

INTRAMUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE

BEST OF
PRETORIA
2018

RETIREMENT
VILLAGE

NAMING OF
OUR DAMS

November | 2018



SILVER LAKES
GOLF ESTATE

R 9 990 000



on golf course

Silver Lakes: 5 bedrooms | 5 bathrooms | 5 garages | House: 1160m² | Stand: 1723m²

R 6 730 000



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

R 2 999 000



The Meadows: 3 bedrooms | 3 bathrooms | 2 garages | House: 285m² | Stand: 613m²

R 4 950 000



on greenbelt

Exclusive mandate

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

R 2 970 000



Olympus: 3 bedrooms | 3 bathrooms | 2 garages | House: 290m² | Stand: 451m²

R 4 450 000



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 10 500 000



lake view

The Hills: 3 bedrooms | 3 bathrooms | 4 garages | House: 800m² | Stand: 2930m²

R 4 495 000



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

R 3 950 000



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 2 690 000



Olympus: 4 bedrooms | 3 bathrooms | 2 garages | House: 276m² | Stand: 463m²

R 5 490 000



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

R 6 800 000



dual mandate

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

R 3 650 000



sole mandate

The Meadows: 4 bedrooms | 3 bathrooms | 2 garages | House: 323m² | Stand: 640m²

R 11 500 000



on greenbelt

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

R 7 450 000



sole mandate

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

R 4 750 000



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

R 6 500 000



sole mandate

stand on golf course

Silver Lakes: Stand: 2200m² with building plans included

R 13 500 000



sole mandate

on lake

Silver Lakes: 4 bedrooms | 4 bathrooms | 4 garages | House: 1049m² | Stand: 2832m²

R 7 500 000



co-exclusive mandate

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

R 4 990 000



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

R 6 995 000



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

R 4 500 000



Silver Lakes: 5 bedrooms | 3 bathrooms | 2 garages | House: 415m² | Stand: 997m²

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Resident Agent **Kobus:** 082 903 9208

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SILVER LAKES

GOLF ESTATE

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November 2018

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LETTER FROM THE EDITOR

As we near the end of the year, I find myself taking stock of the months past and what I have – and have not – achieved. It's also the time of year where our children's achievements are celebrated at school. All our incredible children are awarded their accolades for sports or academic accomplishments – or both.

I am lucky enough to mother two incredible little women. They're close in age, so the competition is fierce. My eldest is big enough to attend "drop and go" parties, but my little one isn't quite there yet... The eldest's friends are allowed sleep overs, the youngest's friends are not. This proves difficult when navigating the active social lives of pre-tweens and it seems like I am

always putting out fires or wiping tears one way or another.

Back to the end-of-year awards ceremonies and celebrations. Both my girls are particularly sporty – one more so than the other. And one is more culturally inclined. I have to say that I am so relieved that they are finally finding their own passions, their own "things that they're good at and enjoy". My eldest is a record-breaking runner and her nickname among her netball friends is The Wall! My youngest sings like a little lark and prefers to dance her way through the day and I am more than happy to nurture their passions.

It's important, at this time, to praise our children and to acknowledge just how very

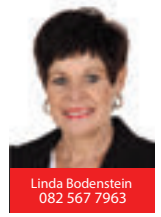
special each and every one of them are. Every milestone reached, no matter how tiny, should be celebrated. Applaud your kids every day and while you're at it, applaud yourselves too, parents! We're almost through another year and exams are close to being finished. Be sure to read the article on coping with exams on page 42. Hilary Green, our In Hill's Head blogger, is also writing final year BA Marketing degree exams – at age 40-ish! Bentley has released a super stylish new SUV in SA, and if you're still looking for a holiday destination, explore our Top 10 Travel deals and book that holiday today.

It's the start of the Silly Season! But stay safe.

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.



SILVER LAKES RETIREMENT VILLAGE!!
WEB REF 1204079
R1 470 000




ONE OF A KIND!! This is one of the most beautiful units in this popular Retirement Village in Silver Lakes. This is a garden to love and so spectacular that you cannot miss this one. Large, modern kitchen. Open-plan to living areas. Large bathroom with his and hers basins. South entry, north facing. One lock-up garage and parking for two other cars. Just move in!!! Contact me for a viewing.

SILVER LAKES FLAWLESS!!!
WEB REF 903303
R3 150 000



Live in the "Bush veld" in the most homey house in Silver Lakes. Luscious garden with cycads. Beautiful private pool area and patio. 4 Large bedrooms and 3 en-suite bathrooms. Lovely solid wooden floors. A must to view. Enjoy Africa in Silver Lakes.

SILVER LAKES ON THE GOLF COURSE!!
WEB REF 1122819
R4 400 000



This is a lovely north facing house with a south entry. 4 Large bedrooms and 3 bathrooms with 2 separate toilets and an extra basin in every bedroom. Large cupboards and lots of storage place in the kitchen. A lovely walk-in pantry with a separate laundry room. 2 Lovely patios facing the golf course. This house has a crackling fireplace in the family room. 2 Linen cupboards and the formal lounge opens onto the patio and golf course. 2,5 Garages and servants' quarters.

SILVER LAKES ON THE GOLF COURSE!!
WEB REF 1133963
R4 800 000



One of a kind!!! The most spectacular single storey house on the golf course. Lovely living area on a large patio with private facing of the golf course. Whole house in a mint condition. Large office space with air conditioner included for people who would love to work from home. 3 Large bedrooms with underfloor heating as well as central air cons. Main bedroom with his and her bathrooms. The other 2 bedrooms also facing north with large aluminium windows. Kitchen with separate laundry area. Servants room with bathroom. Luscious garden! Contact me for a viewing.

SILVER LAKES ON THE GOLF COURSE!!
WEB REF 1205634
R5 350 000



Elegantly private house on the golf course!! Unfortunately, only one buyer will be able to experience the joy of owning this lovely home on the golf course! Lovely to look at but even better to live in. Beautiful 4 bedroomed family home with 3 bathrooms and air conditioners in bedrooms. The master bedroom is downstairs. Large kitchen with a gas stove and a separate scullery. 3 Living areas with a gas fireplace in the lounge. Large swimming pool, servant' quarters and 2 garages.

SILVER LAKES ON THE GOLF COURSE!!
WEB REF 1206578
R7 399 000




Royal address!!! Breath-taking experience awaits discerning buyer. Perfection from start to finish. Spectacular view to all Silver Lakes dams and golf course. The house is for a couple that wants to move in and live happily ever after. 4 Large living areas and a large study. Main bedroom downstairs with large en-suite bathroom, 2 other bedrooms upstairs with 1 bathroom to share and downstairs a guest toilet with a shower. Wooden braai and lovely patio. Bar area and large kitchen with scullery. 3 Garages and servants' quarters. The garden is one of the most flawless in this wonderful Estate.

SILVER LAKES DUAL MANDATE!!
WEB REF 653899
R8 950 000



Live in this very spacious mansion with all and everything you'll need to experience the ultimate lifestyle. Offering 4 bedrooms, 4 bathrooms and 4 living areas. Luxurious, spectacular and outstanding finishes. The drama of space caters for any big function and hospitality. This family retreat is priced to sell and offers a lovely home for today's family. The highest spot in Silver Lakes overlooking the dams and the golf course.

SILVER LAKES TO LET!!
WEB REF 821918
R25 000pm



For a pensioner's couple that is still young at heart or a young couple renting their first house! Move into this flawless single storey house with 3 bedrooms, 2 bathrooms and a double garage and enjoy living in this wonderful Golf Estate.

IMPORTANT CONTACT NUMBERS

HOA OFFICE

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

WhatsApp Number
081 848 2787

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

SECURITY

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

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

The Best of Pretoria awards were hosted at Silver Lakes Golf Estate on 23 October 2018. We were honoured to have been chosen as the venue where the winners and runners up in various categories, as voted by the readers in Pretoria, received their awards.

We were honoured to have been awarded Best Golf Course in Pretoria. This accolade does not come without recognition being given to various role players who made this possible. Our team strives to make a golfer's visit one to remember. The collective efforts includes the welcome from Security; the staff who are ready to collect the golf bags; maintenance teams that prepare golf carts from 6h00 daily and ensure that each cart is polished; the caddies who eagerly offer their services; the friendly and effective service once players arrive and check-in; the experience of perfectly cut lawn and greens which receive attention from 5h00; our maintenance team that continually addresses pavers and other maintenance; the Golf Academy that assists with special coaching during golf days; the Matkovitch team that sits back at the end of the day to look at the beautiful fairways following their fertiliser programme; the various options of something to eat at the Halfway House and once the golfers have finished their round of golf they're able to enjoy something ice cold from the members' bar. It is not without reason why visitors then buy our branded clothing and wear it with pride when they play other courses.

Well done to the Golf Club Committee, Brendon and his team, and the role of Matkovitch to create that WOW factor which makes Silver Lakes the course that players want to come back to. You deserve your accolade! In addition to the Best Golf Course, we were also very honoured to have been named third in the following categories:

- Pretoria's Best Kept Secret:
-Silver Lakes Game Reserve

- Must Hire Venue for Private Functions:
-Silver Lakes Golf Estate Clubhouse
- Best Retirement Village:
-Silver Lakes Golf Estate Retirement Village

We are honoured that Silver Lakes has been awarded these accolades. The information will be shared in local newspapers and various marketing material. We also believe that these accolades will positively impact the value of properties.

While we are thrilled to have received the accolades, we also realise that there is a lot to do in order to raise the level of quality and service. There is a lot of expectation now that we have been acknowledged by the readers of the Rekord and all participants in the voting process. We are well aware of some of the challenges in the categories that have received accolades and our management team is hard at work to further improve the standards in these areas.

Thank you to everybody who played a role in helping to set the standards which resulted in these awards.



