

INTRAMUROS

ESTATE NEWS | ENVIRONMENT | SPORT | TRAVEL | FAMILY LIFE

GARDEN TALK AT THE CLUBHOUSE
BIRD OF THE YEAR 2021
SPRING GARDENING

OCTOBER 2021



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Note from the Editor

I am sure we are all glad that we are nearing the end of a year which has at best been challenging for most of us. How many of you have said: Wow, this year has gone quickly? How are we in October already? I'm not sure about all of you, but for me, this year has utterly flown by.

We are nearing the silly season and summer has hit with a vengeance. We are in desperate need of some rain. In this issue of *Intra Muros* we have some gardening tips for you, to keep your garden looking clean and fresh. GARDENA shares some key activities that need to take place, especially during spring and summer.

The Garden Talk took place on Saturday, 11 September at the Clubhouse which was hosted by Craig Corbett from the Matkovich group. Those who attended found the talk very interesting and informative on tree pruning and spring preparation for your garden.

Silver Lakes Golf Estate has a picturesque silhouette created by Washingtonia and Cocos palms at both entrances. Elize from The Garden Group shares an article on basic care and growing healthy palm trees.

The long-running lockdown has taken a toll on many lives and livelihoods, as well as sporting activities and events. Now that we have relaxed

to Alert Level 1 of life under lockdown we can commence with events. Take a look at some events taking place at Silver Lakes, such as the ever-popular Music in the Park, Movie Night and Halloween for the kids, to name but a few.

I hope you enjoy the last few months of a busy year. Make sure to take time out and smell the proverbial roses and remember to remain vigilant and continue to practice all COVID-19 measures, even while enjoying our 'new normal'.

Until the next issue, take care.

Nicole Hermanson
Editor

DISCLAIMER

Intra Muros is a monthly magazine of the Silver Lakes Homeowners' Association (NPC). It is intended for the residents of Silver Lakes. It is published on behalf of the SL HOA by Estates in Africa (Pty) Ltd. Articles printed in the Intra Muros, do not necessarily reflect the opinions of the SL HOA or the Estate, the publisher, nor of the companies themselves. Neither the SL HOA, nor the publishers can be held responsible for the quality of the goods and services advertised in the Intra Muros. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form without prior written permission of the publisher.

A MESSAGE FROM THE FINANCE MANAGER

At the time of writing this article, the Rekord Reader's Choice Awards ('Best of Pretoria') will be in full swing with voting already open. Silver Lakes Golf and Wildlife Estate has done very well in the past, specifically in 2018, walking away with the following accolades:

- Best golf course in Pretoria – Winner – Silver Lakes Golf Estate **Golf course**
- Pretoria's best kept secret – Third Place – Silver Lakes Golf Estate **Game Reserve**
- Must hire the venue for private functions – Third Place – Silver Lakes Golf Estate **Clubhouse**
- Best retirement village – Third Place – Silver Lakes Golf Estate **Retirement village**

It is my hope that we do even better this year, as I truly believe this estate is the best in Pretoria!

GAME RESERVE

Whilst on the subject of 'Best of Pretoria', and the game reserve being our best kept secret, here is some general information pertaining to our reserve:

- Feeding of wild animals is strictly prohibited.
- Night game viewing is not allowed.
- The game reserve, and all areas next to the dam in the game reserve, are out of bounds from sunset to sunrise.
- Hiking is only allowed on demarcated hiking trails.
- No loud music or excessive noise is allowed.

PROJECTS

- The extension of the driving range has been completed, now offering golfers 28 hitting bays.
- The Silver Lakes perimeter project has been completed, comprising:
 - Backup power to the perimeter fence;
 - Additional cameras on the N4 perimeter,
 - Installation of a new video management system.
- We have initiated the project to install Wi-Fi at the clubhouse. We envisage this to be operational towards the end of the calendar year.

GENERAL

With South Africa now on Adjusted Alert Level 1 as of 1 October, we can commence planning for some exciting events towards the end of the year. It has been quite some time since we hosted a big event, for good reason. I for one am looking forward to events such as the ever-popular Music in the Park and Movie Night, to name but a few.

