



The Villager

Issue 2 • 2020

**2020 -
A BUSY
YEAR OF
BUILDING**

**Congratulations
Simon Mangange**

Protect our Flora and Fauna

LOVE PAWS 4

Enjoy an awesome day out at Riversands Farm Village, Gauteng on Saturday 28 March 2020 at the LovePaws Festival. Experience the best artisanal food and drink and get down to a fabulous confirmed line-up of local artists. While you party, you'll be helping make life better for shelter dogs and cats.

RAISING THE ROOF & RAISING FUNDS



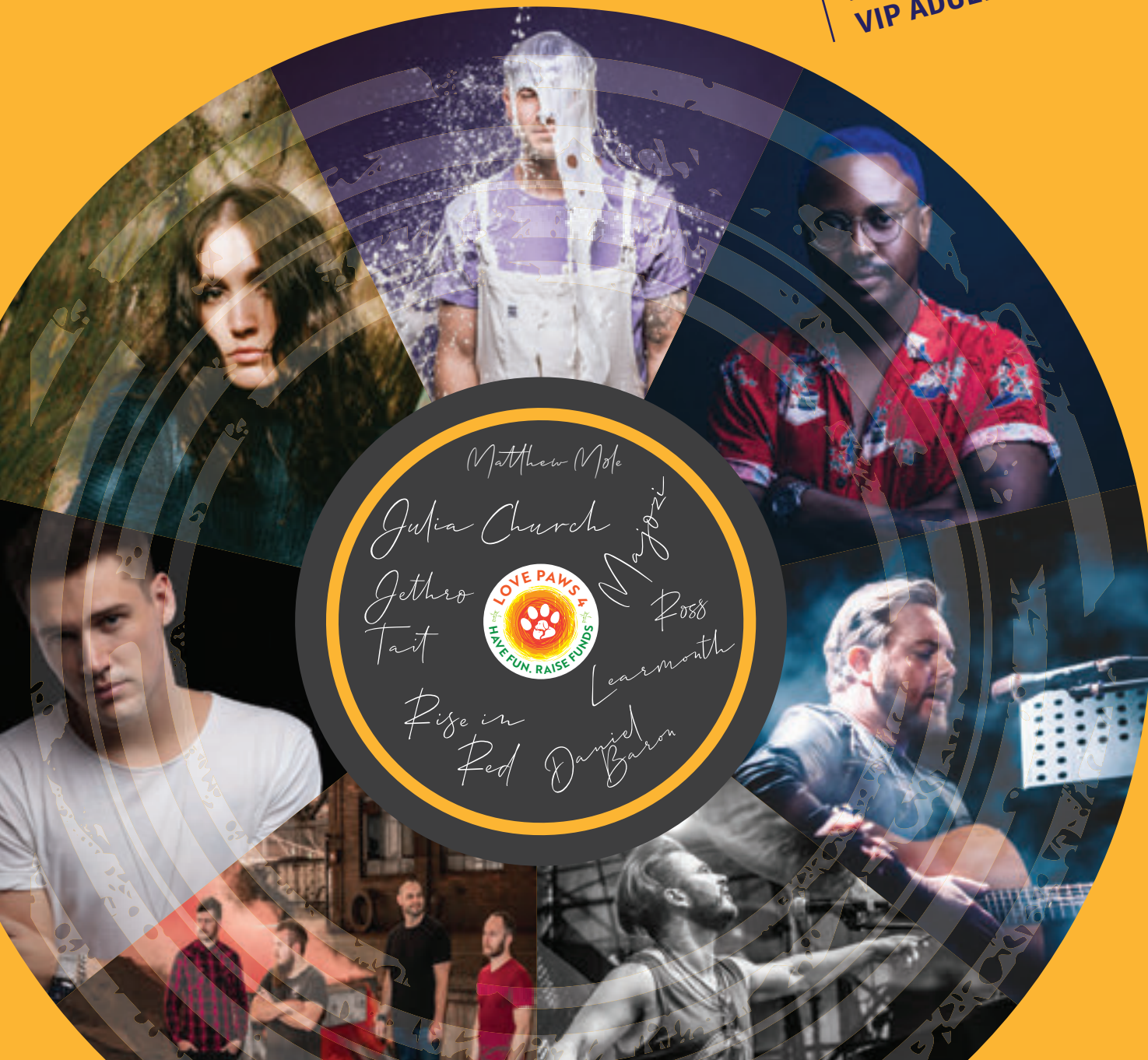
CAXTON local media



TICKET COSTS

KIDS
VIP KIDS
DOOR
ADULTS
VIP ADULTS

R100
R350
R375
R350
R650



Matthew Mole
Julia Church
Jethro Tait
Rise in Red
Majorzi
Ros8
Learmonth
Daniel Baron



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The Villager focuses on Irene Farm Villages. The magazine is delivered to the home of each resident on the Estate. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd on behalf of the Home Owners' Association of Irene Farm Villages. The opinions of workers and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of Irene Farm Villages.

