

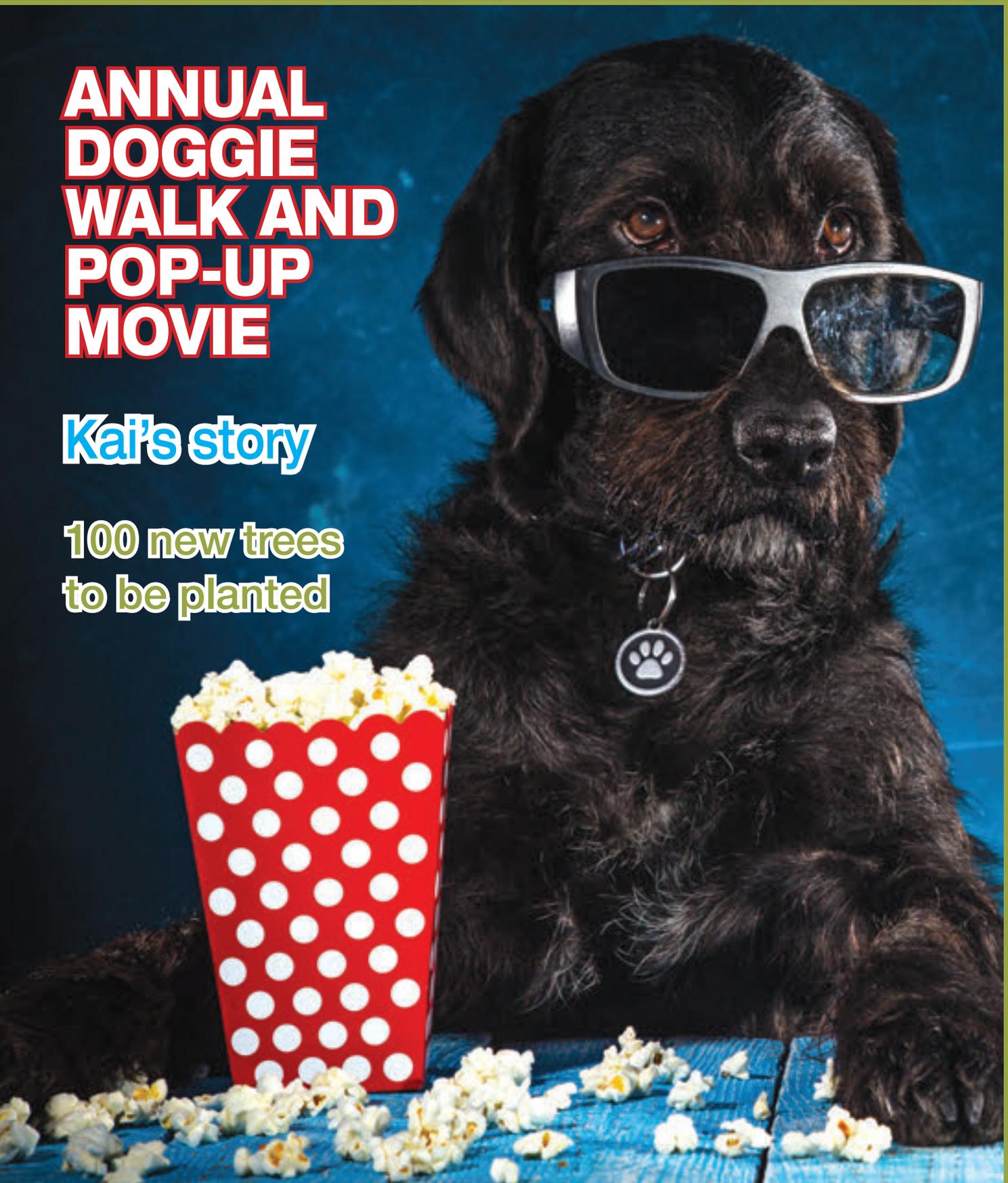


The
Villager

**ANNUAL
DOGGIE
WALK AND
POP-UP
MOVIE**

Kai's story

**100 new trees
to be planted**





Sold



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R4 499 000 SOLE MANDATE



Sole and exclusive mandate. Exquisite family home, perfect for the entertainer. 4 bedrooms and a study or 5 bedrooms all with balcony or garden access. 3 bathrooms, main en suite – newly renovated to perfection. The kitchen made from solid cherry wood with SMEG gas appliances is any cook's dream and opens to the patio area, where you will find the first of three braai and outside entertainment areas. In the landscaped garden a Gazebo area with gas braai overlooking the jacuzzi is perfect for entertaining, or if you prefer, the garden features a third braai and pizza oven for enjoying full outdoor entertainment. The home features a spacious lounge area with fireplace, upstairs pyjama/ tv lounge with air-conditioning, double garage, additional parking and servants' quarters.



R4 495 000



Open the front door and the double volume design engulfs you in light and a feeling of space. Entertainment is a dream, with a separate bar area, huge patio, tv/lounge and dining room with fireplace. The entertainment areas are all open plan to provide a feeling of space and are great for interaction with your family or guests. Three spacious bedrooms all on one level include a master bedroom with huge en suite and more than enough cupboard space. The home is situated next to a secure park area with gate access that guarantees privacy and provides even more space for the kids to play or just go for a stroll through our wonderful estate. The home also features 4 garages, servants' quarters with separate access, an open plan, big kitchen that will suit any chef.



R4 500 000



Fully renovated to the highest possible standard, this one is for the buyer with a taste for the finer things in life. Open plan lounge with brand new kitchen. Working from home? No problem, the home features an office with separate entrance. Gorgeous patio with stack doors overlooking the landscaped garden. Main bedroom downstairs with modern en suite bathroom and outside shower, upstairs features two more bedrooms with large, full bathroom and separate lounge. Big room on the outside with separate entrance and en suite bathroom.

