

SILVER LAKES GOLFESTATE

october | 2017

INTRA MUROS













Unwind and Relax

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LETTER FROM THE EDITOR

Editor's Note

I think it's safe to say that summer is officially here. We can now shower with the windows open, the winter blankets have been packed away and unfortunately, I even swatted my first mozzie this week!

We're anxiously awaiting the first proper rain, which doesn't seem to be coming anytime soon. But while we're praying for rain, it's a good idea to start using less water in our homes, instead of focusing on how to save it when it eventually comes bucketing down. Have a read of the article on Water Saving gadgets; there's something there for kids, dads and moms.

It's always lovely to see local faces in the Intra Muros. Thank you to Corlia for providing us with so many photographs of the festivities that occurred on the Estate this month.

Unbelievably Silver Lakes is turning 25 this year. We'd love to hear from anyone who has been living in the Estate for the whole 25 years. Please email me with any stories you'd like to share with your fellow Estatedwellers.

Thank you for reading the magazine. Any and all feedback is always welcome.

Have a wonderful month and enjoy the sunshine.

Debbie



SILVER LAKES

56 Bally Bunion Ave, SILVER LAKES Tel: 012 809 2787 Fax: 012 809 2583

www.lindabodenstein.co.za





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



This house is for the older couple that wants a single storey house. Spacious family home consists of 4 bedrooms and 3 bathrooms. North facing. A spacious kitchen with lots of cupboards with a big pantry cupboard. The forth bedroom will also be suitable for a living-in domestic. Large study apart from the living areas & bedrooms. The big pool is in a lovely garden with beautiful big trees. The patio with a built-in braai is large enough to entertain the whole family.



Light, bright and sunny. 3 Bedrooms, study, 3 living areas, covered patio and braai area. Just what you need for entertaining. Also double garage and 2 carports. Underfloor heating throughout the house.



Rejuvenated family home for sale. Highly recommended. All the right ingredients. Open plan living room with private lounge area. Family room and dining room divided by a lovely fireplace. Large room with bathroom which can be used for a grandma or large home office. 3 Bedrooms and 2 bathrooms all lovely light, bright and modern. Ready for occupation. Patio linked to the pool area. A sparkling new pool and luscious garden with double garage and servants quarters. A must to view!!



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



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

IMPORTANT CONTACT NUMBERS

HOA OFFICE

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WhatsApp Number 081 848 2787

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

SECURITY

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

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

CLUBHOUSE

Clubhouse 012 809 0281

Cafe 41 012 8091571

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



Country Club Facilities – Projects Update

Construction progress: Weekly site meetings continue regularly with the main contractor, CKJ Building Construction CC, and daily site visits are performed by HOA to monitor progress. Practical completion of the project is end October 2017. As at the end of week 13 (of 22), as per scheduled programme, the main contractor re-confirmed construction works were still on schedule as planned.

In summary, the building projects under construction on our Country Club site, Erf 763, are:

- New berms and gabions at golf academy building works completed.
- New plinth and retaining walls (civil work) for repositioning of electricity standby generator set – works completed
- New third tennis court works in progress, estimate 60% complete
- Construction works of tennis hut (re-positioned and re-built) complete. Outside steps to tennis courts and earthworks still under construction.
 Provision is made inside the new tennis hut for a booking system, similar to that of the squash courts
- New halfway house works in progress, estimate 70% complete
- New services road works in process, estimate 70% complete

See updated images below.









Subsequently, the main electricity standby generator set has been successfully repositioned and the intended upgrade works at the existing playground area have commenced. This entails construction of new pathway, repositioning of some parking bays, earthworks and landscaping. This is performed by HOA staff, who are doing outstanding work. If it was not for the HOA staff (multi-skilled), this would not be possible – unless done by outside providers at a huge additional expense. These workers perform their varied work extremely well daily. They are greatly appreciated and this does not go unnoticed.

Remedial work to the golf academy building has not commenced and will also be attended to in the later part of the year. The damages suffered due to the storm is not part of the main contract.

BUILDING PLANS: Municipal approved building plans are still available for perusal at the reception desks of our Management Centre, the Country Club and at the Pro Shop.

THE CONSTRUCTION SITE: The construction site was officially handed over to the main contractor and remains under their responsibility and control – it has been screened off with green netting, fitted with lockable gates and annotated with applicable warning signage. Kindly always observe and adhere to warning signage. Caution: a constructions site is dangerous and is out of bounds for members, residents, visitors and children.





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

R10 500 000





Silver Woods: 3 bedrooms | 2 bathrooms | 2 garages | House: 400m² | Stand: 896m²

R4 290 000





The Ridge: 4 bedrooms | 4 bathrooms | 3 garages | House: 430m² | Stand: 980m²

R4 895 000



Silver Lakes: 6 bedrooms | 6 bathrooms | 6 garages with garden flat House: 1338m² | Stand: 3600m²

R12 500 000





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

R3 950 000

redtable properties

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ESTATE NEWS

HEALTH AND SAFETY: An independent appointed H&S Agent of Master Builders Association North has performed official monthly audit visits on the construction site. Feedback received to date remains positive. All the required documentation is on record (safety file) and found to be in order for compliance. The H&S report reflects a score of 84.23% (August).

ENVIRONMENTAL CONTROL: For the duration of the building projects, monthly site inspections are performed by an independent Environment Control Officer (ECO). Feedback reflected in the submitted ECO report is positive. Compliance in terms of the environment management of the construction activities remained the same at 97% (June to August).

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

Herewith some updated images to tell a story...

New halfway house - construction in process casting & floating concrete



New soil berm & gabions at Golf Academy Building - completed



New base for generator set & new tennis hut - almost completed.



Playground upgrade - downloading excavated earth for new landscaping and pathway; paving to be lifted and then landscaped.



Existing play area under construction



GOLF COURSE IRRIGATION SYSTEM (UPGRADE)

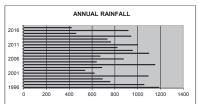
Installation of the new upgraded irrigation system on the "front nine" – holes 1 to 9 – of the golf course has reached practical completion and they are busy with snagging and final amendments. Upgrading of mechanical installation inside the pump house is almost complete.

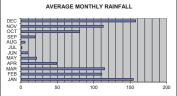
External civil work in is process and entails the very necessary installation of a 250mm dia concrete pipe (approx. 50m long) to dispose potential flood water from the pump station into the waterway. The pump station is the heart of the entire golf course irrigation system. It houses very expensive mechanical equipment, electrical pump motors as well as electrical equipment. This water pipe will function as a gravity-fed emergency outlet of flood water.

The project continues under the management and control of our member, Martin te Groen, and his team. All cautionary measures are taken during installation work to ensure as little interruption as practically possible.

Rainfall Update

The information tabulated below has been recorded over the period indicated (since 1996 till August 2017) by a Homeowner residing in Phase 1 of our Estate and we appreciate receiving the rainfall data regularly for publishing in the Intra Muros. Also note the average rainfall for the months of August over the 22 years is 6 mm.





	RAINFALL DATA FOR SILVER LAKES - PHASE 1									18 Sep 17			
YEAR						MOM	NTH .						TOTALS
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
1996	284	285	61	97	31	0	2	0	0	107	106	215	1188
1997	122	58	361	33	102	0	6	0	44	72	155	103	1056
1998	99	121	117	3	0	0	0	0	37	51	123	207	758
1999	123	31	86	37	37	20	0	0	4	50	88	216	692
2000	195	220	177	71	18	8	0	3	15	170	119	97	1093
2001	57	110	21	9	67	3	0	0	9	72	179	94	621
2002	76	70	18	42	11	38	0	25	5	68	29	156	538
2003	187	134	57	0	0	20	0	0	2	99	84	103	686
2004	134	255	246	53	13	11	4	0	0	29	121	286	1152
2005	236	40	66	81	0	0	0	0	0	18	117	81	639
2006	311	182	21	37	0	0	0	47	0	36	92	150	876
2007	58	41	4	61	0	38	0	0	68	197	57	147	671
2008	268	50	215	53	49	9	3	0	0	56	220	176	1099
2009	205	224	68	6	15	33	0	18	25	84	146	132	956
2010	112	78	94	151	58	0	0	0	0	32	42	255	822
2011	219	65	243	64	0	20	10	15	11	106	64	182	999
2012	56	61	96	18	0	0	0	0	112	176	72	172	763
2013	96	56	34	99	0	0	0	3	10	114	123	197	732
2014	107	140	316	14	1	2	0	14	1	40	135	172	942
2015	110	27	57	40	0	0	5	0	62	23	65	70	459
2016	191	37	165	29	46	13	2	0	5	95	239	95	917
2017	148	158	5	80	28	0	0	0					419
AVERAGE	154	111	115	49	22	10	10	6	20	81	113	157	841

Stand Details Update

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

П	2017			Phase 1					Phase 2					Phase 3					Sum	mary		
		А	E	U/C N	U/C A	С	Α	E	U/CN	U/CA	С	Α	E	U/CN	U/CA	С	Α	Е	U/C N	U/C A	С	Total
	Jan	0	5	2	8	951	1	19	3	2	489	0	16	7	2	139	1	40	12	12	1579	1644
	Feb	0	5	2	8	951	1	19	3	2	489	0	16	6	3	139	1	40	11	13	1579	1644
	Mar	0	5	2	7	952	1	19	3	3	488	0	16	6	2	140	1	40	11	12	1580	1644
	Apr	0	5	1	8	952	1	19	3	4	487	0	16	6	3	139	1	40	10	15	1578	1644
	May	0	5	1	7	953	1	19	3	4	487	0	16	6	3	139	1	40	10	14	1579	1644
	Jun	0	5	1	9	951	1	18	3	3	489	0	15	7	3	139	1	38	11	15	1579	1644
	Jul	0	5	1	11	949	0	18	3	3	490	0	15	7	1	141	0	38	11	15	1580	1644
	Aug	0	4	2	13	947	0	18	3	3	490	0	15	6	4	139	0	37	- 11	20	1576	1644

	zegena .
A	Abandoned
Е	Empty Stand
U/C N	Under Construction New
U/C A	Under Construction Additions
С	Completed



Hello Spring!

New Season, New Beginning?

If you are thinking of selling your property, let us know.

We are your area specialists for Silver Lakes and surrounds and would love to be of assistance to you.

(January to date sales R73 million (26 sales) - Silver Lakes & surrounding Estates)



Silver Lakes Property



sothebys_realty_silverlakes



Juanita du Plessis
082 322 3407
juanita@sirpretoria.co.za



From the Liaison Manager

Dear All

We sent out our Satisfaction Survey towards the end of July and closed the survey in mid August. We received 174 responses to the survey. Feedback from the survey will be provided once all the necessary information has been discussed and appropriately compiled.

KATHY O'CONNOR LIAISON MANAGER

In the covering letter that accompanied the survey we indicated that there were 3 Cafe 41 vouchers up for grabs for residents who had completed the survey.

The winners (in no particular order) are as follows:
Mr Albert Roos
Mr Willem le Roux
Mr Andre van Tonder

Congratulations! The vouchers have been delivered to your houses.

In September, we sent out an update on the security incidents that had taken place in the Estate during July and August. Various acts of

vandalism, theft of golf carts, and the poisoning of 2 cats that caused the death of 1 of them characterised this period.

On the vandalism side, my two cents worth is the following: we were all kids at some stage and we all got up to mischief. However, a lot rides on how the parents deal with their kids should they get caught in the act of vandalism or even something more serious. Do you just brush it under the carpet or do you use the experience as a life lesson for your kid?

Recently our maintenance team found a koi with a fish hook in its mouth in the koi dam at the Club. It goes without saying that fishing in this dam is not allowed..

Have a super October as we hurtle towards the end of 2017.

Regards

Kathy O'Connor

Liaison Manager





CERTIFIED BRIAN BUFFINI MENTOR
 CERTIFIED DISTRESSED PROPERTY EXPERT
 RE/MAX PREMIER CLUB STATUS IN 2014, 2015
 2016
 RE/MAX CHARMAN'S CLUB STATUS IN 2012, 2011 AND 2010
 RE/MAX PLATINUM CLUB STATUS IN 2009
 RE/MAX SA HALL OF FAME LIFETIME MEMBER
 RE/MAX SALES TEAM IN GAUTENG
 NUMBER 2 RE/MAX SALES TEAM IN SOUTH AFRICA



COMBINED GOLF AND FISHING COMPETITION!

Golf Saturday Afternoon: Four Ball Alliance (2 to count)
Fishing Sunday (10h00 – 16h00 pm): 14th Island, 13th Tee & Dam Wall
Enter for Golf or Fishing Competition – Big Prize for Combined Winners!
Entries Close 18 October – Entry Fee R200 p.p. (excludes green fees)
Late Lunch & Prize Giving at Club House Sunday @ 17h00 (included)
ENTER NOW AT THE PRO SHOP - LIMITED ENTRIES AVAILABLE!









