



Dainfern Valley

NEWSLETTER

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<http://www.dainfernvalley.co.za/privacy-notice>



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A Word from our Chairman

Dear Residents

I wish you all the best for 2021 and trust that it will be a year that is filled with more hope, happiness and prosperity than 2020.

Our annual Budget EGM will be held on Tuesday, 23 February at 18h15 by way of a Zoom call to discuss and approve the Budget and levies for the next financial year being 1 March 2021 to 28 February 2022. I would urge all members to try and attend this meeting to understand the achievements over the past years and what is planned for the year ahead on the estate.

At the beginning of each year and as part of the process of setting priorities for the estate, the trustees and estate management encourage residents to provide us with constructive suggestions on aspects of the estate which we should consider further, and ways in which we can enhance the incredible place in which we live.

Best wishes for 2021.

Sebastian Carter





Cambridge biology lesson



Joulia Karmichael, Director of Cambridge Studies

CELEBRATING CAMBRIDGE RESULTS AT DAINFERN COLLEGE

Adainfern College is a proudly South African school which also places huge emphasis on the value of internationalism. Since inception in 1997, the College has offered the IEB National Senior Certificate (Matric) as its exit examination, and the first Grade 12 cohort wrote Matric in 2001.

As Dainfern College is a member of the international Round Square association of schools, internationalism is one of its key drivers. Thus, in 2020, the College added Cambridge Assessment International Education to its academic offering with the introduction of the Cambridge A Level programme as an optional exit examination. This international education option is offered in parallel at the College, alongside its excellent IEB Matric curriculum. Students choose between the A Level and Matric programmes at the start of Grade 11.

Dainfern College is proud to announce an exceptional set of A and AS Level results in the 2020 Cambridge examinations. This is the first time that students at Dainfern College have written the A Level examinations and they did not disappoint.

College Principal, Matthew



Cambridge physics lesson

Davies, commented: "The results from the inaugural A Level class are cause for celebration of this additional academic programme at Dainfern College as well as the superb teaching of the Cambridge staff, under the leadership of Joulia Karmichael, the Director of Cambridge Studies at our College."

The students who wrote the A Level examinations achieved a 100% pass rate and 100% access to tertiary studies. Top student, Xiaoya Huang, wrote four A Levels and achieved 'A's for Mathematics and Chemistry and an 'A' for Chinese, with an outstanding overall average of 83,75%.

The Grade 11 AS students also achieved superb results, particularly Hamza Mahmood, who attained four 'A's for Biology, Chemistry,

Mathematics and Physics. This group of students will be writing A Levels at the end of 2021.

Ms Karmichael acknowledged that 2020 was by no means an easy academic year due to the COVID-19 pandemic. "The results attained in the 2020 Cambridge Assessment International Education examinations by our Dainfern College students are testament to the professionalism and dedication of our academic staff, as well as the resilience, grit and commendable work ethic of our students."

"We are most grateful for the wholehearted support of parents and salute the achievements of our Cambridge students in the Class of 2020."



DAINFERN
College



CUPCAKES OF HOPE

Cupcakes of HOPE is a Non-Profit Company (NPC 2012/103028/08) and a Public Benefit Organisation (PBO930053726), and their aim is to raise awareness and funds for families in need of medical assistance, they do this through their love of baking cupcakes...

Cupcakes of HOPE is a community-driven cause that aims to raise awareness around childhood cancer and raise funds for children with life threatening

diseases. The concept is simple, bake cupcakes or cookies, ask your family, friends, and colleagues to donate R10-R20 for a sweet treat and help us 'Bake A Difference' in the lives of children in need.

Cupcakes of HOPE fundraisers are hosted by volunteers throughout the year in a wide variety of formats. The funds raised enables us to assist about 100 children every month by paying for their medical or day-to-day expenses, this is by far the SWEETEST way to help save a life.

Keegan's CUPCAKE RUN



SPREADING CUPCAKE LOVE THIS FEBRUARY

Help celebrate International Childhood Cancer Day by supporting Keegan

Keegan Farrell a Dainfern Valley resident is doing his little bit to help other children in need.