Kind regards

Henk Booysen
CEO: Silver Lakes HOA



Each office independently owned and operated

San-Karin Jacobs

Your fellow resident in Silver Lakes Golf Estate for the **past 23 years!**
sankarin@remax.net **082 254 2504** www.remax.co.za



EXCLUSIVE MANDATE

4 3.5 4



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

R5 700 000

EXCLUSIVE MANDATE

3 3 3

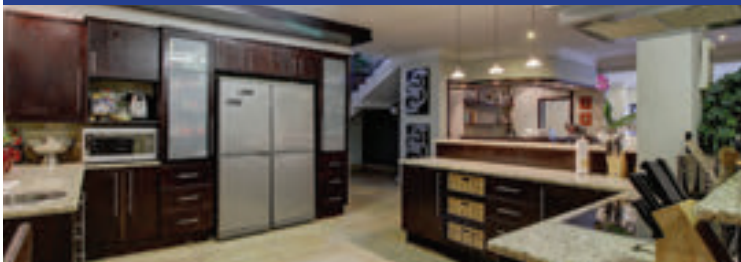
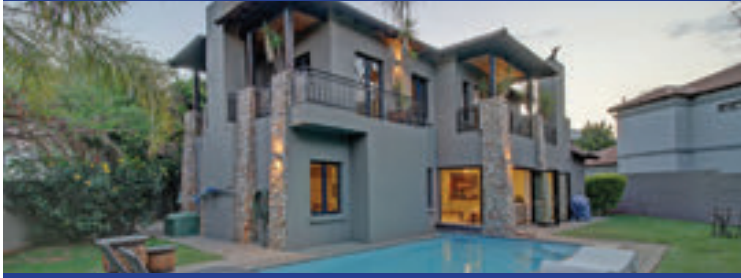


Property Link: bit.ly/2Szc4Zv

R5 750 000

EXCLUSIVE MANDATE

4 4.5 4



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

R5 900 000

TRIPARTITE MANDATE

6 4 3



Property Link: bit.ly/2xXXiTD

R7 500 000

Retirement Village

2 1 1



Property Link: bit.ly/2E8dabt

R1 470 000

TRIPARTITE MANDATE

3 2 2



Property Link: bit.ly/2z7SkDm

R2 790 000

Flatlet

3 2 3



Property Link: bit.ly/2Q7ZdeO

R3 700 000

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E: martin@ikonic.co.za
E: zhayward@ikonic.co.za

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Newly Renovated

R 2 860 000
Web Ref: 13685513

EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Loads of Ambiance

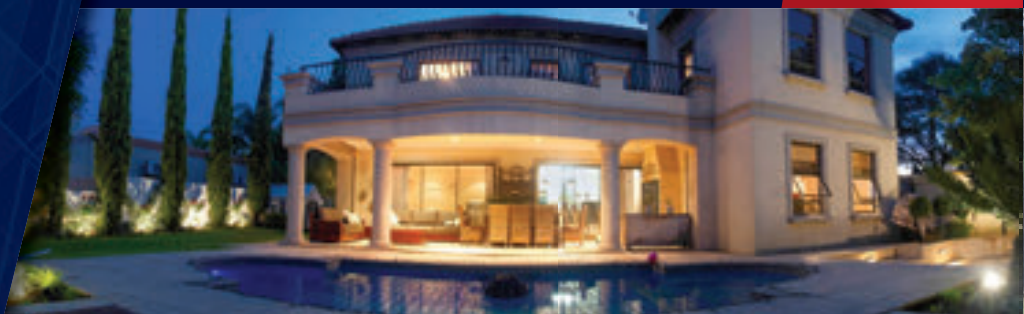
R 3 390 000
Web Ref: 13534973

TRI- EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Perfectly Positioned

R 7 500 000
Web Ref: 13533027



Silver Lakes Golf Estate
Exquisite Family Home

R 4 690 000

EXCLUSIVE MANDATE



EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Spacious & Immaculate

R 2 680 000
Web Ref: 13677581

Silver Lakes Golf Estate
Architectural Masterpiece

R 8 945 000
Web Ref: 13695303

EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Re-Invent your Senses

R 7 500 000
Web Ref: 3167358

CO-EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Cozy & Charming One-Level

R 2 795 000
Web Ref: 13678790

CO-EXCLUSIVE MANDATE



Silver Lakes Golf Estate
Perfect Family Haven

R 5 680 000
Web Ref: 13693595

SOLD

Silver Lakes Golf Estate
One-Level Home

R 3 975 000
Web Ref: 13568825

Silver Lakes Golf Estate
Spacious Family Home

SOLD

R 2 900 000
Web Ref: 13367558

MEET THE STAFF

Get to know our Golf Administrator: Bobby Westman



What's your current position?
Golf Administrator.

Can you give us a brief overview of what it is you do in your work?

I run reception, send out access codes, sort out tennis and squash bookings, golf memberships, any queries, welcome guests, order golf handicap cards, type letters, do weekly golf newsletter, minutes for Country Club Committee meetings, meet and greet and lots of other little things.

Contact details

Telephone number: 012 809 0281
E-mail: clubreception@silverlakes.co.za

Describe yourself in three words
Friendly, happy, helpful.

Are you married? Any children?
Yes, to Mike Westman and I have two children.

What are your hobbies or interests?
I love reading and I love pewter work.

What do you enjoy most about your job at Silver Lakes?
The people and also the various things I get to do.

Where did you grow up?
Cape Town.

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?

My mother was and is still a huge influence in my life. She is hardworking, dedicated and has a "finish something you started" attitude. If you want something done, ask a busy person, she says. My faith is very important to me. One cannot live without God in your life.

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

I'm content doing what I am doing and would really love for peace and tolerance in this world. Let's learn to tolerate people.

If you could change one thing in the world to make it better, what would it be?
I would tell everyone to stop moaning and do what one has to do to make it a better place. Be an example to our youngsters.

What is your motto in life?

Remember to have faith, you are not in control even though you think you are. 🇷🇷

Get to know our HOA Receptionist: Cheryl Lotriet



What's your current position at Silver Lakes?
HOA Receptionist.

Can you give us a brief overview of what it is you do in your work?

I manage the switchboard, assist with any administration and complaints and take payments.

Contact details

Telephone number: 012 809 0142
E-mail: reception@silverlakes.co.za

Describe yourself in 3 words
Humorous, kind, helpful.

Are you married? Any children?
I'm engaged with two kids: a boy of 13 and a girl of eight.

What do you enjoy most about your job at Silver Lakes?
The inspiration to succeed.

Where did you grow up?
I'm from Cape Town and grew up in the

Cape Flats, I've been in Pretoria since August 2013.

What are your hobbies or interests?

Reading, art, walking in nature and doing hair and make-up.

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?

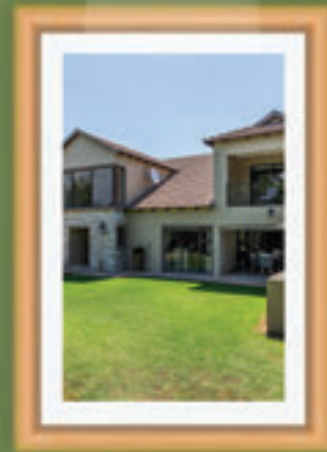
My late grandmother has greatly influenced my life. She was a caregiver and used to hand out soup and warm tea at the hospitals. Everybody in our town used to come to her for guidance and advice. That is why I am always willing to help people.

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

Working towards owning my own business.

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

To persuade people to eat a plant-based diet and be kind to the environment. 🇷🇷



Let me put **YOUR**
property in the *limelight*.

**FOR THE LAST 9 MONTHS I CONCLUDED
16 SALES TO THE VALUE OF R63,398,174**



Inge de Klerk
083 700 3911
inge.deklerk@pamgolding.co.za

I am **Silver Lakes Golf Estate**

012 365 9000

Meet more of our people at pamgolding.co.za


PAM GOLDING
PROPERTIES



From the Country Club

Squash

How to become a member: Pop in at the Pro Shop and the staff will assist you with what information is needed to become a member. There is no cost for a resident to become a member. Non-residents pay R500.00 per annum and R50.00 per hour for the use of the lights.

Tennis

We are aware of the sagging tennis nets on some of the courts. The winders have been ordered to enable us to level these nets. The net on the second court will be sorted out with a new cable.

Swimming Pool

The pool is in full-use at the Clubhouse. Just a quick reminder of the times once again: 6h00 to 18h00. One safety rule that parents need to adhere to is: Kids are not allowed to be left unattended at the swimming pool.

General Rules

No resident is allowed to work or garden

on the golf course and please remember that playing golfers enjoy priority on the golf course at all times.

No activity may be undertaken closer than fifteen metres to any green, tee box or sand bunker. Greens are the finely-mowed and manicured areas where golfers finish every hole, indicated with flag sticks in the cups. Therefore, nobody except a golfer during official play is allowed on a green, tee box or in a sand bunker.

Golf Carts

When driving your golf cart on the grass during the rainy season, please watch where you drive and avoid all wet areas, as this can seriously damage the golf course.

Golf Course

Fertiliser has been added to the golf course and we all look forward to a beautiful green course.

We have had busy months with successful golf days.

We invite all residents to come and play a game of golf and if you have no idea how, we have the Academy and pros to explain.



Happy Golfing



Brendon van Nieuwenhuizen
Golf Manager



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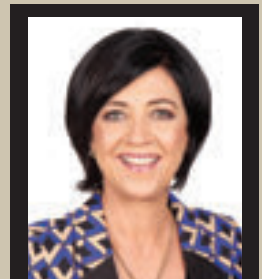
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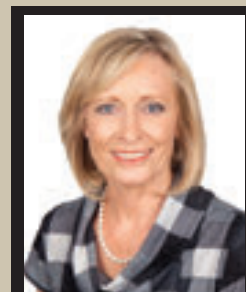
Contact us



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Elizma de Jager
083 652 0200
elizma@jawitzsilverlakes.co.za

012 809 0019
admin@jawitzsilverlakes.co.za
www.jawitz.co.za



September results

MATURE GOLFERS

MATURE GOLFERS - 06 SEPTEMBER 2018

NAME	PLACE	2-CLUB
Lodewyk de Wet / Vincent Mascini (47)	1st	Kobus Coetzee
Bertus de Klerk / Tienie Wessels (46)	2nd	Klaas Heystek
Klaas Heystek	NTP # 9	
Kobus Coetzee	NTP # 16	
Jas Wasserman	NTP # 18	
Jannie Duvenhage	NTP #13	
Fernando Vieira	NTP # 3	
Fernando Vieira	NTP # 3	

MATURE GOLFERS - 14 SEPTEMBER 2018

NAME	PLACE	2-CLUB
Eugene Visagie (39)	1st	Jan Potgieter
Johan Cronje (35)	2nd	Johan Cronje
Francois Booyse (33)	3rd	
Jannie Duvenhage	NTP # 9	
Johan Cronje	NTP # 16	
Eugene Visagie	NTP # 18	
Francois Booyse	NTP #13	
Jannie Jacobs	NTP # 3	

MATURE GOLFERS - 20 SEPTEMBER 2018

NAME	PLACE	2-CLUB
Rolf Hauter / Doep du Plessis /	1st	Rolf Hauter
Theo O'Neil / Steve Greyling (92)		Piet Skinner
Piet Skinner / Jannie Duvenhage /	2nd	Manie de Clercq
Johan Cilliers / Jannie Jacobs (91)		
Rolf Hauter	NTP # 9	
Vincent Mascini	NTP # 16	
Colin Heath	NTP # 18	
Phillip Molapo	NTP #13	
Colin Heath	NTP # 3	

MATURE GOLFERS - 27 SEPTEMBER 2018

NAME	PLACE	2-CLUB
Klaas Heystek (38)	1st	Piet Skinner
André Basson (37)	2nd	
Alex Daneel (36)	3rd	
Daan Venter	NTP # 9	
Phillip Molapo	NTP # 16	
Phillip Molapo	NTP # 18	
Daan Rouffe	NTP #13	
André Basson	NTP # 3	



FROM THE GOLF ACADEMY

With the last term exams well under way and the end of the year around the corner, we thought we'd get in touch and share some news with you.

Recent achievements

We recently had our very first Elite Holiday Camp, where the aim was to get juniors from the A and B Divisions to spend the week with us, working on their games. The week started with an evaluation and we took the data collected to work out an individualised practice routine with drills for each player to work on during the week. The players had a full-time coach helping each individual through the paces of improvement. We also had a tournament running throughout the week

and the week ended with an official 36-hole GNGU tournament played. We had great results from the week of Camp with three podium finishes in the different divisions.


We will be hosting another Camp in December, so make sure to book your child's spot for an unforgettable experience.

