



FOURWAYS GARDENS

Residential Estate

August 2018



HONOURING MANDELA
Street orienteering event
August in the garden

Travel:
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This beautiful 5 Bedroom, 4 bathroom Family home in Fourways Gardens Lifestyle Estate is an Entertainer's Dream. The home is best experienced in person. To schedule a private tour, contact our Fourways Gardens Specialists.

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Cover photograph: Ravi Nadasen

IMPORTANT NUMBERS

Estate Office 011 465 7731
(operating hours 08h00 - 16h00 Mon to Fri)
info@fwg.co.za

Estate Security 24/7 011 465 5465/66
Main Control Room

Emergency and 011 467 1400
Medical Response 011 444 2237
Netcare 911 082 911

Council Service 011 375 5555
and Enquiries:

Clubhouse 011 465 0937

In case of emergency:
Douglasdale Police Station 011 699 1300

ER 24 Emergency 084 124

Police/ Flying squad 10111

Life Hospital 011 875 1000

Eskom 086 003 7566

City Power 011 375 5555

Joburg Water 011 375 5555

Water/Sanitation/
Sewer problems 011 375 5555

Fraud & Corruption Hotline 0800 002 587

JHB Metro Police 011 490 1600

Fire and Ambulance 10177

6

16

23





SPREADING THE CUDDLES, *this Mandela's Day.*

Recently, Kitty and Puppy Haven in Midrand called for public donations after a section of the haven was destroyed by a fire. We'd like to say a very big thank you to every Fourways Gardens resident who assisted in collecting items for our Mandela Day handover.

The haven really appreciated the goods, and we know that your kindness has gone to such a deserving cause.

If you would like to continue making donations, kindly contact:

Kyle Ebben 082 483 5861 | kyle.ebben@pamgolding.co.za

Tracey-Lee Savage 083 654 2729 | traceylee.savage@pamgolding.co.za

MESSAGE FROM THE GENERAL MANAGER

Dear Residents

I thought these practical cost-saving tips would be appropriate, especially with the long-term forecast predicting ongoing chilly temperatures.



Gary Haynes

5 WAYS TO REDUCE YOUR WINTER ELECTRIC BILL

The cold, wet winter weather often translates into more nights spent at home, which can cause electricity bills to skyrocket. Most of us already live according to strict budgets, so finding ways to reduce our electricity consumption during this season would be ideal. Not to mention that a lowered electric bill is also a more environmentally responsible way of living, which is something we should all be striving toward.

Of course, following those dark days of load shedding (excuse the pun) in 2015, everybody should be well aware of the obvious electricity savers, such as unplugging all of your appliances when they're not in use, filling your washing

machines and dishwashers with a full (not half) load before switching them on, making use of geyser blankets, and installing ceiling insulation for heating and cooling purposes. But, there are loads of other subtle tricks homeowners can try in an effort to lower the meter reading at the end of the month:

1) Unplug in Bulk

Plug your appliances into a power strip. That way you only have to unplug one device to prevent all of your appliances from drawing a phantom charge from the power socket.

2) Dust your Lightbulbs

Dust on the lightbulbs in your lamps is another "phantom" electricity thief. The dustier your lightbulbs, the less light they provide, which means that you are more likely to switch on additional lights in order to brighten the space – especially during Winter when the evenings and mornings get darker earlier.

3) Shop for Groceries Wisely

Freezers and refrigerators use less electricity when filled to their recommended capacities. Each item over the recommended capacity will

increase electricity usage by between 10-20%. A similar effect occurs when these appliances are too empty. Homeowners should consider the needs of their household carefully before purchasing a fridge and freezer.

4) Empty Vacuums Cleaner Bags

Vacuum cleaners draw a lot more electricity when the dust bag is full, which is why it is best to empty the bag every time you use it.

5) Wash on a Cold Cycle

Set your washing machine to a cold cycle. As a bonus, you do not need to separate your lights and darks because the cold water is less likely to make the colours run.

As a final trick, why not spend a little less time in front of their screens this winter and more time engaging with their loved ones instead? Board games and conversations are a great way to stay entertained on rainy days without using any electricity.

Enjoy winter and remember it is the perfect time to do your garden pruning and painting work to tidy up your property!

Gary



The Fourways Gardens Estate Magazine focuses on the Fourways Gardens Residential Estate. The magazine is distributed to all residents at the guardhouses. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd on behalf of Fourways Gardens Homeowners Association. The opinions of workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of the Fourways Gardens Residential Estate.

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New high-definition Smart Surveillance system



24/7 Security Services is in the process of implementing a new high-definition Smart Surveillance system at Fourways Gardens Estate (FWG). The system will revolutionise the conventional electronic estate security.

When compared to conventional CCTV systems, the new electronic security system is a pro-active means to secure the access, egress, internal and perimeter points of FWG. Each component of the system has been strategically designed to detect specific parameters and draw the attention of the Control Room operator to that particular camera and location – overall increasing perimeter protection and efficiency.

Opposed to conventional cameras that require light to generate images, the

new cameras are incredibly effective in poor weather conditions and low-light environments. The intelligent analytics have been configured to detect movement along the sidewalks and generate alarms in the Control Room as the object/s approaches the perimeter. These alarms are immediately verified, and accurate information relayed to the relevant response personnel.

Opposed to conventional control room telemetry (FWG), CCTV operators will process information generated from the analytic detection in the form of events/activations. The Control Room will have the ability to react to a specific threat with the newly integrated public-address audio system, as well as investigate suspicious activity with motorised Pan

Tilt and Zoom cameras.

Advance license plate recognition (LPR) systems have been implemented at the main access, egress and on the interleading traffic circle. Each vehicle registration number will be referenced to a central database and will alert the Control Room of any suspicious registration plates.

To increase the effectiveness of the new Smart Surveillance system, the Control Room will be undergoing a revamp and a number of technical modifications will ensure that it evolves into an event-based pro-active Command Centre.

Direct remote support and redundancy can be offered to the Control Room operator directly from 24/7 Security's Central Command Centre.

Officer of the Month Parade– June 2018



Johannes Letsoalo



Parade



Frans Khumalo and Jeremiah Kekana with Gary Haynes.

Stay in touch

We look forward to suggestions and recommendations via the General Manager, Gary Haynes, which we will address accordingly.

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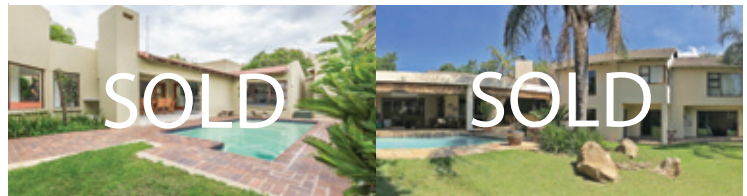
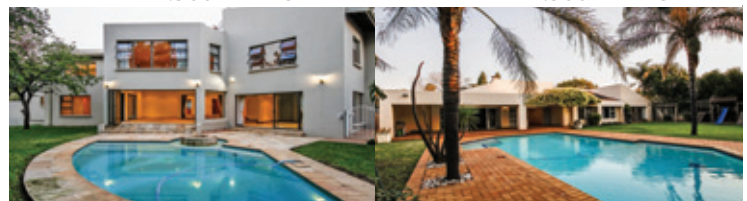
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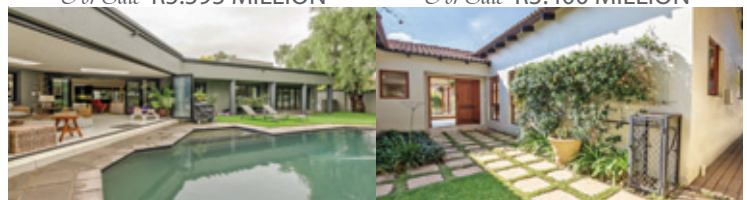


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Gaye

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gaye@gcr.co.za



Glenda

072 186 0600
(Candidate Agent)
glenda@gcr.co.za



Sue

082 452 0086
sue@gcr.co.za

Monthly Draw – 29 June

Draw results:

- 1st prize champagne hamper
Caroline Freer – 29 Redbud
- 2nd prize champagne
Marten Spencer – 8 Camdeboo
- 3rd Kiddies prize – R150 voucher
Harry Bell – 32 Buffalo

Main draw roll over R6,000:

- Peter Hall – 1 Karob Crescent
Peter was not in attendance so the cash prize rolled over to July for R7,000.

