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Issue 1 | 2017

THE OFFICIAL PUBLICATION OF THE MOOIKLOOF OWNERS ASSOCIATION



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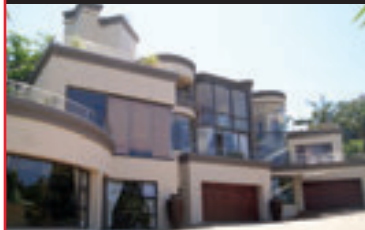
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HELPING

KIDS SETTLE

INTO SCHOOL

BY KATHY THERSBY

**Whether your child is about to start school or is moving from one class to another, it can be a little scary for the child and for the parent, who might worry about whether their little one will make friends and whether he or she will like the new teacher.**

While you will have worries too, it's vital that as a parent you emphasize that the teacher will be kind and will be there to help, that it will be great to make new friends and that you'll have lots of fun in class and at break times.

Even a very confident and outgoing child is likely to have a few worries about moving to a new class, so here are some tips on how to settle in your child, from Netmums.com.

## Be organised

A little organisation can go a long way to helping ease your child into the new school routine.

This is also an opportunity for your child to learn some new skills, such as being responsible for their own belongings, helping to prepare their packed lunch or putting their dirty uniform in the wash.

## Prepare them

Preparing your child in advance to cope with going to the toilet on their own, putting their clothes on and opening their food packaging will be helpful.

It's also well worth familiarising your child with the school building, and perhaps some of the faces they'll meet, by making some 'dummy runs' to the school or looking at pictures on the school website or brochure.

## Make sure they get plenty of rest

Be strict with bedtimes during the school week. Tired, grumpy children are harder to manage so make sure they get to bed on time, particularly in those first few weeks of school when they are having to adapt to a whole new routine.

Keep after-school activities to a minimum, and your child will probably be more than happy to have a few quiet, relaxed weekends in the early days too.

## Reassure them

Your reassurance is vital. Don't laugh off their worries, even if they seem trivial, but talk through those concerns with your child and explain that their teacher is on hand to help with anything that worries them during the school day.



**Share your own happy experiences of school with your child, and remind them that all children get a little nervous about school sometimes, but that if they really are worried about anything they can always come and talk to you about it.**

And if you yourself are feeling nervous about the transition, try not to show it – your child will most certainly pick up on your mood, making them more prone to first-day nerves.

### Give yourselves time

If your child isn't used to being out of the house by a certain time you may be worried that making it to school in time for the bell will be an impossible task.

Certainly children have little sense of urgency and they're easily distracted away from the important stuff, like finishing their breakfast and cleaning their teeth.

In the early days give yourself plenty of time so you can start the day in as calm a manner as possible. Getting into a tizz about being late just transfers to the kids and everyone gets cross and anxious.

And if you do get stuck in traffic or a lost book bag holds you up, don't worry – take a deep breath and remember this is out of your control. You'll be at school as soon as you can.

### Let them choose their own friends

It's tempting to try and pair your child up with other children but it's much better to let friendships form naturally. By all means have play

dates but take your lead from your child rather than deciding yourself who your child should be friendly with.

And don't worry if your child doesn't seem to have a special friend or group of friends – it's easy to expect children to be naturally popular but some children take longer to form meaningful friendships.

Boys particularly often have a very flexible attitude to friendships, and are willing to play with whoever happens to be around at that particular time.

So try not to worry if your child doesn't appear to have a definitive gang of mates at this time. Your child's teacher will let you know if they're worried about any aspect of your child's social integration into school.

It is important to make sure your child understands that they must ask for help if someone is upsetting them in the playground.

Don't alarm your child with tales of bullying, but help them to understand that if someone hurts them physically or says nasty things to them they should tell their teacher.

Socialising with other children is a key aspect of the school experience. Don't worry if your child doesn't know other children joining the school.

