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ISSUE 1 | 2016

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The Home of
Stoep
Talk

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Stoep

What's happening on your

Welcome back to all the Residents and may you have an amazing 2016.

We had quite a busy 2015 and from the Office we are quite excited about 2016 in providing you all with excellent service. Also a big thank you from the Office to all of you who attended our Christmas functions and we hope to have an even bigger turnout with all the events planned for this year. Our residents captured some great moments that I have included in the pictures.

Regarding photographs, we request that our residents who have photos of recent scenery or shots of residents enjoying the Estate, to please share those with us for future publications.

We are also looking for articles in the Stoep Talk, so if you would like to contribute please contact the Office for more information. The purpose of the magazine is to represent Boardwalk Meander as a community.

Again we would like to wish each and every one an amazing 2016 and please remember our door is always open.

Regards,

Ilonka Loots





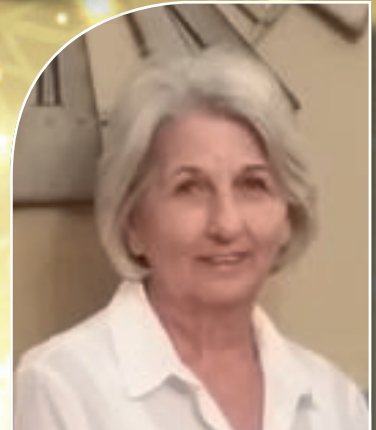
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Happy New Year



Estelle Scheepers
Director - Sectional Title
sectionaltitle@bwm.co.za



After a very hot and dry December, we all appreciate the cool and rainy weather of January 2016. May you all have a very prosperous and safe new year.

Living in a Sectional Title is not for the faint hearted. Sectional Titles are under strict rule by the Sectional Title Act (STA) – the Act sets out a set of model rules that have to be included in every complex’s own rules.

“Every complex has both management and conduct rules that apply to it. As an owner you have the duty to know and understand the rules relating to the complex. Although it is understandable for an owner or tenant to argue that they were not aware of what sectional title

entailed when they bought or moved in, ignorance of the law is no excuse. Very importantly, owners must be aware that they have a duty to ensure that their tenants, employees, the occupants of their section, as well as their guests and family members comply with the provisions of the Act. So, in effect, the binding nature of the Act is far reaching and does not apply only to the owner. The Act ensures that it will be the owner who is ultimately responsible for the conduct of the abovementioned group.” (Demistifying Sectional Title, Constas and Bleijs, 2009).

Dit is daarom baie belangrik dat elke eenheid ’n volledige stel reëls het en dat elke inwoner – eienaar, huurder en familie wat in die eenheid woon,

op hoogte is van hierdie reëls. Hier in ons pragtige Boardwalk Meander geld nog ’n stel reëls wat duidelik uitgespel word in die ‘MOI’ en op almal van toepassing is. So, reëls is reëls is reëls en as ons almal die reëls ken, gaan dit die lewe net makliker maak en tot die behoud van ons Landgoed bydra.

Aan die begin van ’n nuwe jaar wil ek ’n beroep doen op al ons inwoners van die Deeltitels asook voltitels om weer ’n slag op hoogte te kom van al die reëls en dit ook aan die kinders voor te hou.

Nuwejaarsgroete

Estelle Scheepers

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Chairman's Report



Welkom terug aan almal. Mag 2016 'n wonderlike jaar wees vol vreugde en voorspoed vir elkeen van julle.

Daar was die afgelope paar dae wonderlike reën oor meeste dele van die land en ons is saam met die boere dankbaar daarvoor.

Thanks to all who worked over December to keep the estate looking great. The painting of the clubhouse was completed at the end of last year and really makes a massive difference when entering the estate.

The estate gardens are something to be proud of and even after a very warm and dry December it looks fantastic. A big thanks

to all involved in planning and keeping our gardens at this very high standard.

The board want to assure every owner and resident that we will work even harder this year to keep the standards we, and the boards before us, have set. We understand that this place is "home" and we need to look after it and make sure we add more value to the estate each year.