Keegan is 9 years old and is passionate about baking (especially cupcakes) and helping the community. Two weeks ago, he asked his mom, Nicky Farrell, if he could do something for someone and give back – "I want to do good mom" were his words. Nicky happened to stumble across Cupcakes of HOPE on Facebook, and she began to look into it. Together they visited

the Cupcakes of HOPE website and she explained to him what it was all about. Immediately Keegan said yes, that's what he is going to do. He asked if he could pledge 200 cupcakes – but Nicky managed to negotiate him down to 100 cupcakes. Keegan started baking and decorating his cupcakes last week Friday afternoon.

Keegan will set up a table outside the estate office on Saturday 6th February 2021 at 10am – please pop by and support him and this worthy cause. We are asking friends/family to support this initiative and make a R10-R20 donation per cupcake.

Well done Keegan for 'Baking a Difference' to help other children in need, you are a Cupcake Angel.

Cupcakes 4 kids with Cancer

Keegan Farrell has pledged to bake 100 cupcakes for "Cupcakes 4 kids with Cancer" on **Saturday 6th February 2021** – he will bake 100 delicious cupcakes and is asking the Dainfern Valley community to make a R10-R20 donation per cupcake – all monies raised will be transferred into the Cupcakes of Hope bank account. These funds will be used for the medical and day-to-day expenses of children with cancer.

Visit Keegan outside the estate office on Saturday 6th February 2021 at 10am – please pop by and support this worthy cause.

Keep Calm and Fight Cancer



Thank you!

**FOR ALL YOUR CONTRIBUTIONS
TO THE CHRISTMAS FUND FOR
OUR GUARDS AND GARDENING
STAFF**

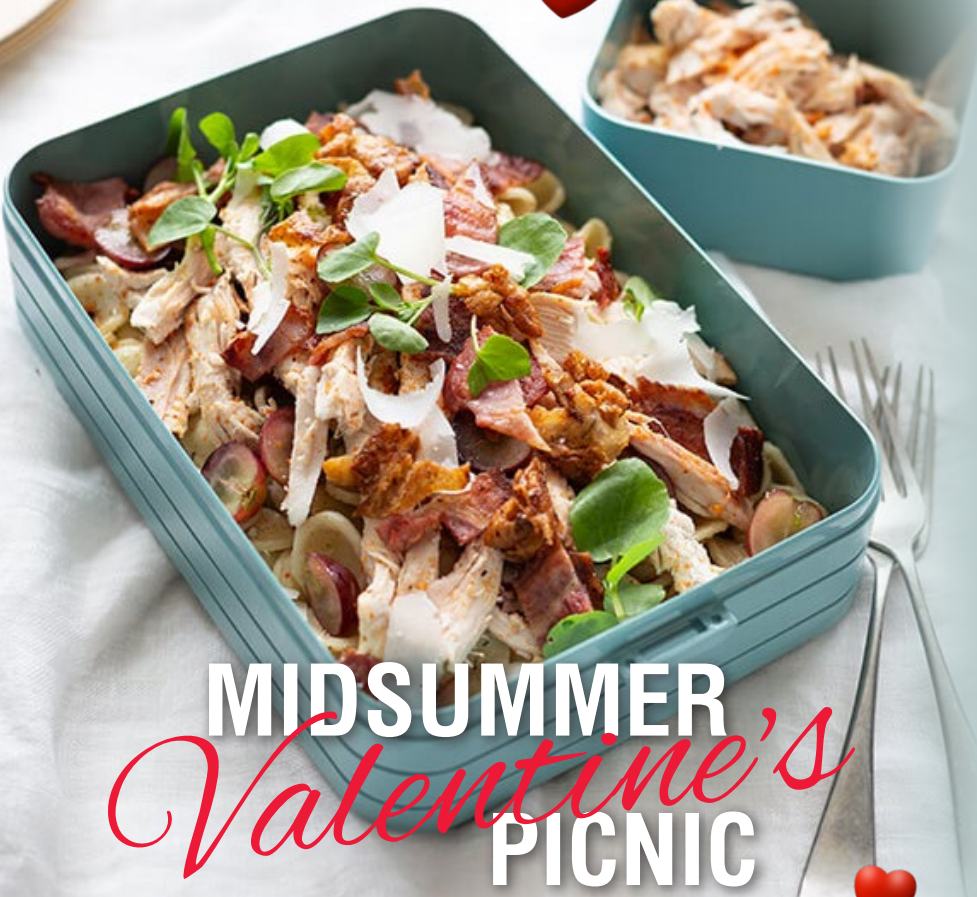
The Board of Trustees and Management would like to thank those who contributed so generously towards the Christmas Fund for the guards and gardening staff who contribute in a significant way to making this estate the great place it is and which we are fortunate enough to call home.