Many other children will be in the same boat and your child's teacher will be adept at making sure everyone is included in playground games, and he or she will be able to identify like-minded children and help encourage healthy friendships between them.

### Keep up communication

Encourage good communication with your child during the settling-in period at school. Factor in some



special time each day – reserved just for them – to talk about their day.

But be careful not to pump your child for information, which might make them feel that you're worried something is wrong, thereby making your child anxious about school.

Just showing an interest and giving your child lots of reassurance about school will really help: 'You're doing great at school, aren't you?', 'Look at my big girl, looking so smart and grown-up in her school uniform!', 'What did you get up to today? I bet you had lots of fun with all your new friends...'

But if anything is causing you concern, it's also important to keep up a dialogue with your child's teacher.

Many children experience some minor teething trouble adjusting to full-time education, so try not to worry too much.

All the same, it's helpful to have a quick five-minute chat with the teacher from time to time to make sure they think everything is going okay.

# WHAT'S HOT AND HAPPENING IN GAUTENG IN 2017?

By Max Marx

**THE GAUTENG TOURISM AUTHORITY PROVIDES AN IMPRESSIVE LIST OF EVENTS FOR LOOK OUT FOR IN 2017.**

## DSTV DELICIOUS INTERNATIONAL FOOD & MUSIC FESTIVAL



The DSTV Delicious International Food & Music Festival, a festival for food and music lovers, takes place during the last weekend of September 2017.

It will be held at a venue still to be confirmed. Attendees can expect delicious food, street chefs and an excellent music line-up of international and local acts. Tickets for the event can be booked through Ticketpro.

## SOWETO WINE & LIFESTYLE FESTIVAL

The Soweto Wine & Lifestyle Festival takes place from March 3 - 5 at the Walter Sisulu Square of Dedication in Kliptown, Soweto. The festival has become one of Africa's premium wine, food, music and lifestyle events.

The event showcases wines from some of South Africa's most exciting vineyards and offers a platform for new producers trying to penetrate the market. Visitors can enjoy a variety of foods and shop for funky lifestyle products. Tickets will be made available to the public in December through Nu Tickets.

## TSHWANE OPEN GOLF TOURNAMENT

The Tshwane Open takes place at the Pretoria Country Club in Waterkloof from March 2 - 5.



This highly anticipated 72-hole stroke play championship will see 156 professional golfers participating.

The Tshwane Open forms part of the Sunshine Tour and is co-sanctioned by the European Tour. Some of the best local and international players will compete for the R18,5m prize money. Tickets for the tournament will be available through Ticketpro.



## VAAI RIVER MEANDER WINE ROUTE

The Vaal River Meander Wine Route takes place from June 24 - July 30 (Saturdays and Sundays from 12h00 to 18h00). Dozens of wine estates are represented along the route – made up of 17 different venues in the vicinity – with more than 200 wines to sample. Each venue offers a minimum of eight wines, with some venues having 20 different wines to taste.

There are options of wine tastings on a luxury river cruise, aboard a houseboat, in a wine cellar, a pub, an upmarket hotel and even in a township. Other options include a wine tasting lunch on a luxury cruiser, spa treatments and wine and food pairing. Visitors can make use of different modes of transport to get to the different venues, including a watertaxi, vintage car, or a chauffeur-driven vehicle. For info and packages email [info@vaalwineroute.co.za](mailto:info@vaalwineroute.co.za).



## GOOD FOOD & WINE SHOW

The Good Food & Wine Show takes place from October 27 - 29 at the Ticketpro Dome in Johannesburg.

Visitors can expect innovative culinary experiences, cooking demonstrations by top local and international chefs and culinary master classes. Also on offer are baking classes, talks on healthy eating, a baking theatre where guests can learn to bake, a cake decoration lab and a wine theatre where guests can sample wines and learn about wine and food pairing.

Details for bookings will be revealed at a later stage.

