



SILVER LAKES

GOLF ESTATE

september | 2017

INTRA MUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE



TRENDY KITCHENS



CHARITY DAY



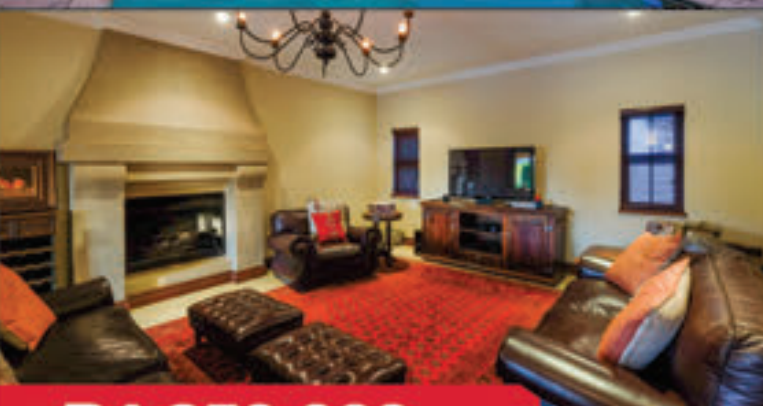
TURF WARS



R12 500 000

Silver Lakes:

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



R4 850 000

Silver Stream:

5 bedrooms | 4 bathrooms | 2 garages | House: 720m² | Stand 994m²

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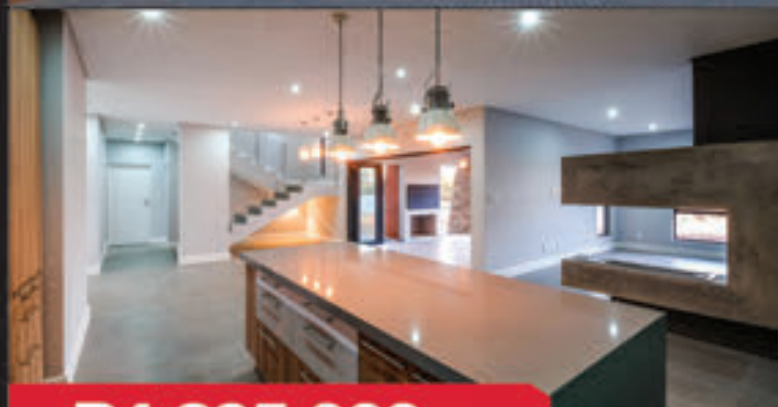


R10 500 000

exclusive mandate

Silver Lakes:

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



R4 895 000

The Ridge:

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

To view more detail about these exquisite properties please visit:
www.facebook.com/redtableproperties
www.redtableproperties.co.za

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properties

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DISCLAIMER

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



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GOLF ESTATE

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LETTER FROM THE EDITOR

Hello Silver Lakes Residents

It feels like we've been discussing the cold weather for months now; but if we're honest, we've really had a mild winter. I don't know about you, but spring has sprung in my garden and I see tiny shoots and buds popping up all over the place.

It's a special year for the Estate this year. Silver Lakes is celebrating its Silver anniversary. Can you believe that Silver Lakes is 25 years old?

Don't forget to enter our competition! Everyone loves a meal out. We also have a new contributor in this issue. Briony Liber is a life coach and because it's Women's Month, she has focused her article on changing careers later on in life - very inspirational indeed.

Perhaps spring for you means not only updating your garden, but also updating your kitchen? Have a look at the article on page 52 to catch up on the latest trends.

Best wishes,
Debbie



SILVER LAKES

56 Bally Bunion Ave, SILVER LAKES
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www.lindabodenstein.co.za



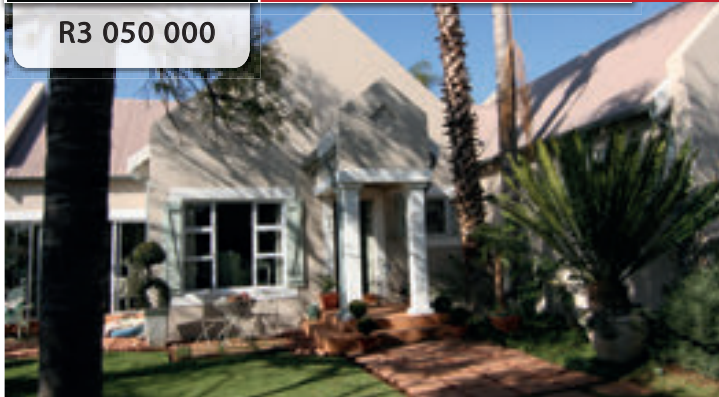
Linda Bodenstein
082 567 7963

SILVER LAKES

Web Ref: 1002660

LOCK UP AND GO!!

R3 050 000



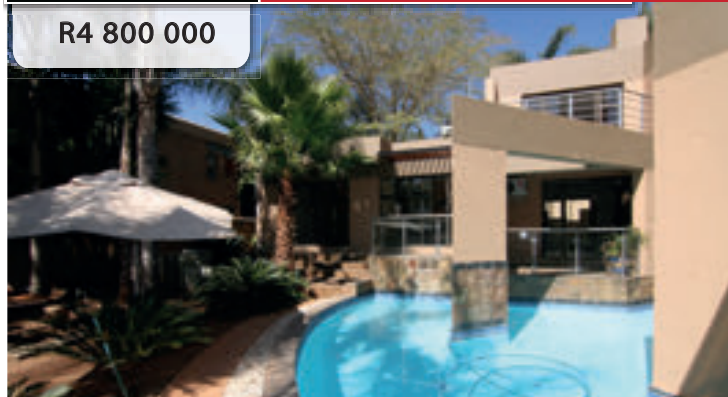
A most tempting buy! This house is designed with distinction. It has been renovated with very clever planning and stunning finishes. A new kitchen and a built in buffet cupboard that matches the whole interior of the house. There is a large patio with a built in braai and a bright and sunny lounge and dining room with air conditioning. Very spacious, north facing, sun-filled house with 3 Bedrooms. The main en-suite bathroom has also been renovated. Single story with double volume space. Double garage and staff quarters.

SILVER LAKES

Web Ref: 1014103

UNIQUE DESIGN!!

R4 800 000



UNIQUE FUNCTIONAL DESIGN!! Wooden floors throughout the house. 4 Bedroom house with 2,5 bathrooms. Bright and sunny. All doors and windows are aluminium framed. Gas heaters in all the entertainment rooms as well as in the main bedroom and large study. The kitchen is well planned with enough storage space. The large entertainment area opens up on to the sparkling swimming pool, which makes you feel like you are on holiday all year round. 3 Garages and stand quarters. Call us to view this property that is something totally different.

SILVER LAKES

Web Ref: 1002841

EXCLUSIVE MANDATE!!

R4 000 000



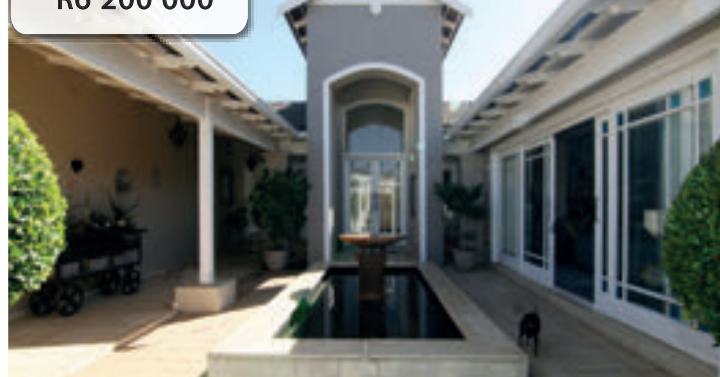
A perfect home for a large family! Wooden flooring and tiles throughout the house! 4 Bedrooms with 2 full bathrooms. A sense of flowing space. Very large north facing entertainers house. Open plan wooden kitchen with double oven and glass top hub. Separate scullery and a very large neat staff quarters with a bathroom. The cherry on top is 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.

SILVER LAKES

Web Ref: 655059

DUAL MANDATE!!

R6 200 000



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

HAZELDEAN

Web Ref: 986930

RETIREMENT VILLAGE!!

R2 400 000



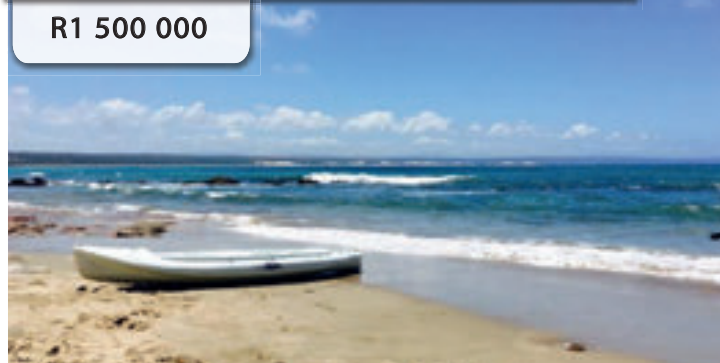
For 50 years and upwards that are young at heart. This is one of the most beautiful retirement villages. Frail care, clubhouse, heated pool. This house has an enclosed patio and a louvre deck which opens onto the garden. Large living, lounge and dining room. Well planned kitchen. TRANSFER FEES ARE INCLUDED in the price. Phone me for an appointment.

VLEESBAAI

Web Ref: 963209

WHAT A VIEW!!!!

R1 500 000



Prime ocean view vacant land in the most treasured Vleesbaai. This stand is the last in the older, established Vleesbaai area. With safe walking distances from an island feel beach. Serene weather circumstances through most of the year. Don't miss out on this great investment opportunity. Stunning 180° views over the ocean. 100m Walking distance from beach. Do not miss out on this bargain.

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FOR A VARIETY OF PROPERTIES. CLICK OR CALL.WE DO IT ALL!**

IMPORTANT CONTACT NUMBERS

HOA OFFICE

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

WhatsApp Number
081 848 2787

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

SECURITY

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

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

CLUBHOUSE

Clubhouse
012 809 0281

Cafe 41
012 8091571

Takeaways
012 809 0431 / 012 809 1484

GOLF

Pro Shop
012 809 0430

EMERGENCY NUMBERS

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

Boschkop Police
012 802 1087/4

Netcare 911
082 911

Willows Hospital
012 807 8100

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

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

Fire Brigade
10111

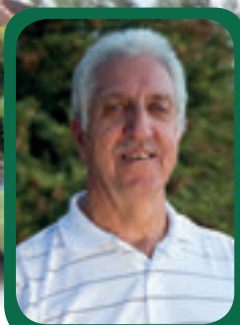
Power Failure
012 339 9111

City of Tshwane Call Centre
012 358 9999

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

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

ESTATE NEWS



DANIE VAN NIEKERK
ESTATE MANAGER

Country Club Facilities – Projects Update

The building projects under construction for this financial year as per approved budgets by the appointed main contractor, CKJ Building Construction CC, are:

- New halfway house;
- New berms & gabions at golf academy building;
- New services road;
- New third tennis court;
- Repositioning of generator set – (civil work).

Furthermore, the existing playground area will also be upgraded as soon as the heavy generator set has been repositioned – specific civil construction work (new concrete base & curing time) is in process and must be completed before moving of the generator can be done. Remedial work to the golf academy building will also be attended to later in the year. The insurance claim has been finalised – for storm damages suffered. This work is not part of the main contract.

Building plans:

Copies of the municipal approved building plans are available for perusal at the reception desks of our Management Centre, the Country Club and in The Pro Shop.

Construction progress:

Weekly site meetings are held regularly with the main contractor (CKJ) and daily site visits are performed by the HOA to monitor progress. As at the end of week 8, the main contractor (CKJ) confirmed construction was on schedule as planned. See images.

The construction sites:

The construction sites were officially handed over to the main contractor and are under their responsibility & control. Sites are enclosed, fitted with lockable gates, screened off with the green shade netting, are annotated with applicable warning signage and will continue to be “living sites”. Kindly always observe and adhere to warning signage.

Caution – construction sites are dangerous and

are out of bounds for members, residents, visitors and children.

Health & Safety:

An independent appointed H&S Agent of Master Builders Association has performed official monthly audit visits on all these construction sites. Feedback received to date is positive. All the required documentation is on record (safety file) and found to be in order for compliance. The H&S reports reflect a score of 89.05% (June) and 89.52% (July).

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





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



SILVER LAKES

R8 500 000

CO-EXCLUSIVE MANDATE

Web Ref: 3283999



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. Also on offer is a designer kitchen with separate scullery and laundry and executive study with own private entrance – ideal for a home office. Upstairs caters for the family and includes a pyjama lounge leading to a balcony with spectacular views across the fairways, kitchen nook, 4 stylish bedrooms awash with natural light (2 en-suite) and 3.5 beautifully finished bathrooms. The fourth bedroom and pyjama lounge with kitchen nook can easily be converted into a separate flat let with its own entrance. Staff accommodation and 3.5 automated garages.

Zona-Lize 083 452 5588

SILVER LAKES

R6 890 000

EXCLUSIVE MANDATE

Web Ref: 13509171



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

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

Zona-Lize 083 452 5588

SILVER LAKES R8 000 000

Web Ref: 13455000



EXCLUSIVE MANDATE

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

Martin 083 452 5599

SILVER LAKES R5 500 000

Web Ref: 13507614



EXCLUSIVE MANDATE

Imagine Enjoying a relaxing lifestyle in this beautiful and immaculate family home on the golf course with engaging views of the fairways. Boasting generous accommodation with outstanding quality and modern finishes. Comfortable with loads of charm and ambience. Featuring expansive and generous reception areas, study and exclusive well equipped modern gourmet kitchen. Large enclosed entertainment area with bar and gas barbeque opens with stackable doors onto the featured sun splashed pool, boma and landscaped manicured garden. The property also features 5 spacious bedrooms (4 en-suite) with 4.5 beautifully finished bathrooms. Also on offer is staff accommodation, 4 automated garages and ample parking for friends and family. **SPECIAL FEATURES:** Air-Conditioning, Automated Irrigation, Fitted Bar, Solar Geysers in all bathrooms with timer switches.