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JUST LET BY LEANE

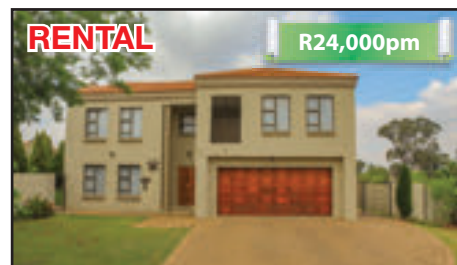


JUST LET BY LEANE



RENTAL

R24,000pm



Irene farm Village rental property from 1st March 2020. Lovely, spacious property with lots of living areas, DQ, braai patio and lots more.
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I am Peter Varrie

Irene Farm Villages & Centurion Golf Estate



Hi, I am Peter and I've been with Pam Golding Properties since 2013, specialising in sales in the Irene Farm Villages, Centurion Residential Estate and Country Club. In 1997, I was head hunted by a development company, sparking off successful sales of 640 stands in the Irene Farm Villages, as well as igniting my passion for Real Estate. It was only a natural progression to join Pam Golding Properties and become the area specialist for Irene Farm Villages.

Knowing the market gives me the edge to get my clients the results they are looking for. I pride myself in striving for service excellence with my buyers or sellers, going way beyond their expectations and the industry norm. I embrace every challenge I face, and give of my utmost in my personal and work life. I will stay with you from the starting point to the finish line. Get in touch and let's discuss how I can help you with your property requirements.

Peter Varrie

Some words from *satisfied customers*

"I found Peter to be incredibly professional, yet easy to talk to and engage with. His generosity with advice, and his patience with me as I went back and forth making a decision on the property were much appreciated. His kindness and honesty were refreshing. They still are."

Mbali Mtshali

"Peter has been professional, knowledgeable, efficient and courteous throughout. He has also been fair in assessing what rental I should get for my property, and always sourced excellent tenants for me. I really appreciate how he takes on the burden of seeing to property maintenance on my behalf."

Prof. Stephen M Finn

Thank you, Peter Varrie, for such outstanding service. Peter orchestrated a super marketing campaign for our home, and brought potential buyers around within a week. Straight away we had a very real offer.

We had already made plans to relocate to Germany and were able to leave Peter in charge. Shortly after we arrived there, Peter had another offer for our house and it has now been sold for the price we were asking! We have been constantly updated by Peter, whilst still in SA and after moving to Germany.

Peter is an agent who goes the extra mile for his clients and also becomes a friend - we would definitely recommend Peter to get your house sold.

Michael & Heike Wiblin

Message from the Estate Office

Dear Residents

The year 2020 will be a real 'do-or-die' year for the Homeowners' Association. The building plans for the North (second) Gate were approved by the Tshwane Metro Council after two years since the building plans were submitted for the first time in 2017. The Site Development Plan (SDP) for the Main Gate was also approved in December, which means that the building plans for the Main Gate will now be submitted for approval. Pending the approval of the building plans for the Main Gate, the appointed Quantity Surveyor was instructed to finalise the Bill of Quantities (BOQ) and the tender for the building works. Once the building works commence, there will be disruptions, because at both the access gates the roof canopy must be constructed over the vehicle lanes. This could result in some of the access lanes being closed during the construction period. Your patience is requested. Our residents will be updated as the project unfolds and progresses.

The HOA's Property Management Committee, which is chaired by Mr Riaan Viviers, will oversee the project. The professional team consists of the following people:

- Mr Kelvin Nemacha, the Quantity Surveyor (QS) and the appointed Principal Agent.
- Mr Eben Marais, the Architect (Pr.).
- Mr Peet Olivier, the Civil Engineer.



At van Niekerk

The typical plan for the project is the following:

- Finalisation of the Bill of Quantities (BOQ) and the tender: January 2020.
- HOA Board to consider the BOQ and the tender for its approval: February 2020.
- Submission of the invitation to tender to the building contractors: March 2020.
- Appointment of the building contractor: April 2020.
- Building work to commence at the North Gate: May 2020.
- North Gate construction work completed and handover to the HOA: August 2020.
- Temporary relocation of the Estate Office and Security: August 2020.
- Building works to commence at the Main (South) Gate: September 2020.
- Building work at the Main Gate

completed and handover to the HOA: March 2021.

- Relocation of the Estate Office and Security to the new Main Gate: April 2021.

Apart from the above-mentioned building project, the Estate Management will surely be faced with other challenges as the year progresses. We will take up these challenges as and when they happen, and make the best of them.

During the Festive Season, we encountered one attempt to breach the perimeter fence on the western boundary of the estate. The CCTV cameras picked up two suspects that approached the fence from the nearby bushes at about 1am. The Security responded, to secure the fence, which caused the suspects to flee from the scene and disappear into the open bushveld. No other breaches occurred. .



