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ISSUE 5 2018



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A message from **WATERFALL**

Welcome

The community spirit that we are nurturing at Waterfall is becoming tangible, and the articles in this month's magazine highlight that success.

Firstly, the serious runners among us will be pleased to read about the Waterfall City Athletics Club, which is now entering its members in races and operating as the official representative of the Waterfall development. We can proudly look out for our neighbours and colleagues running in team vests supplied by Attacq, as they tackle the upcoming Comrades, or as they train around the many jogging paths on offer within Waterfall.

The club brings together people of all ages and abilities, and in the article, founding member, Sharon Ntshangase, extends an invitation to you to join them every Wednesday morning and on weekends too, for planned training runs.

Meanwhile, the GO Waterfall app, which was launched in March and has seen strong downloads to date, just got even better! A mobile version of the Waterfall Residents' Community Portal is now fully integrated into our GO Waterfall app, to ensure a streamlined, 'one-stop shop' for all residents' lifestyle and estate needs. Read all about this exciting development in this month's issue.



Another article featured in this edition looks at the ongoing developments by Attacq, and in particular its philosophy of designing living spaces that encourage a healthy lifestyle.

One of the most notable ways it is achieving that is in the development's walkability, to allow us to really enjoy our surroundings. You can explore more of the open spaces that have been preserved around us by joining the newly-launched parkrun, which officially began on 5 May 2018. The parkrun will take place every Saturday at 08h00 from Waterfall Park, adjacent to Mall of Africa, and the 5km event is open to everyone, even those who would prefer to walk. The organisers do need more volunteers to join their team and so, if you're interested, the article provides details on how you can get involved.

If running isn't your thing, perhaps you'd like a classic car to cover the kilometres instead? We are delighted to welcome the Members of the Johannesburg and Northern Centres of the MG Car Club to Mall of Africa on 24 June 2018, for an exhibition of their classic vehicles.

While an article in this issue tells you more about the event and the history of the MG, the day will present a magnificent collection of these style icons. If you happen to have an MG of your own, do take it along to enjoy the limelight.

Cars also feature in another article this month, welcoming the arrival of BMW to the Waterfall Logistics Hub. BMW has based its new regional distribution centre here, in a warehouse engineered with the company's long-term growth in mind.

Finally, the regular article from Netcare looks at the role of personalised medicine for cancer patients. Since everybody is different, tailoring the treatment to offer the optimal outcome for an individual makes sense, and the article is an encouraging read about the future of healthcare.

Until next time, stay fit and healthy.

Waterfall Management

Kim Dinham Waterfall Sales and Rentals



AVAILABLE

Ref# MDL1368727

3 Bedrooms / 2 Bathrooms

R28,000 pm

This comfortable modern home offers everything for a small family. The three bedrooms have sliding doors that open onto the garden. The open plan kitchen, dining and lounge opens up onto a large under cover patio/braai area which looks onto the swimming pool and neat garden.



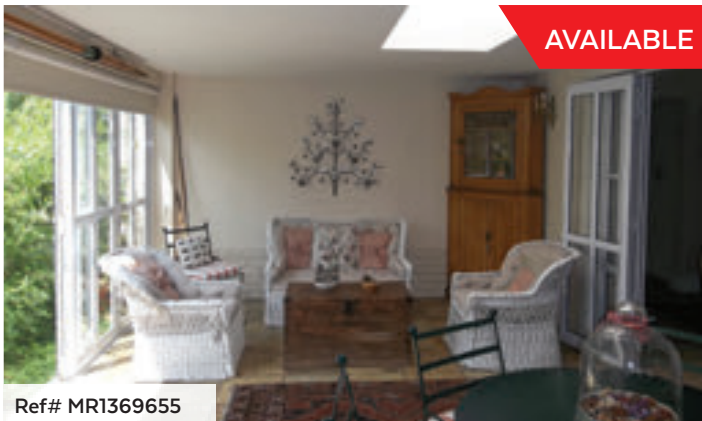
AVAILABLE

Ref# MR1362909

3 Bedrooms / 2 Bathrooms

R4.2 million

This lovely open plan 3 bedroom home with good sized kitchen, separate scullery, walk in pantry and breakfast counter is a must see home. The back kitchen door leads to a pleasant garden area where you can enjoy a morning coffee.



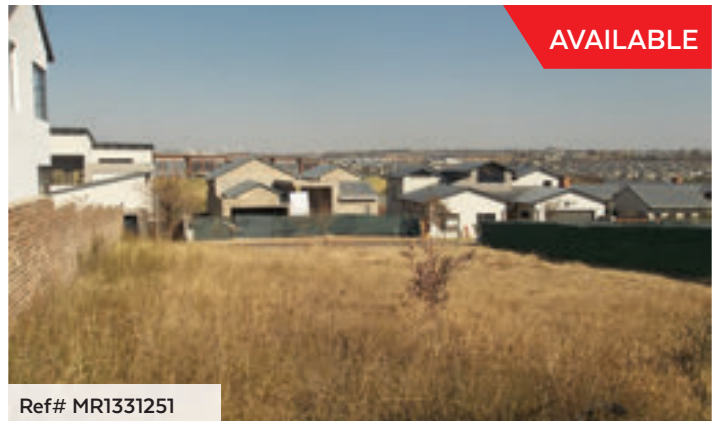
AVAILABLE

Ref# MR1369655

3 Bedrooms / 2 Bathrooms

R5.5 million

This delightful well designed immaculate home is a must see for all over the age of 55 years. The open plan kitchen, lounge and dining room with stone floor tiles is light and airy. The dining room window looks out onto a water feature and the kitchen back door walks out into a beautiful garden.



AVAILABLE

Ref# MR1331251

561 m² Vacant Land

R2.3 million

This stand comes with approved plans and quantity surveyor estimation. It is situated within close walking distance to the majestic Waterfall lake which is near to the Waterfall clubhouse that is a dedicated family-orientated environment filled with several leisure activities.

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Attacq warmly welcomes to Waterfall:

THE BMW REGIONAL DISTRIBUTION CENTRE



BMW Group South Africa Regional Distribution Centre (RDC) in Waterfall Logistics Hub

Attacq, the property company developing Waterfall City and Waterfall Logistics Hub, is thrilled to welcome the German automobile and motorcycle manufacturer, BMW.

BMW took up residence at their new Group South African Regional Distribution Centre (RDC) in Waterfall Logistics Hub on 11 April 2018. Melt Hamman, interim CEO and CFO of Attacq, says: "After months of development, we're delighted to be able to celebrate the completion of BMW's Regional Distribution Centre. The warehouse was engineered with the company's long-term vision for South Africa in mind and we know that this new facility will help them achieve greater overall efficiency and competitiveness. It is a pleasure to welcome BMW to Waterfall. We look forward to a long and prosperous relationship with them."

Attacq started construction on

BMW Group South Africa's new RDC in March 2017. The new facility comprises a 32 000m² building with its own tyre store, battery changing facilities and a state-of-the-art hazardous store within the warehouse. Advanced technology systems were also incorporated into the centre, such as a FM Global fire sprinkler system, which is specifically developed to protect buildings from highly challenging fires.

"At Waterfall's Distribution Campus, we not only benefit from easy access to the N1 via the Allandale interchange, but are also strategically placed to access the surrounding rail and road infrastructure. Furthermore, these premium premises offer us the potential for future expansion

“The BMW Regional Distribution Centre will not only operate as a regional parts distribution centre for our BMW brands, but will also serve as the group’s central headquarters in Southern Africa” – Tim Abbott (Chief Executive Officer of BMW Group South Africa and sub-Saharan Africa)



BMW Group South Africa's RDC in Waterfall Logistics Hub

should the need arise. We believe that consolidating our operations in Waterfall and combining multiple functions under one roof will boost business efficiency. This is important, as this RDC will not only operate as a regional parts distribution centre for our BMW brands, but will also serve as the group’s central headquarters in Southern Africa,” says Tim Abbott, Chief Executive Officer of BMW Group South Africa and sub-Saharan Africa.

“We’ve gone to great lengths to ensure that this new facility not only serves BMW’s current needs but can also be adapted and expanded over the medium term. With exceptional customer service forming part and parcel of BMW’s value proposition, our team tirelessly

worked to develop a facility that places customer experience and satisfaction at its centre - we couldn’t be prouder,” says Giles Pendleton, Head of Development at Attacq.

The new centre forms part of BMW Group South Africa’s estimated R340-million investment into South Africa, which will see the German multinational revamp and expand its local facilities. The RDC will service 56 dealers across Southern Africa and plans to tap into potential growth markets in the region. The customised warehouse will house approximately 100 000 bin locations containing over 30 000 different kinds of parts, thus ensuring a convenient and reliable customer experience for clients of BMW Group brands.



