



The Villager

Issue 3 • 2020

RULES FOR SOLAR PANELS AND GENERATORS

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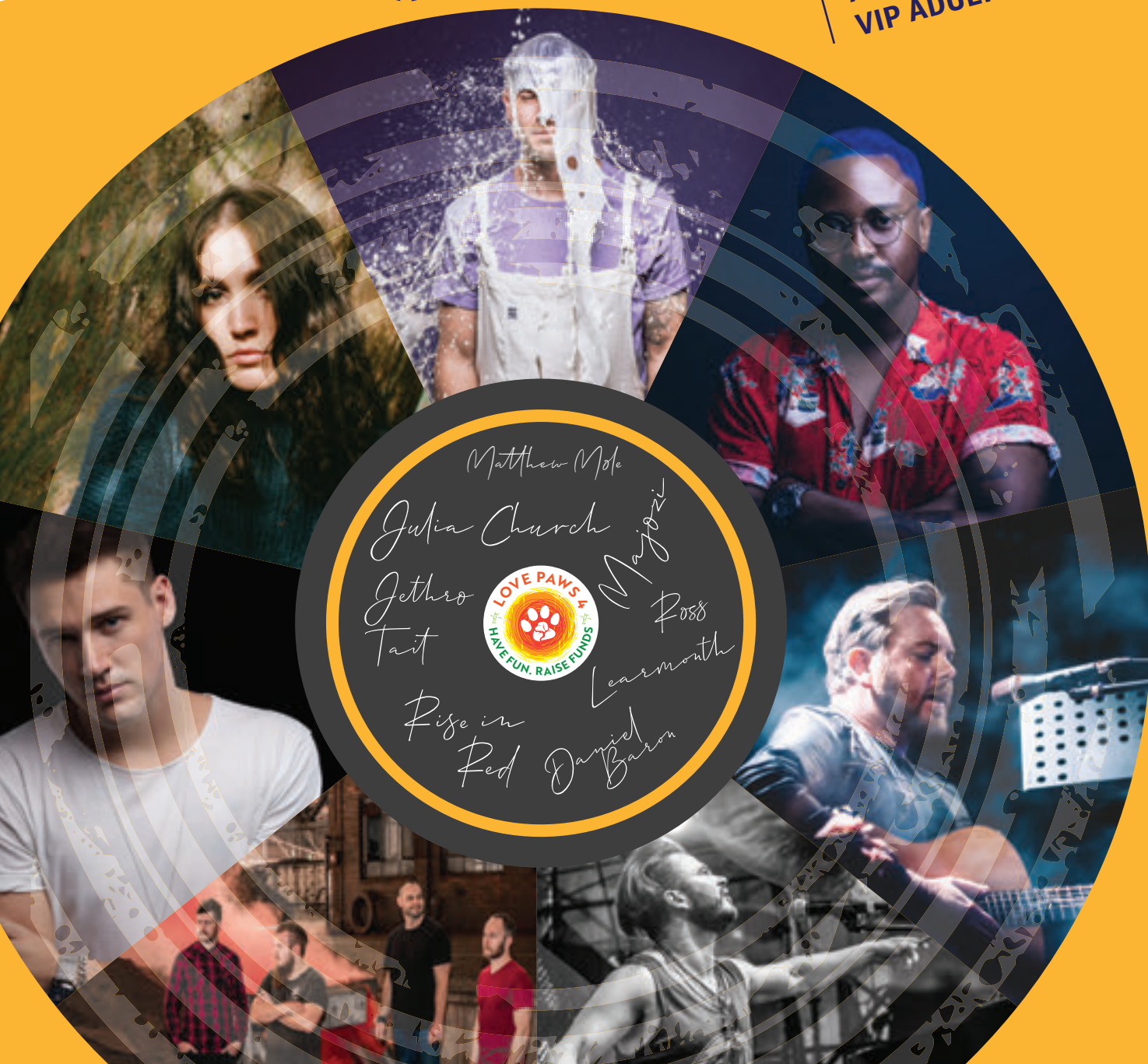
CAXTON local media



TICKET COSTS

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VIP KIDS
DOOR
ADULTS
VIP ADULTS

R100
R350
R375
R350
R650



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



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Message from the Estate Office

Dear Residents

With the ongoing load-shedding during the past months, one comes to appreciate that, when the Homeowners' Association was considering the purchase of new generators, they had the foresight to look well into the future, five to ten years ahead of time. Their decision to go for the more reliable, although noticeably more expensive, Perkins generators was indeed the best buy. When the power goes down, these generators at the two gatehouses take over from the UPS's in 45 seconds, powering all the security equipment, including the electric fence and perimeter cameras.



The Tshwane Metro Council has failed to attend to the rehabilitation of the 'old' sink hole in Queens Way. This was scheduled to start in January 2020. Enquiries were made at the Council but there is no clear answer as to when they will start with the long-awaited rehabilitation.



