

W A T E R F A L L

ISSUE 12 2018



Attacq unveils landmark Africa sculptures

YEAR IN REVIEW

VISIT THE BEACH AT THE MALL

ABDOMINAL PAIN IN CHILDREN





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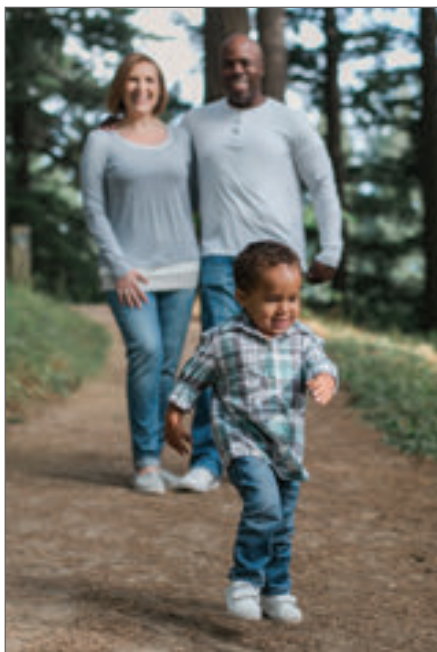
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*What is on your
Festive Season
wish list this year?*

If selling your property features on your list, then now is the perfect time for your home to be seen by buyers starting their house hunting for the New Year.

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A message from **WATERFALL**

It's hard to believe that another year has gone by, but here we are, at our final edition of the Waterfall Magazine for 2018.

We are sure that you will be visiting Mall of Africa this holiday season for all your shopping needs, and right now there's another great reason to visit the Mall – to view the recently launched landmark Africa Sculptures.

Attacq unveiled this art installation, called 'There is no time like the present' at the Mall last month. It features two 5,5m high sculptures, which represent two faces of Africa, one rooted in tradition, and a modern one to reflect the wealth of opportunity and potential that lies within us. You can read more about these sculptures in this magazine before you go and admire them in real life.

The Mall will certainly be the coolest place to hang out during the holidays, with holiday specials, extended shopping hours, family entertainment and some fun activities planned. Another article in this edition will tell you what's on when, with one highlight being a beach in the city! This summer playground will offer activities for kids of all ages from 8 – 23 December. Remember to pack their swimming costumes, towels and sun screen. We're expecting the Jungle Play Park to be equally popular, with various activities, including face painting.



The Mall will also be offering a gift-wrapping service, where, for a small fee, the Midrand Rotary Club will wrap your gifts and donate the proceeds to three different charities. Please do go along and support this service.

We also have an article about the Mall's efforts to reduce its carbon footprint through the world's largest rooftop solar PV/diesel integrated plant. This record-breaking project covers most of the roof space, and the energy it generates helps power the Mall's daily operations.

This is just one of many projects that have taken place within Waterfall. Looking back on 2018, Waterfall keeps growing and within this edition of our magazine we have provided some highlights of interest around the continued consolidation and expansion that Waterfall has experienced this past year.

Additionally, with the continued development within the residential areas, we have also provided a refresher article on the existing Waterfall Community Portal, outlining the purpose and benefits of this portal for any new residents or those who have not yet signed up.

Finally, our monthly article from Netcare focuses on children, and the problems they may have with abdominal pains, with causes ranging from gastrointestinal and respiratory conditions to urinary tract infections. The articles from Netcare are always great educational pieces and provide some solid tips to note.

From all of us at Waterfall, we wish you a wonderful and safe holiday season ahead.

Best wishes to you all, until next year.
Waterfall Management

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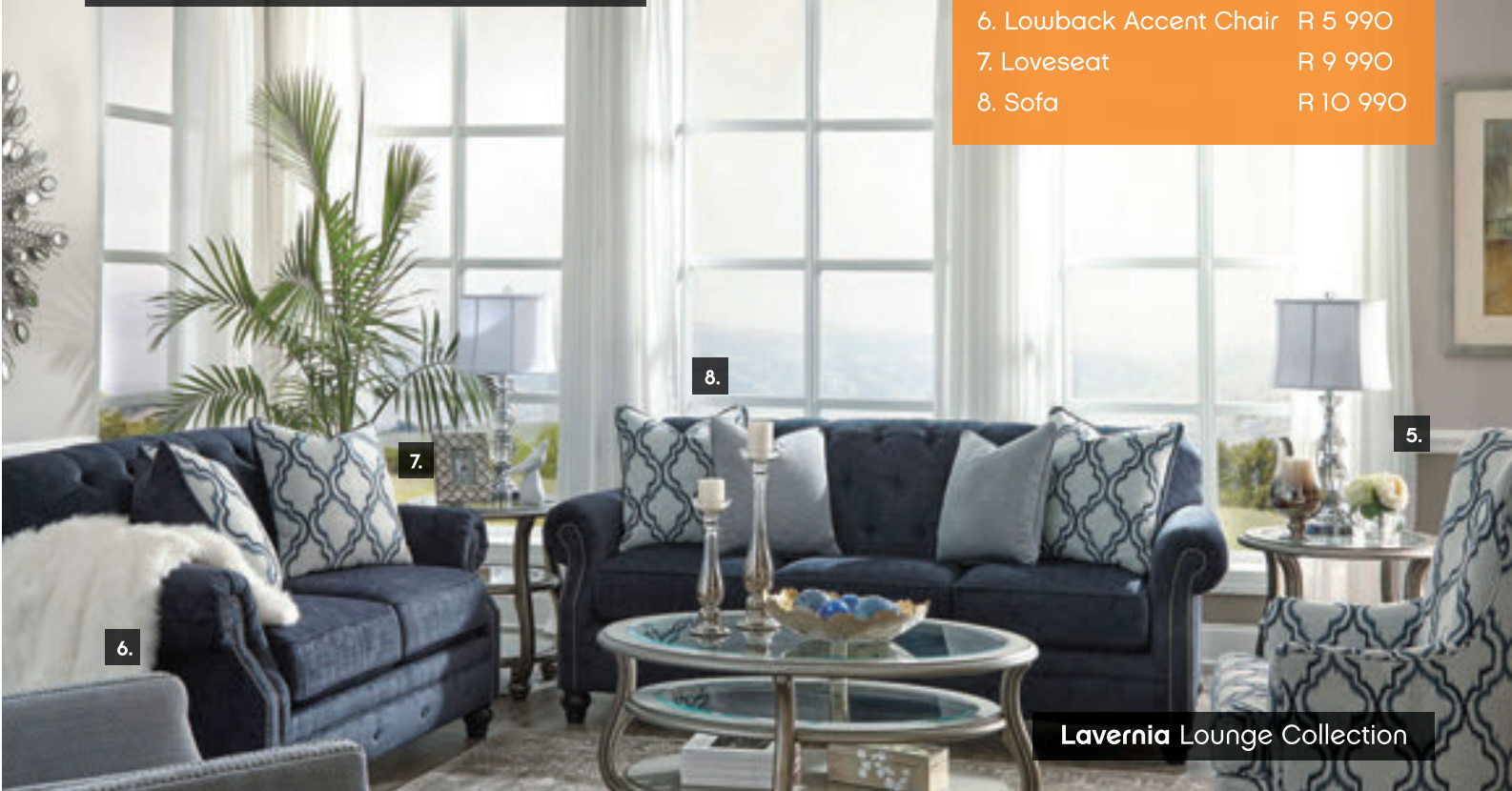
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Looking back on 2018 –

WATERFALL KEEPS GROWING

As another year draws to a close, it's good to stand back and look at the changes Waterfall has undergone in 2018. With new developments constantly happening, the incremental progressions can often accumulate almost unnoticed. But, once again, Waterfall has seen consolidation and expansion - many of the new office blocks now filled, more homes are being enjoyed by newly-arrived families, the schools are settling into a happy routine and the hospital is so well appreciated and busy that expansion plans are being considered.

Waterfall CEO, Willie Vos, says one downside of all this commercial, retail and residential expansion is the common complaint of traffic congestion. "Many people think the current roads that have been built are the only roads planned, but that is not the case," he says. "When we started to develop Waterfall, we looked at the traffic plan from a holistic point of view. While roads may be congested at the moment, as we expand, relief will come - within the next three years - with at least two more roads running north-to-south. Both of these will be constructed to the west of the N1 highway," he notes.

Pedestrians are already appreciating a new gate between Waterfall Country Estate North and the Curro School, which means pupils living on the Estate can now walk to school without leaving the safety of the Estate.