Zona-Lize 083 452 5588

SILVER LAKES R3 600 000

Web Ref: 13475897



EXCLUSIVE MANDATE

Enticing family home boasting stylish elegance coupled with loads of ambience and quality finishes throughout. High ceilinged entrance welcomes you to large open plan reception areas with fold away doors on both sides opening seamlessly to a very private and exclusive entertainment area with welcoming pool and built-in 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. Also on offer is 4 bedrooms and 3.5 beautifully finished bathrooms – consisting of a lavish main bedroom suite with stunning bathroom upstairs and guest suite down stairs. Staff accommodation and 3 automated garages with ample parking. **SPECIAL FEATURES:** Air Conditioning, Two Fire Places, Irrigation.

Martin 083 452 5599

SILVER LAKES R2 098 000

Web Ref: 13510145



LOCK UP & GO STUNNER

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

Zona-Lize 083 452 5588

SILVER LAKES R3 050 000

Web Ref: 13367115



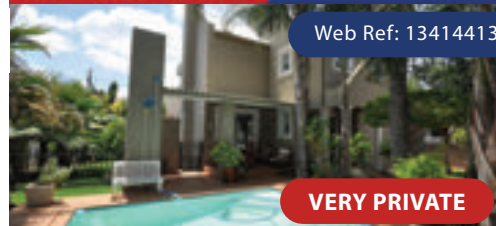
IMMACULATE

Stunning New Release!!! Situated in the heart of Silver Lakes Golf Estate in a very quiet street. A beautifully presented one level home with a French touch – that exudes loads of ambience and welcoming warmth. A versatile and expansive floor plan caters for easy and relaxed living – perfect for indoor and outdoor entertaining. Sliding doors opens up to a private landscaped and tree filled garden. Boasting a modern and exclusive open plan gourmet kitchen with ample cupboard space and separate scullery, 3 light and bright bedrooms (MES) with 2.5 beautifully finished bathrooms. Staff accommodation and double automated garages.

Zona-Lize 083 452 5588

SILVER LAKES R2 550 000

Web Ref: 13414413



VERY PRIVATE

Spacious lock-up and go. Boasting flowing reception areas, open plan kitchen with separate scullery and covered patio with built in barbeque that overlooks the sparkling pool and private garden area. Also on offer is 3 spacious air-conditioned bedrooms with 2.5 bathrooms. Double carport with one lock up garage and ample parking space.

Martin 083 452 5599

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SELECTION OF EXCLUSIVE SILVER LAKES PROPERTIES

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ESTATE NEWS

New soil berm & gabions at Golf Academy building – nearing completion



New services – from La Quinta Street to abutting tennis court retaining wall; construction in process



New base for generator set & new tennis hut – construction in process



New third tennis court – construction in process; retaining wall plastered



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



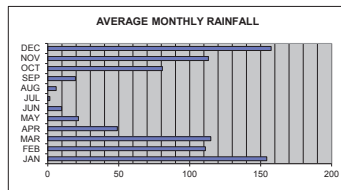
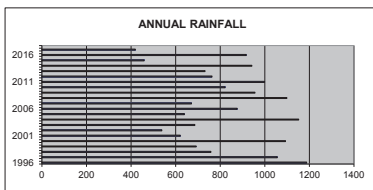
Golf Course Irrigation System (Upgrade)

Installation of the new upgraded irrigation system on the “front nine” – holes 1 to 9 – of the golf course is also still in process, with practical completion estimated end August 2017. Upgrading of mechanical installation inside the pump house is nearing completion and the external civil work will follow. Installation work is progressing well by the contractor. The project continues under the management & control of our member, Martin te Groen, and his team. All cautionary measures are taken during installation work to ensure as little interruptive as possible.



Rainfall Update

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



| RAINFALL DATA FOR SILVER LAKES - PHASE 1 | | | | | | | | | | | | | 23 Aug 17 |
|--|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| YEAR | MONTH | | | | | | | | | | | | TOTALS |
| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | |
| 1996 | 224 | 285 | 61 | 97 | 31 | 0 | 2 | 0 | 0 | 107 | 108 | 215 | 1189 |
| 1997 | 122 | 58 | 381 | 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 | 116 | 21 | 9 | 87 | 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 | 86 | 81 | 0 | 0 | 0 | 0 | 0 | 18 | 117 | 81 | 639 |
| 2006 | 311 | 162 | 21 | 37 | 0 | 0 | 0 | 47 | 0 | 36 | 92 | 153 | 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 | 88 | 6 | 15 | 33 | 0 | 18 | 25 | 84 | 146 | 132 | 956 |
| 2010 | 112 | 76 | 94 | 151 | 58 | 0 | 0 | 0 | 0 | 32 | 42 | 255 | 822 |
| 2011 | 219 | 85 | 243 | 84 | 0 | 20 | 10 | 16 | 11 | 106 | 64 | 162 | 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 | 85 | 70 | 459 |
| 2016 | 191 | 37 | 165 | 29 | 46 | 13 | 2 | 0 | 5 | 95 | 239 | 95 | 917 |
| 2017 | 148 | 158 | 5 | 85 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 419 |
| AVERAGE | 154 | 111 | 115 | 49 | 22 | 10 | 1 | 6 | 20 | 81 | 113 | 157 | 841 |

Stand Details Update

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

| 2017 | Phase 1 | | | | Phase 2 | | | | Phase 3 | | | | Summary | | | | Total |
|------|---------|---|-------|-------|---------|---|----|-------|---------|-----|---|----|---------|-------|-----|-------|-------|
| | A | E | U/C N | U/C A | C | A | E | U/C N | U/C A | C | A | E | U/C N | U/C A | C | Total | |
| Jan | 0 | 5 | 2 | 8 | 951 | 1 | 19 | 3 | 2 | 489 | 0 | 16 | 7 | 2 | 139 | 1 | 1644 |
| Feb | 0 | 5 | 2 | 8 | 951 | 1 | 19 | 3 | 2 | 489 | 0 | 16 | 6 | 3 | 139 | 1 | 1644 |
| Mar | 0 | 5 | 2 | 7 | 952 | 1 | 19 | 3 | 3 | 488 | 0 | 16 | 6 | 2 | 140 | 1 | 1644 |
| Apr | 0 | 5 | 1 | 8 | 952 | 1 | 19 | 3 | 4 | 487 | 0 | 16 | 6 | 3 | 139 | 1 | 1644 |
| May | 0 | 5 | 1 | 7 | 953 | 1 | 19 | 3 | 4 | 487 | 0 | 16 | 6 | 3 | 139 | 1 | 1644 |
| Jun | 0 | 5 | 1 | 9 | 951 | 1 | 18 | 3 | 3 | 489 | 0 | 15 | 7 | 3 | 139 | 1 | 1644 |
| Jul | 0 | 5 | 1 | 11 | 949 | 0 | 18 | 3 | 3 | 490 | 0 | 14 | 7 | 1 | 142 | 0 | 1644 |
| Aug | 0 | 0 | 0 | 0 | 966 | 0 | 0 | 0 | 0 | 514 | 0 | 0 | 0 | 0 | 164 | 0 | 1644 |
| Sep | 0 | 0 | 0 | 0 | 966 | 0 | 0 | 0 | 0 | 514 | 0 | 0 | 0 | 0 | 164 | 0 | 1644 |
| Oct | 0 | 0 | 0 | 0 | 966 | 0 | 0 | 0 | 0 | 514 | 0 | 0 | 0 | 0 | 164 | 0 | 1644 |
| Nov | 0 | 0 | 0 | 0 | 966 | 0 | 0 | 0 | 0 | 514 | 0 | 0 | 0 | 0 | 164 | 0 | 1644 |
| Dec | 0 | 0 | 0 | 0 | 966 | 0 | 0 | 0 | 0 | 514 | 0 | 0 | 0 | 0 | 164 | 0 | 1644 |

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



Lew Geffen | Sotheby's
INTERNATIONAL REALTY

INTRIGUING

Some homes arouse curiosity. A sense of wonder overcomes one
to know what lies beyond lit doors and windows.

It captivates with its fascinating and compelling qualities
and draws you into a world that is at once vibrant and comforting.

SEARCH FOR YOUR OWN "INTRIGUING" AT

sothebyspretoria.co.za



Juanita du Plessis

082 322 3407

juanita@sirpretoria.co.za



Silver Lakes Property



KATHY O'CONNOR
LIAISON MANAGER

From the Estate Liaison Manager

Dear Silver Lakes residents

On the 8th of August 2017 I watched from my office window as some swallows flew around outside, up and down they flew, and I marvelled at how far they fly every year and yet manage to survive. Spring must now be just around the corner judging by the arrival of the swallows – almost within fingertip reach.

Corlia, in her article, provides a great update on what we can look forward to in September with our annual Spring Day event on the 9th of September and another Business Talk taking place on the 13th of September, hosted by well-known entrepreneur and Shark Tank judge Marnus Broodryk. And of course, the highlight for the little ones – Trick or Treat on the 31st October.

Telkom fibre

The Telkom fibre infrastructure in the Estate has now been in place for a number of months. You have the option of signing up with Telkom and the application form is on the Silver Lakes website, on the homepage (www.silverlakes.co.za). Should you wish to use an internet service provider of your choice, this can be done; however, we are awaiting feedback from Telkom as to contact names at the various service providers who will be able to assist since you will still need to use the Telkom stand-alone broadband service.

Golf matters

A few months ago, Andrew McKenna sent out an email to his golfers with regard to the following matters, and below is a summary of the

issues raised. We can all assist in playing our small part in making our Estate an even better place to live and play in. Many of the following points apply to golfers, but it is good that we are all aware of them:

- Remember to check in at the Pro Shop before teeing off
- No playing golf on the course outside of golfing hours
- Use the mats, when in use, at the driving range
- The range balls from the driving range must stay on the range and should not be removed
- Divots and pitch marks must be repaired
- Golfers have priority during golfing hours
- Non-golfers need to keep to the cart paths
- Educate your children about the dangers of golf balls in flight.

And finally, thank you for supporting our events. We had a very educational Parenting Talk towards the end of July covering bullying and social media. And another heartfelt thank you to those who attended our Charity Day which consisted of a golf day, auction and barn dance. We are still doing the sums to determine how much money was raised and will be donated to charity.

Have an awesome September.

Regards

Kathy O'Connor
Liaison Manager



Ref# PT1329398

Silver Lakes Golf Estate / R3.8 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.



Ref# PT1329401

Silver Lakes Golf Estate / R7.6 million

5 Bedrooms / 4 Bathrooms / 4 Garages

View of the golf course as well as the location of the game reserve. A sound investment in this family home with a great location. Rooms are spacious and living areas are great for entertainment. A big garden for the kids to play and adults to chill while gazing at the glorious sunsets.



Ref# PT1302482

Lombardy Estate / R5.2 million

5 Bedrooms / 4 Bathrooms / 3 Garages

Visually appealing family and entertainment home. Caesarstone quartz kitchen, open plan living area with both areas connected to the elegant undercover entertainment space. Water underfloor heating system. Bedrooms are located on the one level and the 5th guest room is conveniently located downstairs. Study, 3 garages and domestic quarters.



Ref# PT1331849

Silver Stream Estate / R4.995 million

5 Bedrooms / 4 Bathrooms / 4 Garages

No transfer duties payable! This home is walking distance from the park and offers everything your heart desires. 2 Cosy fireplaces in the TV room and main bedroom where you have your own little private lounge. Private 5th room downstairs with a study and another lounge. Entertain on the big patio with a dream view of the private garden and pool.



I am Inge de Klerk

Inge 083 700 3911
pamgolding.co.za/inge-de-klerk
 012 365 9000
inge.deklerk@pamgolding.co.za
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PAM GOLDING
 PROPERTIES



San-Karin Jacobs

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R5 490 000

QUAINT LOCK UP & GO



Property Link: bit.ly/3-450-000

R3 540 000

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Property Link: bit.ly/2w-1gVth

R3 200 000

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Silver Willow Village

Property Link: bit.ly/1-680-000

R1 680 000

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Gina Olivier
071 683 4765
gina.olivier@seeff.com





CALENDAR OF ANNUAL EVENTS FOR 2017



SILVER LAKES
GOLF ESTATE

Saturday 9 September

- Spring Day Fun Day

Tuesday 17 October

- Garden Competition

Tuesday 31 October

- Trick or Treat

Friday 24 November

- Christmas Celebration

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Silverwoods Estate | The Ridge | The Meadows
Hazeldean | Tijger Valley
Newmark | Equestria | Willow Acres | Six Fountains

Contact us

Anton Scheepers | 083 227 1112
E-mail: anton@jawitzsilverlakes.co.za

Amandie Scheepers | 082 412 9421
E-mail: amandie@jawitzsilverlakes.co.za

Elizma de Jager | 083 652 0200
E-mail: elizma@jawitzsilverlakes.co.za

Office: 012 809 0019
Email: admin@jawitzsilverlakes.co.za



Silver Lakes Business Club



13 September 2017
18h30 at the Clubhouse
Presented by

Marnus Broodryk

Well known entrepreneur, and Shark tank judge



**Topic: The mind
of the
entrepreneur**

Please bring your business card along for a draw
R180 p/p (includes light meal and wine)
Book via e-mail clubreception@silverlakes.co.za
or phone: 012 809 0281
Credit cards accepted. Please book and pay asap

LEATHER SALES

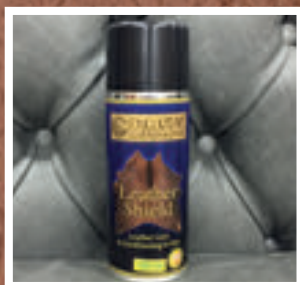
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News from the Mature Golfers

The support of the "old-timers" playing golf in the winter months has been exceptional. On the last Thursday of July, we had more than 40 golfers teeing off early in the morning. What a further bonus it would be to the Silver Lakes Golf Club and Café 41 when we get into the warmer months. For those gentlemen older than 50 years of age who have missed out on these enjoyable Mature Golfers outings which take place each Thursday, please feel welcome to join this sociable group as all you need to do is to put your name down at The Pro Shop by Wednesday noon at the latest if you'd like to play on the Thursday of that week. The playing fee is very reasonable and

prizes exceed R800 each week. We do the draw at 07h15 and tee off from 07h30 each week until the end of August, and then at 06h45 and 07h00 respectively from September.