Despite our crime-free period during December and January, it must be emphasised that serious crime does occur on a regular basis in the suburbs surrounding our estate. We all spend a lot of time travelling to work, school, social events, etc. and it is then when the criminals hang around, waiting for the right opportunity to strike. Always be on the lookout for suspicious movements, especially when you are driving. Make sure that you are not followed and be mindful of the fact that you have a dead stop to make, when you arrive at the entrance gate. If you suspect that you are being followed when you approach the entrance gate, rather sound an alarm of any kind to draw the Security's attention and keep on driving around the island. Also keep the telephone number of the Joint Operational Centre (JOC) and the Security Shift Manager close at hand. Do not hesitate or neglect to report suspicious behaviour to the Security or Estate Management. Only by being informed will we be able take precautionary steps.



PROPOSED INFRASTRUCTURE DEVELOPMENT
AT IRENE FARM VILLAGES



Residents are reminded that your household workers must always carry the new 2020 blue access cards when they are entering or exiting the estate or moving around inside the estate. The 2020 blue access card will be issued once the individual worker has been registered at his or her place of employment. Where the worker is working at different stands, the worker must be registered by the other employers as well before the card will be issued. The cut-off date for the registration of existing household workers was on 31 January 2020. For any worker not re-registered by then, the bio-metric access of the worker will be suspended, pending the re-registration.



The recycling of certain waste materials remains a priority for the Irene Farm Villages. During the months of September, October and November 2019, the average waste recycled per month was 6 665kg. In December 2019 a total of 10 370kg was recycled, which was a huge improvement. Amongst the thirteen estates where Remade Recycling is collecting recyclables, the Irene Farm Villages estate is amongst the top four estates. However, as a community, there is room to improve on the 50% participation. It should be our aim to do better.



The fauna and flora that are found in our estate play an important role in the bigger eco-system of our community. It is therefore our aim to protect these assets. Over a thousand indigenous trees have been planted in the past few years. In the years to come, one will be able to appreciate the beauty and value of these trees. The wildlife in the estate is ample and there rests a duty upon each of us to protect this unique asset. Our residents are urged to capture the wildlife on camera or video and to share these with the Estate Office. We will then publish them in *The Villager*.

We had a good rainfall season in 2019. One of our residents, Dirk Van Aarde, kept records of the rainfall in the estate. For 2019, a total of 867mm of rain was measured, with January, February, November and December being the main periods of rain. The Garden Maintenance Team are hard at work to keep up with the maintenance of the gardens and parks, which are again in a beautiful condition. It remains our aim to use water sparingly. The Gardener of the Month for December 2019 was Frans Mmekoa.

The General Assistant of the Estate



Frans Mmekoa

Management Team, Simon Mangange, has been with the HOA team since 2013. Simon attends to the general maintenance of the HOA's assets daily. During 2019, Simon completed a three-week handyman and skills course, which was sponsored by the HOA. Simon was honoured with a certificate. We are proud of Simon, who is a keen team player.



Simon Mangange with his certificate

We have the privilege of being introduced and guided into the game of chess by KNIGHT, himself. In this issue, the world rankings are discussed. The current world chess champion is Magnus Carlsen from Norway, who is seen as a formidable opponent, because "he makes 'fewer' mistakes" than his opponents. What about our own championship? We would like to hear from you.

It came to our attention that the levy accounts of our members are not always loaded onto the Glovent web-portal. This matter was addressed with

our service provider. Our members should now be able to view their individual monthly levy accounts on the web-portal. Please do not hesitate to contact the Estate Office if all the information is not available.

In the previous issue we mentioned that any long-term contractors who will be on site for more than three (3) days, must now be registered via the 'Long Term Contractors' section on the Glo-Visitor application (APP). This new system has been tested with contractors who are currently working in the estate and the feedback is that the system works, although further adjustments are required. Hence, we appeal to our members to use this system when planning to do any alterations or additions to their properties.



During the past Festive Season, the Security had to attend to several complaints of dogs roaming in the estate. What made the task of the Security difficult was the fact that 95% of these dogs did not wear a collar and tag. And this was even though the HOA rules about keeping pets are very clear. We have addressed this matter on several occasions before. All pets must be registered with the Estate Office and wear a collar and tag. Residents who fail to comply with these rules can expect to be penalised.

The question is often asked by residents how the Estate Management deals with the faulty streetlights. The streetlights are inspected every Sunday night by the Security personnel, who note all the faulty streetlights on a



specialty-designed streetlight report. This report is then handed over to the Estate Management, who email this report to the Tshwane Metro Council on Monday morning for their attendance. We do receive a reference number which is used to track the progress, when necessary.

Nomthi has written an interesting essay about "the year 2020 that was", which is published in this issue. You are welcome to share your thoughts on the essay with Nomthi.

I came across an article in the Financial Mail, where the writer was saying, that "the value of a company's brand can be calculated; so that of a country's brand can be, too". If that is true, then the brand of Irene Farm Villages can also be calculated. The question then is, what will the value of our brand be?

Best regards,

Estate Management

Oliver Tambo said:

"We all belong to South Africa, and South Africa belongs to us all."