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## ALSO ON IN 2017

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- Standard Bank Joy of Jazz festival
- 702 Walk the Talk
- FNB Joburg Art Fair
- Joburg Shopping Festival
- Arts Alive Johannesburg
- Telkom 947 Cycle Challenge
- BMW International Polo Series

## RMB WINEX 2017

South Africa's premier wine show, RMB Winex takes place at the Sandton Convention Centre from October 25 - 27. Visitors can sample wines from more than 100 local and international wine producers, learn about wine pairing and viniculture, and order bottles of their favourite wines to enjoy at home.

There is also the Table Talk pop-up tasting programme where exhibitors talk about their wines and other topics. To book visit [www.winex.co.za](http://www.winex.co.za).

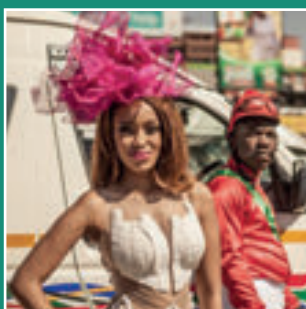
## SANSUI SUMMER CUP

The Sansui Summer Cup is one of South Africa's premier horse racing events. It will take place at the Turffontein Racecourse in Johannesburg towards the end of November 2017 (date to be confirmed).

Race goers can expect thrilling horse race action throughout the day.

There are several hospitality and ticketing options available with the emphasis on family, food, fun and entertainment. Many of South Africa's well-known musicians will entertain the crowd.

Bookings can be made through Computicket.





By Max Marx



*Affordable and easy ways to explore Gauteng*



Using Gauteng's public transport to visit the province's many attractions and activities has never been easier.

Over the years, Gauteng has developed a convenient network of transport options that can take travellers virtually anywhere. The Gautrain travels from Park Station in Braamfontein to Tshwane and OR Tambo International Airport. Rea Vaya and Metrobus offer a wide transport network in Johannesburg and Tshwane's municipal bus service and A Re Yeng Bus Rapid Transport (BRT) system cover most of the city and surrounding areas.

Gauteng Tourism Authority spokesperson, Barba Gaogamediwe, says the availability of reliable, safe public transport broadens the potential market of visitors to various attractions across the Gauteng city region. "Over the years, the transport infrastructure in the

province has greatly improved in terms of availability, reliability and safety. Using public transport is cheaper than using one's own car or a hired car and improves accessibility to our various tourist attractions. The private sector, whether Uber or companies offering tuk tuk services, has also come to the party with new transport options that have made moving around Gauteng much easier."

## *How to get around*

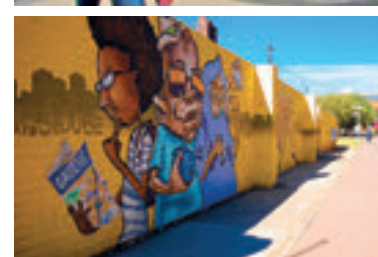
For visitors to Johannesburg and Pretoria needing shorthaul transport, tuk tuks are a cost-effective option. Shesha Tuks – which offers shorthaul transport in Sandton, Rosebank and Tshwane – operates within a 5km radius of the Sandton and Pretoria Gautrain stations. Costs range from R25 for a 3km trip to R95 for a 10km trip. Visitors looking to take a walking or cycling tour of Alexandra township with operator The Hub

Presents, can catch a ride with Shesha Tuks to Alexandra.

For those wishing to explore the many new and exciting cultural hubs in downtown Johannesburg, there are a myriad public transport options, such as taking the Gautrain to Park Station or catching a tuk tuk, Metrobus or the Rea Vaya bus.