At van Niekerk



By now all the household workers (domestics, gardeners, au-pairs, drivers, etc.) must be in possession of their new blue 2020 registration cards. This card must always be carried on the person, when the worker accesses the estate. The card must be shown to the Security Personnel, should the biometric system fail. Residents are reminded that they are not allowed to send a PIN on the Glo Visitor App to their household workers to access the estate.

During the past five years, more than 200 building plans were approved by the Homeowners' Association for alterations and additions to properties, for example swimming pools, garages, patios, servant quarters, studies, etc. For the past three years, the statistics are the following:

Building Plan Totals	2017	2018	2019
Total Plans Viewed	54	38	41
Total Plans Approved	38 (70%)	30 (78%)	35 (85%)
Total Plans Approved with 1st Review	28 (51%)	18 (47%)	20 (49%)

The additions and alterations have a direct and positive effect on the value of properties in the estate. The HOA's Aesthetic Sub Committee (ASC) scrutinises all the building plans, which must be approved by the HOA before the plans are submitted to the Tshwane Metro Council (TMC) for final approval. Residents are reminded that building work may not commence before the TMC has approved the plans and the refundable building deposit has been paid to the HOA. Once the building work is completed, it is the duty of the owner of the property to obtain the new occupation certificate from the TMC. This certificate must be submitted to the estate office, whereafter the building deposit will be refunded, subject to several HOA compliances.



The Nel family from Silk Oak Drive donated three aloes to the HOA. These were planted on the shoulder near the North gate circle. We would like to thank the Nel family for their kind

donation. Aloes are indigenous plants that thrive well on the Highveld and are drought-resistant. They bloom in late winter, and the beginning of spring. This plant is recommended for any garden.



On the social front, we are glad to announce that the PAM GOLDING GROUP will once again sponsor the Easter Egg Hunt event, which will take place on Saturday morning, 11 April 2020. For those residents who are not going away over the Easter weekend, you are invited to bring your kids along. They will enjoy the morning, as we all experienced last year. For the parents, there should be a cup of coffee. Further details will follow later.

The biometric (fingerprint) access to and from the estate is the core of the security system. We frequently receive enquiries from residents, visitors or contractors, that they encounter difficulty with the biometric reader recognising their fingerprint. The manufacturer assured us that the new biometric system is well equipped to read fingerprints and identify the individual. However, there are several factors that could influence the quality of the fingerprint, which will result in the failure of the system to identify the person, namely:

- **The enrolment quality:** The estate office staff are careful to obtain the best possible fingerprint during the enrolment process at the office. If you struggle with your fingerprint access, you are welcome to visit the office to try and obtain a better quality of your fingerprint for our enrolment records. This will help when you use the fingerprint reader when accessing the estate.

- **Finger placement:** It is important to know that you must place your finger in the correct position, not too high or too low (tilted); twisted at an angle and not

straight on the reader glass (face).

- **Dry fingers:** Lack of moisture is one of the key elements disrupting the fingerprint identification process. If your fingers tend to be dry, especially during the winter or due to your age, hand lotion or cream will enhance your fingerprint quality.

- **Wet or sweaty fingers:** This also poses an obstacle to obtaining a good quality fingerprint. You will have to clean and dry your finger before placing it on the reader face.



Due to the latest load-shedding schedule that was announced by ESKOM in late January 2020, the Estate Management regularly receives enquiries from residents, asking whether the HOA rules make provision for the installation of solar panels and generators. The answer to this enquiry is yes. The HOA rules do prescribe certain guidelines, which must be adhered to.

The use of a generator, a noisy creature by its nature, is prescribed by Rule 5.2.13.14. Of importance is that the generator:

- must be positioned out of sight from the street front;
- must have a manufacturer's low-level noise function of 75 dBA/meter; and
- must be equipped with a changeover switch.
- The Tshwane Municipal By-laws do prescribe certain noise levels, which must be adhered to by residents, namely 55dBA daytime and a 45dBA night-time noise level rating measured



at the property's boundary.

The solar power systems are dealt with under Rule 5.2.13.15, which stipulates that, prior to the installation, permission must be obtained from the HOA. Of importance is that the equipment may not protrude above the ridge of the roof; and that exposed cabling or pipes must be placed in a duct (sleeve), which must match the colour of the house.

During February, the HOA's Financial Sub Committee (FSC) prepared the operational budget for 2020/2021. The draft budget was submitted to the Board of Directors, who approved it. It will be effective from 1 March 2020, when the new financial year starts, and it runs up to 28 February 2021. The new levy increase of 5,25% that was communicated to all our members will be implemented from 1 April 2020. In considering the new budget, the Board had to take into account the effect of the year-on-year CPI on consumer goods, labour and services, the expected economic situation in South Africa, as well as the HOA's own

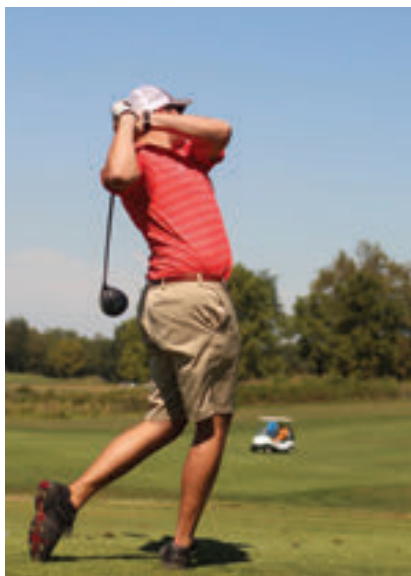


capital projects that were tabled by the various HOA portfolios, namely Security, Environmental, Property, etc. The levy increase and the capital projects will be discussed in the next issue of *The Villager* (4/2020).