IRENE FARM VILLAGES HOME OWNERS ASSOCIATION

Summary Income Statement – December 2019

December 2019 Year to Date YTD Variance
Actual Budget Actual Budget Value %

Operational Income						
Levy Income	1 108 155	1 108 154	11 081 546	11 081 540	6	0.0%
Other Income	18 823	28 250	654 788	532 960	121 828	22.9%
	1 126 978	1 136 404	11 736 334	11 614 500	121 834	1.0%
Operational Expenditure						
Professional /Administration	64 899	67 690	709 051	704 609	(4 442)	-0.6%
Accounting and Auditing	43 108	43 274	457 168	461 740	4 572	1.0%
Insurance, Legal and Admin	21 791	24 416	251 883	242 869	(9 014)	-3.7%
General Office	17 073	10 311	121 462	124 460	2 998	2.4%
Office Administration	17 073	10 311	121 462	124 460	2 998	2.4%
Operational Expenses	298 718	362 329	2 210 527	2 300 916	90 389	3.9%
Municipal Charges	40 087	49 738	479 804	486 128	6 324	1.3%
General Operations	14 437	16 103	153 142	161 463	8 321	5.2%
Salaries & Wages	244 194	296 488	1 577 581	1 653 325	75 744	4.6%
Security	472 987	497 334	4 635 544	4 834 414	198 870	4.1%
Security Operations	22 813	59 029	514 535	618 158	103 623	16.8%
CCTV Equipment Rental	12 210	19 800	146 375	210 000	63 625	30.3%
Guarding Services	437 963	418 505	3 974 633	4 006 256	31 623	0.8%
Repairs & Maintenance	170 056	178 250	1 716 174	1 740 055	23 881	1.4%
Repairs & Maintenance	33 795	40 692	373 034	409 871	36 837	9.0%
Park Maintenance Contract	136 261	137 558	1 343 140	1 330 184	(12 956)	-1.0%
	1 023 733	1 115 914	9 392 758	9 704 454	311 696	3.2%
Operating Profit / (Loss)	103 245	20 490	2 343 576	1 910 046		
Non-Recurring Revenue	16 275	0	108 126	0	108 126	100.0%
Non-Recurring Expenses	0	45 500	356 110	1 048 000	691 890	66.0%
Net Positive/ (Negative)	16 275	(45 500)	(247 983)	(1 048 000)	(583 764)	
Net Profit / (Loss)	119 520	(25 010)	2 095 593	862 046		

Irene Farm Villages Home Owners Association - Project Income & Other

	Actual	Budget	Actual	Budget	Value	%
Revenue						
Special Levies	0	0	1 824 265	0	1 824 265	100.0%
CSOS Levies	15 275	0	152 746	0	152 746	100.0%

IRENE FARM VILLAGES HOME OWNERS ASSOCIATION Summary Levy Statements – December 2019

	120+ Days	90 Days	60 Days	30 Days	Current	Total		Previous Month
Normal - Self Pay	-	-	1 640	33 454	-137 224	-102 130		-95 244
Normal - Debit Order	-	-	-	-	-4 668	-4 668		-10 700
	-	-	522	12 938	-169 798	-156 338		-105 944
Debt Collection - AA (30/60 days)	46 696	23 553	35 330	36 5415	35 523	177 644	95%	205 08
Debt Collection - JIR (90+ days)	90 376	3 592	3 580	3 298	2 444	103 290	55%	96 726
Debt Collection - KSB (90+ days)	34 420	5 563	5 585	6 381	6 085	58 035	31%	57 990
Sold - Previous Owner Accounts	-	-	-	-	-44 199	-44 199		-38 147
In Transfer	-	-	-	-	-20 745	-20 745		-26 102
Other	8 693	2 948	2 974	3 055	2 442	20 113		29 397
	180 185	35 657	49 110	82 730	-160 342	187 339	-14.5%	219 004
	1 064 488	19 635	20 775	19 677	9 783	1 134 358	1.2%	1 121 184
Debt Collection - Accounts > R200,000	1 244 674	55 291	69 885	102 407	-150 559	1 321 697	-1.4%	1 340 188

Another successful month of collections, with outstanding levies reducing with 14.5% excluding our 3 major debtors, with a 4th growing to R103,290 due to the Estate. In total, 21 members owe the Estate in excess of 90 days which is an unfortunate increase from only 10 in November. In total, 55 members owe the Estate more than a month's levies. We urge all members to pay their levies monthly in advance, preferably.

Irene Farm Villages Home Owners Association - Capital/ Development Projects

	Current stage	Current Status	Approved Budget	Actual Spend To Date	Available Budget
Infrastructure Development	Planning		8 797 910	687 101	8 110 809
Power Solution Project	Completed		2 010 879	2 010 879	-
CCTV Project	Completed		697 451	697 451	-
Land Purchase Project	Completed		2 282 850	2 282 850	-
Security Upgrade Project	Define		1 700 000	1 298 555	401 445
Total			15 489 090	6 976 836	8 512 254

"About the time we can make the ends meet, somebody moves the ends."