Sekuriteit

Die nuwe spoed borde is aangebring en ek glo dit het 'n positiewe effek op meeste inwoners. Daar is egter nog party mense wat oor die spoed beperkings gaan en daar gaan teen hulle opgetree word in die jaar wat

kom. Help asseblief om die landgoed vir die kinders veilig te maak deur nie te jaag nie.

Sekere opgraderings word beplan vir die jaar wat insluit om die heining te lig op sekere plekke en ook om meer kameras aan te bring.

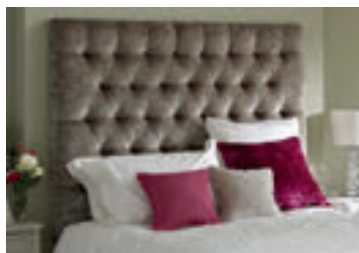
All of the best to you and your families for the year ahead. Help us to make the Boardwalk Meander Estate one of the top estates in South Africa.

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WILD *Life*



Written by Manie Maree

In the past few months we have experienced the worst drought this country has seen in many years, perhaps the worst ever in certain areas. Last week the unbearable heat peaked with temperatures soaring deep into the forties in Pretoria. Unheard of before. With nature in anguish, the plants, animals and birds are desperately holding on to their last strength.

It is 7 o'clock in the morning, Tuesday 12

January 2016 and I am sitting with a steamy cup of filter coffee at my desk. My phone beeps, and I look at the sms from Oom Reg Botha. "We had 60mm of rain during the night." Thank you, God! The long wait is over.

Looking out the window I can see the rain still falling softly. I grew up in the bushveld on a farm and emotions start to bubble up inside of me. Overwhelmed with a feeling I

cannot describe, I struggle to keep the tears from running down my face... I walk out on the stoep looking at the water running down from the roof through my blurring eyes. Listening to the gentle hiss of nature sucking up this wonderful gift of life. Taking a deep breath, the distinctive earthly smell fills my lungs. Perhaps my whole being...

Oh, what an amazing feeling.

TREES

One of the distinctive features of the Buffalo Thorn (Blinkblaar-wag-'n-bietjie, *Ziziphus mucronata*) is the zig-zag pattern of the young twigs. Let me share a nice story with you, which has changed the way I look at this tree. And also at life.

This well-known tree is also sometimes called "The Tree of Life" as the zig-zag patterns resemble the twists and turns that life sometimes takes us through. The typical life journey.

At each turn on the young twigs you will find a shining leaf and two thorns. One hook thorn bent backwards and one straight thorn pointing forward. You have a choice at each turn in your life – whether you want to hold on to the past and keep looking backwards, or whether you want to move forward and learn out from your mistakes and grab the good things that the future holds for you. The shining leaves show us all the great things we have to be thankful for every day.

When you walk past one of these iconic trees again in our Boardwalk Meander Estate, stop for a moment – and look at the young twigs, the thorns and the shining leaves...





This huge mushroom was sent in by Lyn Winterbach! There are thousands of different types of fungus, and this one grows on dead wood. Very interesting, thank you Lyn.



Should you want to talk to me in general about indigenous trees or plants and what will be suitable when planning your garden, you are welcome to contact me on 082 448 4939.

Also, e-mail me at manie@yellowbird.co.za with any interesting information or pictures about plants, animals or birds in our Boardwalk Meander Estate.

Stoep Stories



This is a new initiative that we are bringing to the *Stoep Talk* and to all residents in which Deon Strydom, our Chairman, and I will be visiting one of the residents and introducing them to you in each edition of *Stoep Talk*. We always see each other and greet but it would be nice to get to know each other better than just the friendly neighbour.

Ons het gaan kuier by Manie Maree en vir hom 'n klein blykie van waardering gegee, 'n lekker biltong bord, aangesien Manie nog altyd betrokke was by die Landgoed. 'n Inwoner van 2009 en sal graag wil aftree in Boardwalk Meander sou die lewe hom nie 'n ander rigting in stuur nie.

