

W A T E R F A L L

ISSUE 7 2018



WATERFALL
**Coffee
Table
Book**

**CYCLING IN
MAURITIUS**

**WINTER DISEASES
IN CHILDREN**

**KEITH KIRSTEN
WATERFALL WILDS
WINS GOLD**

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Waterfall Magazine is published by EIA Publishing (Pty) Ltd on behalf of Waterfall and in association with the Waterfall Homeowners Association. The opinions expressed are not necessarily those of the Waterfall Homeowners Association, the Estate, the publisher, nor of the companies themselves • EIA Publishing Office: 011 327 4062 • www.eiapublishing.co.za

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A message from **WATERFALL**

Despite the chilly weather, some exciting activities are taking place at Waterfall this winter. In this edition of the magazine you can learn about what's happening and find some great ideas on how to spend a day out. You may even get inspired to take up a new hobby.

Firstly, we would like to congratulate Keith Kirsten Waterfall Wilds on winning a Gold accolade in the annual Garden Centre Association competition, run by the South African Nursery Association. After reading about the accolade, we hope you'll drop in to enjoy this top-class facility for yourself, if you have not yet visited the centre.

Great gardens attract great birds, which partly explains why Waterfall has so many wonderful ornithological sightings. The Waterfall Bird Club has now spotted 240 different species here. Its members meet every month for a birding focused walk or discussion, so if you have an interest in birds, do get in touch with the club, to make the most of our natural surroundings.

If you prefer dashing about at a faster pace, you'll be delighted to know that Waterfall now offers a 20km Mountain Bike Trail. It has taken many months of planning in consultation with environmental experts to create a scenic route that winds through Country Estate and Country Village. The trail



will officially launch on 28 July 2018 and is intended to be enjoyable for riders of all skill levels, with natural and manmade drops, jumps, river crossings and uphill stretches. Do read more details about the launch event, as you won't want to miss it.

A more sedate event taking place this month is the Antiques Faire in Mall of Africa from 20-22 July. The faire is focusing heavily on pianos, from those produced during the Victorian and Edwardian era, to

elegant Steinways. If antiques are your thing, pop into the Mall and enjoy what will be on offer.

All these events and activities are fitting of Waterfall's status as the largest mixed-use development in Africa - catering for the needs of all residents and visitors.

Living and/or working within Waterfall certainly gives you some bragging rights, however it can be difficult to know all the facts about the development. The story of Waterfall and its evolving nature has been beautifully captured in a glossy coffee table book that is now available for purchase. The book covers the history and business plan – including the residential and commercial areas, as well as the lifestyle facilities of the broader development, and makes for the perfect reference book to show your visitors this extraordinary development you proudly call home. We have provided more details about how to purchase this coffee table book in an article featured on page 4.

Finally, our monthly Netcare article looks at the less cheerful side of winter – the illnesses that cold weather brings. It touches on the common cold, influenza, bronchiolitis and asthma, so take a read and be prepared!

Until next time,
Waterfall Management



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THE WATERFALL COFFEE TABLE BOOK

Get your copy today!



Did you know that Waterfall is the largest mixed-use development in Africa and the largest property development in South Africa, ultimately combining over 28 000 residential units housing an estimated 80 000 people? Well, neither did we!

While living and working in this magnificent development certainly gives you some bragging rights with friends and family, we know that on those occasions when asked questions about Waterfall, you often find yourself ill-equipped with all the facts. Wouldn't it be great to refer to, or hand your visitors a coffee table

book that provides all the insight into this unique piece of land and the extraordinary development that we proudly call home?

The Waterfall Coffee Table book has been designed to achieve just this – and you can now own your very own copy. It is a glossy, 64-page book covering all aspects related to the Waterfall development – from

the history and business plan, to all the residential estates, commercial developments and lifestyle facilities. In fact, it makes for the perfect 'brag book' to explain the magnitude of Waterfall to your guests.

Residents can now purchase this book from Waterfall Management Company at a heavily subsidised and special resident price of only R500 per copy.

There are also 10 limited edition box sets available, containing the book, along with an 8GB USB featuring the Waterfall Lifestyle Video. These box sets are available at a special price of R800 each.

Having won many industry awards, including being named Best International Mixed-use Development 2017/2018 at the most recent International Property Awards, the Waterfall development is certainly something to boast about. This book will help you, as a Waterfall resident or employee, to do just that, by showcasing the many features Waterfall has to offer.

For any resident who may be interested in purchasing a book or box set, please email tertia@waterfall.co.za, who will assist you accordingly.



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Red-knobbed Coot feeding its chick

FEATHERED FRIENDS CAUSE A FLUTTER AT WATERFALL

You may remember that not so long ago, a little bird called the Spotted Crake put Waterfall into the record books when it 'flew in' for a six-week stay. The bird is so rare that news of its presence quickly flew across the country, and twitchers were literally jetting up from Cape Town to enjoy the sighting.

Resident, Ron Searle, only had to hop around the corner to see it, as he lives in Waterfall Valley and is a key member of the Waterfall Bird Club. "The Spotted Crake was skulking at the entrance to Waterfall Village Estate, where there's a water feature with a couple of large

ponds," he says. "It used to hide in the reeds at the edge of the pond at night, and during the day it wandered up and down looking for food. The bird was there for six weeks, during which time about 1 500 people came to see it. Every morning you'd see people with their massive cameras, or sitting there picnicking waiting for it to appear."

Birders get to hear about such rare sightings via the internet, with fans eager to share the news and the most dedicated happy to jump on a plane to catch a glimpse. The 1 500 spectators at Waterfall set a record for a bird sighting in South Africa, Ron says.

The Waterfall Bird Club meets once a month at various times, depending on the activity. Talks by guest speakers take place in the Waterfall Hills auditorium, and have included a discussion on the damage that plastic pollution does to birdlife, and sessions by the well-known bird book author Ian Sinclair. Often the group enjoys an outing, which may be a ramble along the Jukskei River, or further afield to places like Rietvlei Nature Reserve.

Ron is the ultimate authority on birding in Waterfall, and records all the species spotted on the Estate. The club was already active when he moved in five years ago, and by then its members

Waterfall News

had spotted 115 different species. Now the list is up to 240. "During the five years I have been here, 125 additional species have been added," he says. "Some are just visitors that we may never see again, and others we see every day."

As an avid birder himself, Ron has literally travelled the world in search of birdlife, including China, the Amazon, Australia, Alaska, many African countries, Japan, Arctic Norway/Finland, Antarctica and many others. He's planning a trip to Chile and Peru this year.

The secret of being a good birder doesn't start with the eyes, but with the ears, he says. "The art of bird watching is to actually listen, and to be able to identify a bird from its call. Once you become good at identifying the call, everything else falls into place."

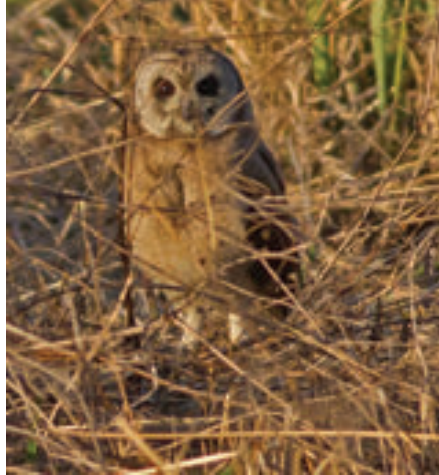
Many other sightings have delighted the Waterfall Bird Club recently. One is a rare migratory Green Sandpiper that drops in every year, taking a breather in transit from Eurasia to its final winter destination elsewhere in RSA.

"It was a fantastic summer for the Cuckoo family, with Great-spotted, Jacobin, Red-chested and Common Cuckoo visiting the Estates," says Ron. "An adult and immature Black-necked Grebe spent two or three weeks at the Village Dam, a juvenile Black-backed Puffback was spotted on the Country Estate, and an Icterine Warbler was recorded during a walk on the Country Estate, when 94 species were seen."

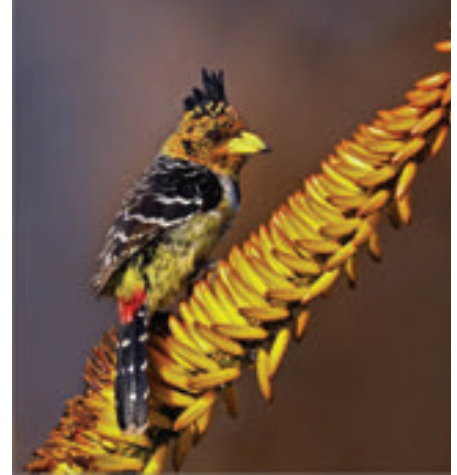
A solitary, young Arrow-marked Babbler was also spotted, probably a male on the lookout for a new territory. Hottentot Teal, Fulvous Duck, African Pied Wagtail, Spurwinged Geese and Orange-breasted Waxbills have all been clocked up this year too.