Attractions in and around Braamfontein, the CBD, Johannesburg's south and Soweto can be accessed via City Sightseeing Johannesburg's Red City Tour and Soweto Combo as well as on the Rea Vaya. Red City Tour stops include Park Station, Carlton Centre, James Hall Museum of Transport, Gold Reef City Casino, Apartheid Museum, Mining District Walk, Newtown Precinct, Newtown Junction Mall, Origins Centre at Wits, The Grove in Braamfontein, and Constitution Hill. Rea Vaya's inner city circular route (C3) travels via Constitution Hill, the Johannesburg Art Gallery,





Origins Centre, Planetarium, SAB World of Beer, Museum Africa and the Sci-Bono Discovery Centre. Rea Vaya's T1 route travels from Ellis Park to Soweto with stops near the Main Street Mall, the Johannesburg High Court and in Soweto, the Walter Sisulu Square of Dedication, Regina Mundi Catholic Church, Vilakazi Street and the Hector Pieterse Memorial and Museum. In Soweto, travellers can take part in walking, cycling and tuk tuk tours with Lebo's Soweto Backpackers, mountain biking excursions with Bay of Grace Tours, and quad biking tours with Soweto Outdoor Adventures. Visitors can also get to the cultural Maboneng Precinct by catching Rea Vaya's C1 bus in the CBD, travelling east bound.

### ***Tours that use public transport***

Some tourism stakeholders are incorporating public transport as part of their tours. Curiosity Johannesburg's Inner City Urban

Hiking Tour (R250pp) combines walking and public transport to see some of the city's hidden treasures. From the Maboneng district guests walk to Kwa Mai-Mai traditional healers' market, then to the Collectors Treasury – the largest secondhand bookstore in the Southern hemisphere. They then take in a bird's-eye view of Johannesburg from the Carlton Centre's 50th floor.

After a walk through the bustling Small Street Mall, guests visit the Ethiopian Quarter and enjoy an Ethiopian lunch before exploring the Newtown cultural precinct and Chancellor House – formerly the site of Nelson Mandela and Oliver Tambo's law practice. The group then catches the Rea Vaya bus back to Maboneng.

Another fun excursion is Friends of the Rail's steam train to Cullinan, which offers scheduled departures each month from its Hermanstad Station in Pretoria. Visitors can explore Cullinan's

rich diamond history on mine and village tours, lunch at one of many quaint restaurants, picnic in the park or enjoy quad biking safaris, extreme ziplining, abseiling and more with Adventure Zone Cullinan.

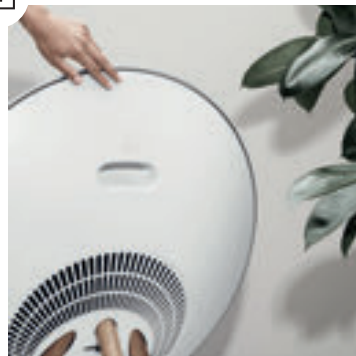
### ***New to Rosebank***

New on the horizon is City Sightseeing Johannesburg's Green Tour, which is expected to kick off this month. The Green Tour will start in Rosebank with stops at Zoo Lake, the Joburg Zoo, the Military Museum and Constitution Hill before returning to Rosebank.

A one-day ticket (R190) will give tourists access to both the Green Tour and City Sightseeing's Johannesburg Red City Tour, with a route changeover available at Constitution Hill. Passengers can hop on and off at their leisure. A two-day ticket costs R290 and there's an option on both tickets to add a Soweto tour.

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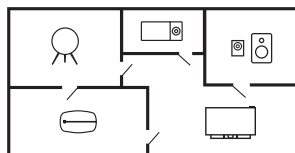
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# Shopping destinations

## *Five places where the rand goes further*

*Despite the weak rand, there are still many destinations where cash-strapped South Africans can shop till they drop.*

**S**outh African travellers who love to shop should not be put off by the volatility of the rand as there are a number of destinations that still offer excellent value, along with a wide range of complementary activities.

### *Vietnam*

Vietnam also offers good quality at affordable prices. The country features some fantastic boutiques where travellers can have clothes or leather boots and shoes made. The destination is also suited to high-end shoppers, with Dong Khoi Street in Ho Chi Minh City offering brand name stores. "Vietnam offers great upselling opportunities for travel agents, who can suggest trips combining cooking, wellness and shopping," adds a well-known travel agent.