Fourways Gardens draw results Friday 25 May

- Kiddies prize: Isabella 10 Keurboom no surname on slip but according to our database Baldassari
- Second prize bottle of bubbly went to Bernadette Smiles from 12 Coral Tree
- First prize bottle of bubbly wine cooler chocs etc went to Rui Santos 61 Coral Tree
- Main draw after 16 unsuccessful attempts went to Deborah Haywood of 7 Kareeboom for the amount of R5000.



Rules for the Monthly Draw:

Anyone in attendance stands a chance to win one of the lucky draw prizes. Simply complete your details on an entry form and you can win one of three beautiful lucky draw prizes.

Our cash prize is for homeowners only and all owners in good standing are automatically entered into the draw. You have to be in attendance on the night to claim your prize. If not, Century 21 will donate another R1,000 that rolls over to the next month!

Remember, you have to be there to win!

The Monthly Draw takes place on the last Friday of every month in the Clubhouse at 19h00!

Just Listed!

FOR SALE



R7 990 000

Web Ref: 21DN-2810

Set on a magnificent 2250sqm stand. The main house includes 4 luxury bedrooms and 3 bathrooms. The sumptuous master suite boasts a full bathroom and a cherry wood dressing room with built-in wardrobe. Generous sized open-plan reception rooms with dining room onto a courtyard, large reception room with fireplace and a solid wood fitted bar. Indoor/outdoor patio with built-in gas braai has stacking doors overlooking the pool. Private TV lounge. Guest cloakroom. Beautiful eat-in, wood fitted kitchen with granite tops plus pantry and scullery. Study or children's playroom. The large cottage is separate from the main house. Staff accommodation and 3 automated garages.

FOR SALE



SOLE MANDATE

R3 800 000

Web Ref: 21DN-2721

Hidden away behind a north facing walled 1129m2 stand, lies this inviting family home surrounded by a beautiful mature garden oozing tranquillity and harmony. The large entrance hall sets the tone for an elegant home and lead to the lounge with a wood-burning fireplace with a dining room adjacent to the kitchen. The home comprises three spacious bedrooms and two full bathrooms. The kitchen lead off to a private sunny courtyard. North facing terrace overlooking the garden. Sash windows throughout the home. Separate laundry room. Double automated garage and ample secure off street parking for guests.

RENTAL



R47 500 PM

Web Ref: 21DN-2216

Spacious family home offering an inviting entrance hall, playroom, guest cloakroom leading to a large open plan living area comprising a fitted bar, lounge, dining room and enclosed patio with stacking doors to the outside. Farmstyle kitchen with granite tops, separate scullery and laundry. 2 bedrooms downstairs and a full bathroom. Upstairs are 4 bedrooms (2 en suite) and 3 bathrooms. The main bedroom is huge with a lounge area and bright, sunny bathroom. A spacious lounge/office or gym opens onto a balcony with lovely views of Fourways Gardens. Garden with pool and a fire pit with built-in seating. Staff suite and double garage.

RENTAL



R32 000 PM

Web Ref: 21DN-2217

This furnished single storey 4 bedroom home in Fourways Gardens estate offers comfort and privacy for the family. The home has 3 bedrooms and 2 bathrooms with a garden guest cottage consisting of a bedroom en-suite set in a private section of the garden. The front entrance lead to the dining room, lounge, family room and a built-in pub room with a gas fireplace. The reception areas all access onto the garden and patio. Spacious kitchen with granite tops and separate scullery with space for 3 appliances. Spacious covered decked patio with built-in braai. Swimming pool. Private garden. Staff accommodation. Double automated garages.

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified evaluation. We welcome your call and will be pleased to discuss your property needs at any time.

Our experienced team will provide you with the best professional service!

Tania Heurtaux 082 550 2222

Joep Rijntjes 083 462 2756



FWG ACTIVITY PROVIDERS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00	Outdoor Fitness Classes (8:00-10:00)		Outdoor Fitness Classes (8:00-10:00)		Outdoor Fitness Classes (8:00-10:00)
08:30	Rhona Williams 083 600 1868	Pilates - Tracey (8:30-9:30) 082 894 6096	Rhona Williams 083 600 1868	Pilates - Tracey (8:30-9:30) 082 894 6096	Rhona Williams 083 600 1868
09:00	Yoga - Wendy (9-10:15) 011 465 7155 / 083 400 6211				
09:30					
10:00					
10:30	Nunu's and Nannies (10:30 - 12:30) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com			Nunu's and Nannies (10:00-12:00) Vanjee Smith 079 1800 330 vanjeeleigh@gmail.com	
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00				Ballet (14h00-14h30) Nicky Ridley 072 2388 063 nickyridley33@gmail.com	
14:30					
15:00			Helen O'Grady Drama Academy (15:00-18:00) Kerry Holbrook 083 410 2940 www.dramafrica.com		
15h30	Jazz (15:45-16:45) Debbie 082 425 6098				Yogabats (15:30-16:30) Desley White 011 465 1939 / 084 465 1939
16:00					
16:30		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352		Goju-Ryu (16:30-19:30) Stef and Roberta 083 384 3026 / 083 309 5352	
17:00	Flamenco Dance (17:00-18:00) Cristina 076 521 8750				
17:30					Boxing lessons (17:00-18:00) Sean 076 854 8650
18:00	Yoga (18-19:15) Wendy 011 465 7155 / 083 400 6211				
18:30			FOR HOA AND AGM MEETINGS		
19:00					
19:30			FWG Running Club secretary@frfa.co.za Mandy 083 462 2725	FWG Running Club secretary@frfa.co.za Mandy 083 462 2725	
20:00					

Clubhouse Phase 2 Outside Phase 2 Tennis Gazebo

All fees and times to be confirmed with the activity provider concerned.

MAKING A DIFFERENCE

Richard Eltringham, a Fourways Gardens resident, Dainfern College Matriculant and Tuks BCom Marketing Management graduate has an inspiring story to tell.

After a year in a Postgraduate Digital Marketing Internship at an IT company, Richard decided to pursue something a little different with his girlfriend, Robyn Mays, who is also a Tuks Graduate. This decision is off the beaten track usually taken by people their age: a year off to volunteer around South Africa and Africa!

"We didn't want to go to an organisation to do what a typical volunteer would do. We wanted to volunteer our skills in order to make a difference. It was important that what we did was sustainable. This was going to be an experience where we could help organisations that could benefit from our skills and where we could learn from the incredible people who dedicate their lives to helping anyone and anything but themselves," Richard said.

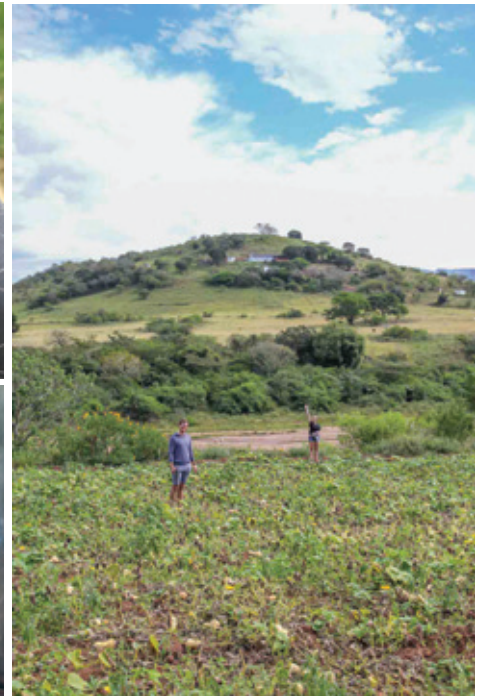
The only problem was how to fund the year. Their solution was freelancing their digital marketing, fundraising, graphic design, and business management skills to whoever needed them. A lot of the work they did started with offering free services to NPOs as a way to gain exposure and experience.