We encountered another safe month with no security breaches. The traffic enforcement inside the estate is continuing, focusing on speeding and failure to stop at stop signs. Penalties will be issued to people transgressing the HOA's traffic rules.



The Estate Management is busy planning the first in-house golf day. The current challenge is to secure a sponsor. Anyone who can assist with a sponsor is invited to contact the Estate Manager or Madeleine.



Over the Festive Season there was a remarkable increase in the volume of recyclable materials that were collected. In December 2019, over 10 000 kg were collected; and 11 470 kg for January 2020. Both are record-breaking volumes. We would like to thank the residents for taking part in the recycling programme and for the effort that they put in. We, as a community, can be proud of ourselves.



If you notice that your neighbour is not recycling, do take the time to walk over and invite them to get involved. This is all for a better South Africa.

The programme for the upgrading of the two gatehouses is progressing, however slowly at this stage. The engineer's designs for the structures were completed in February and submitted to the Quantity Surveyor to finalise the Bill of Quantity (BOQ). The plan is to finalise the BOQ and the building tender during March 2020. The building plans for the main gatehouse must still be approved by the Municipality. The aim of the Property Management Committee (PMC) is to start with the building work during 2020, as planned.



We have been advised by Irene Land Corporation (ILC), through its representatives, that the Township Establishment of Extensions 176 and 177 Irene is close to final approval by the Municipality. These two developments consist of sixteen new erven, which will be incorporated into the HOA. Once the Municipality has approved the Township Establishment and transfer of ownership from ILC to the new owners has taken place, the new owners (then also members of the HOA) will be able to start with the building works. Several



building plans for these new houses have already been approved by the HOA's Aesthetic Sub Committee (ASC).

The Garden Creation Team, supported by the HOA's Operational Team, was battling to get rid of all the weeds, especially the flat thorny weed that has invaded the park lawns during the drought of 2018. We hope to win this battle by the end of the coming winter. We congratulate the gardener of the month, Alinafe Mdala, and thank him for his hard work.



Alinafe Mdala

And, finally, in our chess article in this issue, Knight discusses the importance of a tactical and strategic plan, which should enable you to outplay your opponent.



Best regards from the

Estate Management

P.S. "It is not whether you win or lose, it is how you played the game."



IRENE FARM VILLAGES HOME OWNERS ASSOCIATION

Summary Income Statement – January 2020

	January 2020		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
Levy Income	1 108 155	1 108 154	12 189 701	12 189 694	7	0.0%
Other Income	75 038	18 250	874 594	551 210	323 384	58.7%
	1 183 192	1 126 404	13 064 294	12 740 904	323 390	2.5%
Operational Expenditure						
Professional /Administration	61 486	80 590	770 537	785 199	14 662	1.9%
Accounting and Auditing	39 273	39 274	496 441	501 014	4 573	0.9%
Insurance, Legal and Admin	22 212	41 316	274 096	284 185	10 089	3.6%
General Office	13 108	8 311	134 570	132 771	(1 799)	-1.4%
Office Administration	13 108	8 311	134 570	132 771	(1 799)	-1.4%
Operational Expenses	165 602	212 934	2 395 315	2 513 850	118 535	4.7%
Municipal Charges	35 065	49 738	534 055	535 866	1 811	0.3%
General Operations	14 947	16 103	168 089	177 566	9 477	5.3%
Salaries & Wages	115 590	147 093	1 693 171	1 800 418	107 247	6.0%
Security	452 292	496 934	5 087 837	5 331 348	243 511	4.6%
Security Operations	47 626	59 029	562 161	677 187	115 026	17.0%
CCTV Equipment Rental	11 703	19 400	158 079	229 400	71 321	31.1%
Guarding Services	392 963	418 505	4 367 597	4 424 761	57 164	1.3%
Repairs & Maintenance	155 657	185 313	1 871 831	1 925 368	53 537	2.8%
Repairs & Maintenance	19 397	47 755	392 431	457 626	65 195	14.2%
Park Maintenance Contract	136 261	137 558	1 479 401	1 467 742	(11 659)	-0.8%
	848 145	984 082	10 260 090	10 688 536	428 446	4.0%
Operating Profit / (Loss)	335 047	142 322	2 804 205	2 052 368		
Non-Recurring Revenue	6 600	0	387 026	0	387 026	100.0%
Non-Recurring Expenses	0	50 500	356 110	1 098 500	742 390	67.6%
Net Positive/ (Negative)	6 600	(50 500)	30 917	(1 098 500)	(355 364)	
Net Profit / (Loss)	341 647	91 822	2 835 122	953 868		