### *Bali*

Bali still offers value for South Africans wanting to go shopping. "It caters for a wide range of shoppers and is where designer brands can be found beside local and handmade curios. It is a treasure island of fine art and handicrafts, antique and semi-antique furniture, paintings, carved jewellery, wood and stone carvings, masks, fabrics, silk scarves, shirts, bags and many other hand-crafted goods and also mega-brand names," says Genine de Witt, ITC of the Club Travel Group. She recommends that travellers visit Ubud's open-air market, as well as the Bali Collection, a high-end department store, Kuta beachwalk, Mall Bali Galeria, Sukawati Art Market, Seminyak, Petitenget and Kerobokan – all good shopping areas, she says.







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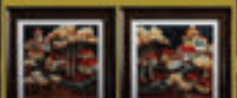


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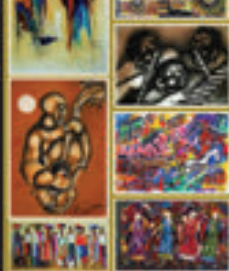
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## Thailand

Thailand is another firm favourite. "Especially when you consider just how far your baht will take you and how many interesting items can be bought and bartered for," says Theresa Szejwallo, managing director of The Travel Corporation and Trafalgar South Africa. She says while visiting Bangkok's Chinatown may be considered a little 'kitsch', it is a charming experience. "The night-time shopping in Khao San Road, where a wide selection of sports and travel wear can be found, shouldn't be missed." Theresa says Thailand's after dark shopping goes way beyond a walk in a mall or a stroll through a market, but allows travellers to immerse themselves in the cultural uniqueness of Asia.



## Turkey

Istanbul, with its avenues filled with bazaars, open-air markets, chic boutiques and shopping malls is another mecca for shopaholics, particularly those on a modest budget, says Genine. "One needs to be an expert in the art of bargaining and then hunt for carpets and kilims, fabrics and linens, jewellery, art, antiques, handmade shoes, leather apparel and ceramics."

Hayley Walls, marketing manager of Thompsons Travel, says Istanbul has always been a firm favourite with South Africans. "Travel agents can suggest a two day stop in Istanbul, continuing on Turkish Airlines to one of its many other destinations," she says.



### New on the radar...

Eastern Europe is still considered a cheap destination for South Africans, making shopping there very cost effective, particularly in cities such as Budapest and Prague. Bronwyn Strydom, marketing manager of Trafalgar South Africa, says Prague is well known for Bohemian hand-made glassware, while Budapest is known for paprika and pálinka (a traditional fruit brandy). She says in Budapest, travellers can combine a shopping experience with a food holiday.

## Dubai

If shopping is the primary purpose, then travellers should look no further than Dubai, says Ramesh Jeenaarain, managing director of World Leisure Holidays. "Where else in the world can you swim with sharks just a few metres away from the world's leading retail brands? Where else can you break away from your shopping spree to have a quick ski down a snowy mountain? In what other city can you spend the morning bartering for spices in a historic souq?" Ramesh says, with over 95 shopping malls, virtually every global brand is on sale alongside home grown boutiques and labels.

Thaybz Khan, manager: contemporary brands of Cruises International, says if a client's primary purpose is shopping, then Dubai comes top of the list. "The rate of exchange is reasonably low compared with the UK, Europe and the US, which allows the rand to stretch a little further. Getting there is also a lot more favourable for South Africans in terms of flights and visas."



### Best value buys

Careful planning will let shoppers make the most of their travel budgets.

Annemarie Lexow, sales and marketing manager of Travel Vision, provides her top suggestions:

- India: fabric, textiles, carpets and pottery.
- Thailand, Bangkok: clothing, handbags and accessories.
- New Mexico, Santa Fe: handmade jewellery and pottery.
- Peru: woven clothing, bags and winter accessories.
- Turkey: glassware, jewellery and carpets.