"For anyone wanting to start out in freelancing, this is a great way to build a portfolio while helping many people who would really appreciate your skills," they say.

What started as freelancing turned into a vision for a business – if they could run a company that offered their digital marketing and business management consulting services, they would be able to earn enough money to sustain their volunteering.

This is how Digital Butter was founded. Digital Butter is a digital marketing company that funds their volunteering work and pro bono work for non-profits. They say, "Our agenda extends beyond a single campaign" and that people are at the centre of everything they do – in the business and non-profit world. They have thus far helped 11 non-profits and have just returned from working at a non-profit in Hibberdene, KZN called Thanda. "What has been incredible to see is that social responsibility is no longer just a trend, but a necessity of any sustainable business," they say.

Thanda is an organisation that helps the rural community of Mtwalume using four core Programmes: Early Childhood Development, After-School Education, Organic Farming, and Creative learning.



Richard and his girlfriend/business partner both worked in the NPOs marketing team for the 3 months of their stay. The experience they have gained from the 3 months in Thanda's marketing team has been invaluable. They would like to continue to spread the word about skills based volunteering.

They urge all Fourways Gardens residents to imagine the social impact that they could provide through skills-based volunteering.

"Working on the ground in a non-profit exposes you to so much more than we ever could have imagined. You are able to see the needs of an NGO from a different perspective. Non-profits need skills and expertise and so many people have the ability to provide these," Richard said.

"An easy way to explain it would be to consider the impact one would have if one painted a building for a day versus trained an employee in project management for a day. It is the famous idiom: Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime, in action.

Richard and Robyn are both currently back in Fourways and remotely working for Thanda and several other NPOs on top of all of their clients before heading down to Cape Town to help another NPO on site with their digital marketing.

You can read more about their company on their website at <http://digitalbutter.co.za/> or their facebook page at <https://www.facebook.com/DigitalButter.SA/>. If anyone would like to get in touch with them with regards to helping their non-profit or business, you can reach them at info@digitalbutter.co.za.



FOURWAYS GARDENS GARDENING CLUB OUTING 21 JULY 2018 SAWASDEE EMPORIUM – AN ORCHID LOVER'S PARADISE



Jacques Botha gave us an insight into the care and propagation of these magnificent plants. We learned:

- The difference between Terrestrial and Epiphytic orchids and how to pot them.
- How to clean out moss from the roots and allow necessary air flow to the roots.
- Use of bark, broken clay pots or bricks or even stones as a potting medium.
- Make sure about the type of orchid you have whether it is a warm or cold growing orchid. Warmer growing orchids

must be kept inside during winter; bring them in to an area that is protected and gives them morning sun. Cooler growing orchids can be kept outside, protected against frost.

- Water orchids well with each watering allowing them to dry 80% before you water again.
- Fertilise your orchids every 4th watering.
- Too much direct sun will burn your leaves.
- How to recognise and treat pests orchids are most susceptible to, by using either a contact or systemic insecticide.
- If you need advice on your orchids, take them to Sawasdee Nursery for professional advice, no charge!!

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FRANCESCA Beattie
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FOURWAYS GARDENS
Residential Estate

August In the Garden

This is the month in south African gardening circles to get all of your pruning done. This is especially true for fruit trees and roses, but also any deciduous shrubs that may be in need of a trim. Remember to shred all your cutting and pop them onto the compost heap that you've almost certainly already started. Transplanting is another common theme during August as many plants are dormant and can be moved Without worrying about disturbing them. So, if you're looking for a change of scenery or just to update the overall look and feel of your garden, now is an ideal time.



AUGUST FLOWERS

Improve the view by adding colourful cheer to your garden this July. Here are a few delightful winter flowering plants you still have time to plant this month.

- Calendulas
- Pansies
- Violas
- Primulas
- Petunias
- Snapdragons

Once planted, ensure that these annual beauties thrive by feeding them every two weeks with our obundance to promote flowering, be sure to dealhead winter annuals when the blooms fade.



AUGUST-GARDENATE

Vegetables to plant this August

CABBAGE	Sow seed
MINT	Sow seed
PARSNIP	Sow seed
PEAS	Sow seed
SHALLOTS	Sow seed
SNOW PEAS	Sow seed

Cool-season edibles and annuals will now be available at your local accredited garden centre, so pop in for a culinary and colour delight. It may be chilly out there, but your garden would probably enjoy a dash of attention as much as your body would enjoy a bit of fresh air. Although it's cold, it is a very exciting time of the year with spring in the distance. Plants are starting to wake up as the days start getting longer and it is a wonderful time to get stuck into the garden.



TO DO

August is the tail - end of winter and you can start looking at soil preparation of your flower beds by adding organic compost as well as our Vermi plus (Carbon based fertilizer) which improves your soil structure and conditions it for the summer season ahead.

One must also look at scarifying your lawn by cutting it very short to remove the thatch build up. This process removes all the old dry grass and encourages new shoots to grow. Lawn dress your lawn after scarification with a good weed free lawndressing to level your lawn areas and encourage quick regrowth. Apply Vermi plus after lawn dressing.



Your quick checklist

- Fix uneven and worn out garden paths
- Paint your garden gates a new colour.
- Lavish a new coat of paint on your trusty old wheelbarrow to prevent rust.
- Have your lawnmower and weed-eater serviced.
- Sharpen [or have sharpened] all pruners, loppers and hedge cutters.
- Repair retaining walls and fill the cavities of those built with custom-made retaining black fresh soil mixed with compost and lawndressing to be ready for holding new cascading and ground covering plants.

For more information on how to be eco-friendly, contact Turfnet on:
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Email: Jerida@mweb.co.za Website: www.turfgreen.co.za



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FWG Wine Club – July tasting, Bellingham



Fourways Gardens
Wine Club

Those that braved the cold winter's evening on the 4th of July were treated to a wonderful night with Bellingham Wine Estate. The wine maker himself, Richard Duckitt, hosted the tasting and provided vast amounts of knowledge about the wine estate and a selection of their delightful wines. Guests tasted wines from both the Bernard Series and the Homestead Series, all of which received rave reviews.

At Bellingham they believe that great wines are made in the vineyard and that is why they source only the finest grapes and nurture them from vine to bottle. To preserve the natural fruit characteristics of individual grape cultivars, they lavish time and attention on each wine throughout the production process. They place a high premium on mouthfeel and believe in subtle oak maturation to enhance the structure and complexity of their wines. By following this method of minimal intervention and maximum attention to detail, they can produce distinctive, complex wines that are both expressive of their vineyard origin and complementary to a wide range of cuisine.

While still inspired by its history of innovation, ingenuity and foresight, the brand is firmly set in the 21st century, producing contemporary, structured wines with an unmistakable sense of place and style.

Thank you once again to Francois and his team for providing a wonderful meal for everyone and to Tyson Properties for supplying the dinner wines and the lucky draw prizes.

We look forward to seeing everyone at the September Wine Tasting!





Lucky prize winners

1st prize

Astrid James who won an ice bucket with 2 bottles of Bellingham wine plus 5 Bellingham spices and a cookbook

2nd prize

Dayna Macfarlane who won a Bellingham magnum of wine

3rd prize

Brandon Huntley who won a bottle of Bellingham wine

4th prize

Raleigh Greenwood who won a bottle of Bellingham wine



**Upcoming tastings
– Book early – tickets go fast!**

5 September 2018 – Groote Post

Please make
your bookings
and payment
directly at the
Clubhouse.

The Fourways Gardens Social Club

The Fourways Gardens Social Club was launched in August 2014 and has gained momentum ever since. The group caters to the needs of the Fourways Gardens residents which includes a range of hobbies and activities. Please see the details of the current groups and feel free to contact the relevant person for more information. Everyone welcome!



Fourways Gardens
Social Club

Social Gatherings:

The Social Club meet on the 1st Tuesday of each month.

This comprises coffee and a catch up at the Clubhouse from 2:30pm

Run by Rose - rose18@westnet.com.au

Book Club

Book Club takes place on the 3rd Tuesday of each month:

Book Club at the Clubhouse at 10am.