Your contributions ensured their festive season was that much more enjoyable after a crazy year, and it really helped in demonstrating our heartfelt appreciation for their daily efforts.

Grateful thanks once again!



BY INA PAARMAN



MIDSUMMER *Valentine's* PICNIC

Everything tastes better if eaten outside. Pack a basket, find a lovely spot outside and enjoy a leisurely lunch with your love. This Valentine's menu is planned with minimum fuss of preparation and maximum enjoyment in mind. As long as you have the bread and good company to share it with.

CHICKEN PASTA SALAD

A delicious and filling main course salad, easy to transport and eat with a fork or piled on bread. Take the salad dressing bottle with you to the picnic to add a final drizzle before dishing up.

INGREDIENTS

- Cooked rotisserie chicken
- 150g pasta shells
- Ina Paarman's Garlic & Herb Seasoning
- Ina Paarman's Creamy Herb Dressing
- 125g streaky bacon (optional)
- 15ml olive oil
- 100g red grapes (one medium bunch) halved
- Shaved parmesan or grated cheddar cheese
- Watercress

METHOD

Skin the chicken and snip the skin into strips. Keep on one side. Strip the meat from the bone in long thin strips. Boil the pasta according to pack instructions. Drain the pasta and season with Garlic & Herb Seasoning. Toss with 180ml of Herb Dressing and keep on one side. Pan-fry the bacon in a little olive oil until crisp (if using). Snip bacon into smaller pieces and keep on one side. In the now empty frying pan, add a little more oil and quickly stir-fry the skin strips until crispy. Keep on one side.

TO ASSEMBLE

Toss the chicken strips with the dressed pasta and dish into a suitable container. Top with grapes, bacon and crispy chicken skin. Add cheese and watercress. Drizzle with extra Herb Dressing before serving.

FRESH PICKLES WITH COTTAGE CHEESE AND RED PEPPER DIP

Lightly pickled fresh vegetables are presently very fashionable, they provide a carb friendly nibble to eat, while lounging on a picnic blanket.

INGREDIENTS

Pickling Liquid

- 10ml Ina Paarman's Green Onion Seasoning
- 60ml sugar
- 60ml cider vinegar
- 2.5ml black peppercorns
- 125ml water

VEGETABLES

- 4 - 5 small carrots, peeled and quartered, lengthways
- 4 baby cucumbers, quartered lengthways
- 1 - 2 red chillies
- Cottage Cheese and Red Pepper Dip
- 250g tub of smooth cottage cheese
- 45ml Ina Paarman's Roasted Red Pepper Pesto



METHOD

Bring the pickling liquid ingredients to the boil in order to blend the flavours and dissolve the sugar, leave to cool. Blanch the vegetables by pouring boiling water over them, leave for 5 minutes. Pour off the water. Pack the vegetables into a clean glass jar. Pour over cooled pickling liquid. Refrigerate for at least 4 hours. Serve or keep refrigerated for up to 5 days.

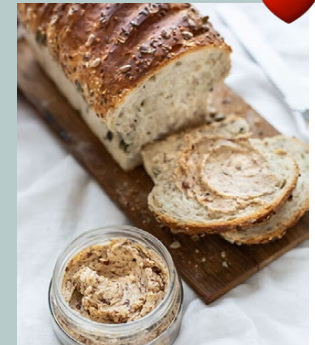
OLIVE BUTTER ON SEED BREAD

Wow! A real discovery. You will always keep a small jar of this Olive Butter in your fridge.