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Introducing the **WATERFALL CITY ATHLETICS CLUB**

Chance meetings on the jogging tracks around Waterfall have led to the creation of a running club that's now representing the development in national competitions.

The Waterfall City Athletics Club has brought people of all ages and varying abilities together, from serious under-three-hour marathon runners to people who just fancy a 4km run with others, to cheer them along.

One of the founder members is Sharon Ntshangase, who is now in charge of the club's publicity. "We have been a training group for a year now and at first it was just a bunch of social runners. We then decided to formalise it as we saw there was a real need," she says. "I met most of the guys on the road running around the same area or we would meet at the gym. Often random meetings led to chatting and, after many discussions, we established the club – offering people a 'home base' for training."

The club was officially launched this year and already has about 89 members, almost equally split between men and woman and mostly in their 30s, 40s and 50s.

The members meet at the Waterfall Virgin Active gym, or sometimes the Kyalami Virgin Active, depending on the chosen route for each training session. Premier Property Company, Attacq also allows the group to use its offices for its formal committee meetings. Attacq is, moreover, negotiating to sponsor the group's running kit. The vests have been designed with distinctive blue and jade green team colours, bearing the all new Waterfall logo and 'Powered by Attacq' slogan.

"The first race we ran in our official club attire was the Old Mutual Two Oceans Marathon (OMTOM), and we have about 16 members who will be running the Comrades on 10 June 2018," says Ntshangase. "Now that we have got our jerseys, people know who we are and we want people to look out for, and recognise us!"

The Comrades will see about 20 000 people from all over the world run from the City Hall in Pietermaritzburg all the way to Durban, covering a distance of approximately



Kenneth Lethole ran his 5th OMTOM this year and finished in a time of 04:08:38



The Waterfall City AC team at the University of Cape Town sports field



Jabulani Mashini ran his OMTOM Personal Best time of 04:04:28

89km. To help its members prepare for that gruelling challenge, the Waterfall City Athletics Club held a 70km training run at the end of April starting at 05h00.

The club meets every Wednesday morning for timed speed training runs of 4km or 8km, and follows running programmes suited to beginners, as well as those who are more experienced runners.



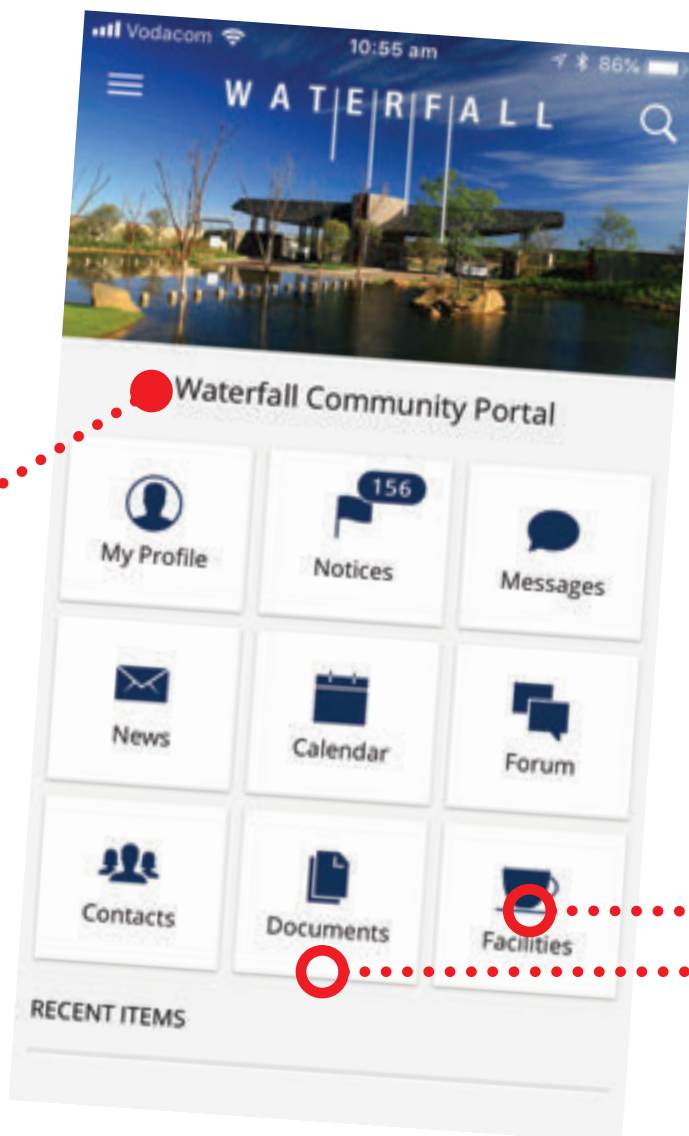
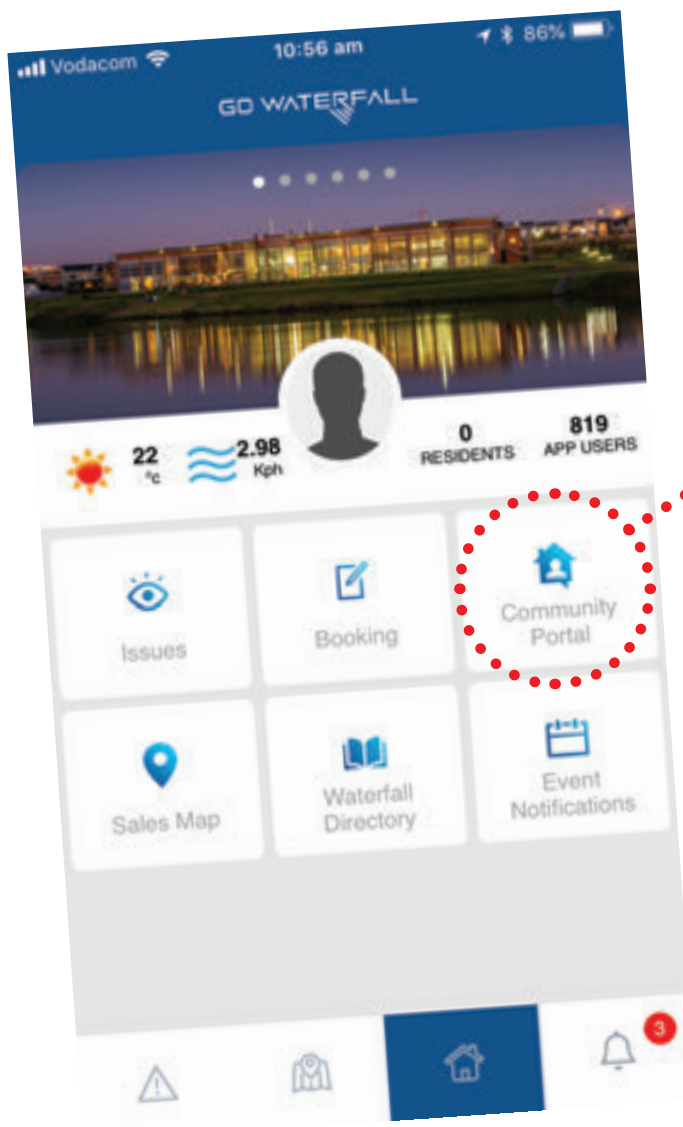
Velile Memela finished the OMTOM in a time of 04:56:19

On the weekends, they do a longer run that can cover anything from 20km to 50km, depending on the race calendar and which events its members are training for.

Ntshangase herself took up running as a way of keeping fit and ran her first marathon in 2016. "I started by doing 10km runs and, from there, found myself wanting to cover longer distances and be out on the road. There's something about running that calms you down," she says.

"Different people run for different reasons, but for me it's about keeping healthy. The club has some members who have been running for much longer than I have and some of our people can do marathons in 2 hours 55 minutes, so we have some really good running talent."

The Waterfall City Athletics Club is planning to undertake some aggressive marketing to raise awareness of its existence and attract new members. To find out more about joining the club, see what events are planned, or to get in touch with them, check out the Waterfall City Athletics Club Facebook page, or email info@waterfallcityac.co.za.



Waterfall Residents' Community Portal **NOW ON THE GO WATERFALL APP!**

The GO Waterfall app, which was launched at the end of March and has seen strong downloads to date, just got even better! A mobile version of the Waterfall Residents' Community Portal is now fully integrated into our GO Waterfall app, to ensure a streamlined, 'one-stop shop' for all residents' lifestyle and estate needs.

With the new Community Portal app, residents no longer need to be at home on their computer to receive the latest HOA-related notices, access their rates and taxes or send a complaint to the estate manager. It's all available on the go on either their smartphone or tablet.

To access the new Community Portal app, residents need only open their GO Waterfall app and click on the Community Portal button. The first

time users click said button, they will be redirected to the app store to install the Community Portal app. Thereafter, they will only have to log into the portal app once.

Just like the GO Waterfall app, the fully-featured mobile Community Portal app works on all mobile platforms to ensure that every resident's preference of platform is catered for.