Book Club is run by Yvette - rjsmithza@outlook.com

Bridge Club

Bridge Club is held every Friday from 13:00 at the clubhouse. These afternoons are run by Norma: normandyjohnston@gmail.com

Wine Club:

The Wine Club is held on the 1st Wednesday of each month:

Wine Club is held at the clubhouse and is run by Sharon - shabrini@mwebbiz.co.za

Art & Ceramics Club

The Art & Ceramics Club is held on the 4th Tuesday of each month at Morag's house.

These fun mornings are run by Morag - morag@vlaming.co.za

Tennis Club

Tennis at the Clubhouse courts is run by Ria. For more information on times and dates please contact Ria on: Ria@Treasures4U.co.za

Charity Club

The Charity Group meet on the 2nd Tuesday of each month at the Clubhouse at 3pm.

The Charity Club is run by Annie Grealy - abgrealy@iafrica.com



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MANDELA DAY – SPONTANEOUS RESIDENT OUTREACH!



A few residents decided that charity begins at home on Mandela Day. So they bundled up their kids and treated our garden and security staff for Mandela Day. Here is what Kerry had to say about their fun day!





"Some of us moms (and dads) got together yesterday in the spirit of Mandela Day, to hand out sandwiches, cake and hot chocolate to the garden staff and then later on in the evening to the security staff. We kind of chaotically took over the security control room!!

We loved seeing how enthusiastic the kids were and more importantly seeing the huge smiles on the faces of the various staff members after a long day of work. It was a great initiative – thanks to Lisa Miller for organising! We will be back next year..."

Many thanks,
Kerry Fontana

This to us is what Estate Living should be about. Spontaneous fun and caring for one another! Well done to Kerry and her friends and the kids! What an amazing initiative!



ONE
YEAR OLD
TO GR.12



REDDAM HOUSE HELDERFONTEIN

Open Day

SATURDAY, 1 SEPTEMBER | 09:00



Reddam House Helderfontein opened its doors in January 2017. Located within the Helderfontein Estate, the campus boasts beautiful views, a lush greenbelt and well-established trees. The school's architectural design is in keeping with this rustic environment, with wood and stone-clad walls. This tranquil setting provides an atmosphere conducive to discovery and learning. Reddam House Helderfontein is part of the global Inspired Education Group, which offers a fresh and contemporary approach to education by re-evaluating traditional teaching methods and curricula, and creating a more dynamic, relevant and powerful model reflecting current attitudes. We warmly invite you to attend our Open Day on Saturday, 1 September at 09:00. Explore our world-class facilities and come meet our passionate teachers.

PLEASE CONFIRM YOUR ATTENDANCE

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SPORTING EXCELLENCE

An exciting development due for completion in January 2019, is the new College building and Indoor Sports Centre. The College building boasts state-of-the-art Physical and Life Sciences laboratories and the Indoor Sports Centre will cater for hockey, netball, basketball, and cricket on specialised matting, with an astro turf alongside the court. A separated climate-controlled Aquatics Centre features a 30m by 25m heated swimming pool which will cater for year-round Water Polo, swimming events and training.

BOARDING

Another unique offering is the co-educational Boarding at Reddam House Helderfontein. It promotes holistic development, where students are free to explore educational, cultural and sporting activities 7 days a week. In 2019, a new 'hostel' will be added that will accommodate an additional 50 students and includes a Common Room that provides students with a recreational space to relax and interact with one another.

Aquatics Centre



Sports Centre



DEDICATION TO THE ARTS

For students interested in the Creative Arts, the Manor House provides inspiring Art and Drama studios, as well as 12 individual music pods for students who would like to specialise in either of the 14 different music disciplines



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FOURWAYS GARDENS
Residential Estate



BARN DANCE AT THE CLUBHOUSE

Saturday, 1 September at 19h00
R150 pp includes buffet meal

Tickets for sale at the Clubhouse!

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Best dressed couple prize!



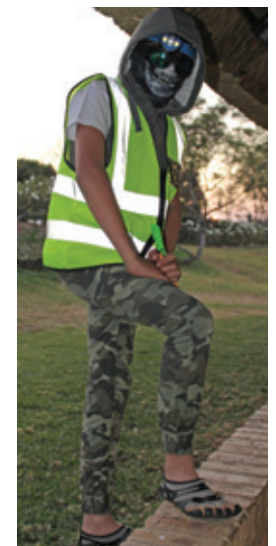
FOURWAYS GARDENS STREET ORIENTEERING EVENT



On Saturday evening 23rd of June 63 Night Adventurers braved the cold and took on the challenge of navigating their way around Fourways Gardens.

Teams had to locate as many checkpoints as possible in 60 or 90 minutes, using an orienteering map without street names and a clue sheet to find their way from checkpoint to checkpoint and answer questions. Participants ranged from competitive runners to family teams with young children. Everyone clearly thoroughly enjoyed the evening. Although the winning teams were the ones with the most points they were not necessarily the ones who ran the longest distance but those who carefully planned their route choice. We hope to see even more teams participating in our next Summer Street-O event.







Top teams:

TEAM NAME	POINTS	EVENT	TEAM MEMBER 1	TEAM MEMBER 2
60 minute event				
Wandering Wimberleys (Winning Mixed)	980	60min	Paul Wimberley	Sarah Wimberley
Super Two and Come at Us (Winning Mixed Family)	740	60min	Gemma Theron	Nicholas Theron
	740	60min	Matthew Theron	Peter Theron
Team Nagel 1 (Winning Mens)	630	60min	Victor Nagel	Keegan
Unicorns (Winning Ladies)	630	60min	Mel Knowles	Madi
Brasher (Winning Boys)	390	60min	Brayden Steenhoff	Asher
90 minute event				
Pinky and the Brain (Winning Mixed)	2140	90min	Stephanie Mulder	Nicholas Mudler
The Shippy's (Winning Mens)	1780	90min	Hilton Schipholt	Luke Schipholt
The Young and the Breathless (Winning Ladies)	1580	90min	Kersten Chambers	Shannon, Shainna



Please contact Karen o-ventures@wol.co.za 083 474 9463 to find out more about Orienteering

AWARENESS OF HEARING LOSS

Do you often ask for words or sentences to be repeated because it sounds like people are mumbling or do you turn the TV louder than others would prefer? If yes, you may have a hearing loss and need to contact an Audiologist to conduct a hearing evaluation which involves a diagnostic hearing test to confirm the type and severity of hearing loss. Hearing loss can be caused due to excessive noise exposure, ear infection, wax in the ear or the aging process known as presbycusis. Even medical conditions such as meningitis, tuberculosis, diabetes or malaria may also cause hearing loss. But don't despair, help is available!

Hearing loss is a "silent problem", unlike vision. Glasses is considered a cool fashion accessory, unlike hearing aids which is usually associated with stigma and myths even though both hearing, and vision are affected by age. There are benefits of wearing hearing aids sooner than later, it will slow down the deterioration of a hearing loss and allow you to adapt easier, enjoying better quality of life and improved communication and socialization. The diagnosis of sensorineural hearing loss is often met with viewpoints such as, "My hearing is not that bad", "My hearing is still good for my age" or "I am too young for hearing aids", which delays intervention. Research suggests that hearing aid wearers wait on average between 7 and 10 years before seeking help for hearing loss.

Successful intervention for hearing loss will depend on making hearing screenings a routine part of medical care. Everyone needs a diagnostic hearing test on a regular basis to provide a baseline to measure changes in our hearing. Without such a baseline, it becomes difficult to evaluate the impact of many things that may affect hearing — from chronic diseases like diabetes to medical treatments like chemotherapy to accidents. Without a diagnostic test on record, it can be difficult to prove that hearing changed.



Finding a way to deal with your hearing loss can be a challenge but don't despair, help is available. Modern hearing aids offer natural sound quality and are small stylish and discreet and has more processing power than a computer. Wearing a hearing aid for the first time may feel overwhelming. However, the Audiologist will work with you to set the instrument and ensure your comfort. Allow yourself time to adapt and re – discover the new world of sound that you have been missing.