- 1 loaf of fresh bread, try and find an interesting artisanal one, like a seed loaf.

For the Olive Butter you will need:

- 45ml Ina Paarman's Olive Pesto
 - 125g salted butter at room temperature
- Mix together Olive Pesto and butter. Serve on the side with bread.



COMPETITION

MONTHLY RESTAURANT COMPETITION

Everyone deserves a night out every now and again.
Enter our restaurant competition to stand your
chance of winning!



YOU COULD STAND A CHANCE OF
WINNING A **R500 VOUCHER**
FROM COL'CACCHIO DAINFERN

QUESTION:

What initiative will Keegan be supporting?

Please send your answer, along with your name,
contact number and stand number to:
info@eiapublishing.co.za

LAST
MONTH'S LUCKY
WINNER:
Hazelene Singh
YOU WILL BE
RECEIVING YOUR
PRIZE SOON!



LOVE IS IN THE AIR

Use this voucher when you buy
ANY pizza and get a FREE
heart shaped Margherita.
Much love, Col'Cacchio.

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COL'CACCHIO
pizzeria

*Voucher valid 14-28 Feb 2021



FOR THE 'LOVE' OF ITALIAN



Joanne Lund is the owner of Col' Cacchio restaurant in Dainfern, an elegant Italian pizzeria. Although a teacher by profession, Joanne always had a love for the restaurant business and before opening Col'Cacchio, she owned Café Frappe in the Dainfern Valley shopping centre.

The hard lockdown at the end of March 2020 was a stressful time for her; it was important that her staff, most of whom had been with her since the opening of the restaurant six years ago, were looked after. Fortunately, they were able to use this time to take their annual leave and after five weeks, the restaurant was able to re-open for takeaways.

Col'Cacchio specialises in thin based pizzas, gourmet pastas, and freshly prepared salads, fortunately, these types of foods 'travel' well. An in-house delivery service within a 5km radius of the restaurant is offered and customers can also order through Uber Eats and Mr D.



"Col'Cacchio Dainfern is amazing! The food is prepared with so much care and attention to detail, and the staff are friendly and obliging. Joanne is a great manageress and the ambience is lovely. Worth the visit, over and over again!"

The head office made sure that all staff were thoroughly trained about Covid regulations – face masks, hand sanitisers and a buzzer in the kitchen for regular hand washing became the norm. The staff were split into two teams to minimise social contact and if someone tested positive, one team could be isolated so that the business could still continue operating.

The menu was reduced slightly and slower selling lines were removed. This helped Joanne to control expenses whilst at the same time being able to offer customers a variety of popular items. Vegan, banting and wheat-free options still remained



on the menu so as to cater for all dietary requirements.

A DIY pizza kit was introduced - a great way to entertain children at home. It consists of dough balls (or ready rolled bases), mozzarella cheese, their home-made tomato base and a selection of toppings. These are available on Uber Eats or directly from the restaurant. Joanne says the bambini kits are a fun and delicious activity for the whole family.

"We managed to thrive during the lockdown thanks to the support of our regular and loyal customers," says Joanne.

During these difficult times it is important we support our local restaurants, so next time you looking for a night off from cooking please visit or order in from Col'Cacchio Dainfern, Joanne and her team are waiting to serve you, you will not be disappointed with the excellent service and friendly staff.

USE WATER WISELY

Attending promptly to burst pipes and leaking taps should be a priority

Gauteng residents are urged to continue using water wisely, despite the high dam levels.

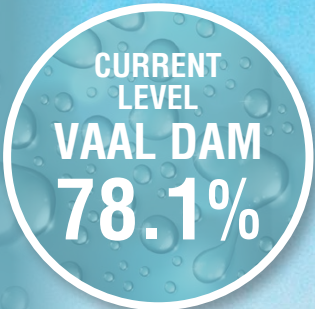
The Vaal Dam is more than 10% fuller currently than it was around the same time last year. The Vaal Dam is currently at 78.1%, this time last year, the dam was at 64.5%. Stern warning for people around Vaal Dam as water levels rise.

