolia* (Sagewood) provides food to larvae and adult Butterflies.
- *Tecomaria capensis* (Cape honeysuckle) with yellow or orange flowers feed adult Butterflies.

The majority of Butterflies found in Gauteng are specific to our climate and you will find different ones in a Cape Town or Durban garden. These Butterflies will utilise different hosts.

The most important problem facing the presence of Butterflies in our suburban gardens is the use of pesticides by homeowners.

Although the use of organic pesticides has gained momentum during the past few years, too few people are serious about organic gardening.

The majority of gardeners want to eliminate the pests in their gardens, instead of managing it.

A few caterpillars will cause limited damage for a short period of time. No caterpillars will bring about a sterile environment without the magic of our beautiful butterflies.





ENVIRONMENTAL MATTERS

Club House and Café 41

The year is coming to an end and part of the last ditch efforts for us on the Committees and our HOA staff is to identify projects and decide which maintenance issues need funds in the next budget. We are making our lists, prioritising the items on the lists and ultimately finalising a budget for the next financial year that will make our Estate even better for us all to live in.

As you all know from the celebrations we had in September and will see in the 25 year anniversary coffee table book coming out later this year, our Estate is more than 26 years old and the golf course more than 25 years old this year, therefore maintenance forms a large part of the environmental budget. After so many years 'stuff happens'. If one opens here, one finds another problem there... what is the saying? "Old age is not for the fainthearted", even buildings and infrastructure suffer from old age! If it's not pumps that break, it is pipes that need replacing, or electrical problems need tending to. We are fortunate to have a recently upgraded Clubhouse with

fantastic golf facilities, restaurants, a deli and a wine bar. It's for all to enjoy if you want to take your family for a Sunday meal, celebrate a special birthday or just play a game of golf with your kids.

As you will see around the Estate we constantly also repaint surfaces, but especially the white of the original buildings and signature walls to keep the Estate looking pristine. Trees that are old and have branches that are in the way of traffic are trimmed regularly. As you can imagine, our gardens are a large part of the maintenance budget, but the staff of The Garden Group, our garden contractor, does a magnificent job maintaining our beautiful gardens and Game Reserve.

We obviously not only maintain the gardens, we develop them as well. As you would have noticed in the past month we have started planting new street trees and this will be one of our main objectives in the months of this growing season. We are enhancing our streetscapes by creating streets with trees that welcome us to the neighbourhood! We are also adding the

last of the signature corner planters with red roses and signage to complete the set of planters around Glen Eagles Drive in the next budget season as you will see in the images below.

The look-and-feel of the new corners are not only part of the more modern version of the original colonial-style buildings and structure walls, but are far less maintenance. We at the AAC (Architectural and Aesthetic Committee) are constantly striving to enhance what we have, and to bring new elements of modernisation to match the newer architecture we find on the Estate.

It is with this in mind that we are revamping the entrances of the Estate. We are in the process of redesigning the gardens and structures of the three entrances to the Estate.

Firstly, we are still working on the design for the Solomon Mahlangu gate and hope to implement some form of a revamp. As you can imagine the bigger problem is the screening of the view towards the gates to



Beautiful golf course and new irrigation

block the neighbouring buildings from view. In these images I have used poplar trees since they need very little space to grow, but these trees create other problems; so, we are still, together with the security committee busy creating the best alternative. One that is not only visually appealing, but secure as well.

The second gate is the oldest entrance gate on the Estate. It had an upgrade two years ago when the roofs covering the in- and outgoing lanes were added to the original single building in the middle. Obviously you have noticed that we only have one signature wall that announces arrivals at the Silver Lakes gate on the north side of the entrance lanes. That is because that wall was built more than 26 years ago by Ampros as part of the main entrance to their new enterprise, a residential golf development 'out in the fields' to the very east of Pretoria. Back then, the only road to the Estate was Silver Lakes Drive – the only tarred road for miles! Even the original road to the Farm Inn was a dirt road at that stage! You will read a bit more about the history and development of the Estate over the past 26 years in the extra addition to the *Intra Muros* that accompanies this issue. We will obviously use what is there as the basis for the design, take elements from the original Estate and add some newer elements, but mostly we will try and tidy up this area with the available budget.

Thirdly the gate to the Game Reserve has been designed with a beautiful rock wall and a stainless steel image of a zebra to announce your entry into the Game Reserve. Originally the gardens were designed with similar plants to the rest of the Estate such as Ophiopogon, decorative grasses and the garlic lilies



Proud of the uniforms

of the boulevards and with *Nandina Domestica* (Chinese bamboo) to cover the security walls leading to the entrance. Over the years, all kinds of aloes and other plants were added to the mix, and where something did not grow, rocks were used as a ground cover. The suggested plans will be discussed at the AAC meetings



Buck in the Game Reserve



Gabions



Staff building the gabions

and if anyone wants input, please do not hesitate to contact me on 083 448 9441 or join us at one of the Committee Meetings we have regularly throughout the year.

The wood already in use in the signage and other structures of the Game Reserve, modern architecture of this phase of the Estate, and our heritage we find in the veld around when walking on the trail, was used as guidance in the design for this gate.

Other plans for the next year or so are to finish the final details at the Clubhouse such as the gardens in the parking area and at the swimming pool, wooden deck extension to the chapel and the glass doors of the Lakeview conference area.

Some interior decorating is in the pipeline, as well as closing the patio in front of Lakeview. From this you will see we are still very busy all over the Estate, but our main focus in the new budget year for 2019/20 will be the entrances.

At this point I have to say thanks a million to some very important people on the Estate : Michael and his awesome environmental team. Yes I still call them the environmental team, although it is much more than only environmental work they do! They not only drive the combis that transport our workers to and from the gates, but this year they learnt a new skill. Aaron, the contractor for the gabions taught our team to build our own gabions in future – thanks a million

Aaron for sharing your expertise so freely with our guys. We really appreciate it a lot! And a big, big thank you to the whole environmental team, including our Fred who has to attend to those of us who does not 'play by the rules'. Thanks to you all for all you do for the homeowners and our wonderful Estate.

How lucky are we to live in the tranquillity of such an awesome estate: Security that keeps us safe and free to walk, jog or cycle in beautiful gardens; a Best in Pretoria golf course and a Game Reserve that are one of the 'Best Kept Secrets' in Pretoria. And then we have homeowners that spoil us even more by creating beautiful gardens.

I hope all our Silver Lakers will have a fantastic festive season, enjoy the family time and rest. If you are going away from Silver Lakes, travel safe, those who are staying home, enjoy tranquillity of the Estate!



Beautiful golf course



Corlia Mathews
Environmental Director

FUTURE FITNESS

What to look forward to in 2019?



Arguing that working out takes too much time is an excuse. Don't get me wrong, I love the feeling of sore and tired muscles. I just don't always like how much time achieving them takes from my hectic schedule.

Between working and the kids, it is really difficult to sometimes find the time and energy for exercise.

Fitness is as much of a priority as anything else in my life, but I'm not about to let it consume my precious free time and frankly, neither should you.

If you find yourself cutting your workouts short or skipping the gym so you can arrive home in time to make dinner – our Express Workouts are your solution.

The trick to effortlessly achieving a fit and healthy physique is eating the right kind of calories at the right times. It sounds complicated, but it's really not. Eat healthier foods, eat them every day, and eat them frequently throughout the day. Feed your body healthy, nutritious food, and you'll lean down and stay strong naturally.

Intensity vs Duration

Once you've mastered healthy eating, increasing the intensity of your workouts

is the next best way to get better results in a lot less time.