Manie het altyd tyd om te help veral as dit kom by die natuur van ons Landgoed. Manie was brought up on a farm in the beautiful Waterberg Mountains and as Manie explains, his love for nature has always run thick in his family's veins. "I guess walking around barefoot in the bush for hours when I was a little boy must have triggered this love for animals,

birds and plants. So ek is maar 'n plaas seun, jong?"

I asked Manie to highlight some of his hobbies and the first thing mentioned was spoiling his stunning wife and raising his three amazing children, who are also quite familiar to the residents in the Estate. Manie loves visiting the Kruger Park and sitting next to a bushveld fire playing guitar and singing, fly-fishing and identifying and tagging trees, which he has done to quite a number of the trees within our Estate and we trust he will continue this service.

In die amper drie jaar wat ek betrokke is by Boardwalk Meander het ek 'n hele aantal kere op Manie se knoppie gedruk wanneer dit kom by voëls wat beseer is, otters wat verskuif moet word. En natuurlik die identifisering van slange wat dikwels op ons pad kom. Manie Maree is beslis 'n aanwinst tot ons Landgoed en wil ons net weer baie dankie sê vir jou bereidwilligheid om altyd te help. Ons is beslis geseënd om jou as 'n buurman te hê.

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Community Development



When we started with the arrangements for the Carols by candlelight and the Christmas party I was not sure what to expect. It was a bit like arranging my own Christmas party except that I did not know any of the people I had invited!

I was however pleasantly surprised at the attendance of these functions. I also realised that there is a big need for us to get together as residents from time to time to socialise and to meet a new face or two. There is no better time than the festive

season. Ultimately it is about the festive season and the children. The Carols by Candlelight function was one of the first functions where we have invited a special guest to assist us. The weather also did not play along. We will most definitely improve on this one in 2016.

Santa Clause also enjoyed the Christmas party thoroughly. A big thanks to the Fire Brigade that assisted us again in delivering Santa Clause safely. Santa Clause will also work on an air-conditioned costume in 2016.

Congratulations to Jaco Bodenstein from Falcon Boulevard on winning the Christmas lights competition for the sectional titles and to Quartus Dorfling of Stand 232 on winning the bragging rights for the full title houses.

It was really a pleasure working with all the directors, estate staff and security to arrange these functions. From my side a big thank you to all of you. And last but not the least, to all the residents that supported and attended these functions.

Make a note of the following dates:

Date	Weekday	Holiday Name	Event
21 March	Monday	Human Rights Day	Kids Fun Day
25-28 March	Friday to Monday	Easter Weekend	Easter Egg Hunt
1 May 6	Sunday	Workers Day	Family Fun Day



Community Development



“New Year - a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.” - Alex Morritt



Please send us your feedback or suggestions you may have on events and fun days you think we should arrange at the estate in future to Manager@estatebwm.co.za or Office@estatebwm.co.za

Best wishes

Jacques

By James Clarke

Photographs: Mary Broadley
and Barry Bowditch

Over the last 20 years my holiday allegiance to the South Coast of KwaZulu/Natal has swung north. It was not necessarily a conscious decision. For many summers we used to gather at Leisure Bay (which became rather crowded) then Ramsgate, then Trafalgar Beach and finally Southbroom. All were happy places.

Then friends offered their beach house at Sheffield Beach and we discovered the North Coast. From then on we became addicted to what is now called the Dolphin Coast whose de facto capital is Ballito – the fastest growing town in South Africa.

The South Coast took a severe blow to its popularity five years ago with the closing of Durban airport at the start of the South Coast and the opening of King Shaka International Airport on the North Coast just a few minutes' drive from Ballito.

There's also lots of space between the developed nodes on the North Coast – in contrast with the South, whose towns tend to merge in an unbroken line.

Lately I have been asking myself where, if I were to buy anywhere along the South African coast, would I choose, and it would be the Dolphin Coast but would, of course, depend on whether I was buying a holiday house (in which case it would have to be somewhere from Sheffield Beach northwards) or a place to live permanently.

If it were to be permanent it would be either Mount Edgecombe (adjacent to Umhlanga Rocks) and 2km back from the coast) or Simbithi on the north flank of Ballito. I have come to know both quite well.