PENSIONERS SPECIAL FREE HEARING TEST

Venue: Fourways Garden Clubhouse (Hall)

Date: 4 September 2018

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Sashni Munnisunker (Audiologist):

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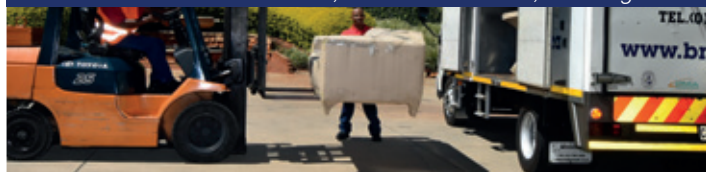
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FACING THE FUTURE WITH CONFIDENCE: DAINFERN COLLEGE FOUNDERS' DAY 2018

College Principal Mr Matthew Davies delivers the keynote address



Head girl Lateefah Monareng



Head boy Joshir Singh



Passing the College flame

Dainfern College celebrated its 21st birthday at this year's Founders' Day on Friday 1 June 2018. The service was a wonderful culmination of speeches, long-service staff awards and musical items. The new Chairman of the Board of Governors, Mr Tjaart van Stryp, reiterated Dainfern College's key drivers for the future: the focus on developing transformational leadership; the embracing of internationalism in all its facets; and the ongoing commitment to a truly innovative approach to education.

College Principal Mr Matthew Davies delivered the keynote address. With the royal wedding of Prince Harry to

Ms Meghan Markle fresh in everyone's minds, he commented on how slowly the monarchy has changed over the last 700 years and how much Dainfern College has grown in just 21 short years. Despite the challenges that South Africa faces at present, Mr Davies was confident about the future for the College and its young people: "We say bring on the changes, we will continue to innovate, lead and embrace the world out there."

Adam Albyn, College Head Boy of 2003, proudly represented the Alumni Association as he presided over the passing of the College flame. This annual tradition celebrates the joy and experience of each stage of learning:

of fresh knowledge, discerning values, growing friendships, new life skills and a deepening respect for all. The torch is passed by pupils from each grade to symbolise the journey of each and every student at Dainfern College, a journey that is kindled in Grade 0 and which culminates in Grade 12. The flame goes from there, held securely by the young men and women of the College, to light the corners of our nation and the world.

The High School Head Boy and Head Girl, Lateefah Monareng and Joshir Singh, also addressed those present, speaking with passion about their experience at Dainfern College and what the College has given to each pupil.



15-year service award
- Mr Musa Mthombeni



15-year service award
- Ms Monique Anderson



15-year service award
- Ms Margie Pettit



15-year service award
- Mr Thulasizwe Madlala



The Junior Prep touched hearts with their sign language 'song'



College staff enjoying the Fun Run



Colour Fun Run



Colour Fun Run

The service ended with the presentation of long-service awards. Ms Susanne Beier, Mrs Nicole du Toit, Ms Ilse Hansen, Mr Phillip Madonsela, Miss Lerato Moripe, Mrs Heather Parry, Mr Kidi Ramollo and Mr Thamana Skosana each celebrated ten years' of service. Ms Monique Anderson, Mr Thulasizwe Madlala, Mr Musa Mthombeni and Ms Margie Pettit were then acknowledged for their 15 years of committed service to the College.

After the Founders' Day service, the whole College community took part in the inaugural Family Colour Fun Run organised by the Parents' Association. Students, staff and parents enjoyed

a 1,5km or 5km run and were each awarded a medal for their effort. It was a wonderful - and colourful - way to end off the birthday celebrations at the College.

For further information about Dainfern College, please contact marketing manager Mrs Deidré Proxenos on 011 469 0635 or dproxenos@dainferncollege.co.za.

DAINFERN
College



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It's been said that education is the most empowering force in the world. Yet so many children seem to flounder amongst a flood of information and different teaching styles. Is there a way to make their educational journey fun and inspiring? We came across a very professional school orientated private tuition team called Genius Premium Tuition, who specialise in making the educational journey not only easier, but much more enjoyable for the kids.

This is what Theresha Fiori has to say about her experience with Genius Premium Tuition:

I've been a client of Genius Premium Tuition for 5 months. I have two kids – Bronwen is in grade 8 and my son, Diyen, is in grade 4. I had previously employed another tutoring company for help but my kids weren't getting the results we all wanted.

One of my friends recommended Genius to me when I was complaining about Bronwen's 43% mark for her latest math test. I decided to give Genius a call and see if they could set my kids on the right track before it was too late.

From the first phone call, Genius was more involved in my kids' educational well-being than any other company had been. They organised a time

for the whole family to come in for an assessment with the Education Managers at the assessment centre. I have to admit, I was really nervous – they had never been assessed by anyone outside of their school. We walked into that office anxious and not sure what to expect, but we walked out feeling confident and in control.

Genius met up with their teachers and Linda, Diyen's Educational Psychologist. Within days, my kids had been set up with tutors and coaches for the next few months. The fees were a bit more expensive than I'd been expecting, but they are absolutely worth every cent I've paid. The tutors are professional to a fault, and my kids adore them. It's the first time I've ever seen them get so excited about doing school work!

The company goes out of its way to help my kids achieve their potential. We could all see the results after a couple of months – Bronwen got 57% for her next math test, and 64% for the test after that. Jessica (her tutor) is pretty sure that Bronwen will get above 70% for her November exams.

Diyen's teachers had told us that he couldn't concentrate in class, and that meant that he wasn't getting his work done. His tutor, Alex, managed to make

their lessons so interesting that he not only understood the work the class was doing, but also worked ahead in his books to learn more. Once a week, Alex does fun science experiments to enrich Diyen's education. Diyen's confidence has grown so much that he seems like a different child.

The tutors don't just sit and teach my kids the work – they also teach them study skills and time management, build their confidence, and genuinely care about how my kids are doing in all aspects of their lives. It was like Genius reached into Bronwen's and Diyen's heads, found the problems and removed them.

They aren't just a tutoring company – they're life coaches, teachers and friends all in one for my kids, and Education Managers for my husband and me. Genius has changed my kids' lives for the better, and I'm so grateful to them for it.



For more information about the Genius Premium Tuition Programme, visit www.geniuspremiumtuition.com or call 011 467 9884.

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SAYING GOODBYE...

Surviving the passing of your fur child

Our pets become members of our family from the moment we welcome them into our home. We build a connection with them that can be every bit as strong as those we share with our human loved ones. One of the very few drawbacks about having pets is that we will generally outlive them and have to cope with their loss.

There is nothing that anyone can do or say to lessen that grief, but our hope is that what we share here will help prepare you for the day that you have to say goodbye, and offer some suggestions on how to navigate your loss.

Euthanasia – what to expect.

We cannot prepare ourselves for the accidental or unexpected death of a pet, which brings with it shock and disbelief. Many times however, we as pet parents will be faced with a difficult decision that we don't encounter when a human family member is terminally ill: the option to euthanase our pet and thereby end its suffering sooner than nature would allow. Understanding your options and the process involved when a pet is "put to sleep" can help you prepare yourself and know how best to support your furry loved one, yourself and the rest of your family through the experience.

Your veterinarian understands, better than most, the complex emotions and the challenges involved in making the best decision for your pet. They



will always allow for a pre-euthanasia consultation to answer all your questions and to give you an honest assessment of the likelihood of your pet living a meaningful life in the future, or its current quality of life. No vet will ever make the final decision for you (unless the pet is deemed to be suffering extremely and unnecessarily, in which case they have an ethical obligation to end an animal's suffering). However, they will guide you to the extent that you involve them. Speak to your pet's health care team – as pet parents themselves they know the pain

of loss first hand, and they want to help you in any way they can.

Your veterinary team will most likely be prepared to go out of their way to make this your personal time with your pet. Let them know if you have specific wishes with regards to the venue or time, so that they can take care of everyone involved.

You may choose to remain with your pet throughout the process, to offer comfort and reassurance, and you will always be afforded some time alone with him or her afterwards. That said, for some pet parents it's just too overwhelming to stay, and it is completely okay to leave your furry loved-one in the caring and capable hands of your vet after saying your goodbyes.