If the idea of birding ruffles your feathers, you can contact Kevin Gow at waterfallecoland@gmail.co.za for details of the Waterfall Bird Club.

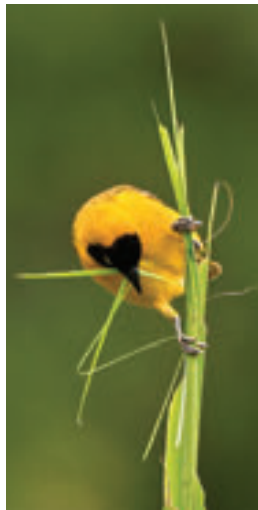
Photographs taken by Ingrid Sellschop and Jacques Sellschop



A beautiful Marsh Owl sighted on Waterfall



Crested Barbet – common visitor to the gardens



Industrious male Southern Masked Weaver



Ubiquitous Crested Guineafowl



White-breasted Cormorant



A juvenile Black-winged Kite, ready for take-off



A beautiful male Southern Red Bishop

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served with traditional fries, mash
or baby potatoes
or

Parmesan chicken served with mash
or

Fried calamari served with tartar sauce



KID'S MENU

For our special little guests, 12 years and under. All meals served with tomato dipping sauce.

Ribs & Chips	R80	Beef Burger & Chips	R80
Calamari Strips & Chips	R80	Steak & Chips	R80
Chicken Burger & Chips	R80	Chicken Strips & Chips	R80

Don't miss the launch of the **WATERFALL MOUNTAIN BIKE TRAIL**



To be able to ride in nature on a track on your doorstep is special and something to treasure and respect.

That's why we are so excited to announce that, after many months of planning and working closely with environmental experts, Waterfall Country Estate and Country Village now boast a 20km Mountain Bike Trail (MBT)!

Cleverly designed to be scenic, accessible and enjoyable for riders of all skill levels and technical abilities, the circular trail runs across the two estates and offers a good mix of natural and manmade drops, jumps, river crossings and uphill areas to stretch riders' co-ordination and skill. The total climb per lap is approximately 235 metres.

The Waterfall MBT will officially be launched on Saturday, 28 July with a fun-filled family day in the sun! With

food trucks, music, interesting stalls from cycle suppliers, services and merchandise, and even a massage area to sort out any post-race aches and pains, there's something for everyone.

There will be three events on the day:

- the 20km Strava Challenge for the top 20 riders on the table
- the 20km open to all riders and the
- 5km fun ride for beginners and kids.

While registration is vital to ensure your entry into the lucky draw sponsored by Solomon, there will also be other giveaways from Clicks, 32GI and many more, just to add to the fun.

The Clubhouse in Country Village is the official start and finish point, with the first race commencing at 14h00. Late registration on the day will be allowed until 13h30.

For entry forms and registration information contact
MaxonP@Trafalgar.co.za.





When: Saturday, 28 July, from 12h30 onwards

Where: Clubhouse in Waterfall Country Village Estate

Events: 20km Strava Challenge (top 20 riders on table)

20km open to all riders

5km fun ride for beginners and kids



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KEITH KIRSTEN WATERFALL WILDS WINS GOLD

in annual competition!

At Keith Kirsten Waterfall Wilds, we are constantly striving to be the best at what we do - 'naturally' and so we are pleased that our efforts have been rewarded!

We form part of the South African Nursery Association (SANA), and each year SANA runs the Garden Centre Association (GCA) competition for all GCA members. The awards aim to accredit garden centres across the country based on nursery standards.

GCA Garden Centres are graded by two industry judges on criteria that strive to:

- **improve standards for the nursery** - which means being committed to selling healthy and good quality products;
- **engage with the community** to contribute towards helping save our planet, by supporting recycling initiatives in-store;
- **work to continuously improve the knowledge and customer service** within the garden centre.

Having entered this year's competition, Keith Kirsten Waterfall Wilds was awarded GOLD!

"We would like to thank our dedicated staff for all their efforts at keeping the GCA standard day in and day out. **Their hard work and passion** for gardening has now



Staff at Keith Kirsten Waterfall Wilds with their Gold Award.



South Africa won Gold at the RHS Chelsea Flower Show this year.

been recognised with this wonderful accolade. We are very proud to have them on our team! Our gratitude also goes out to all our suppliers for their continued support," says Cary Goodwin, owner of Keith Kirsten Waterfall Wilds.

"Of course, winning such an award would not be possible without our loyal gardening community. From the outset of Keith Kirsten Waterfall Wilds, we placed our customers at the forefront of whatever we do and it is because of this drive that we provide our customers with the best service, knowledge and products.



The Keith Kirsten Waterfall Wilds store.

Our range of **products** is extensive, catering for large gardens as well as patios. So, do pop in and explore our award-winning garden centre for yourself. Every process is geared towards excellence and our staff have the understanding that great service leads to great results!"

A special mention must also go to the recent win for South Africa, having walked away with Gold at the RHS Chelsea Flower Show in May 2018. This is the 36th time South Africa has won Gold at this event. This year, Keith Kirsten was a co-sponsor of the South Africa stand.

THE WORLD OF ANTIQUES & DÉCOR

comes to Mall of Africa

The National Antiques & Decorative Arts Faire (NAADA) set a trend last year by moving its annual 3-day fair to the elegant Crystal Court at Mall of Africa. It was followed by the likes of Fashion Week, Symphony Concerts and Art Collectives – who all recognised the importance of hosting their events in the heart of where people shop and are entertained.

The group who run the most successful table-top antique fairs in the country – in Johannesburg, Pretoria and Cape Town – are bringing you their 2nd National Antiques Faire at Mall of Africa from 20 - 22 July 2018.

At the heart of the Crystal Court will be a showcase of some of the most beautiful pianos – from Victorian and Edwardian pianos complete with candelabras, to elegant Steinway grand pianos. The musical theme will be carried through with a live broadcast on Saturday 21 July 2018 from 10am to 2pm.

Visitors and shoppers to the National Antiques Faire will be able to pick up their free copy of The Collector Magazine – a glossy publication that features movie star collections, antiques, artists and collecting stories. The magazine features two amazing competitions for readers and visitors to win:

- A trip for two in a De Luxe Suite on the Blue Train valued at R32 850.
- A 2-night stay in a Classic Suite at Rovos Rail's St James Manor Guest House in Cape Town valued at over R11 250.

The annual NAADA Faire that has thrilled antique lovers for the past eighteen years, has now made the Crystal Court at Mall of Africa its new home. The presentation and glamour of the NAADA



The Clyde on 4th stand.

silver, find a unique porcelain dinner or tea set, pick up a distinctive piece of jewellery or simply find something special that catches your eye.

New and younger collectors will love trying on retro clothing, or finding funky costume jewellery or more modern collectables such as '70s furniture, advertising billboards and Art Deco pieces, which are the antiques of tomorrow and becoming very sought after.

Come and meet the experts, who are also offering valuations on items, for a minimum donation of R50 per item, in aid of 67 blankets.



Antique chair with vintage shoes and accessories.

Faire is unmatched in South Africa – the result is the most talked about antiques, art and décor fair in the country and a must attend event for serious antique lovers, decorators and people who simply love and appreciate treasures of the past.

If you appreciate the beautiful things in life, the NAADA Faire is the place to find that statement piece that will be the talking point of your home - perhaps an impressive sideboard for your new dining room or an antique piano to fill that space in your lounge. Add to your collection of

NATIONAL ANTIQUES FAIRE

Opening Night: 19 July 2018, 18:30, Crystal Court
Bookings essential, www.naada.co.za

20 - 22 July 2018, Mon - Sat: 09:00 - 20:00

Sun & Public Holidays: 10:00 - 20:00

Crystal Court, Level 5, Mall of Africa

Visit www.naada.co.za

For more information, please contact

Giuli on 083 377 6721 or Clyde on 082 883 4933.

JULY DIARY



The Open Chamionship – Par 3 Contest

Thursday World of Golf
 19 July 2018 17h30 - Registration
 18h00 - Round 1 Tee Off
 19h00 - Round 2 Tee Off
 20h00 - Prize Giving & Dinner
 R50 for members, R100 for guests



National Antiques & Decorative Arts Faire

20-22 July 2018 Mall of Africa
 Mon - Sat: 09:00 - 20:00 Sun & Public Holidays: 10:00 - 20:00
 Follow the Antique Faire on Facebook. Visit www.thecollector.co.za or contact Clyde on 082 883 4933 or Press Giuli Osso on 083 277 6721.



Kids Movie Afternoon

Saturday World of Golf
 21 July 2018 14h00 - Registration
 14h30 - 16h30 - Animated Movie
 R75 per child and includes: popcorn, hot chocolate and box of astro's.