I would certainly choose to be a kilometre and more away from the sea with its corroding spray and book-destroying mildew.

Both "Mount Edge" with its distinct vernacular style of red-brick houses and green roofs and Simbithi which strives to encourage a Natal farmhouse style of flared roofs and deep verandas, are golfing estates. Both are rich in natural habitats ranging from native forest to open country. Both have extensive wetlands rich in birdlife and both have an interesting variety of other wildlife.

Mount Edgecombe, being the older development, is pretty well fully developed and attractively landscaped and, therefore, generally free of construction gangs – and pricey. On the other hand Simbithi, which has extensive areas still undeveloped, offers more opportunities for buyers and many of its freehold homes and rows of low-rise apartments have a good view down to the sea.

This monumental eucalyptus stump in Simbithi is a remnant of an old sugar estate now engulfed by a residential estate.



Holiday joy.



Beach Bums – laid back meeting place on Casuarina Beach (Tongaat).



Yet another mushrooming development at Ballito's huge retail and office centre. (Photo Courtesy Barry Bowditch.)

Over the last 30 years I have watched Ballito develop from a nondescript little town with an untidy and rather scruffy sea front and whose suburbs lacked any definable style, into something more attractive.

But what has happened high above the town is something else. The summit of Ballito's backdrop hill was once crowned by a huddle of small shops. Today that summit sprouts a forest of cranes towering over three enormous malls – Lifestyle Centre, Ballito Junction and Ballito Bay Mall – and there's still several billion rands worth of development still to go.

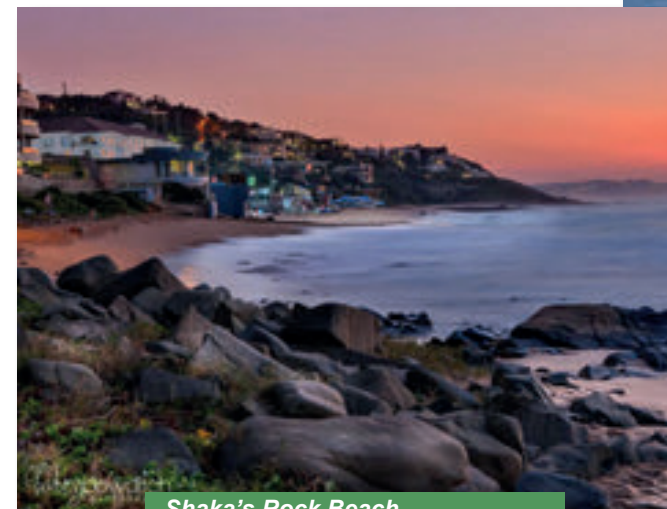
One of the two entrances to Simbithi Eco Estate is halfway down the hill and only a few hundred metres short of Salt Rock's popular beach. On a recent visit I spotted 14 identifiable species of fish in the tidal pool without even entering the water.

Simbithi has its own character but, all the same, it typifies the big "secure estates" that have replaced the canefields along the Dolphin Coast. When complete it will have approximately 2 000 "living opportunities" within its 430 hectares.