We are getting into the tough part of the year when it comes to competitions, and the race is on for the champions in the various categories. We will be having our annual Golf Day this year on Thursday 16th November at Silver Lakes so please diarise this event now to possibly be in contention to be crowned the Mature Golfer of the Year. The eclectic races seem to be heading for a tie unless one of the old boys gets an extra vitamin energy boost and jumps ahead.

The present Stableford eclectic status shows John Murray, Tim Toman and Rian Swiegers far ahead, each on 61 points. The present gross eclectic result shows a fight again between Eugene Visagie and Fernando Vieira, each on 61, with Rolf Hauter in hot pursuit. The knock-out competitions have now reached the quarter-finals and it is very interesting to see the names of other golfers on the board this year.

It is with great sadness that we lost our oldest playing member in July when Fanie Schoeman suddenly passed away. Our sincere condolences go to his family and friends.



MATURE GOLFERS – 6 JULY 2017

| NAME | PLACE | 2-CLUB |
|--|----------|----------------|
| Vincent Mascini / Fernando Vieira (51) | 1st | Steve Greyling |
| Dawie Jacobs / Niek Hollander (48) | 2nd | Sid Pretorius |
| Sid Pretorius | NTP # 9 | |
| André Meij | NTP # 16 | |
| Jannie van Deventer | NTP # 18 | |
| André Meij | NTP # 13 | |
| Kokkie Martin | NTP # 3 | |

MATURE GOLFERS – 13 JULY 2017

| NAME | PLACE | 2-CLUB |
|----------------------|----------|-----------------|
| Francois Booyse (35) | 1st | Piet Skinner |
| Daan Venter (34) | 2nd | Fernando Vieira |
| Kobus Gouws (33) | 3rd | Hugo Pretorius |
| André Basson | NTP # 9 | |
| Hans Schoeman | NTP # 16 | |
| Jan Potgieter | NTP # 18 | |
| Piet Skinner | NTP # 13 | |
| Fernando Vieira | NTP # 3 | |

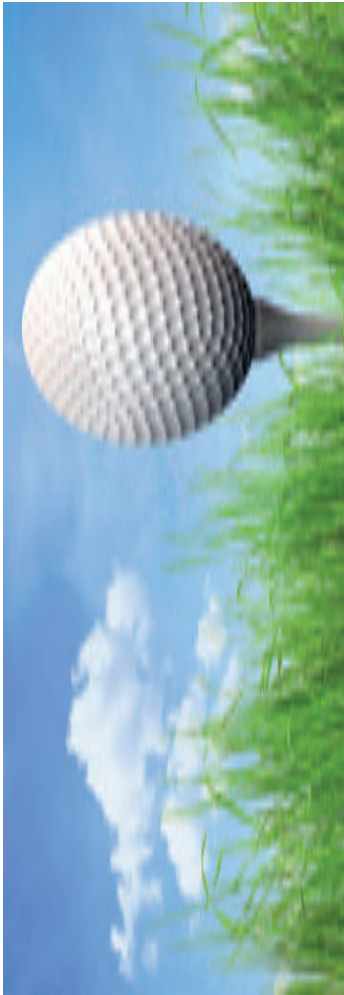
MATURE GOLFERS – 20 JULY 2017

| NAME | PLACE | 2-CLUB |
|--|----------|----------------|
| Theo O'Neil / Johann Myburgh / Jannie Jacobs / Johan Cilliers (93) | 1st | Tim Toman |
| André Smit / Peter Kusel / Tim Toman / Rolf Hauter (87) | 2nd | André Meij |
| Tim Toman | NTP # 9 | Theo O'Neil |
| André Meij | NTP # 16 | Eugene Visagie |
| Daan Venter | NTP # 18 | |
| Kobus Gouws | NTP # 13 | |
| Tim Toman | NTP # 3 | |

MATURE GOLFERS – 27 JULY 2017

| NAME | PLACE | 2-CLUB |
|-----------------------|----------|------------------|
| Tim Toman (39) | 1st | Kobus Gouws (x2) |
| Kobus Gouws (37) | 2nd | Eugene Visagie |
| Piet Skinner (35 c/o) | 3rd | Cobus v d Watt |
| Kobus Gouws | NTP # 9 | Chris de Kock |
| Eugene Visagie | NTP # 16 | Tim Toman |
| Stephan Ferreira | NTP # 18 | |
| Kobus Gouws | NTP # 13 | |
| Mike Payne | NTP # 3 | |

A few years ago, we staged a very successful Golf and Fishing competition, and we have decided to make this an annual event. The event, which we have decided to call "Chips and Fish", will take place on the weekend of 28 and 29 October – with us playing golf on the Saturday and fishing on the Sunday.

INTRA MUROS SEPTEMBER 2017 15



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Green (Red-Billed) Wood Hoopoe. *Phoeniculus purpureus*

News from Silver Lakes Bird Club

Turf Wars

PHOTO CREDIT: RICHARD DOWNING

Has anyone noticed that there is a turf war going on in our neighbourhood? On three consecutive Sundays, the Wood Hoopoes gave a glorious display of territorial dances for almost half an hour. We watched them cackling and making quite a raucous in the trees, after which they flew onto our roof where they proceeded to bow up and down until they flew down the street to start all over again. There were two to three groups of about six to eight birds per group.

The Green Wood Hoopoes are quite distinct birds, with their long red bills, metallic plumage and long tails. They also have distinct white markings in their wings when they fly. Juveniles are less glossy and have black bills. They are also quite agile birds as they can hang upside down in trees.

They are social birds and can live in groups of up to 10, with a dominant mating pair hierarchy. These large groups defend the dominant pair and their territory. Hoopoes are cavity nesters, which provides a slight problem during the winter seasons as the Green Wood Hoopoes get cold at night and need to have their cavities partially covered with vegetation. As a result of this they all huddle together at night to keep warm.

The distribution of Wood Hoopoes occurs in Sub-Saharan Africa, except in the DRC and western Africa. In Southern Africa they are most common in Mozambique, Zimbabwe, eastern South Africa, northern and eastern parts of Botswana, and northern parts of Namibia. The Namibian Violet Wood Hoopoes, which reside in the northwest part of the country, look very similar to the Green

Wood Hoopoe except they are a little larger, have longer tails and are violet in colour. Their cackle is also slower and deeper than that of the Green Wood Hoopoe.

In a study published by M. A. du Plessis *et al.* (2007) on Violet Wood Hoopoes, it was found that they have a larger group size and larger territories due to the arid regions in which they reside. Unlike the Green Wood Hoopoes, who defend all their territory, the Violet Wood Hoopoes only defend their nesting sites – with the same raucous behaviour as the Green Wood Hoopoes. It was also found that Green and Violet Wood Hoopoes mate in the areas that they share.

If you want further information, please look at the websites in the Reference section.

Club News

Thursday 21st September – Dr. Hanneline Smit Robinson is giving a presentation on the Flufftail Project.

Thursday 26th October – Year-end function and presentation by Ian Alexander.

Hope to see you all there.

Kathryn Downing

Chairperson

References:

1. <http://scienceblogs.com/tetrapodzoology/2011/06/07/hoopoes-and-woodhoopoes>
2. www.biodiversityexplorer.org/birds/phoeniculidae
3. https://en.wikipedia.org/wiki/Wood_hoopoe
4. Sasol Birds of Southern Africa Fourth Edition
5. Du Plessis MA, Simmons RE, Radford AN. Behavioural ecology of the Namibian Violet Woodhoopoe *Phoeniculus damarensis*. Ostrich 2007, 78(1): 1-5.



Woodland Hoopoe



News from the Silver Lakes Fishing Club

Despite the colder weather, fishing has still been good for those who had the patience to sit around and wait for the carp to find our offerings; remember carp and other fish are more lethargic in the colder water and feed less frequently.

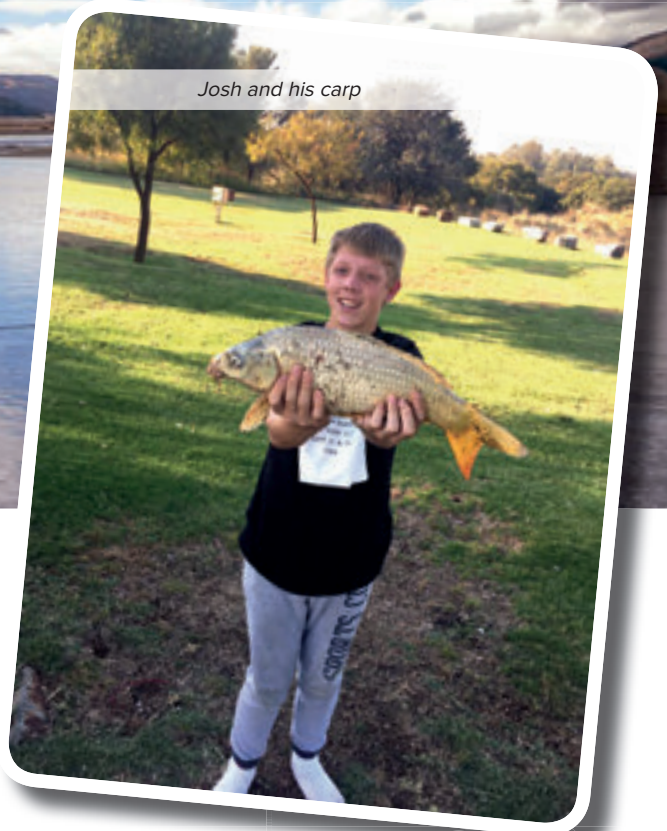
With spring around the corner, one can expect the bass to start spawning, and as this happens they become very aggressive and protective of their nesting sites. Fishing for bass can be very productive, especially when using surface poppers and other surface lures.

Recently the HOA took a decision to close the boom that provided access to the dam wall in Phase 3, thus preventing fishermen from reaching the fishing sites by car, resulting in all the fishing gear, chairs, etc. having to be carried over quite a distance, which can be quite a schlep! The Fishing Club are engaging with the Environmental Committee to look for alternatives or to find a compromise which would satisfy all parties. Once a final decision has been reached, we will communicate this to all members and interested parties.

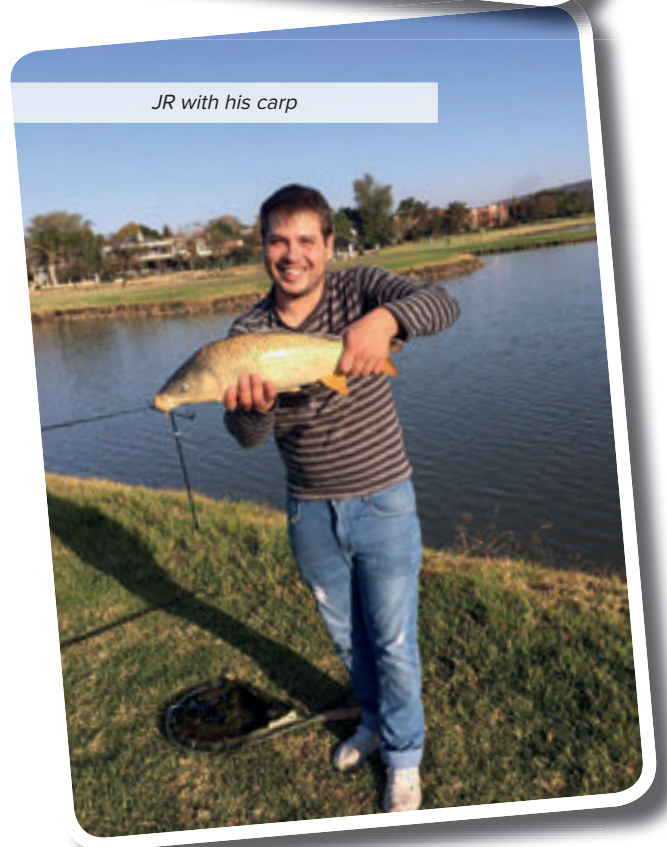
A few years ago, we staged a very successful Golf and Fishing competition, and we have decided to make this an annual event. The event, which we have decided to call "Chips and Fish", will take place on the weekend of 28 and 29 October – with us playing golf on the Saturday and fishing on the Sunday.

Tight lines, and remember, it is not what you catch but what you return that makes a difference...

Josh and his carp



JR with his carp



From ZERO to HERO

How to run a 5km, 10km and 21km distance

BY MARTINA SCHOEN

Spring is around the corner and now is as good a time as any to get those legs moving!

The thought of sunny days, early sunrises and late sunsets are a few of the things that motivate us to dust off our running gear and pluck up the courage to set foot outside. That, and of course a closet full of bare-legged outfits! Whatever your motivation, the Silver Lakes Athletics Club would love to support you in your pursuit of a fitter, healthier you. Over the course of the next three months we are going to share our training programmes, tips, and general advice to help you

reach your running goal. We would also like to invite you to join our Tuesday evening time trial sessions during which you could monitor your individual progress. For more information on Silver Lakes Athletics Club contact Christine: 082 443 1119 / christinenaude3@gmail.com.

Don't miss your monthly Intra Muros for your training programme:

September: 5km training programme

October: 10km training programme

November: 21km training programme

SEPTEMBER GOAL: TO RUN A 5KM PARK RUN

Some tips to get you started:

- Invest in good running shoes
- Run on non-consecutive days and run a minimum of three times per week
- Run at a comfortable pace. You should be able to keep a conversation whilst running
- Stretch before and after your run
- Find a running buddy!

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|--------|---|---|---|-------------------|
| WEEK 1 | 10min warm-up walk Run 2 min Walk 3 min x5 | 10min warm-up walk Run 2 min Walk 3 min x5 | 5min warm-up walk Run 2 min Walk 3 min x6 | Walk / run 20 min |
| WEEK 2 | 10min warm-up walk Run 2 min Walk 3 min x5 | 10min warm-up walk Run 3 min Walk 3 min x5 | 5min warm-up walk Run 3 min Walk 2 min x6 | Walk / run 25 min |
| WEEK 3 | 10min warm-up walk Run 2 min Walk 3 min x5 | 5min warm-up walk Run 4 min Walk 1 min x6 | 10min warm-up walk Run 4 min Walk 1 min x5 | Run / walk 25 min |
| WEEK 4 | 5min warm-up walk Run 4 min Walk 1 min x6 | 5min warm-up walk Run 4 min Walk 1 min x6 | 5min warm-up walk Run 4 min Walk 1 min x6 | 5KM PARK RUN! |

*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.