Wedge & Whiskey

Thursday World of Golf
 26 July 2018 17h30 - Registration
 18h00 - Masterclass on Accuracy
 18h30 - 9 Hole Wedge & Putt Cmpetition
 19h00 - Prize Giving & Whiskey Tasting
 R50 for members, R100 for guests



Little Charmers Fashion Show

11h00 Saturday Mall of Africa, Town Square
 28 July 2018 Come and watch our Little Charmers (3-18years) strut their stuff modeling some of the stores' new collections at Mall of Africa. Fun for the whole family, with great prizes up for grabs in our charity raffle. All proceeds will be donated to the Nelson Mandela Hospital.



Ladies Day

Saturday World of Golf
 28 July 2018 09h30 - Registration with light breakfast snacks
 10h00 - Masterclass
 11h00 - Competiton
 11h30 - Cake & Coffee
 R50 for members, R100 for PMG members & R250 for guests



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WINTER DISEASES IN CHILDREN

Should I be worried?

By Dr Omolemo P. Kitchin, a Paediatric Pulmonologist MBChB(Natal), FCPaed(SA), Dip Allerg(SA), Cert Pulm(SA)Paed, MMedPaed(Pret), FCCP



Dr Omolemo P. Kitchin
Paediatric
Pulmonologist

Winter presents a huge challenge to parents with small babies and/or young children, and unfortunately, they can do nothing much to alter the course of diseases that occur during the season. Understanding the basics about the different types of common winter diseases, including common signs and symptoms, management, prevention and control will however assist them in navigating through this period.

DEFINITIONS FOR COMMON WINTER DISEASES

- 1. Coryza** – inflammation of the lining in the nasal cavity, better known as the common cold. It is derived from the Greek word Ko'ruza meaning nasal mucus.
- 2. Influenza** – an infectious disease caused by a virus called influenza virus, it is sometimes referred to as flu.
- 3. Allergic rhinitis** – inflammation of the nose, sometimes referred to as hay-fever.

4. Bronchiolitis – inflammation of the bronchioles (small breathing pipes).

5. Asthma – chronic inflammation of the bronchi (larger breathing pipes).

SIGNS AND SYMPTOMS

Coryza and influenza are often confused by the lay public. When most folk say they have flu they are actually referring to coryza or the common cold. Symptoms include a sore throat, cough, runny and/or blocked nose and possible fever. The common virus causing coryza is the rhino-virus.

Influenza has similar symptoms to the common cold however influenza can in addition have symptoms of myalgia (painful muscles), rigors (feeling hot and cold with shivering), feeling miserable and unable to get up and go to school. Influenza can result in complications like pneumonia, ear infections and sepsis.

Both of these diseases will work their way out of the body but the common problem is that patients tend to think an antibiotic will solve the problems. An antibiotic is only useful if bacteria are involved.



Bronchiolitis is common in children under two years of age. It presents with a cough, fast breathing, difficulty in breathing, chest in-drawing and fever. This is commonly caused by a virus called respiratory syncytial virus in 90% of the cases. Other viruses like para-influenza and viruses causing a common cold and influenza may be involved.

Allergic rhinitis – the name hay-fever, as it is commonly referred to, comes from symptoms occurring during hay harvesting season when pollen is in the air. Patients present with a cough, especially at night, itchy and runny nose with clear secretions which sometimes can be greenish in colour, watery and itchy eyes and sometimes swelling of the eyelids. Patients can in addition present with a tired-looking face, with dark discoloration under the eyelids.

Asthma presents with a cough that is worse at night, a tight chest, wheezing and exercise-induced symptoms. Approximately 40% of patients with asthma have allergic rhinitis and so these conditions co-exist and form part of what is called a united airway. Recording the history of asthma is very important as the chest is usually clear on examination by the practitioner unless the patient has acute symptoms, so asthma is thus often missed.

HOW DO WE MANAGE THESE CONDITIONS?

Common cold – can be managed with symptomatic treatment i.e. nasal decongestants, controlling fever, good food and good quality of sleep – eventually, the virus will work itself out of the system.

Influenza – this is symptomatically treated, as with the common cold. Having a flu vaccination is highly recommended before the flu season starts (from April in South Africa).



Allergic rhinitis – is treated with nasal cortisone spray and a non-sedating antihistamine.

Bronchiolitis – is also symptomatically treated, and if the respiratory distress is worse and the saturation is less than 92% in room air, patients might benefit from admission to hospital and receive oxygen via a nasal cannula (tube).

Asthma – treatment entails controller pump inhalation and steroids via a spacer in young children, and a reliever in case of emergencies.

PREVENTION AND CONTROL

The best way to control diseases is good nutrition, avoiding environmental pollution and tobacco smoke, and living in a healthy environment which includes regular handwashing to reduce the spread of infections. A flu vaccination before the flu season starts can assist in preventing flu. Asthma can be well controlled using inhaled steroids, and allergic rhinitis, through intranasal steroids. Bronchiolitis cannot be prevented per se, but the national guidelines

recommend the use of a prophylaxis before the RSV season starts, for high risk patients, (for example premature babies, based on defined criteria), and patients with congenital cyanotic heart disease (when a baby is born with an abnormally developed heart and blood vessels resulting in low oxygen supply to the organs). Generally, no antibiotics should be used unless there is evidence of bacterial infection.

CONCLUSION

Common cold, influenza and bronchiolitis are caused by viruses and require no antibiotics to treat them. Influenza is the most fatal of the three conditions, especially when it results in complications such as pneumonia requiring treatment in an intensive care unit. This is more common in patients whose immune systems are compromised. Yearly vaccination with a flu shot will alter the severity of the disease. A prophylaxis that is useful for RSV bronchiolitis is also recommended.

Allergic rhinitis and asthma are easily controlled with intranasal and inhaled corticosteroids. Children not on treatment can get sicker when exposed to a viral infection, which may lead to the need for hospitalisation. There is generally no need for antibiotics for a viral infection.

When most folk say they have flu they are actually referring to coryza or the common cold.

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TOURING MAURITIUS BY BIKE

By Brenda van Zijl

Top training and facilities prepare Waterfall family for their cycling adventure in Mauritius.

"We are not born with a fixed amount of resilience. Like a muscle, you can build it up, draw on it when you need."

Sheryl Sandberg, Facebook COO.

When my husband and I received an invitation to cycle around Mauritius, we jumped at the opportunity. Being entrepreneurs, we know how important resilience is in life and decided to take our two children with us. They are both very sporty but most training sessions and matches are 45 – 60 minutes. Training

for and participating in this tour would require dedication, commitment and many hours on the bike - a fantastic opportunity to build resilience!

Once we signed up for the tour, the hard work started. We discovered the Watt bikes in the Waterfall Gym which helped us with short, intensive bike training sessions. Over the years, we've learned the importance of cross training and that's why focussed, biweekly gym training sessions with Waterfall personal trainer, Refentse Makgolane, in the Waterfall Gym formed an integral part of our training programme. The highlight of our training was definitely the weekend rides on the Waterfall Mountain Bike Trail. The trail winds through Waterfall Country Estate and Waterfall Country Village and is exclusively used by mountain bikers and trail runners.



David and Chris admiring the wild Indian Ocean



Getting ready for the beach ride

The kids weren't always excited to train, especially when they had to get up early on weekends for long rides at Northern Farm and The Cradle but this is when they learnt to focus and keep going.

Nutrition is a very important part of participating in endurance events and we tried out a number of different energy bars, gummies

and energy drinks until we each found our favourites to use on the tour. We consulted with Waterfall's in-house mountain bike expert, Kirsty Searle, on bike set-up and some technical skills and after months of training we were ready.

We have been to Mauritius a couple of times but exploring it on a bike

takes you to places you wouldn't otherwise get to. Our group was made up of mountain bikers from all over South Africa and also included a lawyer from Dubai and the sponsor's riders from Mauritius.

We arrived on Thursday, 24 May at the Shandrani Hotel at Blue Bay where we spent the first two nights.



The magnificent swimming pools of the Shandrani Hotel



Our family taking a well-deserved break down on the shore

This remarkable experience is a tour and not a race and cyclists ride in groups according to ability.

The first day's ride was 75km along the South Coast, riding spectacular coastal footpaths 50m above the sea. After a tough ride, we enjoyed a hearty lunch at Gris Gris Beach to fuel up for the rest of the ride to Le Morne.

Day two took us across the long Flic en Flac beach and through Le Caudan in Port Louis to Trou-aux Biches near Grand Baie in the north, where we stayed for the next two nights.

Day three was a beautiful day as we cycled over the Mont Choisy beach then through Grand Baie on to Grand Gaube where we had lunch at the stunning Anahita Resort.

Day four was an easy 45km ride from Anahita via Mahebourg back to the Shandrani Hotel.

We met for drinks every evening before supper for the day's "fines" to be awarded. Fines were awarded to



Easy cycling

all riders who fell off their bikes, did stupid things like wear cycling shoes with cleats that didn't match their peddles, go snorkelling instead of finishing the ride or thought they lost their phones only to find them in their back pockets of their cycling shirts.