Your body does most of its fat burning and muscle building outside of the gym, so working out longer doesn't necessarily improve your results. Exercise is a form of stress. Done for too long, exercise can stimulate cortisol production and lead to muscle breakdown.

Shorter Workouts... I am in!

Rapid, more intense stretches of exercise naturally increase anabolic hormone levels – exactly what your body needs in order to stimulate muscle growth.

Increased oxygen demands of more intense workouts also lead to the so-called "afterburn", raising your metabolism for hours after your exercise routine. Your resting metabolic rate is further improved by the lean muscle you gain with every focused workout.

Of course, there's a catch. High-intensity workouts are exactly that – more intense. I'd even go so far as to call them utter torture. But you want to achieve more or

even better results in less time. Do not waste time on idling during your shorter workout.

There's no such thing as completely effortless fitness – but to make your workouts feel effortless, keep them simple and consistent.

In 2019, come in and try out our Express Classes and make 2019 an all-round body and mind fitness year.

In 2019 look out for our new:

- F-Express Classes
- Core-Power Yoga
- Zumba
- Piloxing
- Facia
- And a lot more!

Also, if you don't already have a meditation app on your phone, you should probably welcome in 2019 by downloading one.

Our team wish you a wonderful festive season and that you enjoy your break! Travel safely. We look forward to seeing you all again in 2019.

For more details and information, please contact madeleine@absolutePilates.co.za





CHRISTMAS GIFT GUIDE

The Most Wonderful Time of the Year...

It's Christmas time and to take the effort out of shopping, we've found a few key gifts, easily ordered online, for you to consider buying for your loved ones this year.



Veldskoek Shoes

The Legend is back! For men and women, the guys from DORP have brought back the vellie, but a much trendier version. With different colour soles to suit every personality, these hip and happening skones have a sole colour to suit every soul. They're proudly South African and made by Pretoria natives. A pair of these should definitely be on your Christmas list for your significant other for sure!

Available: <https://veldskoek.shoes>
Cost: From R890 a pair



Four-person Avanti Picnic Basket Blue / Yellow Check Pattern

Now that summer is here to stay, it's time to rediscover the joy of the outdoors. Take your meals with you to concerts in the park, picnics on the beach and day trips to the countryside, and enjoy Avanti's well-insulated, well-constructed baskets that provide ample room for all your delicious delights. Since they provide all the cutlery, crockery, glassware you need (there's even a bottle opener), all you have to do is pack your food and take the basket along. Perfect for a family picnic for four with everything you need. Picnics have never been easier or more fun.

Available: www.faithful-to-nature.co.za
Cost: R1 899



Philips Viva Collection Airfryer TurboStar

It's in to be healthy, and to be honest, who has time to cook these days anyway? So, get great tasting fries with up to 80 percent less fat. Thanks to patented Turbo star technology. With Philips unique Turbo star technology you can fry food using minimal oil and prepare delicious and evenly cooked dishes. There's no need for preheating and with the new compact design you can still cook large amounts of food. Fast, easy and time efficient. This is the perfect gift for the whole family, and we all want to lose those extra kilograms gained at Christmas time in January...

Available: www.takealot.com
Cost: R2 999



FitBit Versa Fitness Watch

With a battery life lasting 4+ days, the Fitbit Versa does it all, from fitness tracking to playing music, monitoring your heart rate, wirelessly paying for stuff, and more. This Fitbit features a 1.34" LCD touchscreen display and comes with a small and large wristband to fit nearly any wrist. Fit is the new fabulous, so make exercising fun and track your progress easily and stylishly with this incredible unisex gift.

Available: www.takealot.com
Cost: R3 489



**Jean-Paul Gaultier
 Le Male Mini Set**

Le Male by Jean Paul Gaultier is a fresh and aromatic fragrance for men. It contains notes of mint, lavender, vanilla, bergamot, cinnamon, cumin, orange blossom, tonka bean, sandalwood and cedar wood. Jean Paul Gaultier Le Male was first launched in 1995. The scent is known for the unique bottle in the shape of a torso and the tin cans that often serve as the perfume's packaging.
 What's in the box:
 2 x Eau de Toilette 7ml
 2 x Essence de Parfum 7ml.

Available: www.takealot.com
Cost: R599



**Jean-Paul Gaultier
 Classique Mini Set**

This floral fragrance set can be an ideal gift solution for any modern woman. Top notes: combination of blooming rose and anise. Heart notes: ginger and orange blossom. Base notes: vanilla and amber.
 What's in the box:
 2 x 6ml EDT Classique
 2 x 6ml Essence De Parfum

Available: www.takealot.com
Cost: R689



The Skin Creamery

In a world flooded with information and choice, Skin Creamery exists to simplify skin care, stripping bare your daily routine to the essentials that naturally nourish and nurture the skin. The Skin Creamery ethos is to be kind to the earth, and kind to your skin. Spoil your significant other with these luxurious, natural and locally-made skin care products and you're guaranteed to be loved forever!

Available: <https://skincreamery.co.za>
Cost: From R295 per product. Gift vouchers also available online.



The Plakkie



**Reel Gardening Salad
 Windowsill**

Indulge a loved one's green thumb – with a Reel Gardening kit! The Windowsill Salad Garden in a Box gives you a selection of seeds embedded in biodegradable, nutrient-rich paper tape. These seeds are so simple to grow, requiring less water and attention than ordinary seeds. Delicious, fresh, hassle-free results.

From: www.faithful-to-nature.co.za
Cost: R39

Plakkie™ is the Sunshine brand. When the sun's out, Plakxies are out. These lekka flops are perfect for every occasion and suit any look; they're casual, shmasual (smart / casual), formal, whatever. With Plakkie™ you'll look rocking because Plakkie™ is rocking!
 Plakkie™ is a seriously well-made flip flop! They come in hip, vibrant colours and are affordable enough for you to have a pair in every hue! They're available online (obviously) and at leading retailers, across the country.

Available: <https://plakkie.shoes>
Cost: From R280 a pair

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Dine at any one of our Restaurants



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Unwind and Relax

café 41

SILVER LAKES



May this festive season
sparkle and shine,
may all of your
wishes and dreams come true,
and may you feel this happiness all year round
Merry Christmas & Happy Holidays

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012 809 1571 | www.cafe41.co.za

“Laughter is brightest in the place where the food is.” – Irish Proverb



It's the last competition for 2018, so make sure you answer the question below to stand a chance at winning a restaurant voucher for you and your family. Hint: The answer to the question is always in the *Intra Muros!*

Q: Name one gift featured in the Christmas Gift Guide in this issue.

Please send your answer, along with your name and contact details to info@eiapublishing.co.za. Don't forget to include SILVER LAKES in the subject line.

Congratulations to Morongwe Mokoena – last month's winner. Your vouchers are on their way to you.



DECEMBER HOLIDAY HOURS

24 DEC	OPEN UNTIL 5PM
25 DEC	CLOSED
26 DEC	9:00 23:00
31 DEC	OPEN UNTIL 5PM
1 JAN	9:00 23:00

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CHRISTMAS TURKEY TIME...



A good roast turkey is a real treat for Christmas, and it's great for feeding a crowd, too.