On the housing front, the new Kikuyu development now has 420 units of the planned 1 418 units completed, with two to three years of construction work ahead. Polofields has 500 units occupied or on the market, with a total of 1 012 more units being built over the next three years. The first phase of The Villas at Waterfall Country Estate is almost completed, with more than 70 of its 88 units finished.





Some more exciting news is that we can look forward to various new hotels and conferencing facilities being built in Waterfall in the near future. Furthermore, newly-built Waterfall Point, between the Equestrian Estate and Virgin Active Gym, should welcome its first tenants in January 2019. This cluster of four office blocks is expected to fill up quickly.

In less than three years since its opening, Mall of Africa has become an enormously successful venture, attracting the kind of spending that most regional malls only achieve after four years. Vos says some of the retailers have changed as mall management works out what is the best fit for the customers, and the mix is now being fine-tuned. The beautiful Waterfall Park in front of the Mall is being upgraded to cater for fairs and exhibitions and other family-focused events. One of these is the Sunday market – touted as the family-friendliest market in Johannesburg. The

Waterfall Market promises to bring you a diverse, curated experience with the finest artisans, makers, bakers and creators in the city. Efforts are also being made to make the Waterfall Wilds shopping centre more family-oriented, and a newly launched putt-putt course is the latest attraction there.

While it's the new buildings that generally catch our eyes, nature lovers will have noticed that the landscape is improving too. The greenery along Waterfall Drive has changed due to a deliberate decision to feature more water-conscious plants, with indigenous trees and veld grasses being introduced.

On the residential side, the community spirit is growing stronger, Vos says, with the residents' associations now thoroughly involved in the operational management of their specific areas, and many social events or activities for kids being

organised. This has been facilitated by the GO Waterfall app, which allows everybody to keep in touch and hear about events or other news via their smartphones. "The aim of GO Waterfall is to ultimately make people's lives a lot easier by giving them access to information about what's happening here, quickly and conveniently," says Vos. "Some residents can already access their levy and council statements via the app too - that service will gradually be rolled out across all of Waterfall."

Amazingly, despite all this development, the overall plans for Waterfall are still only about 40% complete, with a significant amount of residential, retail and commercial construction still to come. So as we head into 2019, keep an eye out for further upgrades and developments.



WHAT TO EXPECT AT MALL OF AFRICA THIS FESTIVE SEASON

South Africa's Coolest Mall has something special planned this festive season. With never before seen promotions and fun holiday specials, there is something for everyone at Mall of Africa. Shoppers can look forward to extended shopping hours, wholesome family entertainment and a whole range of fun activities, sure to keep everyone in the jovial spirit.

Here's a list of what you can look forward to at the Mall this holiday season:

Festive TRADING HOURS		
Friday	7 December	09:00 - 20:00
Saturday	8 December	09:00 - 20:00
Sunday	9 December	09:00 - 20:00
Monday - Tuesday	10 - 11 December	09:00 - 20:00
Monday - Tuesday	17 - 18 December	09:00 - 20:00
Friday	22 December	09:00 - 20:00
Saturday	23 December	09:00 - 20:00
Sunday	24 December	09:00 - 20:00
Monday	25 December	09:00 - 14:00
Tuesday	26 December	Voluntary Trade
Wednesday	27 December	09:00 - 20:00
Thursday	28 December	09:00 - 20:00
Friday	29 December	09:00 - 20:00
Saturday	30 December	09:00 - 20:00
Sunday	31 December	09:00 - 18:00
Sunday	1 January 2019	09:00 - 18:00

Extended Trading Hours

As from 7 December 2018 – until 1 January 2019, the Mall will be implementing extended trading hours to accommodate holiday shoppers.

Beach at the Mall

If you are not going to the beach this Festive Season, don't worry because Mall of Africa is bringing the beach to you! "Fun in the sun" is what it's all



about at Mall of Africa this December, as Waterfall Park is transformed into a summer playground with activities that children of all ages can enjoy.

The summer playground at Waterfall Park will be open from Saturday 8 December until Sunday 23 December with a choice of two sessions per day: 9am till 1pm or 2pm till 6pm for R50 p/p per session which allows access to all of the activities. (Children under two years of age can play for free.) Don't forget to bring your swimming costume, towel and plenty of sunscreen!

Kiddies Entertainment at the Jungle Play Park

Kiddies will be entertained on Fridays and Saturdays at the Jungle Play Park & Shongololo by Toys R Us and Hamleys. Character appearances and face painting will continue to take place.



Gift Wrapping Service

Shoppers can save themselves a lot of time and trouble by taking their presents to the gift wrapping stations where, for a nominal fee, they can get them all beautifully wrapped by the volunteers from the Midrand Rotary Club. All proceeds will be donated to the following organisations:

- ▶ Kitty & Puppy Haven: Animal Haven rescue in Midrand
- ▶ Sihlangene ECD Forum: Looks after

- ▶ the needs of 300 crèches in Tembisa
- ▶ Dolphins Acre: Long-term psychiatric care facility currently caring for Life Esidimeni patients.

Donate a Bear

The Festive Season is a time for giving so customers will also be able to buy and donate a teddy bear by popping it through the heart of the 4m tall Hamleys wire teddy outside Woolworths on the upper level. All teddies will be donated to the Teddy Bear Foundation, an organisation that provides holistic care and support for children who have been abused. Support #Hamleys BBFF (Best Bear Friends Forever).



Personal Gifting

To help make the gift-buying process easier, Mall of Africa's personal shopper will be curating a selection of gifts from the variety of desirable items available in stores. The gift selection will be on display in the Crystal Court until 27 December 2018, and customers will be able to browse around the gift displays and choose the perfect gifts for their loved ones.

For more information please visit: www.mallof africa.co.za

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ATTACQ UNVEILS LANDMARK AFRICA SCULPTURES



Attacq Limited, (Attacq), the JSE listed property company developing Waterfall City and Waterfall Logistics Hub, recently unveiled its latest art development, titled *There is no time like the present*, located at Mall of Africa. The artworks, in the form of two sculptures, were unveiled at an exclusive event held at Mall of Africa on 13 November 2018.

The sculptures, each reaching a height of 5,5m, represent the two 'faces' of Africa. The line sculpture represents an Africa rooted in tradition, the bare bones of a continent that holds us all together. The second sculpture, built from mirror-finish stainless steel plates, allows us to see the wealth of opportunity and the inherent potential that lies within all of us.

"At Attacq, we want our buildings to represent the very best in architectural design. This was an opportunity to partner with an incredibly talented local artist and make a historic landmark in Johannesburg," said Jackie van Nierkerk, Attacq COO.

The sculptures were created by Rina Stutzer, a full-time artist and creative advisor to the collective art studio and



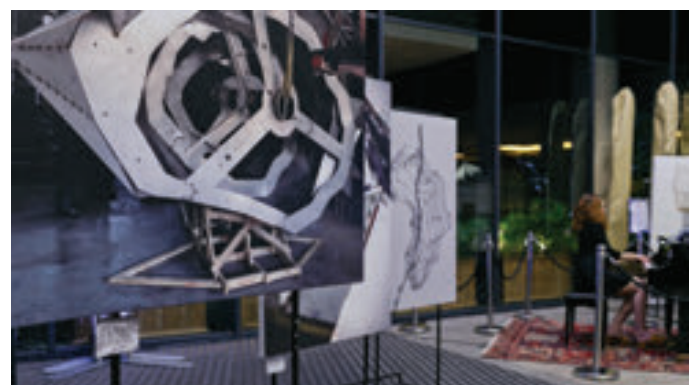
WATERFALL



foundry, Dionysus Sculpture Works (DSW) in Pretoria. She has participated in multiple international exhibitions in Australia, France and Great Britain. She has also been honoured for her work with awards that include the Ekurhuleni Fine Arts Award, The Rendezvous Focus Painting award and Southern Africa Stainless Steel Development Association (SASSDA) Art Project award, to name a few.

Commenting on the concept behind the mirrored sculpture, she said: "With this particular piece I wanted to create a reflective abstracted African continent, which physically acts as a binding force of the collective, showing us the image of a world that looks familiar from one vantage point, yet different from another. The sculpture holds up a mirror to our identity, our potential and our place in the world."

The vision for Waterfall City has always been to create a world class city that embraces integrated, new urban living to the fullest. With its contemporary new urban framework, Waterfall City has already become a modern landmark, at the forefront of development and lifestyle. Attacq adopts urban design principles for all its developments in Waterfall, with the aim of ensuring that all buildings



conform to good sustainability standards. With the introduction of these striking artworks, Attacq is set to enhance the beauty that already exists in terms of architectural and structural design within Waterfall City.