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

| Race date | Race | Venue | Contact | Telephone |
|-----------|--|---|--------------------|---------------------|
| Sat 02 | Spirit of Flight 10 km | Air Force Base Swartkop | Jan Essau | 071 343 4504 (cell) |
| Wed 06 | Rietvlei Night Trail Run | Rietvlei Dam | Shane Gouldie | 082 332 9552 (cell) |
| Fri 08 | Irene Primary School Moonlight 8km & 4km Fun Run/Walk | The Oval | Race Organiser | 012 667 1027 (work) |
| Sat 09 | Value Logistics Addicted to Life Half Marathon & 10 km | Tshwane University of Technology Campus | Race Organiser | 071 405 5588 (cell) |
| Wed 13 | Tortoise 5 km & Hare 8 km Run/Walk | The Big Red Barn | Shane Gouldie | 082 332 9552 (cell) |
| Sat 16 | Brooklyn Half Marathon, 10 & 5 km | Brooklyn Design Square | Bert van den Raad | 082 922 6817 (cell) |
| Sun 17 | Hurricane Trail 15 km Run/Walk | Ever Be Country Chateau | Shane Gouldie | 082 332 9552 (cell) |
| Wed 20 | Owl Night Run/Walk | Irene Golf Club | Shane Gouldie | 082 332 9552 (cell) |
| Wed 20 | Lester Mills Memorial 10 km Night Race – CANCELLED in 2017 | University of Pretoria Sports Campus | Vollie Spies | 082 821 6952 (cell) |
| Fri 22 | Spring Festival Night Trail Run – The Big Red Barn | The Big Red Barn | Shane Gouldie | 082 332 9552 (cell) |
| Sat 23 | Bophelong 10 & 5 km | Bophelong Community Centre | Katlego Ngconewane | 078 446 1838 (cell) |
| Sun 24 | Spring Festival Trail Run – The Big Red Barn | The Big Red Barn | Shane Gouldie | 082 332 9552 (cell) |
| Sat 30 | National Business Challenge Relay | Rietondale Park | Race Organiser | 087 097 0011 (cell) |
| Sat 30 | Clover Irene Spring Race | Irene Village Mall | Race Organiser | 082 951 2581 (cell) |



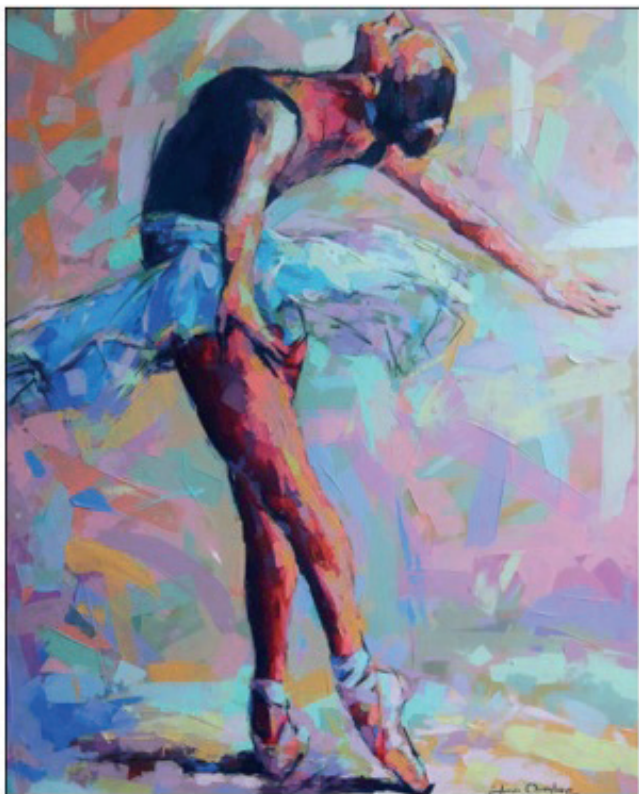
Trick or Treat

**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



Special Collection Art Exhibition
23 - 25 September 2017
Silver Lakes Clubhouse



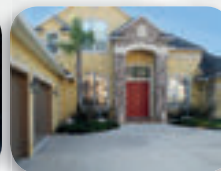
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Interior painting
Exterior Painting
Damp Repairs



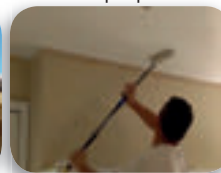
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Sagging Roofs
Broken Tiles
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Bishop Strip Ceilings
Timber ceilings
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ROOF

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Garden Competition

17 October 2017



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Wacky Wednesday: R90 off a deluxe pedicure



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CLIVIA – Proudly Indigenous

ARTICLE BY ELIZE MALAN



This article will be limited to the discussion of *Clivia miniata*, a variety suitable for most gardens and very successful when planted in containers.

Soil preferences

- Slightly acidic (pH 5).
- Well drained.
- The preferred plant mix could be: 70% small bark pieces, 10% coarse river sand, 15% potting soil and 5% bone meal. *

Position

- Light shade with dappled sunlight.
- Will tolerate some early morning sun.
- Slightly cold-sensitive, but in Gauteng the plants seldom show cold damage.
- The plants will grow but not flower in dark, shady positions.

Fertilising

- Plants in containers will benefit from a liquid plant fertiliser such as Nitrosol once per month.
- During summer, garden plants need a high nitrogen fertiliser applied twice during the growing season.
- In autumn an organic 3:1:5 applications will promote flower formation.

Flowering

- The plants will flower three to four years after seed germination (but *Clivia nobilis* can take up to eight years before flowering).

- Colours vary from the well-known orange/yellow to deep red, with some of the new hybrids selling at exorbitant prices.
- In the Gauteng area, *Clivia miniata* will flower from August to November.
- Cut down on watering and fertiliser from May as the plants tend to flower better with less water.

Pests and diseases

- Most common would be the Lily borer. These caterpillars can destroy a plant within a day. Preventative spraying is essential and needs to be done from November until February.
- The loose, cool soil mixture is ideal for snails and slugs to breed, and a vigilant eye is needed to prevent damage.
- Root rot, damping off, and bacterial rot are problems associated with a wet, badly drained growth medium. Damage to the root system during transplanting or soil tilling will encourage fungus infections and plant deterioration.

Propagation

Seed:

There is more than one way of germinating *Clivia* seeds successfully.

- Seeds can be harvested when the berries are still green. Red berries are often eaten by rats.
- Remove the pulp from the berries by soaking in lukewarm water and place

the shiny black seeds between moist paper-towelling. These trays can be kept in a warm spot, but not in direct sunlight. Keep moist.

- The seed should germinate between 5 to 20 days, showing a white root but no leaves.
- The germinated seeds are now ready for planting into black plastic plant bags \pm 20cm deep. A deep bag is needed due to the excessively fast growth of the roots.
- Place the germinated seed on top of the soil medium and cover with coarse river sand.
- Keep the seedlings in a warm, shady spot. Do not overwater. They will be ready for transplanting after a year.

Subdividing and replanting

- The plants do not like to have their roots disturbed and should grow undisturbed for at least three years.
- Subdivide plants after flowering. Carefully lift the mother plant, shake off the soil medium and if necessary rinse with a hosepipe. Untangle roots and divide the plant with a sharp knife or secateurs.
- Remove damaged roots, but try to keep as many as possible. The roots can now be treated with a fungicide before replanting.

* Reference: L vd Merwe, H Robbertse, B de Kock. *Growing Clivias*: p35.



CORLIA MATHEWS
ENVIRONMENT, SOCIAL & ETHICS DIRECTOR

Environmental Report

After last month's article with a bit of background on general planning on the Estate, together with the issues at hand such as the fishing areas and pollution of our dams, this month we will start with a bit on the social side and catch up on the construction busy on the golf course and at the Clubhouse.

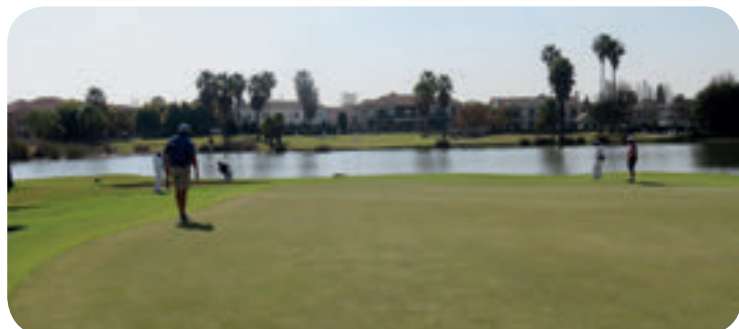
As you will see in the photos, we had our first ever Silver Lakes Charity Day. It included some fun golf during the day and a wonderful evening of line dancing and a first-ever auction for charity. Everybody present enjoyed themselves tremendously!

As this is our first try at such an event, as with all the other 'Silver Lakes' events we have regularly every year, we will definitely do it again next year as part of our 'Charity Month', from Mandela Day to Spring Day. Therefore, keep our list of events handy and join us for this fun event next year!

Charity bins for our annual charity collection will also go out at the gates again. So please, if you start cleaning out for your annual 'spring clean', collect what you believe we may be able to use, deliver it to the HOA offices, or put it in the bins provided at the gates and our HOA staff will deliver it to the charities we support as an Estate. Thanks in advance for your support!

Our next fun event will be Spring Day on Saturday the 9th of September. This event has been running for many years and is a favourite with young and old. Since we are working on the new halfway house and part of the play area is closed, we will utilise other areas around the Clubhouse to still make this a fun day for all.

Just to catch up on the progress of our building projects mentioned above, you would have noticed that the convenience store is closed. This facility is in the process of being upgraded to have a similar look and feel as Café41. In the photos below you will see the progress that has been made to create a beautiful new deli for those 'forgotten items' or just so that one does not always have to leave the Estate for just a few bits and pieces of shopping – you might find it in our new deli! The cupboards are being replaced with cherry wood lookalike cupboards to match those in the restaurant, and these cupboards are also being installed in the Wine Room. The work is in progress to open and be ready for action on the 9th of September, coinciding with our Spring Day celebrations.



The Wine Room opposite the new deli is also nearing completion and will be operational together with the deli on the 9th of September. Minas of Café41 has some exciting ideas with the Wine Room and has invited well-known wine farms and cellars to stock their wines there. Their representatives will hold regular wine evenings presenting their wines and doing some wine pairing evenings for us. Wines will be on sale for those special events and on a daily basis, as well as at the deli. We will also start our long-awaited Wine Club as soon as this facility and the knowledge of all the different winemakers and cellars are available. We hope to have our first meeting before the end of the year.

Come and join us for all the fun of Spring Day and to support and have a look at what these exciting new facilities we are opening for all homeowners to enjoy, have on offer. If you have any suggestions of what you feel should be stocked or done differently, Minas has a suggestion book at the deli, but you can also email me at mathews@iafrica.com.

By November we will all be able to enjoy the new Clubhouse and playground with no building activities! We have to say thanks a million to Ferdi and his team under supervision of Frans. Our building project is running on schedule even though there were some unscheduled changes and diversions, as in all building projects.

The plinth for the move of the generator will be cured and ready for the generator by the beginning of September. Then we can move the generator, start removing the excess paving and shaping the new children's play area. We would like to develop this area over the next year or so to become a hangout for our older children and teenagers so that they also have an area where they can get together, chat to each other and have some fun. It is also in the planning to have Wi-Fi in this play park, with additions of some active play and outdoor gym equipment. We are even planning some skateboard bumps, humps and routes in and through the park in the next year. If any of you or your teenagers have suggestions, please do not hesitate to contact me and we can design this area together. For now, we will re-use some of the existing equipment and innovative ideas with pipes and soil available. As already mentioned a few times in articles, the soccer field will be levelled and the sand pit will become a beach volley ball court.

As you will remember from last month's article, part of the plan to grow the potential of this area fully is to extend the 'chapel' with a wooden deck to the front, with doors opening onto this wooden deck. During the day moms can watch children play in the new play park and in the evenings we can use this facility for our teenagers.

Have a look at some photos of the work in between the construction nets. The concrete has been poured for the roof slab and is settling in to be cured so that we can start doing the inside work. In the meantime, while we are waiting for the curing, all the services and ground work for the next phase are being prepared so that we might have an operational halfway house by end of October and be out of the Clubhouse area by end November.



ENVIRONMENTAL MATTERS

The irrigation project is also nearing its end. As you will see from the photos below, the project is on the last few fairways. By the time we are into deep summer, most of our facilities will be in use and with rains and irrigation the golf course, our gardens and the new children's play area can settle and become the wonderful areas they are intended to be. When I took the photos for our Charity Day I saw the difference the new irrigation is making to the 'back nine'. The comparison between that and the 'front nine' which still had the old irrigation is like taking photos on two different golf courses! Our new-look golf course is definitely something to look forward to.

New irrigation system on golf course



As promised, we have put up some owl houses around the Estate. If you have one of those, please keep a lookout for us and let us know if you see any activity. On the birding side, have a look at Kathryn, our Chair of the Bird Club's article on what is happening and what talks she is setting up for us. We will have a talk about ringing of birds and she will soon start with a process of ringing the birds in Silver Lakes. So, if you hear people moving around quietly in the game reserve early one morning, it will be the bird ringing experts setting up the nets to catch the birds for ringing. They will be in and out of the game reserve in a few hours and in that time might have rung a few 100 birds! The information collected in this way is of great value to anyone doing research on the behaviour and movement of birds.

As you would have realised last month, winter is our time of cleaning areas that need some 'tender loving care'. Roses are pruned and whatever new projects we want to do without the interference of rain is done during this time. Obviously a lot of this work is done on projects such as the storm water drainage that was built at the 5th, a bridge that had to be fixed at the 7th, closing and levelling the new irrigation pipe ditches so soil can settle and that grass can be planted. A lot of our environmental team's time also goes into the building project at the Club, and we will be responsible for building and creating the new children's play area. A lot of work, yes, but that is what we are here for and what we enjoy!