Ingredients

- 5kg turkey, preferably free-range or organic
- olive oil
- sea salt
- freshly ground black pepper
- 1 clementine, halved
- a few sprigs fresh rosemary
- 2 onions, peeled and roughly chopped
- 2 sticks celery, roughly chopped
- 2 carrots, roughly chopped

For the stuffing

- olive oil
- 2 onions, peeled and finely chopped
- sea salt
- freshly ground black pepper
- ½ teaspoon ground nutmeg
- a few sprigs fresh sage, leaves picked and roughly chopped
- 300g higher-welfare pork mince
- 1 large handful breadcrumbs

Method

1. If you're worried about cooking the perfect Christmas turkey because you're afraid you'll get it wrong, don't be. This recipe is nice and simple and will help you achieve brilliant results for your Christmas meal.
2. Take your turkey out of the fridge about an hour before you're ready to cook it so it comes up to room temperature before roasting. Give it a good rinse then pat it dry with some kitchen paper, making sure you soak up any water in the cavity. Drizzle the meat with a good lug of olive oil, add a few good sprinkles of salt and pepper and then rub this seasoning all over the bird, making sure you get in to all the nooks and crannies.
3. Preheat your oven to full whack then get started on your stuffing. Pour a lug or two of olive oil into a large pan on a medium heat and fry off your chopped onion for about 10 minutes or until softened. Stir in a good pinch of salt and pepper, the ground nutmeg and your chopped sage leaves, then continue to fry and stir for another minute or two.
4. Spoon the onion mixture into a large bowl and let it cool completely. Once cooled, add your pork mince and breadcrumbs and use your hands to really scrunch everything together. Once it's mixed really well, bring the stuffing together into a ball, then cover and chill until you're ready to stuff your turkey.
5. Pull the skin at the neck-end back so you can see a cavity and push about half of your stuffing inside your turkey. Not too much: you don't want to pack it so tightly it slows down the cooking. Once done, pull and fold the skin over the opening and tuck it under the bird so it looks nice.
6. Turn the turkey around and drop a few small pieces of stuffing into the larger cavity along with your clementine halves and a few sprigs of rosemary. Place your roughly chopped veg in the bottom of a roasting pan and lay your turkey on top. Cover the turkey with tin foil then put it in the hot oven and immediately turn the temperature down to 180°C. Cook for about 35 to 40 minutes per kilo. The 5kg bird in this recipe will take about 3 to 3½ hours.
7. Check on your turkey every 20 minutes or so and keep it from drying out by basting it with the lovely juices from the bottom of the pan. After 2½ hours, remove the foil so the skin gets golden and crispy.
8. When the time is up, take your turkey out of the oven and stick a small sharp knife into the fattest part of the thigh. If the juices run clear and the meat pulls apart easily, it's ready. If not, pop the turkey back in the oven to cook for a bit longer then check again. When you're confident it's cooked, rest the turkey for at least 1 hour, preferably 2 hours for bigger birds. Meanwhile you can get your veggies and gravy ready. 





SPOIL YOURSELF THIS CHRISTMAS WITH...


Springfield's Méthode Ancienne Cabernet Sauvignon

This wine is a true labour of love, upheld over generations. Over 20 years ago, Springfield's red wine was made with commercial yeast, and crushed grapes. In 1997, on their path towards how the way they make their red wines today, they made what is now known as Méthode Ancienne Cabernet Sauvignon using, for the first time, native yeast, yet still crushed the berries before fermentation.

This wine, with the additional extraction from the crushed berries, took much longer to mature and for the hard edges to soften. Even after two years in new French oak, and four years of further bottle

maturation, it was still too closed and the tannin structure too tight to be released.

Wine is made using trial and error, so from the 1998 vintage onwards they fermented the Méthode Ancienne Cabernet using native yeast and whole berry maceration (uncrushed), creating softer tannins and wines that would reach maturity sooner than those made with crushed grapes.

Finally, the 1997 vintage of the Méthode Ancienne Cabernet Sauvignon, almost forgotten in the back of our cellar, has been deemed ready to be shared with the world. 

Description

This wine has been sealed with the same cork for 20 years, and you will find that the bottom of the cork is wet while the top is dry. It is important to open this bottle of wine carefully and patiently, inserting the screw as deep as possible into the cork, and thus not without using the hinges of your waiter's friend corkscrew too excessively. This wine is unfiltered and unfinned, and sedimentation is a natural occurrence in wines of this age and decanting is recommended.

Vintage: 1997

Vineyard: 100% Cabernet Sauvignon

Origin: Robertson, South Africa

Oenology: Harvested at full seed ripeness. Cold macerated uncrushed in open fermenters for 10 days. Punched through twice daily. Three weeks alcoholic fermentation.

100% Malolactic fermentation spontaneously in barrel.

24 Months wood maturation.

Alcohol: 13.50%

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MOVING • STORAGE • RELOCATIONS



Becoming

By Michelle Obama

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America - the first African-American to serve in that role - she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, dramatically changing the ways that families pursue healthier and more active lives, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare.

In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her - from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it - in her own words and on her own terms.

Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations - and whose story inspires us to do the same.

Price: R399.00

Max Einstein: The Genius Experiment

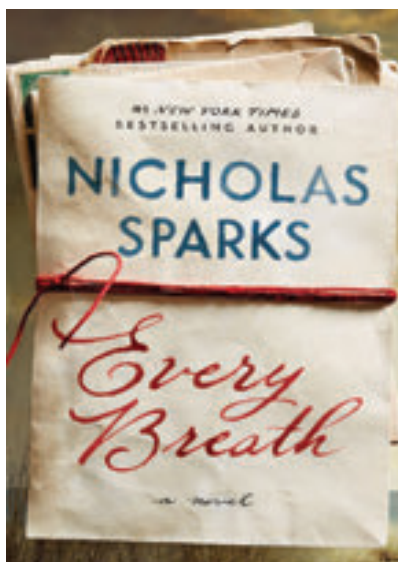
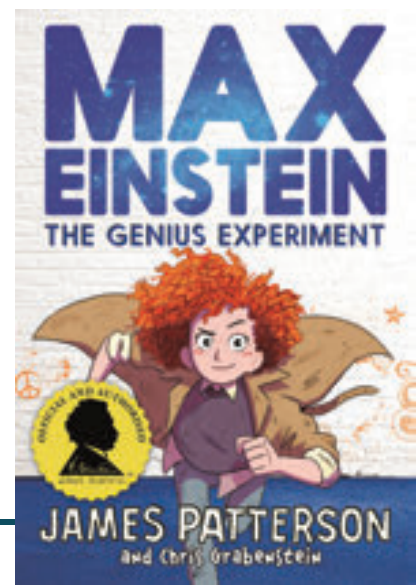
By James Patterson

Twelve-year-old orphan Max Einstein (like Albert Einstein himself) is not your typical genius. Max hacks the computer system at NYU in order to attend college courses (even though she hates tests), builds homemade inventions to help the homeless, and plays speed chess in the park. Her not-so-normal life is crazy but predictable until...

Max is recruited by a mysterious organisation! Their mission: solve some of the world's toughest problems using science. She's helped by a diverse group of young geniuses from around the globe as they invent new ways to power the farthest reaches of the planet. But that's only if the sinister outfit known only as The Corporation doesn't get to her first...

Max Einstein is a heroine for the modern age and will be looked up to by readers for generations to come.

Price: R215.00



Every Breath

By Nicholas Sparks

There are times when destiny and love collide. This story is one of them. From the number one bestselling author of *The Notebook* and *Two by Two* comes an unforgettable tale of enduring love... Hope Anderson is at a crossroads. After six years with her boyfriend, she is no longer sure what she wants, and when her father becomes ill, she heads to her family's cottage at Sunset Beach in North Carolina to make some difficult decisions.

Tru Walls has been summoned across an ocean from where he was born and raised in Zimbabwe by a letter from a man claiming to be his father. In journeying to Sunset Beach, Tru hopes to unravel the mystery surrounding his mother's life, but the letter will lead him in an unexpected direction. When these two strangers' paths cross, their chance encounter sets in motion a heart-breaking story - one that will transcend decades, continents and the workings of fate.