CALENDAR OF ANNUAL EVENTS FOR 2017 Tuesday 17 October Garden Competition

Tuesday 31 October Trick or Treat

Friday 24 November Christmas Celebration



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



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





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

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

Zona-Lize 083 452 5588



A breathtaking Hamptons inspired design with total attention to detail, fantastic style and flair that is complemented by exclusive finishes and state-of-the-art fixtures and fittings. A turnkey Lifestyle Residence with luxury accommodation that will surpass the expectations of the most discerning buyer. Lavish and generous open-plan receptions spill out to expansive entertainment areas with a sophisticated yet relaxed ambiance. Boasting large window scapes, total privacy and exclusive heated pool – all embraced by designer landscaping and enchanting agrden features. Featuring a custom designed gourmet kitchen with high end appliances, separate studio or guest suite, gym and 4 generous bedrooms – 3 en-suite (including a luxurious master suite with a luxury spa-inspired bathroom). Also on offer is a staff quarters, 2 automated garages with double carport, store room and ample parking for friends and family. SPECIAL FEATURES: Air-Conditioning, Home Automation, Automated irrigation, Heated Pool, All curtains included.

Zona-Lize 083 452 5588

SILVER LAKES R8 000 000



The magnificent modern architecture of this exclusive family residence – with special emphasis on space, light and flow is complimented with stunning and engaging views of the fairways and echoes the spirit of uncompromised quality and the ultimate lifestyle. An excellent fusion of glass, aluminium, wood and clean architectural lines, creating an effortless flow from the indoors to the outdoors. Featuring large flowing and expansive reception and entertainment areas, executive study with fire place and well equipped gourmet kitchen with climate control pantry, separate scullery and laundry.

Martin 083 452 5599

SILVER LAKES R8 500 000



Imagine waking up to a 180 degree view every day. It will take your breath away. Expect to be envied as the owner of this striking modern home, making a bold statement with exclusive finishes, craftsmanship and attention to detail. Architecturally designed to maximize the views with accents on light, space and flow. An excellent fusion of glass, caesarstone, wood and clean architectural lines creating an effortless flow from the indoors to the outdoors. Boasting an impressive double volume entrance, flowing expansive reception and entertainment areas that opens up to a fabulous patio and 10 meter heated lap pool.

Zona-Lize 083 452 5588

SILVER LAKES R3 480 000



Enticing family home boasting stylish elegance coupled with loads of ambiance and quality finishes throughout. High ceilinged entrance welcomes you to large open plan reception areas with fold away doors on both sides opening seamlessly to a very private and exclusive entertainment area with welcoming pool and built-in barbeque – set in a beautifully manicured landscaped garden. Cosy and sunny dining room area with fireplace which overlooks the private pool area. Modern open plan kitchen with ample cupboard space and separate scullery.

Martin 083 452 5599

SILVER LAKES R6 200 000



Exceptional architecturally designed contemporary one-level family home with accents on space, light and flow. A bright creation with fabulous entertainment areas that combine luxury with exclusive finishes. The interior reflects tasteful sophistication with natural light flooding all the rooms at daytime. Perfect for entertaining, with spacious open plan lounge, family TV room, dining room, gourmet open plan kitchen with ample cupboards, Caesar Stone counter tops and separate scullery. Stacker doors open up to inviting pool area and large entertainer's patio with built in barbeque that leads into a private landscaped garden. Also on offer is 4 spacious en-suite bedrooms with 4,5 beautifully finished bathrooms with the main suite offering an outside shower to be enjoyed on hot summer evenings.

Zona-Lize 083 452 5588

SILVER LAKES R3 350 000



Enjoy a relaxed lifestyle in this charming and cosy home. Offering spacious and flowing living areas, study comer, open plan kitchen with ample cupboards and separate scullery. Large enclosed entertainment area with built in barbeque opens into private and well established lirigated garden. Also on offer is 3 bedrooms with 2,5 bathrooms. The main bedroom (en-suite) opens onto a large balcony. Also on offer is 2,5 automated garages with carport and ample parking.

Zona-Lize 083 452 5588

SILVER LAKES R7 560 000 Web Ref: 13530074



Experience a luxurious lifestyle in this beautifully designed family inspired home. Enjoy the tranquility of this private haven with buck nibbling on your lawn whilst still being near all conveniences. Well positioned on a 2000 m² stand on the greenbelt in the Game Reserve area of Silver Lakes Golf Estate. Offering an engaging blend of generous accommodation and outdoor living. Boasting a gourmet eat-in open plan designer kitchen with state of the art fixtures and fittings opening up to a family room, formal living and dining rooms. Fabulous indoor entertainment area with all season Jacuzzi pool. 6 Luxurious double bedroom suites with 6.5 beautifully finished bathrooms. Also on offer is 4 automated garages with ample paved visitor parking.

Martin 083 452 5599

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08 12 2017		08 12 201	
ASSUPOL CLASSIC CINDY OH	POINTS 79	JERRY OLIVIER	RAND 435
JAN MEYER	76	RYAN V/D WATT	435
MARIE BOTHA	75	ZANDER LOMBARD	435
VISTOR IPS		JOHANNAS SNYMAN	435
BRANDON DE PONTE	37		
NTP#9	JOHAN SNYMAN		
16/08/2017	WEHANN OLIVIER	16/08/201	7
IPS	POINTS	2-CLUB	RAND
JOSE GONSALVEZ	40	RYAN V/D WATT X2	232
ETTIENE EHLERS	38	GUILLIAM ZIETSMAN	116
ANTON SNYMAN	38	B BURGER	116
WERNER WIEDINGER	37	CHRISTO BEKKER	116
RASHID BOUGHAN	37	KYLE NORRIS	116
KIERAN MCGARTH	37	W GREENAN ANTON SNYMAN	116 116
NTP#3	NIEL DE WET	LEON SNYMAN	116
NTP#13	WERNER RIEDINGER	WERNER RIEDINGER	116
19/08/2017	7	19/08/201	7
Boere vs Souties	POINTS	2-CLUB	RAND
BEST DRESSED		RUBEN JANSE VAN RENSBURGH	290
GARY PETTIT & DAVE EVATT NEAREST THE PINS		ANDRIES GRAAF DEON HEUNIS	290
HOLE 9		DEON HEUNIS	290
TRISTAN LEONARD			
HOLE 13			+
JASON BITHREY			
LONGEST DRIVE			
MAVIS CILLIERS			
1ST PLACE			
ANDRE MEIJ & JOHAN DU PREEZ 2ND PLACE	48		
TONY GODYICKI & GREG HEUER	46		+
23/08/2017	1.0	23/08/201	7
Combined Stableford	POINTS	2-CLUB	RAND
CHASE MANNA	76	CHASE MANNA	160
ALAIN NORRIS	76	ALAIN NORRIS	160
JOHAN POTGITER	72	CHRIS WAGNER	160
LY THI SO JOHAN JOUBERT	72	RAUL DIPPENAAR PIERE SPIES	160 160
JAN MINNAAR	71	ETTIENE ELHERS	160
A LITTO U.O.			100
NTP#3	CHRISTO BEKKER		100
NTP#13	ETTIENE EHLERS		100
NTP#13 26/08/2011	ETTIENE EHLERS 7	26/08/2017	
NTP#13 26/08/2013 Better Ball Stableford	ETTIENE EHLERS	2-CLUB	RAND
NTP#13 26/08/201 Better Ball Stableford HERITAGE GOLF CHAMPIONSHIP	ETTIENE EHLERS 7	2-CLUB BARRY VAN DER VYVER	RAND 165
NTP#13 26/08/201: Better Ball Stableford HERITAGE GOLF CHAMPIONSHIP FAMILY DIVISION	ETTIENE EHLERS 7	2-CLUB BARRY VAN DER VYVER CANDICE GODRICH	RAND 165 165
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Silver Lakes Golf Estate / R2.995 million 3 Bedrooms / 2 Bathrooms / Double Garage

An enchanted old world garden on a corner stand and low maintenance home. Living areas and main bedroom ideally located on the ground floor with 2 more bedrooms, a bathroom and study on the next level. Older but charming.



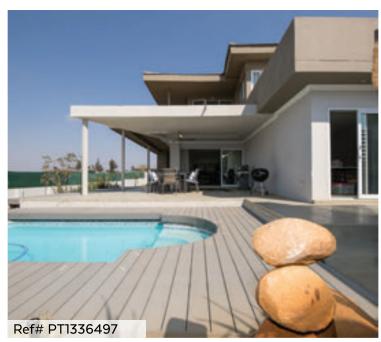
Silver Lakes Golf Estate / R8.5 million 5 Bedrooms / 3.5 Bathrooms / 3 Garages

Light and bright with spectacular views and quality finishes. A home great for entertaining. Attention has been given to fine detail like Hans Grohe taps, Victoria and Alfred bath in main bedroom, soft-close cupboards, solar geysers, Spanish tiles, swimming pool and much more. Come feast your eyes on this magnificent property.



Silver Lakes Golf Estate / R3.5 million 4 Bedrooms / 4 Bathrooms / 2 Garages

This home creates a sense of open flowing spaces. Modern finishes with opportunities for more improvements. The home offers 3 bedrooms and 3 bathrooms on one level as well as a flat let on the ground floor with 1 or 2 bedrooms or ideal for a home office.



Lombardy Estate / R4.995 million

4 Bedrooms / 4 Bathrooms / 3 Garages

A funky, cheerful and modern family home, offering the adjacent park as play area for the kids. Finishes include screed floors, mosaic tiled bathrooms and a beautiful open plan kitchen. All 4 bedrooms are ensuite. The undercover patio, splash pool, boma and pizza oven, as well as the open plan living areas, makes this a home which offers an easy and comfortable entertainment style.



I am Inge de Klerk

Inge 083 700 3911 pamgolding.co.za/inge-de-klerk 012 365 9000 inge.deklerk@pamgolding.co.za Meet more of our people at pamgolding.co.za



MATURE GOLFERS - 03 AUGUST 2017

NAME	PLACE	2-CLUB
Hennie Coetzee / Eugene Visagie (50)	1st	Eugene Visagie
Jas Wasserman / Johan Myburgh (45)	2nd	Fernando Vieira
Jas Wasserman	NTP#9	
Eugene Visagie	NTP # 13	
Phillip Molapo	NTP # 16	
Lodewyk de Wet	NTP # 18	
Fernando Vieira	NTP#3	
	I	

MATURE GOLFERS - 10 AUGUST 2017

NAME	PLACE	2-CLUB
Danie Joubert (35)	1st	Raoul Dippenaar
Dawie Jacobs (34)	2nd	Jannie Duvehage
Theo O'Neil (33 c/o)	3rd	Danie Joubert
Raoul Dippenaar	NTP # 9	Phillip Molapo
Arthur Ketcher	NTP # 13	Doep du Plessis
Rick Scott	NTP # 16	
Rick Newsome	NTP # 18	
Danie Joubert	NTP#3	

MATURE GOLFERS - 17 AUGUST 2017

NAME	PLACE	2-CLUB
Arthur Ketcher / Fernando Vieiera /	1st	André Basson
Vincent Mascini / Kokkie Martin (83)		Rick Newsome
Steve Greyling / FX Roome / Eugene	2nd	
Visagie / Lodewyk de Wet (81)		
Hans Schoeman	NTP#9	
Fernando Vieira	NTP # 13	
Jannie Jacobs	NTP # 16	
Eugene Visagie	NTP # 18	
André Basson	NTP#3	

MATURE GOLFERS – 24 AUGUST 2017

NAME	PLACE	2-CLUB
Kobus Gouws (44)	1st	Phillip Molapo
Dawie Jacobs (40)	2nd	Dawie Jacobs
Jannie Jacobs (37)	3rd	
Daan Venter	NTP#9	
Brink Du Plessis	NTP # 13	
Dawie Jacobs	NTP # 16	
Brink Du Plessis	NTP # 18	
Dawie Jacobs	NTP#3	

MATURE GOLFERS - 31 AUGUST 2017

NAME	PLACE	2-CLUB
Vincent Mascini (38 c/o)	1st	André Basson
Lodewyk de Wet (38 c/o)	2nd	
Theunis Eberson	3rd	
Eugene Visagie	NTP#9	
Kokkie Martin	NTP # 13	}
André Basson	NTP # 16	5
Eugene Visagie	NTP # 18	3
Fred Jacobs	NTP#3	
	1	

Mature Golfers

ANNUAL GOLF DAY FOR SENIORS AT SILVER LAKES COUNTRY CLUB
HOSTED BY: THE MATURE GOLFERS AT SILVER LAKES

TO ALL SENIOR LADIES AND MEN GOLFERS

The older and senior male golfers have a wonderful golf competition every Thursday morning at the Silver Lakes Golf Club which is open to all male senior golfers.

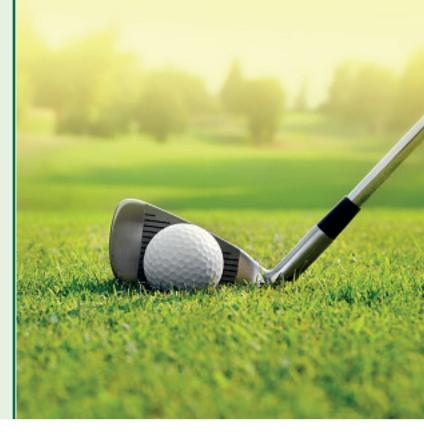
Prizes for this weekly golf competition are dependent on sponsorship and other funds raised at our annual GOLF DAY held for senior golfers. The Mature Golfers at Silver Lakes are extremely grateful for the wonderful support we have received from our sponsors over the last nine years.

Please join us for the next fundraising GOLF DAY for seniors to be held at the SILVER LAKES COUNTRY CLUB. Last year's golf day was a huge success, with lots of wonderful prizes and trophies for various winners, including the winning lady golfer.