We will also try and at last get the dam at the 5th clean by scooping off the excess slime and starting to circulate the water in this dam as soon as we have funds to invest in a new pump.

While we are talking about cleaning up, simplifying and removing untidy elements as mentioned at the AGM and in several articles, we will be trying to clean up our sidewalks. This includes our sidewalks on the golf course side. Sometimes we forget that the walls to the outside of our property, the sidewalk or golf course side also needs attention or needs to be painted. This is the first view visitors get of our homes. A lot of time it is little things such as a bit of fixing cracks, a lick of paint or putting that dog fence on the inside of your fence...

For those of you who still have rocks and concrete balls on your sidewalks to protect your irrigation, contact Kathy or Mike at the HOA office. We have a solution that only costs about R7.00 each – a concrete protection for irrigation heads. They will help you in replacing the rocks and concrete balls with this unobtrusive protection.

Charity Day pictures



Have a wonderful time preparing for spring and summer. Hope to see you at our Spring Day and the opening of the new-look deli and Wine Room. Have fun!

Corlia



Frans Rootman of Munsolve

Fed up with inaccurate municipal bills?

Munsolve is a pioneer in providing solutions to municipal problems of ratepayers in South Africa.

ARTICLE BY FRANS ROOTMAN OF MUNSOLVE

The business was founded in 2011 and has been acting as the South African citizen's agent of choice on the accuracy of their municipal accounts. Munsolve renders value-added services to municipal ratepayers and consumers and interact on their behalf with municipalities and we relieve municipal ratepayers and consumers of the frustration of interacting with municipalities.

The Munsolve team consist out of 25 full-time employees and is headed by Frans Rootman. Frans has a passion for local government and believes that ratepayers should receive value for money, a proper standard of service and correct and accurate municipal accounts. The team have the necessary skills and experience to get your matters sorted out at the municipality.

Munsolve opened the fourth branch in Pretoria on 1 March 2016 to assist City of Tshwane ratepayers and consumers. Our office is situated in Centurion, close to the municipal offices. Munsolve raised concerns over the high vacant land tariff charged by the City of Tshwane and are grateful that this tariff has been reduced to a more affordable level. Developers and vacant land owners have been paying lower property rates from the 1st of July 2017 – a benefit in excess of R200 million per year!

Our services include basic transactions such as the opening of accounts, name and address changes, refund of

credits and consolidation of accounts – just to mention a few. Munsolve's key focus is the more complex problems such as wrong tariffs, wrong charges, incorrect readings, incorrect meter numbers, inaccurate meter readings, municipal valuations, assessment rates charges/tariffs and all rebates and discounts that the respective consumers are entitled to. Obtaining accurate clearance amounts, even after inaccurate charges, is but one of our value-adding services.

Apart from the assistance on municipal accounts, Munsolve are also assisting clients to become more energy efficient and to use the Time of Use electricity tariffs to their advantage to reduce the electricity costs – maximum demand (kVA) as well as energy consumption (kWh).

Over the last six years Munsolve have assisted with the correction of a couple of thousand municipal accounts. The value of corrections run into millions. Since inception, Munsolve have also been involved with ratepayer actions, community participation and informing ratepayers and consumers on municipal matters.

Enjoy our services! With your involvement and moral support, Munsolve will change the way in which ratepayers and consumers are treated by municipalities in South Africa.

The Munsolve Team



**For more information visit www.munsolve.co.za;
email: Ockert@munsolve.co.za or
contact Munsolve on 012 664 0853 or
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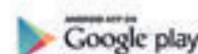
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Visit www.realnet.co.za for more information on these properties



Your safety is their priority

BY BEV HERMANSON



Have you ever arrived home from work or shopping and felt that something was not quite as it should be? It's happened to me a few times – plants trampled, fingerprints on the window sills, pot plants moved – that's why I was so excited when I heard about Foscam.

Because I'm not a huge fan of having strange service providers in and out of my property, I have dithered over my security issues for months. But now here's a DIY solution that's quick and simple to install and there's back-up support to give me peace of mind.

WHO IS FOSCAM?

Foscam has been operating in South Africa since January 2013, serving homeowners and businesses locally and beyond our borders in neighbouring countries.

The company offers indoor and outdoor camera solutions with 3 different options:

- Wireless (IP)
- Ethernet – Wired
- Power over ethernet (PoE) – Wired.

For me, the most interesting solution is their wireless camera that can be powered by solar power (from an independent solar service provider). However, for large homes and

businesses, a network of cameras placed in strategic spots would be ideal. They tell me that, over and above domestic security and businesses wanting to watch their staff, their wide range of cameras serve many other purposes, ranging from what's happening in the mines, farmers watching their crops, nature conservationists observing wildlife, nurses keeping an eye on patients in hospitals and pet owners concerned about the welfare of their pets when they aren't home.

There have been services that have sent alerts to laptops and cell phones for years, but somehow, this seems much simpler. I guess it's due to the advances in technology and Foscam is certainly up to date on that score. Knowing that I can see who is on my property and what's happening at my home on my smartphone gives me far greater peace of mind – finally!

Some of the cameras can swivel 355 degrees and have a 90 degree tilt up and down. All their cameras have night vision and the indoor cameras have a viewing distance up to 8 metres, while the outdoor cameras have a range of between 20 metres and 60 metres, with 4 x optical zoom. There's a slot in each camera for an SD card, so they can record any action if motion is detected – and recordings

can also be saved in the cloud (on subscription) if you prefer or sent to you via email.

Now you may be wondering about the recording option and whether you're going to be getting all sorts of happy shots of hadedas and pouncing cats, but actually, the cameras can be set for human detection, which of course is the most important aspect of your security. The passive infrared sensors will pick up the warmth of the human body and record for up to 60 seconds at a time.

The cameras are also Onvif-compliant, which means they can be mixed and matched with equipment from other Onvif-compliant vendors. And if you do find that you're all fingers and thumbs and can't actually do the installation yourself, they can, for a fee, send someone out to do the installation for you. They can also give you telephonic advice and support if at any stage you need assistance.

"Research has shown that you have up to 85% less chance of being burgled if the intruders know they are being watched, so these cameras are a great deterrent," says Craig Nicholls, MD of Foscam. "You can even view the property from a safe place before going home, to make sure that you don't get any nasty surprises!"

For more information about these amazing cameras, and the Foscam services, call Craig on 011 465 9173 or email craig@foscam.co.za.



What should be the true cost of your financial planner?

BY RICHUS NEL, FINANCIAL ADVISOR, BRENTHURST WEALTH

Financial advice until recently

Financial advisors are generally measured one dimensionally by clients, by comparing portfolio returns (exclusively to market returns). In a low return environment (low growth, low interest and low inflation) clients should also consider:

- a) Their market outperformance brought on by their advisor and asset managers during prior market cycles – e.g. an increased foreign exposure strategy since 2012 that benefitted client portfolios hugely from significant RAND depreciation;
- b) The value of other services offered by financial advisors in respect of cost savings, tax savings and preventing financial mistakes (risk cover, wills, estate planning, etc.).

Measuring financial advice solely on investment performance is setting advisors up for failure. Advisors have no control over markets over the short term and are dependent on investors to understand this during times of low or no return. As financial pressures increase, the necessity of quality advice increases.

What do investors have control over?

Investors can choose to seek professional financial advice, but does this actually “pay” or result in superior outcomes? According to international studies (**Value of Advice Report 2012** – Investment Funds Institute of Canada, **Vanguard Advisor’s Alpha June 2016**, **Dalbar’s 22nd Annual report 2016** – Quantitative Analysis Investment Behaviour) the picture looks as follows:

Adviser utility by investors in Canada is 5 out of every 6, USA 80% of investors with mutual funds make use of financial advice, Germany 80% and Netherland 51%. The results found from these countries studied, were a significant increase in savings personal wealth, less dependency on the government and better state finances. These respective countries were less dependent on any foreign reserves which resulted in a significant interest / cost savings for governments.

Financial advice benefits (according to above studies)

- Accumulating greater wealth through a committed savings plan
- Resulted in a more comfortable retirement;

- Selecting tax and cost-effective investment solutions;
- Maintaining the long-term investment strategy, avoiding emotional investing
- Guarding against poor financial decisions;

Studies show advisors focus on:

1. Behavioural coaching

Investors typically “buy high” and “sell low”. The average retention rate of US mutual equity fund is 3.46 years where equities are only suitable for long-term investment horizons (7-10 years). Until the end of December 2015, the S&P500 earned an annual return of 10.35%. In comparison, the average mutual fund equity investor only captured 3.66% return. Short-term investors’ focus resulted in a return gap of 6.69% per annum.

In recent years this gap has closed from a $\pm 10\%$ gap in 1998 to $\pm 3.5\%$ in 2015. This can be attributed to better education, understanding investors emotions and managing of those emotions more effectively with the help of financial advisors.

2. Required risk assessment and asset allocation

Financial advisors ensure that investors take sufficient risk (more than investors would generally be comfortable with on their own). This additional risk (and accompanied return compensation) over the long term, plays a critical role in superior investment return outcomes for clients.

3. Asset manager selection

As important as asset allocation is selecting asset managers and entrusting them with investors' capital. These managers selected must differentiate themselves as excellent over the long term (good and bad times).

IFA's in RSA have done a great job in selecting excellent asset managers:

- 35% of all general equity funds (with a 5-year track record or longer) have beaten the ALSI over 5 years;
- 67% of all the assets placed by IFA in independent general equity funds, have beaten the ALSI over the past 5 years;
- 99% of all assets placed by IFA in the general equity sector, have produced returns above the sector average.

4. Costs / taxes

Generally advisors are cost and tax cognisant and will provide advice on cost-effective investment solutions to their clients. These savings enhance investor returns significantly over the long term. Advisor firms are able

to negotiate lower fees with platforms and asset managers to the significant benefit of investors over the long term. Tax planning is receiving an increased focus (due to rising taxes) and demand priority to individualised, tax efficient investment solutions.

5. Financial planning

Financial planning specifically refers to investment and retirement planning illustrating investors' financial wellness. It includes any financial consideration, plan, discussion or guidance that improves an investor's financial well-being.

6. Managing downside risk

Managing risk is a key focus in personal finance for advisors. Financial risk is any event that could derail your client's financial plan. This includes personal liability, short-term damages (theft / accident), death, loss of income, medical emergency and even debt or business debtors not paying. Currency / cash flow / liquidity risks are managed. Risk planning even includes timely management of death bequests and guardian nominations for fostered children, preventing huge unnecessary costs / losses through court settlement.

7. Drawdown rates / withdrawal strategies

Financial instruments dropping in value always come as a shock to investors, even if investors are aware of the volatile nature of markets.



Richus Nel, Financial Advisor, Brenthurst Wealth

Drawdown considerations managed by advisors:

- managing drawing percentages and escalations
- source of drawing (considering tax efficiency)
- portfolio construction to safely fund that drawing

8. Education

Financial advisors are providing a vital educational function within the South African context. This guidance is "principle-based", focussing on risk and personal finance matters. This empowerment leaves investors in a much improved financial position. The more educated an investor, the better their financial position and the more sustainable business relationship with them.

Conclusion

The international studies researched conclude that the return benefits from using a financial advisor could be as much as 1.5% – 3% per year. Behavioural coaching is found to be as high as 1.5% per annum on its own. Advisors holding clients' hands taking on the right level of risk (considering return expectation), plays an undeniable role in achieving superior returns. The difference in e.g. long-term equity returns compared to bonds / cash returns are enormous. Avoiding general investment mistakes also adds up quickly to a superior financial position.

Over a lifetime these added services by financial advisors result in a significant higher level of investible assets and financial position by retirement. A Candadian report stated that over 15 years that the improved result from financial advice, could be as high as 2.73 times, compared to unadvised assets.

In South Africa the improvement in personal wealth, attributed to financial planners are suggested to be as high as 2% – 4% per annum. This begs the question:

What is the true value of your financial advisor and what is a fair price for that advice?

Top tip of the day: Do not chase yesterday's winners...

Sources:
Coronation Investment Forum presentation 2017
Vanguard Advisor's Alpha June 2016
Value of Advice Report 2012 – Investment Funds Institute of Canada

COMPETITION



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



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Godrich Toyota

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- Link below will supply you with more images and specs
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Godrich Toyota

Ladies, Rav your engine!

It's Women's Month and cars are not only for guys. The new Rav from Toyota is not only small enough for our dainty selves and big enough to keep us feeling safe on the road – it is oh-so-pretty to look at too...

Rav 4 (Available in manual or automatic)

2.2 D GX

From **R463 600**

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Test-A-Matics

Many people assume that test-writing involves only the ability to perform on the day of the test. However, the preparation that we put into play prior to the test plays an equally important role.



The ability to perform well in tests is a skill that requires consistent practice and hence, our students are tested on a regular basis. Tests are designed to assess students on a number of different levels and these include:

- What they know (the knowledge they bring into the test outside of what was studied);
- What they have learned (the content of the test);
- What they understand (of what they have studied);
- What they can apply (to show that they have truly learned the material);
- What they can deliver within a time frame (the ability to perform under time pressure).

These principles should be present in the design of all tests so that students are given an opportunity to perform on varying levels. Questions should also be varied to allow for more concrete, knowledge-based questions as well as more interpretative application-type questions. A well-structured test will incorporate all of these elements to give the student a chance to display his or her knowledge across a broad band of questions.

There are many elements at play in the build-up to test day. Essentially, I teach pupils **HOW** to prepare for tests so that they can perform optimally on the day. These guidelines are designed to assist students in applying a number of different procedures so that they are in a position to deliver their best.