"When the mobile Community Portal app was first released, it was basically a notification app that let you link to the web portal for certain content," says Sean Pretorius, the Product Manager for software company REDi. "We have listened to users' feedback, and what residents wanted was a full-featured mobile app and so that's what we have built. Instead of linking

you to the web portal for viewing of some content types, we have now built full resident functionality into the Community Portal mobile application. It's a brand new app - built from the ground up - and has been completely redeveloped."

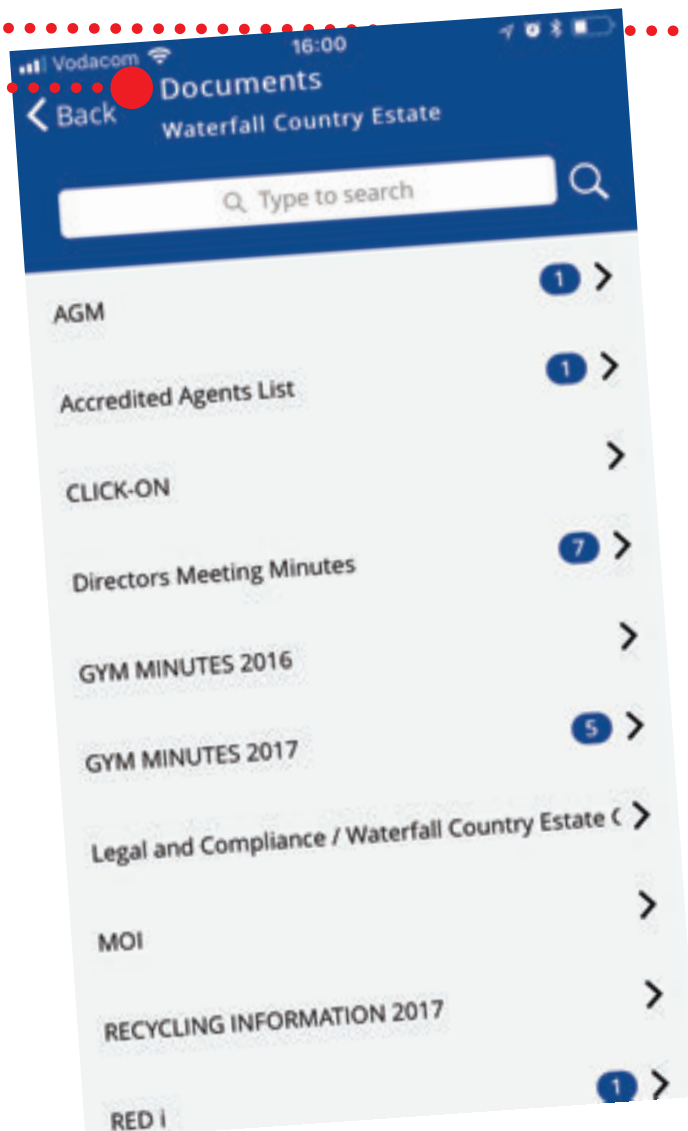
The look and feel of the portal has been redesigned to work well on smaller screens and to replicate all the key functions that residents are used to on the desktop version. That includes the ability to fill in all the details of your personal and household profiles, view and search for content including notices, documents, news articles and events, interact with the chat forums, vote on polls and contact the estate administrators.

This is great news for the growing

number of people who no longer have a computer and do everything from their tablet, or for users on the go who can't reach the desktop version.

"Mobile devices are so integral in our lives and everybody has become so used to receiving push notifications and having things close to them and this brings all the information about your community a little bit closer to you," Pretorius says.

The integration of the Community Portal on the GO Waterfall app is just another way in which we aim to make life simpler and more convenient for all Waterfall residents, through on-the-go access to all Waterfall-related information, at any given time.



Waterfall promotes an **ACTIVE LIFESTYLE**

Walking, running and cycling are all part of the lifestyle formula at Waterfall

Over and above Waterfall's growing reputation as a landmark node for ambitious commercial development, the destination has also been designed as a place where work and life meet to find a good balance. For visitors, this means they are spoilt for choice when it comes to lifestyle amenities within Waterfall.

"A big part of this philosophy is access to a healthy lifestyle," says Giles Pendleton, new Head of Development at Attacq. "Waterfall City is designed for walkability. This means the development is based on good urban design. It's been created for people, so buildings are well integrated with wide streets and open spaces." Pendleton says movement of people adds to the vibrancy and sense of community evident in the precinct.

Mall of Africa and the adjacent 1,2ha Waterfall Park are central to the Waterfall community. Michael Clampett, Head of Asset and Property Management: Retail at Attacq says: "The super-regional mall is at the heart of several core events that offer our visitors the opportunity to participate in experiences that are good for their own well-being and that of others."

Clampett said last year Waterfall played host to the inaugural Waterfall Cycle4Good, a cycling



event featuring teams, clubs and individual cyclists. "This year, the third edition of the Barron CorporateRun4Good has selected Waterfall City as its preferred location for its event on 25 October 2018."

Both events provide participants and their family and friends the opportunity to enjoy fun-filled time out with live entertainment and refreshments on the lawns of Waterfall Park.

The popularity of Waterfall City as an active lifestyle destination is growing, and central to this is the recently launched parkrun route within Waterfall – which kicked off on 5 May. The parkrun route in

Waterfall takes place every Saturday, starting at 08h00, at the Waterfall Park adjacent to Mall of Africa. It is a weekly 5km timed run and everyone is welcome to join and participate.

Of course, creating such successful events often requires the community to get involved and, being new, parkrun Waterfall City is looking for some volunteers to join their core team. If you may be interested or need more information please email waterfalloffice@parkrun.com

A few more active lifestyle-based events are in the pipeline for this year – so keep your ears to the ground as you become more active in Waterfall.

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MAY / JUNE DIARY



Nine & Wine

- 24 May World of Golf
- 17h30 Registration
 - 09h30 Breakfast
 - 10h30 Driver lesson
 - 11h30 Straight drive competition
 - 12h00 G&T Tasting
- Join us for Nine and Wine. R50 for members, R100 for members' guests.



Ladies Day

- 26 May World of Golf
- 09h00 Registration
 - 18h00 30 minute warm up lesson
 - 18h30 9-hole wedge and putt competition
 - 19h30 Prize Giving and wine tasting
- Ladies' Day. R100 for members, R150 for PMG Members, R250 for members' guests. G&T tasting.



Bunkers & Burgers

- 31 May World of Golf
- 17h30 Registration
 - 18h00 Master Class in the World of Bunkers
 - 18h30 Bunkers Competition
 - 19h00 Dinner
- Join us for Bunkers and Burgers. R50 for members, R100 for members' guests. RSVP at guest services or email: sarahmd@theworldofgolf.co.za



702 Day of the Dads at Waterfall City

- 17 June Waterfall City
- This Father's Day, 702 and Waterfall City are bringing you the first event that gives every father figure space to just be themselves. It's the first-ever 702 Day of the Dads at Waterfall City - an experiential event with plenty of options for every kind of dad. From live music with Grammy-Award winning Ladysmith Black Mambazo; sets from 702 DJs Kenny Maistry and Paul Mtirara; Artisanal Food and Drinks and a dedicated Dad Zone. Save yourself the decision-making, dishes and disappointment. Take your dad to the first-ever 702 Day of the Dads at Waterfall City on Sunday 17 June. The ultimate experience for dads...and YOU. Tickets and more info at 702.co.za



MG Car Club Show Day

24 June	09h00 - 14h00
	Mall of Africa
	MG will showcase 100 of their cars ranging from the 1930s till the late 1980s.



Live Music

Sundays	Lunchtime
	World of Golf
	Great vibes, incredible food, wonderful atmosphere and plenty to do. Free for non-golfing adults.



Turn 'n Tender Weekend Offer

Weekend Offer	All day Saturday. Sunday lunchtime only
	Waterfall Wilds Lifestyle Centre
	The Turn 'n Tender Legendary Weekend Offer is back! Tuck into a 200g sirloin steak and side of your choice for only R65. Available all day Saturday and lunchtime on Sunday. Not valid for takeaways or sharing.



Waterfall Corner Wholefood Market

Every Saturday	09h00 - 15h00
	Waterfall Corner Wholefood Market
	Waterfall Corner hosts a Wholefood Market every Saturday outside Woolworths from 09h00 till 15h00. Items on offer consist of home-made and home-grown food goodies!