Price: R249.00



WHERE HAVE ALL THE TREES GONE?

By James Clarke, Images by Mary Broadley

Next year marks the 150th anniversary of the worst natural disaster in Southern Africa's history. In 1869, following a five year drought, a series of devastating forest fires swept from the Hottentots Holland mountains above False Bay, right across to the east coast. Timber stacked along the forest edges fueled the conflagration and only the forest around the Knysna/Tsitsikamma area survived.

There's a saying, *Memento fit cinis; diu silva*. It means, "In a moment the ashes are made, but a forest is a long time growing".

Jan van Riebeeck, in his journal of September 1652, said the Cape had "the finest forests in the world". Mary and I were recently in some of the last 'pocket forests' left along the KwaZulu-Natal coast – mostly inside the Simbithi Eco Estate north of Ballito. These patches of forest are the remnants of a coastal forest belt that once stretched from the Wild Coast to Mozambique and beyond. They missed the 19th century great fire but were to fare badly in the century that followed.



Grey duiker



We mused about how much indigenous forest might be left in South Africa.

Back home I took out a book I wrote on the state of the South African environment for the 2002 Earth Summit in Rio de Janeiro having remembered writing a chapter or two on our forests. To quickly digress, I recalled in that book how, in the 1970s, Wits archaeologist, Professor Revil Mason, brought to public attention the presence of the biggest Iron Age foundry so far unearthed in Africa – at the foot of Lonehill in Sandton. It was in full production for centuries providing spear blades and hoes for the region. The ore was right there under the foundry workers' feet: nodules of ferricrete (iron-rich pellets) that still, to this day, crunch underfoot at the base of Lonehill.

But the fuel? Where, on the treeless highveld, did they find the fuel to make all that charcoal for the furnaces? Mason demonstrated that, to make each spear blade or hoe, they needed the trunks of two mature trees – trees 10 cm wide at breast height.

Conclusion: the Highveld used to be a vast open forest. Lots of grass, lots of game and trees everywhere: karee trees (*Rhus sp.*), bushwillows (*Combretum sp.*), protea and cabbage trees (*Cussonia*). These have always been the most popular native trees in Gauteng's landscaped estates.



Houses at Simbithi surrounding a pocket forest

But, surprisingly, it was not the blacksmiths who denuded the Highveld, it was the influx of people and the mushrooming of towns from about 1850. Runaway veld fires became more frequent and the new farmers needed the termite-resistant karee trees for fence posts and buildings. Until a couple of centuries ago, South Africa was 40 percent covered in natural forest. Today? Only a quarter of one percent (0.25%) is forested.

The great fleets of Voortrekker ox wagons that sailed north across the stony Karoo to

settle in the interior were made from the giant yellowwoods, stinkwoods and assegai trees of the southern and eastern Cape. So were the pioneers' homes and churches. The diamond diggings around Kimberley spelt the end of the open forest of hardwood acacias of the Northern Cape. The Rand's gold mines cleared away tens of thousands of Highveld trees for buildings and railway sleepers.

KwaZulu-Natal's great tracts of forest were depleted in the 18th and 19th centuries when a single Zulu beehive hut needed



Forests abound with fig tree species

400 saplings. Records indicate that by 1900 there were probably about 100 000 of these huts – that’s around 4 million young trees destroyed. The larger beehive huts of royalty needed between 3 000 and 4 000 saplings. Zulu cattle kraals used stouter timber, and hardwoods were necessary. The structures would probably have needed replacing at least every 10 years and the Zulu population soon numbered millions.

In the existing remnant forest patches one finds magnificent specimens of giant ancient trees - extremely rare in South Africa today yet common in the Congo Basin, indicating how the forests were once joined.

Sixty years ago came the eradication of many of Natal’s remaining pockets of primitive forest - to make way for sugar cane. Fortunately, the farmers were obliged to leave some patches of native

forest. Then, as the sugar price fell, so the industry turned the now unprofitable cane fields into gated estates.

Throughout coastal Natal tens of thousands of expensive houses now stand among the cane. In places the surviving pockets of forest are slowly, ever so slowly, spreading and reoccupying the green monoculture of the cane fields.

We walked for hours along paths, at times getting the impression of being in a dense virgin forest and being surprised when we suddenly emerged from a green and gloomy tunnel beneath the forest canopy on to a tarred thoroughfare or when we came across a house with a manicured garden.

Throughout these estates there are a few surviving big trees such as the waterberry (*Syzygium*) the flatcrown (*Albizia*) and different species of wild fig (*Ficus*).

Everywhere we heard the calls of the arboreal purple-crested loerie and, in the dense, botanically-rich understory of the forest, the melodious Natal robin. Higher in the trees, the white-browed robin practised its extraordinary repertoire.

Then we came across a clearing in a dense forest caused by the collapse of a giant tree. It was almost like a bomb blast because it had left a wide gap in the vegetation, allowing the sun to come through, thus encouraging various species of saplings, previously suppressed under the shadow of the giant tree, to flourish and generate a vigorous new forest community.

Several times we caught sight of the diminutive red duiker and grey duiker and, more often, bushbuck. We noticed the droppings of porcupine and the white-tailed mongoose which we were lucky enough to see one night.

Forest trees are sustained by their own detritus, the soft leafy litter of the forest floor infused with nitrogen from the decomposition of the forest’s wondrous variety of creatures. This is why self-sustaining rainforests are the most stable of all ecosystems.

Their secret lies in their unrivalled species diversity, diversity being the fundamental need of any healthy ecosystem. The areas with the least species diversity are, of course, deserts. Those with the most diversity are the tropical forests. While a desert produces almost nothing, a rain forest such as the Amazon, annually produces something like 1 100 tons of compost per hectare.

Natal’s iconic ‘pocket forests’ are important remnants of the original South Africa.



Red duiker

TODAY'S

CHILD

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In Hil's Head
New Year's Resolutions
The Festive Season Family Bonding Time



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In Hil's Head



I'm a mom to two amazing kids – a 13-year-old daughter and a 15-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.inhilshead.co.za I'd love to have you visit!

We say it every year but holy crabsticks, how on earth is it almost the end of the year?! (Side note – did you know that an exclamation mark and a question mark placed together are known as an interrobang. A punctuation mark to use when you are asking a rhetorical question in an excited manner. But I digress).

I am literally counting down the days to the final work day for the 2019. I'm also panicking a bit because so much needs to happen between now and the end of December. It is also the time of year where things start to feel a little manic because everyone else is also tired and panicky about everything that they need to do. Work close off, year-end

parties, awards evenings, final school assemblies, gift shopping, vacation shopping, back to school shopping. I've also lost track of how many Christmas markets I have said I am going to on Facebook. I feel frazzled just thinking about it!

Anyway, less frazzle, more razzle. It is far more fun to get excited than to panic, so I thought I should share a couple of my favourite festive gift ideas with you.

The list of gift recipients can be endless at this time of year and it gets expensive y'all! This year I am determined to stay somewhat within my budget, so I am thinking of keeping things local and lekker!

I've built up quite a collection of cute jars that are just sitting round gathering dust. I am going to dedicate an afternoon to baking a couple of batches of shortbread to pop in the jars. I'll tie some raffia and a gift tag around the neck. An ideal gift for the special people in my life who I really want to acknowledge with a thoughtful (and tasty) little gift.

Another fun variation on the cookie gift idea is to make up a couple of batches of slice-and-bake cookie dough. Roll into a sausage and wrap in cling film and refrigerate. Then wrap in brown paper and with instructions on the gift tag for the lucky recipient to freeze, and when they're ready all they have to do is defrost, slice and bake.