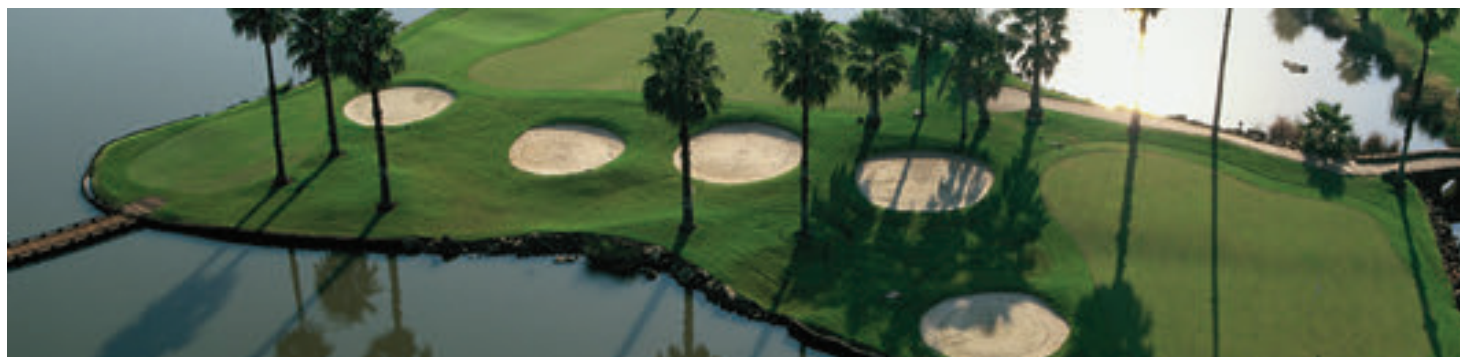
In other junior news, GNGU had their annual prize giving ceremony that saw Liam Thompson receiving the honour of an award for multiple wins in the 2018 season; also ending the year on a high by starting his first tournament in the B Division, moving up from the C Division, where he started the year.

Christmas is around the corner

Any golfer wanting to play better golf and improve their game would be the ultimate gift to end 2018 and start the 2019 golf season. Christmas gifts are always difficult to choose from, but we might have the answer! Why don't you spoil your loved ones with a tailor-made gift voucher this festive season? We offer: video analysis, swing analysis on Flight-scope and custom fitting, to name a few.

End of year

We want to wish all our students writing end-of-year exams soon the best of luck and good luck to all the parents with the year-end in business as well. 







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BEST OF PRETORIA 2018

Pretoria can definitely compete with the world's best when it comes to lifestyle. The Jacaranda City boasts a rich culture and heritage and has no lack of charming restaurants, beautiful nature and first-rate shopping destinations. To top that, Pretoria is crowned with spectacular scenery and offers a warm sense of community.

In celebration of the City and everything it has on offer, the people in Pretoria voted for the top local establishments that contribute to the City's marvel. After counting and auditing tens of thousands of votes, a comprehensive, definite list of the Best of Pretoria was compiled.



From left to right- Mike Westman, Martin Bester, Brendon van Niewenhuizen, Henk Booysen, Daleen du Plessis, Riaan Van Heerden, Nienke Moolman, Corila Mathews



On 23 October, the prize giving event was hosted at the Silver Lakes Golf Estate Clubhouse where the Best of Pretoria category winners had a wonderful time and received awards for their various categories. It was an honour to host this prestigious event at our beautiful Clubhouse and we are ecstatic to announce the following:

- **Best Golf Course:**
Silver Lakes Golf Estate – Winner
- **Pretoria's Best Kept Secret:**
Silver Lakes Game Reserve
– 3rd Place
- **Must Hire Venue for Private Functions:**
Silver Lakes Golf Estate Clubhouse
– 3rd Place
- **Best Retirement Village:**
Silver Lakes Golf Estate Retirement Village
– 3rd Place



Thank you to each and every person who took the time to vote for our beautiful golf course as well as the other categories.

We are extremely proud of our Estate, Golf Course, Clubhouse, Game Reserve, Retirement Village, our excellent and hardworking staff as well as our lovely residents.



Best wishes,
Nienke Moolman
Marketing Manager



Martin Bester, MC for the event



ENVIRONMENTAL MATTERS



Our golf course has never been so beautiful before the rainy season started. The new irrigation system did its job and our Estate seemed green even before the rain arrived. After the first few days of thunder and lightning, without rain, the heavens opened with gusto the second weekend of October. Now it will only be a week or two before we have all the thorn trees covered in bright green leaves and the brown grasses of the veld turn to luscious green! Parents were collecting mulberry leaves for silk worms and even the bird song seemed brighter after the rain!

One just has to take a walk through the Estate to see the marvellous flowering plants splashing colour in-between the new greens of summer. The effort people put into their gardens for the summer displays is amazing.

ESTATE NEWS

On my walk through the Game Reserve I noticed many new-borns trotting behind their mothers. I was met by a tortoise vigorously walking down a pathway, crossing a stream to get to the other side. When I was writing this article we were still feeding the game since the veld grass had not started growing yet. But I assume, by the time you read this we would have had enough rain to have the veld grasses growing again. Even though the Game Reserve was a cattle farm 10 + years ago, before it was incorporated into Silver Lakes, we inherited severely over-grazed veld, but the veld has been coming along great. We follow a vigorous programme of eradicating weeds and seeding open areas with a veld grass mix suitable for grazing in our area.

We have re-located some Kudu to prevent the fighting that begun between the bulls. We will add two new females for some new blood. Some of the impala will also be re-located and we will look into incorporating some new species this summer for variation of game in the Game Reserve.

Some new springbuck and blesbuck babies arrived and were wobbling around on thin legs. Please join us and enjoy the field interpretation sessions we plan through the year, but also visit the Game Reserve on your own. You will see the marked hiking trail and can enjoy the beauty of the bushveld inside our perimeter.



Blesbuck and Nyala in the Game Reserve

Work started on the long-awaited erosion control gabions in the Game Reserve dam at the inlet from the workshops. This area is a favourite fishing area and will soon be open for fishing again.

Erosion of the embankments of our dams is a problem we have been handling through the years with rock packing, stabilising with kikuyu plantings, among other initiatives. As building up of the areas stream-up from us continues, erosion is becoming, and will continue to increase in years to come. Not only do we get more water since storm water does not get enough time to drain away anymore as there are far more hard surfaces, but the speed of the water increases since the volume of water increases. But the waterways and the openings through which the water has to go, stays the same. This means the velocity of the water and the energy of the water becomes more destructive and results in more erosion. Especially in areas where the water enters and leaves dams on the Estate through narrower spaces. We are in the process of investigating all the dams for future erosion protection so






that which has always been an “incidental” maintenance issue can be handled as the serious issue it has become. Rock packing, together with the gabions for serious areas will be investigated and together with the designers of the golf course, the best plan of action will be implemented.

Other projects we will be looking to finish and implement is that more of our corner planters will be finished this year and we will be planting street trees to compliment the ones we already have. As I have mentioned in other articles, it is our aim to create corridors of trees along the roads through which we and our visitors

drive. These trees will become the image of Silver Lakes in time. Together with our golf course lawns, street corners and beautiful gardens, this will be one of the selling points for which new-homeowners will consider our Estate. Obviously our great security and fantastic golf course – the best in Pretoria – will also play a role!

In the photos below are the rocks and concrete balls with which some homeowners protect their irrigation heads. They can be replaced with one of the flatter, less obtrusive concrete samples we have available at the HOA offices. These protectors will protect the

sprinkler head when cars drive onto or over the sidewalks. 

Have fun in your summer garden. Until next month.

Corlia Mathews
Environmental Director



Samples of irrigation covers



Sidewalk irrigation



SILVER LAKES RETIREMENT VILLAGE

Situated conveniently close to the Solomon Mahlangu Drive Gate in Muirhead Crescent, the Silver Lakes Retirement Village consists of 24 attractive red, face brick homes, a community centre and a few small offices. Residents have to be over 50 to qualify to stay there and, due to the demand, there's actually a waiting list.

Built just over 18 years ago, towards the end of 1999, the village covers 1,3ha of land originally earmarked for a private school. Realising the land was too small for a fully-fledged educational institution, and facing the possibility of massive fines for not complying with the building timelines, the property owners took the advice of some of the residents, who had suggested that a retirement village would complete the Estate's residential offering.

Each house has two bedrooms, an open plan kitchen/dining/lounge area, a bathroom, single garage, visitor's parking bay and its own garden. The community





Two of the Trustees on the Board of the Silver Lakes Retirement Village, Giel Delport and Francois Du Preez outside the Community Centre.



centre has a relatively large hall, kitchen, covered braai area and veranda, which the retirement village residents are able to use free of charge. The facilities are also hired out at very reasonable rates for small functions and to organisers of regular activities, such as karate and ballroom dancing classes. This has proven to be a handy source of additional income that helps to keep the levies down – a portion of the levies is used to pay the gardener/maintenance man, water bill and other communal expenses, with the balance paid over to the HOA to contribute toward the maintenance and running of the Estate.

An interesting dynamic in terms of ownership is that roughly a third of the units are rental units owned by investors who either live elsewhere in Silver Lakes or outside the Estate. Being full title, those who own their units are able to sell them on to other buyers or leave them to their family as an inheritance. This makes these units a sound and sensible investment for those of retirement age who wish to downsize, or for those looking for additional income. 🏡

RESPONSIBLE USE OF INSECTICIDES AND HERBICIDES

Article by Elize Malan



The first seasonal rains are welcomed, but with temperatures and humidity rising, comes a flush of pests and weeds.

Insects

Identification of the specific pest is important to ensure that the correct treatment is applied.

Organic insecticides are excellent to prevent insect infestations and treat mildly infected plants.

Often the homeowner will not realise something is amiss with his garden plants until it is too late.

Then a choice has to be made:

- Is it worth your while to apply strong chemical insecticides, detrimental to the “good” bugs and the environment?
- Can infected parts of the plant be trimmed away, or should the plants be removed and replaced? Fast growing plants e.g. *Carpobrotus* and Creeping foxglove (*Asystasia*) can be severely trimmed and will quickly recover. This is an effective way to remove pests and any further treatment will not be severe or expensive.

Correct application of insecticides is extremely important. Dilute the product according to the instructions supplied. **Adding more poison than what is required into a spray tank could damage the plants and will not be more effective.**

A preventative soil treatment with a systemic product is at present the most successful way to keep garden plants free of sucking insects.

Your gardener should be well-instructed in the use of any product and supplied with protective clothing if required.

Weeds

In flowerbeds, weeds should be removed by hand, preferably without tilling the soil. Soil moisture is lost when tilled and weed seeds are encouraged to germinate.

Lawns that receive sufficient water and regular fertilising will be more resistant against weed growth.

Herbicides, that target specific weeds in lawn areas are very effective when applied correctly. After treatment, it can take two to three weeks to show positive results. **Grass weed species**, cannot be killed by using a selective herbicide suitable for **broad leaved weeds** and often removal by hand still remains the best option.

Clearing weeds on driveways is done by spot spraying with non-selective herbicides. Do not blanket spray the driveway. Any runoff from paved areas and streets will end up in dams and is detrimental to wildlife.