– Herbert Hoover

Account Ability

Office Address:
Sovereign Drive,
Route 21
Corporate Park

Accounting
Office Hours
8:00 to 13:00
Monday to Friday

Office Tel: 082 780 0059

Accounts Email:
accounts@aams.co.za

IFV Accounts:
Winnie Boshoff

Summary Income
Statement by
Account Ability



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2020: THE YEAR THAT WAS

Nomthi Cebekhulu imagines what she will be saying at the end of this year.

Today marks the end of the year 2020 and it is with such amazement that I sit here listening to the joyful sounds of yet another New Year's Eve in Pretoria. What an incredibly fulfilling year this has been!

We began our 2020 journey with enthusiasm and hope. Most of us were encouraged to dream new dreams, pursue innovative ideas and map out fresh goals for the twelve months that lay ahead. Some of us vowed to take better care of our bodies, others were inspired to invest in their personal development and many of us made a commitment to continue with the pursuit of our best possible lives.

The beginning of 2020 showed me that starting is relatively easy, but as the months progressed, I came to understand that each year contains within it a bespoke process for every individual. It is this process of navigating one's way through the maze of opportunities and challenges that arise during the twelve-month long journey that determines whether the ending will live up to the expectations that one had in the beginning.

The year 2020 was good for our country. We made progress on the quest to grow our economy, and the leadership of our country exhibited a higher level of commitment to meeting the needs of all those who call South Africa home. One of the most significant things to note about the past year is how the citizens of our country more readily opened their hearts to the vision of bridging the gaps that exist between the diverse groups of people who occupy our land. The levels of tolerance and understanding between people of different faiths, races, social classes and gender grew in leaps and bounds. It appears that the more focused we become on moving towards a better future as a unit, the further behind us our painful past moves.

Many bright-eyed young people found love this year. Those who were once two became one and began their respective journeys on the happily ever after adventure. Strong, healthy babies



were born, and bright futures are in the process of unfolding daily. This is by far my fondest memory of the year because love is the ultimate fuel of life. It is the essence of our existence and the balm that heals our wounds.

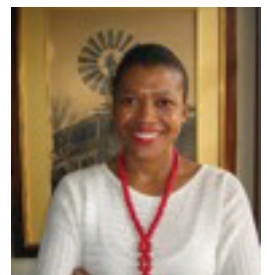
Some unfortunate events also took place during 2020 though; there are mothers who buried their children, several breadwinners who lost their jobs and some students who failed to obtain their qualifications. Such is life. There is a certain thread that ensures balance in the existence of all that is. Joy needs to give way to sadness, and good needs to make allowance for bad. This is simply the flow of life's occurrences. All things are connected in such a way that it takes pain to appreciate healing, and loss to appreciate gain.

As I sit here listening to the delightful

sounds of fireworks, there is only one emotion that fills my heart . . . gratitude. Gratitude for the ability to say goodbye to the old and gratitude for the opportunity to welcome the new with wide open arms.

Thank you 2020 . . . you were worth every step of the journey!

Nomthi Cebekhulu



The views expressed in this article are those of Nomthi Cebekhulu and are by no means the views of the Irene Farm Villages HOA.

CHESS BY



The strength of a chess player is identified by his/her rating. A chess rating system is used in chess to calculate and estimate the strength of the player, based on his or her performance versus other players. A chess player with a higher rating should beat a lower rated player but this is not always the case because chess players are human and make mistakes. Even the strongest players in the world make mistakes. The most common ranking system is the Elo system. This system was devised by Arpad Elo and is based upon the statistical probability of the stronger player beating the weaker player. This ranking (rating system) uses a scale from roughly zero to 3 000. Only one player in the history of chess has achieved a rating close to 3 000 in classical chess - that is Magnus Carlsen, the present world champion.

The following table shows the relative strengths of chess players using this rating system.

Rating	Class	Individual player/ rating
Above 2 800	World champion World championship candidate	Magnus Carlsen 2 872 Fabiano Caruana 2 822 Liren Ding 2 801
2 700	World Championship candidate	
2 600	World class Grandmaster	
2 500	International Grandmaster	
2 400	International master: Top South African	Daniel Cawdery 2 424
2 200	National master	
2 000	Candidate master	
1 800	Advanced tournament player	
1 600	Tournament player	
1 400	Club player	
1 200	Casual player	
Less than 1 200	Beginner	

The table below gives the latest chess ratings for the top ten players in the world.

#	Rank	Name	Flag	Blitz	+/-	Classical	Rapid	Age
1	11	Carlsen		2905.6	+40.6	2871.8	2881.0	29
2	11	Nakamura		2899.8	+14.8	2736.0	2828.6	32
3	11	Ding Liren		2826.4	-3.6	2804.6	2835.8	27
4	12	So		2816.0	0.0	2764.6	2740.6	26
5	15	Artemiev		2810.2	+17.2	2731.0	2768.8	21
6	13	Duda		2800.4	+12.4	2758.0	2773.8	21
7		Yu Yangyi		2807.6	+0.6	2726.1	2778.0	25
8	115	Kramnik		2796.8	+48.8	2753.0	2756.1	44
9	12	Anand		2783.0	0.0	2757.5	2731.0	50
10	16	Vachier-Lagrave		2784.6	+16.6	2770.0	2839.6	29

The last decade in chess has been the decade of Magnus Carlsen of Norway. Magnus is the highest rated player in the world and world champion in all three formats of chess: Classical chess (has time control of 90 minutes for the first 40 moves, followed by 30 minutes for the rest of the game), Rapid (15 minutes with a 10 sec increment for each move made) and Blitz (3 minutes plus a 2 second increment for each move made).