Here is my go-to recipe for shortbread for the jars and the slice-and-bake cookie sausages:

Ingredients

- 500g super soft salted butter
- 500g flour
- 250g cornflour
- 0.5 tsp salt

Method

Lightly mix the dry ingredients in a bowl and then dump the whole lot on a work surface and work in your butter until you have a big ball of dough.

From here you can either:

- Roll into sausages and stick in the fridge. Slice, and bake when you're ready.
- Alternatively, you can pat into a baking pan, pierce with a fork and bake. Cut while warm.
- Dredge in castor sugar when cool – let it snow, let it snow, let it snow!

- Bake at 180°C for 20 – 25 minutes for the individual cookies and 35 – 45 minutes for the squares.

And speaking of all things sweet, last year, at one of our pre-holiday catch ups with mates, we did a biscuit exchange. We each baked a batch of whatever our favourite cookies are and did a little swap over drinks. It may sound twee, but it was a fun variation of the usual Secret Santa.

Who knew that cookies and gin go together so well?

'Tis the season to shop local. I really love the idea of supporting local, creative entrepreneurs when it comes to buying gifts. Support someone who is going to

be excited about selling you their wares. They need your support more than the big retailers.

Another super cool idea is to buy experiences instead of gifts. I'm thinking of buying theatre tickets or vouchers for a fun workshop for instead of another "thing" which they neither wanted nor needed. I bet they'll remember the experience for a lot longer than a material gift.

And on that note, I need to sign off and get back to the manic year end rush. Otherwise I will land up trawling the malls on the 24th of December with the rest of Gauteng. 🇿🇦

Happy holidays friends!



THE FESTIVE SEASON FAMILY BONDING TIME

by Nicoleen Davies, Director Life Talk Forum

As another busy year winds down, we look forward to the festive season. Everything slows down a few notches, we can sleep in or go to bed later than usual, a wonderful holiday may be planned, time to rest awaits and there is more time for friends and family whilst enjoying good food and having fun – especially on Christmas morning opening those presents under the tree.

Often, as parents, we are daunted at the thought of having to “occupy” our children for what seems like endless weeks of holidays and we may even see it as a chore. Consider instead the holidays are an amazing opportunity to be a family, to catch-up, regroup and to simply enjoy each other, focusing on the family unit. This is a

precious time to engage and interact with each other, creating new memories whilst making your children feel happy and loved knowing that they are important to you.

Quantity versus quality time?

Busy parents often battle to find dedicated or focused time for their children, often convincing themselves in an effort to placate their feelings of guilt, that quality time is more important than the quantity of time they give their children. Not so – truth is quantity time really is important – in fact, just as important as quality time.

Whilst we do the best we can, parenting isn't a schedule with allotted time slots. It's about actively being there for your children, participating in their lives,

helping to shape them into well-rounded human beings, slowly, bit-by-bit, every day. We all go through really busy periods where it may be near impossible to find time to spend with the family – but just make sure that it doesn't become the norm and try to make up for it when you can. It's so easy to fall into bad habits which are hard to break.

Spending time also doesn't necessarily mean doing something special either. Taking an interest in their day or hearing what they have to say, having dinner together as a family or maybe even just watching them play with the dog – these are all small affirmations that you love them, that they are important and that you enjoy spending time with them. And,



a spin-off of this is that it builds confidence in themselves which in-turn, build their self-esteem. Feeling valued and that you belong are crucial to a solid self-esteem.

Accessibility to you as their parent is vital – they need to know you are there for them. Especially once they start reaching their teenage years. The parent-child bonds and the associated trust, formed in childhood, will be invaluable during the teen years and into their adulthood. Teens turn to and confide in parents when they know they can, no matter what the circumstances may be.

Bonding ideas for the holidays

It is so easy to get into a rut of doing the same things over and over, a continuation of the year, into the holiday season. So why not use the holidays to shake things up and have fun doing it. There are so many things you could do, but just in case you can't come up with anything, we have a few ideas for spending wonderful time together:

- Rule #1: You must have fun!
- Let time stand still – done with clock-watching, just focus on the day and on fun. Start the day by asking your children, "What do you want to do today?" They will love the idea that it is up to them and whilst some ideas may be outlandish, it will be a good starting point for discussion. Let each child have a turn to pick a fun activity for a day. Adults can also get a turn!
- Do things differently – break the routine. Have a breakfast picnic in the garden or even better, go get ice-creams for breakfast – a decent meal can follow later after all. Having fun and laughing

truly is a great stress reliever and it will be something they won't forget for ages.

- Chores can wait a little; but, if you insist on getting them done, help each other to finish quicker so that the fun can begin!
- Focus on helping others or giving to those in need. Especially during the Christmas holidays. Not only does this teach gratitude but it also makes them feel good about themselves. They can bake biscuits for an old-age or children's home, or help you make sandwiches for beggars on street corners. Even something small can make a difference to not only their own lives but also to that of a complete stranger.
- Spend time, as a family, making your own Christmas tree decorations (or for that old-age or children's home), Christmas cards that they can colour-in and maybe even Christmas gifts - like painting a bird-feeder for grandad and pots for granny's herb plants. There are loads of ideas for festive season crafts online and on Pinterest –we've included some links below.
- Cook fun meals together – make a game of it. Everyone must add an ingredient of their choice and then help to make the meal.
- Make some popcorn and watch a movie together.
- Create a holiday team challenge - play board games, build puzzles, quiz nights or soccer goals shoot-outs – anything your family likes doing.
- Jump in the car and go look at Christmas lights at night.
- You can even sing Christmas carols if you must!

Christmas craft inspiration

There are some super ideas for crafts on the sites below. We hope you enjoy trying some of these.

Enjoy bonding these holidays!

- <http://www.architectureartdesigns.com/40-quick-and-cheap-christmas-craft-ideas-for-kids/>
- <https://za.pinterest.com/sassysites/christmas-crafts-for-kids/?lp=true>
- <https://www.activityvillage.co.uk/christmas-crafts>
- <http://www.woohome.com/diy-2/top-38-easy-and-cheap-diy-christmas-crafts-kids-can-make>

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Other sources:

- http://msue.anr.msu.edu/news/spending_quality_family_time_together_is_very_important
- <https://www.bing.com/arch?q=bonding+over+the+holidays&form>





NEW YEAR'S RESOLUTIONS

Dr. Ilse Ruane Psychology

In January, many people begin the annual ritual of New Year's Resolutions. Some of us may even plan them months before. Memberships at gyms and diet programs soar in the following weeks. Sales of chocolate and alcohol decline, replaced by healthier food and drink. People take a long, hard look at their spending habits as they sort through the bills coming in January's post. "Time for a new beginning" is the message promoted by all.

Yet despite all this, most people will find their resolutions to be challenging to maintain. By February, most New Year's resolutions will be no more than a dim memory. How can such apparently strong determination fizzle out so quickly? What can we do to increase the likelihood that our desire for change will translate into permanent positive change?

Let's examine the psychology of the New Year's Resolution to try understand the situation.

During the month of December people

tend to overindulge in eating, drinking, spending money and neglecting exercise. Rather than moderate these actions, we promise ourselves that after the holiday season is over, we will take back control. In the meantime, we give ourselves permission to overindulge without guilt.

Our resolve is at its peak when we have had our fill or when our finances run low. It's easy to think about going on a diet as we groan from a bloating holiday meal. It's no problem to plan to quit smoking when we've just had a cigarette and replenished our nicotine level. At this point we feel confident about our New Year's resolutions because we have not yet confronted any prolonged physical discomfort.