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	168 020	0	168 020	100.0%

IRENE FARM VILLAGES HOME OWNERS ASSOCIATION								
Summary Levy Statements – January 2020								
	120+ Days	90 Days	60 Days	30 Days	Current	Total		Previous Month
Normal - Self Pay	-	-0	1 106	35 661	-197 745	-160 978		-102 130
Normal - Debit Order	-	-	-	-	-7 559	-7 559		-4 668
	-	-0	1 106	35 661	-205 304	-168 538		-106 798
Debt Collection - AA (30/60 days)	54 345	19 559	171 804	29 028	26 730	301 466	119%	177 644
Debt Collection - JJR (90+ days)	93 968	3 580	3 298	3 327	2 344	106 517	42%	103 290
Debt Collection - KSB (90+ days)	31 983	5 585	4 994	4 930	4 431	51 924	20%	58 035
Sold - Previous Owner Accounts	-	-	-	-	-42 896	-42 896		-44 199
In Transfer	-	-	-	-	-16 680	-16 680		-20 745
Other	11 641	2 974	3 055	2 582	2 342	22 595		20 113
	191 937	31 698	184 258	75 527	-229 034	254 387	35.8%	187 339
Debt Collection - Accounts > R200,000	1 074 123	20 775	19 677	19 623	9 783	1 143 981	0.8%	1 134 358
	1 266 060	52 473	203 935	95 150	-219 251	1 398 368	5.8%	1 321 697

Another successful month of collections. We've had an unfortunate event whereby a member was penalised in excess of R100,000 for the rules of our Estate. If we exclude this member from the above numbers, the outstanding amount due to the HOA decreased by 7%. As a result of the penalty, the HOA now has 5 members owing more than R100,000 to the Estate. In total, only 14 debtors owe more than 120 days, 25 (including the 14) owe the HOA more than 60 days. The Board is driving collections to ensure adequate cash flow to fulfil the HOA obligations.

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

"Never doubt that a small group of thoughtful, committed citizens can change the world. indeed, it is the only thing that ever has."

– Margaret Mead

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

Value" Shopping

ALL YEAR ROUND



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value mart



#avmshopping

CHESS BY



Most good chess players hate losing. Bobby Fischer cried after losing certain games.

A player spends a great deal of mental energy during a game. Nobody likes to see the time and effort spent on a project go down the drain. The same applies to chess. The question then arises: how does the chess player avoid losing? As previously mentioned, the game can be subdivided into three phases - the opening, the middle game and the end game. In this issue, I plan to briefly examine some ideas concerning the middle game.

There are two middle game elements that can be considered – chess tactics and middle game strategies. Let us start our discussion by briefly explaining what the two are.

Chess Tactics: A tactic refers to a sequence of moves that limits the opponent's options and may result in tangible gain. The key to success in chess is to master chess tactics, for example the pin, knight fork, discovered attack, discovered check, double attack etc.

Chess Strategy: A strategy is a long-term plan or idea. It is usually based on positional considerations, rather than attacks and captures. Some of the common positional elements that form the basis for strategy are: (a) Piece Mobility (b) Piece Safety (c) King Safety and (d) Pawn Structure.

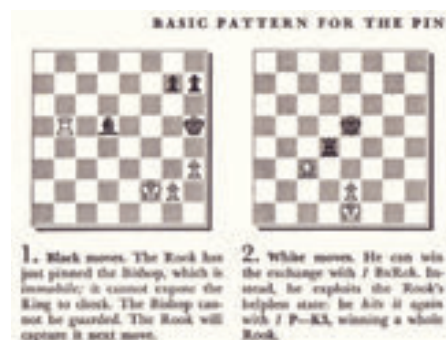
Many books and articles have been written about chess tactics and chess strategies. In this article I will briefly examine a common chess tactic, namely the pin.

THE PIN:

Explanation: A pin is a situation in which a player's piece is unable to move, or it is inadvisable to move it because of one of these reasons:

- The king would be put into check, and as such the move is illegal. This is an absolute pin.
- A more valuable piece could be captured by the opponent. This is a relative pin, as the move can be made, but it's usually not a very good option.

In chess, there are three different pieces which are able to pin other pieces. These are the three long-range pieces: a Rook, a Queen or a Bishop. A pinning piece is eyeing one of the opponent's valuable pieces, with a less valuable opponent's piece in its way. The following is an example of a pin – (taken from the book by Irving Chernev and Fred Reinfeld – *Winning Chess*).