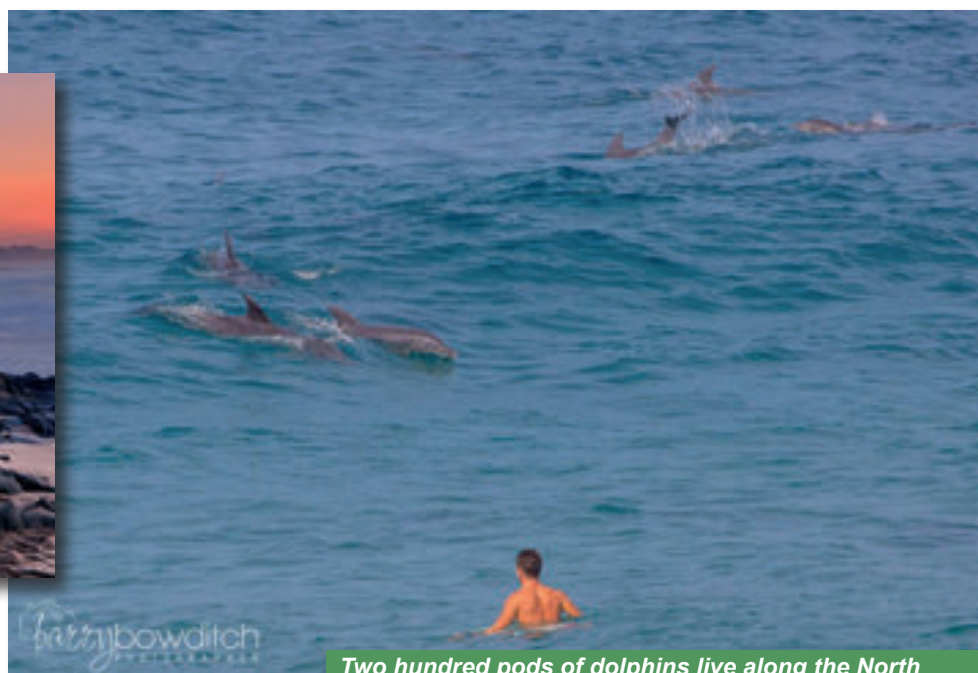
It already has five community centres and a magnificent country club with swimming pools, tennis courts and communal braaing facilities. One centre hosts a rugby/soccer field and cricket pitch, another has stables and paddocks.

I think I have walked all 15 kilometres of Simbithi's trails – trails that plunge into deep forest pockets and then, abruptly, out on to open grassland or the shores of a lake.

The coast itself has, apparently, 200 pods of dolphins cruising its waters. Yet another of its features is that it is within easy reach of St Lucia Estuary and KwaZulu/Natal's game reserves.



*Shaka's Rock Beach
(Photo Courtesy Barry Bowditch.)*



Two hundred pods of dolphins live along the North Coast. (Photo Courtesy Barry Bowditch.)

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5 steps to Fast Track Health Goals for 2016!



By Ajita Ratanjee

It is a new year and with that comes renewed inspiration to start the year with good habits and new goals set to reach goals you have set your mind on! Healthy living and weight loss are top on the list for the majority of people and reaching those goals most definitely has huge benefits.

So ...let's keep it simple and practical so that we can empower ourselves to lose weight and keep it off this year!

Here is my **5 STEP process** to get you on the best kickstart for your health goals for 2016.

Step 1: MINDSET

No quick fixes! Let's get that out the way from now for the rest of this year. There is no pill that you can swallow while doing nothing else and still losing weight successfully. The bottom line is that you need to eat healthily and exercise to burn fat, so from the start you are embarking on a healthy lifestyle that will ensure that you will *maintain* healthy habits.



Ajita Ratanjee

Step 2: TAKE ONE WEEK AT A TIME

Break your goal down into bite-size pieces that are realistic for you. For example, if you have 20kg to lose, start with the first 10kg. Safe weight loss is 1kg a week and 1-2cm a week. Break this down into a weekly goal and all you need to focus on is getting one week at a time right. Forget the week past – just focus on the upcoming week and getting your diet and exercise scheduled in as planned. This takes huge pressure off you and focusing on a week only is easy.

Step 3: KEEP A RECORD OF YOUR DIET AND ACTIVITY

Keeping a diet journal is a very effective way to be accountable for what you are doing. I ask clients to keep a carb count for me which I teach them to do as part of their consultations with me. This raises awareness of what you are putting into your mouth and also helps portion control. The other benefit is that if you slow down or plateau on your programme we can take a look at what needs adjusting to get you burning fat again.

Step 4: REGULAR FOLLOW UPS

Being accountable to someone on a weekly basis helps you to stay on track and make habit changes. It takes 21 days to change a habit so if you can at least have regular follow ups for 5-6 weeks in a row you will be well on your way to sustaining your habits and to actually start enjoying the new lifestyle changes you have made up so far. I have specifically 8 up to 16 week packages that I offer to ensure my clients will have success by coming in for regular follow-up visits.