PARTICULARS FOR THE GOLF DAY

- 1. <u>DATE:</u> 16 NOVEMBER 2017 with a shotgun start at 12h00. Check in from 11h00.
- ONLY players 50 years and older may enter and LADIES are also welcome. Sponsors may include players under the age of 50 in their four-balls
- 3. COMPETITION FORMAT: IPS (separate competition for ladies).
- 4. ENTRY FEE: R290 per player.
 FEE includes green fees and an early dinner/prize-giving.
 Silver Lakes Gold Members only need to pay R170 per player.
 Golf carts can be hired at R200 per cart.

We look forward to your support and participation in the GOLF DAY and assure you of an enjoyable and friendly day in the companionship of the OLD BUDDIES. Call the Silver Lakes Golf Shop on 012 809 0430 to reserve your place and tee-box for the shotgun start.







ESTATE NEWS



BLOOD DRIVE

25 October 2017

14:00 - 18:00 Chapel at the Club

You don't need superpowers to be a hero. Just initiative.

EVERY VOLUNTEER IS A HERO. BE A DONOR.





Trick or Treat

31 October 2017 16:30 - 18:00



Please decorate your home should you wish to participate in this event (email your address to info@silverlakes.co.za so we can plot participating properties on a map).

For any queries contact 012 809 0142







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Fly fishing in the Vaal- and Orange rivers for yellowfish

PHOTO CREDIT: ROHAN KOEGELENBERG

he rivers that flow from east to west in the northern regions of South Africa are home to two of the nine indigenous yellow fish species (Labeobarbus spp), these being the smaller Smallmouth yellowfish (L. aneus) and the endangered largemouth yellowfish (L.kimberlyensis). Both of these species are targeted by flyfishermen, although the techniques and equipment used to catch them differ significantly.





The smallmouth is quite common and is usually targeted using a 5 – 6 weight rod and floating fly line, and recommended flies include nymphs, caddis patterns and dry flies (when fish are rising to insects on the surface). Adding small split shot to the

8-pound braking strain leader can be crucial to success as these fish have an underslung mouth, and mostly feed on or near to the bottom of the river, thus getting the flies to where the fish are is very important.

They prefer running water, moving into shallow, fast-flowing rapids as soon as the water temperature reaches around 16° C to spawn. They lay their eggs on sandy or gravel patches in the rapids, and during this time the fish can often be seen milling around in the shallow water. Please leave these fish alone – do not attempt to catch them as this will disrupt their spawning activities.



Caddis fly imitations



Flies used to target largies

Fish in the 1-2.5 kg range are quite common, but they can attain a weight of more than 5 kgs! They are excellent fighting fish, but do not make for good eating, so please release them after enjoying the fight...



The largemouth yellow is an endangered species and if caught, must be released.

However, this magnificent creature will test your patience. If you catch even one fish during a day on the water, you did well. The South African angling record sits at 22 kg, and thus it is easy to understand that fishing for these fish with anything less than an 8-weight outfit is like taking a knife to a gunfight! If you are targeting largemouth yellows, a 15-foot leader of no less than 12 pounds breaking strain and large flies are essential. These fish prefer deep water with structure that they can use to ambush their prey.

If you wish to enjoy a day on the river to target these fish, it certainly is worthwhile to make use of a guide to help you. Two of the best around are Rohan Koegelenberg (079 874 7380) and lan Courier (082 306 5929), both of whom operate out of Parys.

Remember the "Chip and Fish "competition to be held during the weekend of October 28th and 29th!





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Embrace summer — run your first 10km race!

BY MARTINA SCHOEN

This month we continue our training programmes and focus on how to train for your first 10km. If you followed our September programme, you would have run your first 5km and we trust that it inspired and motivated you in your pursuit of your new fitness goals! At this rate, you might just run a 21km race by year end! We would love some feedback and invite you to attend our weekly time trials:

When: Every Tuesday at 18h00 Where: Silver Lakes Clubhouse For more information on the Silver Lakes Athletics Club, contact Christine: 082 443 1119/ christinenaude3@gmail.com.

OCTOBER GOAL: RUN A 10KM RACE

Some tips to get you started:

EP: Easy Pace FP: Faster Pace

- In order to increase your running distance, you need to run at an easy pace;
- In order to increase your speed, incorporate interval training into one workout;
- Increase your running distance weekly by not more than 10% of the previous week's distance;
- Allow for rest days in between running days;
- Ensure that you are fuelled to run a longer distance – grab a spoonful of peanut butter, a banana, or a protein bar to get you going!
- Join SLAC's weekly time trials to measure your performance!

	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1	5min warm-up walk Run 5 min EP Walk 1 min x6	5min warm-up walk Run 5 min EP Walk 1 min x6	5min warm-up walk Run 5 min EP Walk 1 min x5	Run / walk 30 min
WEEK 2	5min warm-up walk Run 5 min EP Walk 1 min x7	5min warm-up walk Run 5 min EP Run 1 min FP Walk 1 min X6	5min warm-up walk Run 5 min EP Walk 1 min x6	Run / walk 40 min
WEEK 3	5min warm-up walk Run 5 min EP Walk 1 min x8	5min warm-up walk Run 5 min EP Run 1 min FP Walk 1 min X7	5min warm-up walk Run 5 min EP Walk 1 min X7	Run / walk 45 min
WEEK 4	5min warm-up walk Run 5 min Walk 1 min x4	5min warm-up walk Run 5 min Walk 1 min x3	5min warm-up walk Run 5 min Walk 1 min x3	10KM RACE!

^{*}Disclaimer: This is a generic running programme. Please consult your medical practitioner if you suffer from a medical condition. Silver Lakes Athletics Club or the author cannot be held liable for any damage or loss which may result from following this programme.

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

Race date	Race	Venue	Contact	Telephone
Sat 07	Chamberlain Capital Classic Half Marathon & 10 km	PHSOB Club, Hofmeyr Park	Bert vd Raad	082 922 6817 (cell)
Wed 11	Kingfishers Night Run/Walk	Wingate Country Golf Club	Shane Gouldie	082 332 9552 (cell)
Sat 14	SABS Jacaranda City Challenge	SABS	Marieta Bortoli	082 466 7031 (cell)
Sun 15	Smuts Family Trail Run/Walk – POSTPONED	Jan Smuts House	Shane Gouldie	082 332 9552 (cell)
Sun 15	Little Eden Trail 15 km Trail Run/ Walk	Little Eden	Shane Gouldie	082 332 9552 (cell)
Wed 18	Jackal 10 km Night Run/Walk	Copperleaf Country Club	Shane Gouldie	082 332 9552 (cell)
Fri 20	Tortoise & Hare Night Trail Run	The Big Red Barn	Shane Gouldie	082 332 9552 (cell)
Sat 21	CSIR Half Marathon & 10 km	CSIR North Gate	Johan Moller	073 351 1165 (cell)
Sun 22	Tough One 15, 10 & 5 km Trail Run/Walk	Tierpoort Adventure Farm	Shane Gouldie	082 332 9552 (cell)
Sun 22	Spur Gauteng Summer Trail Series 1 of 4	Hennops River	Race Organiser	072 438 3242 (cell)
Sat 28	King Price Irene Farm Race	Agricultural Research Council	Race Organiser	082 951 2581 (cell)







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ARTICLE BY ELIZE MALAN

Arbour Day in September is a campaign run by the Department of Agriculture, Forestry and Fisheries to encourage the planting of trees. Every year, two indigenous species are introduced to the public.

TREES FOR 2017: EBONY TREE (Euclea pseudebenus) BUFFELO THORN (Ziziphus mucronata)



Plant Your Lemon Tree and live your life with zest

In urban gardening, sustainable city living and growing some of your own food have become important. This influenced my choice for Arbour Day and I planted a lemon tree.

Picking fresh, healthy lemons from your own tree CAN be done in even the smallest of gardens.

When not in fruit, the tree has a shiny evergreen canopy with a neat shape and will need little attention.

FOR THE LOVE OF LEMONS **Preferences**

Lemon trees prefer full sun, good air movement and a subtropical climate. Well-drained soil without competitive plants in the drip zone of the tree is advised. Apply a mulch layer to the soil under the tree as protection for the shallow hair roots. When planting, prepare a hole at least 600 x 600 x 600mm.

Add superphosphate/bone meal and at least 20% compost to the soil removed from the plant hole. Mix well.

Remove the tree from the black plastic bag and plant the tree at the same height as it was planted in the nursery bag.

Irrigate very well directly after planting. The tree will wilt when it is dry, and adequate watering throughout its lifespan is essential.

Fertilising

Apply 3:1:5 slow release (or similar organic product) to the root zone. This would be the soil surface underneath the tree canopy. Repeat every eight weeks during the growth season. The importance of good irrigation cannot be emphasised enough.

Pests and diseases

Scale and Aphid infestations are common and need to be treated promptly. The presence of ants on the trunk and leaves are an indication that Aphids are present and secreting honeydew. The honeydew will lead to a black, sooty mould developing on the leaves. Use an organic oil to spray during winter months to eliminate the problem. Citrus Psylla causes wart-like galls and leaf malformation, but it does not affect the fruit. Mealybugs - small, flat, white insects - have egg sacs resembling fluffs of cotton wool and can be treated with an organic contact insecticide. When using systemic insecticides, read the label carefully. All fruit have to be picked beforehand and even the leaves cannot be used for a while.

Pruning

Lemon trees will only need pruning when the tree becomes too large for its position. Dead wood has to be removed and the thorny low-growing branches can be trimmed to

prevent injury to people passing underneath. Spring would be the best time.

Varieties

Trees with big, thick-skinned lemons are oldfashioned varieties seldom seen in modern gardens and would bear fruit only once a year. New grafted varieties like Lemon Meyer (excellent choice for growing in a pot) and Lemon Eureka will bear fruit throughout the year when sufficient water and fertiliser are applied.

The smooth, thin-skinned fruit are bright yellow in colour when ripe and a small tree will start bearing fruit within three years.



If you have any queries, please contact our offices at 012 804 1807.



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Social

Spring Day: a family day at Silver Lakes

Even though I am the board member for the Environment portfolio, the social aspects of the Estate have been part of my portfolio and have fallen under my supervision for the past few years.

We've organised many events over the years – from the yearly Valentine's, Mother's Day, Youth Day to Spring Day. And this year we had our first go at a Silver Lakes Charity Day.

This year Spring Day, as always the 2nd weekend of September, coincided with the opening of the new 41-Wine Room and the 41-Shop. Nico and Elmarie van Rensburg of Ernie Els winery helped with the launch and handed out tasters of their delicious wines. Please go and fill in our Wine Club book at the Wine Room. Riaan will help you to choose the right wine for the right occasion or meal and will show you where to sign up for the wine tastings and events we are planning for the new Silver Lakes Wine Club. We will also negotiate specials with the wineries and sales of wine for all Wine Club members. Join the club to find out more.

By supporting the 41-Shop, not only will you be able to get all those 'forgotten' items, but Minas will prepare fresh meals to take home, and we will possibly in time start our own bakery!

Have a look at some photos of this past month's Spring Day. Thank you to all our staff who helped so fantastically once again and to the Garden Group who set out the routes for the cycle races – we all really enjoyed the events and fun you had in store for us. Even though we had to set out everything on the 'small lawn', it was well organised and all enjoyed sitting in the shade on the mounds. Next year we will have it in our new playground! Thank you for your patience with the building process.

The Charity Day in July was, as I mentioned, our first take on a charity event and we

learned a lot. A lot of mistakes were made, but those who turned up had a lot of fun. Next year we will try again and hope to see many more at the event. And remember, we are planning great things for the next year – Silver Lakes, the Estate, is 25 years old this month and next year, same time, the Golf Course will be 25 years old! One whole year to celebrate our birthday!

Another event that I attended the past month, and where Community Building and Staff Empowerment were some of the main items that I would say I was brought home, was the 1st of the African Turf Academy Workshops.

This was a workshop, over two days, which looked at golf course design and maintenance as well as irrigation and machinery maintenance. I attended the golf course workshops and was impressed with the knowledgeable presenters. They really inspired all of us to go back to our estates and golf course to implement some of the suggestions and, most important to me, to create strong teams in the work force by creating cohesiveness between all, with not only work and work ethics, but also doing fun things together such as monthly braais or just relaxing together as a group. Obviously, the design parameters of golf course and the environmental impact of the same golf courses was my main reason for being there. How do we control the impact and possibly make a golf course a positive environmental system within the environment it is situated in?

Thanks to Andrew and Derek who organised the event, it was top-notch and an inspiration.

Good luck to all the guys who went back to their own golf courses and countries. See you all again at the next set of workshops by the African Turf Academy.



Shop



Spring Day



The Charity Day



Community Building and Staff Empowerment



Environmental

Every month I try and write about interesting stuff that happens on the Estate, but as with many 'jobs', the day-to-day stuff is actually boring and not so easy to 'jazz up' to become interesting enough to publish, so this month I took my iPad and sat in the game reserve writing this article and was amazed by how many people use this area to jog and walk. What an amazing Estate we have. How spoiled we are! To live in a city and be able to sit and write or do you work while watching a herd of kudu, Nyala, waterbuck, impala and springbuck graze!

One of those 'boring' things will be the daily maintenance stuff that we do on the Estate like painting the dirty areas on our buildings. This is a continuous part of our monthly maintenance and we will try and budget staff and funds wisely, in future, to present the Estate in a pristine manner.