1. **THE RIGHT SPACE:** where you study is very important to how you will study. Work in a room that has fresh air, natural light, a comfortable chair and a desk that is at the right height. Ensure that all stationery is on the desk. Remove all distractions like cell phones, computers, etc. that are not necessary for study purposes. When working at night, place a desk lamp on the desk that displays light from the top down and spreads across the work space.
2. **STUDY IN ADVANCE:** start preparing at least 3-4 days prior to the test so that your brain has time to adequately process the material. Avoid cramming at all costs. Cramming does not allow you to process the information, and often leads to

students saying that they simply forgot the work, or experienced a block. Cramming also creates anxiety because there is not sufficient time to prepare thoroughly.

3. **CHUNKING:** divide the study material into small, manageable pieces so that you are not overwhelmed by the volume of work. Also, allocate a timetable to your study sessions. When you are working from a schedule, it is much easier to chunk your time effectively. Work through each section, one section at a time. Ensure that you understand what you are studying so that you can commit it to long-term memory. Use a study method that works for you and don't try new methods amidst the study session as this will simply confuse you and eat into your time.
4. **DISTRACTIONS:** take action against possible distractions. Remove the distractions from the room so that you are not tempted to be distracted. Alert the people in your home to your study schedule so that they are mindful of your activities.
5. **READY-STEADY-GO:** ensure that you have had a good night's sleep the night before the test and eat a hearty breakfast in the morning. Avoid stimulants such as coffee and energy drinks as they will simply spike your energy levels temporarily. Arrive at the test venue on time and avoid huddles of people discussing the test as this could expose you to unnecessary anxiety. Keep calm and focused.
6. **BE CONFIDENT:** aim to do your best in the test and don't allow negative thoughts to

cloud your mind. Focus on what you know and what you can do. Use positive self-talk to keep yourself on track during the test don't ever tell yourself "I can't do this". If you tell yourself you can't, you probably won't.

7. **QUESTION TYPES:** be familiar with the different types of questions and the expectations thereof, e.g. multiple choice, true or false, fill-in, short questions and essay-type questions. Each of the questions posed to you requires knowledge of HOW to answer them and it is essential that you answer them correctly. Familiarise yourself with the different types of question words that are used in tests, e.g. analyse, examine, explain, extrapolate, justify, etc., so that you answer the questions correctly.
8. **PUT THE HIGHLIGHTER DOWN:** there is no need to turn your question paper into a luminous work of art. Students often go overboard with the highlighter which disputes the point of extracting the relevant information. It can also be a very time-consuming activity.
9. **POSTURE POWER:** maintain good posture whilst writing the test. Sit straight up in the chair with your feet flat on the floor. Try to keep your back straight. When you slouch, you squash your internal organs and it creates an uncomfortable work frame. Furthermore, avoid leaning your head on your hand whilst writing as it can make you sleepy. Drink water throughout the test to keep yourself alert and energised.

10. **KEEP YOUR EYE ON THE CLOCK:** as soon as the test starts, record the time. Regularly check the clock or your watch so that you are constantly aware of the time. It is a good idea to divide the sections of your test into test frames so that you work on a schedule.
11. **KEEP CALM:** and don't freak out. When you get flustered your thinking brain switches off and you can't easily extract the information you are looking for. If a specific question throws you off guard, close your eyes, take three deep breaths and carry on – if you don't know the answer to the question, move on to the next one. You cannot afford to waste time trying to "find" the answers that don't pop up immediately.
12. **EDIT YOUR TEST:** if you know your work and work within time frames, you will finish the test. Tests are not designed not to be completed! Use the last 5-10 minutes to check your work.

The amount of time you put into preparing adequately for tests and the rules you follow on the day play a large role in your overall performance. Be mindful of the expectation of each test in each subject so that you can go full throttle in answering the paper. Tests naturally cause anxiety and uneasiness amongst students, but if you are well-prepared you will eliminate a large portion of the nervousness. Back yourself and be confident – you've got this!

Kelley Bloemink





Maintaining our mental alertness over the years

Due to medical and technological advancements, we age and look forward to longer life expectancies than past generations. We strive to age with good health and have fun while we are doing it. We attempt to achieve this by eating nutritiously, limiting our alcohol intake, keeping physically active, staying connected with our friends and family, and seeking medical treatment when necessary. With good health, we can enjoy life, pursue new dreams and adventures as we age, and focus our attention on things that we enjoy and that create happiness.

Good health includes both physical and mental well-being. We need to actively work on both of these areas and not just focus on one at the expense of the other. For example, it is not enough to merely keep your body at a level of fitness that maintains physical

health; the mind also needs to be kept alert and active.

A healthy mind also contributes to a healthy body. The mind, like the body, benefits from low blood pressure, low cholesterol, nourishing food, a healthy weight, and physical exercise. There are many healthy lifestyle choices we can make to keep our bodies healthy. There are also good choices to be made with regard to maintaining healthy minds.

What changes in mental abilities can we expect as we age?

As we age, we can expect certain changes in our bodies and minds. We may not see and hear as well as we did when we were younger. We may not be able to remember events or details as well or as quickly as we did in the past. As we age our brain's weight and the

network of nerves begin to decrease. At this stage our brains start to struggle to adapt, and attempts to compensate.

While certain changes in our mental abilities are inevitable as we age, some things remain relatively the same. We retain our general level of knowledge, especially with regard to previously learnt information. Our ability to change and be flexible remains similar despite our level of patience declining. I.e., we are still able to handle similar situations we faced in the past with flexibility and adaptability; however, we no longer choose to do so or no longer choose to exercise the level of patience required for the task. The proverbial old dog can learn new tricks provided we want to! We might need a little more time to learn them than what we did previously, due to cognitive decline, but we are still able to learn.

What can I do to keep my mind healthy?

Just as we exercise our bodies to keep them in working order, so must we exercise our brains to stay mentally agile and adapt to our environment. The "use it or lose it" theory applies here because if we keep stimulating the brain, the brain continues to be active and adapt to the inevitable elements of aging. By engaging in mentally stimulating activities, we can maintain, or at the very least slow down the effects of aging on our brain functions as we age. Therefore, give your brain a workout daily. Solve a puzzle, learn a new musical instrument, read a challenging book, play a board or card game, attend a lecture or talk, or write a short story. These all contribute towards maintaining our mental alertness.

Therefore, we need to strive to retain our mental alertness as the years start ticking by. We can stimulate our mental alertness in the following ways:

- Improve concentration and focus. Keeping the brain active and involved through tasks requiring concentration and focus help ward off early signs of mental aging.
- Handle stress more effectively. Stress not only wears the body down, it can also affect the way we think, our moods, and ability to remember. When we are stressed, it affects memory and learning. Stress can also cause or contribute to depression and anxiety, which in turn leads to overall negative well-being. To deal with stress, first identify its causes and determine what changes you can make to avoid it. For example, if rush-hour traffic is causing you stress, time your driving or change your route to avoid heavy traffic. However, not all stress can be avoided; sometime we are trapped in a stress-provoking situation, such as a stressful job. We then need to engage in other methods of stress reduction such as:

Talking about it. Sometimes talking through your stress with a friend or therapist helps to put things in perspective. Writing in a journal can also be very rewarding.

Taking time to relax. Whether it is by taking walks, playing golf, reading a book, or meditating, find ways to release your stress and take a break.

Get moving. Physical activity on most days of the week helps your body keep mental stress in check. Plus, it supplies your brain with much-needed and vital oxygen flow within the blood stream during exercise.

Giving yourself a break. If you must live with a stressful situation, for example job stress which cannot be changed, take mini-breaks. Whether it is a 20-minute a day time-out or several days, take time to relax and enjoy the things and people you find pleasurable.

- Let go of grudges and past mistakes. This point contributes more to a healthy mental outlook on life. Holding grudges is not healthy and can lead to increased levels of anxiety, depression and can ultimately even contribute towards illness. Let go of grudges and move past any mistakes that have been made. This is done for your own benefit and not for the benefit of the 'wrongdoer'.
- Form stronger connections with people. Probably our most useful weapon against aging is staying socially connected. The support we receive from our friends and family helps maintain our mental health. Research shows that those who are engaged with family and community groups take longer to show the symptoms of Alzheimer's disease than those who are socially isolated. So stay or become connected. If you are not a social person who makes friends easily, join a book club, bird club or a volunteer group.
- Enjoy a more fulfilling and happier life. Look on the bright side. A positive outlook and positive emotions contribute to a healthy mind and body. Focus on the good in the world and the activities and people that make you happy.



How can I help my memory?

- Be realistic and do not expect to remember everything. In today's technological world, we are all overloaded with information. Therefore, when necessary, use lists, reminders and other memory aides. For example, write down appointments in your diary or on your cell phone and keep a list of chores in your pocket.
- Develop routines to help you remember. Take medicines the same time every day. Leave your keys in the same place.
- Visual memory tends to be better than auditory memory. That is, it is easier to remember what we see than what we hear. Using both at the same time will enhance memory. For example, if you need to pick up fruit at the shops, visualise the fruit in the isle.
- Association. By associating we enable our brains to utilise prior knowledge and build upon that. Scaffolding on prior knowledge and learnt behaviour work wonderfully for both the young and the aging.
- Increasing attention improves learning and memory. When learning something new, limit the distractions (for example turn off the TV and choose a quiet place), and focus your attention. Be realistic about the time that you are able to sit and focus for.
 - Allow yourself additional time and have patience. As we get older, we require more time to learn something than what we would have when we were younger.

The most important thing to remember is that aging is a normal and natural process. We can not stop time, but we can change how we view the progress of time and how we engage with the changes that are inevitable.

For more information please call the Practice on 0833761995.



Fear – Another four-letter word



Briony Liber is a career development and leadership coach, a wife, a mother to two furkids and a lover of chocolate. She had a mid-life 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 focusses on coaching graduate professionals through their career transitions. Connect with her on her Facebook page @brionylibercoaching or via her website www.brionyliber.com

I have been running a workshop for career women and have met the most astoundingly competent and wonderful women along the way. They are beautiful. They are funny. They are technically competent. Most of them work in tough male-dominated environments, like mining. And most of them are avoiding taking their next career step because of fear.

And boy, I know how they feel. I have been there, terrified because “What will everyone say if I don’t get it right?”, “I will feel so ashamed if I fail”, “I am too scared to try in case I don’t succeed”. However, a mid-life career change later, I know for myself that the trick is not to aim for an absence of fear, but rather to face your fears with the perspective that getting out of your comfort zone is an opportunity to learn and grow!

Fear of failure shows up in many forms:

- As procrastination: when we procrastinate we put off doing something, often because we are scared to start in case we don’t get it right. We often put off something for so long that by the time we do the task, we have no time to worry about doing it right. The time constraint focusses us on delivery – or to opt out – both tend to result in anxiety and unnecessary sleepless nights and stress.
- As perfectionism: perfectionists tend only to try something if they know they will get it right, and often with the desire to be the best at something. Unfortunately, perfectionism often stops people from trying anything at all.
- As low self-confidence: this shows up often in those pesky internal voices

that scream “Don’t do it, you will never succeed anyway”, “You are not good enough!”, “Stop reaching so high. Everyone is going to laugh at you when you fail”.

- As self-sabotage: with self-sabotage, we tend to create our failure because we can control the outcome. We can control the failure, rather than trying something and failing at it anyway.

In all of these instances, we set ourselves up for failure because we see the goal in its entirety, as an overwhelming thing to strive for, instead of breaking the goal into bite-size chunks that are manageable and give us a sense of progress and achievement. It’s the old joke: “How do you eat an elephant? One bite at a time!”

Our fears can stem from all sorts of things – experiences we have had in life that have told us that getting it wrong is “bad”, a traumatic event, being unsupported, being humiliated. Each time we get feedback that equates failure to “bad” or “wrong”, our brain hardwires that feedback and strengthens the neural pathway that says “failure is not an option so rather don’t try”. The more experiences we have that confirm that world view, the stronger that neural pathway becomes – to the point that it becomes a habit to believe that it’s better not to try than to try and fail!

So I am working with these funny, beautiful, competent, amazing women to help them rewire their thinking, change their internal chatter and see failure as an opportunity rather than a threat.

If we look at failure in a positive light and as

a learning experience, we can create a new neural pathway that supports us in taking a risk, trying new things and celebrating failure as part of the learning process.

It means that by consciously viewing failure as an opportunity to learn, you can train your brain to try new things, to set goals, to have aspirations and to strive for your dreams.

So when you feel yourself procrastinating, worrying about perfection, talking yourself out of something, or sabotaging yourself, I challenge you to ask yourself how you could look at the situation differently – rather than as a risk for failure, is there an opportunity to stretch yourself and learn?

And when you find yourself making mistakes, getting things wrong, failing – I challenge you to ask yourself what you could learn from the experience, and how you could apply that learning to improve, to do better, to do it differently next time?



Briony Liber
Coaching & Consulting

In Hil's Head



The things they left out of the Mom Manual

It wasn't very well written – I'll tell you that much! I recently canvassed a bunch of mom friends and the list is almost endless!

It starts with pregnancy and birth. No matter which way you decide to bring your baby into the world, the experience is full of some special little surprises. As one mom said, you pretty much leave your dignity at the door when you walk in and pick it up again when you go for your 6 week check-up.

Baby arrives and you're ecstatic. And tired. So, so tired. As so you remain for the next four years. Or longer, depending on how many times you decide to procreate and the age gaps between your kids. Yes, many of us choose to do this more than once. And regarding age gaps? Which is the best one? Close together, you think? They'll be the best of friends... Lies, I tell you!

No one tells you what the appropriate response is when your baby pees in your face. They also didn't mention that bath water has an amazing ability to get the poop muscle going. Yep, without fail, my oldest would get into the bath and decide it was time to poop. Every single time.

They start to talk and it's ever so cute – most of the time. The loveliest old lady used to look after my kids when they were littlest. Granny Mary was her name. My kids were adamant that she was a man and would tell her so. In their defence, she did have a deep voice. But she wasn't a man.

Food – where do I even start? Well, I can assure you that mine have grown into healthy, strong adolescents despite a diet of fish fingers, noodles and Pronutro for the first 10 years of their lives. Eventually they do learn to eat veggies. They even like them a bit.

Did you know that there is a difference between sandwiches cut into squares and those cut into triangles? And that their preferences for shapes change from day to day? A toasted cheese and ham is not the same as a toasted ham and cheese and is nothing like a ham and cheese pizza. Also, they do get over it eventually. And the sooner you teach them to make their own sandwiches, the better.