The department of water and sanitation in Gauteng appealed to water consumers “to guard against the mistaken belief there is no need to conserve water. As a water-stressed country, consumers are urged to always intensify their water-saving efforts.”
Over and above attending



promptly to burst pipes and leaking taps, the department encouraged water users to install low-flow showerheads and aerators to all taps in the home.
One of the most efficient ways to save water is to use water in the home more than once. This is known as grey water, and involves consumers collecting

water from basins, showers and washing machines. This water can be used in toilets and to water the garden.
This is profoundly important given the spread of the second wave of the coronavirus and the need for residents to wash their hands regularly with water and soap.



“ We all felt the effect of tropical cyclone Eloise over the last few days. Much needed water fell in areas of the country that really needed it. It as also brought about the much cooler weather.
Gauteng Weather reported that winds had reached highs of 106km/h and gusts of 138km/h with over 400mm of rain. ”



GROWING UP IN THE DIGITAL ERA

BY CORNELI OOSTHUIZEN

Educational Psychologist

Our children are growing up in the age of the internet and everything it brings with it, such as social media, online gaming and access to much information. Screen time is described as the amount of time your child spends using a device that has a screen such as a TV, computer, games console, tablet or smartphone. Screens are a part of our lives and we cannot keep our children from using them. Reasonable screen time can be beneficial for children and adolescents. It may assist them with opportunities to enhance their existing relationships, forge new connections, engage in safe identity exploration, aid in academic pursuits and provide access to information about the world beyond their immediate surroundings. Unfortunately, when screen time becomes excessive, it can be hazardous for a child's physical and mental health.

The dangers of too much screen time are myriad and may include some of the following:

1. Screen time addiction

One of the most severe dangers of too much screen time is that it can become an addiction. Research has found that electronic gaming activates the same brain area as addictive drugs such as cocaine. Signs of addiction in children can include the need to have more and more screen time, a lack of interest in other activities, withdrawal symptoms like being distressed if they are separated from their device or battling to think of anything besides their device.

2. Impact on cognitive development

Too much screen time at a young age can lead to delays in language development. It is recommended that children under the age of two years should not use screens at all. Another area of cognitive development linked to early and excessive screen exposure is levels of concentration. An excessive amount of screen time preconditions a child's mind to expect high levels of stimulation, which leads to difficulties with concentration

span and an increase in the diagnosis of Attention Deficit Hyperactivity Disorder.

3. Impact of psychological health

It has been argued that excessive screen time displaces important protective behaviours for mental health such as physical activity, getting enough sleep, face-to-face social interactions and academic activities. A lack of these activities is linked to an increase in anxiety and depression in children and adolescents.

How can we keep our children safe and healthy?

As parents, we need to set a certain standard of behaviour for our children regarding screen time. Behaviours include showing them that we are more interested in what is happening in their lives than on Facebook or Instagram. Teach your kids about digital etiquette and warn them about privacy issues. Create screen-free zones such as the bedroom or the dinner table. Have conversations with your child about what they have read on social media or the games they are playing online. Remind your child that a smartphone is a privilege and not a right and do random spot checks on their phones.



Gardens IN FEBRUARY

Our estate is looking great and we have been so blessed to have had such fantastic rains over the last few weeks.

Here we are again with a brand-new gardening year ahead, hopefully with a minimum of pests and a maximum of plant pleasures! We have entered the shortest month of the year – the “run down” into Autumn already!!! So, enjoy the last days of this year’s summer. February can be one of the hottest months of the year, so keep up the mulching and maintain regular watering.

Our summer has been a difficult one and with extreme heatwaves experienced, it proved challenging to supply the demand for water. We must note however, the snails and caterpillars were very happy and in full force, gnashing through our plants, notably the Salvia and Clivia!

You may have noted that the summer plant growth has slowed down, and leaves are beginning to fall as we clear and keep beds clean so that winter colour can be planted in March.

Watch this space for a spectacular Winter display! Our order is in and busy being propagated.

A special thank you to all residents who have maintained their verges, absolutely stunning! It really helps in maintaining the high standard of Dainfern Valley.