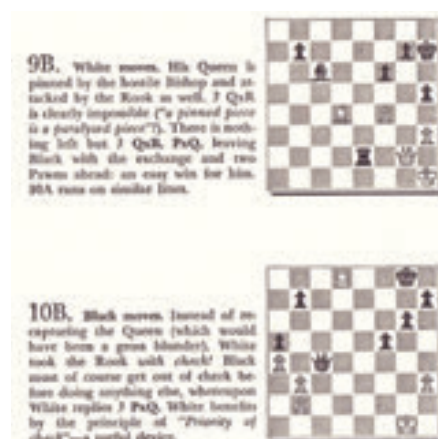


In the first diagram, Chernev and Reinfeld explain what an absolute pin is and, in the second diagram, how to exploit a pin in order to gain material. This pattern is often repeated in different positions. The good player automatically recognises the pattern and looks how he can pin pieces and then take advantage from the pin. In order to improve this pattern, here are some further examples from *Winning Chess*.



The idea is to set the position on the board without looking at the explanation in each case – only noting who moves first and then puzzle out what the best move should be. With a great deal of repetition, a player soon begins to recognise the pattern and apply the exploitative procedure to win material.

The concluding solutions to problems 9A and 10A are given below.



Note that *Winning Chess* is an old book on chess and was first published in 1948. Modern drills on pins use the same principles to help players to improve chess tactics.

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.



Nina 082 963 1194
PRINCIPAL SALES AGENT

Eunice 071 676 5940
RENTALS

IRENE FARM VILLAGE

TIMELESS ELEGANCE

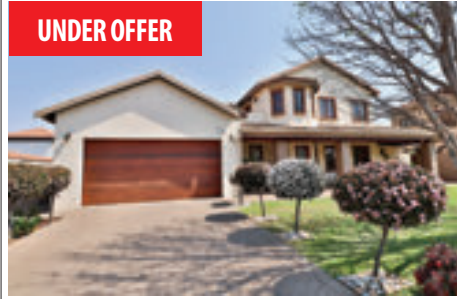


Web ref: 1062 R5.3 mill

5 Bedrooms,
4 Bathrooms, Lounge,
Dining, TV room,
Open plan kitchen,
Scullery, Study/Office,
Enclosed patio, Pool,
3 Garages, Borders park

NINA 082 963 1994

EXCELLENT LOCATION



UNDER OFFER

Web ref: 1027 R2.935 mill

3 bedroom, 2 bathrooms,
TV room, Dining room,
Kitchen, Scullery,
Domestic quarters,
Double garage

NINA 082 963 1994

BORDERS PARK!!



Web ref: 1067 R3.390 mill

4 bedrooms,
3.5 bathrooms, Guest
toilet, Study, Dining room,
Kitchen, Scullery, Lounge,
TV room x 2,
Large covered patio, S/Q,
Double garage

NINA 082 963 1994

SINGLE STORY ... BORDERS GREEN BELT Web ref: 1092 R4.4 mill



3 bedrooms, 3 bathrooms,
spacious kitchen,
scullery, loft, tv room,
entertainment room with
built in braai, 3 garages
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BMW 520d A , Mineral Grey, 2016, 55 000 km, M Sport package	R439 000
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BMW X4 xDrive20d A , Sophisto Grey, 2017, 73 000 km, xLine Towbar	R449 000
BMW X4 xDrive30d A , Alpine White, 2017, 53 000 km, M Sport package	R669 000
BMW X5 xDrive30d A , Alpine White, 2019, 24 100 km, Glass sunroof	R1 139 000
BMW X6 xDrive40d A , Space Grey, 2016, 18 200 km, M Sport package	R829 000
BMW X6 xDrive40d A , Long Beach Blue, 2018, 21 900 km, Towbar	R929 000
BMW X6 M , Carbon Black, 2018, 10 200 km, Comfort Access, Towbar	R1 399 000
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BMW Centurion

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THE FEMALE ATHLETE TRIAD

WRITTEN BY ANNAMI HAVENGA FOR PHYSIO FIRST

Do you have a sporty, disciplined and competitive daughter at home? Are you the dad who spends more time next to the sports field than next to the 'braai' over weekends? Are you the mom who buys energy drinks in bulk?

Those times are great. Hectic and tiring, but most often very rewarding – not just seeing your little princess achieve in her discipline, but also to see her grow up and develop emotionally.

Today I want to shed some light on her PHYSICAL development as well. We all know exercise and sports are good for physical development and overall health, but what happens if she overdoes it?

Have you ever heard of the FEMALE ATHLETE TRIAD?

The Female Athlete Triad is defined as an interrelationship among **menstrual cycle changes**, **inadequate calorie intake** and **decreased bone density** in female athletes.¹ This occurs when **strenuous exercise** is combined with inadequate calorie intake which in turn leads to serious health consequences. It's more prevalent among teenagers, but also present in adult women.

It is useful to think of an athlete's calorie intake in terms of 'energy availability', which is the amount of energy consumed in the diet minus the amount of energy used during exercise. The amount of energy left over is the 'energy availability' to carry out other body functions, such as growth, development, and reproduction. If there is an imbalance, it will affect the body negatively.²

Athletes may present with 1, 2 or all 3 of the components of the Triad.