A product like Roundup breaks down and binds to soil particles to reduce the negative impact, but there is no soil on paved areas.

Pavement weeds should have sufficient leaves to absorb the poison. Applying herbicide without proper leaf contact is a waste of time. Spraying should only be done twice during a summer season.


Regular sweeping to prevent weed seed germination is an effective way to keep driveways and roads clear of weeds.

Total elimination should not be the goal, rather regular consistent maintenance done in such a way that the negative impact of poisons on our environment is limited.



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NAMING OF OUR DAMS

Fishing Club update

Summer is approaching and the water temperatures are on the rise. This normally leads to an increase in the metabolism of the fish. Which in turn means that they have to eat more. The more they eat, the better your chance of catching one...

During the festivities to celebrate the 25th anniversary of Silver Lakes, we launched a competition to "Name the Lakes" within our Estate where fishing is allowed, and finally the judges decided on the following names:

The big dam between with the wall parallel to the 17 th fairway:
Sunset Lake

The dam next to the 10 th green:
The Damsels

The dam in front of the club house:
Clubview

The dam next to the 7 th green:
Grassy knoll

The dam in phase 3:
Frog's rest

We will erect signage on the demarcated fishing areas of these dams to identify them. Let's hope these names stick and become entrenched in our vocabulary, instead of talking about "the dam next to the 7th green..."

During the weekend of 17 and 18 November, we will again be joining the golf committee and organising another "Chip and Fish" competition, combining a round of golf with a day of fishing.

Early next year, we will be having a "Catch a Barbel Day", during which all the barbel that are caught will be donated to Hartebeespoort Fisheries, who will reward us by swapping the barbel for the fish species of our choice to stock our dams. I'm already thinking: largescale yellowfish here! (But then I am biased towards yellowfish.)

Watch this space for more information...

Remember, it is more about what you release than it is about what you catch! 🐟

Henk van der Westhuizen
Silver Lakes Fishing Club





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*drawer base optional extra

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DO NOT PANIC

With summer arriving a lot quicker than expected this year, and temperatures having already escalated into the early 30s, we caution residents to be on the lookout for reptiles. Snakes in particular come out when the weather is warm and wet. These reptiles are very active just before sunrise and shortly after sunset but not excluding normal daytime hours.

Here are a few tips for residents who happen to come across these misunderstood and feared creatures.

- Do not panic
Call the control room on 012 809 0424/5 as soon as possible after seeing the reptile so that one of our trained staff can come and capture it.
- If possible, try and identify the reptile when calling the control room.
- Try to have someone monitor the reptile's movements, which helps the snake catcher to capture the reptile successfully.
- Keep children and pets in a safe place.
- Please **DO NOT** attempt to catch or injure the reptile! Leave this to the snake catcher who has been trained to do this type of work. 

Michael Westman
Operations Manager



Fred van Rensburg catching a Snouted Cobra



Koot Visagie, Fred van Rensburg and Phineas Shalang

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“Life is uncertain... Eat dessert first!”

Ernestine Ulmer



Save money for Christmas shopping this month! Don't eat out using your hard-earned cash!

Enter the restaurant competition and win a meal voucher for your family!

Question: Name one award that Silver Lakes Golf Estate won in the Best of Pretoria competition?

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 Alec Nienaber – last month's winner. Your vouchers are on their way to you.



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Sensational Salmon

Level: Easy
Total: 30 min
Prep: 20 min
Cook: 10 min
Serves 4


This month's wine can be paired with a fresh piece of salmon, for the perfect summer evening. This recipe for salmon with lemon, capers, and rosemary is one for the books!



Ingredients

- 4 (170g) salmon fillets
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup Marsala wine (or white wine)
- 4 teaspoons caper
- 4 pieces of tin foil

Method

1. Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of tin foil large enough to fold over and seal. Top each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets.
2. Place a grill pan over medium-high heat or pre-heat a gas or charcoal braai. Place the foil packets on the hot grill and cook for 10 minutes for a 3 cm thick piece of salmon. Serve in the foil packets. 

The Under-rated Chardonnay...

Does wine taste better with a good back story? Chardonnays are often passed up because they seem, well, boring. But Fairview's might just change your mind.

Eager to explore a wider range of wines using grapes grown in optimal conditions, Charles Back abandoned the estate wine concept in the 1980s, choosing rather to "go where the terroir is". Today, Fairview are one of the few farms that proudly own all their own vineyards, with land in Paarl, Darling, Swartland and Stellenbosch. Charles has also always been an advocate of

social development in the Cape. Under Apartheid, he was one of a number of producers who campaigned for and implemented better conditions for farm workers and in 1997, he established the Fair Valley Worker's Association, which gave his employees a chance to farm their own land.

The grapes were harvested at an average of 23.8 degrees balling. 34% of the wine was fermented in stainless steel tanks (unwooded) and 64% was fermented in French oak barrels (60% new barrels). The wine was left on the lees for 10 months before blending and bottling.

FOOD PAIRING IDEAS

Bone dry, this Chardonnay pairs well with fresh fish, even tuna, salmon or simply on its own.



WINE RANGE	Fairview
VINTAGE	2016
VARIETIES	Chardonnay
WINE OF ORIGIN	Coastal
AROMAS	Delicate oak and floral aromas
FLAVOUR	With soft spice, vibrant citrus and a subtle, smoky note thanks to well-judged oak.
ALCOHOL PERCENTAGE	13.5%




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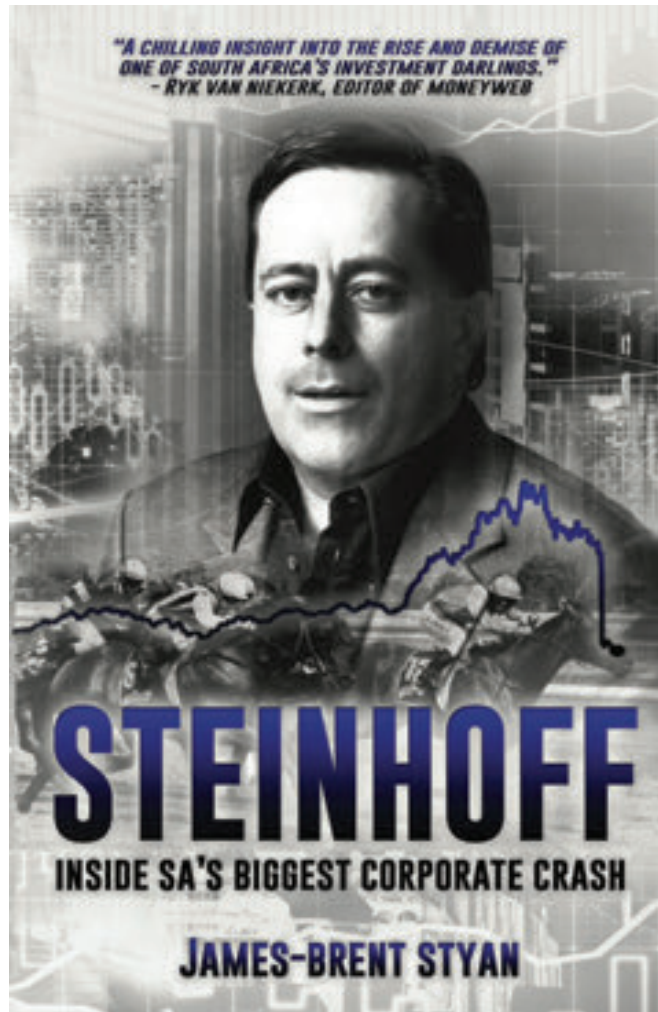
STEINHOFF: INSIDE SA'S BIGGEST CORPORATE CRASH

On 5 December 2017 the Steinhoff Group was still worth R193 billion. Twenty-four hours later more than R117 billion of this fortune was wiped out. The Steinhoff Empire which took 50 years to build into an international business giant, had crumbled overnight.

Markus Jooste, Steinhoff's flashy CEO, resigned and has since been fleeing an avalanche of scandals and accusations: luxury homes for a blonde mistress, allegations of fraud, racing horses and unparalleled extravagance, a lavish, black Jaguar for an old university residence... What exactly happened here? Who knew what? What is Steinhoff, who is Markus Jooste and what does it all have to do with the so-called Stellenbosch mafia? Where does business tycoon Christo Wiese, Shoprite and Pepkor fit in and where is the pensioners' money?

Steinhoff: Inside SA's biggest corporate crash is a gripping financial thriller that will be told as cautionary tale or salacious scandal in both boardrooms and living rooms for decades to come. The author: James-Brent Styan qualified as an accountant in 2003 and did his articles at an auditing firm before becoming a financial journalist. He has written for Finweek, Forbes Africa, Sake24, Fin24, Beeld and Die Burger and currently works as a communications practitioner. Steinhoff is his third book. His other books are Heartbreaker: Christiaan Barnard and the first heart transplant and Blackout – The Eskom Crisis.

Steinhoff: Inside SA's biggest corporate crash is also available in Afrikaans. The book is available from leading retailers everywhere.



James Styan – Author

Steinhoff is James' third book. He has previously written bestselling books about the state owned Eskom and its loadshedding crises and about Christiaan Barnard and the first heart transplant. James is a qualified accountant and journalist and has worked for the Media24 group of companies including CityPress, Finweek and

Fin24. He covered parastatals and companies listed on the JSE for a number of years before working in parliament as a senior political and financial writer. He is currently a communications practitioner in the Western Cape Provincial Government where he has been working inside government for the past four years.

HOW TO WOW OVERSEAS VISITORS

By James Clarke
Pictures by Mary Broadley



Elephants

Those of us who live in the cosy, walled-in estates around Gauteng are sometimes visited by friends, relatives or business associates from foreign lands - and, if you are like me, you feel compelled to impress them with 'wow facts' about this much-criticised country.

Visitors invariably experience a certain thrill of excitement and nurture expectations when arriving in Africa, of all places. One is obliged to take them somewhere and tell them about the most positive and alluring aspect of this country's odd character - its wildlife.

I don't necessarily mean wow them by cranking out 'facts-that-will-amaze' - like how the giraffe's heart is the size of a bucket or that old male lions eventually starve to death because there are no females to hunt for them. But, bearing in mind how most overseas visitors have read of the slaughter of Africa's elephants and

rhino, they might be (and probably will be) surprised to know the situation here is quite different from the rest of Africa. Thanks to a comprehensive report by the Johannesburg-based Endangered Wildlife Trust (EWT), South Africa's situation can be regarded as far more optimistic than what exists elsewhere in Africa.

The EWT was the brainchild of an old friend, Clive Walker of the Waterberg. Clive, a game ranger turned artist, author and conservator, founded the EWT in 1973. It became Africa's most active and effective wildlife institution whose recent national survey has caused a stir.

Bear in mind that apart from becoming extinct, the saddest fate to befall a wild animal species is to be categorised as 'extinct in the wilds'. Most visitors assume that our black rhino is in this category and on the brink of oblivion. After all, it is now listed as 'critically endangered' by

The IUCN (International Union for the Conservation of Nature). That's one notch above 'extinct in the wilds'. But the IUCN's trusted associate in South Africa, the EWT, says while the black rhino is on the brink from a global point of view, locally it is rated as 'vulnerable' - two categories more optimistic than being 'critically endangered'.