JONATHAN KOEN – A NAME YOU CAN TRUST

Jonathan Koen: 073 206 3877 | 012 662 5663 | jonathan@superiorrealty.co.za | www.superiorrealty.co.za

Contents

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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TESTIMONIALS RECEIVED FROM DELIGHTED CLIENTS

- Riaan and I would like to thank you for your wonderful support and expertise. It was an absolute pleasure working with you. **Heike Viviers**
- We would like to thank you for your absolute super service, your commitment, advice, utmost professionalism, yet personal touch. We will definitely recommend you to any other prospective seller. **Ian & Erna Kloppers**
- 'n Kort woordjie van waardering vir die professionele diens wat ons van Pam Golding ontvang het en meer in besonder vir die professionele diens wat ons van Peter ontvang het. Peter het baie meer gedoen as wat van hom verwag word. Dit is mense soos Peter wat van Pam Golding die beste agentskap in Suid-Afrika maak. **Christo Minnaar**
- Many thanks for your professional guidance and assistance throughout the purchasing process. You certainly helped to make it a stressless transaction. I have recommended you to my colleagues. **Sylvia Siphugu**
- Thank you Peter Varrie for an outstanding service. We had a very frustrating three months with two agents who also operate in Irene Farm Villages. After their mandates expired, we phoned Peter. He orchestrated a super marketing campaign, put our property on the front page of Property24 and brought potential buyers around within a week. We can only give Peter a massive thumbs up for the great service. We would recommend Peter Varrie to get your house sold, an agent who goes the extra mile for his clients and becomes a friend. **Michael & Heike Wiblin**
- Die diens wat Peter van daar af deurgaans gebied het, was besonders, professioneel en van groot waarde. Die wyse waarop die huis bemark is het vir ons geen ongerief te weeg gebring nie en die besondere kleurryke brosjures oor die eiendom wat op internet verskyn het, was indrukwekkend. Ons kon sedertdien die dienste van Peter Varrie by verskeie mense wat hulle eiendomme wou vervreën, aanbeveel. **Fanie & Rika**
- We utilised the services of Peter Varrie to sell our house in Irene Farm Villages and to rent a property in Cornwall Hill. In both of these transactions, Peter's service was of an exceptional standard especially his attention to detail, speed of handling any queries or needs and his ability to balance the needs of both parties concerned. We highly recommend his services whether renting, buying or selling. **Emile & Yolanda Aldum**
- Peter Varrie from Pam Golding has really partnered with us in our journey to find the ideal home. He understood our requirements and gave us comfort that we were in professional and expert hands. **Chantelle McKenzie**
- Peter has been professional, knowledgeable, efficient and courteous. He is an example for Estate Agents, especially Rental Agents, and I would certainly recommend him to anybody needing the services he so ably performs. **Prof Stephen M Finn**
- Peter Varrie has been our property agent for over 2 years. His help, proactively, extended far beyond the scope of conventional engagement and made our property experience with him a pleasant one. Not a moment's hesitation in recommending Peter for your property requirements. **Nicolette Jasper**
- Peter, you started out being the agent that would eventually sell my house. Once the OTP was signed, I had no clue as to whether go left or right. I was in the middle of closing a chapter in my life and things were spiralling out of control. You then sent me a message saying you would hold my hand through the whole process. I cannot express the relief that I felt. I don't think you quite expected what was to follow, but I am deeply grateful for your support and professionalism that went above and beyond. **Leanne Ragoonath**
- Your professional approach to the marketing of our property is admirable Peter. Thanks so much for guiding us; I know that Mel is most appreciative too. I remain confident that you will get us the best deal. I have known Peter Varrie since moving into IFV, so I have no fear that we are in good hands. **Dave Scales**

Pam Golding Properties is the top selling Agency in Africa and Peter Varrie is a valued Gold Club Member and a top selling Property Professional in Irene Farm Villages. We invite you to join his rapidly growing band of satisfied sellers and rental clients.

**Peter Varrie: 082 457 7416
012 644 8300**

Thinking of putting your property onto the market? Please contact me for a free market related valuation.

Estate News

Dear Residents

It was great to be back at the estate after a restful vacation which took us to the Northern parts of South Africa. During our visit to the Kruger National Park we had the privilege of witnessing a herd of about 200 to 300 buffalo cross the road near Punda Maria. And again, to witness the majestic Boabab tree, which is my favourite amongst all our indigenous trees and only found in the North of the Limpopo province.

NEW ACCESS CONTROL SYSTEM

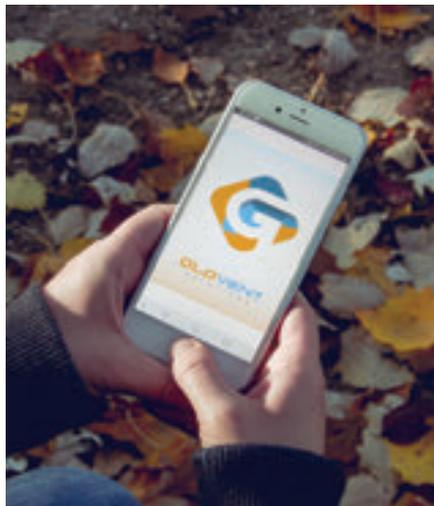
It is only when one is away from the office that one becomes aware of all the work that is carried out by one's colleagues. We have gone through a tough time at the office to make the new access control system function effectively. We have come to realise that it is not that difficult to develop a system. The trick lies in the implementation. During the implementation period, the Estate Management had to deal with numerous complaints, enquiries, misunderstandings of the system, the use of outdated cell phones and the unwillingness to adapt to changes. However, due to the commitment by a dedicated Estate Management team, we were able to address and resolve most of the teething problems.

The new Glovisitor app brought a new dimension of residential security to the homeowner. It is important for the homeowner to take responsibility for his or her visitors, contractors, deliveries, collections and any other form of service, which mainly focuses on allowing short term access to the estate. This responsibility is based on the way in which the new app will be used by each resident. Residents are reminded that the Security Personnel will no longer be phoning residents to approve the access of a visitor, contractor, delivery, shuttle service, etc. We want to thank all our residents for the positive way in which they accepted



Image by Erich Röthlisberger from Pixabay

and communicated their enquiries regarding the functionality of the app.

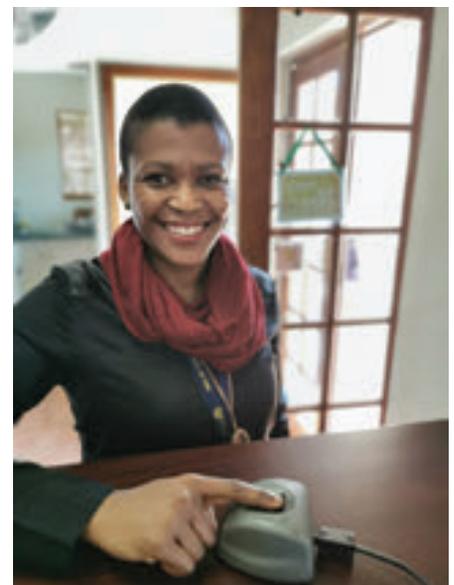


The focus has now shifted from the short-term access to the long-term contractors. This is where the major challenge for an effective security system lies. The Glovent Portal now allows for residents to log onto their Glo-Portal webpage to register their long-term contractors, who will be on site for more than five working days. Once a resident has registered his/her main contractor on the portal, the portal will allow for a link from the resident to the main contractor. The contractor will then be requested to register online all the workers who will be working on-site. This



At van Niekerk

pre-registration of the long-term contractor will interface with the Impro bio-metric system (fingerprints). On the arrival of the long-term contractor at the main gate, the contractor shall report to the check-in window, where the Impro system will acknowledge the pre-registration of the main contractor and the workers. Their fingerprints will then be taken to activate the bio-metric profile of each contract worker. Provision will also be made for payment of the registration fee via EFT. Residents are requested to make use of this new system, which will enhance the enrolment of contract workers at the main gate.