SIGNS AND SYMPTOMS

In the beginning, the symptoms of the Female Athlete Triad may be subtle, but amenorrhea (absence of menstruation) is one of the easiest ways to detect the Triad. Stress fractures, weight change, eating disorders, bradycardia, arrhythmia and depression are all early symptoms commonly seen.³

HOW IS THE FEMALE ATHLETE TRIAD TREATED?

The greatest challenge in treating female athletes with the Triad is making the initial diagnosis of the condition. Prevention and/or recognising the danger signs remain the best way to keep her safe. A multidisciplinary approach is usually necessary for recovery. Support from a primary care and/or sports physician, as well as a nutritionist or dietitian, psychiatrist or therapist, the team coach, and family members, is extremely important throughout the rehabilitation process.¹

The mainstay of treatment of the Triad is increasing calorie intake to improve energy availability. Due to all 3 components being multi-factorial in their own right, it is a difficult condition to treat.

THE BOTTOM LINE

The Female Athlete Triad is a serious condition that affects a lot of young women. If left untreated, it has the potential to cause permanent long-term health problems which include osteoporosis, fractures, reproduction problems, infertility, cardiovascular disease and decreased immune functions.²

If you suspect your daughter might be at risk – a medical assessment by a sports physician/medical doctor is of paramount importance.

As parents, we want to see our children succeed on the track, but let's also make sure they succeed off the track by keeping them healthy.

For bookings or the full list of references please email me at info@physiofirst.co.za



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MERCEDES-BENZ – THE BEST OR NOTHING

Mercedes-Benz Centurion believes in making a difference in the community and, every year, their staff get involved in a number of activities and events.



Bestmed Tuks Race 2020

BY SURI SMIT

It was an early start for all at Pretoria's most loved race, the Bestmed Tuks Race which took place at the Hillcrest Sports Campus on 15 February 2020.

It was 42,2km of pure exhilaration, and preservation for some, with most finishing off at the 21,1 km mark.

Watering points were located every 3km and athletes could opt to partake in either the 1km, 5km, 10km, 21,1km or the ultimate 42,2km event. Wheelchair athletes were also afforded the opportunity to take part in the race, with the 10km mark being their finishing line.

2020 saw Mercedes-Benz Centurion at the 18km mark handing out words of encouragement, cold refreshments and much needed nibbles.

A cheerful atmosphere amongst employees and runners inspired those struggling to keep going and stay upright, as tired legs threatened to cave in. The sheer dedication and willpower of every athlete was evident at the refreshment station. For some, the BestMed Tuks marathon was also a Comrades qualifier, thus a huge motivating factor, taking each individual one step closer to reaching their 2020 goals.



Mercedes-Benz Centurion would like to thank Tuks Sport for the opportunity to be involved in this highly successful event. We wish all the participants a great, injury-free season and may you reach all your goals. See you on the road and be safe!



Mercedes-Benz Centurion charity event

BY ANKIA NEL

Mercedes-Benz Centurion recently sponsored the Non-profit Organisation, Toys for Africa, as one of their few chosen charities for 2020. The first joint venture took place on 19 February 2020 at Uitsig Primary School, The Reeds, Centurion.

Learners were educated by Police Officers and Social Workers from the local community on bullying; the dangers associated with cell phones and free access to inappropriate content; and even drug abuse on Primary School Level. Children were advised to ask their parents to link their mobile devices to their own, so that they can monitor cell phone usage.

Founder of Toys for Africa and the Centurion & Pretoria Child Protection Hotline, Danie van Loggerenberg, shared the importance of reporting any inappropriate misconduct by adults towards children, as well as bullying, and again shared with them the importance of not talking to strangers or giving their name to anybody they do not know.

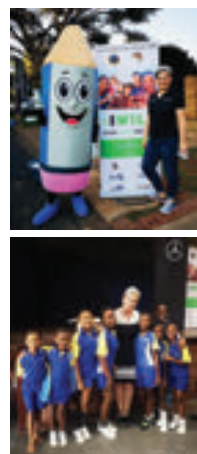
The Child Protection Hotline is a safe way of communication, whereby children that are in danger or feeling threatened can contact:

- Pretoria Child Protection Hotline 060 808 2261
- Centurion Child Protection Hotline 071 192 0569.

Mercedes-Benz Centurion sponsored much needed stationery at this event, and Ankia Nel, Former Ms. Africa Universal 2017 and Sales Executive at the Centurion Dealership, motivated the children by talking about the topic 'Change your Attitude, Change your World'.

Websites:

- centurion@toysforafrica.org.za/pretoria@toysforafrica.org.za
- childprotection@toysforafrica.org.za



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Grassland – hardest hit habitat

CHAOS IN THE BIRD WORLD

BY JAMES CLARKE, PICTURES BY MARY BROADLEY

Agriculture and urbanization are destroying habitats.