Step 5: SET REWARDS FOR GOALS REACHED

Reward yourself for goals reached, for example a movie night or manicure or massage for getting your first 10kg off. Try and set a reward that will excite you and that help you relax and treat yourself well. Remember *food should not be used as a reward* – if you are using food to fill up a void in emotions then you are an *emotional eater* and need to seek counsel to help you overcome the challenges you face and to help you create new behaviour patterns.

Due to the great success and positive feedback we have had on hosting our “Secrets to weight loss” and “Emotional eating” workshops last year we will definitely be hosting them again for 2016. For more information on dates for the workshops email info@easyhealthwellness.com or call 012 997 2783. You can also book a FREE 30-minute consultation with me by visiting our website www.easyhealthwellness.com

On that note I wish all the readers a prosperous 2016. Make ***your health a priority***, make time for exercise and make time to plan healthy meals and healthy snacks. We are all busy with lots to do... it takes just a few minutes to pack in the correct foods and buy the correct groceries to ensure you can prepare a healthy meal in a few minutes.

Warm regards

Ajita Ratanjee

(Registered dietitian with a special interest in lifestyle diseases)

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By Bev Hermanson



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FLAME IN THE SNOW: THE LOVE LETTERS OF ANDRÉ BRINK & INGRID JONKER

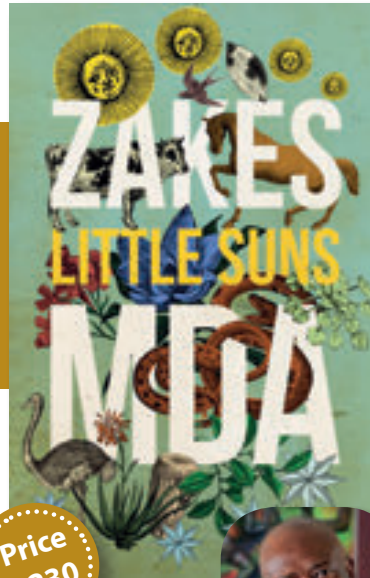
By Francis Galloway, Karin Schimke
and Leon de Kock

In a telegram dated 29 April 1963, twenty-nine-year-old Afrikaans poet Ingrid Jonker thanks André Brink, a young novelist of twenty-seven, for flowers and a letter he sent her. In the more than two hundred letters that followed this telegram, one of South African literature's most famous love affairs unfolds. Jonker's final letter to Brink is dated 18 April 1965. She drowned herself in the ocean at Three Anchor Bay three months later.

More than fifty years on, this poignant, often stormy relationship still grips readers' imaginations.

In December 2014, three months before his death on 6 February 2015, André Brink offered these never-before-seen letters, as well as personal photographs, for publication.

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LITTLE SUNS

By Zakes Mda

It is 1903. A lame and frail Malangana – 'Little Suns' – searches for his beloved Mthwakazi after many lonely years spent in Lesotho. Mthwakazi was the young woman he had fallen in love with twenty years earlier, before the assassination of Hamilton Hope ripped the two of them apart.

Intertwined with Malangana's story is the account of Hope – a colonial magistrate who, in the late nineteenth century, was undermining the local kingdoms of the eastern Cape in order to bring them under the control of the British. It was he who wanted to coerce Malangana's king and his people, the amaMpondomise, into joining his battle – a scheme Malangana's conscience could not allow.

Zakes Mda's fine new novel *Little Suns* weaves the true events surrounding the death of Magistrate Hope into a touching story of love and perseverance that can transcend exile and strife.

Zakes Mda is the author of the novels *Ways of Dying* and *The Heart of Redness*, among many others. He was born in the Eastern Cape, but spent his early childhood in Soweto, finishing his school education in Lesotho. He is a prolific writer of novels, plays, poems and articles for academic journals and newspapers, and his writing has been translated into twenty languages. His creative work also includes painting, and theatre and film productions. Mda, whose forebears were exiled from Qumbu to Lesotho after the assassination of Hamilton Hope, is a recipient of South Africa's Order of Ikhamanga. He is based in Athens, Ohio, where he spends his time writing and teaching.