# BORN TO RUN

## By Bruce Springsteen

"Writing about yourself is a funny business...But in a project like this, the writer has made one promise, to show the reader his mind. In these pages, I've tried to do this." - Bruce Springsteen, from the pages of *Born to Run*.

In 2009, Bruce Springsteen and the E Street Band performed at the Super Bowl's halftime show. The experience was so exhilarating that Bruce decided to write about it. That's how this extraordinary autobiography began. Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humor, and originality found in his songs.

He describes growing up Catholic in Freehold, New Jersey, amid the poetry, danger, and darkness that fueled his imagination, leading up to the moment he refers to as "The Big Bang": seeing Elvis Presley's debut on The Ed Sullivan Show.

He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band.

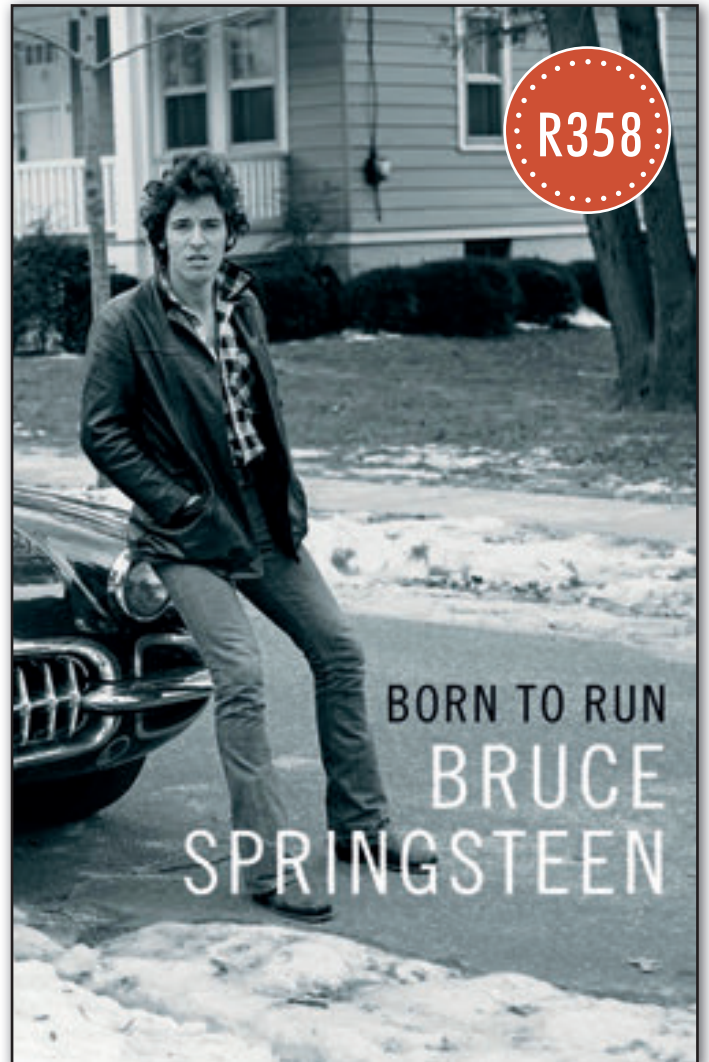
With disarming candor, he also tells for the first time the story of the personal struggles that inspired his best work, and shows us why the song "Born to Run" reveals more than we previously realized.

*Born to Run* will be revelatory for anyone who has ever enjoyed Bruce Springsteen, but this book is much more than a legendary rock star's memoir.