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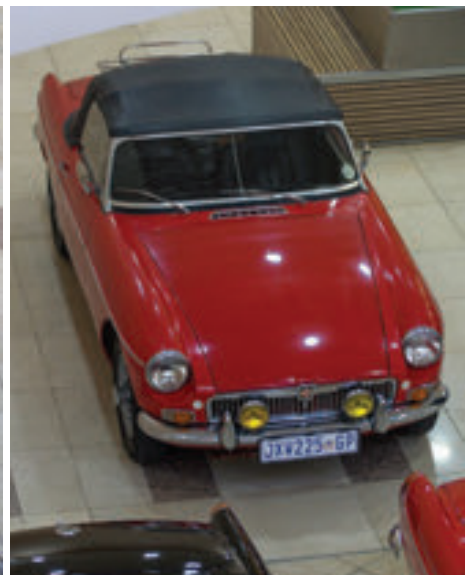
THE MG CAR CLUB SHOW



A stunning collection of lovingly maintained classic cars will turn heads at Mall of Africa in June, when the MG Car Club rolls in.

An amazing array of more than 100 vehicles will be on show on 24 June, with cars dating back as far as 1933, and some of their owners elegantly dressed to match that long-gone era. Members of the Johannesburg and Northern Centres of the MG Car Club will participate, bringing cars that range across the decades – all gleaming to reflect the love and admiration of their devoted owners.

“Our MG show day is an annual event that gathers the cars together to be judged. A focus is placed on the most



Some of the MGs proudly on display at Brooklyn Mall, Pretoria.

original, well-kept car, along with the most elegant owners, where people dress up to match the style of their car," says club member Norman Ewing. "We have more than 1 000 members nationally, and visitors to the show will get to see a display of cars that are not generally seen on the roads today."

Anyone who owns an MG but isn't a member of the club is also encouraged to bring it along and meet fellow enthusiasts.

"You will see a lot of cars from the late 1940s and '50s right through to the '80s. MG has been going since 1924 and, having been built for speed, many MGs have won international racing events," he says.

One land speed record was set by the famous British racing driver, Stirling Moss, who hit 245mph in the MG EX181 at Utah's Bonneville Salt Flats. This record was broken 2 years later in the same car, by Phil Hill, who reached a speed of 254mph. The tadpole-shaped mid-engine car had double twin cams and a supercharger, allowing it to reach 290bhp at 7300rpm in 1957.

The display at Waterfall will also feature MGs from this century, as a new production started in China in 2007. Prior to this, MGs were sold in South Africa through MG Rover, before the company was sold.

These were namely the MG TF1600 model and MG ZT and ZR Saloons.

The MG Car Club Northern Centre situated in Pretoria now has many younger members who have bought new MGs coming out of China, adding a vibrant spin to the club.

The MG Car Club held an international gathering, The MG Indaba, earlier this month in the Drakensberg, with enthusiasts from the UK, France and Switzerland attending. They took part in a rally and conducted test drives along wonderfully empty, twisting mountain roads, confident that these old cars were capable of



holding the road. "MG's motto was always 'safety fast,'" says Ewing.

MGs have become collectors' items, and their following is international. Foreign buyers are prepared to fly to South Africa to close a deal, or pick up a car at auctions and pay for them to be flown overseas.

"The tragedy is that so many cars have left the country, as they are really sought-after, and of course, with the slower rand they are getting these cars at a really good price," says Ewing. "The South African MG vehicles are also preferred as they're rust-free because of our great weather.

In fact, in Australia, a lot of cars still have South African number plates."

Ewing owns six MGs, including one that he built himself from scrap when he was 23 years old. His absolute favourite model is an MGA. He talks enthusiastically about the different models, how they were first designed with slide rules and pencils, not computers, and he can entertain you with anecdotes about their history.

Look out for Norman Ewing at the Mall of Africa show on 24 June. You will be fascinated by his knowledge and passion, as well as blown away by the cars themselves.

A modern commercial building with a glass facade and a prominent staircase. The building is set against a blue sky with light clouds. The text 'WATERFALL' is displayed in a stylized font with vertical lines extending from the letters.

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The Role of Personalised Medicine in **ONCOLOGY**

By Dr Pieter Christiaan Jordaan, Clinical & Radiation Oncologist at Netcare Waterfall City Hospital



*Dr Pieter Christiaan
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City Hospital*

Where do we presently stand with cancer treatment?

Ideally, cancer treatment should be effective, affordable and have limited side-effects. However, cancer treatment is at times less effective than what we would like it to be. The treatments often have significant side-effects and, especially with many of the newer agents, they carry an exorbitant price tag.

Because of the high cost and possibility of adverse reactions, treatment should be evidence-based. This means that there should be good evidence that treatment is efficacious.

What is Personalised Treatment?

A new treatment is tested in clinical trials involving a large number of patients before it is approved by the relevant authorities and becomes available for general use. Unfortunately, people are not the same and what would work for one person, may not work for the next. Personalised medicine or personalised treatment is the tailoring of a treatment to give optimal outcome and greatest

benefit for an individual patient, while at the same time aiming to keep side-effects to a minimum. Ideally, only people whose disease has a big likelihood of responding to a specific treatment should be subjected to chemotherapy or newer biological agents. While this is a noble goal, it was, with a few exceptions, until recently difficult or impossible to determine who will benefit and who won't. In a way, we have been using personalised medicine in the treatment of cancer for years, restricting the use of anti-hormones to women whose breast



GENOMICS IS THE STUDY OF AN INDIVIDUAL'S GENETIC CODE.



cancers have hormone receptors. Presently, genetic tests are done routinely to determine if the target is present before prescribing many of the targeted agents like Herceptin.

By examining the genetic profile (known as the genome) of a person, it should be possible to determine how he or she would react to a specific drug or medicine. In oncology, the situation is complicated by the fact that the tumour that needs to be dealt with has a genetic profile that is not exactly the same as that of the patient. The genes of the tumour cells are very often different in different parts of the tumour, and when it has spread to other parts of the body those tumours are not exactly the same as those of the initial lesion from which it originated. Genomics is the study of an individual's genetic code.

New Technologies

Using next-generation gene sequencing technology, it is also possible to investigate the genes of a person's cancer. The tissue obtained during a biopsy or when the tumour is removed is used for this purpose. This information can then be utilised to determine to which treatment the disease is likely to respond the best. As the tumour changes genetically over time and possibly even as a result of treatment, the test can be repeated at a later stage on a new sample to



make changes to the treatment. It is currently even possible to obtain cancer cells from a blood sample, obviating the need for repeat biopsies.

Gene sequencing technologies are still fairly time-consuming and mostly too expensive to use in regular clinical practice but, as with many other technologies, the cost is bound to reduce significantly and these tests may become commonplace in the next decade or so. Although predictions regarding response to a certain treatment can be made using the cancer's genetic information, some of this information still has to be verified before it will make a significant difference to treatment outcomes in general. So although it probably does not provide a definitive answer to most cases of treatment-resistant disease, it

is bound to become an indispensable part of cancer treatment in future.

Other Uses

It is not only in cancer where genetic information can be useful. It can also make a meaningful difference to the way in which chronic diseases, like diabetes or high blood pressure, are being treated. I foresee that in the next few decades it may become a prerequisite to do genetic testing before medication is prescribed for treating the above conditions. The next logical step would be to use this technology to determine the risk of developing certain conditions. If a person knows that there is a high risk of getting a particular disease, he or she may consider making lifestyle changes to reduce the possibility of that happening.

Before genetic testing becomes commonplace, it will be necessary to have legislation in place to prevent information so obtained from being misused by, for example, an employer or the insurance industry. In future, this technology is bound to revolutionise the way in which medicine is practised - leading to safer, more effective treatment. Already it seems as if improved survival may be possible if the choice of drugs to treat cancer is based on genetic information rather than merely on the preference of the treating physician.

A BIRD'S EYE VIEW OF HARTIES

Take a joyride by cable car up to the top of the Magaliesberg with the Harties Cableway.

By Amanda Pillai

The weekends are wonderful opportunities to get the kids out into the fresh air and on Freedom Day this year, my family and I decided on an excursion up the Harties Cableway to make the best of the crisp autumn weather. Optimistically, we'd estimated on an hour or two at the most at the top of the mountain, but as it turned out, it was pretty much an all-day outing.

We chose to go there via William Nicol past Diepsloot, veering off to the R511 just past the Krugersdorp Highway. A word of warning about this route – ongoing roadworks further along cause considerable delays, so don't bargain on any specific arrival time

in Harties. Make sure you take some snacks and cold drinks and figure out ways to keep the kids entertained. Once you're past the blockage, it's an easy drive and the turnoff to the cableway is well signposted.

Fortunately, despite it being a public holiday, the queues weren't hectic, and we even had some time to explore the lower cable station while we waited for the rest of the family to arrive. If you're a shopaholic, the gift shop has some fascinating wares for sale and not all of them are touristy. There's an Adventure Booking Office and Harties Information Centre that you can visit to find out more about activities in the area. And there's a

full restaurant with a kiddies' play area as well as an ice cream kiosk.