A friendly reminder to wear your mask and maintain social distancing in the areas required on the estate.

For any queries on estate matters, please do not hesitate to contact Leandré Mervis at info@silverlakes.co.za



Best regards

Danéle Smuts-Steenkamp

Finance Manager

Silver Lakes Golf and Wildlife Estate

IMPORTANT CONTACT NUMBERS

HOA OFFICE

Office hours: Monday to Friday
08:00 until 16:30
012 809 0142
info@silverlakes.co.za

WhatsApp Number 081 848 2787

Security access office:

Hours as above

Including first Saturday of every month from 08:00 until 11:00

EMERGENCY NUMBERS

Security Control Room (24 hours)
012 809 0424/5

Boschkop Police	012 802 1087/4
Netcare 911	082 911
Fire Brigade	10111
Power Failure	012 339 9111
City of Tshwane Call Centre	012 358 9999

Water leaks: waterleaks@tshwane.gov.za
Street lights: streetlights@tshwane.gov.za

SECURITY

Security Control Room (24 hours) 012 809 0424/5
Bidvest Protea Coin Security From 18:00 to 06:00, weekdays
24 hours Sat, Sun and public holidays 072 615 5862

GOLF

Pro Shop 012 809 0430

CLUBHOUSE

Clubhouse	012 809 0281
Café 41	012 809 1571
Takeaways	012 809 0431 / 012 809 1484



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@SILVERLAKESGOLFESTATE

LET'S PUT A FACE TO THE VOICE:

Every month we will be telling you more about a security officer who is serving our community with passion and pride. The Security Control room forms an integral part of the security operations on the estate and can probably be referred to as a Call Centre due to the diverse tasks the operators perform.

These operators are monitoring hotspot camera footage on a video wall, managing various alarm notifications received from cameras and the perimeter electric fence, including alarms from residences within the estate. They are in constant radio communication with both entrance gates and armed response officers; and are live monitoring the movement of armed response vehicles and patrollers on the estate. Various phone calls are being received from residents concerning security assistance needed for different reasons; whether it be a noise complaint, leaking water, sewerage spills, etc.

One of these dedicated and often unsung heroes in the Control Room is Xavier Sekele.



Moshito Xavier Sekele was born on 5 September 1980 in Polokwane in the Limpopo province. He is the eldest of four children. Sekele grew up in Mamelodi with his family. His father retired as a warrant officer in the Department of Correctional Services.

Sekele started his security career with G4S Secure Solutions during 2013 in Rustenburg. In the same year he was transferred to Silver Lakes Golf and Wildlife Estate, where he is currently employed by Bidvest Protea Coin as a Control Room – and CCTV camera operator. He is a dedicated and passionate member of the security complement.

ESTATE EMERGENCY PREPAREDNESS AND RESPONSE PLAN:

The Security Department of the HOA identified the need for an Estate Emergency Plan a couple of years ago, and an Emergency Plan document was compiled. Unfortunately, it is human nature that when there is no real and immediate threat, there is no serious participation.

The estate has an Emergency Plan that is part of the security service provider's Site Instructions that can deal with normal day-to-day security operations. The recent public unrest and the attention it received in the media, and on various social media platforms, once again raised concerns, such as, the need to have a separate Estate Emergency Preparedness and Response Plan that is well structured and managed.

It is important to understand that The Emergency Preparedness and Response Plan, in conjunction with the various role players, outlines the emergency management system in the event of a major crisis/disaster. The Emergency Controller (Security Manager) activates the plan whenever such an emergency reaches proportions, or has the potential to reach proportions, beyond the capacity of routine security procedures.

We are pleased to announce that The Silver Lakes Watch group was established and an EXCO group of volunteer residents was identified to assist us in putting structure to the volunteer response teams and plan. The estate is divided into seven sectors and each sector has a leader. These sector leaders have a group of volunteer residents within their sector that can be mobilised should the need arise. These sector leaders have been issued with handheld radios and other essential equipment. Emergency evacuation points

have been identified, as well as helicopter landing spots, etc. We are in the process of formally registering the group and volunteer members with the Boschkop Community Policing Forum.