Not long ago, the EWT produced a 700-page report - *Red Data Book of the Mammals of South Africa: a Conservation Assessment*. It is possibly the most comprehensive wildlife status evaluation of any country in the world.

The global IUCN report says the elephant is in dire straits across Africa and is being poached for its ivory on a scale that cannot be sustained. Some countries have lost nearly all their elephants. By contrast South Africa has too many.



Buffalo



Hippo

An overseas visitor can practically be guaranteed to see a rhino in its natural habitat. There's the Pilanesberg National Park, 90 minutes from Johannesburg and Pretoria by car, which has both the rare and secretive black rhino as well as the much larger white rhino. There are at least 700 black rhino in South Africa with 230 in Kruger Park and 463 in the Zululand reserves according to the EWT's 2016 count. That's a good basis to grow the population.

In my book, *Overkill*, I recall how 50 years ago, the white rhinoceros was down to 437 in Zululand, its last refuge. Now there are thousands with a healthy population in Kruger Park despite the poaching for rhino horn (which, thankfully, is now declining). The EWT's chief executive, Yolan Friedmann and her all-female executive, say South Africa is one of 12 countries that, among them, possess two thirds of the world's living species.

While poaching may be relieving the population pressure in say Kruger Park, the stress and widespread disruption caused by poaching is having traumatic effects on the elephants' extraordinary and quite admirable social structure.

The EWT points out that South Africa is the third richest country in the world in terms of its variety of animals and plants. From an international tourism point of view, it certainly has the most charismatic species and the most accessible places for viewing wildlife.



Rhino

Here are some 'wow' facts to impress visitors: We have almost 300 different kinds of land and sea mammals ranging from the world's tiniest (the shrews) to the world's largest - the blue whale. Among them we have the world's largest land mammal (elephant), tallest (giraffe), fastest (cheetah); the world's largest bird (ostrich) and the heaviest flying bird (kori bustard) - as well as other superlatives.

But it will need vigilance and intelligent management to stabilise our wildlife situation. Of the 295 mammal species, half (147) are currently doing fine in the category of 'least concern'. Ten are regarded as 'critically endangered'. Seven of these 10 critical mammal species are found nowhere outside South Africa and include two species of moles, two bats and the Ongoye red squirrel.



Leopard



Lions



Hyena

A couple of months ago Mary and I wrote of our stay in the Southwest Karoo where one of the 10 'critically endangered' species exists: the riverine rabbit. It is unique to that region. There may be as few as 1500 left. Its biggest threat is habitat destruction. We found that conservation has greatly improved in the region but the rabbit continues to decline.

The report makes the point that, while the potential loss of such species is not going to excite the public mind, "the ecological significance of these smaller mammals may nevertheless be important to the survival of other species. Any loss of a species reduces diversity and therefore threatens the whole."

As John Donne wrote: Never send to know for whom the bell tolls... *

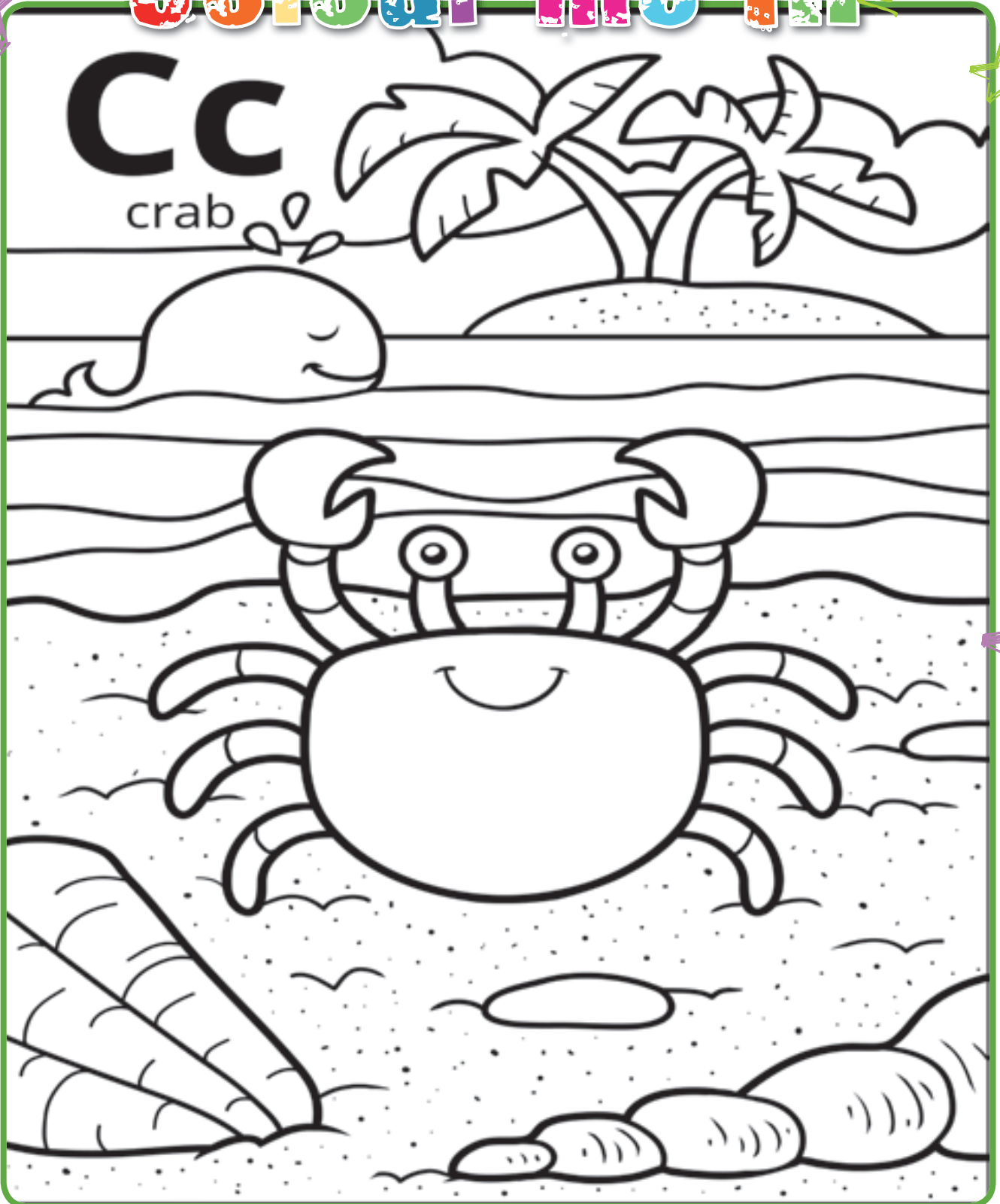
What will surprise many is to find that the lion and the cheetah are 'vulnerable'. There are fewer than 2500 lions in the wild in South Africa with 2000 in Kruger Park and its abutting reserves. The wild cheetah's population is 460.

**An expression from a sermon by John Donne. Donne says that because we are all part of mankind, any person's death is a loss to all of us: "Any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee."*



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What is Genetic Screening?

Safeguard Your Future Health!

Genetic Screening provides the tools we need to safeguard our health and wellbeing, by implementing lifestyle changes. Our reaction to certain foods, medication, diets and stress, differ quite substantially in comparison to our friends and family. This is likely due to the differences in our genetic makeup and the interaction of our genes with the environment. One size does not fit all!

Humans are 99.9% the same (in terms of DNA), and the 0.1% difference is responsible for the variations found among us, making us the unique beings we are. Those differences influence a variety of traits such as appearance, behaviour, disease susceptibility or response to certain foods and medications.

With genetic screening tests you can now unlock the secret in your genes and prevent your health risks from manifesting as disease.

Your results reflect your genetic predisposition for specific characteristics, which may affect your tendencies to weight gain and risk for various diseases. Whether this genetic predisposition become a reality, often is influenced by environmental and lifestyle factors. By understanding your genetic makeup, you can alter your lifestyle, such as what you eat and drink, what supplements you take, stress management techniques, mental-emotional components, how you live and how active you are. Therefore, knowledge of your genetic profile allows a more efficient approach to your personal health and wellness. The great thing is, you only need to do it once in your life! Your genes will not change, but their potential expression can!

DNA and the genetic code

DNA (found in the chromosomes in the nucleus of all your cells) carries all the genetic information that forms the blueprint for making a living organism. These instructions are written in a language called the genetic code. It

comprises only four 'genetic letters': A, C, G and T. Each letter/base represents a chemical molecule: adenine (A), cytosine (C), guanine (G) and thymine (T). The four bases forms 'genetic words and sentences' that give the body instructions to function.

Genetic risk is a susceptibility, a potential and not an inevitability!

What makes us unique, are variations in the genetic code (or language). These variations (SNP's) can change the function in the body. SNP stands for single nucleotide polymorphisms. These are the DNA sequence variations that make you different from everyone else you know. Once you have a breakdown of your SNPs, Dr Arien and Anri can interpret the data to tell you which diseases you are likely to get, and how you can manage the risks, by changing your lifestyle and behaviour to prevent these from expressing.



Genetic Screening Tests (DNA testing)

We take a simple cheek swab at our practise, and then your DNA is sent to the lab. to be tested. Pop in during our office hours and let us help you collect your DNA!

You receive a comprehensive health and wellness report, along with a precision nutrition, exercise and stress management plan, tailored to your genetic needs, enabling you to manage and develop your lifestyle that will be effective in

reducing your health risks. You get a 30 min consultation with Dr Arien van der Merwe (Functional, Integrative Medical Doctor, Specialist Holistic Counsellor and Stress Management Consultant) and a 30 min consultation with Anri van Rooyen (Health & Fitness Scientist, Nutritionist and Holistic Counsellor) to discuss your results and your personalised health plan going forward.

The following genetic screening tests are available: WELLNESS, DIET, FITNESS and LONGEVITY. Each measures a specific array of genes to provide knowledge into the secret of your genes. We recommend a combination of all four (4) screening tests, to provide enough knowledge on your health risk profile, for us to assist you in devising your personal health care program to improve your specific health risks.

Dr Arien and Anri help you interpret and manage the health risks identified by the screening. Focussing on a holistic approach, incorporating epigenetic principals (incl. holistic health coaching & functional tools) to ensure that your genetic predisposition does not necessarily express as future disease.

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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!



Study Mom

I am writing this column on a break between study sessions. In two days, I will write the final exam for my bachelor's degree. Yes, you heard me – around 20 years after most students are graduating for the first time, I will finally be a graduate, too!

The last three years that I have dedicated to this little project have been the toughest. Studying while working, mothering and trying to be a good wife and friend has been quite the balancing act. When I am not studying, I am thinking about the studying that I should be doing. I've hardly read anything but text books and if the truth be told, I haven't studied half as much as I should have.

As I sit here now, I honestly just want this final exam to be over! I don't care what the final mark is. In this case 50 percent will be a pass, and 51 a distinction. I know I can't quit now, but I just want it over.

I've been here before. I remember this feeling when I was in matric. And when I was in labour with both my children. And when I ran a couple of half marathons. I can see the prize and I am too far in, too close to give up, but the last stretch is interminable.