Getting into the cable car is interesting as they aren't completely stationary. It's kind of a rolling start to your trip but once you're in, it's a comfortable ride to the top. Each cable car takes six adults or, in our case, they were equally happy loading four adults and three children into one car. If there are just two of you, be prepared to share the trip – but most people are quite willing to do so as it's a short ride.

When you disembark at the top, you'll find you're spoilt for choice when it comes to places to eat – from a quick takeaway at the self-service



express restaurant to light meals down at the bottom bar, pizzas at the summit or even a picnic basket that you can enjoy on the lawns or under one of the private gazebos.

To get to the summit, be sure to take the Dassie Loop and stop along the way to read the information plaques that tell you more about the area and the views. At the end of the route, you'll find the jungle gyms and slides for the kids, lots of places to sit, including some of the old cable cars for cosy chats and plenty of space for the kids to romp. By pre-arrangement, you can even enjoy a little pampering at the massage gazebo, laid on by DVR Event Management.

On your way back, before returning down the cableway, be sure to stop at The Little Shop at The Top for some more retail therapy – you'll find caps, T-shirts, handbags, ornaments and souvenirs – wonderful mementos of your day out at Harties.

Bookings for picnics and pamper sessions can be made through the Harties Cableway.

For enquiries, call +27 (0)12 253 9910/1/2/3, email: info@hartiescableway.co.za or marketing@hartiescableway.co.za. Or visit: www.hartiescableway.co.za.

INTERESTING INFORMATION:

MAGALIESBERG BIOSPHERE

The Magaliesberg Biosphere Reserve was officially proclaimed by UNESCO and registered in Paris on 9 June 2015. It spans the Gauteng and North West provinces, covering 360 000ha of diverse landscape. It is one of 8 biosphere reserves in South Africa which, together, cover 8,5% of the country.

GEOLOGY

The Magaliesberg mountain range is one of the oldest in the world. Its formation started some 2 650-million years ago when calcium carbonate deposits were formed as a result of photosynthesis performed by cyanobacteria. Sand and mud eventually smothered the bacteria and a quartzite bed several kilometres deep built up over time. When the Pilanesberg volcano erupted, deep gorges in the quartzite were cut by the lava and the weight of the magma elevated the edges of the quartzite bed, forming the Magaliesberg series of parallel ridges seen today.

NATURAL RESOURCES

Five rivers transect the Magaliesberg - the Apies, Pienaars, and Moretele in the Pretoria area, the Hex that feeds the Olifantsnek Dam near Rustenburg and the Crocodile that is the main source of water for Hartbeespoort Dam. Unfortunately, the pollution from the Crocodile River, which flows through a multitude of urban areas before reaching the dam, has contributed to the suffocating growth of water hyacinth, which is proving impossible to eradicate.

FLORA AND FAUNA

The Magaliesberg area is made



Upper cable station.



Lower cable station.



Secure parking at the lower cable station.



A private picnic booked under one of the gazebos overlooking Hartbeespoort Dam.

up of four important habitats: the Moot Plains Bushveld, characterised by savannah dominated by various species of Acacia; the Gold Reef Mountain Bushveld, characterised by rocky hills and ridges with woody vegetation; the Northern Afrotemperate Forest, characterised by forests of afromontane origin; and the Marikana Thornveld, characterised by open Acacia Karroo woodlands occurring in valleys, slightly undulating plains and some lowland hills.

A total of 90 indigenous mammals have been recorded in the area, along with 443 bird species (46,6% of the bird species recorded in the

southern African sub-region) – the latter include the Cape vulture (*Gyps coprotheras*), secretary bird (*Sagittarius serpentarius*), great white pelican (*Pelecanus onocrotalus*), martial eagle (*Polemaetus belliccosus*) and African grass-owl (*Tyto capensis*).

HISTORY

The Magaliesberg area has a rich history that starts many millions of years ago. Several hominid species inhabited the area and there is evidence of hunter-gathering tribes roaming throughout the region. About 600 years ago, the Batswana arrived and settled in the area, building stone-walled dwellings and

enclosures. In 1827, the Ndebele conquered the Batswana and for the following 11 years the area was ruled by Chief Mzilikazi, until he was driven out by the Voortrekkers in 1838.

Many skirmishes and battles were fought here during the Anglo-Boer War which took place from 1899 – 1902. The battles were between the British and the Boers, the latter achieving significant victories thanks to their tactical manoeuvres, but the British eventually forced them to evacuate their posts in the Magaliesberg.

The population in the area currently stands at around 270 000 inhabitants,



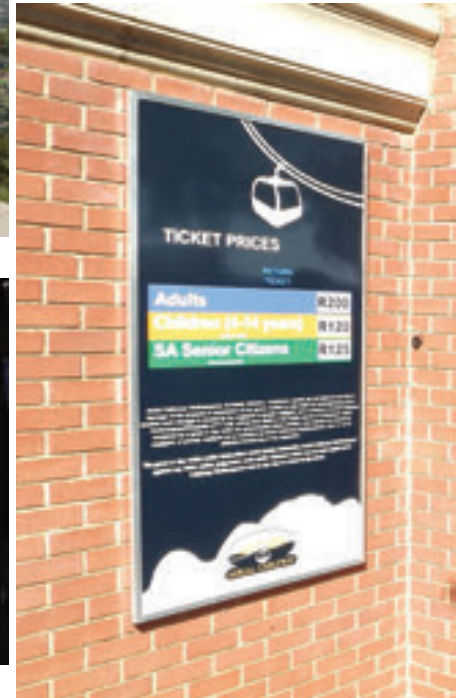
Gazebos overlooking the Dassie Loop.



Some of the old cable cars used now as dining cars.



A picnic 'table' laid out on the grass.



The souvenir shop at the top.

but with new developments under construction, this figure is expected to grow.

THE DISTRICT

Did you know that nuclear bombs were actually produced at Pelindaba, which you can see clearly from the top viewpoint of the Harties Cableway? The Atomic Energy Board was founded in Pretoria in 1948 and moved to Pelindaba in 1961. It was made a public company in 1999 with a new name, the South African Nuclear Energy Corporation. Although the nuclear weapons programme was closed in 1989, and the uranium enrichment plant was closed in 1990, Pelindaba still plays a significant role

as SA's main nuclear energy research centre. It's also the largest producer of medical isotopes in the world.

The town of Brits to the north was founded on the farm that was originally owned by the Brits family. A siding on the railway that was built from Pretoria to Rustenburg was established at Brits and it became an important hub for the offloading of construction workers, supplies and materials needed for the building of the Hartbeespoort Dam.

HARTBEESPOORT DAM

The Hartbeespoort Dam is the main source of irrigation for around 14 000ha of agricultural land in the

district. Construction of the dam started in the early 1900s on the farm once owned by the Schoeman family and was completed in 1923. It took 250 000 bags of Pretoria Portland Cement to construct the dam wall and the arch is a copy of the Arc de Triomphe on the Champs-Élysées in Paris. When full, the dam holds in excess of 200-million cubic metres of water and has a surface area of 20km². Its deepest point is 45 metres below the surface and the shoreline is around 56km long.

Sources:
www.unesco.org
www.magaliesberg.co.za
en.wikipedia.org/wiki/Hartbeespoort_Dam

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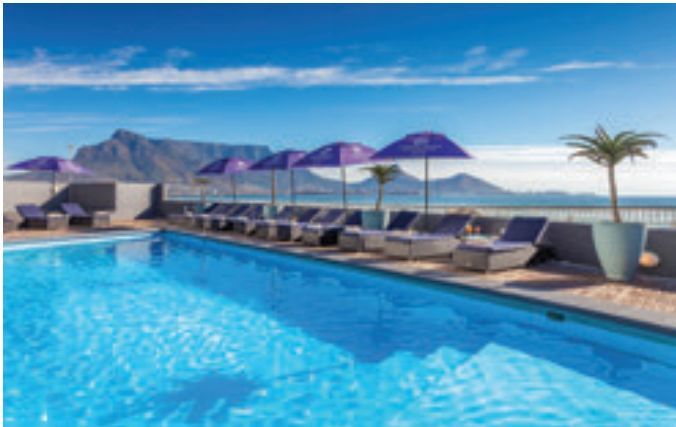
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1. Cape Town Lagoon Beach Hotel & Spa offer from Individual Traveller.

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2. Essential Vietnam offer from ICAN Holidays.

Rates from R18 890 per person sharing. Offer includes internal flights, three nights in Ho Chi Minh City, one night in Hoi An, one night in Hue, two nights in Hanoi and one night Halong Bay Cruise. Offer excludes flights and taxes. Valid until September 2018. For more information visit www.icanholidays.com, email: info@icanholidays.com or contact them on 021 852 9262.



3. Fly to Kimberley on Airlink.

Fares from R460 departing Johannesburg to Kimberley excluding taxes. Fly to Johannesburg departing Kimberley from R460 excluding taxes. For more information visit www.flyairlink.com or contact them on 011 451 7350.