As you all know, we have been trying in the past three and half years to simplify the design and layout of the Estate gardens to minimise visual clutter and help with easier maintenance. There are still many areas where we need some help from our residents, especially the sidewalks for which we are all separately responsible. Although the sidewalks are municipal property and can be used by anybody, especially our pedestrians for safe passage, we are each responsible for the tidiness of our sidewalk.

The promise I made to start looking at typifying up our sidewalks at the AGM in February this year seems much harder than I expected, but we will work on it and try and get all homeowners on the same page to realise how important it is to present a tidy and cared-for look to ourselves and visitors to the Estate. Ultimately, most of us at some stage want to sell our homes or want to feel proud of the Estate where we stay. That can ONLY be done by creating a pleasing FIRST **IMPRESSIONI**

Here are some photos of pleasing sidewalks on the Estate.

I know we all want labour- and maintenancefree gardens, especially the sidewalks which we feel we do not have much interest in, but remember, the sidewalk, together with your front garden and entrance, is that 'magical' first impression everybody in literature talks

One has ONLY ONE CHANCE for a first impression and if the first thing people see is one with concrete balls and rocks dumped on the sidewalk to tell people to buzz off or of untidy and dry lawns or flowerbeds, that is the impression you create. This may sound harsh, but it is exactly the same as walking into a bank and your banker is wearing flip flops, shorts and a t-shirt. Will you entrust him to invest your hard-earned cash?

To help create the 'friendly and receiving image' of the Estate, one of our projects in the new season will be to upgrade the gates. We are obviously still trying to beautify the sidewalks, adding more corner signage with roses and maintaining the Estate gardens and buildings to the best of our ability. We have had plans to upgrade the main entrance gates in the pipeline for a year or two and would like to execute those plans with the budget of 2018/19. This will include screening or removing much of the unnecessary clutter from the gates, keeping the gates tidy and pristinely painted, and adding to that we suggest 'screening' our entrances from the visual clutter of the buildings on both sides of the entrances with trees. Greenery not only softens a scene, but in this way, by creating a lane, will channel one's eye to our gates only without the 'clutter' of nearby architecture.

Obviously, as the oldest estate in the country, a lot of mistakes were made in Silver Lakes. Mistakes for other developers to learn from, such as wider entrances, wider and larger

boulevards, and gardens. We only have what we have and must make the best of it.

One thing we do have is people. Lots of us about 4500, from babies to pensioners. We are a diverse community and we should celebrate that. We have our yearly events and a beautiful Clubhouse where we can relax, play a round of golf, tennis or squash and even go for a swim! Our restaurant must have one of the most beautiful views in Pretoria! It also facilitates a wonderful children's play area for all our smaller children and as soon as our Halfway House project is finished in November, we will also have created a revamped area not only for the little ones, but our teenagers as well. Even though we will re-use the existing play equipment and have used only recycled material excavated from the project available to create a 'teenager park', what you will see by November will be a start of a project that will continue into 2018. We will be budgeting for new fun equipment and seating areas for our teenagers. Have a look at the images below. This will include creating an area with a wooden deck extending from the 'chapel'. This can be used during the day for mothers watching their children play in the new park and maybe we can even start with some fun evenings for these youngsters to meet each other.

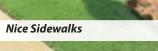
Have a look below at some of the suggestions and let me know if you have any other ideas we can incorporate. Contact me on 083 448 9441 or mathews@iafrica.com.

Points of concern

1. Dumping along Solomon Mahlangu Drive: This issue has been an ongoing problem for the past few years and is even visible on Google Earth! We have been in contact with Council and our ward members. They have all been very helpful and we need to thank them. The issue, however, has not been resolved since it is a universal problem in Pretoria









ENVIRONMENTAL MATTERS

where people think any open areas are there for dumping. Council has stockpiled some rock to prevent perpetrators, but now they just dump next to it. In time, signage will go up, but even this seems to have no effect in other areas.

In consultations, the development plan for this area was discussed and the above images explain the extent of the development the Council is embarking on. As you will see, the 'Willows' part of the development is the 4th and last phase. We will work together with Council to try and curb the dumping and other problems of this area.

2. Workshop Area:

As you all know, I requested a special levy to upgrade the Workshop area, which was approved. We had plans ready and were working towards starting construction after the Halfway House project at the Club is finished. As with most things, one receives a curve ball every now and again. The designs we originally had were on a site that, after meeting with the descendants of the late Piet Geyser, was much smaller than previously anticipated. We designed on a stand with a larger nursery area. According to the diagrams received, the staff quarters we were planning will also be below the water line, which is not allowed. The reason we anticipated using that area is that it would have been private and screened from nearby houses. We are investigating all options since we will also

have to create an area with the nursery for the golf course in mind.

3. Sewage spillages on the estate and our

As you all know, this is an ongoing battle and we have had serious spillages at the eastern inlet side of our water ways. We have regular spillages when the rainy season starts since our homeowners illegally dump roof/storm water into the sewage system. This then spills over when the rain comes since the 160 mm sewage pipeline cannot handle the amount of water at such times. But the sewage spillages from the pump station in Silver Lakes drive have become grave and left us with seriously smelly water at the inlet in Glen Eagles Drive. It was discovered that some illegal building work on the manhole below the pump station diverted ALL sewage to be spilled into the Silver Lakes dam. This was rectified in July by adding a pipeline between that manhole and the manhole inside Silver Lakes. At the same time, the pump station was cleaned during July and repairs have been done on the pumps. So far, we have not had any further spillages, although it still smells. The smell especially appears more pronounced when we add fresh water since we then aerate the water and the solids that have sunk to the bottom once again become active. In the rainy season, we hope to flush out the system and not to have the problem again.

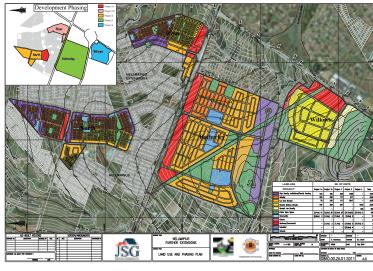
The bigger problem, though, is that the Silver Ridge View (the one on the sidewalk in Silver Lakes Drive) sewer pump station cannot pump the required volume of sewage as a result of inadequate downstream pipe capacities and network restrictions. The pumps at the pump station are throttled to prevent downstream sewer spillages into residential properties. A solution to ensure that the pumps can be operated at full capacity, without throttling, would be to extend the existing pump line in Silver Lakes Road by installing a further 350 m long, 200 mm diameter pipe and connect it to the existing 200 mm diameter gravity pipeline downstream of the problem area. The new section of pump line can be installed within the road reserve without affecting existing properties.

It is the intension of the Council to install the above pipeline through a tender which is currently being compiled. The procurement process to appoint a suitable contractor through said tender might, however, take a few months to finalise.

I hope this will set your minds at ease that we are working on all the problems as well as the maintenance and other issues we have in the Environmental Portfolio. On that point, we are still busy with investigation and are preparing an impact study for the Silver Lakes Outfall Sewer.

Have a wonderful October. Corlia Mathews





Remember to recycle!



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A Word from Cllr Mike Strange, Ward 101

EVERYTHING YOU NEED TO KNOW ABOUT RATES IN 2017

municipality intending to levy rates on property must, in accordance with the Municipal Property Rates Act, 2004, as amended, cause a general valuation to be made of all properties in the municipality, and a valuation roll be prepared.

The Act further indicates that the valuation roll remains valid from the start of the financial year following completion of the public inspection period required by Section 49 of the Act, and remains valid for that financial year or for one or more subsequent financial years as the municipality may decide, but not for more than 4 years in total.

The current Valuation Roll will be for the period 1 July 2017 to 30 June 2020. This Valuation Roll was open for public inspections and objections with the closing date being 19 May 2017.

Tshwane received a number of 2348 formal objections, of which the process to deal with them (according to the prescriptions of the Municipal Property Rates Act as amended) has commenced.

The Objectors will receive a formal reply from the Municipal Valuer about the outcome. Should the Objector still be dissatisfied about the outcome, he/she can lodge an Appeal. If no objection was lodged, the following applies:

- Should a rate payer feel that the property is not valued according to the market (this means that if the Owner wants to sell the property, he/she will not get the price as indicated by our Municipal Valuation), they can request in terms of Section 78 of the MPRA to investigate our value. It is important to note that they must provide proof indicating that we indeed made a mistake.
- Tshwane property Valuation Department will investigate the proof and if necessary amend the Valuation Roll.

The Rate at which property is taxed is determined by its category & in line with National guidelines.

Tshwane Rates

Property Category	2017-18	2016-17	2015-16	2014-15
Residential	0,01094	0,01114	0,01013	0,00938
Business	0,03282	0,03362	0,03056	0,02830
Vacant Land	0,04000	0,07230	0,06573	0,06086
Unpermitted Use	0,08205	0,08405	0,07641	0,07075
Agricultural	0,00274	0,00278	0,00253	0,00253

Rate percentages have decreased since last year.

Most property values, however, have increased substantially since the last valuation roll done in 2013; in some instances, they had more than doubled. This is great for the investment, but it also attracts higher rand value rates charges.

Residents are welcome to email me at mike@ward101.co.za with their rates queries. Please include your:

rates account number valuation as at June 2017 (or earlier) valuation as at July 2017 (or later)

A simple MS Excel calculator to play with. Note that the first R15 000 and next R105 000 of the property value is not taxed.

Regards

Mike Strange

		2017/2018	2016/2017	2015/2016	2014/2015
Residential Properties + Farm and					
Agriculture Holdings used as Residential					
only	Tariff	0,01094	0,01114	0,01013	0,00938
	Rebate %				
	MPRA	15000	15000	15000	15000
	Extra	105000	60000	60000	60000
New Market Value 2013-2017		Rates p/m	Rates p/m	Rates p/m	Rates p/m
R 2 200 000	_	1896.27	R 1 972.71	R 1 793,85	R 1 661.04
112 200 000		1000,27	1012,11	11 1 100,00	14 1 00 1,0 1
Business/Industrial/Mining/Government	1	l		+	†
Properties/Educational	Tariff	0,03282	0,03362	0,03056	0,0283
New Market Value 2013-2017	•			Rates p/m	Rates p/m
R 2 000 000		5470,00	R 5 603,33	R 5 093,33	R 4 716,67
Vacant land	Tariff	0,04	0,0723	0,06573	0,06086
New Market Value 2013-2017			Rates p/m	Rates p/m	
		0,00	R 0,00	R 0,00	R 0,00
NON-PERMITTED USE	Tariff	0,08205	0,08405	0,07641	0,07075
New Market Value 2013-2017				Rates p/m	Rates p/m
		0,00	R 0,00	R 0,00	R 0,00
Agriculture Vacant/Agricultural					1
Properties/Public benefit organisation					
properties (Independent schools PBO)	Agri-Tariff	0,00274	0,00278	0,00253	0,00235
New Market Value 2013-2017				Rates p/m	Rates p/m
	7	0,00	R 0,00	R 0,00	R 0,00



Good Fellows



TRANSFORMS THE PAWN BROKING INDUSTRY

Strange but true, the pawn broking industry has become increasingly popular in recent years. Be it because of well-known television shows that give insight into the pawning process or because of the poor state of our economy, which has forced many families to source other financial means to survive – either way, the industry is booming, and rightly so.

Pawn brokers are offering a smart and simple alternative for individuals seeking out loans. Rather than taking out a bridging loan to tide one over until payday, which involves paying back money at excessively high interest rates, people are leaning towards going to pawn brokers who offer cash loans in exchange for collateral items that can either be given up altogether or paid back over an agreed period in order to reclaim the pawned property.

One of the biggest benefits of pawn loans is, should a client default on their repayments, it doesn't affect their credit rating like other types of loans do. Failure to repay the loan within the specified time means the broker is able to sell the pawned item and pocket the reward.

Heading up the pawn industry in South Africa is Good Fellows Pawn Brokers who are well experienced and provide a bespoke pawn broking service to clients looking for a lucrative channel to sell unwanted goods or a hassle-free solution to soothe financial woes.

"We are not looking to put our customers in more debt, our focus is on helping them to escape it," says the team of Good Fellows Pawn Brokers.

Specialising in the pawning of vehicles, including cars, bakkies, trucks, buses and boats, their mission is to reinvent the image

surrounding pawn broking by offering a quick, discreet and professional service tailored to suit individual needs. The transparent and confidential service delivered by the brokers at Good Fellows helps them to seal the deal as the number one pawn broker in South Africa. Each client has the option to pawn and sell or pawn and rent, and the broker guarantees the best prices on all vehicles and ensures immediate pay-outs for the convenience of the client.

Having built up a sterling reputation for themselves over the years, Good Fellows continue to exceed the expectations of their clients, who are grateful for the stepping stone that the popular pawn broking establishment provides them with.

cash for my car!" and Pieter Ramsden who has become a raving fan of Good Fellows Pawn Brokers: "Wow, what a quick and easy service! Good Fellows came to me. I pawned my car and was able to pay my children's school fees. Thank you, Good Fellows!"

Their seamless platform has undoubtedly had a positive impact on the general community as they enable people to pawn their collateral without the unreasonable restrictions and excessive costs involved in taking out loans via other financial avenues. Good Fellows Pawn Brokers will continue to be game changers in the industry by giving hope to those who have hit a dead end and going the extra mile to get them back on their feet.