“There is a growing demand for local African art and we, as Attacq, felt we should lead the charge by investing

in this installation and hopefully encourage more companies to help develop home-grown talent and invest in local art,” van Nierkerk added.

Mall of Africa has become the premier destination for unique shopping and lifestyle experiences and has become an iconic feature of the Pretoria – Johannesburg

corridor. Drawing inspiration from geological features that include its Crystal Court, which represents South Africa’s mineral wealth with sharp geometric patterns, to the southern section of the Mall that depicts the Sahara Desert of North Africa, Mall of Africa has come to represent what can be achieved in an Africa alive with possibilities.



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The Ingress

Attacq's value proposition is to **deliver sustainable income distributions and capital growth** through real estate investments and developments with a **focused approach.**



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THE WATERFALL COMMUNITY PORTAL

Sean Pretorius, REDi

The Waterfall Community Portal has served as the secure communication repository for Estate related matters within Waterfall since 2013. It is a central hub which streamlines communication within the Waterfall residential community for all community notices, documents, contacts and events.

As the development of Waterfall progresses to include more and more residential areas, these developments and their residents are systematically added to the digital Community Portal. To ensure that everyone is aware of the purpose and benefits of the Portal, we have put together this short refresher article.

Homeowners are automatically added to the Community Portal upon transfer of their property from the sales information management system (SiMS). A subset of their information is transferred to the portal, based on what was captured in the sales process. The homeowners receive a digital key in the form of an email which will grant

them access to the Community Portal.

Once logged in, it is important that homeowners verify and update their 'household profiles' for security purposes as this information is accessed by Estate Management and used by security to ensure safety standards on the Estate. This includes the completion of personal, resident, staff and property information. Homeowners can choose to grant portal logins to their residents if they wish, which is handy if they would like their residents to keep up to date with the latest Estate affairs.

The Community Portal is also a document and records hub for everything related to each home. The Community Portal receives, processes and distributes statements for COJ and Levy accounts on a daily basis. Homeowners are notified via email and push notifications when these statements are received. Statements are stored within the property's account documents section in the portal and are private, ie. they can only be viewed by the homeowner once logged in.

Residents can raise important issues directly with Estate management such as faulty infrastructure or simply to compliment the Estate manager on something that is working well!

Residents can find product and service providers categorised for easy access in the portal Marketplace section, which can prove handy when you are looking for a plumber or electrician.

Not only can residents access the Community Portal via a responsive web interface, but now also via a full-featured mobile app for both iOS and Android devices.

The Waterfall Community Portal mobile app is integrated with the GO Waterfall app, so it is also easily accessible directly from this great platform! The mobile app can be downloaded from the iTunes and Google play stores.

REDi's support team is available to help anybody who is not familiar with using the technology - they can be contacted on: support@red-i.co.za.

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MALL OF AFRICA POWERED BY SOLAR

The need to reduce carbon emissions including how we generate and use electricity daily is gaining attention across the globe and leading to the development of renewable energy sources.

Being cognisant of this and to play a role in supporting 'energy security' locally, Mall of Africa has turned to renewable energy to help power the super-regional mall, with the installation of what is considered to be the world's largest rooftop solar PV/diesel integrated plant.

As far as can be established, this record-breaking project is not only the largest rooftop Solar PV system of its kind in the Southern Hemisphere and the 10th worldwide, but is also the world's largest integrated rooftop PV/diesel hybrid solution. The installation covers most of the available Mall roof space, an area of approximately 45 000m² (4.5ha), and the energy generated is used to power part of the Mall's daily operations.

Michael Clampett, Head of Retail Asset Management at Attacq says: "We were thrilled to announce this innovation in renewable energy generation at Mall of Africa earlier this year. Attacq is well known for its focus on sustainable building, especially in its flagship Waterfall development and this project was a



perfect extension of our vision. The project not only ensures that the Mall supports its day-to-day electricity requirements but it will help to decrease its overall carbon footprint."

This impressive project is another record-breaking achievement for Solareff, (the energy solutions company behind the rollout), along

with the support of Atterbury Property Group and Attacq Limited.

The positive environmental impacts of the system include:

- 8 034 tons of CO² saved annually;
- 4 394,36 tons of coal saved annually;
- 157 fewer coal trucks on the road per year (thereby further reducing the mall's Carbon footprint).



The reduction in traditional electricity consumption, as a result of this solar project, also alleviates pressure on the Eskom Power Grid, allowing for greater available capacity to support the substantial local economic growth currently experienced within the Waterfall area. Over and above this, the project

created temporary employment for 50 people as well as full-time jobs for two further workers.

Mall of Africa is not just an impressive development locally from a sizing perspective, but a development built with energy awareness in mind, driving a positive contribution towards sustainable living.

As far as can be established, this project is the world's largest integrated rooftop PV/Diesel hybrid solution



Netcare Waterfall
City Hospital



Netcare Sunninghill
Hospital

RECURRENT ABDOMINAL PAIN IN CHILDREN

By Dr Priya Walabh,
Paediatric
Gastroenterologist
at Netcare
Sunninghill Hospital



Abdominal pain is one of the most common symptoms in children. The causes of abdominal pain in childhood range from gastrointestinal and respiratory conditions, (lower lobe pneumonia can present as abdominal pain), to urinary tract infections.

Abdominal pain can be classified into acute and chronic abdominal pain. Sinister causes always need to be excluded and all children with abdominal pain should be assessed by a medical professional.

Recurrent abdominal pain affects about 10% to 20% of school going children. In the vast majority of cases no medical cause can be found. The definition according to criteria of functional paediatric gastrointestinal disorders is based on how long the pain lasts and how often the pain occurs. Pain needs to be present for at least three months and for at least three to four episodes a month and be severe enough to affect daily activities. Serious medical causes first need to be excluded before the abdominal pain is labelled as functional abdominal pain.

RED FLAGS SUGGESTING SERIOUS MEDICAL CAUSES

- Pain began when the child is under five years or over 14 years of age.
- Pain is located away from the umbilicus
- Pain waking the child at night
- Food intake either worsens or relieves pain
- Associated features – fever, pain in joints, rash, jaundice, anaemia
- Loss of appetite
- Loss of weight
- Change in bowel habits
- Positive family history of peptic ulcer disease, inflammatory bowel disease
- Abdominal swelling, masses or enlarged organs
- Faecal soiling, messing of underwear
- Bloody stools.

MEDICAL CAUSES OF RECURRENT ABDOMINAL PAIN SURGICAL CAUSES

- Lots of surgical causes can present as recurrent abdominal pain:
- Meckels diverticulum (tissue from stomach that can be found in places such as the bowel)
 - Intestinal malrotation (when the bowel rotates and twists around, which can cause obstruction)
 - Hirschsprungs disease with constipation (when the nerves in the lower part of the bowel are abnormal and the bowel doesn't function as it should)
 - Cysts in the liver (choledochal cyst)
 - Recurrent folding of one part of the bowel into the other (intussusception)

- Gynaecological conditions such as ovarian cyst, painful period cramps
- Tumours such as teratoma, lymphoma.

It is most likely that one of the aforementioned surgical conditions may be the cause of recurrent abdominal pain if the medical history, examination and relevant investigations of the child suggest this. Bile stained vomitus (green colour in the vomitus), vomiting blood and bloody stools with anaemia and weakness should raise alarm bells and be investigated further and referred to a surgeon for consultation.

REFLUX OESOPHAGITIS/ EOSINOPHILIC OESOPHAGITIS

Epigastric (central upper mid-abdomen area) pain and tenderness are common signs of reflux oesophagitis. This is less common in children older than two years of age, but can be present in 20% of older children. The condition is usually worsened by overeating, obesity and no exercise.

Eosinophilic oesophagitis (inflammation caused in the food pipe secondary to allergic condition) is a condition becoming more common in developing countries. The diagnosis can only be made by biopsies of oesophageal tissue that are done by means of a gastroscopy. The procedure is usually done under general anaesthetic and involves inserting a narrow tube with a camera at the front end down into the oesophagus and stomach to visualise and take biopsies. The tissue is then sent for tests to determine if inflammation and bacterial infection are present. The cause of this disorder is thought to have a strong allergic basis. Untreated eosinophilic oesophagitis can lead to scarring and a widened oesophagus with pain on swallowing and abdominal pain.

HELICOBACTER PYLORI (HPYLORI) INFECTION

Hpylori is a common bacterial infection that occurs worldwide. It is estimated that at least 50% of the world's population has Hpylori, found in the tissue of the stomach. It is well recognised that infection occurs during childhood. The relationship between recurrent abdominal pain and Hpylori infection in children is largely unknown as there have been numerous studies that show that abdominal pain continues even when the Hpylori has been treated. Hpylori infection needs to be proven by histology (through a tissue sample taken during a gastroscopy), and positive urease test (where the tissue sample changes colour in the presence of bacteria in the tissue).