According to Garry Kasparov, this feat would be equivalent to winning the tennis grand slam. Carlsen has not only done it in 2019, he has done it three times in the last decade. The question arises, why is Carlsen so strong and who could possibly beat him in the next Classical World Championship cycle?

This question is not easy to answer. One possible answer is that he simply makes fewer mistakes than his opponents and plays a dynamic brand of chess, taking minimal risks. He also has extensive knowledge of chess opening theory and works extremely hard to improve his game and often surprises his opponents with new ideas in the openings. He can solve problems that his opponents create with effortless ease. He is simply the best player in the world currently. It would be extremely surprising if anyone could beat him in the next world championship match.

Only one South African has achieved the title of a Grandmaster. That is Kenny Solomon whose present rating is 2 362. One may ask: why is it that South Africa is unable to produce strong world class grandmasters? Many different theories have been put forward regarding this question. Since 1994, CHESSA (the controlling body for chess in South Africa) has actively encouraged more people to play chess. CHESSA has achieved this goal but unfortunately quantity does not imply quality.

Generally, the quality of South African chess players is poor. There are many reasons for this. For instance, at primary school level when the basics should be learned, there are not enough quality chess coaches. Players often play far too quickly without thinking about the intricacies of the game. Many young players are simply 'wood pushers' (poor chess players) moving the pieces around the board without any apparent purpose or plan. All too often, teachers who oversee the game at schools encourage players to play quickly so that they can go home early. Many teachers have never even played the game at competitive level themselves and don't realise that to be a good player takes disciplined thinking and hard work. You cannot solve problems without thinking carefully about them - mistakes are most often made when things are done carelessly in needless rush.

If you have any suggestions or questions, please contact Knight at 079 575 8636. If you would like to improve your chess, please contact me at the same number.



**M
A
K
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2
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COUNT**

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Layers of the Tank:

- Layer 1
 - Tank Colour
 - UV Protected
- Layer 2
 - Black
 - Keep sunlight out, which prevents algae growth.
- Layer 3
 - White
 - Made of Food Safe material



2000L
(W)1365 x (H)1500
30kg
Full Load Qty: 30



2500L
(W)1474 x (H)1620
35kg
Full Load Qty: 30



4000L
(W)1700 x (H)1868
58kg
Full Load Qty: 18



5000L
(W)1840 x (H)2022
70kg
Full Load Qty: 18



1600L
Slim Line / Under Eave
(W)1500x(H)2000xD(700)
47kg
Full Load Qty: 20



2500L
Split
(W)1474 x (H)2200
44kg
Full Load Qty: TBC

The First Water Tank in South Africa with:

- 3 Layer Technology
- BPA - Free HDPE Material

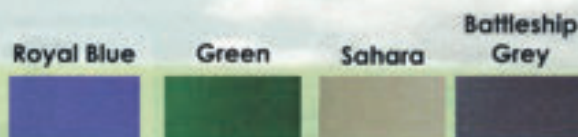
Blow Moulded Technology Gives You:

- Extra Strength
- Better Quality

Excellent For:

- Safe Drinking Water
- Back Up Water Storage
- Agricultural Use
- Rain Water Harvesting

Tank Colours:



Comes standard with: A solid screw on lid, 50/40 reducer inlet, 40mm Insect Proof overflow, 50/40 reducer outlet

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FEATURES

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- 100% UV protection against the sun to protect drinking water against algae build-up or dirt
- Maximum capacities for the space you have available at home for maximum water accumulation
- Unique profiled 0,8 mm zincalume steel with a firm shape and mechanical strength
- Corrosion is greatly reduced by the polymer coating between the tank wall and the stored water
- Aesthetically pleasing and modern look for architectural designs
- Install as a complete rainwater harvesting system to improve water quality with almost no maintenance
- Cost-effective, quick and easy installation as a DIY project at home
- Lifespan of 20 years or longer

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► Slimline tank dimensions



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CONCUSSION

– what every parent should know

In the past, concussion was a scary and misunderstood condition. Lack of knowledge led to either under-management or fear-driven protocols. The good news today is that we understand it much better and, with proper management, the prognosis in most cases is very good. The most important way to keep your child safe is to **recognise** the signs and symptoms of concussion and then **treat** it correctly.

In short, concussion is a functional injury to the brain due to an impact directly on the head or indirectly on the body. An energy shortage in the brain follows and that affects its functionality. The brain fires without external stimulation which causes an energy crisis. This leads to the various signs and symptoms we see, as the brain is struggling to process incoming stimulation properly.