According to the journal, *Science*, North America has lost three billion birds since 1970. Grassland birds are the hardest hit. South Africa has a similar problem.

The Cornell Lab of Ornithology and American Bird Conservancy noted a 29% decline in bird populations across diverse groups and habitats – from songbirds to long-distance migratory birds such as swallows and backyard birds like sparrows. It amounts to a loss of one in four birds in the last 50 years.

Emily Holden in *The Guardian* reported that scientists are calling it ‘a widespread ecological crisis’. She reports that the population losses are consistent with what scientists have noted among insects and amphibians.

Insects? I noticed the first butterflies in my garden only in mid January. Then came the blizzard of small white butterflies (*Belenois aurota*) on their annual, lemming-like migration from their breeding grounds in the dry west to fly ever eastwards, most of them to die over the Indian Ocean.

Over the last 10 years, says Holden, data collected from weather radar stations that scan the night skies, and from professional institutions across the world, indicate a 14 percent drop in migrating volumes of swallows and other migrants.

In Canada and the US, grassland birds were hit especially hard, with a 53%

reduction in population. Shorebirds were already at low numbers in the 70s and have now lost more than one-third of their population.

That we have a similar trend in South Africa is hardly surprising given the massive destruction of our grassland. Just note the horrific destruction of grassland along the N4 to Kruger Park for open cast coal mining to feed Eskom’s power stations. Mealies and sunflower production take up a lot of what is left. In the 1980s I was involved in surveying the coal mining damage and learned the land can never be rehabilitated for agriculture.

The widespread use of pesticides is also contributing to declining bird

numbers. And climate change? That, too, must also be affecting habitats here and across the world.

Michael Parr, president of the American Bird Conservancy, suggests that apart from needed policy changes, including bans on harmful pesticides and strengthening bird conservation legislation, the public can help by guarding against birds crashing into windows (stick transfer patches on windows) and cultivating gardens with birds in mind - and keeping cats indoors.

I believe the burgeoning number of housing estates is playing an important role in mitigating our current bird situation. They are, despite the hazards

Red-headed finches





Young Indigo bird



Grey hornbill – a new resident seen in some estates

of windows and cats, greatly augmenting birdlife. Their vast tree-planting programmes (usually indigenous trees) and development of water features – and the buildings themselves – are providing new nesting and feeding opportunities.

Gauteng was once grassland (savanna) with a few dozen species of birds. Look at what we have now in terms of variety. There are now, characteristically, inside a typical 'estate', 100 and more species – three or four times the variety that existed before. In my area, I noted 22 species visiting one small bird table in August – it was still winter.

It's also noticeable how bushveld birds have become established inside Highveld estates. It began with the sudden appearance of the Go'way bird in the 70s – pushed west by the Lowveld drought. More recently in some estates, the grey hornbill has appeared. The green pigeon is often seen and a mourning dove visited my garden last year but that was surely an escapee. I see flypasts of rosy-



Mary's cylindrical bird feeder

checked parakeets almost daily in my estate – sometimes in flocks numbering two dozen and more. (I'd love to know where they roost.)

The dusky indigo bird often shows up and the red-headed finch – both visit Mary's cylindrical bird feeder along with eight or more red bishop birds.

It was inevitable that, nationally, regional bird population densities and distribution patterns would be shattered

by development. This is why we must treasure existing witness areas such as bird sanctuaries and game reserves and why we should be grateful for the way estates and sensitively-designed suburbs are maintaining the variety of birds, if not the numbers.

We would appreciate bird observations from readers. Send your emails to me at jcl@onwe.co.za or to Mary at msbr@mweb.

Go'way bird – one of the first bushveld birds to settle here



Lilac-breasted roller – once spotted near the Jukskei River





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- Layer 2
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- Layer 3
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Full Load Qty: 18



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70kg
Full Load Qty: 18



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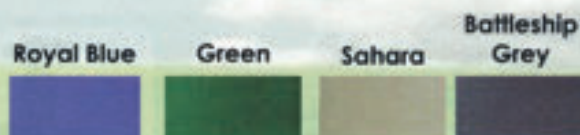
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► Slimline tank dimensions



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Kalahari Red

Buffalo Brown



THE HEALING JOURNEY

Finding the path to recovery

BY MICHELLE L RAYMOND

Every week on the radio I interview interesting corporate leaders, inspiring entrepreneurs, or avid adventurers with amazing stories. It is usually a business-focussed conversation centering on innovation, technology and leadership.

On one particular day, a lady walked in and, little did I know that her story would render me to tears - not something you'd expect from a business show.

Without any warning, she jumped right to the point and told me the heart-breaking story of how she had recently lost her 9-month-old baby to leukaemia. Her bravery was an inspiration - to come on live radio and share an intimate story and her journey to recovery. She is now an ambassador for childhood cancer research and organises frequent community blood drives with the SANBS to allow people to support her in a constructive and meaningful way.