One of their clients, John Adriaansen proudly comments on his experience with Good Fellows as "Quick, easy, great service and, best of all, instant cash with no credit checks!" He goes on to say, "Thank you, Good Fellows, for helping me so that I can enjoy the holidays with my family."

Other testimonials include praise from Patience Sebakwa, "Good Fellows, you are truly amazing! Thank you for giving me instant



Contact Good Fellows Pawn Brokers on 086 001 5656 for more information or visit their website www.goodfellowspawnbrokers.co.za



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- 1. Vouchers cannot be exchanged for cash.
- 2. Portions of the monetary value of the voucher cannot be refunded as "change".
- Bookings need to be made in advance with the restaurant detailed on the voucher.
- 4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
- 5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
- 6. The competition is open to readers over the age of 18.
- Indemnity: The publishers, Silver Lakes Estate and other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

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











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Spring Day!

















ESTATE NEWS



It's in your genes

BY LAUREN SACKETT RD(SA)



utrition is a science, and now more than ever, science and nutrition are merging in a new field called Nutrigenomics. Dubbed the new standard for personalised healthcare, weight loss, healthy diet and lifestyle, DNA testing is on the rise.

Have you tried every kind of diet to lose weight, with no avail? Wanting to know what your body's specific nutrient needs are?

Keeping in mind that we are all unique, no one-size-fits-all diet plan is going to work for everyone or be sustainable. Therefore, look to your DNA for the answers of what works for you as an individual.

Our DNA is made of up millions of codes, each determining our make-up. So naturally, DNA holds the key to our health, body, mind and longevity. Which style of eating is best suited for us, what illnesses we are at risk for, how well we respond to exercise, weight loss, injury risk, and the way we eat, taste and perceive hunger are all determined by our genes.

Certain genes are modifiable, so we can turn them on or off through lifestyle and diet changes.

Perfect a personalised meal plan for a healthy weight and disease management. DNA Diet gives insight into:

- Your ability to metabolise, absorb and store fat and carbohydrates
- Risk for inflammation
- Insulin resistance and obesity risk
- Addictive eating behaviour risk
- Sweet tooth gene
- Responsiveness to exercise

DNA Health

When it comes to optimising your health, your weight isn't the only aspect of concern. The DNA Health checks almost every system in the body, in order to prevent chronic disease before it even starts:

- Cholesterol metabolism
- Liver detoxification
- Anti-oxidant and B vitamin needs
- Oxidative stress and cancer risk
- Bone health
- Risk of inflammation
- Food responsiveness to lactose, caffeine, salt and iron
- Insulin resistance risk

DNA Sport

Are you an avid sportsman or woman, wanting to get the best out of your training? Or wondering why you get injured so easily? Why do you take so long to recover? DNA sport helps you perfect your supplementation programme, timing and intensity of exercise, diet, etc., to prevent injury, recover faster and see faster results from your training

DNA Oestrogen

Also known as the detoxification test, and not just for women, this test looks into cancer risk, liver detoxification, anti-oxidant needs, etc. If you have a family history of female or prostate cancers, if you are on hormone replacement therapy (HRT) or oral contraceptives, or just want to know how well your liver can detox, this test is for you:

- Your adequacy of oestrogen metabolism
- Oxidative stress and cancer risks
- Anti-oxidant needs
- Blood clotting risk with oestrogen therapy (HRT or oral contraceptives)
- Your liver detoxification ability and optimising this



Optimise your nutrition by knowing your genetic risk. The DNA of the food we eat interacts with our DNA - make sure yours is saying the right thing.



For more information

visit www.silverlakesdieticians.co.za, email silverlakesdieticians@gmail.com or call 012 809 6095





Your social media profile could be career limiting

ARTICLE WRITTEN BY NICOLEEN DAVIES,
DIRECTOR LIFE TALK FORUM

acebook, Twitter, Instagram, BBM, WhatsApp, YouTube, Tumblr... the list goes on and on. These virtual social environments provide wonderful platforms for communicating and sharing information, and so we slowly start to create a permanent, virtual online personality. Increasingly, we are spending more and more time posting status updates, selfies and other photographs, chatting online and, for some users of technology, it is becoming an all-consuming pastime. In this world of immediacy, people post comments and pics without thinking twice - possibly to their own detriment. Sadly, teens measure their popularity by the number of "likes" they get or followers they have.

We know, and various studies have proven, that teens share a lot of information about themselves on social media sites. The PEW Internet study, "Teens, Social Media and Privacy" report revealed that over 81% of parents expressed significant concern regarding this. In addition, 95% of all teens aged 12-17 have an online profile.

Snooping or due diligence?

The new challenge our teens face, when making applications to study further or when applying for a job, is that a real risk exists that their virtual life can come back to bite them and prove career-limiting. Whether they will admit it or not, employers are increasingly using social media platforms for initial screening of candidates and an ethical and legal debate is raging in some countries as a result. A US study by Harris Interactive for CareerBuilders in 2013 showed that 37% of companies are using social media to research candidates and another 11% indicated that they intend starting. Their intention is to determine if the candidate presented themselves professionally and if they would be a good fit for the company culture.

34% found information that caused them not to hire the candidate!

Generally this was provocative or inappropriate photos and information, evidence of drinking and using drugs, poor communication skills, discriminatory remarks and bad-mouthing previous employers.

According to an article in the Mail & Guardian late last year, Nerushka Deosaran, an IT law specialist, is quoted as saying that there are currently no laws in South Africa prohibiting the use of public information for background checks. "It comes down to whether personal information

is private or not. Everyone has the right to privacy in terms of the Constitution and common law, but once they post information on a public forum it would be very difficult to argue that looking at it is an invasion of privacy," she said.

The reality is that social media has added a new dimension to pre-employment screening. Recruiters are researching social media sites for additional public information on candidates as part of the acceptable recruitment process. They are obligated to demonstrate that thorough checks were done.

Bottom line – keep your profile clean and only publish content you would be happy for people to see. That is the best way to protect your reputation and yourself.

EMPS, SA's oldest pre-employment screening and vetting company, published Employee Screening Statistics in 2013 and stated that: "Social network searches are being used less for background checks and more for recruiting and sourcing. We anticipate the use of social media will remain a means of screening for SA companies. Companies do need to be very cautious of how such information is used and that applicants are not discriminated against based on personal information."

So, with this being a fact of life, this places our young teens, with their tendency for risky behaviour and decision making at greater risk than ever before from a source that didn't exist until recently. A 15-year-old, posting online, will certainly not be thinking about their future job application in 10 years from now.

Online reputation management

We know that living our lives online, combined with over-sharing could have significant, long-term impacts. Online reputation management has become the new buzz-word, but it is vital that parents teach their children how to control and manage their digital profile. Have a conversation with them about safety and awareness in the world of social media, about appropriate behaviour and consequences and possible repercussions that could harm their reputations.

Below are some useful tips to share with your tween or teen:

DON'T

- Accept anyone as a 'friend" if you don't personally know them
- Post anything online when you are angry or hurt

- Post anything you wouldn't want your parents, teachers or future employers to see
- Be unduly negative or offensive online
- Lie
- Avoid sexting if you are underage this can become a legal matter as it may be considered child pornography
- Post inappropriate photos especially not when drinking, drugging, or being sexually provocative or inappropriate
- Beware of political or radical statements of opinion – your views may change over the years

DO

- Set your profile to private
- Think before you post
- Showcase your interests and hobbies
- Create a positive blog if you wish to write online content
- Build your credibility
- Project an image of who it is you want to be known as, what you stand for
- Delete anything or anyone questionable
- Using common sense is a good rule of thumb
- Speak to an trusted adult if they are concerned
- Report online abuse

Remind them that whatever they put out there can come back to haunt them. Also be aware that teens that make online mistakes are at risk of being ostracised, bullied and ridiculed to the point of becoming depressed and possibly even suicidal.

The best remedy is prevention.

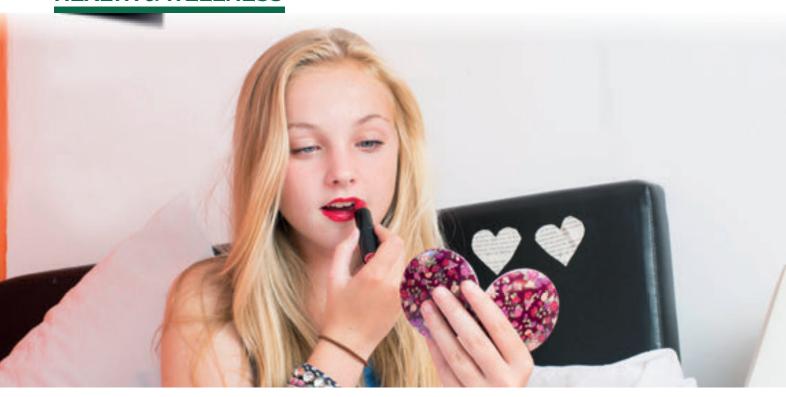
Contact Nicoleen@lifetalk.co.za to find out about our essential services.

- Our books: Life Talk for a Daughter, Life Talk for a Son, Life Talk for Parents or The Tug-of-Life
- Parenting workshops topics: Digital Parenting, Building Self-Esteem and The Parenting Journey.
- School talks on a wide range of topics
- Staff Development in the Workplace: Invest in your staff – parents who are coping at home are more productive and focussed at work.

For more parenting information or to purchase our Life Talk range of books, visit www.lifetalk. co.za or email Forum@lifetalk.co.za

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HEALTH & WELLNESS



Early sexualisation of children BY DRILSE RUANE PSYCHOLOGY

iddle childhood (9-11 years) and early adolescence (ages 12-14) are carefully guarded constructions. It is about innocence. It is not about being sexually aware. It is worrying that there is a widespread perception based on a combination of clever marketing, explicit lyrics, music videos and x-rated games as well as social media that we are creating a culture where we are sexualising young children and adolescents. Magazines and advertising appear to objectify young girls; social media tells adolescents to behave in sexually provocative ways; and sadly, parents are raising girls and boys in a heightened sexual manner. Young girls are "told" very early on that high heels and make-up are the way to go, while boys are raised to be physically dominant in their lives. Internet-based youth culture pressurises them to dress and behave in ways which define them as sexual objects. Girls who buy into this sexualised way of thinking and behaviour also demonstrate educational under-achievement and a tendency for early sexual experiences. On the other hand, boys are told to be tough before their time, to "man up" and display their power and control. Boys who are sexualised early may buy into the concepts that girls are not equal partners in relationships, but rather are to be dominanted and controlled, often through violence and aggression. Such boys tend to get involved in early experimentation, and forcefully pressurise girls and other boys into age-inappropriate behaviour (whether sexual, deviant or violent).

In general, most parents flinch at their children's dress choices at some or other time and reprimand them for their inappropriate behaviour. Some parents, however, support the childs sexualisation. Perhaps due to unawareness as to the effects of sexualising them young. Parents may directly promote their child's sexuality to "make him more popular with the girls", and "if she has a boyfriend and dresses sexy, she will be liked". These parents argue that all this concern for children and adolescence exposure to sexuality is just much ado about nothing. These girls are wearing clothes that are fun and "it's not like they are having sex, they are just playful". This is the same parent who is very shocked later in adolescence when their child runs into trouble for being sexually active too early or picks up on playground talk related to their child being a "slut". For these parents, boys must be masculine and display their dominance until the parents get called into the principal's office because their son was propositioning the girls.

The truth is that the impact of this early sexualisation of our youth is real and it is not good. Children are sponges, they suck up everything around them. TV, movies, and the Internet send unhealthy messages loudly and persistently. These messages drown out other healthier messages that might be trying to get through. When children are exposed to these messages often enough, they can not help but internalise them and make them their own. For example, if mom tends to behave in a sexualised manner and is overly invested in her appearance, her daughter will pick up this behaviour and internalise it as normal. Girls are then taught to be sexual and never good enough as they are if they are not overly

focused on their appearance with make up, clothes, hair and bodily posturing. The same goes for her son - he will internalise women as needing to behave in a provocative manner. What happens then when a girl does not behave that way? An adolescent boy may then tease girls about being prudes because they will not sit on his lap or provide him with kisses, while older boys might get more forceful if girls do not behave as expected.

The bad news is that mothers can cause their young daughters to buy into this early sexulisation, potentially causing them to develop attitudes about their sexuality that can have serious long-term consequences on how they view themselves and their future sexual behaviour. The good news is that mothers also have the ability to moderate these unhealthy messages about sexuality using them as learning opportunities and through her own role modelling.

Fathers, whether they have girls or not, play vital roles in sexualising children because they too are sexual beings. If you read certain men's magazines, ogle cheerleaders while watching rugby, flirt with the waitress, or get upset when your wife is not sufficiently "dolled up," what messages are you sending to your children? You can not deny the role fathers play in creating aggressive boys and permissive girls if your approach is that of control and dominance in your home. The way fathers treat mothers is directly internalised in the developing child/ adolscent as the way in which men treat women. If dad treats mom with disrespect or in a sexual manner in front of the children, they

HEALTH & WELLNESS

again internalise this as the norm. Violence within the parental home is also internalised by children and adolescents, and tends to manifest in peer relationships and later in life. Fathers are also directly responsible, by virtue of society's male dominated hierarchy, for teaching his boys to be gentle and his girls to be strong in contrast to societal discourse where boys are encouraged to display masculine dominance and girls are encouraged to be the weaker sex.