Welcome to the following new residents to our beautiful Valley and trust your stay will be a long and happy one!

Irene & Francis Karuhanga
Aline Sciarappa
Philisiwe & Bright Shabalala
Hazelene Singh

SECURITY EMERGENCY
079 060 5413



UPDATE YOUR CONTACT/ACCESS DETAILS AT THE ESTATE OFFICE

Please contact Portia at the Estate Office or email portia@dainfernvalleyhoa.co.za to ensure that all contact details are up-to-date. It often happens that a resident has a change in their e-mail or mobile number and forget to let management know. It is vitally important for security and communication purposes that all resident information is up to date. At the same time, please also ensure that only people who need permanent access to your property are on the access system and that previous gardeners and domestic workers are removed from the system the moment they are no longer employed at your home. Thank you for your co-operation in this matter.

CONTRACTORS

Thank you to residents who co-operated with the Contractors Shut-down and enabled families to have a beautiful and relaxing period over the festive season. Going forward and as a reminder, please remember that owners and contractors need to sign the Contractor Rules at time of registering at Reception.



BUILDING CARE AUDIT

The Building Care Audit is ongoing and special thanks to Kevin Els, our ARC architect for assisting in this matter. Thank you to everyone who has repainted their homes, they look absolutely awesome! Please always remember to submit your colours for approval before painting and thus avoiding costly mistakes.

SOLAR GEYSERS, AIR CONDITIONERS & GENERATORS

All solar geysers, air conditioners and generators will once again be inspected this month. As per Architectural Rules all solar geysers, generators and air conditioners need to be concealed and not in view from the road.



DIGITALISING OF HOUSE PLANS

Reception is systematically busy with the above process. Owners will be contacted to submit Council Plans if they are not on file. This is required for estate records and to facilitate owners' future sales.



SOLAR OR NO SOLAR

A resident, Mr Herbert Teubner has offered that if any Dainfern Valley residents are interested and would like to see a professionally installed working "PV Solar" system, residents are welcome to contact him via email at teubner@telkomsa.net or call him on 082 440 3716 for an appointment. He will also be available for further questions. Thank you, Mr Teubner, for offering your assistance at this difficult time with load shedding!

For more information on PV Solar Systems click on the link below:
<http://cdn.nowmedia.co.za/NowMedia/ebrochures/EIA/Standard/SolarOrNoSolar.pdf>

BARKING DOGS

The issue of barking dogs has been a painful exercise for owners and management recently. Please remember and ensure that as per Estate Rules, dogs are well looked after, exercised, and enjoy companionship, which will go a long way in avoiding dog disturbance for residents.



CLIMATE COMPARISON FOR JOHANNESBURG FOR FEBRUARY 2021

Average Weather in Johannesburg for February

Sunlight	10 hours a day
Coldest February temperature	9°C
Coldest daily temperature	17°C
Warmest daily temperature	28°C
Warmest February temperature	32°C
Morning Humidity	74%
Evening Humidity	48%
Rain in February	110 mm
Wet days for February	10 days

Average Weather in Johannesburg for March

Sunlight	7 hours a day
Coldest March temperature	6°C
Coldest daily temperature	15°C
Warmest daily temperature	25°C
Warmest March temperature	34°C
Morning Humidity	75%
Evening Humidity	48%
Rain in March	113 mm
Wet days for March	7 days



CONSTRUCTION & RENOVATIONS

Our services include:

- Building Contractor
- Kitchen and Bathroom Renovations
- Painting
- Plumbing
- Plastering
- Roofing
- Tilling & wooden laminated floors

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R215



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CLASSIFIEDS

DAINFERN VALLEY CLASSIFIEDS DISCLAIMER:

Dainfern Valley makes no warranties or representations and bears no responsibility of any nature concerning goods, services or otherwise advertised here. All advertisements displayed are accepted for publication in good faith.

BESPOKE FURNITURE FOR SALE - Sold holiday home in the winelands. Weylandts and private house furniture for sale. Please contact Dot on 083 300 7833.