INFLAMMATORY BOWEL DISEASE

Usually abdominal pain in chronic inflammatory bowel disease is associated with common symptoms and signs like anaemia and weight loss. Investigations such as an upper gastroscopy and a colonoscopy (upper and lower scope) need to be done to make a diagnosis. There is sometimes also a family history of this or similar diseases.

APPROACH TO A CHILD WITH RECURRENT ABDOMINAL PAIN INVESTIGATIONS

Investigations are usually kept to a minimum as over investigation can add to the parents' and child's anxiety. Taking the child's history and a physical examination will guide the doctor to which further investigations would be relevant.

MANAGEMENT OF FUNCTIONAL RECURRENT ABDOMINAL PAIN

Once serious medical causes are excluded, treatment of children

with functional recurrent abdominal pain usually also includes support and empathy for the family.

Functional recurrent abdominal pain is not a serious disease but it is important for parents to understand the condition, and they should ask the doctor to explain to them any aspects that they are uncertain of.

Stressors for functional recurrent abdominal pain include bullying at school or elsewhere, and the child should receive the necessary help in learning how to deal with this.

LOCAL REMEDIES

Studies have shown a 71% improvement in pain when peppermint oil capsules are administered.

Although there is no firm evidence, it seems that a high intake of fibre and low intake of fat can be helpful in improving symptoms.

Cognitive behavioural therapy using guided imagery and progressive relaxation techniques has also shown significant reduction of pain.

CONCLUSION

Functional disorders like recurrent abdominal pain, which has recently been renamed by Rome IV criteria as FAP-NOS (Functional abdominal pain – not otherwise specified) are extremely difficult to manage. Most children with abdominal pain suffer from this condition in adulthood as well. However, further research into the brain/gut connection has resulted in significant progress, and new therapies targeting gut flora etc are being tried with success.

Dr Priya Walabh is a Paediatric Gastroenterologist at Netcare Sunninghill Hospital (close to the Netcare Waterfall City Hospital).



STAY SAFE THIS FESTIVE SEASON

The Festive Season should be the time of year when everyone has the opportunity to take a break, get some well-earned rest and have fun with the family. However, it's also a time when criminal activity spikes, when opportunists take advantage of the intensified shopping activities and the distractions of the holidays.

Make sure you don't fall victim to criminals this Festive Season. Here are some tips to remember when relaxing at home, braving the crowds and travelling.

1. Prevention is better than picking up the broken pieces of your life after an incident. Plan ahead and make sure that if you're going in a group, everyone knows where you're all going and, most importantly, where to meet if you are separated. Assuming that cell phone contact is all you need is not necessarily the answer - what happens if one of you is mugged and the phone is stolen or your phone breaks? Do you know your companions' phone numbers, or are they all stored in your phone's contact list? It's a good idea to memorise some contact numbers ahead of time as a precaution, or write them down on a piece of paper that you can find easily in case there's an emergency.
2. Make sure you know where your children are at all times. Some restaurants issue name bands to the kiddies when they go and play in their kids' zone. Consider devising your own name bands with details of your name and phone number on each one: "If lost, please call xxx xxx."
3. Remind your children to go to an information desk or find a security guard if they can't find you. Do they know your full name and surname, (not 'mommy' or 'daddy')? Make sure they know your cell number by heart and the number of an alternative relative such as a grandparent, aunt or uncle.
4. When parking your car, physically test that the doors and boot are locked. Car-jamming is an ongoing criminal pastime and it happens in school parking areas, at petrol stations and at shopping centres. It only takes a few seconds for a criminal to remove items from your car, so rather spend those few seconds ensuring that everything is properly locked.



5. In a large parkade, remember to check the level that you are parked on and which side of the mall you are parked. Make a note of the actual parking bay as well, as theft of motor vehicles even in secure parkades can happen. You may get to the bay where you thought your car was, only to find someone else parked there. The sooner you can determine if your car has been stolen, the sooner you can report the incident. Take a snapshot with your phone, if you feel it will help you identify its location.
6. Ensure that all your valuables are securely locked in the boot or at least out of sight. Do not drive with your handbag, laptop or tablet inside the car. Even talking on a cell phone can be a hazard as criminals are adept at grabbing a smartphone out of a person's hand while they're talking and smash-and-grab incidents are common, not only at intersections, but anywhere where there's traffic congestion.
7. Keep all your doors locked and your windows closed while on the roads. Preferably refrain from engaging with beggars or buying items for sale at intersections. These individuals may look innocent, but many of them are lookouts for crime syndicates, so don't be fooled.
8. Be vigilant when driving home from the shops, especially if you have bought a lot of valuable gifts or if you have just drawn cash from an ATM. Security advisors even suggest you shouldn't drive directly home after you have been to a bank or ATM. If you suspect that you are being followed, drive to the nearest Police Station or find a security patrol vehicle.
9. If you're going out for the evening, always tell someone where you're going, even if you just send them an sms or WhatsApp message. If you prefer not taking your vehicle, make arrangements with a reliable service such as Uber for safe drop-off and collection from the entrance of the place where you're going – relying on friends may not be the best option if they want to stay or move on to somewhere else and you want to go home, so make sure you have a back-up plan. Never walk home alone – even if you only have to walk a short distance.
10. If you're about to embark on a long road trip, make sure that your vehicle is in a roadworthy condition and that your breakdown insurance is up to date – and that you have their contact number handy. Remember to always carry your Driver's Licence with you and ensure that it hasn't expired. Likewise, check that the vehicle's license is current.
11. And lastly, don't forget the sun screen!! Our African summers can be hot and harsh on the skin, so lots of sun screen and keeping yourself hydrated with water are a must. Then go out and enjoy the holidays!

THE WORLD'S MOST FAMOUS FISH

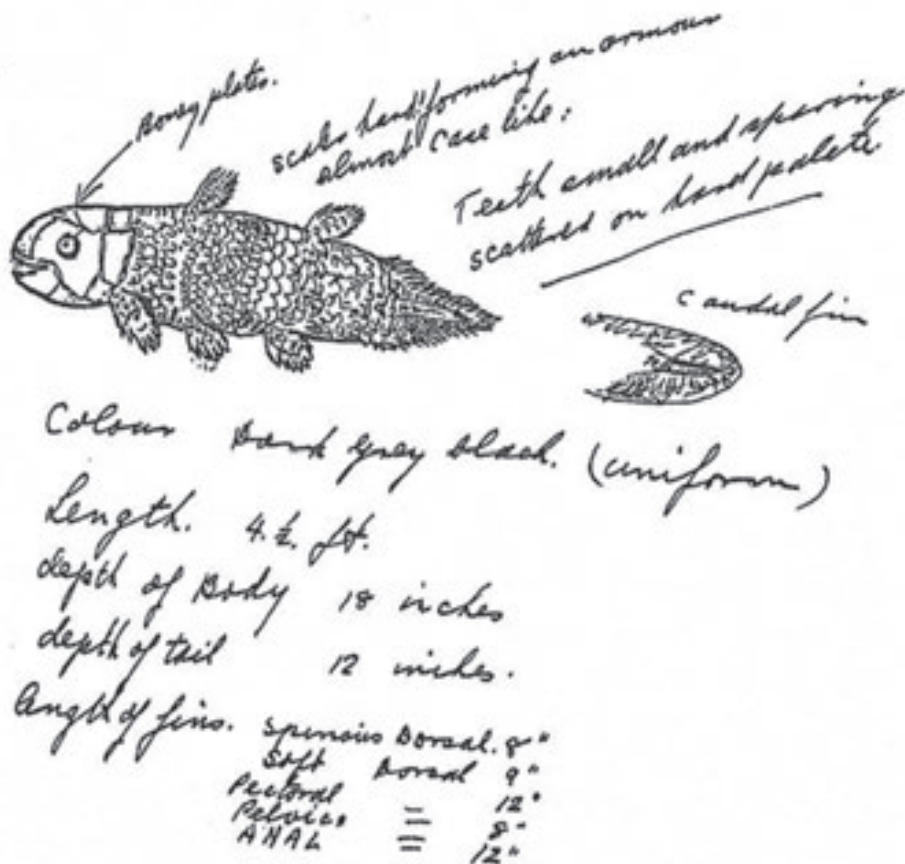
By James Clarke

"Somebody's just discovered a live dinosaur!" Those were, I always believed, the first words of Professor JLB Smith as he rose from sitting at the breakfast table just after Christmas in 1938. He was staring at a letter in his hand and for some moments stood in stunned silence. It was a letter from an East London woman.