This remarkable experience is a tour and not a race and cyclists ride in groups according to ability. The main sponsor of the tour is Novare, with Adansononia and Investec as secondary sponsors.

My husband is an experienced mountain biker but this was the first multi-day event that the kids and I took part in. The training and preparation paid off

as the kids rode with the leaders of our group while I helped to keep our group from catching up with the faster group. We all got fined for falling but more egos were bruised than skin.

We are very fortunate to live in an Estate with so many sporting facilities. Most of our preparation was done in the safe and secure environment on our doorstep. We noticed that many of the residents cycle on the cement paths instead of the mountain bike trails. I encourage you to try out the trails. There are a couple of technical sections, but if you don't want to ride them, you could plan your route around



Starting Day 3 on the beach at Trou-aux Biches



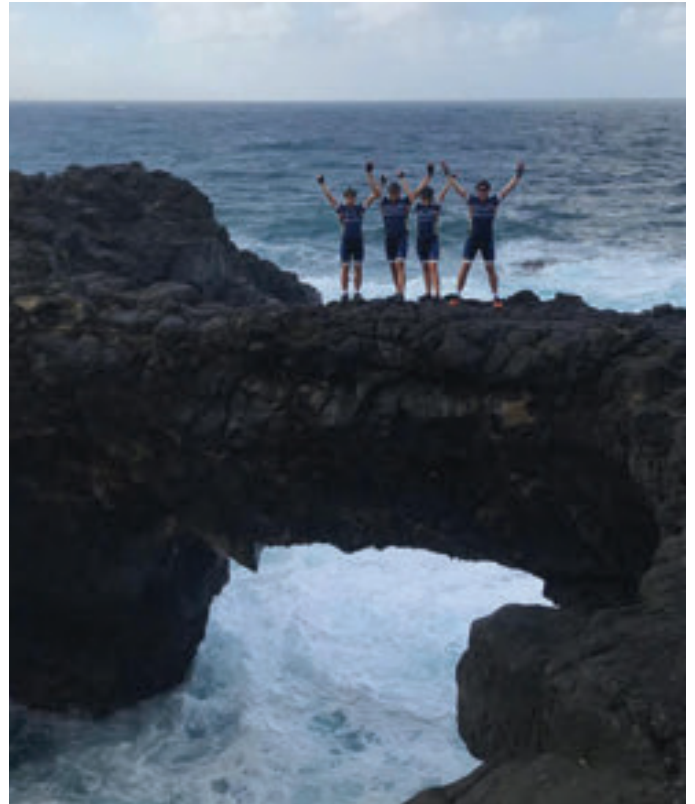
Cycling along a palm tree-lined road

them or hop onto the cement path or the road for those sections. I've also been running on the trails and the softer surface is much kinder on your knees.

We are grateful for the wonderful opportunity that we had to cycle around Mauritius and look forward to our next family adventure.

***"Fill your life with experiences, not things,
have stories to tell, not stuff to show."***

Author unknown



Celebrating the successful completion of Day 1's cycling

Cycle map around Mauritius



Brenda van Zijl is a Financial Life Planner at Verity Financial Services and resident of Waterfall Country Estate. She guides High Net Worth Families to make smart financial decisions. Verity Financial Services is an authorised Financial Services Provider, FSP # 27246.



PROVING THAT CONTEMPORARY CAN ALSO BE ELEGANT

All too often, contemporary design entails minimalistic and harsh design choices which don't always allow for comfortable living spaces.

Blockhouse has broken that barrier by designing a space that is a superb duality between contemporary and elegant themes. The styling of this home also allows one's imagination to run wild at the thought of who is living there!

The different design elements in this home have been brought together so effortlessly, that it would be easy not to notice the fantastic pairings of different colours and textural

elements. Although different areas have a variety of colours, the environment flows seamlessly into a stylish whole.

"Our concept for the Villas was inspired by a stylish contemporary Scandinavian look and feel," says Donnee Noonan of Blockhouse. "We have added a splash of colour and touch of our African heritage in each room with the use of St Ledger and Viney fabrics and we have selected products which are more suited for a young dynamic couple to enjoy."

The dark smokey grey hues used throughout the home are on Nordic

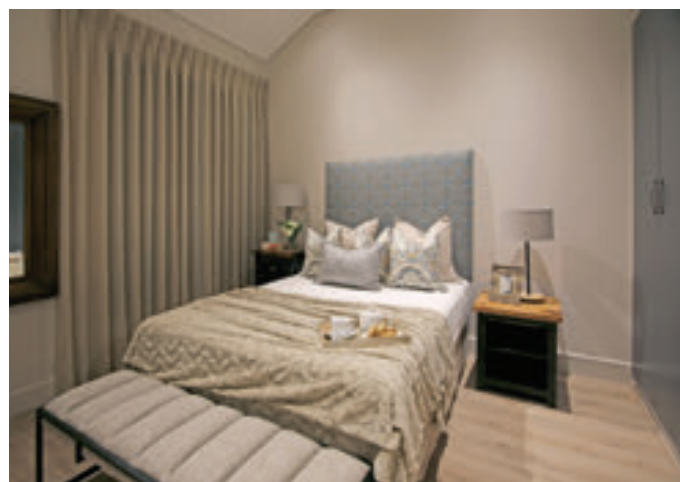
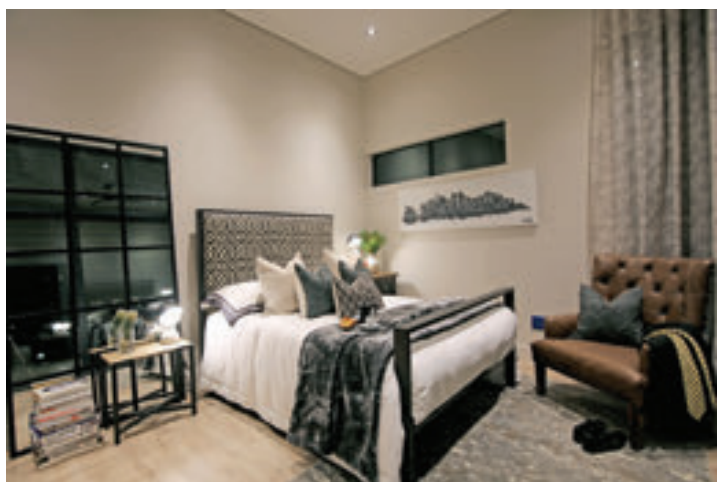
trend this season. Impact walls of smokey grey have been painted to create an illusion of depth and highlight specific areas - and to establish contrast within the home. Yellow pantones have been used in the dining area as focal points of colour as well as to bring the outside in with colour tones of an African sunset. The Lounge area has a moody aura which combines the Scandinavian flavour with a selection of African-inspired fabrics and textures to create a homely feel that Blockhouse always tries to incorporate in their clients' homes.

The main bedroom has been given a



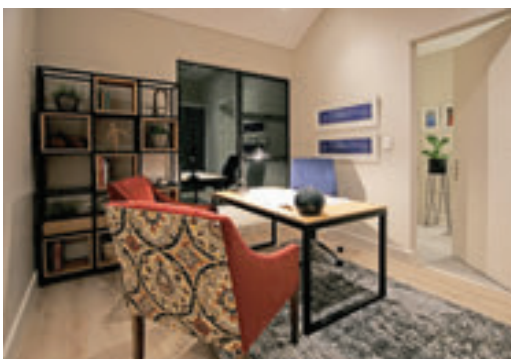


The different design elements in this home have been brought together so effortlessly, that it would be easy not to notice the fantastic pairings of different colours and textural elements.



more masculine feel through the use of a steel bed frame with an upholstered panel of richly textured patterned fabric.

"For the main bedroom, we have played with many different textures to create a warm and inviting sanctuary," says Donne. "The pyjama lounge contains an extension of the smokey grey hues, to create a relaxing environment where the family can enjoy tranquillity from the hustle and bustle of city life. The office features our newly-launched range, 'workspace', which has become very popular – it works in any space as it is very versatile and functional. It creates the perfect mix of modern and industrial feel which the Villas embody. The spare room, with soft hues of blues, greens and smokey greys, is a retreat for any visitor to enjoy."





MINIMALISTIC, MODERN JUNGALOW

The benefits of having your own furniture factory is the fact that you can create stunning bespoke pieces for any environment. Martin Harris has been in the interior design business for over twenty years. The theme for their Villas unit was the idea of embracing the urban jungle through a modern interpretation of a 'Jungalow'.