Some veterinary practices offer the option of euthanasing a frail pet in the comfort and privacy of your own home. If this is your wish, discuss it with the clinic staff ahead of time so that they can make the necessary arrangements.

If your pet is elderly or ill, start

having these conversations with your veterinary team and put some plans in place to reduce as much of the stress as possible when the time comes.

How will I know it's 'Time'?

Deciding to put a beloved pet to sleep is never going to be easy, regardless of how old or sick he or she may be. We all worry that we'll push our pets beyond the point where they can't manage anymore because we want to hold onto them for as long as possible. Or that we'll make the decision too early and rob them of a few extra weeks or months with their family. The following guidelines from our veterinarian may help you reach a decision that you can be as comfortable with as possible.

You know your pet the best: what makes him happy, how he shows his enjoyment of life and what routines and activities demonstrate his positive engagement with his family and other pets. For instance: running to the gate to greet visitors, playing favourite games, purring like a tractor-engine, tail-wagging, interacting with family members, eating well, and the ability to maintain personal hygiene. Pets become very stressed about losing their dignity and especially the control of their bodily functions.

Make a mental note of these behaviours while your pet is still healthy and then decide, based on the absence of these, when the point is reached that your fur baby is no longer enjoying a decent quality of life. As pet guardians, we should consider quality over quantity when it comes to their lives; now more than ever, medical advances allow us to extend our animals' lives beyond what might otherwise have been possible. It falls to us to balance our ability to have our beloved pets live longer, with the responsibility not to extend suffering if there is no prospect of a meaningful recovery. It's truly a privilege to be able to make a decision to spare our furry loved ones pain, suffering and loss of dignity.

And afterwards?

Municipal by-laws generally don't allow pets to be buried on your property, and in Johannesburg, there is a professional pet crematorium that provides a service to all veterinary hospitals, and



can also collect your pet after a home euthanasia (or unexpected death).

In our personal experience after many years in the veterinary industry, these facilities are absolutely outstanding and their operations based firmly on dignity and respect. Before your pet is put to sleep, your vet will discuss the options available to you: a communal cremation, a private cremation with the return of your pet's ashes, a memorial plaque at a garden of remembrance, or the possibility of creating a life-gem from your pet's ashes, and the associated costs. You may want to bring along a favourite toy, blanket or other meaningful items to be cremated with your pet – in as far as possible, every effort will be made to fulfil your wishes in this regard. You may also arrange to attend your pet's cremation.

If you've opted for return of ashes, these will generally arrive within a week. Some owners bury or scatter the ashes in the pet's favourite spot in the garden, perhaps plant something beautiful there or create another form of memorial. Any form of remembering your beloved pet will greatly help you and your family come to terms with his loss. This is also a special way of assisting children to process what may be their first encounter with death.

How will I cope?

The loss of a pet can have the same impact as the loss of a person, and it follows the same stages of grief. Everyone experiences a very personal bereavement and there is no right or wrong in our feelings, or in how long we take to grieve.

Take some time out from work, create



Should I get another pet?

Nobody can tell you when it's right to get another pet: whether you should do so immediately, or give yourself some time. This is something only you and your family can decide. It can be healing to focus on the needs of another animal – a helpless kitten, a rescue dog or whatever special furry being calls to you and needs your TLC. But you may also feel that you need to fully grieve your pet first, before considering making space in your heart for another. Some people never get another pet, given the pain their loss caused them. But we hope that your grief will not prevent you from opening your home and heart so that another fur baby can experience your love and care. It may help to imagine what the deceased pet would want for you.

We will miss and always remember the furry companions that have shown us so much unconditional love and enhanced our lives in so many ways. Perhaps the fact that they are only with us for a short time should be encouragement enough to make every moment count. Make each day a special one with your dog or cat – take them places, spoil them, expand their horizons and give them loads of hugs. They repay in kind beyond our wildest imaginings and leave us with a lifetime of wonderful memories.

This article is dedicated to all the wonderful furry souls lost by Twisted Whiskers clients and staff. Their pawprints are forever on our hearts.

space for yourself, have conversations with your pet ... whatever you need to help you feel okay. There is no script and no-one can tell you when it's time to "get over it". Seek out the company of fellow animal-lovers who understand what you're going through and won't contribute ridiculous comments like "But it's just a cat!" or "Why don't you just get another dog?"

There are also dedicated pet memorial websites where you can share the memory of your pet, which gives many pet parents comfort.

In some cases the remaining pets in the family may also be suffering the loss and need support. You may find them huddled on the bed of the pet who passed, or that they begin sitting in his favourite place in the garden. They

could be subdued and lose their appetite for a while. Some will "ask" you to help them look for their missing friend by pawing at cupboard doors, trying to get behind the bed or the fridge, or popping out to the garden every now and then to check that he hasn't perhaps turned up. If you have other fur kids, give them lots of attention and reassurance at this time, regardless of how low you're feeling – you'll find this contact and the shared activities will help everyone. It's been said that grief is merely love with no place to go, so be sure to pour out that love to those close to you.

Young children who haven't yet formed a concept of the finality of death will process the passing of pets differently, based on their age. There are many helpful resources online to assist parents.

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IS THIS SOUTH AFRICA'S LEAST KNOWN SPOT?



The Tankwa Karoo is one of the most arid regions of South Africa, receiving on average less than 100mm of rainfall per year.

The Tankwa Karoo

Somewhere north of Ceres in the Western Cape the Karoo begins. The veld becomes coarse, stunted, and brittle underfoot. Our guide, Vincent Ward of Birding Africa based in Cape Town, said: "This is the Amazon jungle compared with where we are going."

We emerged from the dry Warm Bokkeveld mountains and took the R355, kicking up a dust trail which remained hanging over the roadside. Across the wide flat plain I doubt there was a plant within sight that grew higher than my knee. There were plenty of low-growing succulents and bleached, wiry plants sprouting from the red sand surface.

We were now in the Tankwa Karoo, an alien world to most South Africans; a semi-desert within the Karoo semi-desert, but even drier. Its annual rainfall equals about as much as the Highveld receives in a couple of thunderstorms and even then the rain runs off the brick-hard earth, hardly penetrating to root level.

We were only able to spend two days in the Tankwa before returning to Gauteng and were looking for three rare bird species though I had long wanted to see this region for another reason.

Let me go back to 1974. I was involved in organising a national conference on the future of the Karoo. It was said at the time to take up a third of South Africa's 1,1-million km² and was spreading to the north and east. It was feared it would reach the Vaal by year 2000. We environmentalists were all a bit pessimistic in those days.

I had grown to love the Karoo and felt it to be sadly underrated, under-researched and under-conserved. My old mentor, TC Robertson of the National Veldtrust, doyen among the nation's new wave of campaigning ecologists, was still around and through him my fascination for the Karoo had grown.

So many memories came back to me as Mary and I emerged from the Warm Bokkeveld and found ourselves confronted by a vast, flat landscape, with a scattering of kopjes resembling heaps of rocks. This was the Tankwa basin, framed by mountains rendered hazy and blue by distance. It no longer felt like South Africa.

The rain clouds that drift in from the Atlantic come tantalisingly close to the Tankwa only to be wrung dry as they hit the western mountains. The now moistureless westerlies become heated as



Tankwa Hill

they pass over the Tankwa to desiccate the Great Karoo whose hot dry breath then penetrates north and east.

As a result, the soetdoringboom (then known as *Acacia karoo* but recently renamed *Vachellia karoo*) – precursor of the semi-desert, has been advancing further and further eastwards. Today, it is the most widespread tree in South Africa.

Mitch Reardon's new book, *Wild Karoo* (see review) says the Karoo now covers 60 percent of South Africa, though I think this is partly due to an adjustment in ecological definitions.

The R355, the longest and loneliest dirt road in South Africa, serves Calvinia, the Tankwa Karoo National Park, and Sutherland. We encountered precious little traffic and no infrastructure at all except for the Padstal – an ugly, tasteless, crazy collection of unplanned ramshackle buildings painted in lavatorial green. We liked it.