In early January, we are often so sick of rich food and drinks from the festive season, and feeling so sluggish from lack of vigorous physical activity, that it is not difficult to abstain from overindulgence. In fact, some people look forward to more structure and discipline in their lives upon

returning home or work after the holidays. However, a few weeks into the new discipline, our appetites have returned, and we start to feel deprived. It is at this point that we are most at risk for reverting back to old actions of overindulgence.

Soon we start rationalising that this is not a good time of year to start the said change. After all with the cold weather approaching and our numerous obligations ahead there is little point to continue. We rationalise is that when spring comes, we'll really get into shape. Thus, we make another promise to ourselves, and, now free of guilt, put off the change for another few months when the time for change is more optimal than now. Chances are that when spring arrives, we will have another temporary surge of motivation, only to abandon it within a few weeks.

Why do people abandon their resolutions? One reason is that we become discouraged when results do not come quickly enough, or when we find that we are not necessarily

happier because of them. Change in our behaviour or actions requires sustained effort and commitment. It is also typically accompanied by physical discomfort. For example, reducing food, alcohol or nicotine intake from a level to which you have become accustomed, results in cravings. Forcing yourself to get off your cozy chair to exercise is often difficult when you're tired. It's easy to procrastinate until tomorrow, so that we can rationalise why we didn't do it today.

Therefore, if you are going to make New Year's resolutions this year, here are some tips to maximise your success and get you ready for the challenge:

1. Examine your motivation for change. Are you just feeling full and bloated at this moment? Do you have a hangover from last night? Did your last cigarette give you have a hacking cough? Or is there a more enduring reason for your desire to change? If you can not think of a better reason than the fact that you are uncomfortable at this moment, then it may be wiser to not make promises to yourself that you probably will not keep. However, if you are realistic about the process ahead and accept the responsibility required for change, your motivation will be sustained long after the discomfort from over-indulgence has passed.

2. Set realistic goals. Habits, actions and behaviours that are changed gradually have a greater chance of success. Do not rush yourself and try be patient with yourself.
3. Focus on the behavioural change more than on the goal. For example, if you decide to control your eating, your goal for the day is not to lose a specific number of kilos, but to stick to your program. Such focus on your actions will help you feel in control of your life. You will gain satisfaction from making sensible choices several times throughout the day.
4. Learn to redefine physical sensations of discomfort. Whenever we restrict ourselves, we have both physical and mental reactions. For example, a smoker feels bodily sensations when his/her nicotine level drops. However, s/he has a choice as to how s/he interprets these symptoms. S/he can define them as extremely unpleasant, or alternatively s/he can interpret them as his/her body cleansing itself of the drug. Someone who is restricting food intake will also feel physical discomfort. However, the successful dieter tells himself/herself that his/her growling stomach is a sign that his/her body must go to the fat reserves for energy.
5. Make tasks non-negotiable. People who are most successful at implementing such changes are those

- who make their tasks non-negotiable. For example, if you debate with yourself at 5:30 am whether you feel like getting up to exercise, you will probably opt for staying in bed for another half hour. But if getting up for exercise is no more negotiable than getting up for work is, then you'll do it regardless of how you feel about it. The same goes for organising your closet or taking charge of your finances. One can almost always find an excuse not to do these things. However, if you make a non-negotiable decision that's based on a sound logical reason rather than on how you feel at the moment, you will be successful.
6. Allow for imperfection. No one is exactly on target all the time. In fact you should expect to falter every now and then. If you give in to temptation, do not use this as an excuse to abandon the whole program. Learn from your mistake and move on.
 7. Do it now. If you're waiting for a more convenient time to begin change, it won't happen. It's almost never convenient to change ingrained habits. Now is just as convenient as any time. And if you begin now rather than later, you'll have a jump on a more satisfying future.

Therefore create your goal and work towards them one step at a time!



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HOW TO MAKE A DIFFERENCE ON A SMALL BUDGET, ROOM FOR ROOM

When it comes to our living spaces and our homes, we always aim to decorate in a trendy, yet comfortable and livable way. Budget is always a concern however, so we've put together a few tips and tricks to help you to get your house looking magazine-worthy without having to break the bank!



1. Doing a monochromatic colour scheme on the shell of the room, floor, wall, curtain, headboard creates a

stylish, yet "blank canvas". It is easy and inexpensive to change your theme twice a year with by updating your cushions and adding a textured throw:

- Warm or autumn pallets for winter
- Cool blues in summer

2. Adding inexpensive wall paper or repainting an accent wall can drastically change a room's atmosphere.

3. Moving your furniture around in a room can also make it feel new and revamped.

What's hot for 2019?

- Moody paint colours on the walls (so easy to change if you get tired of it)!
- Black flame wall colours and dark greys.
- Velvet furniture is making a comeback! But if you like perfection stay away...
- Vintage lighting
- Concrete furniture and fireplaces
- Geometric tiles
- Weathered-look furniture that is all natural
- Bold colours

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1 **Four-star Mozambique offer from Thompsons Holidays.** Rates from R11 748 per person sharing. Offer includes return flights departing from Johannesburg to Maputo, approximate taxes, return transfers and three nights' accommodation at the four-star Machangulo Beach Lodge with breakfast, lunch and dinner, all snacks and selected juices daily. Valid from 14 January – 31 July 2019. For more information visit www.thompsons.co.za; email: travel@thompsons.co.za or contact them on 011 770 7583.

2 **Traditional Cambodia Tour from Azure Travel.** Rates from R15 187 per person sharing. Offer includes transfers, eight nights' accommodation with breakfast daily, one dinner and more. Visit Siem Reap, Battambang, Phnom Penh and more. Offer excludes flights and taxes. Valid until 31 March 2019. For more information visit www.azuretravel.co.za; email: info@azuretravel.co.za or contact them on 011 678 1146.

3 **Postcards of California offer from Travel Vision.** Rates from R36 532 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, ten nights' accommodation and ten days car rental with unlimited mileage. Visit Los Angeles,

Malibu, Santa Barbara, Monterey, Carmel and more. Valid between 1 November 2018 and 31 March 2019. For more information visit www.travelvision.co.za; email: reservations@travelvision.co.za or contact them on 011 408 8000.

4 **Vic Falls pay for 2 and stay for 3 offer from Flame of Africa.** Rates from R3 395 per person sharing. Offer includes airport transfers, three nights' accommodation at the Vic Falls Rainbow Hotel with breakfast daily and dinner for one night. Offer excludes flights and taxes. Valid until 30 December 2018 and between 3 January – 18 April 2019. For

more information visit www.flameofafrica.com; email: foaweb@flameofafrica.com or contact them on 031 762 2424.

5 **A festive Family Fun offer from Nibela Lodge in Kwazulu-Natal.** Rates from R2 560 per room per night for two adults sharing. Offer includes one nights' accommodation with breakfast and dinner, guided morning walk and one night drive with stargazing. Valid between 14 December 2018 - 15 January 2019. For more information visit www.nibelalotelodge.co.za; email: nibela.admin@dreamsresort.co.za or contact them on 035 562 9005.



6 Explore Asia with Top Deck. Rates from R41 900 per person. Offer includes internal flights, eleven nights' accommodation with breakfast daily and five lunches and dinners. Visit Beijing, Xian, Chengdu, Hong Kong and more. Offer excludes flights and taxes. Set departure date 7 April - 18 April 2109. For more information visit www.topdeck.travel/destinations/africa or contact them on 0800 982 308.