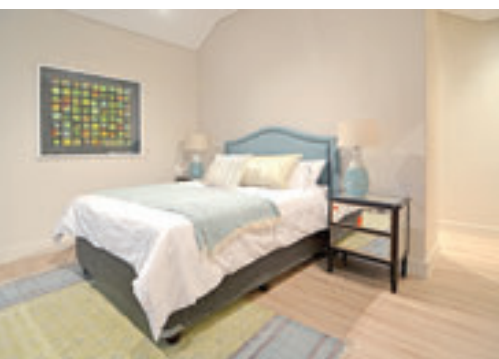
A visual feast for the eyes! It seems appropriate that the colours in this home range from soft hues in the bedrooms to a variety of bolder

tones – like the brick reds that punch through in the different rooms.

The designers stated that this home was created for an entire family, and one can certainly see how every member of a family could relate to different aspects of this interior. Apart from the colour arrangement, this design theme also utilises a variety of different international pieces – ranging from the Chinese dressers to the African patterns and wall art. The conversation piece in this home simply has to be the Vespa bike that has

been repurposed into a chair, adding a sculptural presence to the room.

“We took one look at The Villas and knew this was the perfect opportunity to incorporate cosiness with wildness,” says Sue-Re Harris of Martin Harris Interiors. “The whole setting lends itself to interplaying sleek modern design with handmade items and, of course, an array of greenery. We live in a paradise country with so many different cultures and styles, and the ‘jungalow’ of Justina Blakeney encompasses everything about South Africa. Colour and boldness





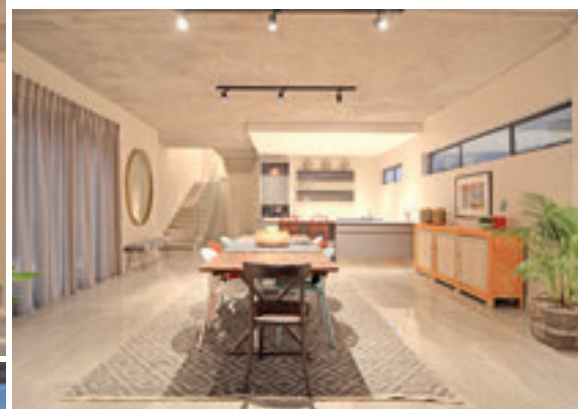
are complemented by handwoven baskets and rugs with patterns."

The ground floor is one big family room, interlinking the kitchen, dining area and living room - perfect for a modern family who values time together in this rushed and technology-driven era.

"We chose to make this space friendly, inviting and happy for every member of the family by keeping elements simple but colourful," Sue-Re continues.

"A big wholesome wooden table and modern, colourful chairs bring the family together while the kitchen, with its industrial fittings, is softened by rough, handcrafted display units and an antique Chinese sideboard. Lots of greenery has been added, with wire-framed potholders and mirrored stands repeating the jungle theme."

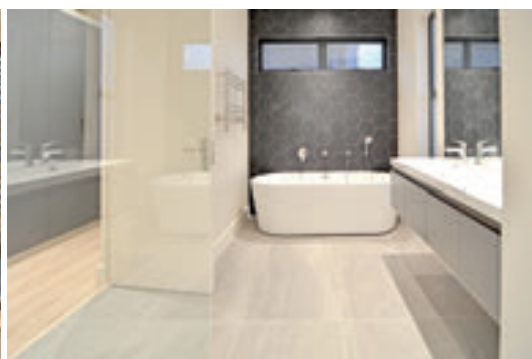
The living room is playful yet sophisticated with a beautiful buttoned couch and colourful pedestal-like ottomans, 'jungled' up with basket



chairs. A wild feature wall has been created by incorporating beautiful wallpaper and ceramic pendant lights. The bedrooms are on the first floor and the jungle theme is repeated in a subtle, but noticeable way.

"We wanted to retain the spaciousness of the main bedroom by using neutral colours for the curtains and floors but adding bright colours and patterns for the accents (cushions and chairs). One of the three rooms is masculine and sophisticated, using navies and golds, calmed down by greenery. The third room is feminine, with beautiful dull pinks, bronzes and duck-egg yellow. The pyjama lounge is a fine balance between comfort and elegance with velvets and natural thick linen fabrics."

"The aim was to create a modern, playful space with loads of sophistication. We did this by being daring in mixing prints, pairing brights with bolds, mixing industrial materials with soft furniture, and bringing in nature in all of our spaces. The Villas exemplify modern, simplified, elegant living and our vision was to complement this."



LEGENDARY SUSHI AND ASIAN CUISINE

on your doorstep

By Josh Truter

Here's a hot new find for all those sushi-lovers. Tucked away in Kyalami on Main, Tomo Izakaya serves the most divine sushi and Japanese cuisine. If you haven't been there yet, you really should add it to your bucket list of 'things to do very soon'.

They say that fish is the healthiest form of non-vegetable protein and sushi has been described as 'art on a plate' that is also rich in antioxidants, omega 3 and other fatty acids, calcium, iron, iodine, and many more nutrients. If you're not a great fan of fish, stress not, as this cosy eatery also serves chicken and vegetarian sushi, as well as soups, salads, and a delicious choice of beef and chicken stir fries, curries, and grills. If you feel like a bit of extra variety, they serve Dim Sum and a small selection of Chinese dishes too.

Each dish is masterfully crafted by their two chefs – one straight from Japan, and the other from the V&A Waterfront's famous Willoughby & Co – no need to trek to Cape Town any more for world class sushi!!

The last time I popped in there, I was pleased to note that they now have their own liquor license, so you can



enjoy your favourite beers, ciders, wine and spirits along with your meal – or their Japanese rice wine, sake.

To round off your meal, be sure to try their ice cream – wasabi and black sesame, or green tea – blended on the premises.

PERFECT FOR SMALL PARTIES

Although Tomo Izakaya is relatively small and intimate, you can easily squeeze in up to 40 guests at a single sitting (inside) and, in summer, there are tables outside for alfresco side walk dining.

What I found brilliant about this place is that you can keep going there and have something new and different

each time, as there's so much variety. In fact, that's exactly what many of their patrons do. Although they have only been open since February this year, many of their guests have returned over and over, bringing with them family and friends to enjoy their food and ambience. Their service is superb and they always make you feel at home.

Tomo Izakaya is open 7 days a week from 10:30 am till late. And, if you feel like eating in for a change, you can even order takeaways.

Tel: 011 466 0283. For more information, visit: www.facebook.com/TomolzakayaJHB/ or <https://tomoizakaya.business.site/>



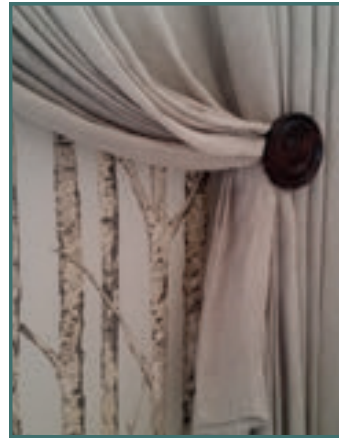


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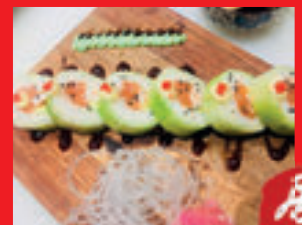
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WEST COAST NATIONAL PARK ... JUST TESTING

By James Clarke
Pictures by Mary Broadley



At first it looked like the top of a Moorish desert settlement, its stucco finish glowing in the late afternoon sun. Its roof tops had, unexpectedly and incongruously, appeared above the low-lying Cape scrub.

This was our first glimpse of Duinepos, a huddle of a dozen square-cut 'chalets' which was to be our accommodation for two nights inside the West Coast National Park, 120km north of Cape Town.

It's a strange park to us visitors who hail from the landlocked interior: no big trees and no elephants or rhino and no big predators. You can get out anywhere and walk about quite safely without being eaten by anything interesting.

There are some serious trails – from an hour in length to six hours (14km) linking the enormous Langebaan lagoon to the wild, uninhabited coast where the frigid Benguela Current, coming up from the Antarctic, makes swimming impossible unless one is a sea lion or one of the penguins that sometimes cram together on the beach like holiday crowds.

Out at sea are whales and dolphins. As for birds, one is never sure what might turn up. The chance of surprises, especially from September when tens of thousands of migrants begin to arrive from the top half of the world, keeps one scanning not just the beach but the enormous expanse of the Langebaan Lagoon.

We were there in May. Not an ideal month. The early winter weather does

things in the Cape that would not be tolerated inland. It can rain for hours – cold, wet stuff, not like the interior's short-sharp warm summer rains which at least know when to stop.

Fortunately, the weather was kind when we visited, but cold. Noticing a pile of firewood in our small chalet I quickly lit a fire in the generously-sized hearth. Alas, no matter how much I pushed the fire back, we were smoked out and gave up. We asked the next day for a more amenable chalet – one with a view. Ten of Duinepos' huts were unoccupied and the one we were moved to was excellent and we wondered why we'd been allocated an inferior chalet in the first place. So when booking, ask for a chalet with a view.