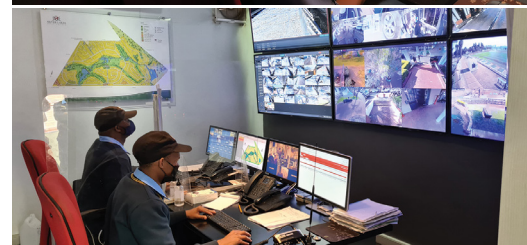
We are very enthusiastic about this and hope that the group will grow from strength to strength, adding to the peace of mind of our residents and knowing that the estate is being kept safe and secure.

REMEMBER...SECURITY STARTS AT HOME.

Hennie du Plessis
Security Manager



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NEWS FROM THE OPERATIONS TEAM

The operations team has been busy with the following projects over the past months.



New paving has been laid to enhance the area at the fishing spot in the game reserve.



A new paved entrance has been opened into the game reserve on the left-hand side of the road, after the yield sign in Guinea Fowl Street.



Well done Geoffrey Ngobeni and Sinos Hove from the Operations Team for passing their Bobcat/Skid Steer licence on 8 September 2021.



A new parking area has also been demarcated in the north-western section of the game reserve, approximately 100m from the old entrance.



The Sunset Koppie Trail in Guinea Fowl Street is open for all to enjoy the view in the game reserve.



The entrance to the game reserve on the north-western side, at the Guinea Fowl Street entrance has been closed due to construction.

The Operations Team



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THE COUNTRY CLUB COMMITTEE

For the next few issues of the *Intra Muros*, details of the committees will be shared to provide our residents with more information about the various committees at Silver Lakes.

This month, we will focus on the Country Club Committee.

Country Club Committee

The Country Club Committee is a standing committee and is established in terms of clause 8.11.8.3 of the Memorandum of Incorporation, as approved by the members of the Silver Lakes Homeowners Association NPC on 26 February 2018. The Country Club Committee will normally be chaired by the director elected to the Country Club portfolio. Being a standing committee, it is of a permanent nature and is to meet on a regular basis.

Objectives of the Silver Lakes Country Club

The main aim of the SLCC is to provide exclusive social and recreational amenities and facilities for the members of the SLCC and residents of SLHOA. In its purpose to achieve the main objective, the SLCC have, inter alia, the following ancillary objects and powers:

- Establish and promote Silver Lakes based social and sporting clubs of the SLCC, as approved by the Country Club Committee and ratified by the Board of Directors for the enjoyment of the sport or activity of mutual interest.
- Affiliate clubs, as may be required for the benefit of its functions.
- Arrange exhibitions, talks on matters of communal group interests, entertainment, competitions and the like.
- Provide, equip and maintain all facilities in connection with the objective of the SLCC.

- Ensure that the letting of the grounds or buildings are utilised according to the purpose for which the letting was approved.
- Make recommendations to the Board about improvements, additions and upgrades to the facilities of the Country Club.
- In the event of any conflict between the provisions of the Country Club Terms of Reference, the MOI and Rules of the SLHOA, the MOI will prevail, followed by the Rules and then the Terms of Reference. In any matter not dealt with by the MOI, Terms of Reference or the Rules, the decision by the Board of Directors will be final.