7 Mystical Egypt offer from Tripistery B2B Travel. Rates from R6 500 per person sharing. Offer includes all transfers, four nights' accommodation in Cairo with breakfast and three nights' accommodation on a cruise on a full-board basis. Offer excludes

flights and taxes. Valid from 15 January - 30 September 2019, excluding 15 - 30 April 2019. For more information visit www.tripistery.com; email: info@tripistery.com or contact them on 031 817 1900.

8 Venice Carnival with United Europe. Rates from R13 750 per person sharing. Offer includes Port fees, four nights' accommodation aboard Croisi Europe Ms Michelangelo, all meals and onboard activities. Offer excludes flights and taxes. Set dates 27 February - 3 March 2019 and 3 -7 March 2019. For more information visit www.unitedeurope.co.za; email: info@unitdeurope.co.za or contact them on 011 462 0962.



9 Ramanaya Trail Tour, Sri Lanka offer from Jetstar Tours. Rates from R17 506 per person sharing. Offer includes transfers, seven nights' accommodation with breakfast daily in a four-star hotel. Visit Nuwara Eliya, Bandarawela, Negombo and Colombo. Offer excludes flights and taxes. Valid from 15 January - 28 February 2019. For more information visit www.jetstar.co.za; email: info@jetstar.co.za or contact them on 087 285 5391.

10 Mauritius beach special from Ezeego1 Travel & Tours. Rates from R7 837 per person sharing. Offer includes airport transfers, six nights' accommodation at the Laguna Beach Hotel & Spa with breakfast daily. Visit North Island, South Island and Ile Aux Cerf Island. Offer excludes flights and taxes. Valid until 4 January 2019. For more information visit www.ezeego1.co.in; email: agents.registration@ezeego1.com.

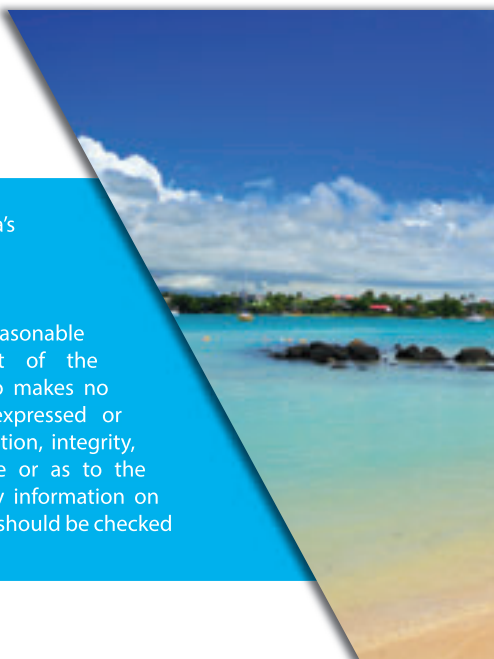


6

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RANGE ROVER VELAR P380 HSE

By Alan Rosenmeyer



In the late 1970s Land Rover stunned the world by producing the first ever luxury 4x4 vehicle capable of proper off-roading. Over the last few years, the range has expanded to include 4 separate models extending from the baby Evoque up to the big daddy Range Rover that offers super luxury, and power but still with go-anywhere ability.

A few months ago, the Velar was launched. Placed second up the range in size, this is not exactly a small vehicle (proving how big the Range Rover has become). Its looks are unmistakably Range Rover though, with excellent proportions and acres of space inside for 5 passengers.

Starting with the interior, the Velar debuts the new technology dubbed the InControl infotainment system and Touch Pro Duo. Essentially, this provides the vehicle with the familiar Jaguar/Land Rover touchscreen infotainment system and below that there is another similar sized screen which controls all the drive modes including the famous Terrain Response system.





The test model was the range-topping version powered by a 3L V6 petrol engine with supercharger. Outputs of 280kW and 450Nm could almost be described as over the top, but there are various 2L and 3L petrol and diesel options available. With this engine you almost have sports car power and acceleration added to the mix. Perhaps the only penalty of all this fun is the fuel economy figure that I achieved over the test period - 12L/100km.

On the road in traffic, you are in a high commanding position and the standard 8 speed automatic transmission makes traffic feel almost pleasant. Open road cruising is simply sheer relaxation with the biggest concern being ensuring that you stay within the speed limits.

Travelling in the Velar is certainly proof of the absolute power and luxury that this vehicle has been designed to achieve. Although underpinned by all the Land

Rover technology that makes it extremely capable off-road, the sad fact is that 99% of them will never leave tar roads, let alone perhaps a bit of sand.

However, there is still the comfort of knowing the capability of your vehicle even if you never use it. I can equate this to insisting on having ABS braking but hoping that you NEVER end up in a situation where you actually need it.

The Velar can transport 5 passengers and the luggage space is 312L with 1096L available if you simply press a button to drop the rear seats.

A standard 5 year/100 000km maintenance plan is included, with the price range starting at just under R1 million. The P380HSE as tested retails at R1,375 million.

Watch our full video review of the Range Rover Velar on this link: <https://www.youtube.com/watch?v=1qW5Q3uq3EA>





THE ART OF CREATING “DZIRE”

By Alan Rosenmeyer

Launched only a few months ago as the partner to the all-new version of the Suzuki Swift, the new Dzire is seen as a stand-alone version.

In the current environment, the budget entry segment of the automotive market gains more relevance daily. More and more manufacturers have realised the importance of having a player to satisfy this segment of the buying public.

Suzuki has built a well-deserved reputation in this segment by offering models that may be priced in the budget segment but offer exceptional value for money regarding looks, handling and features. This segment is dominated by hatchbacks but some manufacturers have realised the importance of offering a sedan option as well.

The Suzuki Dzire is powered by the familiar 1.2L 4 cylinder engine that was used in the previous version - this tried and trusted engine offers 61kW and 113Nm of torque. While these figures may seem modest, the new car is underpinned by a new lightweight platform resulting in the car weighing in at under 900kg about 95kg less than the previous version. This obviously assists in providing a very perky performance from this ‘little’ car.

An advantage of the sedan over the hatchback sibling is the increase in boot space, although you obviously lose the versatility of being able to drop the rear seats for load carrying. Many buyers also prefer the extra security of a boot as opposed to your valuables simply being located under a removable flap that can also be accessed from inside the car. Where the hatch offers 224L of boot space, this increases massively to 378L in the Dzire.

Our test vehicle was the upper spec GL version with two airbags, ABS braking, sound system with Bluetooth and electric windows all round. For the more budget-conscious, there is a GA version which offers the same mechanical package but loses most of the luxury items as listed above.

We tested the 5 speed manual version but there is also the option of what Suzuki terms an automated manual transmission or AMT. The gearshifts are slick and easy with the clutch being nice and light, making this ideal for a town runaround.

During the test period we also took a country trip and while the car maintained

freeway speeds with ease, there were a few occasions when the front felt a little light - nothing serious but it does require a bit of extra concentration from the driver. The only other criticism that I can find is the lack of a modern touchscreen infotainment system instead of the very out-dated unit that was fitted.

A feature of the entire Suzuki range has always been the outstanding fuel economy. A full week of driving resulted in a figure of 5,2L/ 100km. I consider this an exceptional result.

With a 2 year/30 000km service plan included, the Suzuki Dzire GL is priced at R 177 900. I think it definitely deserves consideration in its market segment. 🚗





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Anna is looking for a domestic work two to three days a week. She loves children, taking care of pets, she is friendly and hardworking. She has been working over 6 years. She can speak English and Afrikaans. Please contact Anna on 082 614 2504. For a reference contact Jenny on 061 971 5836.