The ancient Seeberg Lookout over the lagoon

We were in the Cape for the Franschhoek Literary Festival and decided to delay our return to the Highveld so we could check out the West Coast Reserve. Just testing - for we plan to return there in spring when the migrants arrive – a seasonal wildlife phenomenon that attracts birders from across the world.

There's an added attraction in spring: an area adjacent to the park's north-

west perimeter - the Posberg Flower Reserve – puts on a spectacular show similar to the annual spectacle of the Namaqualand daisies. August is when the ground-hugging succulents of Posberg erupt in great splashes of vivid colour, each of the millions of flowers, eager to attract pollinators before the sun withers them, producing a competitive frenzy of shimmering colours.

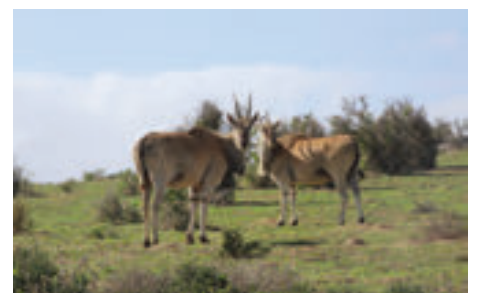
The general impression of the West Coast Park is of a 32 000ha rolling fynbos-covered landscape in the centre of which is the huge Langebaan Lagoon. There are frequent sightings of the world's largest antelope, the eland, and the largest bird, the ostrich. More difficult to spot are the Cape mountain zebras, gemsbok and kudu and, of course, the smaller mammals such as the bontebok, springbok, steenbok,



Boardwalk to Seeberg hide



Misty dawn at Abrahamskraal cottage



Eland



Duinepos – like a Moorish settlement

red hartebeest, duiker, caracal, African wild cat and bat eared foxes. In summer, tortoises seem to pour from the earth.

There are large areas of marshy wetlands where, even though it was winter, we still saw a nice variety of waders: whimbrels, grey plovers, chestnut-banded plovers, oyster catchers... plus a host of ducks: shelducks, black ducks, and yellow-billed ducks (hundreds upon hundreds of yellow bills). Scattered in groups across the water were greater flamingos, honking like geese and high-stepping like ballerinas.

The potential in summer is 250 species of birds, one of them being the curlew sandpiper which flies in from its breeding ground 15 000km away in Siberia.

The park was established in 1985 to conserve the Langebaan Lagoon which was listed as a protected marine ecosystem almost half-a-century ago. The park - including the islands in Saldanha Bay - is now a Ramsar site

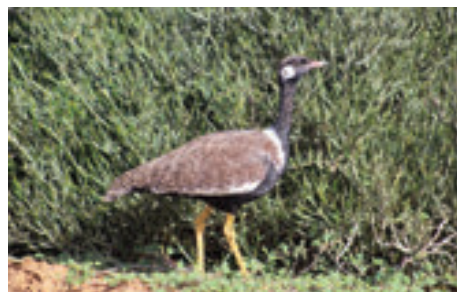


Bay with houseboats

and therefore the whole is protected by international agreement.

For us, a major highlight was a dawn visit to Abrahamskraal Waterhole – 10 minutes from Duinepos – in the middle of a moorland. Here, in the half light, we were greeted at the start of the boardwalk by a magnificent specimen of black korhaan. We entered the hide and raised the shutter to find maybe 50 spoonbills peacefully at rest – except for two that endlessly played with a torn-off length of reed – and I mean played. They remained absorbed with it long after the rest of the flock flew off.

The best of the park's four excellent hides was, in our view, the Seeberg hide at the north-eastern end of the lagoon. One approaches it along a winding, kilometre-long boardwalk across the salt marsh. From it we watched 20 or 30 species of gulls, terns, waders, ducks and flamingos. The birds are pushed towards the park's hides as the water level rises with the tides. When it gets too deep they fly off only to return



Southern black-bellied korhaan

as soon as the tide recedes and they can feed in the shallow water again.

The reserve's Cape Dutch restaurant called the Geelbek (after the yellow bill duck) is a handsome piece of heritage. It was built on the lagoon in 1744 when lions and elephants roamed the area. It's known for its traditional fare – fresh ingredients often from the local veld go into its bobotie, Cape Malay chicken curry and lamb curry, denningsvleis (an old slave recipe) and ostrich burgers, snoektaart, and dishes involving local mussels, hake and calamari – and there's pumpkin pie and cheese cake...

Geelbek is a popular wedding venue with vows being said in Churchhaven's old church on the beach across the lagoon.

FOOTNOTE: One can hire kayaks and, for the bike trails, bicycles. There are a few isolated self-catering cottages and attractive beaches for picnicking.



Flamingos – the ballerinas of Langebaan Lagoon



Geelbek Restaurant

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THE HUSSAR GRILL

Over five decades of award-winning excellence

By Ann Arnott

Come and meet
the owners
– Robin and Julian!!



The year was 1964. The location, the leafy suburb of Rondebosch in Cape Town. Here, in the shadows of majestic Table Mountain, an event took place. An event that has stood the test of time – the first Hussar Grill opened its doors, attracting discerning food-lovers from far and wide.

Over the ensuing 50 years, the Hussar Grill won numerous awards and is today regarded as one of South Africa's premier grill rooms. Its winning formula has since been rolled out across the country and now you can find one right here in your neighbourhood – at Waterfall Corner.

To maintain their multiple award-winning standards, they go to great

lengths to source the finest quality of beef and game available. The butchers see to it that the meat is hung for up to seven days and then wet-aged in cold rooms for up to twenty-eight days before being expertly cooked for their patrons.

The elegant décor, extensive wine list and carefully-compiled menu make the Hussar Grill a popular choice for business lunches and dinners. The Royal Hussar Bar is a favourite place for after-work cocktails, watching televised sporting events with friends, or simply pre-dinner drinks.

Evenings are great for date nights and weekends are ideal for family gatherings – try their Family Meal Menu offered on Weekends and

Public Holidays – for the younger tribe they even have a Kids' Menu (best suited to kids over 10 years old).

DINERS CLUB PLATINUM AWARDS

For nine consecutive years (2009 – 2017), the Hussar Grill has been honoured with the prestigious Diner's Club Platinum Award for their splendid wine selection. To provide patrons with as much information as possible, their wine menu also lists the most recent grading from the Platter's Wine Guide next to each wine.

Wine pairing is encouraged and the menu includes suggestions of wines that would best complement items on their menu. Wine is also sold by the



Grilled Salmon



Warm and friendly service



Lamb Shank

glass – and for those who prefer to bring their own bottle from their wine cellar, they have the assurance that there's no corkage levy charged – ever!

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SUSTAINABILITY PROGRAMME

The Hussar Grill is committed to sustainable business practices through their Eco Pledge sustainability programme. Focusing on the triple bottom line – 'People, Planet and Profit' as the central message of their policy, they are paying specific attention to energy reduction. They also participate in waste reduction and community projects. To reduce water usage, they have replaced cotton napkins with paper napkins to limit the amount of water used for laundry services. Another of their conservation efforts involves the use of straws. Straws, they say, are one of the leading causes of pollution in our oceans and have proven to be deadly to both land and sea animals. In an effort to reduce the amount of single-use plastic in their grill rooms, they support the #RefuseTheStraw movement and only serve straws on request.

To book, call 010 594 5556, or email: waterfall@hussargrill.com.



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Wireless IP cameras are fast replacing CCTV set-ups when it comes to monitoring your home and work environments and Foscam South Africa offers some smart DIY solutions that allow you to use your existing Wi-Fi internet access.

KEEPING AN EYE ON THE KIDS

Living in a gated estate is great for keeping your family safe, but statistics show that many accidents actually happen in and around the home. Even if you have an au pair or child minder looking after the little ones, she can't always be everywhere at the same time, especially if she also has to prepare their meals and tackle other responsibilities.

Foscam's indoor and outdoor cameras provide those extra eyes and ears, so you can check on your nearest and dearest, no matter where you are. They transmit real-time video footage via the internet to your web browser, cell phone or smart device – making them ideal for monitoring your holiday home, too.

All Foscam IP cameras are fitted with infra-red capabilities, allowing you to see at least 10 metres indoors and up to 20 metres outdoors. They even record sounds, so you can both see and hear what's happening.



NEED AN AFFORDABLE AND EASY-TO-USE NANNY CAM OR CCTV?

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By means of an app on your smartphone or tablet, you can remotely operate the cameras, even panning around the room if you have one of their pan and tilt cameras. You can also record memorable moments to an SD



card, NVR or the cloud, to play back to your family and friends at a later date.

Foscam has a full range of weatherproof outdoor wireless cameras, as well - useful for covering areas like the pool, gate, driveway or garden.

These cameras are easily set up with your wireless network by scanning a QR code supplied on the unit. Once you have entered your account number, the system is activated.