LICENCE PLATE RECOGNITION

With the installation of the new cameras at the two gatehouses, provision was made for the Licence Plate Recognition (LPR) software. This system can identify any wanted vehicle through the Syntel database, which is connected to the central SAPS Operational Control Centre. A prescribed standard operational procedure will be followed by the Security Personnel once a wanted vehicle is identified. This system will contribute to a safer residential community.

SPEED CONTROL

The matter of traffic enforcement in the estate has been raised with residents on several occasions in the recent past. The Homeowners' Association has now acquired the services of Bidvest Protea Coin (BPC) to attend to speed trapping in the estate – this will be carried out by a qualified BPC officer with the Truvelo camera. Residents, visitors, contractors etc. who are caught exceeding the 40kph speed limit, will be issued with a written notice via e-mail and a penalty of R500 per incident will be imposed against the responsible resident's levy account. Residents who fail to stop at stop signs should also expect to be video recorded, with a penalty of R500 to follow. The HOA appeals to all the residents to adhere to the traffic rules. It is for the safety of all of us.



On 12 July 2019, the BPC Security Officers were deployed with the speed capturing apparatus. Several residents were found speeding.

MANDELA DAY

During Mandela Day on 18 July, several kids took some time to treat the Security personnel with sandwiches, muffins and soup. The Security personnel expressed their gratitude to the Irene Farm Villages Community for their kindness and generosity towards them.



Above Kamogelo is with the Security personnel, who received soup and cookies from him.

Rafael Da Silva.

Reece Jones.

SUPPORT OF THE COMMUNITY POLICE FORUM

The Lyttleton Sector Three Community Police Forum (CPF) remains the main co-ordinator of all the information pertaining to criminal activities in and around Irene and Pierre van Ryneveld. The Joint Operational Centre, commonly referred to as the 'JOC', is the heartbeat of the Sector Three CPF and is manned 24/7 with contact number 079 528 1630. The JOC will be able to assist you in an emergency. The HOA is still making a monthly donation to the CPF. On 2 August 2019, the Chairperson of the CPF EXPO Committee, Mr Gert van Rooyen handed a Certificate of Appreciation to the Estate Manager and Assistant Estate Manager in recognition of the continued support through the HOA's generous donations.



LANDSCAPING PROGRAMME

The garden and parks winter programme for 2019 is on track. The traffic circle at the North gate has been re-landscaped with a new face-lift of the extended flower bed spokes. The loose rock hedges were placed in gabions to tidy up and make the circle neat and attractive. The Garden Creation Team is also attending to Yellow Wood Park, where the flower beds will be rearranged with new plants. It was a real team effort to accomplish the hard gardening work.

During August and September, 100 new trees will be planted. Provision has been made to plant about five additional trees in most of the parks. Ten different indigenous species were identified, namely the Wisteria tree, Water tree, Lavender tree, Savanna Gardenia, Coral tree, Cape Ash, Pompom tree, Wild Pear, Cape Chestnut and the Wild Plum.





Doggie Walk & Pop-Up Movie

**SATURDAY
14 SEPTEMBER 2019
PRIMROSE PARK**

Come and join us for a free Coffee, Cool drink, Popcorn, Pizza, Candy floss, Prego Rolls etc !

ENTRY FORM DOGGIE WALK & POP UP MOVIE

Owner Details

Name: _____ Stand: _____

Cell: _____ Email: _____

Total: Adults: _____ Children: _____ Attending Movie: YES NO

Doggie Details

Name: _____ Name: _____

Name: _____

Entry fee for Doggie walk and/or Movie:
Large Bag of dog food in aid of Pretoria Dog Rescue

Food stalls open at 17h00, Walk starts at 18h00 followed by movie at 19h00.

Closing dates for entries: 6 September 2019

Completed forms to be returned to Madeleine at admin@irenefarmvillages.co.za or deposited in the collection boxes at either entrances. ALL participants, who submit this entry form by 6/9/19 will receive vouchers for free snacks.

CO-SPONSORS:



I am Irene Farm Villages & Centurion Golf Estate
Peter Varrie 082 457 7416, pamgolding.co.za/peter-varrie
Office: 012 644 8300



DOG WALK AND MOVIE
The annual Irene Farm Villages Doggie Walk and Pop-Up Movie, which is sponsored by Pam Golding, will take place on Saturday, 14 September 2019, at Primrose Park. The event and dog registration open at 17h00. The doggy walk starts at 18h00, whilst the movie begins at 19h00. All residents who have submitted their entry form will receive vouchers for free refreshments and something to eat. We invite all our residents to take part in this growing annual event.

- Recycling: much has been said in the past about recycling. If you notice that your neighbour is not recycling, please encourage them to do so. At the end of the day, it will be one of these small steps taken that will save South Africa.
- There are several Steenbok and Duikers in the estate. They tend to come out at night when they graze. It often happens that they accidentally stroll onto the road and are then blinded by the headlights of vehicles. Please be on the lookout for these small animals.



The Garden Creation Team

There are several important environmental matters, which are brought to your attention, namely:

- Gardeners and garden services are seen sweeping grass, leaves and other small garden materials into the stormwater drains (inlets), instead of collecting them and putting them



- into a refuse bag. This could lead to the blockage of the stormwater system when it starts to rain, which could cause a subsidence or sinkhole.
- Irrigation systems are found running for longer periods than normal. We appeal to residents who have an irrigation system, to check the timing-system regularly and be on the lookout for unexpected wet areas.
- Household workers are seen washing their employers' vehicles using a hosepipe or cleaning the driveway by hosing it down. It is in the best interest of all that we use water sparingly.

DONATIONS

Many Irene Farm Villagers responded to the call for donations for The Khomani San Outreach for 2019. The donations received at the gates have been collected and sorted and we are happy to say that we now have most of the items needed for the 2019 parcels.



The contributions from residents represent the majority of the clothing needed to provide each of the almost 700 people with a parcel that will be packed specifically for them. A great big thank you all who donated so generously to this worthy cause.

Two friends were chatting. The one said: "We only live once". His friend replied, "Wrong! We only die once. We live every day!!"