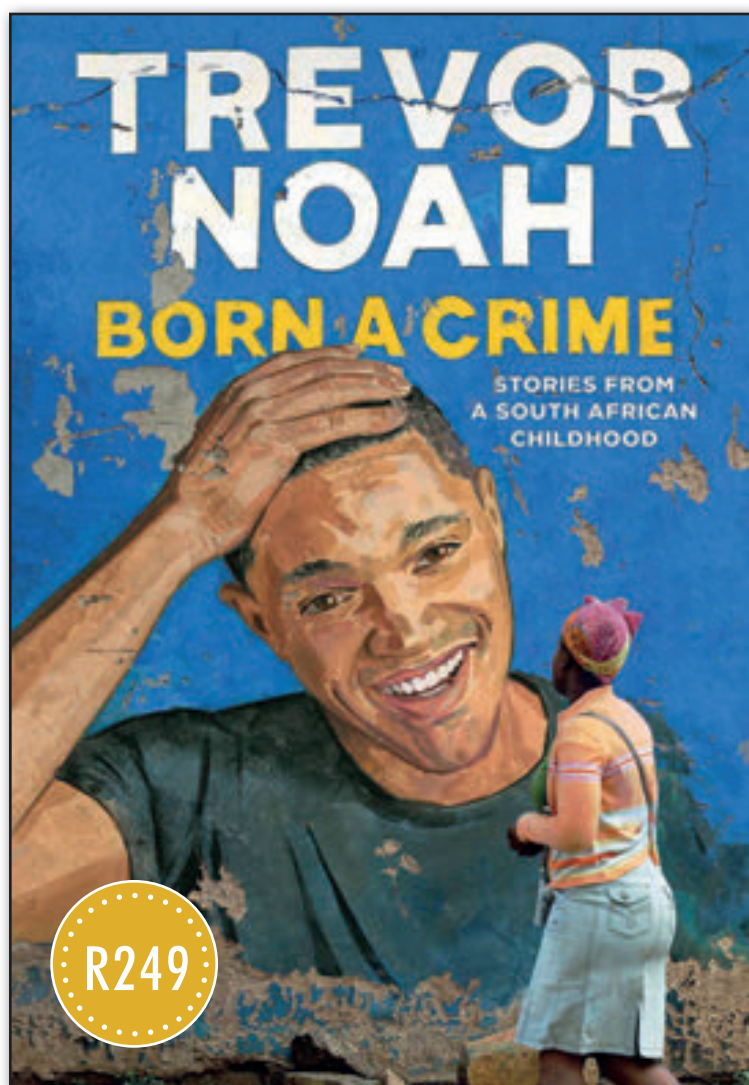
This is a book for workers and dreamers, parents and children, lovers and loners, artists, freaks, or anyone who has ever wanted to be baptized in the holy river of rock and roll.

Rarely has a performer told his own story with such force and sweep. Like many of his songs ("Thunder Road", "Badlands", "Darkness on the Edge of Town", "The River", "Born in the U.S.A.", "The Rising" and "The Ghost of Tom Joad" to name just a few),

Bruce Springsteen's autobiography is written with the lyricism of a singular songwriter and the wisdom of a man who has thought deeply about his experiences.







# BORN A CRIME

By Trevor Noah

Trevor Noah's path from apartheid South Africa to the desk of The Daily Show in New York began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison.

*Born a Crime* is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist.

It is also the story of his relationship with his fearless, rebellious and fervently religious mother - his teammate, a woman determined to save her son from the cycle of poverty, violence and abuse that would ultimately threaten her own life.

The eighteen personal essays collected here are by turns hilarious, dramatic and deeply affecting. Whether being thrown from a moving car during an attempted kidnapping or simply trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his world with an incisive wit and an unflinching honesty.



## FROM WHISKEY TO WATER by Sam Cowen

"My name is Samantha and I'm an alcoholic. At the time of writing, I've been sober for 13 years, 11 months and 16 days. And yes I still count. I promised I would never speak about it publicly until my children understood what that meant, that mommy was an alcoholic. I think they may have understood long before I did."