In a few weeks' time, on January 3, it will be exactly 80 years since that letter arrived at the professor's holiday home in Knysna – that was the day the story of the world's most famous fish began.



Marjorie Courtenay-Latimer, the East London Museum and the trawler, Nerine, that found the coelacanth



Marjorie Courtenay-Latimer's rough sketch of her unusual 'limbed' fish.

The woman, Marjorie Courtenay-Latimer, director of the East London Museum, had written to Smith about a large newly-caught fish she had just retrieved from the city's fish market. It was her amateurish sketch that riveted his attention.

Smith was puzzled at first but then, from the deep recesses of his memory, he remembered seeing pictures of coelacanth fossils found around the globe over the years, all dated between 420 million and 65 million years. Sixty five million years ago . . . that was when a meteor smacked into the earth causing sun-blocking debris to circle the planet for years, extinguishing the dinosaurs and uncountable numbers of other creatures.

Naturally, it was assumed coelacanths died in 'The Great Extinction'. Smith's often quoted remark about the dinosaur was in fact not uttered, according to a definitive book



Admiring the second coelacanth on arrival in the museum (1953).

Photo courtesy of NRF/SAIAB



JLB with the second fish. This year marks the 50th anniversary of JLB's death. Photo courtesy of NRF/SAIAB



by Professor Mike Bruton on the notoriously taciturn and often difficult 'JLB' and his more outgoing family – and his celebrated fish.

Smith was a professor of chemistry at the time but was also a widely respected and knowledgeable amateur ichthyologist (fish expert). I never met JLB but knew Margaret, his widow who, by the time I met her, was director of the JLB Smith Institute of Ichthyology at Rhodes University, and I worked on projects with their son, William, the country's most popular science teacher. Mother and son were compulsive and brilliant teachers as is their biographer, Bruton himself – an articulate scientist with many and varied interests.

I thought I knew a bit about the Smiths but as I became absorbed in Bruton's 344 page book on their private lives – with all its warts, I realised how little I knew about the effect of this spell-binding episode of science history and the impact on their lives. Smith, in some ways, was inexplicably slow in getting to East London to actually see the fish for himself, yet, that January, he immediately wrote to Courtenay-Latimer saying he strongly suspected she had on her hands a creature that would shake the scientific world. "Zoologically sensational," he called it.

Smith said it was imperative that she preserved the fish's organs but the museum director had had nowhere to preserve them and had already thrown them away for they were putrid. It was heroic enough that she, alone, got the human-sized fish (58,6kg) from the harbour to her museum and preserved it.

That day was December 22 1938. Her letter took 12 days to reach JLB. Bruton, with unlimited access to the Smith's papers, recalled her description of the moment she saw the fish: "I picked away at the layer of slime to reveal the most beautiful fish I had ever seen. It was a pale mauvy blue, with faint flecks of whitish spots; it had an iridescent silver-blue-green sheen all over. It was covered in hard scales, and it had four limb-like fins and a strange puppy-dog tail."

Its colouring soon disappeared.

Smith wrote to her saying, "I cannot help but mourn that the soft parts of the fish were not preserved even had they been almost putrid. I am sorry to say that I think their loss represents one of the greatest tragedies of zoology."

Even so, Smith himself, took another 44 days to get up to East London. Admittedly, it was 580km away and on rough roads and the professor



JLB and staff photographing coelacanth No.2.

Photo courtesy of NRF/SAIAB



Son of JLB, William Smith, known to tens of thousands of science students across South Africa.

had a pile of Rhodes University exam papers to mark. He was frankly also scared of making an ass of himself. As Bruton says, he realised the find was “utterly fantastic and highly unlikely”. Smith told Courtenay-Latimer, “...my mind still refuses to grasp this tremendous impossibility.”

It proved indeed to be a sensation and rocketed JLB and his wife, Margaret, into a new life. Smith became, in the public’s eye, the world’s most famous ichthyologist. The fish, which quickly became a crown jewel of evolutionary science, had been caught off the East London coast and now the search was on for another specimen.

JLB felt the French Comores in the Indian Ocean was the likely home range and, by way of posters, offered a substantial reward for a specimen. World War 2 came and went. So did the 1940s.

It was 14 years later, again around Christmas, that a second coelacanth was caught off the French Comores. JLB feared the French would claim it or that it would decompose in the mid-summer heat. But nobody was prepared to fly him out and bring the fish home.



Margaret Smith in laboratory: she was vital to JLB’s career.

Photo courtesy of NRF/SAIAB

As a last resort he appealed to the Prime Minister, DF Malan. Everybody knew Malan believed evolution contradicted the bible and yet, Malan, who apparently had JLB’s hefty tome, *The Sea Fishes of Southern Africa*, at his bedside, was impressed on hearing JLB himself on the phone – and also impressed by JLB’s pleas that national prestige was at stake.

He assigned an Airforce Dakota and maximum crew to take JLB and bring the fish home. JLB, known to be rather humourless, when he knelt down to examine the huge fish, wept. He planned to name it *Malania*

anjouanae (for Malan) for he thought it was a different genus but it was later discovered it was a smaller, damaged version of the original which was named after Courtenay-Latimer - *Latimeria chalumnae*. The specific name refers to the Chalumna River mouth near East London where the first one had been trawled.

The coelacanth is now listed, internationally, as “critically endangered” – just one degree above the final category: “extinct”.

Extinct! How bitterly ironic that would be.

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In this issue, we look at three entry level cars that are ideal as first cars for youngsters who are just starting to drive or as run-arounds for quick trips to the shops and back.

NEW SUZUKI SWIFT

By Alan Rosenmeyer

My vote has been cast the title of the MotorMatters best buy for buyers under 30 years of age goes to the new Suzuki Swift.

The latest generation Swift was launched a few months ago as the successor to a hugely popular and classy small hatchback. Suzuki in SA has always been defined by the Swift and Jimny, with the Swift consistently being their best seller. Of course, the challenge is always how to build on a success story.

The new version is very much a case of evolution not revolution. The shape is familiar, the helmet profile is still there, with a few subtle exterior changes. The revolution though is in the interior. The outgoing version was often criticised for lack of space both in the boot and the back seat. The boot has increased by 10%, the rear space has increased considerably and the fascia simply appears more modern and upmarket.

Then there is another secret under the skin riding on a new lightweight platform, the new car is around 90kg lighter. That's about 10%. If that doesn't seem like much, it brings the car down to about 800kg.

Considering that the new car is powered by the same 1.2L 4-cylinder engine, the 61kW and 113Nm now have to move that 10% LESS weight. Quite simply, it spells more pep and fun on the road.



Suzukis have always delivered good fuel economy and the new Swift delivered yet again. After a week of testing, including lots of commuting plus a pleasant country trip, the overall figure was an extremely miserly 5.2L/100km. Talking of the country trip, the car impressed with its smooth, comfortable ride and the solid, planted feel while cruising at the national speed limit.

Another factor that garnered our vote is the retail price of the GL version at R175 900. This puts it squarely in opposition with some far more budget offerings from some competitors. Perhaps the only aspect letting the party down is the lack of a modern infotainment system but how



can you criticise this at the price?

Personally I think there would be a demand for a version offering the infotainment system and possibly mag wheels, yet still priced comfortably below R200 000. Until this arrives, I'm sure your local dealer could oblige.

The list price of R175 900 also includes a standard 3-year/100 000km warranty plus a 2-year/30 000km service plan.

Use this link to watch our You-Tube video review: <https://www.youtube.com/watch?v=pJqJiOwF7oQ>

FORD ECOSPORT 1.0L TITANIUM

By Alan Rosenmeyer

As often happens, Ford has faced a challenge in updating a top seller and a forerunner in the now crowded crossover/small SUV segment.

The test vehicle duly arrived in top spec Titanium form resplendent in a colour that Ford terms 'Blue Lightning'. To me this is the epitome of True Blue Ford and really suits the vehicle.

Ford has wisely chosen to retain its multi-award winning EcoBoost engine, with the little 3 cylinder turbo pushing 92kW and 170Nm from its 1.0L capacity. This gives excellent performance and response when the turbo kicks in. A little warning though, enthusiastic driving with the turbo constantly spinning does affect fuel consumption. While sedate cruising at the national speed limit will return around 6L/100km, this can climb very quickly when commuting or just having fun.

The test car was the 6-speed automatic version which is extremely smooth and slick in operation. Interestingly, Ford has reverted to a conventional automatic instead of the problematic dual-clutch box used in the old version and I found that the revision is definitely superior. A 6-speed manual is also available.