Membership

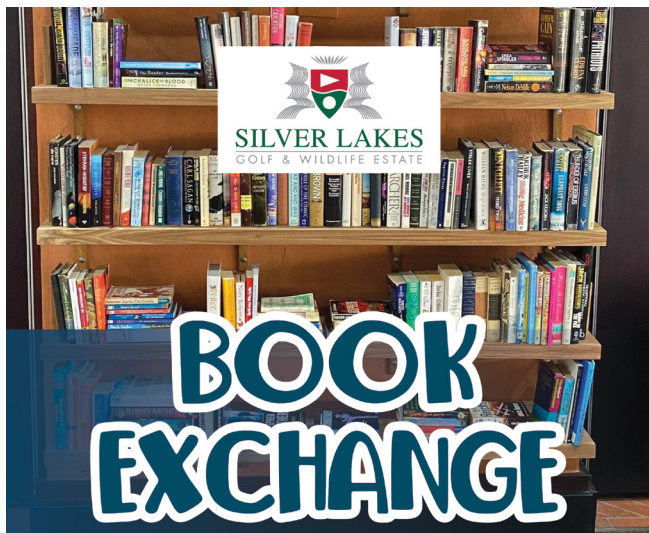
The Committee will comprise:

- The Director for the Country Club who will act as Chairman of the Country Club Committee
- CEO (Alternative Chairman)
- Financial Manager
- Marketing Manager
- Clubhouse Manager
- Golf Manager
- Any other director co-opted to the committee
- The Golf Club Chairman and Golf Club Captains (Men and Ladies)
- Co-opt any professional as and when may be required for a project

Meetings of the Country Club Committee

The Country Club Committee must have at least ten meetings per annum and schedule these to occur monthly.





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CHESS CLUB MEETINGS ARE OPEN TO ALL AGES AND LEVELS

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FOR MORE INFORMATION CONTACT
Leah: 083 626 9695 or Karin: 062 930 3506

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SPRING NATURE WALK AND ENVIRONMENTAL EDUCATIONAL GAMES

All signs of spring were in the air during the field excursion on Saturday, 4 September in the beautiful Silver Lakes Game Reserve. Those who joined were very enthusiastic about being in nature and the reserve did not disappoint. The big and the small were seen on the walk, from the special bagworm hanging in a Karee tree to the elusive Common Reedbuck.

The kids loved the environmental educational games and wanted more and more. They learned about the food-web, animal tracks and our role as humans in nature.

Look out for our next field excursion... don't miss out!



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SUMMER IS IN THE AIR!

With spring well and truly in full swing, we welcome summer with beautiful weather and sunny skies. Our course will start showing signs of summer with lush green grass and a welcome return for some of our wildlife for the summer months.

Our members can look forward to warmer mornings and amazing sunsets on the veranda, sipping on a cocktail or two with family and friends.

The golf course has recovered exceptionally well after the spring treatment. We look forward to showcasing the hard work the greenkeeping staff has put in over the last few months, to get our course in tip-top shape for all to enjoy.

Summer brings its own potential hurdles. Our team will be working hard in the background to give our members the best possible service.

We also urge our members to stay hydrated in the summer months, as we know the friendly South African sun can turn on a dime, and make the most pleasurable golfing experience one to forget.

A warm welcome to our new pro shop assistant, Wayne du Toit who will be stepping into the shoes of Mike Pretorius. We wish Mike well and may he flourish wherever he goes.

We look forward to seeing you on the fairways and we welcome summer with open arms.

**Sincerely yours,
Golf Operations team**



Wayne du Toit





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UPCOMING EVENTS OCTOBER 2021



9 October – SILVER LAKES DISCOVERY FUN RUN



12 October – QUIZ NIGHT



13 October – BUSINESS TALK



17 October – MUSIC IN THE PARK



30 October – TRICK OR TREAT



6, 13, 20 & 27 October – CHESS CLUB

For more information contact daleen@silverlakes.co.za or 012 809 0281



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GOLF & WILDLIFE ESTATE



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With Jessie Presto

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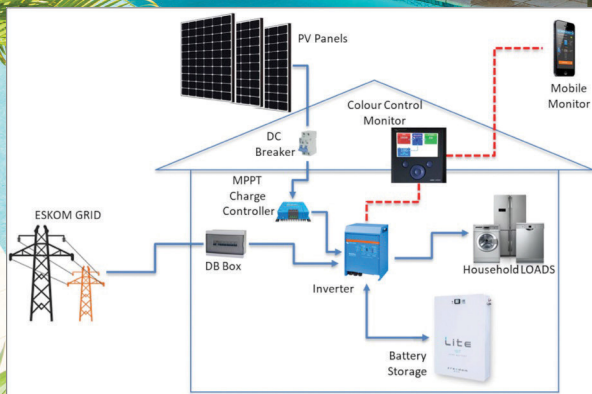
Jessie Presto has the ability to take audiences on a journey with every song she sings. Her versatility, poise and soulful voice has wowed audiences all over the world. She is a joy to watch and listen to as she has charisma and wit on stage with an Adele-like charm to back it up.