Best Regards
Estate Management





IRENE FARM VILLAGES HOME OWNERS ASSOCIATION Summary Income Statement – July 2019

	July 2019		Year to Date		YTD Variance	
	Actual	Budget	Actual	Budget	Value	%
Operational Income						
Levy Income	1 108 155	1 108 154	5 540 773	5 540 770	3	0.0%
Other Income	69 444	38 250	447 646	371 710	75 936	20.4%
	1 177 599	1 146 404	5 988 419	5 912 480	75 939	1.3%
Operational Expenditure						
Professional /Administration	56 784	62 634	289 651	305 871	16 220	5.3%
Accounting and Auditing	39 273	39 274	199 928	196 370	(3 558)	-1.8%
Insurance, Legal and Admin	17 511	23 360	89 723	109 501	19 778	18.1%
General Office	14 381	8 311	47 237	45 405	(1 832)	-4.0%
Office Administration	14 381	8 311	47 237	45 405	(1 832)	-4.0%
Operational Expenses	189 822	212 434	1 032 943	1 078 351	45 408	4.2%
Municipal Charges	26 569	49 738	222 103	237 438	15 335	6.5%
General Operations	15 139	15 603	77 069	77 448	379	0.5%
Salaries & Wages	148 114	147 093	733 770	763 465	29 695	3.9%
Security	459 216	472 165	2 340 906	2 365 882	24 976	1.1%
Security Operations	49 768	58 002	285 544	293 067	7 523	2.6%
CCTV Equipment Rental	16 484	21 200	90 546	108 000	17 454	16.2%
Guarding Services	392 963	392 963	1 964 817	1 964 815	(2)	0.0%
Repairs & Maintenance	173 574	172 658	902 519	837 594	(64 925)	-7.8%
Repairs & Maintenance	37 314	35 100	240 682	195 200	(45 482)	-23.3%
Park Maintenance Contract	136 261	137 558	661 837	642 394	(19 443)	-3.0%
	893 777	928 202	4 613 257	4 633 103	19 846	0.4%
Operating Profit / (Loss)	283 821	218 202	1 375 162	1 279 377		
Non-Recurring Revenue	(3 118)	0	21 047	0	21 047	100.0%
Non-Recurring Expenses	29 079	60 000	146 441	678 000	531 559	78.4%
Net Positive/ (Negative)	(32 197)	(60 000)	(125 394)	(678 000)	(510 512)	
Net Profit / (Loss)	251 624	158 202	1 249 768	601 37		

“There are two things over which you have complete dominion, authority and control, your mind and your mouth.”

– African Proverb

Irene Farm Villages Home Owners Association - Project Income & Other

	Actual	Budget	Actual	Budget	Value	%
Revenue						
Special Levies	202 731	0	1 013 342	0	1 013 342	100.0%
CSOS Levies	15 275	0	76 373	0	76 373	100.0%

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

	120+ Days	90 Days	60 Days	30 Days	Current	Total	Previous Month
Normal - Self Pay	8 396	4 167	7 333	16 190	-95 635	-59 550	-76 454
Normal - Debit Order	-	-	-	-	-10 639	-10 639	-10 156
	8 396	4 167	7 333	16 190	-106 275	-70 189	-86 610
Debt Collection - AA (30/60 days)	3 114	4 764	99 510	28 325	29 424	165 138	63%
Debt Collection - JJR (90+ days)	77 877	3 439	3 469	3 499	2 758	91 042	35%
Debt Collection - KSB (90+ days)	44 632	10 527	11 965	12 554	11 902	91 580	35%
Sold - Previous Owner Accounts	5 793	74	709	2 422	-32 499	-23 502	-32 521
In Transfer	7 164	2 814	3 343	2 893	-9 376	6 838	14 609
Other	1 660	-	-	-	-	1 660	6 660
	148 636	25 785	126 329	65 884	-104 065	262 568	0.5%
Debt Collection - Accounts > R200,000	1 047 276	20 391	20 543	20 609	11 061	1 119 881	1.6%
	1 195 912	46 177	146 872	86 493	-93 004	1 382 450	1.4%
							1 363 631

The HOA had a good collection month during July 2019, with debtors increasing with only 0.5% (excluding the 3 main debtors). Two of the three big debtors are now in a foreclosure process, where we are dependent on their banks' legal processes. Furthermore, 12 home owners owe levies for more than 5 months, and another 3 have levies outstanding for more than 90 days.

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	681 089	8 116 821
Power Solution Project	Completed		2 010 879	2 010 879	-
CCTV Project	Completed		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	6 970 824	8 518 266

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:
Winy Boshoff

Summary Income
Statement by
Account Ability

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FOR SALE

R2,795 mil



3 beds, SQ study 2 baths adjacent to green belt immaculate finishes

FOR SALE

R4,095 mil



4 beds, SQ, pool, 4 baths, study, fireplace braai patio, adjacent to green belt

JUST LET BY LEANE



JUST LET BY LEANE



JUST LET BY LEANE





KEEPING YOUR FUR BABY SAFE FROM THE UNTHINKABLE

Image by naturika from Pixabay

Our precious four-legged child – our kitten we’d been waiting for, for over a year – nearly died. We were fortunate, but we’ve made some changes to prevent any future harm to our baby.

Kai completes my and my husband’s lives. All pet parents will understand and hear my heart when I speak of our tomcat as if he were a little human covered in soft white fur. Kai is a beautiful one-year-seven-months-old Ragdoll neutered boy with a personality like that of a typical little boy: highly curious and inquisitive, and he loves nature just as much as his human Daddy. To accommodate Kai’s free spirit, we bought him a GPS tracker for his collar which links to an app on our mobile phones. This allows us to be able to track Kai’s movements and feel in complete control of his safety.

On Thursday, 13 June, Kai didn’t come home. We immediately tried to track him via the GPS app, but to our devastation no track or trace could be found of our boy. Our estate management immediately assisted with a notification message to residents, in an attempt to trace Kai. I could hear

the words of the Ragdoll Breeder from whom we bought Kai echo in my head: “Keep your cat indoors at all times; do not allow your cat to go outside.”

One day later, on the following evening, I found Kai in his bed in an unrecognisable condition. His head was covered in blood and he was gasping for air through a bloodied nose and mouth. We rushed Kai to the Valley Farm Veterinary Hospital; we were riddled with guilt and mortification at having to admit our child in such a terrible condition without any explanation of what happened to him! Kai’s condition evoked a lot of emotions and desperation.

Valley Farm was very professional and emotionally supportive of the tragic situation Kai was in. Dr Tim took Kai to be examined and a few hours later gave us the prognosis. Kai had been cleaned and evaluated, and immediately treated for dehydration, and 3D scans were



Kai post-surgery in the ICU at the Valley Farm Animal Hospital.

taken to establish the extent of his injuries. Kai had major head injuries, with 3 fractures on his jaw and the side of his jaw. Due to the trauma, Kai's third eyelid manifested – what a scary and painful sight to see!

From there, the journey to healing began: from surgery straight to ICU with a feeding tube. The vet reassured us that Kai is a strong boy and that if finances allowed, recovery was possible but would require a lot of patience.

The reason I am sharing this story is twofold. Firstly, I wish to express our appreciation and gratefulness for the very professional medical treatment from all the staff at Valley Farm Animal Hospital, and for the unconditional emotional support in specific from our Ragdoll breeder, Breeze Swartzberg, over the 7-week journey to recovery.