The new model is another example of retaining a winning formula without too many changes. The front grille is now the familiar Ford family appearance, new headlights and daytime running lights feature on the Titanium spec, while 17-inch mag wheels and chrome roof racks are also standard on the top model.



The interior features far more changes and updates, with the rather messy and dated fascia buttons replaced by a very neat and effective 8.5-inch touchscreen taking centre stage. Ford's SYNC 3 system is standard and is clearly very advanced for this market segment. Navigation is standard and the voice activation works like a charm.

Lack of boot space was a criticism levelled at the old version. This has been increased to 330L plus with an extra area below the bottom shelf in the boot. The shelf is made from a specially strong material and can hold

a weight of up to 300kg. The placing of the spare wheel on the outside of the boot door also helps in this aspect.

Other features on the Titanium version include full leather trim, auto headlights and wipers plus keyless start. [If you can live without these last features, a 6.5-inch touchscreen without navigation, 16-inch wheels and no roof racks, you could choose the mechanically identical Trend version at a saving of just under R40 000.]

The EcoSport Titanium auto is priced at R339 900 and includes Ford's 5-year warranty and a 4-year/60 000km service plan.

Use this link to view our You-Tube video review: <https://www.youtube.com/watch?v=W1C5ngNspTE>

FUNKY NEW HYUNDAI KONA LAUNCHED IN SA

By Alan Rosenmeyer

With most new cars being sold in numerous countries around the world, naming can be interesting where issues with language or interpretation can arise. Hyundai probably thought that a Hawaiian Island should be a safe bet, so they named their new vehicle the Kona.



I'm assuming they didn't consider HAI KONA in our market . . . luckily it doesn't apply because it ticks most boxes in the crossover/SUV category.

Most Hyundai's have followed a fairly safe and conservative route when it comes to design and styling. Perhaps the Tiburon and Veloster were the exceptions. Now the Kona breaks the mould with styling in the vein of the Mazda CX3 and Toyota CHR.

The Kona is also the first model in SA to feature a 1.0L 3-cylinder turbo petrol engine giving 88kW and 172nM - it provides plenty of pep and performance mated to a very smooth and slick 6-speed manual gearbox. At this stage, it is not available with an automatic option.

The second engine option is the familiar 2.0L 4-cylinder from the Tucson.

This gives 110kW and 180nM and is only available with a very smooth 6-speed automatic transmission.

As always, style comes with compromises and this shows in less space in the boot and the back seat. BUT . . . you must compare apples with apples and it is certainly competitive within the market sector. Of far more importance is the standard specification offered on the 2 models including:

- 7" Infotainment System w/Carplay
- Park Assistance
- ABS, ESP, HAC and DBC
- Blind Spot Detection
- Rear Cross Traffic Alert
- Dual front airbags
- Front seat side-impact airbags
- Side curtain airbags.

Then take into account the standard touchscreen infotainment system

with standard navigation, full leather trim with colour coded striping (also matched on the fascia) and some interesting colour options.

During the short launch drive, the manual version definitely provided a good impression with the downsized turbo motor giving an excellent response. By contrast, the 2.0 automatic provides a far more relaxed environment and would definitely be my choice if I know that I'll be spending my life in commuting mode. As always . . . it's your choice, fun or sensible! Maybe age becomes the defining factor.

The Hyundai Kona is priced at R379 900 for the manual and R399 900 for the automatic version. Both models include a 5-year/90 000km service plan plus the amazing Hyundai 7-year warranty.

Use this link to view or video review: <https://www.youtube.com/watch?v=fXahN1gJWas>

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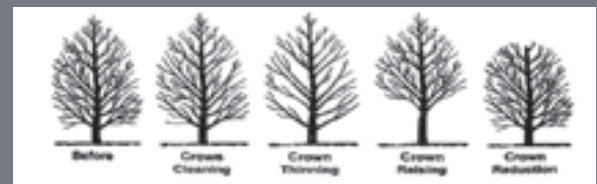
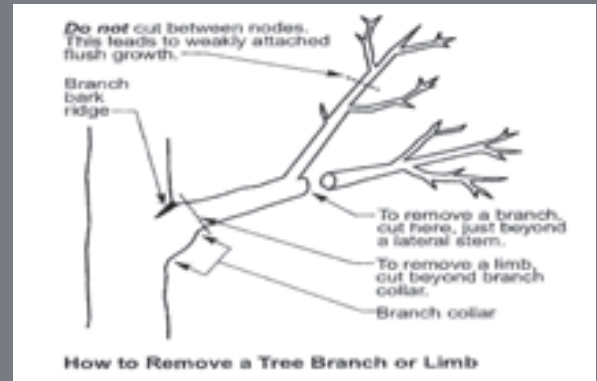
TREE PRUNING

By Elize Malan

Trees are a long-term investment and maintenance is needed on an ongoing basis.



HOW TO SHAPE A TREE:



Improperly pruned trees are more likely to succumb to disease, fall over and have a short lifespan.

Pruning of trees should be done with great care, as every cut has the possibility of changing the tree permanently. If you properly shape or prune and support a young tree, it will not require annual pruning when mature.

The general idea is to develop one dominant/central trunk with uniform branching throughout the canopy.

Pruning is done for the following reasons:

- to remove dead branches
- to improve shape
- to reduce risk to residents
- to increase light to the landscape below
- to provide clearance for vehicles and pedestrians.

TIPS ABOUT PRUNING

- Heavy pruning can be a significant health risk for the tree.
- Trimming of mature trees can be done throughout the year.
- Wound sealing is seldom necessary and the unsealed tree wound will often heal better without it.
- All cuts should be made outside the branch collar - an undercut 30cm from the point of attachment will prevent tearing of the bark.

Do not:

- Flush cut: cutting inside branch collar
- Stub cut: cut made between two nodes
- Hat-rack: shorten limbs or branches to a predetermined point in the canopy
- Over-thin: removing an excessive number of inner branches
- Over-lift: removal of an excessive number of branches on the lower portion of the tree.

PRUNING OF PALMS

- Do not remove green fronds (leaves) as nutrients move from the older leaves to the new leaves when they die. Nutrient deficiencies will cause narrowing of the trunk and decline in size of the fronds.
- Inflorescences should be removed when pruning the dead leaves. This prevents loss of nutrients, seed forming and unwanted seedlings. Correctly pruned palms should have oval silhouettes.
- Removing 'boots' (leaf base): If they do not pull off, leave them on, otherwise trunk damage may occur, which will result in palm borer attacks, trunk rot or fungal infections.
- Few cultivated palms die of old age. It is more likely they will die of cultivation and landscape mistakes.



THE BUSINESS OF YOU

By Briony Liber



I don't think it's a novel idea to say that if we think about our careers as our business, then we are all the CEOs of our careers. And yet, so many of us tend to treat our careers as if we are passive stakeholders in the business, taking direction rather than determining our direction.

If the CEO of a company had no vision for the direction of the business, and had no grasp on the resources at hand to achieve that vision, the business wouldn't go very far, would it? It might manage for a while,

but at some point it would probably come to a grinding halt, with the CEO possibly taken by surprise.

Yet I see so many of us treating our careers that way – including myself a few years back. I recall believing that, because I worked hard and had been fairly successful in moving upwards in my career, this would continue and that I would feel fulfilled. I took opportunities where they presented themselves (in retrospect largely when no one else wanted the opportunity), but with no particular strategic vision of where my career was headed. And at some point I started to feel really stuck.

for me that was mind-shifting and ultimately led to my taking control of my career as my business again. The mind-set shift had a lot to do with seeing my career as a collection of experiences that had been building on each other, rather than a chronology of upward progressions.

I realised that I needed to completely rewrite my story. And once I could rewrite my story for myself, and for my career, I would be able to reposition myself for work that I wanted to be doing, rather than the work I felt I was limited to doing.

A few years later, and in the midst of an entirely new career story, I find myself surrounded by people who are also eager to make career changes but haven't a clue in what direction. These people are my clients. Many of them come to me wanting assistance in writing their CVs and updating their LinkedIn profiles – the trouble is, in so many instances, they have no idea how or where to position themselves. They have no idea what they want their next move to be.

So often they say: "I don't want to be an XYZ any more, but I am only qualified to be an XYZ." Yes, old me would have related to that! In most instances, long before we work on their CVs we start having a conversation that helps them to see the richness of their experiences and competencies rather than the history of all the positions they have held.