Clothing companies, social media and technology can not be solely blamed for early sexualistaion of children. Parents who buy inappropriate stuff may be part of the problem. Also, parents who do not monitor their children's social media accounts and cell phones based on excuses of privacy and being "the cool parent" are indirectly supporting the sexualisation, as well as other forms of exploitation, of their children and adolescents. Many parents either turn a blind eye or actively encourage the sexualisation of their children. They see nothing wrong with youngsters lying about their ages to sign up to social networking sites such as Facebook or Snapchat, watching adult films, playing x-rated games like Grand Theft Auto or wearing provocative clothing. Location settings on social media can expose children to a wide range of problems when the wrong person has access to their whereabouts. Playing a game that permits gangsters to run over prostitutes may have undesirable effects on developing young minds as it condones violence of men towards women or of men towards certain women as well as promoting criminal behaviours as being cool. Similarly, posting photos of children on social media where they are posing seductively or flirting with the camera creates the standard to which photos are judged as 'good' and 'not good' by the child. I had a mother in therapy a while back who doctored her 13-year-old's photos via an app to enhance certain of the child's attributes. What message does that send to the child regarding how she looked prior to mom's photoshopping?

Sadly, children are influenced enough by peer pressure and social media; there is no need for parents to promote sexualisation. These unhealthy messages shape the values, attitudes, and beliefs children and adolescents come to hold about themselves, relationships and the world in general. It is not hard to see, then, how early exposure to sexuality can set girls and boys on an unhealthy life path.

What are some of the direct observable effects of early sexualisation?

Research suggests that girls who are exposed to and internalise sexual messages in popular culture are more likely to have low self-esteem and depression, and suffer from eating disorders. Problems with same sex peers occurs as these girls are often only interested in boys. Sexual experimentation starts far earlier than we would like as they get involved with many boys and rotate boyfriends according to who is popular at the time. Incidentally, the boy's popularity is also linked to his level of sexual exposure and demonstration. These boys

and girls tend to form groups together which perpetuate the sexually enhanced nature of the interactions. Their talk becomes focused around sex, sexual behaviour and may even physically start to role play sexual actions with one another. For example, boys and girls pretending to have sex, fully clothed, to demonstrate their knowledge of the sex act. But it is a slippery slope from there. Boys tend to believe that they need to be more 'buff', display their strength and aggression in their day-to-day interactions. These boys get into tassles at school, fight on the playground and engage in sexually inappropriate behaviours with girls such as sexting, requesting photos, as well as early sexual experimentation.

Research further shows that academic performance in both girls and boys is lower in early sexualised children. Academic and sport performance is no longer important, time is spent on looking good and creating a web of popularity linked to appearance and sexuality. Practically speaking, these children are too busy texting, sexting and playing games that they strugale to find the time to study or no longer value academic learning because "being pretty gets me more attention" or "being dominant gets me the girl". Girls spend their time at school displaying a sexy attitude when boys are nearby. Boys walk around strutting their stuff. These behaviours are the complete opposite reality of the view they are trying to achieve. These social performances are not a display of strong identity features or positive senses of self. These displays illustrate weaker self images and demonstrate the mask these children believe they need to portray for popularity sake. These are directly attention-seeking behaviours which, in time, may escalate.

So why do parents turn a blind eye or encourage unhealthy sexual behaviours? Parents have told me they "do not want their children to miss out". They "do not want to restrict their social life" and they are "trying to help their child". Although well intended, these ideas might need to be relooked at. Herewith my top 5 regarding this issue, based on what I see in therapy:

- 1. You are the parent, you are not your child's friend. You are the adult, the educator and the role model. They pick up on everything, from your fight with your wife to the parking lot gossip. Being a parent includes being vigilant and limiting exposure to age-inappropriate sexuality, whether it is in the form of agecensored games, movies, or social media, etc. If need be, set the age restrictions on the cell phones and TVs.
- 2. There is no such thing as an invasion of privacy for a child or adolscent. They are underage; therefore you have the responsibility as the parent to monitor their cell phones, social media account (if you permit them to have one) as well as to be observant as to how they act at school, with friends and at home. As parents, we have little control over the ways in which peer pressure impacts our children. We do, however, have control over the long-term effects of peer pressure and the factors directly

moulding them. For example, if your daughter is seen flirting with the boys when you pick her up, your role as a parent is to use this event as a learning opportunity. Teach your daughter that she does not need to act that way to get a boy's attention. And more importantly, teach her she has many attributes other than her looks. Similarly, if you see your son swaggering across the parking lot, have a conversation with him regarding why he feels the need to behave in such a manner. He too needs to be taught that he has many attributes other than his coolness. which people will admire. In short, discourage sexualised behaviours.

- 3. There may times when it is not preventable and your child or adolescent is exposed to sexual messages or behaviour. Stay calm and use these events as teachable moments. Explain to your child what behaviours are healthy and which behaviours are unhealthy. By using any and all occasions as teachable moments, we open a world of opportunities for children and adolescents to learn.
- 4. Through instilling healthy values and attitudes about sexuality, we are able to mitigate problems later on in the teenage years. If children and adolescents learn what healthy and unhealthy relationships are early on, they may be able to also steer away from problematic relationships later in life.
- 5. And most importantly, children and adolescents need to learn not to sexually objectifying themselves. Their role models are TV and movies stars, singers and sport stars. Have conversations around what makes these people good and bad role models. Most importantly, the easiest way to teach them not to sexually objectify themselves is through your role modelling as a parent.





Piloxing - The New Kid On The Block

bsolute Pilates Silver Lakes is combining the art of Pilates, Kickboxing and Dance to create a new fun-filled, high cardio workout that will not only make you sweat, but also whip your body into shape. On 21 September, we launched our first Piloxing class.

Piloxing was created by Swedish celebrity trainer Viveca Jensen, a former body builder, boxer, and certified Pilates instructor. Using her impressive background in fitness, Viveca incorporated her training, education and experience into creating a workout that mentally and physically empowers women by achieving a sleek, sexy and powerful image. Piloxing is a high-energy workout that keeps

your heart rate high. The class consists of interval training alternating between work and rest periods.

During your one hour of Piloxing, you get:

- your cardio,
- core, and
- strength training workout that will make you definitely feel the burn after class.

If burning 900 calories in an hour sounds like your thing, make sure that you do not miss our next class.

To maximise calorie burn and toning, weighted gloves are used - a sure way to blast flappy wings around the arms and tone the "winter fat" back.

Piloxing also has barefoot training to improve your personal overall fitness level. It also helps if one focuses on the principles of Pilates with correct breathing, the core activation, oppositions, flexion-traction, and reciprocal

For people who find Pilates too boring and boxing too rough, then Piloxing is the fun, sexy option that can still achieve core strength. See you at Absolute Pilates. Book early at info@absolutepilates.co.za to avoid disappointment.





In Hil's Head



Mom Flu is most definitely worse than Man Flu

There is NOTHING worse than Man Flu. Except for Mom Flu. Mom Flu is far, far worse. Two weeks ago, I was struck down with a terrible case. It started on the Thursday. I just didn't feel great. A little bit headachy and just generally blah and I decided to take a sick day. I dropped the Tween at school and went home to take a pain killer or three and sleep it off. By the afternoon I felt okay again and I went back to the office on the Friday. Bad decision. At first I thought it was my imagination, but I hurt all over. From my hip joints to my finger bendy bits, everything was sore. And was that a fever or was the aircon just wonky? Either way, the goose bumpiness came and went throughout the day.

"Suck it up Hils, you have friends coming for a braai tonight" I told myself repeatedly as the day wore on. That afternoon, I stopped at the nice food shop with the black and white "W" logo for supplies for our dinner party. After wandering up and down the aisles, overwhelmed and completely unable to decide between rump or sirloin and malva or sticky toffee pudding and having a hot flush in the fruit and veg aisle, which is normally notoriously f-f-freezing, I went to the tills to pay. And as luck would have it, all the banks decided at that very moment to

temporarily withdraw their pay point services. When the cashier lady suggested I go to the bank to draw cash, I nearly burst into tears. If I wasn't expecting guests, I would have abandoned my trolley there and then. That night, all I wanted was for the guests to go home so that I could fall into bed. And stay there. Forever.

The rest of the weekend was spent in a haze of fever, achy body, headache, interspersed with light-headedness. On Saturday, I dragged my sorry butt to the pharmacy for some cold and flu meds which didn't make a dent in how I was feeling. By the Sunday, I really should have gone to the doctor, but stingy me didn't want to pay the after-hours doctor bill and frankly I wanted to see my own doctor, not the poor bugger unlucky enough to be doing the graveyard shift. My own doctor is amazing. He is incredibly sympathetic and never makes you wonder if you were actually sick enough to see the doctor. In fact, he will most likely tell you that you're the sickest patient he's seen that day. And sympathy was what I really needed. And what I was not getting.

Occasionally, one of the family would pop past me to see if I was still breathing, but not a cup of tea nor a bowl of chicken soup was offered. I saw Dr Sympathy on the Monday and he sent me home with an antibiotic, a supply of green and red painkillers, cortisone and cough syrup, a hug and the assurance that I was the sickest he'd ever seen me

My recovery after that was slow but steady. On Tuesday and Wednesday, I stayed in bed but could read my book at least. I procured, with the assistance of my beloved domestic helper, my own chicken soup.

On Thursday, I tried to show my face in the office, thinking I was well enough to return to work, but the simple acts of dressing and driving took everything out of me and my boss took one look at me and sent me back home. Too much, too soon. Back home I went, and another few days in bed.

Mom Flu is bad, guys. Seriously bad. Not only did I see death's door and worse than that, I had to pay someone for sympathy, chicken soup and make my own tea! But I'm on the mend. But just wait until the hubster comes down with Man Flu again!

HEALTH & WELLNESS



No should in exercise

ZENA LE ROUX

When you think of the word "exercise," what comes to mind? Does it come with a sense of obligation and a limited view of what qualifies as exercise?

f you aren't hitting the treadmill or pumping weights a certain number of times per week, do you feel like an exercise failure? When working out isn't something you look forward to doing, the odds of your keeping up with it are greatly reduced. It is important to be creative and think outside the box.

There are many different activities that you can consider as "exercise." The important thing is to find out what you enjoy and to make it a part of your daily living. Here are a few ideas to incorporate more movement into your day.

Change your framework. We often experience some kind of guilt that comes with the "should" of exercising. Leave behind the "should" and find your "want." Think of "exercise" as movement that brings you joy. Traditional types of exercise like hiking, biking, running, swimming, kayaking, dancing, skiing and tennis can be incorporated into your daily life if you focus more on the fun and less on the result. If it gets you moving, it counts as exercise. It will lower your stress and put a smile on your face.

Talk and walk. Instead of meeting your friends for coffee or lunch, meet them for a walk. You save money and you get some exercise as well. You spend so much time jabbering that you forget your legs are doing a lot of walking. Do it with someone. It is easier to cancel on yourself than on someone else. Having support from others can get you through on the challenging days. Sign up for a yoga class or join a hiking group. It doesn't matter what it is, just do it with someone.

Crunch at work. We spend so much of our time at work that it is beneficial to find ways to move while on the job. Try to deliver documents in person rather than using interoffice mail, or walk to a different floor to use the restroom.

Keep moving. Try moving throughout the day rather than thinking of "exercise" as something you only do at a certain time of the day. For example, take the stairs instead of the elevator, park in a far spot at the grocery store, or do your own gardening. At home, try walking around when you are on the phone or stretching while watching television. Even cleaning your house counts as movement.

Whatever way you look at it, exercise is good for your health! It enhances your mood, improves your energy, helps you sleep better, boosts your immune system, lowers your blood pressure, increases your metabolism, helps you maintain a healthy weight, and so much more. How can you start moving today?





Contact Health Nook to join one of our Fat Loss & Feel Good 8-week Programs, buy some healthy goodies through our online store or just to say hi. www.healthnook.co.za, info@healthnook.co.za, 084 581 2631



The time to start saving water is yesterday!

Here are a few water-, money- and environmentally-friendly gadgets to help you "green" your home.

here is no denying that sub-Saharan Africa is experiencing a massive water drought and with no rainfall forecast in the coming months, it's up to us to use less water in order to save our environment. We all have good intentions by installing rain water tanks, but truth be told, if there's no rain, there will be no water to save.

So what can we do to save water? We need to identify areas in our homes where we can use LESS water.

FAST FACTS Did you know:

- The average household uses between 18 and 26 litres per minute per shower?
- When you backwash your pool you're wasting between 600 to 1000 litres of water per backwash?
- Every time you flush your toilet you use between 9 and 12 litres per flush?

There are a number of products available on the market that we've identified in order to help you use less water in your home, efficiently, without losing the comfort factor you're accustomed to.

Showering:

Shaving one minute off of your shower time for a family of four will result in a 12000l saving per year.