RECOGNISING CONCUSSION

If a child is showing any signs and symptoms of a concussion during or after physical activity, the best thing to do is to let them be assessed by a qualified medical professional.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
• Appears dazed or stunned	• Headache or “pressure” in the head
• Is confused about assignment or position	• Nausea or vomiting
• Forgets an instruction	• Balance problems or dizziness
• Is unsure of game, score, or opponent	• Double or blurry vision
• Moves clumsily	• Sensitivity to light or noise
• Answers questions slowly	• Feeling sluggish, hazy, foggy or groggy
• Loses consciousness (even briefly)	• Concentration or memory problems
• Shows mood, behavior, or personality changes	• Confusion
• Can’t recall events <i>prior</i> to hit or fall	• Just not “feeling right” or “feeling down”
• Can’t recall events <i>after</i> hit or fall	

If in doubt – sit them out.

Individuals that are concussed should stop playing immediately. Another blow can cause **second impact syndrome**. A second impact, even a small hit before the original concussion has healed can be fatal - the biggest reason for a fatality is that, after the first impact, the brain swells and then becomes hyper sensitised against more impact.

Some misconceptions to be aware of:

In the past, an individual had to be unconscious, vomiting and have a headache to be diagnosed with a concussion. Today, we agree that any **impairment of brain function** is an indication of a possible concussion. Most concussions do not cause loss of consciousness.

An individual can have a concussion even if there was no direct impact on their head. A bump or a fall that causes the **whiplash effect** will also move the brain inside the skull.

TREATING CONCUSSION

The good news is that 90% of concussions resolve spontaneously after 3 weeks. Rehabilitation is not always needed – but will speed up recovery.

The dangers come in with repeated and untreated serious concussions, as these can cause permanent damage to the brain as it becomes more sensitive after each injury. In those cases, functional impairment of the brain is permanent and individuals lose their higher brain functions and well as their ability to reason.

As physiotherapists, we work in conjunction with a medical doctor to rehabilitate those with concussion. We have various protocols for each phase, to help the brain recover as quickly as possible.

We also advocate doing a baseline assessment every year with your active child. We evaluate brain function before an injury by testing short term memory, recognition, reaction speed and concentration. In the event of an injury, the test is then used to help make a diagnosis and plan the safe return to sport/activity.

Please feel free to contact us for more information about concussion, the rehabilitation thereof and to schedule a baseline assessment.

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CONSCIOUS PARENTING

BY MICHELLE L RAYMOND

When I initially came across this concept I was sceptical - I saw it as another new-aged philosophy. But once I got over the well-marketed phrasing of the name and started to explore the lessons and teachings, I was blown away.

There is no handbook for raising children and yet the process to get a tertiary qualification, a drivers license or married requires time and money spent in preparation to attain these things. Anyone can have children, regardless of their education, wealth or status. So how do we create a world that is conducive for children to be born into and what are the principles to live by?

This is where Conscious Parenting comes in. It is first and foremost a deep look into ourselves, not as parents, but as individuals. With our past, our behaviours, our habitual patterns and our upbringing, can we raise children to be self-aware, independent and generally good people? The answer is yes, but it takes work - inner work.

I've outlined 3 important concepts of what it means to be a Conscious Parent. Some of these might be completely contrary to what you think and will challenge you as they did me. But to see things clearly, we first need to clean and demystify our lens or view of the world.

Do less

As parents, we - more often than not - want to give our children a better life than what we have, or had. So we give more of our time, money and energy, and we consider ourselves fortunate to be able to do this; to give the next generation a better footing in life. The intentions are always good and pure, but sometimes we are blinded by the

fear, hurt or lack we experienced, so we overcompensate in our actions. Ultimately, the best thing any parent can do for their child(ren) is to give them the space to unfold and discover who they are, what they are passionate about and where they can serve. Of course, the major challenge here is that we, as parents, are not fully actualised. Many of us are still bound by past conditioning and a narrow view of the world. This is one of the main causes of conflict between parents and children. Parenting is not about doing lots of things for our kids. It is about being an example and mentor and allowing them to make mistakes, and learn accountability and responsibility, because this is what makes pleasant, trustworthy, self-motivated people. The more we do, the less they can.

Teach less

Children are born mostly unhindered and naturally curious even though science has discovered that there are certain neuro-chemical traits that newborns inherit from their parents, as well as experiences from the mother during pregnancy. But all things going well, babies are generally incredibly tuned in to themselves and the environment. They have not learned fear and self-doubt so they are free to be exactly who they need to be. Unfortunately, many of us have come from families and cultures where children are seen, not heard and need to be taught how to change our perspective into something that will suit

the ideals and lifestyles we want. From past generations to today, the cycle continues...

What if we changed our perspective from command-and-control and tapped into the wisdom that children can offer us? If we give them a chance, they can remind us of some of the most valuable lessons in life - like how to love unconditionally (nobody does that better than a child), how to be present (children have not learnt how to worry about the past and future) and how to live with a sense of ease and confidence that only comes from embracing our true creative nature.