In *Up is not the Only Way: Rethinking Career Mobility*, the authors (Beverly Kaye, Lindy Williams and Lynn Cowart) suggest looking at our careers through a kaleidoscope rather than a telescope – in other words, seeing an array of options where previously we saw a linear view. They proceed to mention that when looking through a kaleidoscope (in which only three mirrors create the myriad of patterns), what we are seeing are the varying combinations of career options created by the intersect between our competencies, values and interests.

So if you find that your career is in a rut, that you have stepped out of your career's driving seat, and you are wanting to get your career on track in 2019, perhaps consider these questions:

- When you look at your career as a collection of experiences and competencies, what patterns emerge?
- What is the kaleidoscope of career options that emerge when you consider your competencies, your interests and your values?
- In the business of being you, are you in the CEO's office, or some back office taking orders?

To connect with Briony Liber, email: briony@brionyliber.com, or visit her website: www.brionyliber.com.

It was in a moment of feeling particularly disgruntled that I had an enlightening conversation with a very wise friend. The conversation started off with how I was feeling so stuck and feeling like I had no options. My assumption was that I was stuck in a silo, where I could continue upwards, but couldn't branch out, that I would do what I was doing, where I was doing it, forever.

My friend saw things quite differently though. At the end of my rambling she identified a number of different directions she thought I could go in, and they had nothing to do with my qualifications. It was the start of a process



DEVELOPING EMOTIONAL INTELLIGENCE IN OUR CHILDREN

By Dr Ilse Ruane

Emotional intelligence (EQ) is the ability to identify, assess and control the emotions of oneself, others and groups. It also enables us to identify, evaluate and express our own emotions.

Being able to perceive and assess emotions makes it possible to use emotions to facilitate thinking and to understand the meanings of various emotions. People with higher EQs usually remain calm under pressure, and are able to resolve conflict effectively. They are empathetic to themselves and others. They tend to lead by example and put more consideration into decisions and problem solving. People with higher EQs are often successful in work and leisure activities. These people tend to occupy leadership positions and have successful relationships.

IQ, on the other hand, is a score derived from a standardised IQ test. It is used in predicting academic performance. It is the ability to learn, understand and apply information to a variety of skills, such as logical reasoning, word comprehension, mathematics skills, as well as abstract and spatial thinking. People with higher IQs are also able to filter irrelevant information. We mainly use IQ scores to differentiate between capable individuals within academic contexts and individuals who struggle with mental challenges, such as dyslexia or spatial integration problems, for the purposes of remedial assistance.

The building of empathy and the enhancement of EQ have received a lot of focus in the media over the last few years. Literature provides us with some tips on how to develop EQ in children based on the 5 EQ competencies:

1. Self-awareness is the ability to accurately assess one's own

thoughts, feelings, interests, values and strengths. Furthermore, it is the ability to recognise how these (thoughts, feelings, interests, values and strengths) influence our choices and actions. Self-awareness leads to the ability to maintain a well-grounded sense of self-confidence. We assist children in developing self-awareness by teaching them to accurately label emotions and analyse factors that trigger their stress reactions.

2. Social awareness is being able to see another's perspective and being able to empathise with them. It is about recognising and appreciating individual and group similarities and differences. Children need to learn to see family, school and community resources as assets which they can make use of. How do we assist in developing social awareness in children? We help develop their ability to identify verbal, physical and situational cues indicating how others feel. They should also be able to predict others' feelings and perspectives in various situations.

3. Self-management is about regulating one's emotions to handle stress, control impulses and persevere in overcoming obstacles. When children learn to set and monitor progress towards personal and academic goals, they enhance their self-management abilities. Linked to this is expressing emotions appropriately and being able to stay calm when faced with challenges. The development of self-management begins by assisting children in developing plans of action and helping them to describe the steps of setting and working towards goals. Practically, this means setting and making a plan to achieve a short-term goal.

4. Relationship management skills are concerned with establishing and maintaining healthy and

rewarding relationships based on co-operation. It means resisting inappropriate social pressure as well as preventing, managing and resolving interpersonal conflict. It also involves knowing when to seek help. We develop relationships skills in children by describing approaches to making and keeping friends. We demonstrate and explain how co-operation and teamwork play out in the promotion of group goals as opposed to individual goals.

5. Responsible decision-making is making decisions based on consideration of: ethical standards, safety concerns, appropriate social norms, respect for others and consequences of actions. It is about applying decision-making skills to social and academic situations. Responsible decision-making contributes to the wellbeing of one's family, school and community. We develop responsible decision-making by identifying a range of decisions children make at school and home, and assisting children in correctly making these decisions. We also assist them to evaluate strategies of resisting peer group pressure as well as unsafe and unethical activities.

THE INFLUENCE OF THE FAMILY UNIT

The first school of emotional learning is the family. Through the family, children learn how to feel about themselves and how others will react to their feelings. They learn to think about these feelings and what choices they have in reacting to their thoughts. Children learn to read and express hopes and fears, as well as people's reactions to these hopes and fears.

Learning takes place:

- In what parents say and do
- In how adults treat each other.

When parents are emotionally competent in their own relationships, they are capable of helping the children work through their emotional challenges.

To enable parents to enhance the emotional intelligence of their children, they need to look at how their parenting style affects their children's EQ. When looking at the different parenting styles, specifically related to the enhancement of EQ in children, the following can be said:

1. DISMISSIVE PARENT

The dismissive parent disengages or ignores the child's feelings. They believe negative emotions must disappear as they are harmful, toxic or dangerous. Therefore, they tend to minimise the child's feelings by downplaying events. They may even ridicule or make light of feelings that are expressed. These parents fear being out of control of the situation and feel uncomfortable or even overwhelmed by the child's emotions. They tend to believe negative emotions mean the child is not well adjusted and that this reflects badly on them as parents. Dismissive parents characteristically use distraction to shut down the emotional conversation.

The effects of this parenting style on children, with regard to EQ, is that children

- learn their feelings are wrong, inappropriate, not valid;
- learn that something is wrong with them;
- find it difficult to regulate their emotions because their feelings cannot be 'trusted'.

2. DISAPPROVING PARENT

Disapproving parents display disapproving behaviours when their children express emotions in a negative way. They tend to judge and criticise

the child's emotional expression. They reprimand, discipline or may even punish the child for negative emotional expression. Disapproving parents also believe emotional expression should be time-limited. This is because negative emotions reflect badly on character and the child needs to be 'tough to survive'. They view negative emotions as unproductive and a waste of time.

The effects of this style on children are similar to the dismissive parent:

- They learn their feelings are wrong, inappropriate, and not valid.
- They think something is wrong with them.
- It makes it difficult for them to regulate their emotions.

3. PERMISSIVE PARENT

The permissive parent freely accepts all emotional expression from the child, both positive and negative in nature. They offer comfort to the child experiencing negative feelings and believe that there is little one can do about negative emotions other than 'ride them out'. They do not offer any guidance to the child other than managing negative emotions through the release of emotion – a good vent and it's done – eg. "Go on, have a good cry". They offer no problem-solving solutions and set no limits in terms of the expression of negative emotions or the time the child 'vents' their emotions.

The effects of this style are:

- The child does not know how or want to regulate their own feelings. They become dramatic about everything.
- They experience trouble in concentrating, forming relationships and getting along with others.

4. THE EMOTIONALLY INTELLIGENT PARENT

Emotionally intelligent parents are not confused or anxious about the

child's emotional expression. They do not make light of the child's negative feelings or say how the child should feel. They also do not feel they can fix every problem for the child. They value the child's negative emotions as an opportunity for intimacy and learning.

They can tolerate spending time with a sad, angry, fearful child without becoming impatient or overwhelmed. They are aware of their own feelings. They are sensitive to the child's emotional state and respect the child's emotions. Emotionally intelligent parents see the world of negative emotions as an important part of parenting. They practise the subtle balance between embracing and guiding in using emotional moments as a time to listen, and then offer guidance on regulating emotions. They assist in setting limits and teach acceptable expression of emotions in addition to teaching problem solving skills.

The effects of this style on the child are that they learn to:

- correctly identify their feelings;
- trust their feelings;
- regulate their emotions;
- and solve problems.

They have high self-esteem because of their ability to do these things. This transpires into their being able to learn well and get along with peers and authority.

STEPS PARENTS USE TO BUILD EMPATHY INTO RELATIONSHIPS AND ENHANCE EMOTIONAL INTELLIGENCE

The ideal situation therefore is working towards changing our parenting style to include the elements of the emotionally intelligent parent.

On a practical level, this can be done by keeping the following steps in mind:

1. being aware of the child's emotions;
2. recognising the emotions as an opportunity for intimacy and learning;
3. listening empathically and validating the child's feelings;
4. helping the child verbally to label emotions;
5. setting limits while helping the child problem-solve.