4. Indonesia Island cycling tour from Earth Wanderer.

Rates from R25 540 per person sharing. Offer includes twelve nights' accommodation, breakfast daily, ten lunches, three dinners and bike hire. Cycle through rice paddies, jungles and plantations, riding up and down volcanoes, through villages and discovering the Islands of Bali and Java. Offer excludes flights and taxes. Valid until September 2018. For more information visit www.earthwanderer.co.za; email: info@earthwanderer.co.za or contact them on 074 340 4587.

5. Travel to Victoria Falls Zambia with Air Holidays.



Rates are from R5 970 per person sharing. Offer includes return flights departing Johannesburg, return transfers, two nights' accommodation at the David Livingstone Safari Lodge with breakfast and dinner

daily and a sunset cruise (\$5 park fee paid direct for SADC residents). Offer excludes taxes of approximately R3 179 per person. Valid until 30 June 2018. For more information visit www.airholidays.co.za; email reservations@airholidays.co.za or call them on 011 803 8223/4.



6. Self-drive tour from Mozambique GSA.

Rates from R13 200 per person sharing. Offer includes return transfers, seven nights' accommodation at Machangulo Beach Lodge, breakfast, lunch, dinner, all snacks and selected drinks, kayaking, snorkelling, and more. Offer excludes flights and taxes. Valid until 15 December 2018. For more information visit www.mozambiqueislands.com; email: info@mozambiqueislands.com or contact them on 011 476 4143.



7. Zanzibar low season offer from Rove-Africa Islands & Safaris.

Rates from R12 300 per person sharing. Offer includes return flights to Zanzibar, approximate taxes, return transfers, seven nights' accommodation at Karafuu Beach Resort & Spa with breakfast, lunch, dinner, selected drinks, snacks and lots more. Valid until 30 June 2018. For more information visit www.roveafrica.co.za; email: info@roveafrica.co.za or contact 011 453 2790.



8. Take time out with friends at Fairmont Zimbali Resort.

Rates from R1 600 per person sharing per night and includes breakfast. Offer excludes flights and taxes. Valid between 2 April – 30 September 2018. For more information visit www.fairmont.com/ZimbaliResort or contact 0800 98 0581.



9. Winter offer from Dolphin Beach Hotel Cape Town.

Rates from R995 per single room per night including breakfast. Offer excludes flights and taxes. Valid between 2 April – 31 July 2018. For more information visit www.visitdolphinbeach.com; email: info@dolphinbeachhotel.co.za or contact them on 021 557 8140.



10. Royal Windsor day package from British T.I.P.S.

Rates from R1 415 per adult and from R1 090 for children aged 5-15 years. Offer includes standard class London – Windsor return rail tickets, hop-on hop-off bus tour, 40-minute river cruise and entrance ticket to Windsor Castle. Offer excludes flights, taxes, accommodation and meals. Valid until 31 December 2018. For more information visit www.britishtips.com; email: sales@britishtips.com or contact them on 021 975 2047.

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THE ROLE OF THE NHBRC



The National Home Builders Registration Council (NHBRC) was created by an Act Of Parliament (Housing Consumers Protection Measures Act 95 of 1998) to protect the rights of housing consumers against shoddy workmanship by unscrupulous home builders.

All home builders and sub-contractors are required by law to register with the NHBRC before commencement of any home building project. The NHBRC also monitors the quality of the homes built, through periodic inspections during the building stages as well as through training of the home builders.

They set building standards which all home builders must adhere to, as well as minimum quality standards for building materials to be used. Non-standardised systems such as in the case of Innovative Building Technologies are also part of their scope.

More importantly, the NHBRC manages a Warranty Fund, which all homeowners contribute towards as part of their registering with them. This fund is meant to act as an insurance cover for a period of five years from occupation of the new home and covers the following:

- 1 year for roof leakage;
- 5 years for major structural defects.

Please note that the said Act does not cover commercial buildings or alterations to existing homes. Neither does the Warranty Fund cover any items meant to enhance the aesthetics of the home, e.g. taps, cupboards, windows etc.

Housing consumers are encouraged and urged to address any snag issues

within three months of occupying their new home, failing which, they are at liberty to approach the NHBRC to mediate in order to compel the home builder to fix these issues. Builders who fail to comply with the NHBRC directive may be subjected to a disciplinary hearing and, if found guilty, fines can be imposed.

The NHBRC however is concerned about the low levels of awareness with regards to home owners or housing consumers. Consumers need to be aware of their obligations which include:

- Using an NHBRC registered builder and sub-contractors;
- Registering or enrolling a new home 15 days before you start building;
- Demanding that a minimum of four inspections are done during construction;
- Making sure that you are satisfied with the quality of your new home before signing a 'happy letter';
- Addressing any construction-related issues with the builder in the first three months of moving into a new home, to take advantage of the Warranty Cover.



TIPS BEFORE YOU BUILD

Before you build, please check the following:

- Check the reputation of the home builder by either calling the NHBRC or through its website.
- Ask to see the builder's current NHBRC registration certificate, which is valid for a 12 month-period. Make sure that it hasn't expired.
- Telephone to request the NHBRC to confirm whether the builder is still registered.
- Take time to talk to housing consumers who have made use of the builder's services in the past.
- Make sure that the builder gives you a contract that covers the building of your home.
- Before signing the contract

make sure that you have read it and understand it, and that the description of the work to be done and specifications of materials, finishes and fittings to be provided are in accordance with your requirements. Variations from these during the course of the contract can be very expensive. Consumers who are in any doubt as to what is being offered should ask the builder to clarify or obtain legal advice.

- Carefully check the terms and conditions included in the contract offered by the builder.
- Keep a copy of the written agreement and all other

important documents.

- Be aware of the enrolment fee you will be liable to pay.
- Never pay the builder in advance of work being done – only authorise payment once work has been completed to your satisfaction.

Housing consumers who wish to build or buy a new home are advised to verify beforehand with the NHBRC as to the status of their builder, on either our toll free number (0800 200 824) or on the website www.nhbrc.org.za whether or not such a company or person is a registered home builder.



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"Dealing with a new-born, new financial constraints and a living space that was full of stuff all the time was taking its toll and I decided that something had to be done. I refused to eat dinner with my feet resting on a bouncy chair or risk tripping over my husband's cycling cleats whilst holding our baby."

"My initial thought was to install cupboards into our garage, however this would take up so much space that the car wouldn't fit. I was taken aback when I found out what it would cost to have cupboards installed. I then stumbled onto the Space+ website and my prayers were answered!"

"The Space+ team was extremely helpful and friendly when I got in touch with them. We opted for the bicycle unit to lovingly embrace my husband's hobby. The installation was seamless and I can now enjoy my living space again, without the threat of tripping over a pram or cycling helmet. I even have room for my clothes in my



cupboards, now that my suitcases are safely locked away in my Space+ unit."

"The exciting thing is that the Space+ team has made it easy for all of us to have a unit. They offer rental or purchase options with a variety of payment plans, and from my personal experience, I believe that every house, townhouse and apartment should have at least one unit. Space+ units really do live up to their name." – Gina Katz, Sandton.

After conducting thorough research, it became very quickly apparent that the majority of people who reside in a home

or apartment require more storage space. The Space+ team sat with this notion and dabbled with different ideas, until they came up with this inventive space-saving solution. The team wanted to create something that provided a storage solution that did not steal any current usable space, and that could be used in any type of garage, from basement parking and home garages to carports.

Space+ storage units utilise the dead space above the bonnet of one's car, literally creating something from nothing. The units are designed to be installed in a car garage, basement

parking bay or carport. The units provide an incredibly large amount of additional storage space. Space+ also allows the expansion of storage space without compromising any parking space, garage space or valuable parking bays.

The units are designed to fit international standard parking bays and adhere to building compliance requirements. Space+ also prides itself on the fact that the units are produced from 100% local material, so they are proudly South African. Each unit is made with 100% rust-proof electro-galvanized steel components, which are compliant with SABS/SANS9001 standards.

The units are freestanding so do not require any drilling or alteration to the parking space or surrounding walls or floors, and have a 6-point secure locking system to ensure your possessions are completely safe. The height-adjustable legs allow the units to fit above all vehicle sizes including RVs and 4x4s, and there are foot adjustments to compensate for floor irregularities and to allow for additional stability. The wide, easy-access door is simple to lift with the help of two hydraulic gas struts and can be opened without having to move the vehicle.

The units create between 2,5 to 5,9 cubic metres of additional space, without compromising or infringing on any other space, like standard cupboards would.

FEATURES AND BENEFITS

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BICYCLE HIGH ROOF UNIT (below)

This unit has a 300mm higher roof than the standard unit, designed for large bicycles to be stored with the wheels on, as well as to accommodate other taller objects. This unit offers 3,4 cubic metres of storage.