Never before had seven weeks felt this long. Kai was totally depended on us for the 4-hourly tube feeding, for bathing him – paws and jaws – due to the drooling, and for regular bandage changes where the pipe had gone into his oesophagus in his neck. We did not want to make anything about Kai's injury and trauma public until we were reassured by the vet (Dr Judith Benjafield) that the jaw fracture repair was successful. Still, many people called us irrational for spending so much money on our Kai boy.

We managed to build a safe cat enclosure to allow Kai his outside freedom in future, but with boundaries



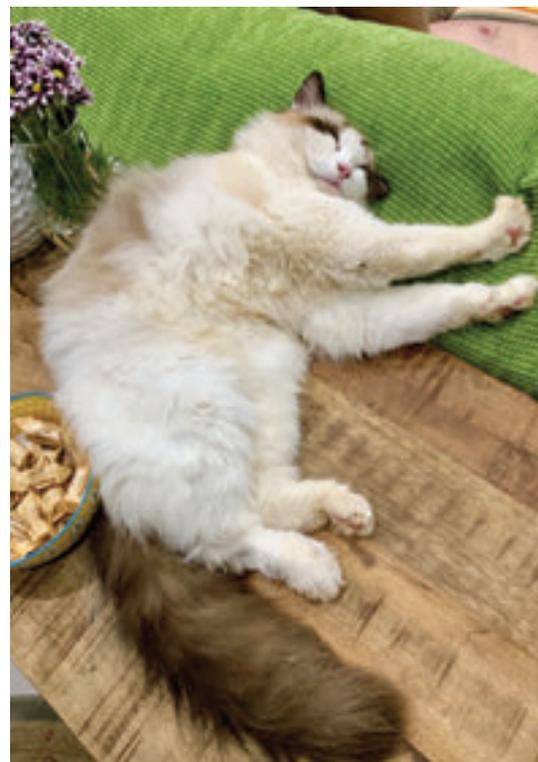
Kai in the recovery phase, with his K9 acrylic to stabilise the broken jaw.

in place. This brings me to my second reason for sharing Kai's story: Our advice to all cat owners is to not allow your cat unrestricted, free roaming – the consequences extend much further than what anyone or any pet insurance can save you from.

We would like to urge all cat owners to consider the following advice:

- Do not allow your cat free roaming.
- Always keep your cats in the house.
- Remember that no pet insurance covers an accident or injury 100% – read the small print.
- Cat enclosures can be built by professional companies in line with our estate's specifications.

We invite fellow residents to come and

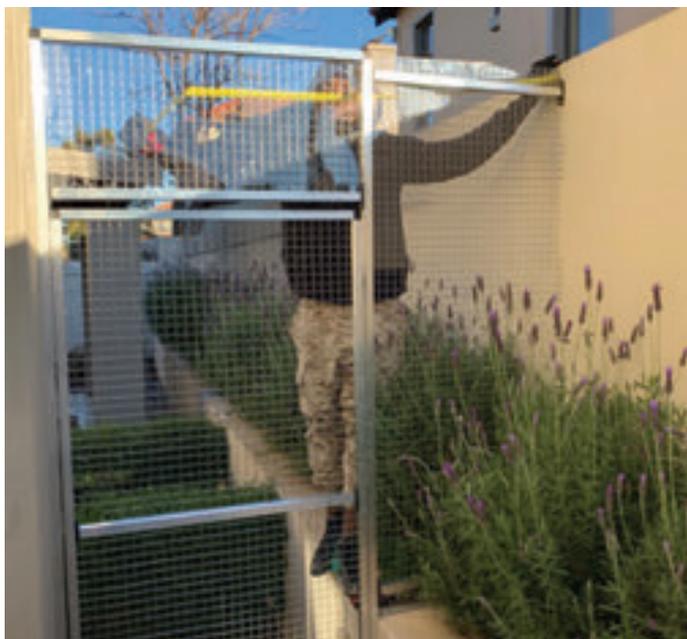


Kai getting better every day.

view our cat enclosure on appointment, and we'll gladly share some pointers and references. But the most important thing is to keep your furry babies inside.

P.S. Kai is strong and in the process of recovery.

Lots of purry love,
Celliers & Liezel van Bergen
(Pet Parents @ 8 Forest Glen Drive)



Neat cat enclosure constructed according to estate requirements. Kai has a secured outside area to enjoy in the future.



GOLF CART SERVICES



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TIME TO DUST OFF THE COLD AND HIT THE ROAD RUNNING...

A discussion about Return to Running and Overuse Injuries

BY RIA SANDENBERGH PHYSIOTHERAPISTS

As a very average short distance runner, I will confess that my running is like a polar bear. Well, not literally - but it does like to go into hibernation during the winter...only to be rudely awakened by the arrival of spring. It's like a daisy-shaped alarm clock that motivates me to hit the road running.

Like most humans, I then want to fly out of the blocks and continue right where I left off – you know, doing the Park Run in 30 min...even after the 3-month hiatus! The body is an amazing 'machine' that is capable of incredible feats, but we must give it time to get back into shape.

The most important thing is:

YOU WILL DEFINITELY RUN INTO TROUBLE IF YOU DO TOO, MUCH TOO SOON!

Overuse injuries are most often caused by training errors which include: rapid acceleration of the intensity, duration and frequency of your activity.

Poor technique, body alignment, old injuries, incomplete rehabilitation and sudden changes (e.g. new shoes, technique or terrain) can also contribute.

And if you think this is not for you, the latest statistics tell us that: "Up to 70% of recreational and competitive runners sustain overuse injuries during any 12-month period".

Wow! That's a very high percentage of you guys that are running past me in the mornings... So, how do you wake up the Polar Bear without hurting yourself? (a.k.a My Spring Running Action Plan).

I have come across a few simple rules that have kept me and others injury-free after a long running break.

#1. The 10% RULE of exercise:

As a rule of thumb – don't increase your exercise programme by more than 8 - 10% in one week.

There is an interrelation between distance/time and intensity – if you always run 5 km in 30 min (6 min/km)

and you increase your speed to 5:30 min/km you cannot increase the time that you train as well.

#2. The 7-4-2 RULE:

- You are allowed to exercise 7 days of the week
- No more than 4 days of the same discipline
- Only 2 out of 4 of the above-mentioned sessions may be back-to-back.

Physical stress, like simple exercise and activity, is beneficial for your body – it makes the structures stronger. This process, called remodelling, involves both the breakdown and building up of tissue. There is a fine balance between the two, if the breakdown occurs more rapidly than the building up, an overuse injury will occur. Your body can cope with 2 days of build-up, but not 3. To make sure you don't overload, add cross-training to spice up your week.