The book says that when they're about five or six, they'll lose their first tooth. What they don't mention is what amount the Tooth Fairy/ Mouse/other imaginary creature is supposed to fork out for that first tooth. And what about the rest of the lost teeth? Yes, you may be super excited and rush out to the ATM to withdraw a crisp R200 note. Be over-generous at your own peril. They will lose lots of teeth and it gets expensive! Most of the time, the teeth will come out when your wallet is at its emptiest. I have literally written IOUs on behalf of the Tooth Mouse.

And what are you meant to do with the teeth? They're kind of grim to keep around, but they're part of my babies and I hate throwing them away – does that make me strange? I read recently that they can be used for stem cell extraction or something. My



only issue is that I have put all the teeth in a tiny jewellery box at the back of my cupboard and I have no idea which teeth belong to which kid. I think that might make the stem cell extraction thing a bit complicated, right?

Throwing away the kids' art work is another heart-wrenching thing. They bring home reams and reams of artwork in pre- and primary school. A couple of the pics made their way into my box of sentimental junk, but most were taking up valuable cupboard space in photocopy paper boxes. We recently did a spring clean and the kids themselves chose to throw the artwork out; very unceremoniously too. "Who would want to keep half coloured-in Humpty Dumpty pictures?" asked the Tween.

But the biggest thing they left out – and forgive me for how twee I'm about to get – is how incredible your love for those little people will be. Your heart will be bigger and more open than it ever was. There is no limit to the lengths you will go for them. Or maybe that was in the book... and I just didn't understand the intensity of it?



Let Go Of Being Perfect

ZENA LE ROUX

If you're obsessed with eating healthy foods all the time, this can cause stress— and, as we know, stress is not good for our health. In addition, part of health is pleasure. If we deprive ourselves of our favourite foods or feel we cannot (or should not) share a celebration meal with our friends and family because of the food being served, it affects our health. Stressing about eating is counterproductive to our health.

There are times when we get on a roll of mindless or unhealthy eating. If this happens we can try the following to get back to our healthy eating regime:

- Wait before having seconds. As we know, it takes a while for the message (the fullness in your stomach) to reach your brain.
- Eat mindfully. Rather than eating in front of the TV, in your car, or at your desk, take

time to enjoy your meal. Take the time to properly chew your food, which will help slow down the meal process and aid your digestion. Think about what you are eating and the process it went through to get to your plate.

- Ask yourself why. If you find yourself regularly reaching for unhealthy food, ask yourself why you are doing it. Are you doing it for comfort? For many of us, eating is tied to emotion. Sometimes we eat because we are bored, anxious, depressed, or angry. Eating unhealthy food makes us feel better temporarily (or at least we think it will). Ask yourself, "Why am I reaching for this food and what will it really take to satisfy this need?" For example, if you are angry with someone, you may reach for ice cream instead of confronting the situation. Taking a moment before you eat may help to pinpoint exactly what is going



on with your emotions. Try journaling, writing a letter (that doesn't need to be sent), or talking to a friend about it. Perhaps taking a walk or breathing can keep the emotional eating at bay. If you take a moment to experience your emotions rather than numbing them with food, you can regain control. You will realise that you have a choice as to how you respond to the emotion. It can be either by reaching for food or by doing something that will better satisfy what you really need.

If you are eating more unhealthy foods than healthier ones, don't beat yourself up about it. There are good days (or weeks) and bad ones. Try again tomorrow. And remember, it's okay (even healthy) to eat unhealthy foods sometimes – as long as you are there for the right reasons and enjoying it fully (without guilt).



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Our Estate is celebrating its Silver Anniversary!

Silver Lakes was founded 25 years ago and has grown magically into the safe haven we all are blessed to experience every day. To commemorate this incredible milestone, we will be compiling a 25th Anniversary Silver Lakes coffee table style book; a look through the ages, if you will, to highlight all the accomplishments and changes made during the past two and half decades.

We'd like to call all our residents to action! Have you lived in the Estate for 25 years? Are you celebrating your 25th wedding anniversary? Has your business been operating for 25 years? Or do you have a miracle pet that is 25 years old? If you have any wonderful, positive stories about the Estate you'd like to share with us, please do send us an email on info@eiapublishing.co.za and remember to include your contact details. We're looking forward to hearing from you!



Don't miss the chance to feature your company in this once-in-a-lifetime 25th Anniversary issue. As space is limited, please be sure to contact a member of our sales team on: Martin Fourie: 072 835 8405 • Chris: 082 498 7660 • Gerdie: 082 556 9863



Healthy and Fit is Child's Play: Get kids bounding through life

Little tots seem to have boundless energy, often exhausting their parents with their running, jumping and playing. Sadly, as they grow older and spend more time at school, doing homework and sitting in front of TV and computer screens, their love of physical activity often gets lost.

Don't let your children get stuck in an inactive lifestyle. With our rebounding classes, they can rediscover their love of the exercise that's so important for growing bodies.



Ever wondered why children enjoy jumping on the bed so much? It's not like anyone tells them they should, they just do it. There is a certain factor of enjoyment when it comes to jumping up and down on a bouncy surface until you are so tired all you can think about is a nap. Something most people do not realise is the health benefits that come with "rebounding". Here are some examples of how jumping can be beneficial to your health:

Improved cardiovascular health

Along with other types of exercise, rebounding is good for your cardio. What separates rebounding from other types of exercise is the shape that exertion comes from. Rebounding speeds up the process of fat burning because multiple muscles are being employed at the same time. Jumping on a trampoline provides less stress on your muscles and joints; as a matter of fact, rebounding helps improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion.

Sick of being sick?

While rebounding you are also engaging your lymphatic system to be more active. Your lymphatic system is a key component of the immune system since it basically rids the body of unnecessary and harmful substances. Kicking your cardiovascular system into gear will enable all these harmful substances that

have been sitting idle in your body to move about and get filtered out. No more sick kids around the house.

Results in better mental performance

This is important for jumpers of all ages because your mind is like a big sponge always looking to absorb new information. It is never too late to learn, so why not help your body in that process? Rebounding not only aids mental performance, but it is also a fun and enjoyable way of getting some exercise, which means that anyone can enjoy jumping as well as its benefits.

Bouncing isn't just a wonderful way to motivate inactive kids to move more, it also provides a great outlet for those who never seem to stop. And while they're having fun, you'll see the benefits in improved sleeping and eating patterns, stronger bones, better study habits, a good self-image and eventually a fitter, healthier adult.

*Kids are
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BY JAMES CLARKE, PHOTOGRAPHS BY MARY BROADLEY



Paternoster off the N7

Writing can sometimes be very trying – for instance, when a war correspondent is trying to pen something and bullets are ping-pong off his helmet. Or, as I found myself one day, trying to write notes on the Hermanus seafront, while whales were distracting me by cavorting in Walker Bay.

Indeed, as a writer of many summers and almost as many winters, I have known suffering.

I was at the time following the N2 highway that begins at Ermelo and passes through Piet Retief and Pongola and, from there, it more or less follows the coastal plain to Cape Town from where the N7 takes one north to Namibia.

One can begin, as I did, by taking the first turn to the east after Pongola. This takes one to Kosi Bay by passing through Jozini (a dreadful little town) and skirting Jozini Dam. The road is not in good condition (I was driving a low-slung car), but the journey is worth it for the Ndumu and Tembe Elephant Reserve and Kosi Bay with its lakes, its fish and its forest patches which rate as one of South Africa's most interesting and unusual destinations. One can go south-east from Jozini to Sodwana Bay (this is the best route to this magical coast with its wonderful coral reefs).

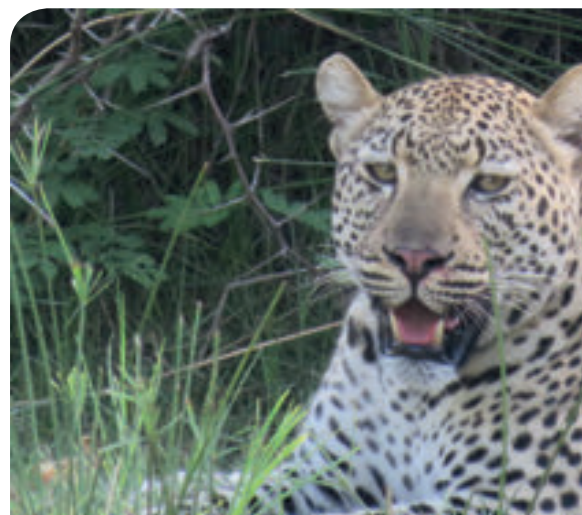
The less adventurous will prefer to skip Jozini and carry on down the N2 which now has many diversions to game reserves such as Mkuze and the iSimangaliso Wetland Park (take the turn-off to Mtubatuba and St Lucia) and, for those who want five star luxury, there's the Phinda Private Game Reserve.

Beyond this point we took a chance on B&Bs along the entire route and were spoilt for choice wherever we stopped. B&Bs have become very competitive so tariffs are reasonable. And Airbnb and cellphones make it very easy to book even an hour ahead.

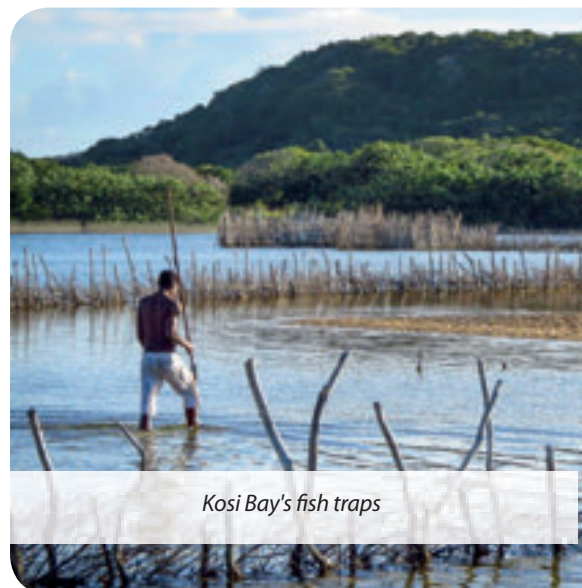
The highway takes one on to Ballito Bay, Durban and the South Coast. We were warned not to go through the Transkei, but we did so all the same and found it an excellent road, though we had to be careful of goats and of drivers who got their licences via correspondence school.

One can do it in sections as I have done. The Wild Coast stretch is just one highlight with its charming little resorts within easy striking distance and then there's the Eastern Cape. One can, at Grahamstown, take the short deviation to KwanDwe, a 15 000 ha reserve in the Fish River valley. It's a most unusual region, rich in wildlife and fynbos. The design and décor of KwanDwe Lodge – set in the middle of a truly vast wilderness of bush-covered hills – is world class.

Then one can go on down to Port Elizabeth and the Addo Elephant National Park which now extends to the coast – and on to the Garden Route. There's Plettenberg Bay and Knysna, where we opted for a cruise on the 16-ton yacht, Oudtenique, which was to have taken us through the Knysna Heads. Unfortunately the weather was foul and we'd arrived late so the skipper ushered us below into a warm and capacious cabin where a table was generously laden with what I would call Mediterranean fare and some excellent Cape wine.



Leopard at Phinda Lodge



Kosi Bay's fish traps



Bakoven, Cape Town



Dolphins off Western Cape



Penguins at Agulhas



Franschhoek

We spent two nights nearby at the Kingfisher Inn, just inside Sedgefield, which was comfortable and friendly. We then went on to Mossel Bay. If time is no problem, there are some worthwhile deviations – such as the De Hoop Nature Reserve – intensely beautiful and rich in plant and animal life (a World Heritage Site). Its 16km-long, bird-filled lake was once an estuary and is classified as a wetland of international importance.

After entering the reserve, one descends steeply on to a dense fynbos plain. To the south is a line of white sand dunes resembling snow-covered hills. A walkway through the dunes brings one to a bay where, even in winter, one sees the occasional whale – but in summer they come close inshore.

We carried on to Bredasdorp and on to Cape Agulhas, Africa's most southerly tip and where we visited the relatively new Agulhas National Park.

Instead of rejoining the N2 we stayed two nights in Arniston, a delightful old fishing village. From there we thought of rejoining the N2 via the Bontebok National Park with the options of crossing the highway to Fanschhoek or going down Sir Lowry's Pass to False Bay and Cape Town.

However, we kept to the coast to join False Bay at Rooi Els and then went along the winding coastal road to reconnect with the N2 beyond Gordon's Bay.

After completing the N2 route, we continued our 'summer cruise' by heading north along the N7 which, with its deviations to Paternoster, Langebaan Lagoon and then Cedarberg is a totally different experience.



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TYGER VALLEY HIGH SCHOOL: NEWS

Life in a term at our school



The 2nd term at our school was a term of many "firsts", which is important as it goes a long way to creating traditions which are so essential to an established school.

The school enjoyed a busy term with a healthy mix of sporting and cultural activities on offer. Shortly after returning from the holidays, we hosted the first ever Centurus Prefects' Ball. Prefects and staff from the high schools in the group were treated to an evening of great company, fine food and dancing. The event was a huge success and sees the start of a new tradition at our schools.

The second term is historically very busy with numerous netball, rugby and hockey fixtures taking place. The build-up to our annual Derby Day against Pecanwood was phenomenal. During the traditional "amping session" in the hall the day before, our school song was sung with much enthusiasm and gusto – a sign of good things to come. We hosted a most successful day with outstanding results being chalked up against some very tough competition. We were very proud to see our





sports men and women winning the day and bringing home the highly coveted "Sim-Farrer Trophy".

The annual Science Expo was held at the start of May where very high standards and ingenuity were shown by our pupils. We also hosted a very successful Careers Expo with exhibitors from a wide variety of careers and fields of expertise. I do believe that this expo proved to be a very worthwhile exercise and I am sure that our pupils and parents derived a great deal of value from it.

The Inter-house play festival was held during the school day for the first time this year, a concept which worked really well. The whole school watched our pupils direct and star in their own plays. The audience was entertained with some really good performances. Rhodes walked away with the honours for their performance of "Madea's Big Happy Family".