Most people don't realise that the average individual uses 1000L a week while showering. This is a huge amount of water

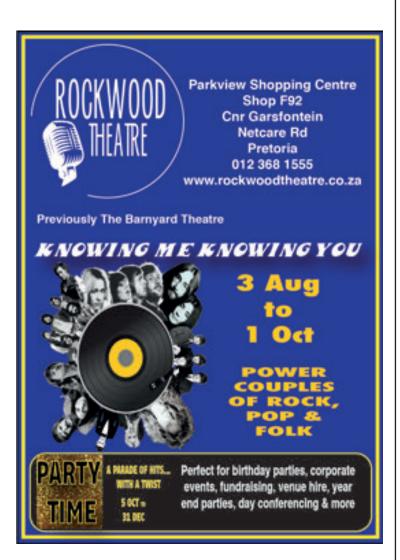


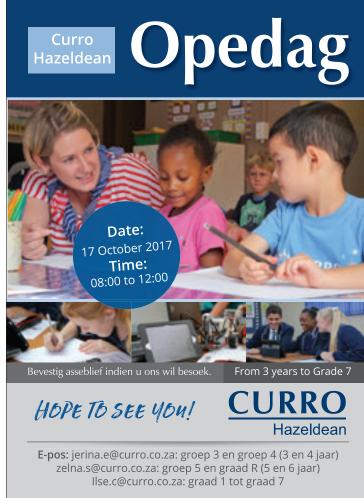
Take short showers instead of baths. We all know how long the men and children take

in the shower at home, don't we? This nifty little water-saving gadget will help your family learn to time their showers with the environment in mind. The Water Pebble is a small battery-operated, waterproof device that is placed on the shower floor. As soon as the water flows over the Pebble, a green light starts flashing and begins to time the shower. When the light flashes orange, it's time to wash off; when it flashes red, it's time to switch off! The kids love it, your spouse will hate you for it, but the environment and your wallet will thank you for it.

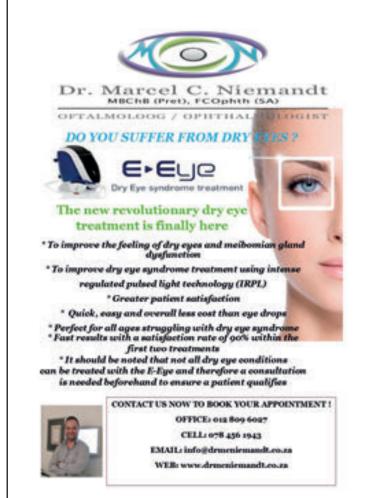
The pool:

As South Africans we love to hang out at the pool and braai for about 80% of the year! To maintain the sparkling waters of your home's entertainment hub, you need to backwash your pool at least every two weeks. Based on the fact that each backwash results in the wastage of between 600l and 1000l per backwash, you're effectively wasting almost 4000l a month!











Enter the MultiCyclone!

Waterco's award-winning MultiCyclone is a brilliant pre-filtration device that works on the basis of centrifugal water filtration and is designed with no moving parts and no filter media to clean or replace.

1. Ease filter workload

The MultiCyclone pre-filters up to 80% of the filter's incoming dirt load, easing the workload of the swimming pool filter.

- Improving pool water circulation
- Enhancing the performance of the automatic pool cleaner and in floor cleaning system

- Allowing effective pool vacuuming without burdening the pool filter
- Minimising filter maintenance and saving water

2. Minimise backwash frequency

Installing a MultiCyclone as a pre-filter to a sand filter can reduce its backwash frequency to once per year, resulting in a saving of up to **7 000 litres of water per year** for an average domestic-sized swimming pool.

3. Minimise cartridge cleaning and replacement

A MultiCyclone used as a pre-filter to a cartridge filter can reduce filter cartridge cleaning and replacement to once up to once per year, depending on the size of the cartridge filter.

- Minimises filter maintenance and saves
- No filter media to clean or replace
- Suitable for new and existing installations

Save water, save time, save money – everyone



Toilets:

Those who live with young kids know that flushing toilets isn't a priority, but adults therefore flush both for themselves and the

This toilet water saver can be used in existing toilets, new or old, to regulate the water therefore saving up to 70% of your water usage. It is simple to install and works immediately.

Remember, the less water you use in your home, the less you pay for said water; so it's not only the environment that wins - it's you



For more information or to find your nearest stockist, please log on to www.smartwatersolutions.co.za or email info@smartwatersolutioins.co.za





How biotech funds made investors wealthy

MAGNUS HEYSTEK INVESTMENT STRATEGIST AND DIRECTOR, BRENTHURST WEALTH

t's not often that investors get a second bite at an investment cherry. But two forces are lining up very nicely for a re-run of the spectacular returns local investors have made by investing in the booming biotechnology industry, an industry mostly concentrated in the US.

There is no domestic equivalent of a biotech industry so if you want to join this somewhat volatile but very rewarding investment roller-coaster, you have no choice but to invest in either a biotech ETF or one of the FSB-approved biotech funds available to local investors.

The two factors which are contributing to this exciting new window-period opening up for

new and existing investors are the current strength of the rand versus the USD and the other is the fundamental and technical signs coming from the industry itself. Certainly an opportunity to consider, but considerations like risk tolerance and financial objectives must be taken into account. This kind of opportunity may not come around again for the foreseeable future.

It's been more than five years since I became fascinated by the extraordinary scientific developments coming out of the biotech sector in and around Palo Alto, California and other parts of the US. Most of my research has been done on my own as the local investment industry, for some or other reason, has to a large degree ignored this sector, which has

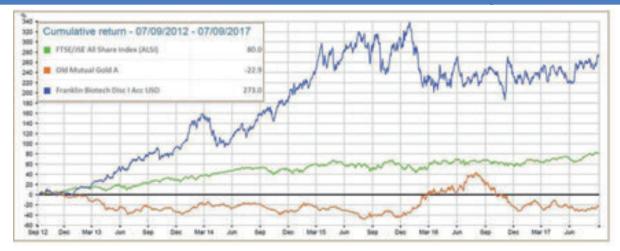
delivered stellar performances over most periods over the last five years.

Many investment advisors in SA are, in one way or another, linked to large corporate giants, and mostly are not exposed to these funds and sectors. In the end it is the ordinary investor who is often stuck with poorly-performing investments, simply because these wealth-creating investment opportunities are not being presented to them.

Brenthurst's support for biotech as an investment opportunity is well-known. Some detractors have criticised this view, especially after the sector took an almighty tumble during the US presidential campaign at the end of 2015.

Extraordinary returns

The performance of the biotech sector, in rand or dollar, over the past five years has been extraordinary (see chart).





The cumulative return of the biotech sector over this period has been 279%, compared to the paltry 80% you would have made if you had invested your money in the local stock market. And just to complete the comparison, I also compared the returns with an investment in SA gold shares. Have a look at the chart, dear gold investor, and weep. It's a bottomless pit of losses.

Why do people still own gold shares? The only people making money out of the local gold industry are the directors who somehow keep on paying themselves millions of rands in salaries, bonuses and share options, while ordinary investors keep hanging on – hoping that, Phoenix-like, gold shares will soar again

and create enormous wealth. The rand has surprised most, including myself, by being so strong over the past year or so. Despite the strong rand, an investment in biotech still did better than an investment on the JSE over one year. The rand is not strong because of renewed optimism over SA's economic fortunes. Far from it. The rand, like all other emerging currencies, is benefitting from the weak US dollar and the havoc Donald Trump is causing, not only in the USA but all over the world.

Structural problems getting worse

At some time the underlying structural problems in the SA economy will come to the fore again, most probably if and when we get the final downgrade to junk status from credit ratings agency Moody's later this year. This –together with an expected increase in US interest rates at about the same time – will lead to renewed rand weakness.

The second part of the puzzle comes from the biotech industry itself. In a recent discussion by Evan McCulloch, one of the fund managers of the Franklin Biotech Discovery Fund, the following became apparent:

- From a technical perspective, biotechnology is starting to lead the US market.
- Approvals of new drugs by the FDA (Food and Drug Administration, the regulatory body in the US which controls the industry) have picked up, meaning the pipeline of new products is increasing. A pipeline of products means higher sales down the road.

If you can't beat them, buy them. One way of getting new products is for the cash-rich giants (Biogen, Amgen, Pfizer) to simply buy smaller start-ups who own more exciting products they might be working on. It is sometimes cheaper to buy such companies, paying over the odds, than doing it themselves. Gilead recently paid \$12 billion for Kite Pharmaceuticals, which sparked a rally in this sector as investors are expecting more deals of this nature. Gilead acquired a futuristic oncology cellular therapy platform along with Axicel, a drug treatment for blood cancer which is expected to be approved later this year.

So far this year, the biotech sector is up 26% in US dollar terms, but is still 17% down from its all-time high recorded in 2015.

The sector has been boosted by positive news flow over the past few months, with approval of several ground-breaking gene editing treatments.

Novartis, for example, recently received firstever approval for a personalised gene-editing cancer treatment known as Car-T, with its drug Kymriah, which is aimed at targeting a type of bone marrow cancer or leukaemia.

Scott Gottlieb, head of the FDA, had this to say at the time of the approval: "We are entering a new frontier in medical innovation with the ability to reprogramme a patient's own cells to attack a deadly cancer. New technologies such as gene and cell therapies hold out the potential to transform medicine and create an inflection point in our ability to treat and even cure many intractable illnesses. At the FDA, we are committed to helping expedite the development and review of ground-breaking treatments that have the potential to be lifesaving."

In view of this, do consider including biotech funds in your portfolio. It has delivered great returns over time and current developments in the industry suggest that this will continue for some time.





Through Enjoyment to Excellence



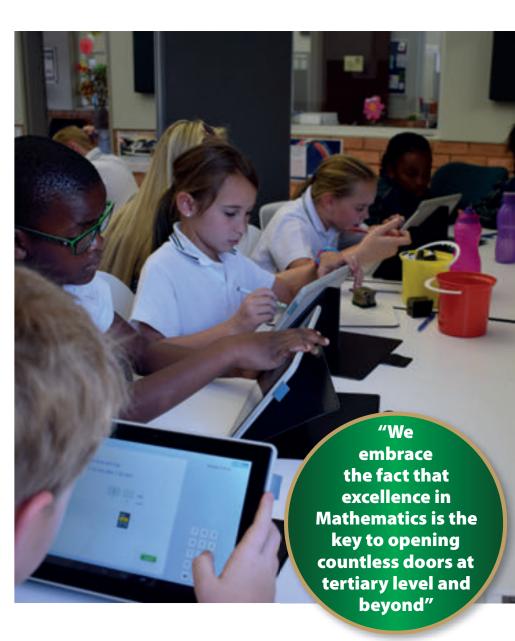
TYGER VALLEY COLLEGE: NEWS

A School for Mathematical Excellence

he word "Maths" usually triggers one of two reactions: it either sparks a debate about the general educational dire straits in which our country lies OR it unearths terrible maths-exam memories, making most parents feel stressed about what their own children have to go through at school. One cannot deny that Maths is an intimidating academic subject. However, it is also a crucial component of the future prosperity of the youth of the 21st Century.

We at Tyger Valley College (TVC) embrace the fact that excellence in Mathematics is the key to opening countless doors at tertiary level and beyond and it is our goal to ensure that the pupils who pass through our hands are mathematically motivated and capable. We understand that no two pupils are the same and we thus aim to accommodate for the various needs our learners may have when it comes to achieving mathematically. Whether the goal is to master higher-order thinking skills in order to achieve a distinction in the subject or to prepare for a particular tertiary education course, TVC places great emphasis on the necessity of being mathematically equipped.

Although the Tyger Valley College Maths Department invests many hours of excellence into the curriculum, as well as offering weekly extra Maths classes at no extra cost, there will always be a need for even smaller groups and more individualised attention in a subject like Mathematics. With parents spending many an hour parked outside extra maths centres, the need for a one-stop-shop was identified and initiated in the conception of TIME. "TIME" stands for Tyger Valley Institute for Mathematical Excellence. It is an on-site maths academy that offers support to the TVC Maths staff during the academic day while providing the service of extra Maths





lessons in the afternoons after school hours. We aim to provide our learners with a strong mathematical foundation as early as possible and thus we endeavour to take on a wholeschool approach to ensuring mathematical excellence.

OUR MATHEMATICAL BUILDING BLOCKS:

LESSONS INCLUDED INTO THE ACADEMIC DAY

During the academic day, the TIME staff works closely with the TVC staff to enhance the planning and methodology used to implement the curriculum. Pupils regularly visit the institute for the introduction, extension and consolidation of concepts, using creative and concrete methods. This is also an optimal opportunity for the pupils to work in smaller, ability-based groups. Within the spirit of developing a wholeschool love for Mathematics, the TIME staff also visit the Pre-Preparatory School to run staff development or a fun Maths Week to develop and foster a love for the subject from a young age.

EXTRA-MATHS LESSONS

After school, extra Maths lessons are provided to the TVC pupils at very competitive rates. These extra lessons fall within three categories:

■ Maths-Fitness Programme for grades 2-6: Larger groups of up to 7 pupils.

This is an online programme for pupils who are of average to above average ability, who want to revise, improve or maintain their 'maths-fitness' and general performance in Mathematics. The pupils are registered with an international online Maths programme, aligned with the South African curriculum. The pupils make use of tablets, provided by the institute, to revise the curriculum as covered by their TVC class teachers. They are also able to make use of the programme to practise at home. Mental Maths workbooks, concrete manipulatives and old test papers, where applicable, are also integrated into these lessons.

Intensive Programme for grades 2-12: Small groups of up to 4 pupils or one-onone lessons.