Cross-training can include strength training (gym/specific exercises), agility drills, and rhythmical (proprioceptive) exercise. Many runners have also benefitted from Pilates/Yoga or other forms of cardio fitness such as spinning/cycling or swimming. If you are currently nursing an injury, this is also a great way to keep your fitness levels up.

Hope to see you on the road!

For a list of references, please email: info@physiofirst.co.za



BIRDS: SETTling THE BILL

BY JAMES CLARKE AND MARY BROADLEY

A wonderful bird is the pelican
Its mouth can hold more than its belican.
It can hold in its beak
Enough food for a week,
Tho' I can't understand how the helican.



Lesser Masked Weaver

The bill of any bird is a wonderful thing. Look how the weavers are able to loop a strand of grass around a branch, fasten it with an elaborate knot and then, from the resultant loop, weave an intricate basket-like nest strong enough to not only withstand a brisk wind but also to form a cosy home for its chicks. No hands involved – just a short little beak.

Birds, in evolving from reptiles and taking to the air, sacrificed their forelimbs. Their arms and hands became the framework for their wings. Their beaks (bills) had to take on the functions of forelimbs.

They had to use them for gathering food items; for feeding their young; for

cleaning their feathers; for defending themselves; and for nest-building. They had to be tough enough to crack hard seed cases, break up nuts, tear strips off grass as well as drink.

For carnivorous birds, their bills had to be strong enough to kill mammals up to the size of antelope and tear off pieces small enough to swallow.

Look at the variety of bills: the long spear-shaped bills of the kingfisher and the herons; the long, slender, downward curved bill of the hadeda and other ibises; the hooked bill of the fiscal shrike; the powerful hooked bill of eagles and vultures; and the tiny spike-like beak of flycatchers.

Look at the contrast between the almost vestigial bill of the swifts and the massive bill of the ostrich. And there's the 'wonderful' 10 litre bill of the pelican that's used for netting; and the complicated bills of many seabirds - the peculiarly complicated bill of an albatross compared with the elongated bill of the skimmer designed for skimming the water surface while the bird is in flight.

Forty years ago, I was assigned by *Reader's Digest* to write about our 10 species of kingfishers and I described witnessing a pied kingfisher at Natal's Mkuzi Game Reserve catching a fish very much larger than its bill. In fact the fish looked larger than the bird's body.



Goliath Heron



Malachite Kingfisher



Immature Bateleur

It took it by its tail and bashed it to death on a branch before jiggling it to point head first down its throat. I was with a photographer and we agreed the fish was never going to fit down the bird's throat much less fit in its stomach.

The fish went halfway down and stayed, tail in the air, for some minutes. Then with a convulsive movement it was swallowed and the bird just sat looking decidedly dyspeptic.

We thought it would stay there digesting its meal for the rest of the day but within five minutes it flew from the branch and began hovering once again above the water with its beak pointing down ready for another fish.

The *RD*, in those days published from the United States, was (and is) a stickler for accuracy and required two witnesses or referees for each fact in a freelancer's article. They questioned me for some time about the incident, and then questioned the photographer. My article was suspended for a year while undergoing peer review.

A bird, to save weight, has hollow bones and its bill, to be as light as possible, contains ingenious structural devices to strengthen it. Another anatomical sacrifice a bird has to make is to dispense with teeth. Herons compensate by having backwards-pointing slits in the sides of their bills so that fish, once speared and manoeuvred to face head-down, cannot slide out.

A bird's bill is composed of keratin - an outgrowth of the epidermis - similar to our hair and fingernails. Keratin has considerable strength - in fact the rhino's horn is pure keratin.

Perhaps the most powerful bills belong to the large raptors - eagles and vultures. And of the raptors the bill of the bearded vulture (lammergeyer) is probably the most powerful. With Mary, I watched one at the Witsieshoek Mountain Lodge (near the Golden Gate National Park) tackling a leg joint from an ox. Now vultures must eat fast because feeding off carcasses often means competing with large predators such as lions and hyenas. The bearded vulture is a very fast feeder indeed and has an enormous gape (the hinge of the bill) for swallowing really large bones, whole. They can swallow long bones that, while one end is being digested in their stomachs, the other is still in their bill.

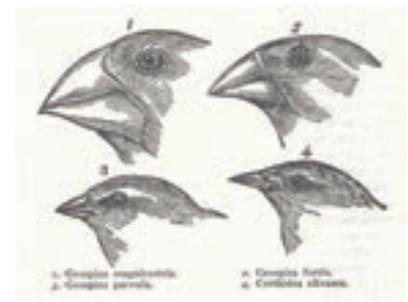
One of the most specialised bills is that of the flamingo which fishes in the shallows by dragging its head upside down so that its crown scrapes the ground and water flows into its bill which is lined with horny plates. This allows it to push the water out again while filtering out food items - much

like how a baleen whale feeds.

Look at the contrast between the flamingo's heavy bill and that of the hadeda's slender beak, shaped for probing soft soil. Its specially adapted tip has a sensor that can detect the presence of grubs and insects deep in the soil. Stranger still is the needle-thin, up-curved bill of the pied avocet and the needle-thin down-curved bills of nectar-eating sunbirds.

And look at the tiny, seed-cracking conical-shaped bills of the seed-eating finches compared with the straight, strong, chiselling bill of woodpeckers and the delicate spiked bills of insect-catching birds.

It was bird bills that set Charles Darwin off, almost 200 years ago, when he landed in the Galapagos and formulated the theory of biological evolution.



Darwin's Finches

It appears that a flock of South American finches, helplessly blown across the Pacific, found sanctuary among the Galapagos Islands. Over the years, they settled on separate islands, each with its individual habitats and different food opportunities. On one island, the finches evolved spiky bills for probing cactus plants, on another, they developed specialised, stubby bills for seed-eating, and on another island, they became large-billed fruit-eating birds - there are five very different adaptations altogether.

A bird's motto: provide me with a habitat - any habitat you like - and I'll handle the bill.





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SUZUKI JIMNY – SMALL, LIGHTWEIGHT, MADE FOR ROUGH TERRAIN

BY ALAN ROSENMEYER

The Jimny is an anomaly on our roads. Tiny but with a giant-sized heart, it's no wonder that it's captured the hearts and imagination of the SA car buying public.

Suzuki made the proud claim 'Since 1970' on the graphics prominently displayed on the test car - that was when the first versions of this baby Giant Killer appeared on the roads.

The latest version was launched in SA recently. Boasting a bolder face, a bit more space and some extra oomph under the bonnet courtesy of a new 1.5L 4-cylinder petrol engine, it delivers 75kW and 130Nm. That's still no ball of fire, but certainly far more adequate for on-road performance.

But, that's only half the picture. The little tyke still boasts selectable 2 or 4-wheel drive and even LOW RANGE. Combine this with the excellent ground clearance and extra short overhangs and you begin to understand its uncanny ability off-road.