It is stories like this and many more that my work as a life coach has given me front-row access to, the unseen and rarely divulged struggles almost every person carries. These stories include everything from miscarriages and difficult births, death of loved ones, depression, neglect, fear, pain, abuse and sadness. Many

of these stories are suppressed and internalised because modern society has not created the space to openly share and connect.

How are we to heal when we are ashamed of our journeys?

A paradigm shift

Let us start by removing idle chit-chat from our social circles. Let us take a genuine interest in the well-being of others. Let us erase from our vocabularies the all-to-common phrases like 'I'm fine thanks' and 'Ja, no, can't complain'.

Create a safe space

We have all gone through something that has caused us pain. Once we are brave enough to open up about it, it is surprising to discover how many people have gone through or are going through something similar. Let us share our stories with courage and compassion.

Get help

These days, there are so many options when it comes to healing. And because it is such a complex and personal journey, it is important to choose something that feels right and is aligned with what we believe.

A wise man once said, "Allow people the dignity of their own journey."

Our suffering does not define us. But it can and will hold us back from living a fulfilled life.

Seeking help does not make us weak - it does the opposite. It makes us stronger because we can transform the suffering into resilience and compassion.

Our well-being and performance go hand-in-hand. If we acknowledge our struggles and get the necessary help, we can move away from a life of mere survival to a life that thrives. We all deserve that!

Where to get immediate help if you are suffering from a crisis:

Suicide prevention helpline – Lifeline:
0800 567 567 or 0861 322 322

Domestic abuse and rape helpline –
Tears Foundation: *134*7355#

Child abuse helpline – Child Welfare
South Africa: 0800 055 555

Cancer support helpline – CANSA:
0800 22 66 22

If none of these situations are relevant to you, feel free to visit www.achievegreatness.co.za should you wish to start your healing journey through coaching.



Michelle L. Raymond
Founder & Coach

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Tutor: All grades - English, Afrikaans, LO, CAT, Business, History, Reading, and Writing. I have tutored for the University of Pretoria for three years, and have been teaching in the estate for over five years. Contact Holly on 071 895 9032 or hollyanne.t@gmail.com.

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DOMESTIC SERVANTS

Evelyn is looking for work on Tuesdays and Thursdays. Her number is 066 389 7934. She is very hardworking, honest and reliable (and a friendly person to have in your home). She works for me the remainder of the week in the estate. For a reference, please contact Heike: 083 399 3239.

Lindie is looking for domestic work on Tuesdays and Thursdays. She is staying in IFV and I can recommend her as very friendly, reliable, honest and a hard worker. For a reference contact Zelda on 083 703 8015, or contact Lindie directly on 073 618 3576.

We have a very loving and competent au pair taking care of our two children in the estate for four days per week. She gives personal attention to each child in a structured but stress-free

setup. We can accommodate one more child (toddler) in this intimate, stimulating environment. Please contact Brigitte if you are interested on 084 496 1979, or Marisel on 063 666 9243.

My domestic worker Maggie is looking for work on Tuesdays and Thursdays starting Jan 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.

Mercy is looking for full time or piece work from 1 March 2020. She is an exceptional worker with a quiet and calm personality. She is certified in food preparation, child care and first aid. You can contact Mercy for an interview on 078 009 6450 or contact Elmarie for references on 084 955 5999. She will be a wonderful addition to any household.

My nanny Wilhemina that has been working for me for just over 2 years now is looking for work for Mondays, Wednesdays and Fridays. She's a dedicated, hard worker and is always willing to do more. She can be contacted via myself on 083 653 5233.

GARDENER

Innocent Kaziputa is looking for employment on Mondays, Wednesdays and Saturdays. Innocent has been working for us for more than 10 years and I can highly recommend him as a brilliant gardener and handyman. Please call Innocent on 083 264 4864 or Tarquin on 073 4585 485 for a reference.

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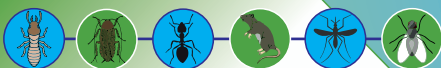
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Protea Coin Shift Manager	082 838 7779
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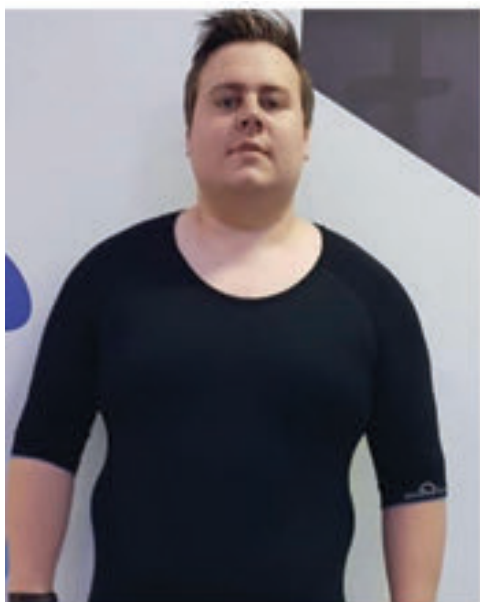
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