GEORGE LANDSCAPING SERVICES - The personal touch with daily on-site supervision. With over 25 years of landscaping expertise and knowledge, we would love to assist in providing you with a beautiful garden. We specialise in garden up-grades, clean-ups, installation of new gardens, irrigation installation and repairs. Please give us a call for your gardening requirements. Contact Tracy Dedlow on 083 625 9573.

HOUSE PLANS - Do you have a copy of your current house plan, are they up to date with additions and alterations? Failure to have no plans may bring serious and very expensive implications to you. The law requires plans for all houses, additions/alterations to be approved by the local municipality. Many people are unaware of the status of their house plans until it's too late, and serious expenses and legal issues start to develop. If the house is in your name, you are legally responsible for the plans and what's on the property in relation to the plans. Feel free to call us with any questions you may have. DFI - Architectural Design Studio. 063 237 7208 www.dfi7.com designs@dfi7.com

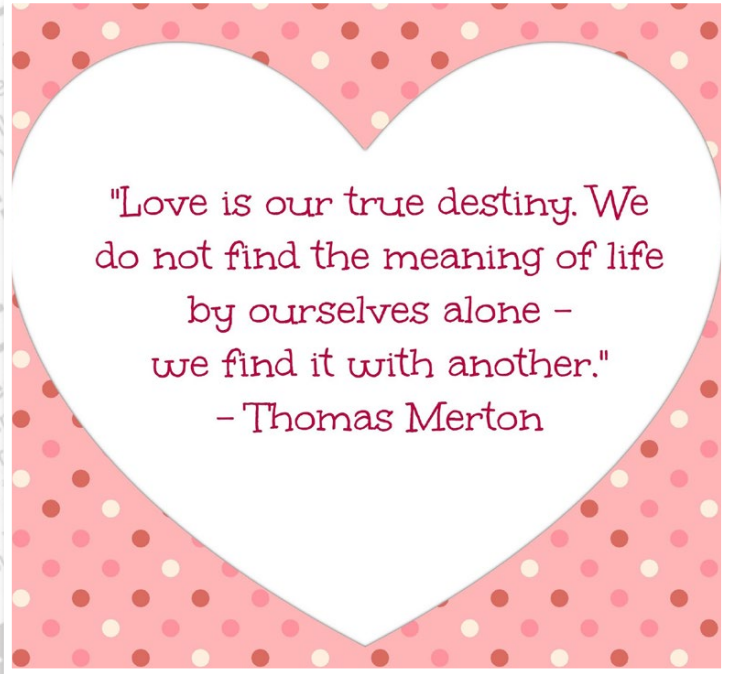
PET SITTER - (resides in Dainfern). Happy to care, love and look after your fur babies whilst you have a well-deserved break! Please contact Wendy on 083 675 3954. References are available.

FRESH AIR - HEATING, WARMING, COOLING, VENTILATION AND AIRCONDITIONING TECHNICIANS AND ENGINEERS - Established 1995. Specialising in design, installations, service and repair of Breezair systems, as well as Cool Breeze and air conditioners ranging from Samsung, Daikin, Carrier, LG to mention a few. Contact info@freshair.co.za or call John on 083 628 4038 or Daniel on 076 457 9449.

RENOVATING YOUR DREAM HOME SHOULDN'T BE A NIGHTMARE - Make use of the FERREIRAS DESIGN STUDIO for all your Tile + Bathroom design needs. Use a trusted brand with over 40 years' experience that can suit all styles; from eco-friendly to luxurious. Our Design Studio facilitates the design and specification process, offering an effortless, time-saving solution for all your bathroom and tiling needs. Our professional team of Interior Designers will assist with a wide range of services to help you realise your space. Contact us now to book your appointment email: info@ferreiras.co.za; call 011 699 3500 EXT 257 or visit www.ferreiras.co.za.

LEE RAY COLLECTABLES - Relocating, downsizing or just cleaning up your cupboards? We buy used clothes for the whole family, shoes, bedding, towels, toys, suitcases, backpacks, kitchenware etc. We pay cash and collect. Please contact Lindy on 072 656 0470 or email: silndenid@gmail.com

Quote of the Month



"Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another."
- Thomas Merton