After being challenged by Suzuki SA, I took the test car out to a 4x4 venue for a day of great fun, to experience the off-road ability, only being stopped

once more through lack of skill, rather than any lack of ability on the part of the Jimny.

The interior has been upgraded, modernised and improved with many extras that were lacking in the previous version, most notable being the touchscreen infotainment system fitted as standard to the GLX version tested.

The Jimny is simply one of those cars that you either get or you don't. You either want it or you don't! A 12-month waiting list in SA suggests that many buyers do!

The base GA version with identical mechanics retails for R269 900 and the more luxurious GLX version as tested retails at R305 900. A GLX automatic is also available.

The GLX includes a 4-year/60 000km service plan as standard.

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THE SHOT HOLE BORER CRISIS

These beetles seem to be a problem in SA at the moment.

The polyphagous Shot Hole Borer (PSHB), also known as *Euwallacea fornicatus*, is able to cause a great deal of damage to our environment, and it has recently been discovered in South Africa.

These beetles, which are approximately 2mm long, are native to South East Asia, which means that the beetle has no natural predator in South Africa and so it can spread like wildfire. To make matters worse, this beetle has a symbiotic relationship with certain types of fungi, like *Fusarium euwallaceae*. The fungus is the beetles' main source of food in addition to its being the main cause associated with the wilting of trees. The beetle is believed to use other types of fungi to help with colonisation of infected trees.

The Shot Hole Borer, along with the associated fungi, has caused tremendous damage to trees across the US (specifically California) and regions of the Middle East. Considering the devastation caused by this beetle in Sandton and in Knysna, (currently infesting over 200 indigenous tree species from 28 different plant families), this beetle could cause one of South Africa's largest ecological tragedies.

This beetle could cause one of South Africa's largest ecological tragedies.



The finger points to a beetle entry hole on a tree trunk.

Photo: Eskalen Lab, UC Riverside.



Photo: G. Arekelian

HOW DOES THE BEETLE INFEST THE TREE?

The beetle, itself, does not kill the tree, but the fungus accompanying the beetle does. The fungus infects the tree's vascular system which then affects and/or stops the flow of water and nutrients within the tree.

HOW TO IDENTIFY THE SHOT HOLE BORER

Unfortunately, the beetles are the size of sesame seeds and can be hard to spot, however, you can identify an infected tree by looking for the following signs:

- Wilting or missing leaves
- Dead or dying branches
- Entry or exit holes in the bark (the size of a pen tip) – these holes may have staining around them
- Shotgun-like lesions on the bark at entry or exit hole
- Sugar Volcanoes on the bark at entry or exit hole
- Blotches of oozing resin on the bark at entry or exit holes
- Wood frass (wood powder) on the bark at entry or exit holes.

WHAT CAN I DO ABOUT PSHB?

The PSHB beetle drills very deeply into the wood, which is why no remedy has, as yet, been discovered for this pest. At this stage, KOINOR is recommended, but results are, unfortunately, not guaranteed.

The public can also aid in the management of the spreading of this infestation by reporting any signs to FABI (Forestry and Biotechnology Institute).

The discovery of this beetle in South Africa is a major concern to foresters, farmers, tree fellers and landscapers as these beetles are very aggressive and are known as tree killers.

We have a large biodiversity in South Africa hosting 299 species of mammals and 858 species of birds, all depending on trees for their food and shelter. It is our duty to take care of the natural beauty we are blessed with.

For more information, visit: www.brandstreefelling.co.za/the-polyphagous-shot-hole-borer-pshb-is-threatening-south-african-trees/

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SLEEPING CAN BE TRICKY!

One of the concerns raised by teenagers when addressing issues that they are encountering is to do with sleep and sleep-related problems. Nicoleen Davies, director of Life Talk Forum, provides the following helpful information.

We all struggle to sleep at some point in time, but sleep is something that needs our attention because it is so important. Sleep is food for the brain. Important body functions and brain activity occur during sleep.

Teens need 8 - 10 hours of sleep to function best. Lack of sleep affects your mood, so you must prioritise sleep and focus on healthy sleeping habits. Most importantly, chronic sleep deprivation can affect your mental well-being and reduce your academic performance at school.

WHAT AFFECTS SLEEP?

There are various factors that come into play - stress, the blue lights on our devices, medication side effects, substance abuse, physical discomfort (a stuffy nose or headache), emotional troubles (family problems or relationship difficulties), an uncomfortable sleeping environment (a room that's too hot, cold, bright, or noisy) and mental health issues.

- Sleep disorders are another factor. Sleep apnoea is when you temporarily stop breathing during sleep. This could be because of enlarged tonsils or adenoids, being overweight or obese. Restless legs is another sleep disorder affecting teens, as is sleep paralysis.
- Smartphones and other devices used around bed time reduce sleep time. The short-wave blue lights on

devices can delay the release of sleep-inducing melatonin, they increase your alertness and reset your internal body clock, meaning you won't get sleepy. Fluorescent bulbs and LED lights can have the same effect. (According to a study by Vic Health and the Sleep Health Foundation, teens who put down their smartphones an hour before bed gain an extra 21 minutes of sleep a night - that's one hour and 45 minutes over the school week.)

- Puberty hormones shift a teen's body clock by about one or two hours, making you sleepier one to two hours later. This nightly 'sleep debt' leads to chronic sleep deprivation.
- Insufficient sleep causes your brain to become more active, making you less able to fall asleep.

What can you do?

- Aim to get 8 - 10 hours of sleep each day. It's hard with the school workload and sport, so try to plan ahead when you can.
- Try to be consistent: go to sleep and wake at more or less the same time - school nights and weekends.
- Opt for relaxing before bed. Try mindfulness activities, reading, and taking a warm shower or bath, instead of turning on the TV, phone or computer.
- Cut down on caffeine or other stimulants, as well as soft drinks or

energy drinks before bed time.

- Avoid playing violent video games or movies before bed time.
- Sleep in on weekends to try and make up for lost sleep!
- Make sure your bedroom is dark.
- Do things to reduce stress – eat well, exercise, have down-time with friends, laugh!
- Try to add on 10, 15, even 30 minutes of sleep a day – over a week that could mean a lot of extra sleep benefit.

Take a nap!

Take a 1 hour nap (not more) in the afternoon – it will improve your brain functioning and memory, will increase your alertness, performance and productivity, all whilst reducing stress. It also boosts your immune system.

When you need medical help

If you are getting enough rest at night, but are still feeling tired during the day, it's a good idea to visit the doctor. Excessive tiredness can be caused by all sorts of health problems, not just difficulties with sleep.