It was Saturday and the Padstal was busy. A wondrous variety of ancient, dusty vehicles was parked untidily around it, a cart



Birding in the Tankwa



Car planted at the Padstal

pulled by two donkeys among them. What appeared to be mostly farming people (from goodness knows where), were enjoying a noon-day beer and even an impromptu dance to a local music ensemble. Weathered horns from kudu and black wildebeest decorated the eaves.

The roofless bar served a special pink gin as well as something called 'skaap tjoppie'. Nearby, a busy kitchen dispensed hot meals seven days a week, all day. A church service is held every Sunday.



Watching a noonday dance at the Padstal



The Padstal's bar

An ancient, blue eviscerated car has been planted, upright, its front upwards for reasons I forgot to ask.

The Padstal – an oasis of geniality - is owned and run by Hein and Susan Lange, a friendly couple whose cluttered shop sells anything from banjo strings to tyre repair kits, an explosive home-made ginger beer and lollipops. There's even a play park for children and friendly animals around.

We drove on to some low hills and picked our way up a slope among small, sharp rocks and succulents that were entirely strange to us. The aspect was vast and utterly silent. To the east were the distant Roggeveld Mountains, barely visible to the north the Koue Bokkeveld, to the west the Cederberg and far to the south the Cape fold mountains.

We spent the night in a valley off the R355 at an isolated guest farm called Hartnekskloof. It was dusk and cold, all the same we walked along an interesting bone dry river cutting called Skitterykloof (glittering ravine) looking for birds but were grateful to get to Hartnekskloof's warm hearth for a pre-prandial drink. Dinner was served with a touching and justified pride. Our accommodation was in newly-built wooden huts incongruously furnished in 1920s style.

In retrospect, we should have given ourselves time to go further north to the Tankwa National Park. The reserve, twice the size of our nearest large game reserve, the Pilanesberg, is rich in wildlife and its bird list includes some rare species.

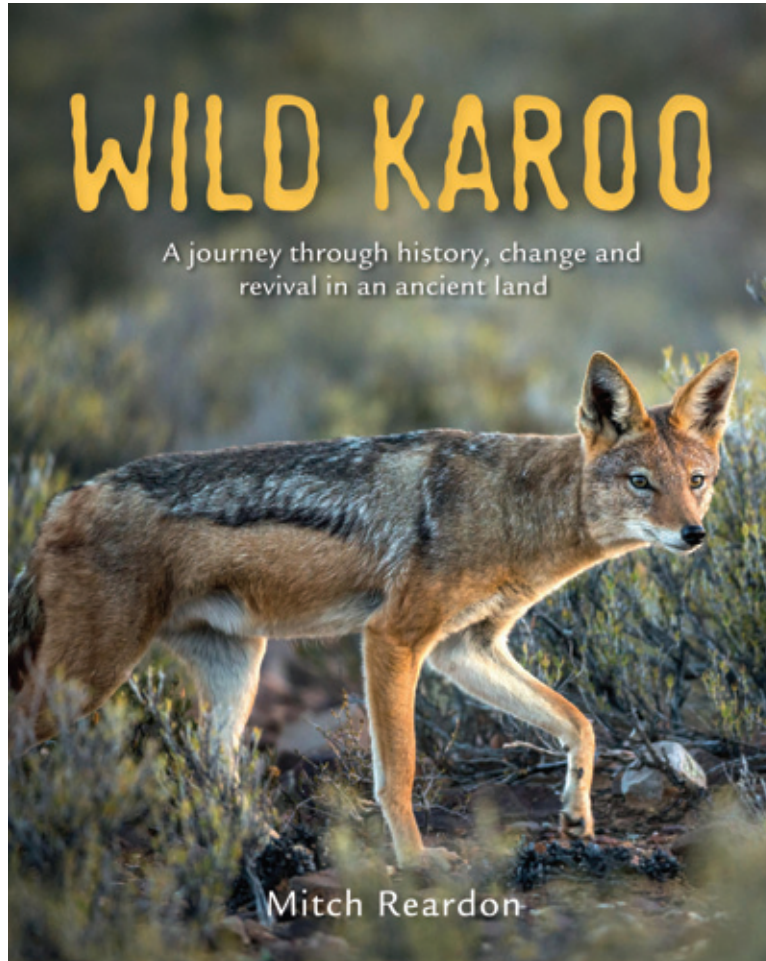
It was good to hear that, on the advice of botanists, the park has been expanded five times since it was established in the 1980s – expanded because scientists are discovering the richness of the Tankwa's unique but under-researched vegetation and the increasing international interest in *flora Capensis*.



Hein and Susan Lange

WILD KAROO

Written by Mitch Reardon. Published by Struik Nature. Reviewed by James Clarke.



Today there are more than 1 million springbok in the Great and Little Karoo and, possibly, as many outside. But over the previous several decades, the future of South Africa's most famous gazelle was cause for great concern.

Before the dawn of the 20th century migrations of springbok had, at infrequent intervals, criss-crossed the country in swarms. Sometimes their numbers filled landscapes kilometres across and up the sides of the hills.

The government even dished out rifles and ammunition to farmers who devised strategies worthy of a full-scale war - which is what it was, for the tides of springbok would, locust like, denude the fields of every blade of grass and crops. These spectacular migrations, climatically-driven, ended late in the 19th

century - then the numbers crashed and there was real concern for the species' survival. In 1961 the springbok population in the Karoo was down to 96 000.

The saga of the springbok makes riveting reading and takes up 16 pages of Mitch Reardon's 224-page book which I believe is one of the best written, informative and just plain enjoyable of all the South African natural history books I've read in the past 60 years of reviewing such books.

There's a lot of soul in this book, which tries to give a holistic picture but succeeds rather in describing the complexities of a unique piece of Africa under-appreciated by most of us even though it takes up 60 percent of South Africa.

The book focuses on:

- Local nature conservation in all its facets;

- The game, large and small - some recently reintroduced - plus birds, reptiles and invertebrates;
- The unique, arid-adapted flora;
- The landscape and geology;
- The history and lifestyle of the people who have made a home here;
- Plans to combine public and private protected land to create wildlife corridors between isolated parks, re-establishing old migration routes and so reversing some of the effects of human settlement.

The book should inspire young scientists and nature enthusiasts to take up a mission to probe even further this biologically rich but troubled semi-desert.

It took Mitch Reardon, a former ranger and wildlife photographer, three years and 4 000 km of travel to draw much needed attention to the Great Karoo.

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Sweetness: Looking for domestic work, she is hardworking and reliable, Mon to Sat, traceable references, call 078 600 4588.

Gloria: Looking for full or part time employment as a nanny or domestic worker, she is honest and hardworking with a very discreet and kind manner, she is wonderful with children and

an impeccable housekeeper. Gloria has worked for me at both my homes in FWG and Cedar Lakes since 2014, please call Gloria on 073 224 8063 or Letitia for a reference: tish.jam@mweb.co.za

Patricia: Looking for domestic and childcare work on Tues & Thurs, or full time she currently lives in FWG, call 071 567 9937.

Christine: Mature lady looking for clients who need alterations of male and female clothes, curtains or linens. Also looking for domestic work on Tues & Fri, looking to buy sewing machine, keyboards or children's toys, contact Christine on 084 650 6661.

Molly: Has been working for us for the past 4 years, she is very attentive to her duties, hardworking, good with pets and children. We are relocating, prefers live in but could live out, call 084 305 3844, for reference call 082 459 7706.

Thandi: Soft spoken, hardworking Malawian lady looking for part time or full time work as a domestic worker. She currently lives in Fourways Gardens. Contact her on 078 646 0454 or 083 669 9028.

Taina: Looking for domestic work on a Tues & Thurs. Taina has worked for me for 7 years, she is polite, diligent, reliable, honest and hardworking. She is very good with cleaning and ironing and looks after our pets when we are away. Taina can also cook. For a reference please call 082 944 0652 or 071 609 9504 / call Taina on 063 200 5157.

Phina: Hardworking, honest, lovely lady and very reliable, she is looking for work on Tues & Thurs, she currently works in FWG, contact Vanessa on 079 497 7077.