This programme is predominantly for pupils

who require extra encouragement or more intensive revision. Tutors work closely with the pupils to revise and reinforce the curriculum of that grade, as presented by their TVC class teachers. All workbooks and resources (including old assessment papers) are provided by the institute. The preparatory school pupils are also registered with the online programme, which they can make use of to revise and practise at home. Pupils receive weekly reinforcement and revision of the curriculum in groups of no more than four.

Exam Revision Workshops for grades 7-12

Exam Revision Workshops are scheduled to take place during the evenings of the month prior to exams in order to not only revise important concepts but also to instil study skills and develop a sense of motivation to prepare well for exams. These sessions consist of no more than ten pupils who want to improve their "test readiness" as opposed to learning the work from scratch.

Our ultimate wish is for the fear of maths to be eradicated from those we teach and for its beauty to be revealed. As the ingenious Albert Einstein puts it, "Mathematics is, in its way, the poetry of logical ideas." We here at TIME have high hopes for the future of our pupils and have no doubt that they will leave TVC ready to embark on a journey through enjoyment to excellence.

SEEKING TUTORS

Calling on past teachers and university students (maths-related degrees), who live in the Silver Lakes area. If you have a good command of the English language, enjoy working with young people and you have some experienced in tutoring, contact us: kmasson@tygervalleycollege.co.za.

NBT WORKSHOPS

The National Benchmark Test measures your academic readiness for University. Mathematics NBT preparation workshops are to be held at TIME for all matric pupils (TVC and external). Contact us for details. Email: abaker@tygervalleycollege.co.za











How to survive your monster BOSS!

Or three things I want you to know that may help you see your boss as a human.

Given half a chance we have all complained about our appointed leaders at some point or another. Most of us have had a boss who talks more than he listens, whose body language says "I have no interest in you", whose words say "you aren't worth my time", whose actions say "I am in power so you will do what I say". Some of us have been that boss at some point (*head hangs in shame*)!



Who is Briony?

Briony Liber is a career development and leadership coach, a wife, a mother to two furkids and a lover of chocolate. She had a midlife career change in her early forties after taking a stand against the rent-avoiding voices in her head that told her she "was not the type of person who could live her dreams because she would probably just fail at them".

She lives by the motto "Whether you think you can, or you think you can't, you are right". She encourages curiosity in everyone that she works with and focuses on coaching graduate professionals through their career transitions. Connect with her on her Facebook page @brionylibercoaching or via her website www.brionyliber.com

hear a recurring theme around what bosses should do: make more time to listen, develop staff better, transfer skills, share more information, engage the team's ideas, inspire their staff, have their back. There is no doubt in my mind that YES, bosses should be doing all of these things, and in an ideal world probably would.

But this is not an ideal world and bosses are not perfect – I say that as someone who has been an imperfect boss and who has had to survive an imperfect boss.

So here are three things I hope will make you more resilient to your boss' imperfections, and give you insights into the reality of being the person in charge.

Bosses are humans too

From personal experience, managers tend to be promoted because, amongst other things, they exhibit technical competence, deliver the goods, have drive and determination, and show initiative. But generally, these technical skills and attributes fall short in managing people.

Even the best managers are often just doing the best they know how and "winging it". When the "best you know how" is modeled on the "best someone else knew how", we repeat the same mistakes. Rarely are managers intentionally damaging. Most often they don't realize the damage done by a careless word or action.

The point is most managers struggle with the requirement to juggle their own work, manage others' work, ensure everyone has work to do, ensure that payments are coming in, that clients are happy, that everyone has resources, that their own boss is satisfied. Most bosses try to buffer their teams from their stress and vulnerabilities.

So when you next think your boss is a monster, there may be value in putting yourself in her shoes to see the world from her perspective – which may highlight that she is fallible, vulnerable and human. When we seek the humanity in each other, so much of the ugly stuff gets wiped away.

Your boss is invariably managing more people than just you – she may need chameleon-like skills if she wants to get it right all the time! You, on the other hand, probably only have to understand your boss to effectively communicate with her.

If you are not sure, ask your boss how she prefers to communicate and then manage upwards. What do I mean? Back when I managed a team of 30, my office was like a train station and I often joked about needing a ticketing system instead of having people milling around at my door expecting instant attention. Eventually I implemented an electronic calendar scheduling system as a replacement for the "stand at my door and wait" system. Those that scheduled time with me got a much better interaction with me than those that didn't.

Equally, my boss averaged 950 unread emails – emailing him was pointless. If I needed anything from him I would pop into his office for a chat. If I had stuck to my emailing preference we would have got nowhere.

Manage yourself

Irrespective of how your boss manages, you need to work with your boss! So unless you are planning to resign as a result of your boss, you could consider managing yourself. I hear many employees say that their boss hasn't clarified where they are going in the company – I always ask whether the employee has articulated her goals! The people I always invested effort in were those that came to me with clear goals and thoughts on how to get there. Anyone who wanted a meeting with me but hadn't thought about possible solutions for themselves, didn't generally get very far.

Next time you want something, go to your boss prepared: what do you want? how do you plan to get it? what support do you need? Make it easy for your boss to help you. It's more likely you will get her support.

Give the above strategies a try, but if none of them makes a difference, then be clear with yourself on knowing when it is time to resign from your boss!

Note: This article is in no way intended to absolve bosses from their responsibilities!



gardeners

- Arthur is looking for gardening work on Tuesdays. He is a very hard worker. Please contact Arthur at 073 953 4595. For a reference please contact Clive Long at 076 342 3382.
- Lackson is looking for garden work on Mondays, Fridays and Saturdays. He is a good and reliable worker and has worked for me for the past two years. He can also do painting and small building jobs. Please contact Lackson at 074 840 0176 or Martin at 082 458 3385.
- My honest and reliable gardener is looking for gardening jobs from Monday to Thursday. He is hardworking and can take the initiative to do additional jobs where needed without having to take instructions from his employer. Please contact Dr F. Weeks at 079 494 3436.
- Our gardener, Alex, has been with us for over 10 years and works for us 3 days per week. He is looking for extra work on Tuesdays and Saturdays. He is hardworking, reliable, honest, and is very good with pets. Please to contact Angela at 082 777 5934 for a reference. You can also contact Alex directly at 072 555 8597.
- Betroubare tuinman gesoek vir 5 dae 'n week (2 maande) en daarna 3 keer per week. Handyman skills 'n bonus. Skakel Liezle op 083 259 9505.
- Ezra Makusha is an excellent gardener and is looking for work on Mondays and Wednesdays. He is trustworthy and good-natured and has multiple other skills. Please contact Ezra at 061 238 2031.

for sale

Asterix and Obelix Comic Books all in German Volumes 2 – 26 @ R1350. Please contact Heidi at 083 697 9768. Based in Silver Lakes Retirement Village.

Baby Cot for sale – White wooden baby cot with Bamboo mattress. Please contact Joana at 073 133 4282.

services offerred

■ Qualified teacher assisting Primary school children after school in Silverlakes with homework – can assist with picking up children at school and providing lunch and a snack. Convenient for all working parents with children in Curro. Please contact Michelle Steven at 082 461 7980.

- COMPUTER SERVICES: Password recovery, data recovery, troubleshooting, hardware and software installation driver installation. Windows and Linux installation. Small and Home Business Computer, Fax and Printer Set up and Support. I have a Call Out Fee which depends on the distance of your location and you will be billed per hour. Please contact Clinton at 083 286 9419.
- Handyman Are you too busy or need a small job done in Silver Lakes, please call me. Anything from changing a light bulb or lock to painting, waterproofing, tiling, paving, ceilings, cornice, dry walling small brick work and plaster, almost anything. Please contact Johan at 082 411 0451 or Protus at 061 029 1850.
- HASSLE-FREE POOL SERVICES Weekly pool maintenance for R500.00, including chemicals. Contact Mark Venter at 082 601 6868 or send an email to markventer67@gmail.com.
- FTTV Services Internet, Wi-fi, DSTV, Audio Video Solutions. Please contact 012 996 1947 or 083 654 0634.
- Furniture repairs Please contact Mr. Fien van Vuuren at 074 899 6600. Retired cabinet maker.
- NG Systems Installations, service and repair of all types of garage doors, automation, CCTV and Alarm Systems. Please Contact Russel at 084 709 0916.

■ House and Pet Sitters

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

- Qualified Veterinary Nurse to house sit and spoil your furry kids while you are away. Available all year round. Please contact Dina at 012 809 2238.
- Lalisha Kloppers is 19 years old and looking for work to look after kiddies over the age of two. She will do fun activities (arts and crafts) with your kids while you have a chance to get out. She charges R50 per hour and has her own transport. Available any hours including weekends. For a reference please contact Bronwyn at 076 838 1158 or please contact Lalisha Kloppers at 076 969 9218.
- Do you need help with tree felling, garden refuse removal or painting? Please contact Reggie at 079 600 6525. He has his own vehicle. For reference please contact 082 854 3074.

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

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- Betroubare huiswerker soek werk in Silver Lakes vir twee dae. Sy werk reeds in Silver Lakes. Skakel my vir verwysing 082 338 8282, of vir Jerminah 082 094 9614.
- Betty Makhoti is seeking full-time, sleep-out work as a domestic worker in Silver Lakes or surrounding areas. She is available immediately. Please contact Betty at 076 809 4770. For a reference please contact Salome Pitswane at 084 487 8670.
- Gugu, who currently works for us four days a week, is looking for work in Silver Lakes on Wednesdays.

She is Zimbabwean, English-speaking, a hard worker, reliable and trustworthy. Please contact Gugu directly at 074 466 0170. For a reference please contact Monica at 082 565 2371.

- Huiswerker soek werk vir twee/drie dae in Silver Lakes. Sy werk reeds twee dae in Woodhill. Uiters betroubaar, eie inisiatief . Skakel Erna vir 'n verwysing Erna 082 491 3139 of vir Esther 063 148 5133.
- Liesbeth is looking for sleep-in work in Silver Lakes. She has done a cooking and baking course. She cooks and bakes very well. She is very patient and good with children. She speaks Afrikaans and some English. Please contact Liesbeth at 079 369 9004. For a reference please contact Lindie at 082 774 9296.
- My reliable, hardworking domestic Johanna is looking for 2 days domestic work in Silver Lakes. She has been with our family for over 8 years and has an extremely positive attitude. She speaks fluent

- English and can cook or bake anything. She is always very willing to learn new skills and I can highly recommend her. Please contact Chrisna at 082 990 3428.
- Naledi Maoka is seeking full-time work as a domestic worker in Silver Lakes or surrounding areas. She is available immediately for either a sleep-in or sleep-out employment opportunity. She is reliable, trustworthy, honest and hardworking. Her skills include cooking and child-minding. Please contact Naledi directly at 063 657 7733. For a reference please contact Annah Maswanganyi at 072 727 6500.
- Ons bediende soek werk op Dinsdae en Donderdae. Sy is 55 jaar oud, betroubaar, hardwerkend en gesond. Ek sal haar voorstel aan enige iemand wat belang stel. Sy ken reeds die estate en will graag hier werk. Haar naam is Sarah en die kontak nommer is 083 229 2026.
- Patricia is looking for sleep-in domestic work 5 days a week (Monday-Friday) she has worked as a domestic for 7 years. She has proven to be reliable, hardworking and trustworthy). She is flexible and quick to pick up new things. Please contact Patricia at 072 085 9018/078 882 6699. For references please contact Casper at 082 314 3522 or Martha Gelderbloom at 082 776 1186.
- Patience is looking for work as a domestic worker. She is a very hard worker with many years of experience as a nanny and domestic worker. Please contact Patience at 079 787 1784 or 074 479 9687.

- Veronica is looking for domestic work in Silver Lakes. She is awesome, humble and highly trustworthy. Her work is really neat—top to bottom. She comes highly recommended by her previous employer and has showed what she is capable of. She lives close to Silver lakes. Please contact Wilma at 072 061 1953.
- We will be leaving South-Africa soon and will have to say goodbye to our lovely housekeeper and nanny Merriam. Merriam has been with us since the beginning of this year. She worked for the neighbors before, and when they left, we decided that we really wanted Merriam as she is so wonderful with kids. In our family she did the cleaning, ironing, etc. in the morning, and cared for our little boy when he came back from kindergarten in the afternoon. She is a hard worker; she is independent, very trustworthy and always friendly. Merriam will be looking for a full-time live-in position. We will be leaving on the 31 of October, but are open to letting her go earlier if necessary. Please contact Merriam at 076 017 0616 or for a reference and further information please contact lan at 082 494 8777.
- Betroubare voltydse (inbly) bediende beskikbaar. Skakel my gerus vir verwysing Liezle op 083 259 9505.
- Elizabeth is looking for domestic work 5 days a week, sleep-in/sleep-out. She has worked for us for the past 5 years, but due to us relocating she is in need of a new job. She speaks English and Afrikaans, and is very reliable and hardworking. Please contact Elizabeth at 079 977 4080.



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Tyger Valley College is an independent, combined school of excellence. The College provides outstanding facilities, qualified and dedicated teachers with passion and enthusiasm to fulfil the needs of each pupil in a sensitive, caring manner and a balanced programme of academic, cultural, sporting and adventure pursuits. In this dynamic, happy learning environment, supported by a strong Christian-based value system, our pupils will be able to achieve their full potential academically, physically, socially and spiritually to emerge as well balanced, productive individuals.

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