Price
R140

POCKET GUIDE: WILD FLOWERS OF SOUTH AFRICA

By Braam van Wyk

Published by Struik Nature, the Pocket Guide: *Wild Flowers of South Africa* covers some 260 flowers representing all of the region's major vegetation types:

- Accounts are conveniently organised by flower colour.
- Key ID features are supplied for each flower, as well as interesting facts.
- A photograph and distribution map accompanies each species.
- This pocket guide includes common and conspicuous plants as well as some alien species that are naturalised in the region and showcases some of the region's diverse, strikingly beautiful floral splendours.

Braam van Wyk is a member of the lecturing staff at the University of Pretoria, where he is a professor in the Department of Plant Science. He is a plant taxonomist and has authored or co-authored numerous publications on the botany of southern Africa. Among his published works are *Field Guide to the Wild Flowers of the Highveld* (Struik, 1997), *How to Identify Trees in Southern Africa* (Struik, 2007) and *Field Guide to Trees of Southern Africa/ Veldgids tot Bome van Suider-Afrika* (Struik, 2013).





January, at the office, can be an awkward month for some. It depends of course how the office party went last month. These parties are supposed to cement inter-office relationships but a psychologist said they can do the opposite – especially if the boss remained sober and made note of all that went on...

Selwyn is a young man whose finger nails are always clean. He attended the office wearing a grey suit and he greets the boss every morning with, "Good morning, Mr Grumbleton!"

Everybody does.

He treats with respect Grumbleton's secretary, the prim and proper Penelope. Penelope, it is said, has a black belt in something and once put a fellow in Human Resources in his back by twisting something.

Then comes the office Christmas party when desks are pushed together and on them would be placed bottles of grown-up stuff and snacks. The staff would stay on after 5pm and assemble like a group of mourners at a serious funeral.

Then Grumbleton enters. He strides in and tries, with a modicum of success, to smile. Clearing his throat, he launches into his nervous no-bonuses-this-year speech while reassuring everybody that the company was "going from strength to strength thanks to all concerned".

He then wishes them all a happy Christmas, including the many Moslems among them. The applause sounds like light rain. Only Selwyn's clapping sounds enthusiastic.

As the hum of conversation grows, Grumbleton walks over to the gaggle of people clustered around the drinks. Selwyn is among them. Conversation ceases as if somebody has snapped off a radio.

Selwyn says, "Hello Mr Grumbleton" and Grumbleton responds before asking after Selwyn's wife and Selwyn reminds him that he isn't married.

A cough or two and Grumbleton then walks over to his deputy, Kalu, and asks if he has a wife and, if so, how is she.

A few minutes later there's music and the sound of breaking glass, which triggers a ragged cheer. There's an eruption of ribald laughter. Jones has his arm around Penelope, whose voice becomes so shrill it shatters the glass that Jones was holding in his free hand.

Grumbleton is wearing a paper hat in the shape of a king's crown. Everybody says it suits him.

Smedley is photocopying a melktert and Selwyn, his hair by now slightly out of place, has trapped the boss against a pillar and is earnestly advising him on company policy.

The noise is growing. Rajiv, over his glass of Coke, tells his story about the

day Brenda had one of her nervous breakdowns and added a nought to all the numbers in the Grayson balance sheet.

Grumbleton notices, over the top of Selwyn's head, Eaton pouring brandy into the office's Ficus benjamina.

Then, unnoticed, Grumbleton slips away.

Somebody puts on a rumba. Selwyn, his elephant tie a little damp from a spilt drink, dances surprisingly well with Amelia, who does it with a drink in her hand. Penelope and Jones join in and the party becomes noisier. It ends with Penelope holding Jones upside down and Amelia, her dress over her head sitting on the photo-copier, offering prints at R10 time for St George's Restoration Fund.

When the office reopened in January the only sign of the party was the dead benjamina and broken copier.

Everybody said, "Good morning, Mr Grumbleton" and Mr Grumbleton nodded at each of them, slowly, in turn.

For more James Clarke, visit Blogsite: <http://stoepwalk.wordpress.com> or www.jamesclarke.co.za



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