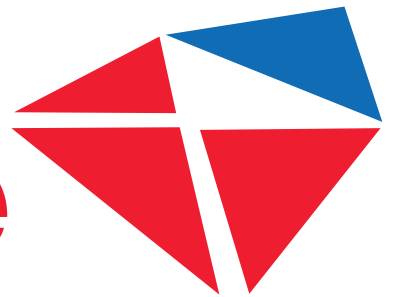
*From Whiskey to Water* is the no-holds-barred memoir by one of South Africa's most loved radio talk show hosts, Sam Cowen. Having kept her alcohol addiction well away from the public eye for over 14 years, in this tell-all tale, Sam finds the courage to talk about her struggle with her addiction to whiskey, food and finally to a passion that saved her life - marathon swimming. Told in her characteristically hilarious dead-pan style, this is one of the bravest books you'll read this year.

"So this is a book on how I stopped drinking? No, it's not. It's how I stopped drinking, started eating, became clinically severely obese, stopped eating (everything that wasn't nailed down) and swam my way to freedom. No, it's not. It's actually about addiction and learning and sadness and anxiety and love and drive. It's about channelling the unchangeable into the miraculous. It's about dragons and learning how to put them to sleep when you can't slay them. It's about being my own Daenerys."

# James Clarke

# Post Office

We deliver... sometimes



**G**et ready to imagine a world without the post office. Email, fax machines and smart phones have just about wiped out the minimum revenue needed to keep the post office alive. Most of post these days is junk mail and bills. – Report.

Hello, is that the Post Office's mail department?

*Yes, indeedly. Good morning. Goeie môre. Sowabona. Thank you ever so much for phoning us. How may we possibly be of assistance to you-hoo?*

The name is Clarke, James Clarke, President-for-Life of Densa.

*No! Not THE President-for-life of Densa, the club for those who can't get into Mensa?*

Verily. In the flesh. And I am getting lots of letters from readers...

*Letters? Lots of letters? Oh joy! Hey, girls and boys. Guess what - I have a gentleman on the phone who is receiving lots of letters! Oh what a relief to know THE MAIL IS GETTING THROUGH! Can you hear the cheering, Sir?*

Yes, but many of the letters arrive after a week or more. Last Christmas I received a card from overseas only...

*From overseas! Mail from overseas! Oh, my cup overfloweth! Oh, there IS a God after all!*

I was going to say I received it only in February. And a man in Lone Hill has brought me a Christmas card he posted on November 16 last year which was returned to him 12 months later marked "wrong address". The problem must be at your end.

*Boys! Girls! This caller has found our problem! Oh, this is unbelievable! Just hold on while I pinch myself. Ouch! Eina!*

I am not saying I know your problem. I just know where it must lie - your central mail sorting room.

*Oh, that'll be Phineas Matlana.*

Do you mean to say you have only one man sorting international mail?

*Oh yes. But what a man! He does internal mail sorting too. Nothing is too much for our Phineas. Let me just tell him. Phineas! Are your ears burning, hey?*

Well, ask him what the problem is.

*Phineas says he went home for Christmas last year. What was that, Phineas? And you had to*

*catch three taxis all the way back from Umtata, hey? And all three rolled. What? And you lost an arm? I thought you looked different. Must make sorting a bit difficult, hey? Did you hear that, Sir?*

I'm unimpressed. We might as well go back to Van Riebeeck's time and use that boot under the milkwood tree at Mossel Bay.

*Oh brilliant! Is it still there, I wonder? Oh this is such a fruitful conversation we are having.*

And what about this Fast Mail business? You charge us double for Fast Mail when all it does is what ordinary mail used to do. And one reader received a letter with no postmark and no stamp.

*Well, if you had only one arm how would you flip letters over and stamp them? You've obviously never lost an arm, have you?*

Another reader wrote to you complaining about poor delivery and never received a reply.

*Well, she probably posted her complaint, silly billy. I'll tell Phineas to look out for it. Phineas! Phin... I think he's gone home. He's 97 y'know.*

For more James Clarke, visit  
Blogsite:  
<http://stoeptalk.worldpress.com>  
or [www.jamesclarke.co.za](http://www.jamesclarke.co.za)



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