With these powerful capabilities, ease of use and affordability, what more could you ask for?

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

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TEST REVIEW:

PORSCHE PANAMERA 4S SPORT TURISMO

By Alan Rosenmeyer



Within a very brief few minutes of commencing my test period with this gleaming machine, I understood exactly why the Porsche Panamera is the reigning South African Car of the Year 2018.





The Panamera offers everything that the discerning driver could ever desire plus the performance and handling true to the Porsche name.

Many purists were aghast when Porsche launched both the Cayenne SUV and the Panamera executive sedan, citing the old argument that the only true Porsche is the 911. Whilst I agree that the 911 must be deemed to be the definitive Porsche, expanding the range has proven to be a very sound business decision for the marque.

Many of these same purists seem to forget that there have been numerous previous proposals for 4-door versions of the 911 over the years. Sadly, none progressed beyond prototypes and show cars.

The second generation Panamera was launched this year with some subtle styling changes and, as always, many updates. Porsche also introduced the Sport Turismo variant into the range. In the past, this may have been described as a 'shooting brake' body style - not quite a station wagon but with an extended

rear roofline and slightly squared tailgate as opposed to the hatchback style of the other versions. The revised styling creates a bit more headroom in the rear and a touch more load space in the vehicle.

Engines and drivetrain are common to both body styles - the test car was the 4S version. It's powered by a 2.9L twin turbo V6 petrol engine delivering 324kW and 550Nm through a highly sophisticated 4-wheel drive system, to ensure blazing performance, handling and road holding. This was further enhanced on the test car with the optional rear axle steering system including power steering plus.

It must be noted that the Panamera is a very large executive saloon, yet it somehow hides its bulk when you are behind the wheel and is an extremely easy car to drive in everyday circumstances. The sheer smoothness stands out and, I believe, that it matches up to any competitor

in this department. Then you take into account the schizophrenic nature of the beast if you engage sport or sport+ modes and unleash its true character - it's still refined but capable of incredibly rapid transport and handling excellence. Items like reverse cameras with 360 degree view and overhead view make parking a cinch.

A criticism of the previous generation was the plethora of buttons on the centre console. This has been resolved by the use of haptic switches around the gearshift controlling most functions, and the exceptionally large centre screen offering the driver every vehicle setting as well as all comfort features.

One of my first tests on every test vehicle that I drive is how quickly and easily my phone links to the vehicle. The Panamera was among the quickest and most seamless that I have experienced.

Looking at those who would be relegated to the rear, this caters for two extremely pampered customers with space to lounge and the opportunity to each set climate control to suit. The ride comfort is sublime, as it should be.

In summary, this is a vehicle that offers everything that the discerning driver could ever desire plus the performance and handling true to the Porsche name. At a base price of R1,7 million (and R1,94 million for the model tested), it is not cheap yet it is highly competitive in its market category.

Watch our video review via this link: <https://www.youtube.com/watch?v=eY6kzhWHmrM>



NEW FORD FIESTA

LAUNCHED IN SOUTH AFRICA

By Alan Rosenmeyer



Photographs courtesy of QuickPic



Around 40% of new car sales in South Africa fall into the small hatchback or B segment, so it's no surprise that such attention is focused on this segment by all major manufacturers, resulting in some hot competition.

The Ford Fiesta has always been a leader in the segment and is known as the 'drivers' car' with very good reason. After the recent launch of the 8th generation Fiesta in Europe, it has now reached our shores.

Like many of its competitors, Ford has followed the ethos of evolution over revolution so the car is still instantly recognisable as a Fiesta, although it has grown a bit in size, especially the boot space, and it has a slightly new face with bigger changes to the rear

end. Overall, I considered the look to be neat and a little more grown up.

The bigger changes are inside the car. The old cell-phone type centre stack is now gone and replaced by a much more modern-looking fascia with a large touchscreen infotainment system dominating the space. Ford has simplified the range by now only offering Trend and Titanium specifications, both being extremely well equipped and, with Ford's market-leading SYNC 3 infotainment system included, buyers are never left wanting.

The engines have been carried over from the previous generation – as it has been voted the best small engine in the world for the last 6 consecutive years, why change? The 1L Eco boost turbo petrol engine is a

little gem that thrives on revs, so it's perfectly matched to the handling characteristics of the sporty little car. Interestingly, the output is 92kW in manual guise but 74kW when matched to the smooth 6 speed auto transmission. According to Ford, this is done to better match the engine and transmission for smoother driving.

The 1.5 diesel feels far stronger than the quoted 55kW with its 185Nm of torque giving fantastic economy and drivability.

On the road, both offer smooth power, excellent handling and behaviour while comfortably cruising on the open road. The launch route was from Johannesburg through to Sun City and I experienced both the petrol with auto transmission as well as the diesel version. Both provided an excellent drive and were also extremely happy when pushed a bit to test the handling characteristics.

Priced from around R260 000, any buyer in this segment must check out the Fiesta before making their final decision.

Watch our short launch video:
<https://www.youtube.com/watch?v=J9qpGlqzrp4>

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CHILD ABUSE

An epidemic of alarming proportions

By Bev Hermanson

The abuse of children knows no social boundaries. This type of abuse happens as much in wealthy families as it does in poor communities where living conditions are dire. "The statistics are not looking great," says Professor Tanya Marie Robinson, who is a forensics specialist and Ambassador for the Teddy Bear Foundation (TBF). "The latest reports show that the number of violent crimes against children is very high. What's concerning is that child abuse is still very much under-reported. Two out of every three cases is not reported and one can understand why. For the abused children, the family is their only resource, so if the abuse happens in the home, (and more than 7 out of 10 children are abused by a family member or someone known to them), after they have reported the abuse, they still have to go home and face the same conditions."

"Our systems let us down. The Department of Social Development doesn't have the resources, which is why the work that TBF is doing is so important. TBF is pretty much the only place where children who have been abused can be forensically assessed."

THE FUNCTIONS OF THE TEDDY BEAR FOUNDATION

It's a well-known method of working with abused children – to give them a teddy bear or a doll both as comfort and as a way to better understand the extent of the abuse that they have suffered as they show where on the toy they were touched or hurt. The Teddy Bear is the organisation's symbol of comfort and hope, but the services are a lot more extensive and involved. Run by a team of dedicated directors under the leadership of Dr Shaheda Omar, this NPO has a network of support services that cover Medico-legal Examinations, Forensic Assessments, Psychological Evaluations, Therapeutic Counselling and Support, and help with the prosecution process.

"Tackling child abuse head on is an expensive process," explains Professor Robinson. "The cost is in excess of R15 000 per child and it can take up to two years for a case to get to court. But we go even further than prosecution, we aim to reduce the incidences of child abuse where possible so we also run programmes to rehabilitate the offenders and a support programme, SPARC, (Support Programme for

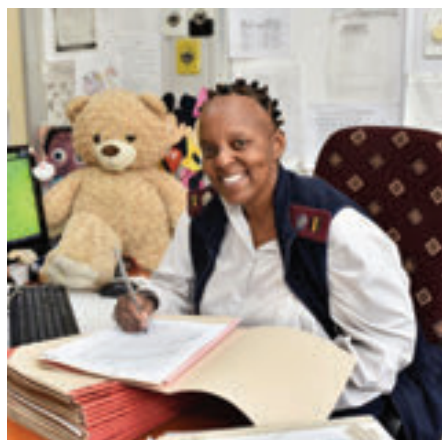
Abuse-Reactive Children), aimed at stopping them from becoming potential offenders themselves."

SAFE HOUSES

TBF has a medical examination department at the Charlotte Maxeke Academic Hospital (Joburg Gen) in Parktown and there is a safe house in Braamfontein where a limited number of the children are accommodated if the social workers anticipate the potential of further abuse happening in their homes. Alternatively, they are sent to other places of safety while the court case is prepared.

FUNDING

TBF ambassadors are an essential part of keeping the organisation alive and functional. A series of fundraisers are held, such as the gala dinner that's taking place at the Michelangelo Hotel this winter. Fortunately, the dinner is sold out, but many more events are needed to help with the vital work that TBF performs. So, if you are a good organiser, or have the time and energy to get involved, contact the Teddy Bear Foundation and let them know that you are willing and able. Visit [//ttbc.org.za/](http://ttbc.org.za/) for more information or to make a donation.





WHAT TBF DOES

The organisation was started during 1986 in response to an urgent need for medical examinations for sexually abused children. Treating child abuse is a highly specialised field of expertise, requiring the highest level of sensitivity, care and confidence in making diagnoses and the subsequent decisions, thereby ensuring the best interests of the child.

Over 30 years, TBF has grown into a unique and fully-fledged holistic service for abused children. All services are at no cost to those who need them and are unreservedly available to everyone.