SHORT SPACE+ UNIT (left)

The outside dimensions of the Short Space+ Unit are 2300mm wide x 1000mm deep x 1000mm high, giving you 2,3 metres of storage. This unit is typically used where the standard unit is too wide.



DOUBLE DECKER UNIT (left)

This unit has cupboard-style doors added on the bottom of the unit to create a massive 5,9 cubic metres of storage – however, a car will not fit under this unit.



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In a society where we are losing our norms and values, the importance of faith-based education is becoming even more important. Faith-based education gives our youth a moral compass which may be absent in many of our homes and society in general.

We are driven to ensure that each individual child's potential is achieved

through exposure to a wide range of excellent academic, sporting, creative, cultural, community and entrepreneurial activities based on international standards. St Peter's College provides students of varied ability and interests the opportunity to involve themselves in the activity of their choice.

Our mission is to create and maintain an environment where trust and respect for the individual prevail, where diversity is valued and where individual responsibility is fostered within the context of teamwork. The unique contribution of each student, staff member and parent

is valued within an environment of opportunity, thereby providing the inspiration necessary to equip our students with the knowledge, skills and confidence required to succeed in the new millennium.

St Peter's College celebrates its 20th anniversary in 2018.
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THE 'PAPPA EFFECT'

By Nikki Bush

"Always, and in every moment, strive to be a celebration and example of positive human connection and respect, and believe in your child."

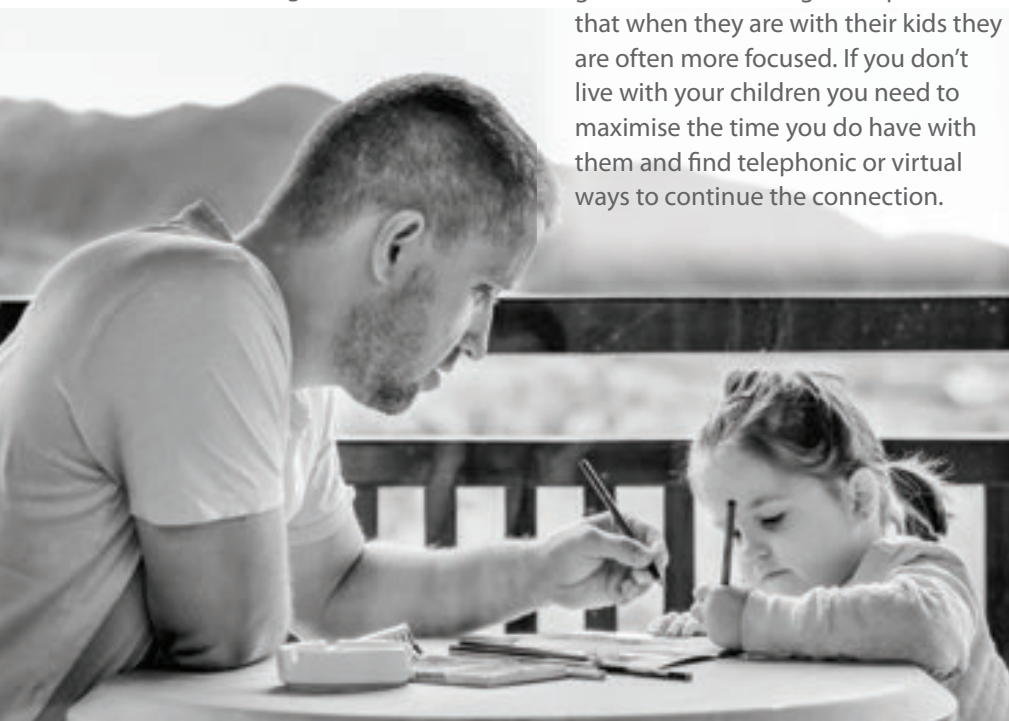
How dads 'are' with their children has a massive influence on how they will value and respect themselves down the line. I call this the 'Pappa Effect'. I've used the term Pappa as an acronym here for some effective fathering characteristics.

P.....Present: This means emotional and physical presence and being really 'in the moment' when you are with your kids.

Actually, many dads do this better than moms because dads are not quite as good at multi-tasking. The upside is that when they are with their kids they are often more focused. If you don't live with your children you need to maximise the time you do have with them and find telephonic or virtual ways to continue the connection.

A.....Available: Don't be so busy that your kids think you don't care.

I always remember the heart-wrenching *Chicken Soup for the Soul* story of the boy who found out how much his dad's time was worth per hour at work, and saved up enough to buy an hour of his dad's time.





P.....Proud: Teach your kids to value themselves by valuing and believing in them.

Show pride in both their achievements and their journey in getting there, even if it is a place in the D team! And please, please don't live vicariously through your children. It is an unfair burden to expect them to carry so that you can feel good about yourself. If your attention and affection are performance-based you are not loving them for who they are but for what they do. Your children are not you and may never become a clone of you. Love them for who they are, not what you expect them to be or do - this is what will grow their confidence and self-belief.

P.....Protective: Dads are a symbol of physical and emotional security and they are often less easy to manipulate than moms when it comes to implementing boundaries.

While you may be the family 'fixer' on many levels because you get things sorted, your role is also to teach your children to become resourceful and resilient in themselves, to learn independence little by little. These are the tools they will use to create their own happiness and success one day.



A.....Attentive: Pay attention. Listen. Talk and share.

Do things together – dates with your daughters and adventures with your sons. Dads have a huge influence on how their daughters will allow themselves to be treated by men; how their sons will treat

women; and on the healthy expression of emotions. Always, and in every moment, strive to be a celebration and example of positive human connection and respect, and believe in your child. Dads, may you always be celebrated, honoured and adored for your positive 'Pappa Effect'.

NIKKI BUSH

Creative parenting expert, inspirational speaker and co-author of *Tech-Savvy Parenting* (Bookstorm, 2014), *Future-proof Your Child* (Penguin, 2008), and *Easy Answers to Awkward Questions* (Metz Press, 2009)
nikki@nikkibush.com • www.nikkibush.com

COMMUNICATING WITH OUR CHILDREN

By Dr Ilse Ruane Psychology

Communication is the verbal and non-verbal exchange of information, ideas or feelings.

When adults use positive communication styles with children, this supports and promotes their social and emotional well-being. The ability to communicate productively impacts on the future mental health of children in many ways.



- In babies and young children, providing care that addresses a child's physical and emotional needs promotes secure attachment. It also assists in creating fertile ground for positive social and emotional development.
- Positive communication with children is important because children learn about social interactions and communication by observing and imitating others and receiving feedback. If adults model caring and respectful

communication, children are more likely to develop good social skills and the capacity for positive relationships, which promote well-being.

- Self-concept is also enhanced. Self-concept is a mental picture or idea about who we are. Communication from adults, that is caring and constructive, can support the development of a positive self-concept in a child. If adults are not responsive, are uncaring or give mainly insensitive feedback and criticism, the child may develop poor self-esteem and a negative self-concept. Poor self-esteem increases the risk of emotional problems and depression.

Building a strong relationship with your child through communication leads to cooperation and greater feelings of worth. When communication is a struggle, it can lead to your child switching off, to conflict, and feelings of worthlessness. Some parents tell me they struggle to get their child to communicate with them. Here are some of my top tips that I have gleaned from literature on the subject. I use these in my private practice and as a parent.

1. USE OPEN STATEMENTS

Open statements encourage your child to say more, and to share ideas and feelings. They tell your child that you are really listening and interested. They

also communicate that you think his ideas are important, and that you accept him and respect what he's saying. They do not include questions to which a simple yes or no answer would suffice.

Examples include:

- "Wow"
- "Cool"
- "Hmmm"
- "Oh"
- "Really?"
- "Tell me more"

When you use these statements, your child will get the sense that you are interested and that you want to know more. Children are more likely to share when they think you are listening to what they are saying, so paying attention to them is key.

2. USE MORE "DOS"

Some children hear a lot of "don'ts." Often parents know what they do not want to happen, so they lead in with a "don't" statement. The downside of "don't" statements is that they fail to promote the positive behaviour you want to see. If anything, they reinforce the behaviour you do not want to encourage.

Let's see how dos play out:

- "Don't run" becomes "Walk, please. Otherwise you may fall."
- "Don't go outside now, you have homework" becomes "Let us first do your homework, then we can play outside for longer without worrying about the homework that's waiting for us."

Kind words create a good relationship and better communication with your child.

3. TALK WITH YOUR CHILD, NOT AT YOUR CHILD

Instead of only giving instructions, engage your child in a two-sided conversation. This means both talking and listening to what your child has to say. This can be challenging, but it is a good habit to get into. If the grounds for communication can be established early, children can and will bring bigger, more pressing issues to you later in their lives. When we talk "at" a child, we give the message that their thoughts and feelings are not important or interesting. It reinforces the notion that the parenting relationship is about the child doing what you want.