Teen One and Teen Two are preparing for their year-end exams too. I have been nagging them all week about writing their study timetables. Grades 8 and 10 are looming large and they need to put their heads down and get swotting. But truth be told, I feel like a bit of a hypocrite when I nag them. I know that there have been times that I would rather clean the toilet than commit to my books. In fact, just today, I have washed dishes three times, by choice!



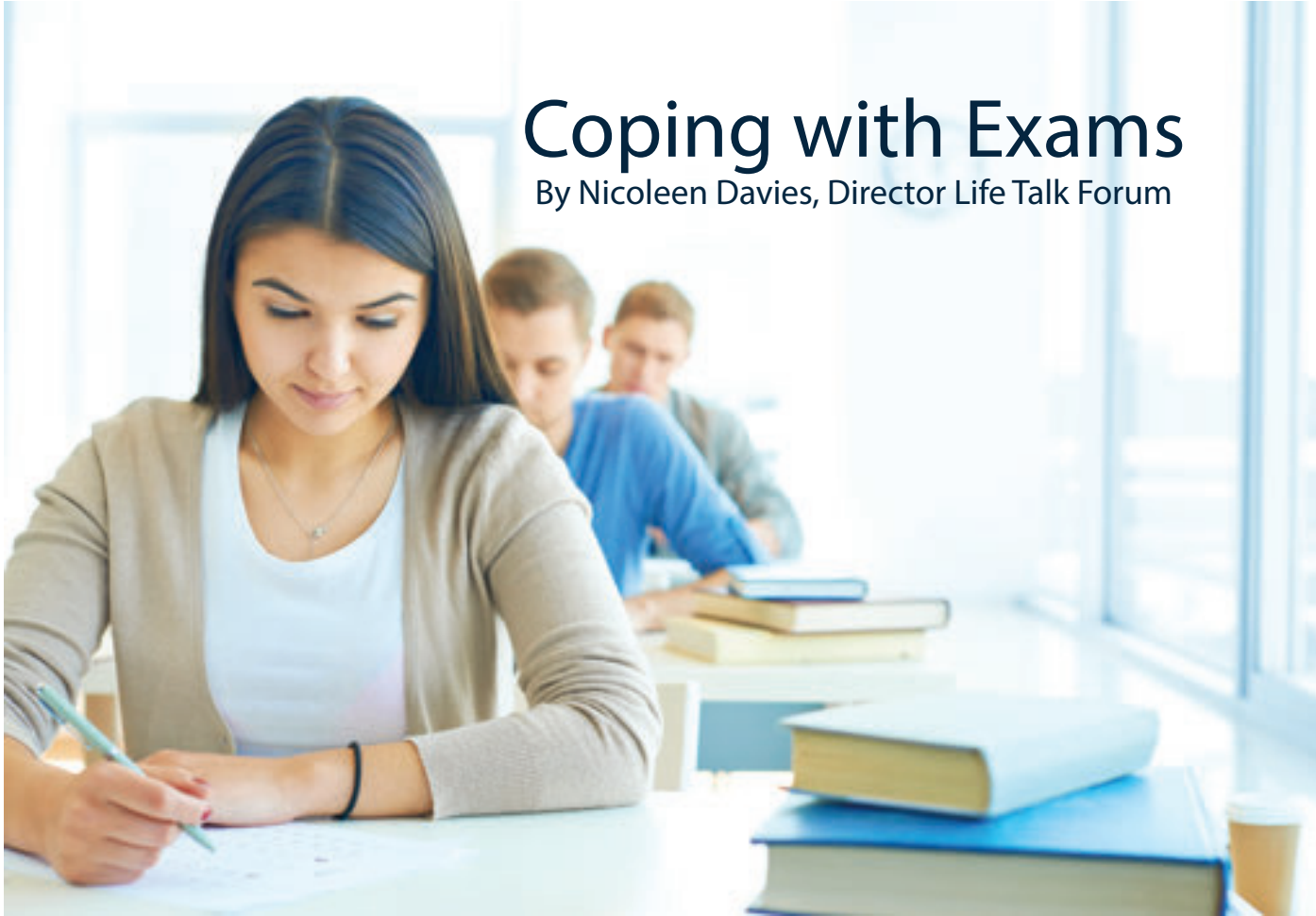
So, what to do to get them through the next few weeks as smoothly and as successfully as possible?

- I am trying to ensure that they both have detailed timetables. How much of each subject do they need to cover each day and how often should they go over the material? I have a bad habit of cramming which has caused me far too much unnecessary stress. I need them to see the benefit of doing things differently.
- Plan some fun and downtime. I study better after some downtime and I know that they will too.
- Drink loads of water and have a stash of healthy nibbles available. Nothing makes me want to eat as much as spending hours with textbooks in

front of me. At least let the snacking be healthy.

- Plan a celebration for the end. I am going out for dinner with my family after the exam, and I have taken a day off work on the day after my exam. I am planning a morning at the hair salon, a lunch with a girlfriend and a trip to the bookstore for the trashiest novel I can lay my hands on.
- And lastly, but most importantly, I will remember how lousy this period is. It's stressful and hard. I will try to empathise and remind my Teens of the end goal. And that this too will pass, and so will they!

And now friends, I am heading back to my books! Next time we chat, we will be counting down the days to the summer holidays. Good things to come!



Coping with Exams

By Nicoleen Davies, Director Life Talk Forum

Stress is defined as a state of mental or emotional strain, as a result of demanding or adverse circumstances. Physiologically, when we feel stressed, our bodies release chemicals into the blood stream which give us energy and strength – which is a positive outcome. But, too much stress can be debilitating causing a variety of symptoms including tiredness, illness, and possibly even shutting you down completely so that you can't think clearly and can't get anything done.

Exams, class and cycle tests, oral presentations and so on, are all a part of our children's school life from a young age and can be the source of enormous anxiety and stress for both the children and their parents! In today's competitive environment, this is amplified by subject workloads and performance pressure as well as the extra-curricular commitments our children are encouraged to participate in.

According to the support group Childline many of the children who contact them feel that the greatest pressure at exam time comes from their family. Therefore,

it's important to listen, talk things through if a test went badly perhaps and even discuss those that went really well, support and above all, avoid criticism. As such, the most effective we as parents can be, at these times, is by supporting them and not adding to their pressure.

Not only does their external environment place them under stress (school, peers, parents) but they also undergo internal stress (personal performance pressure, not wanting to disappoint, maybe feeling what they should be achieving doesn't match what they actually can achieve.)

We must remember that a measure of stress is also motivating and forces us to get going, to be highly effective over short periods of time, so, as with most things, we need to teach children to balance their stress by managing it so that they can harness the benefits. Elevated stress levels, for extended periods of time, can have many negative consequences including depression and underperformance.

Know when your child is stressed

During stressful periods, keep a close

eye on your child. If they display signs of irritability or mood swings, withdrawal or acting out, overreacting to situations perhaps, maybe not sleeping or eating as they usually do or are complaining of feeling ill – these could all be signs of stress and anxiety. It is important to address this as soon as possible.

Help them manage exam stress

Knowing that exams are a stressful time, it is possible to manage the process to minimise stress and maximise performance. Engage them in conversation, and together you can help them not only cope better but also learn some vital life skills in the process. Consider the following:

- Plan ahead and anticipate the busy stressful period. Through guidance and assistance if necessary, help them prepare sufficiently and in so doing avoid undue stress. Help them plan their studying programme and to set up a preparation timetable. Often, even in the higher grades, the children feel they are too busy to set time aside to do this but, it is vital to helping ensure that they can get

through everything and if not, to then prioritise.

- Talk to your child and help them decide what their weaker areas are, which may need more focus and time when studying. On their timetable, allow more revision time for these subjects. Consider colour coding the subjects based on the amount of effort required for the subject to help create a visual reminder.
- Encourage a good work ethic. It is a great habit to develop and will benefit them throughout their lives. A good work ethic entails self-motivation and discipline, knowing what you need to do and not procrastinating. Using available time wisely is the essence of a good work ethic.
- Relieve stress through relaxation! Continue with sport or other activities which are a change of scenery and gives them a break.
- Exercise and a healthy diet are very important. Teach and encourage them to avoid stimulants to help them study, like caffeine, alcohol and even sleeping tablets, all of which can make them feel groggy the next day and, affecting their ability to concentrate and focus. Exercise will help them clear their minds and relieve body tension.

- They could benefit from natural supplements like Vitamin B complex, Vitamin C and Vitamin D. Vitamin B's are essential for cognitive activity, brain function, energy production, nerve health, mood regulation and concentration. Studies show that Vitamin C reduces the stress hormones in your blood. It also elevates mood whilst reducing anxiety. Vitamin D, in turn, is believed to help with concentration, memory and fatigue.

Encourage them to strive to do their best under the circumstances - the results will be theirs to reap.

- Enough sleep is vital as this is when the brain processes what they have learnt. During sleep, the memory of recently encoded information is consolidated. Furthermore, a lack of sleep will inhibit their ability to concentrate and focus as well as being detrimental to their ability to learn and retain information. Sleep improves judgement and mental clarity. There is some evidence that taking a

short nap after an intensive study session will help to consolidate the information learnt to a greater degree.

- All-nighters should be avoided. They are not sustainable and are exhausting, with very little real learning being possible in that state.
- Recognise when they are succumbing to stress – make them take a break or have a chat to see if you can help them cope better.

Attitude makes you a winner

Encourage positivity and a good attitude. "Your attitude makes the difference between success and mediocrity. Your attitude is often more important than your intellectual ability. Some of us are naturally more positive than others, but the good news is that we can choose the attitude we want" writes Izabella Little-Gates. "You'll find that if you adopt a positive attitude then everything around you suddenly starts to look brighter". This can be applied to exams. It may have had a tough year or they are battling with some subjects but it is never too late to improve marks and increase their understanding of their subject by planning well in advance and working hard.

Contact Nicoleen@lifetalk.co.za to find out about our essential services



Article with extracts taken from "Life Talk for a Daughter" by Izabella Little-Gates.

Additional resources:

www.mtstcil.org/skills/stress-definition-1.html

www.nhs.uk/conditions/stress-anxiety-depression/pages/coping-with-exam-stress.aspx

www.naturesway.com.au/article/stressed-may-need-b-vitamins/http://kidshealth.org/en/parents/stress.html

www.realnatural.org/vitamin-c-elevates-moods-reduces-distress-and-anxiety/

www.naturalnews.com/041772_vitamin_D_levels_stress_fatigue.html



DEALING WITH CONFLICT IN RELATIONSHIPS

by Dr Ilse Ruane Psychologist

Relationships are made up of two (or more) people with different values, ways of doing things and different personalities. These people can provoke conflict when not fully aware or accepting of their differences. By conflict, I mean disagreements or different points of view. It all comes down to behaviours and not knowing how to manage these in certain situations.

Conflict is not a bad thing, as long as you are committed to the relationship and willing to work to fix it. All relationships have disagreements. Many times conflict can be a good thing. Conflict does not mean your relationship is a failure. Also, conflict does not mean you cannot be happy. Healthy relationships grow and mature through conflict.

Conflicts in relationships begin for many reasons. Before you try to fix a conflict you need to find the root cause of it. Many times people focus on the surface of the problem not the cause of it. This may avoid the fights for a while, but the problem will continue. Therefore seek professional help if needed.