Love less

Who doesn't love holding a newborn baby? Having something in our arms that is so innocent and fragile connects to a very primal force within us - the need to nurture and/ or to leave a legacy.

Love is something that is often misinterpreted as security, flattery, infatuation or the need to feel needed. Perhaps it was from a need to be loved that we smother, or from a need to be heard that we become overbearing, or from a need for power that we become the dictators in our homes, or perhaps from a traumatic childhood that we lash out - and all this in the name of love. Perhaps if we had to love a little less, we can create some space between our inner-demons and our children. After all, our children are not our property.

We have done well as a parent when our children learn to become responsible for themselves.

Conscious parenting is a purposeful journey of recognising and overcoming our fears and failures, and then becoming a more complete and fulfilled person whilst bringing up and supporting our children to then become complete and fulfilled people in turn.

All the best on your journey. If you have any questions or wish to explore this concept further, feel free to contact me.



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Need help to walk your pet dog/s to keep them healthy? Llanah (14 yrs old) at stand 3069 IFV is volunteering and will love to do it for you freely during her available time at 6am and 4pm. Please phone her mom on 079 661 6708.

Looking for a tutor? I am a second year Medicine student @UP who matriculated from St. Marys DSG with distinctions in Mathematics, English, Afrikaans, Accounting, Life Orientation, Physical Science, Life Sciences (Biology), and advanced English. I also completed Advanced Mathematics. For students to optimally benefit from tutoring, it is important that lessons should take place from the beginning of the academic year and these lessons should be consistent throughout the year and not just before tests or examinations. Please contact Neha on 079 738 6748 or nehapillay27@gmail.com.

DOMESTIC HELP

Julia is looking for work in Irene Farm Villages. She is available Monday to Friday. Julia has worked in IVF previously and is friendly, reliable and hard working. Please contact Julia on 072 922 1230.

Lindiwe currently works with us in the estate, but will be available for employment on Tuesdays and/or Thursdays going forward. She has been working for us for many years and we have found her to be friendly, reliable and honest. If you are interested in her services, you can contact me on 082 450 4659 for a reference or call Lindiwe directly on 072 823 1248.

Lilian Maphosa is looking for employment and lives and works in the estate already. Lilian is extremely hardworking, wonderful with children and an absolute pleasure. She has been working for us for 10 years. She is available on Tuesdays, Wednesdays and Thursdays. Please call Lilian 073 668 7594 or Tarquin for a reference 073 4585 485.

Lidia Maphosa is looking for full-time live-in employment as her employers have immigrated. Lidia is extremely hardworking, wonderful with children and an absolute pleasure. Please call Lidia 061 311 0688 or Tarquin 073 4585 485.

My domestic worker, Maggie, is looking for work on Tuesdays and Thursdays starting January 2020. She is a hard worker and has been working in

the estate for many years. Please contact her on 072 224 6112. For a reference call Reshma on 072 377 6576.

Silvia seeks employment for Tuesdays, Wednesdays and Fridays. Her previous employer has relocated. She is extremely hardworking and thorough. I have never met anybody so loyal and eager to work and learn. Her home language is Sepedi and she speaks basic English. Please contact me for a reference at 083 769 2825, or call Silvia directly on 072 495 1139.

GARDENERS

Angelo seeks employment for Tuesdays and Fridays. He has been working for us for almost 3 years and comes highly recommended. He is extremely loyal, hardworking, eager to learn and proud of his work. His previous employers have relocated. For references call Louanda on 083 769 2825, Frank on 083 725 7449 or Brandon on 082 496 6300. Or call Angelo directly on 073 462 5418.

Philimon has been working for us for more than 5 years and is also working for other families in the estate. He has Wednesdays available to take on work. He is also good at doing all kinds of odd jobs around the house and he is doing waterproofing of roofs in the estate. For more details and a reference please phone me, Susan, on 082 8515 711, or call Philimon on 083 540 9365.

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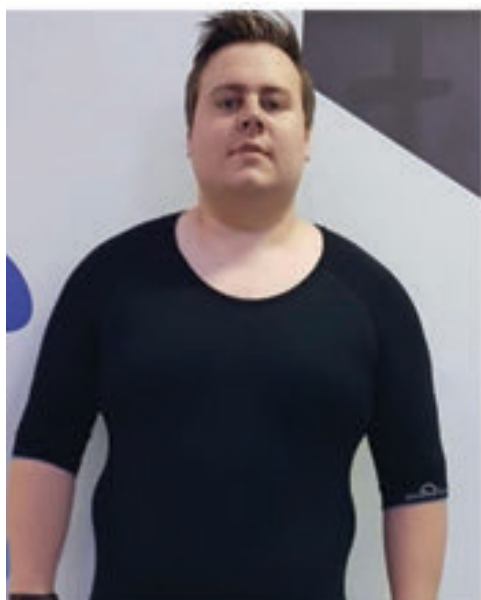
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