VICTIM SUPPORT SERVICES Medico-legal Examinations

- The Teddy Bear Foundation's Medico-legal Clinic is a specialised medical facility for children who have been abused or neglected and is also a training service for medical professionals working in the child protection field. It is based within the Charlotte Maxeke Academic Hospital, and is run by a multi-disciplinary team of paediatricians, doctors, forensic nurses, social workers and volunteers.

Forensic Assessments

- Forensic assessments form the basis of court proceedings in convicting perpetrators of violence against children. They take the form of a structured process where the child is engaged through various techniques, by TBF's qualified social workers. The aim is to elicit information from the child victim regarding the



details of an alleged crime, and then to verify these through collateral sources, such as witnesses and other people known to the victim.

Psychological Evaluations

- This service was established specifically for children with cognitive disabilities for the purpose of providing them with fair access to the criminal justice system. In the context of sexual abuse cases, the psychological assessment that has to be conducted depends on the psychological questions posed by the court. In most cases, the psychological assessments are aimed at determining the victims' mental age as opposed to their chronological age, their capacity to testify with regard to an alleged crime, and the impact of the trauma on the victims.

Therapeutic Counselling and Support

- Child abuse causes trauma and emotional scars that can have a negative impact on a child's development and result in long-term consequences. Every victim of child abuse and their family is provided with the opportunity to receive therapeutic counselling and support. This enables the child and family to assume a sense of mastery to cope with the trauma. Supportive counselling is also provided to the caregivers of those children who have been abused, as the better equipped the caregivers are to cope with the trauma, the better they are able to support the child through the process.



Court Preparation and Support

- The Court Preparation and Support programme was established in June 1997. It focuses on providing children and parents with skills, emotional support and legal knowledge in preparation for their appearance in court. The programme is process-oriented in that it provides support for the children and their families from the moment they enter the programme, right through the often lengthy legal process, with debriefing thereafter.

OUTREACH

School awareness programme (SAFE)

- The SAFE programme is a prevention model creating awareness in learners and educators about their rights and responsibilities. This expands on acceptable and unacceptable behaviour. This programme also has a protocol training manual for educators on the identification, management and legislation pertaining to cases of child abuse.

Sexual Violence Initiative in Schools (SEVISA)

- This project addresses gender-based violence in schools - it focuses on zero tolerance to sexual violence in the schools.

DIVERSION

Support Programme for Abuse Reactive Children

- The SPARC programme gives the children a second chance in life by diverting them away from the criminal justice system and stopping them from becoming potential offenders.

TOP 10

**TRAVEL
DEALS**



1. Phuket Family Adventure offer from Perfect Destinations.

Rates from R10 780 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers and seven nights' accommodation at the four-star Centara Karon Resort with breakfast daily. Rates from R6 290 per child sharing with parents. Valid between 18 July – 31 October 2018. For more information visit www.perfectdestinations.co.za; email: info@perfectdestinations.co.za or contact them on 021 250 0752.



3. Enjoy Disney Halloween on the high seas with Travel Vision.

Rates from R15 907 per person sharing. Offer includes five nights' on-board accommodation, breakfast, lunch and dinner, on-board entertainment, Broadway-style stage show, themed deck parties, taxes, fees, port charges and more! San Diego – Cabo San Lucas, Mexico – Ensenada, Mexico – San Diego. Offer excludes flights and taxes. Set departure 30 September 2018. For more information visit www.travelvision.co.za; email: info@travelvision.co.za or contact them on 011 408 8000.



2. Wonderful Turkey offer from Dream Kist Tours.

Turkish sweet tour from R11 789 per person sharing. Offer includes return transfers, selected domestic flights, two nights in Istanbul, one night in Canakkale, one night in Pamukkale, breakfast, lunch and dinner daily, entrance fees, transportation between destinations and more. Tours included: guided Istanbul city tour, Gallipoli, Troy, Acropolis of Pergamum, Ephesus, Sirince village, wine tasting and Pamukkale. Visit Istanbul, Troy, Pergamum, Kusadasi, Ephesus and Pamukkale. Offer excludes flights and taxes. Valid until 15 October 2018. For more information visit www.dreamkisttours.co.za; email: infodreamkist@telkomsa.net or contact them on 021 761 4401.

4. Enjoy the Ultimate Israel & Jordan Tour with Azure Travel.

Rates from R20 950 per person sharing. Offer includes seven nights' accommodation, selected meals, transfers and transportation, English speaking guide and entrance fees. Offer excludes flights and taxes. Valid until 30 September 2018. For more information visit www.azuretravel.co.za or contact them on 011 678 1146.



5. Singapore & Kuala Lumpur sale from Air Mauritius.

Fares from R7 790 departing from Johannesburg, Durban or Cape Town in Economy class. Valid for travel until 21 September 2018, last return 27 September 2018.

For more information visit www.airmauritius.com; email: jnbnmk@airmauritius.com or contact them on 011 601 3900.





6. Winter Wonderland special from Witkoppen Fish & Game Reserve.

Rates from R3 000 per eight-sleeper unit per night. For more information visit www.witkoppenlodge.co.za; email: witkoppen@wol.co.za or contact them on 082 823 8108.



7. Zanzibar offer from Africastay.

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8. Relax with First Group – Hole in the Wall. (Eastern Cape)

Rates from R500 per two-sleeper unit per night. Valid for stays between 13 July – 28 September 2018.

For more information visit www.firstresorts.co.za; email: info@firstgroup-sa.co.za or contact them on 031 717 7593.



9. Highlights of Europe offer from kulula holidays.

Rates from R9 799 per person sharing. Offer includes three nights in Budapest, three nights in Vienna, three nights in Prague, breakfast daily and train ticket between destinations. Offer excludes flights and taxes. Valid between 1 – 30 September 2018. For more information visit www.kulula.com or contact them on 0861 58 58 52.



10. Rugby Autumn International offer from United Europe.

Watch South Africa vs Wales at the Principality Stadium in Cardiff from R5 190 per person sharing. Offer includes two nights' accommodation at the Radisson Blu Hotel, Cardiff, breakfast daily and official match tickets. Valid for 24 November 2018. For more information visit www.unitedeurope.co.za; email: info@unitedeurope.co.za or contact them on 011 462 0962.

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Senior Maintenance Manager	Jaco Beukes	082 217 1903	jacob@trafalgar.co.za	Maintenance
Maintenance Manager	Arno Botha	010 591 4950	arnob@trafalgar.co.za	Maintenance
Environmental Manager	Ruan Spies	071 154 4963	ruans@trafalgar.co.za	Environmental and Landscape Management
HOA Aesthetics Control Manager	Aveer Singh	010 591 4671 010 591 4950	aveers@trafalgar.co.za	Aesthetics Control
HOA Communications & Administration	Cindy Selowe	010 591 4671 010 591 4950	cindyse@trafalgar.co.za	Communications & Admin
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THE GOWN OF HUMILIATION

By James Clarke



Some hospitals just haven't got it. Sensitivity I mean.

Author, Janet Hurst-Nicholson, tells me how she went to have a mole removed but had to take everything off and put on one of those gowns that are specially designed to humiliate. To begin with, they tie up at the back but no matter how you tie them you know your backside is on view and there you are in the out-patients' area filled with people who have nothing better to do than watch.

Janet described the embarrassment of having to answer all the medical questions within the hearing of the audience. "Fortunately I don't have any embarrassing conditions but I did hear a few from others and I was able to compare my blood pressure with everyone else's."

"I had taken a pen, crossword and glasses and was happily filling in the answers when they took me off in the wheelchair and said I would be in the theatre waiting area for about 10 minutes. They

curtained me off except for a small gap and everyone who walked past looked in and gave me a friendly smile and some asked if I was OK. And there I sat, and sat."

"To make matters worse, I now had nothing to read. There weren't even any posters; not even instructions on the various mysterious machines. Just a cupboard marked 'Blankets'. I was going to meditate but I knew if I closed my eyes they'd ask, even more earnestly, if I was all right."

"The ten minutes went to about 15 and they were bringing people back from the theatre. Then the doctor came to explain there would be a delay of another 20 minutes - which would entail sitting staring at the curtain. Eventually someone took pity on me and brought me a newspaper – but I didn't have my glasses!"

I can certainly sympathise. In the past, I have, a few times, had to wear that Gown of Humiliation. The gown was designed in mediaeval times when convicted witches were forced to parade in them.

And I too have sat in a small cubicle with only the curtain to look at – and experienced an acute dose of stage fright. I could hear a large crowd outside and dreaded the curtain being pulled aside and having to face the public in my vestal virgin outfit.

When eventually my curtain call came, there, a metre away, was a well-known business leader on a stretcher. That, I thought, was even worse – to lay there looking up at the throng. I thought of greeting him but then I would have had to ask, "How are you?" which would have been a silly question seeing he was lying on his back waiting for somebody to stick a knife in him. And he would have had to ask me how I was and with all these people around I would have had to tell him of my imminent undignified procedure.

I've never been lucky enough to be in for, for instance, an interesting compound fracture.



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