As has become tradition, our Matrics were invited to attend the Matric Dance Invitation hand-out this term. The theme for the Matric Dance is "Casino Royale". The hand-out ceremony was a very classy affair and was a very appropriate precursor to the dance.

Yet another first this term was the inaugural "Centurus Schools' Sleepout™". On the 19th of June, staff and pupils from our school attended the sleepout which was hosted by Pecanwood College. The idea behind the initiative was for us to gain empathy for vulnerable communities and to provide unique insight into social issues that are currently being faced in South Africa. We spent a fun-filled (albeit very chilly) night out under the stars, sleeping on cardboard boxes (no pillows allowed). A big thank you must go to Pecanwood for hosting us and we look

forward to this initiative growing in the years to come.

Towards the end of the term we followed our Head of Sport, Mr Andrew Barnes, competing in the European International Athletics season. Mr Barnes raced in seven 400m races in Belgium, Netherlands and the Czech Republic. He achieved one 3rd place and four 1st places, a phenomenal accomplishment. Mr Barnes will now be enjoying a well-deserved rest before he starts training again with a view to trying out for the 2018 South African Commonwealth Team. We congratulate Mr Barnes on his achievements and wish him all the very best for the months ahead.

This term we launched our 2018 Tour to Eastern Europe. The twelve day tour will take place during the August holidays next year and includes visits to the Czech Republic, Poland, Austria, Slovenia and Italy. This was met with a great deal of interest and enthusiasm and the tour was quickly filled. A tour abroad will become a regular feature on our calendar and we look forward to many more exciting tours in the future.

The August holiday saw another "first" taking place. The newly created Adventure Club embarked on their inaugural adventure. The idea behind the Adventure Club is for pupils to be exposed to the many wonderful (and exciting) destinations on offer within the borders of our own country. For their first trip the club went river rafting, hiking and enjoyed many more outdoor activities in the Golden Gate National Park area.

As part of our 10 Year Birthday celebrations, we hosted our first ever TVC Winter Festival. The festival was such a success that I have no doubt it will become a regular feature on our calendar.

The High School is in the process of rejuvenating and beautifying the front of the school. Our badge and motto have been placed above the main entrance and we planted colourful Namaqualand daisies at the entrance to the school so as to add brightness and warmth to our otherwise chilly winter days. Continuing with this theme, an improved reception area was constructed during the August holidays.

Our hockey girls have, once again, done exceptionally well this season. The U14, U15, U16 and Open teams won their quarterfinal games in the Noordvaal League.

Looking ahead to our 3rd term, we have much in store. The term kicks off with the Titan's Ball, our matric dance, and Ladies Tea followed all too shortly with us saying a sad farewell to our matrics. The term ahead promises to be actioned packed and full of fun and adventure.



Clyde Mac Donald
Principal: Tyger Valley High School



To be trendy, or not be trendy

Remember the Oregon pine cupboards and the hanging copper pots and pans from the 80s? There were also the very popular dark green painted kitchens with black granite or post-form tops, or otherwise the old familiar white wrap. What about the very English dark wood kitchens, the solid cherry, rosewood or mahogany kitchens? Times have changed and today it is virtually unaffordable to buy a solid wood kitchen!

Fortunately, trends have changed and so have the materials we use. Moving into the 90s, styles and fashions changed and varied from classic Tuscan to the toned-down practical and minimalistic look. Then, the open-plan happened. Now that's a trend that is definitely here to stay.

The materials, colours and finishes we have to work with today can make almost any design dream come true. If solid wood is too expensive, we use veneer products – a thin wood layer applied to a substrate. For a more modern feel we have high gloss finishes or coloured wraps. There's a door style for every taste. The variety of products and materials available afford us a multitude of possibilities.

While 2017 is the year for green and muted colours, tropical prints and geometrics, the forecast for 2018, according to international

design shows and people in the know, will prove quite exciting.

Here are some of the biggest kitchen and bathroom trends for 2018:

1. Granite is out – quartz, like Ceaserstone, is the fresh new finish and has timeless appeal.
2. Brass is back – while chrome and satin still reign supreme, for the classic look, brass and rose gold is in fashion.
3. Stone sinks are in – hand-carved stone basins and sinks are heading the trends.
4. Two-tone cabinets and bleached wood – the all-white trend is moving on and making way for two-tone cabinets and natural wood again.
5. Grey is the new white – combining grey with richly stained wood is yet another emerging trend.
6. Navy and blue – colour is the biggest trend in kitchens and bathrooms right now, especially blues.
7. Colour – although blue is the top colour now, any pop of colour can put your kitchen on trend. From sink and taps to cupboard or appliances, it's a great way to add in a small splash of colour.
8. The subway tile is out – texture, colour, pattern and unique design is in.
9. New functionality – not only is colour

changing, but hardware like runners, hydraulic, easy-close doors and such are changing the way doors and drawers function.

10. Appliances – integrated appliances, gas and induction cooking is the new way to go.
11. Clever lighting – with energy saving at the forefront of discussion, the LED light fitting is here to stay and it's available in warm white to create a soft, warm atmosphere.
12. Clean-lined design – open shelving and fewer wall cupboards is popular now and will be for a while to come. Floor units with mostly deep drawers for storage are not only practical but also accentuate the clean horizontal lines.

There are quite a lot of trends out there at any given time and whether or not you like the latest fashion forecast, there are no rules that dictate you should follow any particular style. The kitchen, bedroom and bathroom space should capture and exude not only your personal taste and flair but, very importantly, your lifestyle and the essentials of your day-to-day living.

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gardeners

■ Alfred is an experienced bricklayer, plasterer, builder and garden designer. He is looking for any manual work that needs to be done in the garden, the house or the yard. He can also advise on small building projects due to his experience in the construction industry. He is very reliable, hardworking and meticulous. He is available any time of the week and on weekends. Alfred can be contacted at 076 168 7841. For reference, please contact 060 852 7466.

■ Dependable gardener is looking for extra work one day per week. Please contact Bongane Hlope at 076 030 6666 for details, or Erika Louw at 083 460 7082 for a reference.

■ Reliable, hardworking, honest gardener is looking for work on Mondays and Tuesdays. Please contact Godfrey at 082 689 4252 or for a reference please contact 082 744 4105.

■ Simon is looking for gardening work on a Monday, Tuesday and Thursday. Please contact him at 076 333 5868.

for sale

Complete Gas Fireplace (Heat-N-Glo Model GRL-850-AU). Please contact Pieter Botha at 082 449 1339.

PIANO FOR SALE – Fritz Kuhla Berlin – very good condition, with stool. Please contact Rachel Evatt at 082 806 3601.

services offered

■ **ADMINISTRATION SERVICES** – Do you have a problem handling all your office administration or any other tasks that you cannot get to? No job too small. Please contact Rob at 082 529 7542 or Juanita at 082 511 0125 to assist.

■ **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 Setup and Support.

I have a Call-Out Fee which depends on the distance to 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 4110 451 or Protus at 061 0291 850.

■ **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.

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■ **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 Stevens at 082 461 7980.

■ House and Pet Sitters

I am available for pet- and house-sitting during the December/January holiday. Please contact me for any details, Cheriska Opperman at 083 657 2939.

■ 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.

■ 'Must love dogs' pet sitting. Go on holiday without worrying about your furry friends. Available all year round. Please contact Theodora for more details at 072 575 4982 or email theodoramichaletos@gmail.com.

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CLASSIFIEDS

Domestics, Housekeepers & Childminders

■ Agnes Milize is looking for domestic work on Tuesdays and Thursdays. She is diligent and fluent in English. Please contact Agnes if you are interested at 082 753 3520. Please contact Tania for a reference at 082 684 1221.

■ Chipso is looking for sleep-out domestic work in Silver Lakes 5 days a week. Although she was born in Zimbabwe, she has been working in South Africa for the past seven years. She is hardworking, helpful, loyal, reliable and excellent with kids. She is always on time and flexible with working hours, if necessary. She did all housekeeping duties, but now my family is relocating to Dubai. She is a good and honest worker. Please contact Chipso at 073 653 8462.

■ Christina, a friendly, very experienced, mature and reliable housekeeper, helped me out for four months whilst I was in the process of replacing my full-time sleep-in house worker that we lost unexpectedly. I can recommend Christina for her hard work, friendly disposition as well as her punctual and reliable work. She cannot live in due to family obligations and is looking for sleep-out work for Monday to Friday. For a reference, please contact Maxi at 082 820 2286 or please contact Christina directly at 076 385 4847.

■ Excellent domestic worker available 3 times per week. Option for more days or even full-time / sleep-in, if required. Nkosi has been working in Silver Lakes for 10 years. She is a kind, neat and hardworking 36-year old. Winnie Nkosi comes

highly recommended. Please contact Mart Willemse at 083 2637 911.

■ Fortunate Murandu, aged 48 and English-speaking, is looking for a job in housekeeping / domestic work for 2 days, Wednesday and Saturday, in Silver Lakes and surrounding areas. For more information please contact her former employer, Botha Werda, at 082 770 1992.

■ Fridah is looking for domestic work 5 days a week, sleep-in. She has worked in Silver Lakes for 4 years and has references. She has proved to be reliable, hardworking and trustworthy. Fridah has a lovely, positive attitude and she is happy to take on all tasks. She is willing to learn new ways of doing things. Please contact Fridah at 076 234 0240 or for a reference please contact William at 082 902 1131.

■ Hazel is looking for a job as a housekeeper. She speaks English but understands Afrikaans. Cleaning, washing and ironing. She needs little supervision, she's a fast learner and a friend. Her previous employer went back to France. Please contact Hazel at 078 303 1676.

■ I am Tetlina Nkosi. I am looking for domestic work for 5 days a week (sleep-in /-out). I have more than 30 years' experience as a domestic worker. I am very hardworking, love working with children and enjoy cooking as well. Please contact me at 082 660 0129.

■ Lisa works for me on the weekends. She already has access to the gate. She is looking for either 1, 2 or 3 days a week. She is a hard worker and cleans well; she is very responsible in looking after my young kids. She has never let me down. For a reference please contact Bronwyn at 076 838 1158 or please contact Lisa at 078 926 7906.

■ Margaret Mamadi, who is English-speaking and understands Afrikaans, is looking for housekeeping work on Mondays and Fridays. She is extremely reliable, respectful, trustworthy, hardworking and capable of doing all domestic work using her own initiative to keep a large home spic and span. She is also wonderful with children. She has been working for Reinette at 35 Hobdays Crescent for the other 3 days of the week for the last 8 years and is highly recommended. Please contact Margaret directly at 078 363 2922.

■ Martha is looking for extra housekeeping work on Tuesday, Wednesday and Friday. She has worked for me for 5 years. She is extremely honest and hardworking. She is reliable and willing to help with anything. Please contact Val at 084 549 8318 for recommendation, or please contact Martha at 078 493 3957.

■ Patience is looking for after-hours babysitting and/or house-sitting work. She is also available for 2 full days per week. She is very reliable, trustworthy and extremely good with children and the elderly. Please contact her directly at 078 514 1511/012 809 3116. References are available.

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WE CHANGE YOUR SMILE, YOU CHANGE THE WORLD

Women and Clubs

BY JAMES CLARKE



Several years ago Johannesburg's Rand Club decided to allow women to use its front entrance. Until then women could use only the side entrance in Fox Street. Even then, they had access only to the restaurant. The next hurdle was to allow women to use the grand staircase into the heart of the club – a staircase ironically dominated by a huge portrait of the Queen.

For nearly 100 years, women had been forbidden to use those marble stairs. The original reason, I was told, was because members might then be able to look up their dresses. I say! I suppose this would have led to the slopping of drinks and perhaps older members collapsing.

But women don't wear dresses much nowadays – they wear trousers – so it won't matter even if they slid down the banisters.

I recall seeing, for the first time, women in the club's bar. According to a friend, some were even offering opinions. Many old members when they saw this for the first time said it was the end of something, I forget what.

Today the club is no more. Anybody can now hire the magnificent old building for an event.

Men's clubs worked well for centuries. Then came this women's liberation thing and next thing even London's Reform Club was having to eject women from its steps because they were using abusive language and demanding membership.

Why were men's clubs so chauvinistic? I think it was because men are more able to sit in a companionable silence for long periods. Women cannot sit in silence for longer than...

Ring. Ring.
THRENODY, DON'T ANSWER THAT PHONE!
Too late.
I knew it. It's the E*D*I*T*O*R. Threnody (she's my secretary y'know) says the editor says if I carry on like this I'll be horse-whipped by irate women readers.

Maybe I should confine myself to discussing this new theory that women invented language way back in pre-historic times. It's hardly surprising. Men had to stalk wild and dangerous animals right up until the cow was invented and that required silence or, at most, the occasional "Psssst!"

Exhausted hunters, returning home dragging a mammoth or woolly rhinoceros, would hardly have been in the mood to join in chatter. Womenfolk, having to constantly tell their kids to eat their boiled lizards nicely, would have had a much greater need for words. And working communally, gathering berries, would have been conducive to chatter.

"I say, Sybil, you smell dee-vine! Are you using that warthog gall bladder juice again?"

They probably compared each other's head lumps from the night before, when they were bonked (if you'll forgive the

expression) on the head by club-wielding lotharios before being dragged off for a romantic interlude. (As I say, clubs have always been important to men.)

This is why men can happily sit in a club lounge all afternoon and evening and say nothing. A man can simply go "hurrumph!" and the club steward will know to bring a pink gin.

Women would be talking all the time about kids and clothes in that high-pitched way they have.

Clubmen don't care how their fellow members dress – as long as they wear a dark suit, black shoes, quiet tie and non-commercial cufflinks. Nor do they discriminate as long as members are all male, all the same colour, have a similar standard of education, speak the same language and share the same views about foreigners.

Modern women currently attacking male exclusivity are displaying nothing less than the Bobbit syndrome.

Ring, Ring.
Threnody! DON'T TOUCH THAT PHONE!
(XHEAD) HEY? WASSAT?
A friend tells me of a fellow who, to prove to his wife that women talk too much, read out a news item: "Men use about 15 000 words a day – women use 30 000."
His wife said, "That's because we have to repeat everything we say."
He said, "What?"

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