4. "I" STATEMENTS

Parents often speak to their children with "you" statements: "You're so

messy," "You're a nuisance," or "You're silly." Using "I" statements can help you more clearly communicate how your child's behaviour is impacting you. It also gives your child more of an idea of what is expected of him and puts greater responsibility on him to change.

Here are some examples:

- "You're a nuisance, I said not now" becomes "I don't feel like playing because I'm tired."
- "You don't make any sense" becomes "I don't understand. Can you explain it again?"

5. MAKE REQUESTS DIRECT AND COMPLETE

It is better to give a direct and complete instruction to a child instead of being vague. Being

vague only leads to the child ignoring you or annoying you by his inaction. You must first ensure you have your child's attention. Then give him a reason why he must do this thing at this particular time in this particular way.

Timing is important. Be sure to pick a time when your child is able to shift his attention to you. You need to first engage your child's attention in order for your request to be successful.

A successful request would look like this:

"James, I need you to pack away your toys on the table now, please. It is important because there is no space to set the table for dinner." It will work better than "Can you pack away your toys? I have already asked you twice!"



6. PRACTISE USING KIND WORDS

Kind words create a good relationship and better communication with your child. Children who are spoken to with appreciation and respect have better self-worth, which allows them to thrive.

Examples of kind words:

- "Thank you for helping me with the dishes."
- "You did a good job of getting your room clean."
- "That really makes me feel good."
- "I like seeing you play nicely with your sister."
- "I am proud of you for trying."

7. AVOID LABELS OR MEAN WORDS

Some common but unhelpful ways of communicating with children are to use ridiculing, shaming, and name-calling. This communication style can lead to problems in the parent-child

When your child knows that you accept him as he is and not how you want him to be, everything changes.

relationship and develop poor self-concepts. Avoid using statements like "You're acting like a two-year-old," "You're an embarrassment to me," or "You're being a baby."

Parents sometimes use these types of statements to get their child to behave. These statements only leave the child feeling disliked, and negatively affect his view of himself in the long term.

8. SHOW YOUR CHILD YOU ACCEPT HIM

When your child knows that you accept him as he is and not how you want him to be, everything changes. It allows the child the freedom to change and grow as well as to feel good about himself.

When your child feels good about himself, he is more likely to get along with other people. He also feels safe to share his thoughts and feelings.

When you threaten, command, preach, and lecture your child, it makes him feel like he is bad, that you do not like him, and that he cannot do anything right. For example, if your child says, "I don't like those vegetables," and you respond "Eat your vegetables. You are always trying to get out of it. You're acting like a spoiled toddler," your child will be left feeling disconnected from you and believe that you think he is bad. Instead, try a winning way of talking with your child. Substitute something like this for the previous

statement: "It's hard for you to eat food that you're unsure of or didn't like the taste of last time. I'd like you to try to eat at least some so you can see how you find the taste today." This statement acknowledges your child's struggle and provides a suggestion of how he can handle the situation.

9. KEEP WORKING

Keep working on these communication skills. It can be hard at first, but with practise new skills develop. When you slip up, fix it with your child and start fresh.

10. SOME PRINCIPLES TO REMEMBER

- Let your child know that you are interested, involved and that you will help when needed.
- Turn off the television or put your cell phone down when your child wants to speak.
- Unless other people are specifically meant to be included, hold conversations in private. The best communication between you and your child will occur when others are not around.
- Embarrassing your child or putting him on the spot in front of others

will only lead to resentment and hostility, not good communication.

- Do not tower over your child. Physically get down to your child's level, then talk.
- If you are very angry about a behaviour or an incident, do not attempt communication until you have calmed down because you cannot be objective until then. It is better to stop, let the dust settle, and talk to your child later.
- Do not interrupt your child when he is trying to tell his story. Let him first tell his story in all its complexity despite your need to rush to the end.
- Do not be a wipe-out artist, unravelling minor threads of a story and never allowing your child's own theme to develop. For example, your child starts to talk about what happened and you say, "I don't care what they are doing, but you had better not be involved in anything like that." Or "I really don't want to hear this again. I told you to stay out of it."
- Do not ask why. Rather ask what happened or how it played out. Also ask how he could have handled the situation differently. What would change if he tried X?
- If you have knowledge of the situation, confront your child with

the information that you know or have been told. Trying to uncover a story that he has not yet told you by laying a few strategic breadcrumbs creates an atmosphere of distrust and makes your child nervous. Rather be open and honest with your child by stating "I have heard such and such. What is your side of the story?"

- Keep preaching and moralising to a minimum because they are not helpful in getting communication open and keeping it open. Preaching and moralising tend to close down conversations and prevent future conversations from happening as your child comes to expect a particular response from his parent.
- Assist your child in planning some specific steps to the solution. Follow up after some steps have been taken. If they are working, continue. If not, revise the steps to the solution.
- Show that you accept your child, regardless of what he has or has not done. All children are part of a problem or even cause the problem at some point. Therefore, it is not possible that your child is guilt-free in every problem situation. As parents, we need to communicate with our children that it is okay to be responsible for a problem because they are young and still learning. The difference comes in that, after we accept our accountability, we need to change our behaviour and not repeat it in the future.
- Keep the lines of communication open by praising his efforts to communicate. Good communication is the heart of more harmonious homes and is the key to a healthy relationship with your child. It provides a place your child can thrive and grow from. Good communication with you forms the basis of good communication with other people as your child grows into an adult.



Rather be open and honest with your child.

To speak to Dr Ilse Ruane, please call: 083 376 1995.

THE BEST FATHER'S DAY GIFT IDEAS FOR YOUR DAD!

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Here's to a fabulous Father's Day for all our wise and strong Fathers out there! We hope you have a day filled with spoils and love!

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for MAY 

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Terms and Conditions:

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

The restaurants featured in this competition have been carefully chosen and, even if you aren't a winner, we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.

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HOA Communications & Administration	Cindy Selowe	010 591 4671 010 591 4950	cindyse@trafalgar.co.za	Communications & Admin
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BOOK REVIEWS

Compiled by Nicole Hermanson



We Own The Sky

By Luke Allnutt

A story about love, loss and finding hope-against all odds. Rob Coates can't believe his luck. There is Anna, his incredible wife, and most precious of all, Jack, their son, who makes every day an extraordinary adventure. Rob feels like he's won the lottery of life. Or rather-he did. Until the day it all changes when Anna becomes convinced there is something wrong with Jack.

Now Rob sleepwalks through his days, unable to bridge the gulf that separates him from his wife, his son and the business of living. But he's determined to come to terms with what's happened - and find a way back to life, and forgiveness. *We Own the Sky* will resonate with anyone who has ever suffered loss or experienced great love.

Luke Allnutt shows that the journey from hope to despair and back is never as simple as we think, and that even the most thoroughly broken heart can learn to beat again.

Price:
R271



The Mermaid and Mrs Hancock

By Imogen Hermes Gowar

This voyage is special. It will change everything... One September evening in 1785, the merchant Jonah Hancock hears urgent knocking on his front door. One of his captains is waiting eagerly on the step. He has sold Jonah's ship for what appears to be a mermaid.

As gossip spreads through the docks, coffee shops, parlours and brothels, everyone wants to see Mr Hancock's marvel. Its arrival spins him out of his ordinary existence and through the doors of high society. At an opulent party, he makes the acquaintance of Angelica Neal, the most desirable woman he has ever laid eyes on... and a courtesan of great accomplishment. This meeting will steer both their lives onto a dangerous new course, on which they will learn that priceless things come at the greatest cost.

Where will their ambitions lead? And will they be able to escape the destructive power mermaids are said to possess? In this spell-binding story of curiosity and obsession, Imogen Hermes Gowar has created an unforgettable jewel of a novel, filled to the brim with intelligence, heart and wit.

Price:
R300



Only Child

By Rhiannon Navin

'Captivating . . . Will appeal to fans of *Room*, *The Lovely Bones* and *The Fault in Our Stars*' - The Independent. Heartstopping. Heartbreaking. Heartwarming. Addictive and emotional, but also full of hope, Rhiannon Navin's *Only Child* is the most heartfelt book you'll read this year.

When the unthinkable happens, six-year-old Zach is at school. Huddled in a cloakroom with his classmates and teacher, he is too young to understand that life will never be the same again. Afterwards, the once close-knit community is left reeling. Zach's dad retreats. His mum sets out to seek revenge. Zach, scared, lost and confused, disappears into his super-secret hideout to try to make sense of things.

Nothing feels right - until he listens to his heart . . . But can he achieve the impossible and remind the grown-ups how to love again? Narrated by Zach, *Only Child* is full of heart; a real rollercoaster of a read that will stay with you long after you've turned the final page.

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