From my experience in private practice, top 5 causes of conflict are:

1. Selfishness

We are often so determined to get that "thing" we need, that we forget our

decisions affect others. Couples often have the conflict due to the fact that someone in the relationship fails to think of the other person when making decisions. This can be done knowingly and happens often, creating a lengthily conflict situation. Selfishness is the biggest culprit in relationships because when a person cannot respect the needs of others, it becomes impossible to have a healthy relationship.

2. Communication

Communication is the method of getting it out there. Sadly communicating in the relationship may mean arguments. This causes tension and as a result, communication is avoided completely. Therefore communicating in the wrong way can cause further conflict in the relationship. Remember it is often a case of "it is not what you say but how you say it". Your words might not be unkind but your tone of voice starts the argument and builds resentment.

3. Resentment

There may be times where one of the partners offends the other. When that individual fails to communicate the hurt the offense caused, he/she will hold onto those negative emotions causing resentment. The partner will seem discontent or upset and will not say why. They can become distant, causing the other individual to think that they are not

interested in the relationship. Resentment is an insidious relationship destroyer.

4. Finger pointing or criticism

The most annoying thing is to be surrounded by a person who criticizes everything you do. The second most annoying thing is someone who claims that everything is your fault. One partner accuses the other about everything that goes wrong or has a better way of doing things. Accountability and responsibility are key in any healthy relationship. So own your part, and allow your partner to own their part, and actively work on fixing your actions which hinder your relationship.

5. Unrealistic expectations

Prince Charming and Sleeping beauty are fairy tales. The reality is that happiness is your responsibility. Many relationships have conflicts because one or both individuals feel that their expectations are not being met. These expectations can be unrealistic. We often need a wake-up call back to reality.

Now we have an idea of what causes conflict but how do we land up in a conflict situation and not in a fruitful discussion. When conflict situation starts to build, both partners are usually being honest and voicing their opinion. In this situation, both parties have the right to view things differently and to express it without hurting the other one. However it

changes when they are no longer finding common ground and working on how to communicate the differences. Both parties go into 'autopilot mode'. Every person uses different strategies to handle conflict. These strategies are learnt in childhood and function automatically, hence autopilot. Usually, we are unaware of how we behave in conflict situations. We do what comes naturally to us at that moment. The trick is to see conflict as an opportunity to get to know each other better, to sort out misunderstandings and look for creative solutions that will satisfy both parties. These styles are learnt and therefore, you can choose to learn a more effective style of managing conflict. I have chosen five conflict styles to highlight, namely

1. Withdraw and avoid

Withdraw in order to avoid conflict. Gives up on both personal goals and the relationships. It is easier to withdraw from conflict than to resolve it. This approach feels helpless and thinks that it is not worth the effort to try and resolve the conflict. If they have explosive arguments, it tends to reinforce their belief that conflict is bad and should be avoided at all costs.

2. Force to win

Tries to overpower opponents by forcing them to accept their solution to the conflict. Their goals are highly important and relationships as well as the needs of the other person are of minor importance. They believe that conflict is resolved by finding a winner and a loser, as long as they are the winners. They have trouble in acknowledging their mistakes. This style has the potential to destroy your relationship.

3. Give in – lose

The relationship is of prime importance, their own goals are of little consequence. They want to be liked and accepted by others and that conflict should therefore be avoided. They believe that conflicts cannot be discussed without damaging the relationship. They give their goals up to preserve the relationship. Both parties experience suppressed/passive aggression if this style is used.



4. Compromising

They are moderately concerned with their own goals and their relationships with others. They seek a compromise. They give up part of their goals and persuade others in the conflict to give up part of their goals. They like to have an agreement where both parties can say: "we may not have got all that we wanted, but at least we got something". This strategy implies a loss of something and is not really successful in resolving the emotions caused by conflict.

5. Confronting

Confronting individuals highly value their goals and their relationships. Conflict, for them, is a challenge for growth. They seek a solution that achieves both their own goals and the goals of the other person. They do not see conflict as a problem, but as a means to improve relationships by reducing tension between people. They try to clarify the real issues and consider solutions that satisfy themselves and the other person. This style helps to maintain the relationship. They are not satisfied until tensions and negative feelings have been fully resolved.

Knowing the strategies, we favour can be useful in preventing the conflict situation from gaining too much ground over problem resolution. It is also important to be aware of factors that negatively influence conflict such as, 'silent treatment', digging up old fights/offences, words like always/ never/ typical/ you are just like your mother, denial and sarcasm, guilt feelings/ blaming the other person and avoiding involvement. These hamper the process of conflict resolution and can result in deeper hurts. For effective conflict management remember to define your needs. Think about what you want to say before communicating it. Tell your partner what you want: send I messages for example "I feel..."/ "I think..."/ "I understand...". It is vital to listen to the other person's needs/ find out what s/he wants. If need be clarify your understanding by saying something like "I hear what you are saying...". Work together and think of possible solutions, help each other to find the solution that satisfies both of you OR agree to disagree. After giving the solution a good effort, evaluate it and amend, if you need to, or keep going if it is proving to be effective. Keep the lines of communication open and do not assume your partner understood exactly what you were trying to communicate. Clarify often and keep talking!

Some basic go-to's for resolving conflicts or disagreements effectively.

- Choose the right time and place – do not hit and run.

- Stick to the topic and handle one thing at a time.
- Ensure that the other person receives the correct message.
- Give the other person a chance to state his/her feelings/opinions. Do not decide on behalf of the other person what his thoughts and feelings should be.
- Listen to what the other person is saying, ensure that you understand his thoughts, feelings and needs.
- Acknowledge your feelings and be honest about it.
- Be positive and find a solution that will satisfy both parties.
- Always handle others with respect.
- Resolve conflict immediately, avoid procrastination.
- Try to see conflicts from the person's point of view.
- Create an atmosphere of trust. And acknowledge your own mistakes.
- Accept that you cannot always get your own way, be willing to sometimes give in.
- Be open to other ideas/ perspectives.
- If you take steps to change your behaviour, ensure that it is permanent change.
- Be specific with regards to the solution/ compromise.
- Sometimes it is necessary to see the humour in situations.

Dr Ilse Ruane
Psychology

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- 1-minute downward dog to "plank"
- 1-minute jumping jacks
- 30 seconds push-ups
- 1-minute alternate lunges
- End with 30 seconds child's pose
- Repeat 4 times for 20-minute workout

Series of Five

- Single Leg stretch – alternating legs 10 reps
- Criss Cross alternating 10 reps
- Double leg stretches repeat 10 times
- Double straight leg stretches repeat 10 times
- Single Straight Leg stretch (scissor type movement) 10 reps per leg



EYE CARE AWARENESS WEEK

Because everyone has the right to sight!



Dr. Marcel Niemandt and Dr. Helene Basson from Operation Healing Hands with some of the patients

This is the reason why the Eye Care Awareness Initiative was such a success! A group of people from different walks of life came together for the same purpose; to change the lives of people in need. Where people stand together in unity for the same goal, remarkable things can happen!

Eye Care Awareness Month took place from 21 September – 18 October 2018 and Dr. Marcel C. Niemandt and his team booked two days at Intercare Hazeldean Day Hospital, who sponsored the theatre time, to perform cataract surgery on 45 less fortunate people.

Who is Dr. Marcel C. Niemandt?

Dr. Marcel Niemandt is an ophthalmologist (eye specialist) based in Silver Lakes, Pretoria East. Dr. Niemandt opened his practice in June 2013, and ever since the practice has grown from strength to strength and we are truly blessed to be able to serve the local and surrounding communities. His passion to diagnose and treat various eye conditions started during his medical degree studies at the University of Pretoria and at the University of KwaZulu-Natal.



Dr. Niemandt with two of his assistants, Dianette Badenhorst and Natasha Wagenaar

What is the heart of the Eye Care Awareness project?

Ever since Dr. Niemandt's student days he was involved in charity work in less fortunate communities. He saw the dire need and the lack of sufficient medical eye care in South Africa, where people are on government waiting lists for years. He knew that he had the ability to make life changing differences in the lives of people. It was during this time that he vowed to continue with this initiative after he obtained his final degree to become an ophthalmologist in private practice and he kept that promise.



Dr. Niemandt performing cataract surgery

How do you select candidates?

We have a strict selection process to make sure that we help the neediest people. We evaluate the candidates' financial situation, family responsibilities, whether treatment was sought before with other eye specialists as well as subjecting them to various eye tests. We partner with various organisations such as Helpende Hand, Helplift and Caring Daisies to gather candidates.

What is a cataract?

At least 80% of all blindness is preventable and one of the most common causes of treatable blindness or impaired vision is cataracts – a cloudy layer that forms on the inside of the eye lens, almost like looking through a dirty window. Because cataracts form over time, it is usually associated with old age. In reality, cataracts are the leading cause of avoidable blindness in children too.



Dianne Broodryk from Jacaranda's Good Morning Angels with Mr. Ponty Freislich

What does a cataract surgery entail?

Cataract surgery is quick and mostly successful. The surgery is known as a phacoemulsification and intra ocular lens replacement procedure. A micro incision is made and then a specialised ultra sonic instrument is used to soften the human lens. The lens is removed and replaced with an artificial lens.

In what way does cataracts influence the everyday lives of people?

Depending on how dense the cataract is, it can severely restrict people's everyday lives. This year for instance we treated Mr. Michael van Wyngaardt (38 years old) who is the sole provider for his family. He does welding and wood work, but because he is nearly blind in his one eye, he struggles to work efficiently.

Dr. Niemandt treated Mr. Ponty Freislich (68 years old) who is still working as a driver to provide for him and his wife. But because his sight is so bad, he failed his driver's license which prohibited him from earning an income.

Then you also have grannies and grandpas who just want to be able to read and see their grandchildren again.

Are you dependent on sponsors?

Most definitely! Although the pre-operative consultations, surgery, post-operative consultation and a follow-up visit provided by Dr. Niemandt are free of charge, there are costs to be covered such as the theatre consumables, the post-operation medication, intra-ocular lenses, theatre time, etc. This year our sponsors included Intercare Hazeldean, Caring Daisies, Operation Healing Hands, Alcon, Van Heerden Pharmacists and Bausch and Lomb.

A special thanks from Dr. Niemandt to his staff spending many hours to get this all arranged.

How can the public get involved?

We are always in need of sponsors. The more sponsorships we can secure the more patients we can help. So, any financial support will be greatly appreciated. If you would like to get involved to change the lives of people in this way, please do not hesitate to contact us.

Our contact details are
admin@drmcniemandt.co.za or
012 809 6027.



Smiles from Mrs. Hester Jordaan, her daughter Henna and her granddaughter



TOP 10 TRAVEL DEALS

4

Erawan Waterfall in Kanchanaburi, Thailand

1 Summer savings with Oaklands on the Knoll (Knysna). Rates from R736 per self-catering unit per night. Each unit sleeps four guests. Offer excludes flights and taxes. Valid between 1 November and 14 December 2018. For more information visit www.booking.com.