For more information about Life Talk's talks and workshops that address the challenges faced by teens (and by parents), visit www.lifetalk.co.za

Resources: <https://www.verywellmind.com/power-napping-health-benefits-and-tips-stress-3144702>; <https://www.sleepfoundation.org>; <https://kidshealth.org/en/parents/sleep-problems>

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I am a first year Medicine student at the University of Pretoria. I can offer help in Accounting, Afrikaans (First Additional Language), English, Physical Science, Life Science and Mathematics for Grades 1 - 12. I am also able to provide study skills and techniques. Special packages are available on enquiry. Please contact Neha on 079 738 6748 or email: nehapillay27@gmail.com

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NEED SOMEONE TO HELP WITH HOMEWORK?

I can offer my assistance to Grade 4 - 10 learners with homework, school projects and any other school-related work. I am also able to tutor students in English and Afrikaans for Grades 4 - 10, as well as help with essay writing skills, speeches and public speaking. WhatsApp or call Liashna on 079 333 0532.

PET SITTING

Make it easy for yourself when going away. I care for your pets in the comfort of your home while you are away. I have been doing this for the last 10 years and have references in and outside the estate. Call me: Michiel 071 016 0913 / 082 448 5844 (www.MyPetCare.co.za)

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Mathematics; Mathematic Literacy; Sciences; Graphic Design; and Engineering. From Grades 1 - 9. I am a Mechatronic Engineering student with a passion for knowledge and teaching. Call Nelson on 079 889 2372 or email: nelsonmartins0902@yahoo.com

DOMESTIC WORKERS

Christina is currently working for me and has Tuesdays and Thursdays available from August. She has been working outside the Village on these days but I would like to have her closer. She is very kind and has a sweet nature. She communicates well, speaks Afrikaans, works hard, cooks, and my children and dogs love her. She is honest, reliable and can work on her own. For a reference, you can contact me, Christa, on 083 304 0303 and call Christina, if interested, on 072 210 3878.

Diana is seeking full time domestic work. She has previously worked in the Estate when she filled in for a domestic worker who lost her husband. Please call her on 061 092 5103.

Evelyn is looking for work on Tuesdays and Thursdays. Her number is 066 389 7934. She is very hard-working, honest and reliable (and a very 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.

Johanna is a reliable hard working domestic worker looking for piece work - days negotiable. For a reference, please call Tania 082 5655 895.

Josephine (Jo) is looking for domestic work on Fridays. She is very reliable and hard-working. She currently works in the estate and can be highly recommended. For a reference contact, AnneMarie on 082 328 1500. You may also contact Jo directly on 071 134 8562.

Julia Lekalalaka is looking for work. She has been working for us for 16 years. She has excellent communication skills, and is very good with children. She's always punctual and very neat. Julia is the most trustworthy person you'll ever find. Please contact her on 078 472 6024.

Lidia Maphosa is looking for full time live in employment as her employers have immigrated. Lidia is extremely hard working, wonderful with children and an absolute pleasure. Please call Lidia on 061 311 0688 or Tarquin on 073 458 5485.

Molline currently works in the estate four days per week. She is seeking domestic work on a Thursday to cover the whole week. Please phone her on 061 316 8671.

GARDENERS

April is looking for work as a gardener on Tuesdays, Thursdays and Fridays. He is very hard-working and can be highly recommended. He currently works in the estate and is looking to fill his working week. For a reference, contact AnneMarie on 082 328 1500. You may also contact April directly on 076 654 6606.

Innocent Kaziputa is looking for employment on a Wednesday. 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 073 458 5485.

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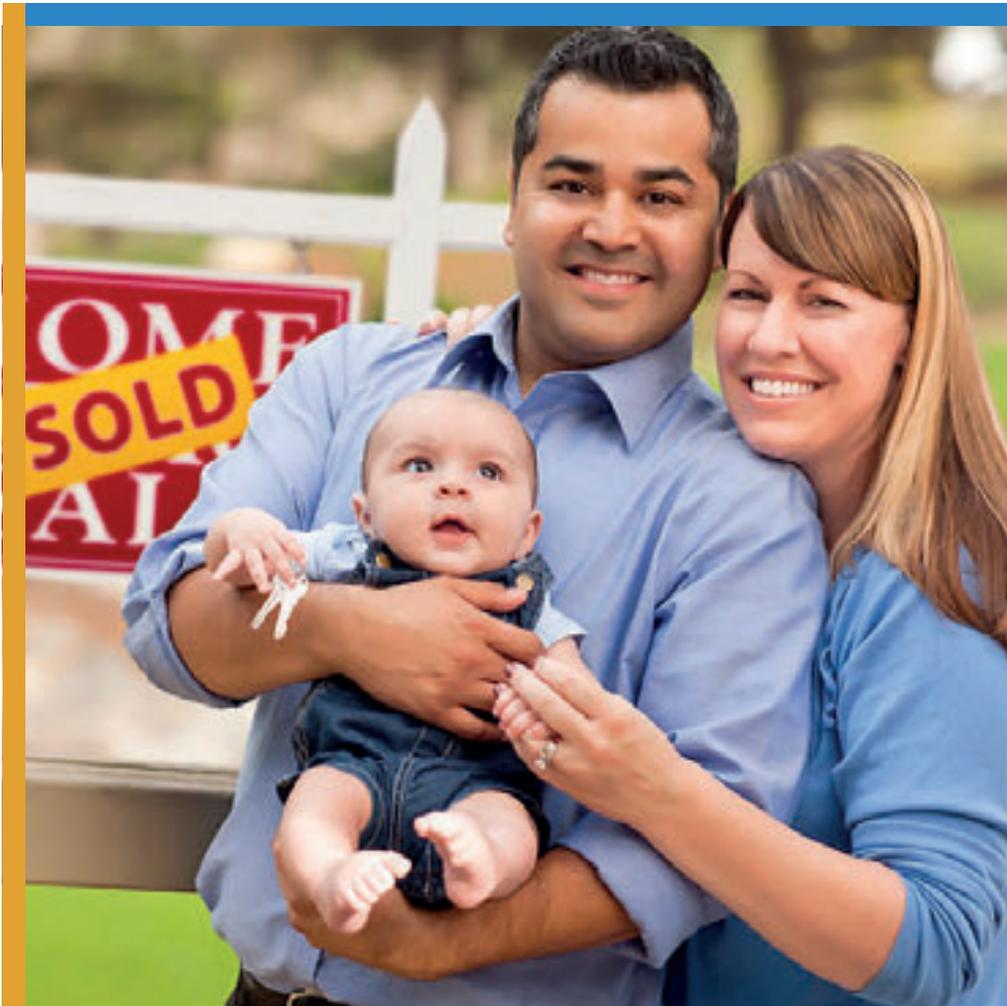
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4.8kWp	0

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** Including wiring of AC connection to existing DB.

† subject to controlled consumption of essential circuits.

• The price estimates shown above assume ideal installation conditions and configurations.

• The kW ratings above are based on typical single phase supply. Different supplies have different limitations.

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