Margaret: The best domestic helper I ever had Margaret has worked for me for 18 months and is diligent, punctual, self-motivated and huge asset to any household, she seeks employment for Tues & Thurs, call her on 072 298 7435 or Deidre 083 264 5098.

Nelly: Looking for work from the 1st of July as we are relocating, for reference call Deepa on 073 158 6001 / Shalini 082 072 9219 or Nelly on 064 278 2203.

Rebecca: Has worked for me for 20 years, she is honest, pleasant and hardworking, reliable as well, looking for work on Tues & Wed or Tues & Thurs, call Rebecca on 083 483 6751 or John on 011 465 2323 for a reference.

GARDENERS:

Frank: Looking for extra jobs, a reliable and thorough person, who is filling in during my gardener's absence. References from H Enoch 083 276 3369 or Kristina 082 900 7238, or Frank on 083 359 7270.

Christopher: Gardener or Handyman requires work on Thurs, Fri, Sat. Reliable competent and hardworking, references available, call Christopher on 083 359 7270 / Wendy 083 604 0931.

Innocent: Looking for work as a gardener, painter or driving, stay in or out, experience 2 years, for reference call Francois 082 377 9885 or Innocent on 064 495 4377.

Mackson: My wonderful gardener, handyman/ painter/ houseman is looking for work, he is a reliable, lovely man who works very hard with loads of initiative, he is ready to work, call 071 023 0203.

Gracious: Looking for gardening work on Mon & Fri, he works very well and unsupervised, for more information call 082 459 7706 / 061 092 4591 / tammany@iafrica.com

Edward: Looking for gardening work on Fri, has worked for us in FWG for more than 15 years, we are now relocating, he is very reliable, honest & trustworthy, also a good painter, call Edward on 071 050 0942, for a reference call Peter on 082 414 3701.

Abel: Looking for gardening work on Thurs, he currently works in FWG, highly recommended, call 084 275 5630.

Isaac: A hardworking, honest person is looking for work as a houseman or gardener, he is humble & reliable, call 072 639 1879, for a reference call Dave on 076 237 8671.

Classton: Malawian gardener looking for work on Tues, trustworthy, reliable and good with pets, call Sabine 083 260 6428 or Classton on 063 005 9947.

Augustine: Malawian with SA driver's license is an excellent driver seeks either full / part time work Mon to Fri, he has proved to be a capable and proactive driver / gardener, he is friendly, kind and honest person, if someone else or you are looking for a driver / gardener please call him on 061 726 0078, for a reference call John on 083 267 2938.

Gladwell: Malawian, experienced gardener looking for on Mon, Tues, Wed, Thurs & Fri, call 083 650 2080 / 073 721 8097.



APPROVED ESTATE AGENTS FOR 2017/2018

Please remember that only Fourways Gardens Approved Estate Agents are allowed to list and sell houses in Fourways Gardens.
You may contact any of the following agencies to sell or let your home:

Agency	Agent	Cell Number	E-mail	Website
	Tania Heurtaux Joep Rijntjes	082 550 2222 083 462 2756	tania.h@century21.co.za joep.rijntjes@century21.co.za	www.century21.co.za
	Brian Falconer	082 651 7890	brian.falconer@everitt.co.za	www.chaseveritt.co.za
	James Le Bihan	082 777 3543	james.lebihan@engelvoelkers.com	www.engelvoelkers.com
	Geoff Mander	073 251 1206	geoff.m@fineandcountry.com	www.fineandcountry.com/sa
	Ingrid Manni Maureen James	083 601 5521 082 882 0228	info@fourwaysgardensrealty.co.za	www.fourwaysgardensrealty.co.za
	Francesca Beattie	083 678 8001	info@fbproperties.co.za	www.fbproperties.co.za
	Denalee Droskie	082 874 5828	denalee@frankiebells.co.za	www.frankiebells.co.za
	Gaye Cawood Susan de Boer	083 601 1593 082 452 0086	gaye@gcr.co.za sue@gcr.co.za	www.gcr.co.za
	Philip Myburgh	079 241 1245	philipm@sothebysrealty.co.za	www.sothebysrealty.co.za
	Kyle Ebben Tracey-Lee Savage (rentals)	082 483 5861 083 654 2729	kyle.ebben@pamgolding.co.za traceylee.savage@pamgolding.co.za	www.pamgolding.co.za
	Leanne Peterkin	082 832 6585	lee@remaxexec.co.za	www.remaxexecutivegroup.co.za
	Michele Zuccollo Trish Walton	082 850 8356 082 442 9112	michele.z@seeff.com trish.walton@seeff.com	www.seeff.com
	Dee Thomas Sally d'Hotman	083 375 5646 082 442 7693	dee.thomas@tysonprop.co.za sally.dhotman@tysonprop.co.za	www.tysonprop.co.za

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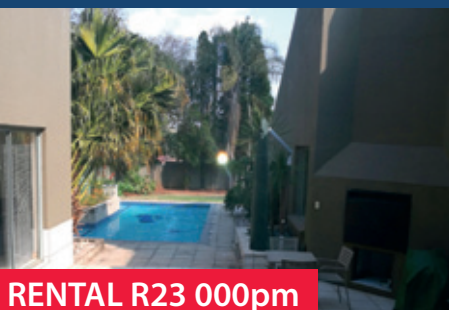
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I'M A PSYCHIATRIST, LET ME THROUGH!

JM Coetzee, in his autobiography, *Youth*, asserted that happy people are not interesting.

"Better to accept the burden of unhappiness and try to turn it into something worthwhile, poetry, or music, or painting," wrote Coetzee.

I have tried all three in my lifetime – as well as trying my hand at other things such as collecting pictures of Hillary Clinton and growing spinach. None has made me happy, so I am not sure if it was working for me.

There was a Muscovite (which I thought was a kind of duck until I discovered it was somebody who lived in Moscow) named Reuben Vardanian, a psychologist, who famously stated that money is not the source of happiness. He said, "Whether you have \$20 million or \$55 million makes no difference to your level of happiness".

I am sure this is true. I would be happy with a mere \$20 million. And I would certainly be more interesting. I'd even be happy with \$10 million. Even \$5 million come to think of it – or even \$1 million.

Yes, I accept: happiness does not move up and down with one's bank balance.

Years ago I reported on a lecture by the Liverpool University psychologist, David Bentall, in which he said very happy people suffer a form of mental instability that distorts their view of the world. Really happy people, he said, might sometimes be mentally ill but they would be "unlikely to seek treatment".

Lolly Brower, a retired Johannesburg librarian, telephoned me after reading of Bentall's theory in my newspaper column.

"I am worried," she said with a little laugh that was immediately indicative of her condition. "Most of the time I am a happy person but now you tell me it's a form of insanity. What am I to do?"

First, I said, she must not believe everything she reads in the newspaper (outside of my own column that is).

Second: she must keep her happiness to herself. Many people might feel insecure at the thought of there being a happy person freely roaming the neighbourhood.

Third: she must seek professional help.

Lolly then asked, "What would the treatment do?"

It would, I told her, make her unhappy like the rest of us. "But that's absurd," she said with a slightly louder laugh. I could now hear hisses in the background, presumably from people trying to doze in the library's reference section. They were no doubt pointing vigorously at the SILENCE and STILTE signs.

"You mean I would have to pay good money to a specialist until, eventually, I'm thoroughly depressed?"

"No," I said, "not thoroughly depressed. Just miserable. It's so easy. Think of it, there's so much to be unhappy about. There's the petrol price and the price of cheese; there's VAT; our politicians; Zimbabwe; government corruption; Eskom, crime; the constant din of taxis crashing..."

"Being normal doesn't necessarily rule out the occasional smile," I said. "But avoid actually laughing because, when you come to consider the state of the country, you could easily become hysterical and have to go around asking people to slap your face."

Too late. I could hear Lolly's laugh hitting high C.

Above her shrieks and sobs I could hear people shouting "Silence!", "Stilte!" and "I'm a psychiatrist, let me through," and What book is she reading? Because I want it next!"



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