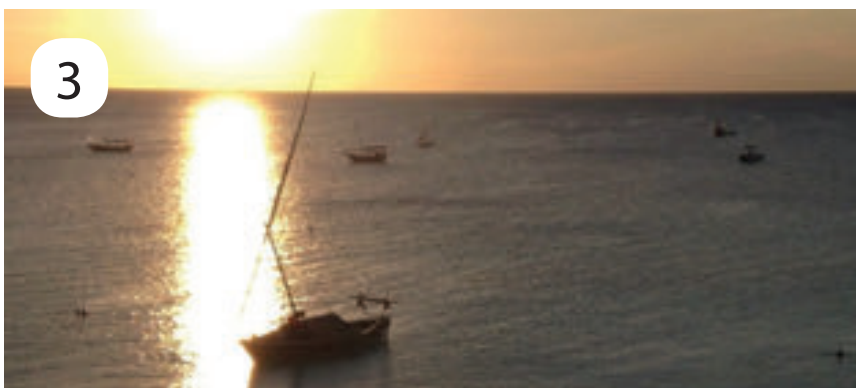
2 Early bird discount offer from Finfoot Lake Reserve. Rates from R2 360 per chalet per night. Offer is applicable for midweek stays, and includes one nights' accommodation, breakfast, dinner and two activities. Valid between 1 November and 13 December 2018. For more information visit www.finfoot.co.za; email: finfoot@dreamresorts.co.za or contact them on 060 605 5878 / 012 277 8900.

3 Unwind in Zanzibar this December with Rove Africa – Islands and Safaris. Rates from R22 050 per adult sharing. Offer includes return flights to Zanzibar, approximate taxes, return transfers, seven nights' accommodation at Sandies Baobab Beach Resort with breakfast, lunch, dinner and selected drinks daily, daily activities and more. Valid between 1 – 22 December 2018. For more information visit www.roveafrica.co.za; email: info@roveafrica.co.za or contact them on 011 453 2790.

4 Explore Thailand at a bargain with Perfect Destinations. Rates from R11 640 per person sharing. Offer includes return flights departing from Johannesburg, airport taxes, return airport transfers, 8 nights at the 4-star Best

Western Premier Bangtao Beach Resort & Spa in a deluxe room with breakfast daily. Valid between 1 May - 15 August 2019. For more information visit www.perfectdestinations.co.za; email: info@perfectdestinations.co.za or contact them on 021 250 0752.

5 Maldives all-inclusive offer from Starlight Holidays. Rates from R21 930 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, seven nights' accommodation with breakfast, lunch, dinner and selected drinks, bicycle hire for the duration and more. Valid between 24 November 2018 and 12 January 2019. For more information visit www.starlight.co.za; email: sales@starlight.co.za or contact them on 087 357 9133.



3

Sunset over Nungwi beach Zanzibar

6 Tintswalo Safari Lodge & Manor House's 3 for 2 offer. Rates from R10 650 per person sharing per night. Rate includes one night's accommodation at the five-star Tintswalo Safari Lodge in an Explorer suite with all meals, selected drinks and game activities. Book two nights and receive a third night complimentary. Valid between 1 – 30 November 2018. For more information visit www.tintswalo.com; email: res1@tintswalo.com or contact them on 011 300 8888.



10

7 Explore the Mediterranean with MSC Cruises. Rates from R7 425 per person sharing. Offer includes seven nights' accommodation, all meals and entertainment. Offer excludes port charges, flights and taxes. Visit Italy, Malta, Spain and France. Set travel dates 26 January - 2 February 2019. For more information visit www.msccruises.co.za or contact them on 087 075 0850.

8 Experience Turkey over New Year with Azure Travel. Rates from R13 155 per person sharing. Offer includes seven nights' accommodation, selected meals, English-speaking guides and entrance fees. Offer excludes flights and taxes. For more information visit www.azuretravel.co.za;

email: info@azuretravel.co.za or contact them on 011 678 1146.

9 Enjoy a romantic break with aha Sefapane Lodges and Safaris in Phalaborwa. Rates from R6 000 per couple for five nights. Offer includes five nights' accommodation with breakfast daily. Available midweek only for South African residents. Valid until 15 December 2018. For more information visit www.aha.co.za; email: cro@aha.co.za or contact them on 010 442 5885.

10 Affordable family skiing in Livigno, Italy with Pure Skiing. Rates from R21 360 per person sharing. Offer includes return transfers, seven nights' accommodation in a three-

bedroom apartment, six-day ski pass & hire, Christmas dinner, 10-day Bryte Travel Insurance and more. Offer excludes flights and taxes. Travel between Saturday 22 December – Saturday 29 December 2018. For more information visit www.pureskiing.co.za or contact them on 0861 123 754.



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BENTLEY LAUNCHES THE BENTAYGA DIESEL IN SA

By Alan Rosenmeyer

The invitation to the launch made the very bold claim to experience the "World's best Diesel SUV". After a few hours behind the wheel, I believe that they may well be right.

With SUVs of all sizes taking over world markets over the last few years, it seems like every manufacturer is seeing the need to be represented in this category. Lamborghini has just launched their Urus in South Africa and even Rolls Royce are entering the fray with the Cullinan.

Bentley initially launched the Bentayga in V8 and W12 petrol versions and, so far, is the only ultra-luxury SUV with a diesel offering. Hence the bold claims!

The Bentayga is a large and extremely sumptuous SUV, designed to the highest levels and equipped to pamper royalty and that's just in standard form. You can even go further and specify the Mulliner bespoke versions that simply add to the luxury and class. Facts such as taking 9 hours to hand stitch each steering wheel and 38 hours to hand stitch each seat simply exaggerate the degree of

craftsmanship involved in creating each vehicle.

The bold claim is largely based on the engine that powers the diesel version. It has a 4L V8 plus 2 turbos plus an electric supercharger to guarantee the smoothest possible power delivery of the 320kW and massive 900Nm of torque. Although the vehicle is massive, it still manages to harness all the power and handle like a far smaller and more nimble vehicle.

The launch drive included numerous mountain passes in the Western Cape and the Bentayga simply cruised at speeds that surprised without ever compromising on sheer comfort and cossetting of the occupants.

The engine is matched to an 8 speed automatic gearbox that is simply seamless irrespective of speed or driving conditions being experienced. I do not recall feeling a single gear change during the entire ride, but perhaps it was because of the levels of silence that one experiences in the vehicle. The only way to disturb this is by simply turning up the volume of the amazing



sound systems that can be included in the package - once again, part of the bespoke manner in which the vehicles are built.

Options include over 100 choices of exterior colour, endless combinations of interior finishes and colours and attention to detail such as ensuring that the patterns of the wood trim on the doors are precisely mirrored from left to right. This is what creates a GREAT vehicle.

At a base price of R2,9m, the Bentayga Diesel is not cheap, but it is not meant to be. This is motoring craftsmanship at the highest level and the sky is the limit once you start adding your personal options. 🇿🇦

Watch our video on You-Tube
<https://www.youtube.com/watch?v=joGVfzjaU>





Domestics, Housekeepers & Childminders

Blessing is well-spoken and English speaking. She is hardworking, reliable, trustworthy and very respectful. She has been working for the past 2.5 years. She works independently and does not need supervision. She is looking for work on Wednesdays and Fridays. Contact Blessing on 061 933 0683.

Bridget Is looking for work, Monday to Friday, sleep-in or sleep-out. She has a beautiful personality, loves children and is a hard worker from Malawi. She will walk an extra mile with a smile. She has over 10 years work experience and is never late. For references please contact Mr Change on 078 789 0537 or Bridget on 060 462 3202.

Due to my move out of Silver Lakes, my domestic Angelina Morolong, who was helping me in my household for over 2 years is looking for new place to work preferably on Mondays until end of the year and for the full-time work during the week as from January onwards. She's a very reliable and hardworking person, I could always count on. Please contact Angelina on 072 383 0783.

Elizabeth Malinga is looking for work 5 days a week sleep-out. She stays in Mamelodi. She can cook well and is very neat. She comes from a very good educated family. She is very honest and very good with children and animals. Please contact Elizabeth on 082 954 5817. For a reference please contact Marianne van Wyk on 082 565 4234.

Ethel is a Zimbabwean lady aged 43. She has been a housekeeper for more than 10 years. She is well trained and looking for domestic work. She has references, certificates and a valid work permit. Please contact Ethel on 074 566 2780.

Maria has been working for us as a domestic for 7 years, but now we are moving. She is looking for work for one day a week and is very reliable and friendly. House is exceedingly clean after she has left. From December or January. Please contact Helmien vd Berg on 083 309 0417. References are available.

Patricia is looking for a domestic work three days a week. She is flexible and quick to pick-up a new skill. She has proven to be reliable and trustworthy. Contact Patricia on 072 085 9018. For a reference contact

Riana on 082 822 6101.

Rose is looking for a full-time sleep-in domestic position. She is very reliable and hardworking. She can speak both English and Afrikaans. Her skills consist of cooking, house cleaning and she is very good with children. She has been working in Silver Lakes for over 8 years. Please contact Rose on 081 882 0961 or Mercia on 060 959 2700 (daughter) and for a reference Wayne on 076 984 9771.

Portia is looking for full-time domestic work, Monday to Friday sleep-in. She has been working for 3 years as a domestic worker. She is extremely hard working and trustworthy and good with kids. Contact Portia on 079 390 5367. For a reference contact Rebecca on 078 882 6699.

Veronica is looking for work on a Tuesday, and Saturday. She is currently working in Silver Lakes on Mon, Wed, Thurs and Fridays with references available on request. She is English-speaking, very hardworking, friendly and always reliable. Please contact Veronica on 083 898 0227.



Gardeners

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.

Aliase Phiri is an energetic and hard worker who can do garden work, domestic work as well as general painting and small jobs around the house and garden. He is looking for working on Mondays, Tuesdays and Saturdays. Please contact Aliase at 073 813 2328 and for a reference please contact Raymond Owen at 082 451 6380.

Accommodation

Are you a commuter and need a place during the week in our lovely, safe Estate in 2019. I have a stylish quest suite with a beautiful bedroom and bathroom and an adjoining lounge/study. Please contact Renate on 082 577 7566.

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.

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.

For peace of mind whilst away from home contact Deon van den Berg on 084 084 0370. I am currently studying towards my BCom Honours Degree in Business Management at the University of Pretoria. I am very reliable, responsible, honest and friendly. References are available upon request.

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

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

All Classified advertisements will be removed monthly. Please inform us by email before the 15th of every month if you would like to repeat your previous advert.

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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 0291 850.

FTTV Services - Get a professional assessment on your internet, cctv, Wi-fi, Dstv, Audio, Video, Home Theatre system. For best workmanship and reliability Call Now 083 654 0634 or 012 996 1947.

Furniture Repairs - Lounge suits, seats, backs, arms, chairs, tables, riempies, cabinet doors and drawers. Contact Fien on 074 899 6600.

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.

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.

Renovations, Upgrades, and Maintenance - Izak du Plessis is a qualified builder with more than 40 years' experience in the

construction industry. For any renovations, upgrades, or maintenance project s- big or small, please contact Izak on 082 927 0054 or email: izakduplessis1@gmail.com .

Weight Control Clinic - (Dr Gauchè since 1974) Dr Arien & Anri van Rooyen. Contact - 012 362 2422, 426 Cliffendale Dr, Faerie Glen www.DrArien.co.za / info@DrArien.co.za

For Sale

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