Angel is looking for work in the Silver Lakes area on Tuesdays and Thursdays. Angel has worked in our home, in Silver Lakes, for the past 6 years. She has a warm personality, is honest, reliable and hardworking. Angel has run our home efficiently and has shown initiative. She is punctual and trustworthy and has an excellent command of the English language. Angel is excellent with pets. We would gladly and confidently recommend her. Should you require any further information regarding Angel, do not hesitate to contact us. Michael 079 505 3215 or Angel 073 290 1260.

Blessing is an English-speaking Zimbabwean, educated, hardworking, reliable, trustworthy and very respectful. She has been working for the past 4 years. She is looking for a job on Wednesdays and Fridays. Please contact Blessing on 061 933 0683. For a reference email: shireen@africanfootprint.net.

Brenda is looking for work 5 days per week or for some days, sleep-out as of January 2019. She is English speaking, originally from Zim, doing all from cleaning to washing, ironing and babysitting. She is very reliable, independent and perfect with kids. She has been with us for the last 3 years, we are now moving overseas. She babysits my 3 kids (8, 5, 1,5 years old) very often (evenings, weekends included). She has helped with my smallest daughter every day since she was born. I will miss her a lot and I can highly recommend her. For a reference contact Simona on 063 682 3864. For job offers contact Brenda directly on 084 301 8611.

Charlot is looking for permanent domestic work. She is super-efficient, hardworking, reliable, honest, and good with pets. For a reference please contact Angela on 082 777 5934 or contact Charlot directly on 071 546 0039.

Eddina is look for housekeeping /nanny work, live-in. She is hardworking, reliable and trustworthy. She has been working for eight years. She speaks English. She will be available in January 2019. Her contract will be ending this year. Please contact Eddina on 062 455 3565 or email angelasibanda14@gmail.com.



Gail Molemane, aged 25, is looking for sleep-out work on Saturday and Sunday. She stays in Mamelodi. She is currently working in Silver Lakes on Tuesdays, Wednesdays and Thursdays. She can clean, wash and iron. She is hard working, friendly and punctual. Please contact Gail on 064 660 6669.

Gloria aged 37 is looking for a stay-in domestic work. She is English speaking. Please contact Gloria on 062 906 3408 or WhatsApp 076 892 4082.

Leah is a Zimbabwean lady, who is looking for part-time or full-time domestic work in Silver Lakes. She is English speaking. Leah is very hard working, trustworthy, reliable and can cook. She previously had a full-time, live-in position looking after an elderly lady for 6 years. Please contact Leah on 073 3511241 or WhatsApp 061 1761734. For a reference please contact Mike on 082 9781914 or Ilze on 076 856 6273.

My name is Brenda Moyo. I'm looking for domestic work on Wednesdays. I already have fingerprint access. I have 3 years experience and I'm flexible and quick to pick up skills. Please contact Brenda on 065 218 2321. For a reference contact Berndine Kruger on 082 062 7934 or Rose Gail on 063 039 0389.

Patience is looking for domestic work 2 days per week. She is also available for babysitting. She is excellent with children and pets. Please contact Patience on 078 514 1511. For a reference contact Teresa Matteucci on 082 635 8828.

Rebecca Modise is looking for domestic work on Tuesdays and Thursdays. She is hardworking, trustworthy and reliable. Please contact Rebecca on 076 117 1168. For a reference contact Elmien on 082 781 4377.

Thabita is looking for work for 2 to 3 days a week from January 2019. She is currently helping me and will continue to work for me 2 days a week. She is registered at Silver Lakes. She is English speaking, trustworthy, very hardworking and works very fast. She stays in Mamelodi. I can highly recommend her. Please contact Thabita on 072 706 0961. For a reference contact Marietha on 082 457 3770.

Looking For

Ek het n biblioteek projek begin by Silver Lakes Retirement Village. As u enige oortollige boeke het, laat weet my asb. Ek sal dit kom oplaai. (Fiksie en nie fiksie) Kontak Petra van Vuuren op 084 504 3464.

Gardeners

David Mello soek tuinwerk vir Maandae tot Vrydae. Kontak David op 083 711 8916.

Gardener available on Mondays and Tuesdays. He is Reliable and hardworking. Please contact Joseph Mashaba on 079 775 0469. For a reference please contact Euwelma on 082 257 1713.

A reliable and hardworking gardener and handyman has 3 days available weekly. Able to fix almost anything. A Great painter and plumber. He has worked for me for years and I can highly recommend him! For a reference contact Nikki on 072 153 9370.

Steward is looking for garden work on Tuesday and Saturday's. He is very proud of his work. Very reliable! Please contact Steward on 084 464 7534.

My gardener, Klaas Babili, is looking for gardening work on Tuesdays and Thursdays in Silver Lakes or surrounds. He is hard working and is very reliable. He has been in our employ for about 20 years. Please contact Klaas on 076 388 4739.

House & Pet Sitting

I am available to look after your beloved pets when you go on holiday. I am also a dog owner and I know how special our pets are to us. I stay in Silver Lakes. References are available upon request. Feel free to contact Helen on 082 552 3418.

Go on holiday without worrying about your pets, plants or home. We will look after your pets or home while you are away and water your plants. From dog walking, feeding, bathing, playing etc. We are a trusted team and have references. Please contact Cai & Clinton on 083 286 9419.

Are you going away for December or just a weekend? Don't know what to do with your beloved pets and the garden? I am a responsible pet lover that lives in Silver Lakes and will go the extra mile to take care of your pets and property while you are away. In emergencies I can take them to the Vet and nurse them if applicable. I charge R100 a day which include all activities that your pets are used to doing. Please feel free to contact Amanda on 074 610 5473. References are available upon request.



Services Offered

Dr JH Schreuder (Dr Jan Schreuder) Medical Practitioner will be consulting full-time at his consulting rooms at 46 Ballybunion Silver Lakes from 07h30 till 17:30 Monday to Friday, and Saturdays from 8h00 till 11h00.

Contact Numbers for appointments consulting rooms: 012 809 0891 and mobile 082 552 6226.

Accurate and professional typing - If you have anything that you don't have time for (be it once-off or maybe regular reports/minutes/theses, doctorates or whatever! -- including dictaphone typing), let me help out. Contact Babsie on 082 870 7093 or babsie.botha@gmail.com. I live in Silver Lakes.

Computer Services - Password recovery, data recovery, troubleshooting, hardware and software installation, driver installation. Windows and Linux installation. Small and Home Business Computer, Fax and Printer Set up. Support. Gaming Console Repairs (hardware and software) I have a Call Out Fee which depends on the distance of your location and you will be billed per hour. Contact Clinton on 083 286 9419.

Handyman - Are you too busy or need a small job done in Silver Lakes, please call us. Anything from changing a light bulb or lock to painting, waterproofing, tiling, paving, ceilings, cornice, dry-walling, small brick work and plaster, almost anything. Call Johan on 082 4110451 or Protus on 061 029 1850.

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Shortening of pants, seams etc. Interested in sewing lessons. Contact Petra at 084 504 3464.

Do you need help with Tree Felling, Garden refuse removal or painting? Contact Reggie on 079 600 6525. For a reference contact 082 854 3074.

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Painting & Waterproofing - Frans is an excellent painter and waterproofing specialist. Contact Frans on 084 677 3186. For a reference contact Allan on 082 378 4962.

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Teacher is currently employed in Silver Lakes but he is looking for additional work in Silver Lakes. He is fully prepared to work over weekends. He is extremely hardworking and can be regarded more of a competent handyman than a gardener only. Teacher can be contacted on 074 535 8079. For a reference phone Philip on 082 612 1840.

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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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