The emotionally intelligent parent uses emotional expression as an opportunity for intimacy and learning. They demonstrate self-control through their role-modelling of calm behaviour, and this in turn empowers the child in their own problem-solving. This style of parenting does not use negativity or express criticism, therefore they do not damage the parent-child relationship or make the child doubt themselves. Emotionally intelligent parents do not swoop in and take over the situation. They assist the child in labelling their emotions, offer reassurance while providing guidance and assistance in solving the problem.

Additional strategies to use in developing an emotionally intelligent parenting style are:

- Create a mental map of your child's daily life. Get to know where the potential pitfalls may be.
- Remember there are always 3 sides to the story, therefore avoid 'siding with the enemy' and avoid always siding with your child as there may be more to the story than what is presented. Work towards getting a more complete picture before responding.
- Think about your child's situation in terms of similar adult situations to enable yourself to gain a better understanding of their problem.
- Do not try to impose your solutions. They are children and do not

possess the cognitive or emotional capabilities to handle problems in the same way adults do.

- Empower your child by giving them choices and suggestions on how to handle the situation.

We as parents are also human. We cannot respond in an emotionally intelligent manner when we:

- Are pressed for time. When we are rushing from one activity to the next, we cannot expect ourselves to handle a problem with the necessary care that is needed. Instead, let your child know you are aware there is something that needs discussion, and that you will revisit the conversation later on in the day.
- Have an audience. Do not attempt to be emotionally productive with your child in front of others. They act up and we fall back into discipline mode, which undoes any learning that could have taken place. Leave the emotional parenting for one-on-one time.
- Are tired. As a parent, when you are tired, you are unable to be emotionally present.
- Are upset or emotional as serious misbehaviour cannot be dealt with in an emotional manner. It needs to be dealt with factually and appropriate actions must be taken.
- Suspect that the child is 'faking' an emotion. This can happen for a variety of reasons. If you suspect this is what is going on, deal with the fact that the child has presented a fake emotion in an emotionally intelligent manner. Try to ascertain the reasons behind the child needing to show a fake emotion and, with patience, you will find that the real emotion will come to light.

When in doubt, stay calm and stay focused on the ultimate goal of building empathy and enhancing your child's emotional intelligence.

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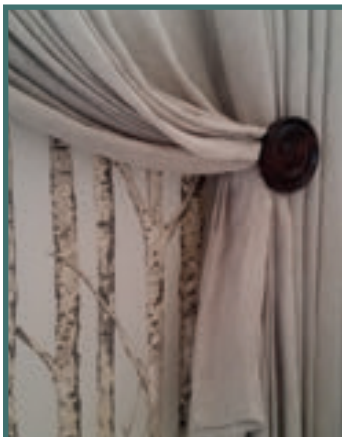
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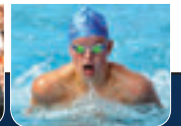
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– Sir Winston Churchill

*“Some of my best coaches
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At Beaulieu Preparatory School (BPS), equestrian horse riding is supported and recognised as a school sport. The school has embraced its horse-riding community since its inception in 1996 and each year fields a large team of riders and vaulters (gymnastics on horseback). This year was no exception and the school’s dedicated riding team consisted of 35 students competing across a variety of equestrian disciplines that included show-jumping, dressage, equitation, showing, western riding, stadium eventing and vaulting.

BPS riders and vaulters accumulated points by competing in the four regional South African National Equestrian Schools Association (SANESA) core league qualifying shows held from February to June, against a total of 52 other competing Johannesburg Primary schools. 2018 proved to be another super successful year and Beaulieu Preparatory retained the winning trophy in Category A for the top points scored in the Johannesburg region. In fact, BPS remains undefeated in this regional league since the league’s inception. The school accumulated over 50,000 points whilst their nearest rival ended with less than half that, at 20,000. In addition, BPS senior rider, Sienna Blaauw, won the Johannesburg



*Beaulieu Prep riders win the Top Johannesburg Equestrian Primary School award
Sienna Blaauw – Johannesburg Senior Victrix Ludorum
Jenna Blaauw – Johannesburg Junior Victrix Ludorum*



Beaulieu Prep Chef d'Equipe, Mrs Michelle Blaauw, accepts the Winning trophy for SA Nationals Top Primary School from SANESA President, Mrs Lyna May. Michelle is accompanied by vaulters Shannon Turner and Jenna Blaauw, and senior rider, Sienna Blaauw.



BPS Riding Captain, Kiara Burn, in action in Level 7 Equitation

Photos: Denford Studios



Senior Victrix Ludorum trophy, whilst her sister, Jenna Blaauw won the Junior Victrix Ludorum for the most points scored over the four shows.

A total of 15 Beaulieu Prep children were then selected to ride in the SANESA Gauteng Finals show. This was held in the last week of July and 145 schools from across the entire Gauteng province (Johannesburg, Tshwane, Ekurhuleni, West and Sedibeng) competed in order to select a Gauteng team. Any child achieving a top 12 result secured a position in either an A, B or C Gauteng team. From the 15 Core League Beaulieu riders, 12 were selected to represent Gauteng at SA Nationals in early October. A further 4 Level 0 riders (lead-rein/off-lead junior riders) and 4 vaulters were also selected for their separate disciplines at Nationals. On the individual front, Sienna Blaauw was once again the Victrix Ludorum, securing the highest

number of points against more than 340 Gauteng riders. Jenna Blaauw was placed 10th overall in the province.

The riding year culminated with all the disciplines competing at Nationals in the week of 1 - 7 October at Kyalami Equestrian Park. This show boasts the largest number of entries and horses in a single event in South Africa, with riders from around the country competing for top SA school rider positions. Once again, Beaulieu Preparatory equestrians excelled and defended their title as the Top National Equestrian Primary School in South Africa, scoring a total of 3588 points with the nearest rival at 2568. BPS riders and vaulters came away with a total of 10 first places, 7 second places, 3 third places and a further 13 placed positions. Individually, Sienna Blaauw was tied for 7th place in South Africa for the most points scored at Nationals for Primary Schools.

Away from the awards and accolades, BPS riders conducted themselves professionally and thoughtfully and they wore the red emblazoned saddle numnahs with pride. The team is also part of a 'give-back' initiative whereby riding clothes are collected and passed on to the Shumbashaba Riding Centre, based near Diepsloot, and to the Soweto Equestrian centre.

Apart from their trusting and faithful steeds, the team would not achieve these fantastic results without the support from their school, their coaches, parents and grooms. BPS Headmistress, Mrs Noële Hillen, in particular, continued to show her unwavering support for all things equestrian. Her attendance at almost every show is truly appreciated by all the children. Congratulations go to Mrs Michelle Blaauw, the school's Chef d'Equipe and to all Beaulieu Preparatory Equestrians.

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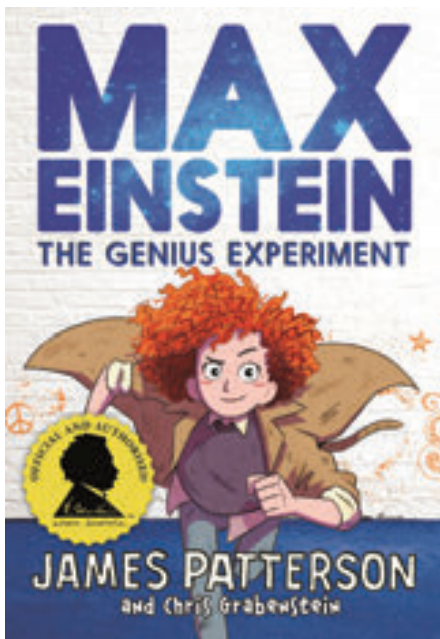
By Michelle Obama

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

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

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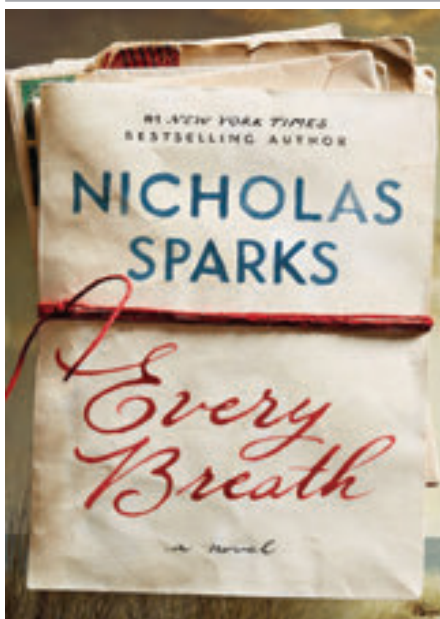
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