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GARDEN TALK

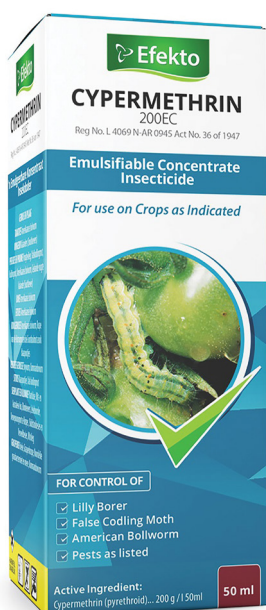
The Garden Talk took place on Saturday 11 September at the Clubhouse. The attendees found the talk very interesting and informative. The talk was about 'Tree pruning and Spring preparation for your garden' and was hosted by Craig Corbett from the Matkovich group.

SPRING TREATMENT

A spring lawn and tree care routine is the best way to spend a little time and effort getting your garden into shape – mowing the grass, feeding a lawn, tree pruning, fertiliser and dealing with bare patches and ugly weeds.

The secrets of effective spring lawn care are:

- Regular lawn mowing with the correct mowing height is important;
 - General: 2.5cm - 3cm,
 - Heavy wear areas of lawn: 4cm,
 - Shaded lawns: 5-6cm.
- Feed your lawn in spring and then again in summer to increase strength, vigour and health.
- Treat lawn weeds effectively.
- Deal with bare patches in the lawn immediately to deter weeds from taking hold. (Possible shade issues)
- Scarify the lawn to help alleviate the build-up of thatch layers, including debris, dead grass and moss.



GARDENING

MOWING AND FERTILISING YOUR LAWN IN SPRING

- To create a healthy lawn, correct and regular mowing is necessary. You need to cut the grass whenever it is growing – which is likely to be weekly or even more frequently as the weather warms up in spring.
- The aim should be to keep it at the same height all through spring. For most lawns this should be about 2.5-3cm high. For lawns that take a lot of wear and tear, the height is better raised to 4cm. For very shaded areas, mow at a height of 5-6cm.
- Mowing too short and, as a consequence weakening the grass, is the quickest and easiest way of establishing weeds and spoiling the lawn.
- Next on the priority list is feeding the grass, and feeding the right lawn nutrients at the right time will produce a lawn to boast about.
- A good feed with a lawn fertiliser, not only makes the grass greener, but it makes it grow thicker and increases its strength, vigour and health. In spring, the best results are achieved by using a granular feed that supplies a regular amount of nutrients over several weeks.
- To feed your grass use a lawn product such as 18-1-5 or 5-1-5 in a spreader so as to apply it evenly over the whole lawn at the recommended rate.
- Chemical fertiliser rate = 250-350kg/ha or 250-250g per 10m².
- Organic fertiliser rate = 500-600kg/ha or 500-600g per 10m².

Nutrient content

For example: The nutritional composition of Multi-K™ Classic is 13-0-46.

This means that the fertiliser contains:

13% nitrogen (N)
0 % phosphorus oxide (P₂O₅) =
0% phosphorus (P)
46% potassium oxide (K₂O) =
38.3% potassium (K)

Total active ingredients: 13-0-46 =
59% and not 100%



TOP DRESSING

Using manure works as feeding but gives off odours and your neighbours may not appreciate your efforts. Top dressing should address level issue whereas feeding can successfully be done with fertilisers as mentioned above. When top dressing, a sandy soil with no stones is best. This will work easily into the canopy and correct any low-lying areas.

BASIC TREE PRUNING

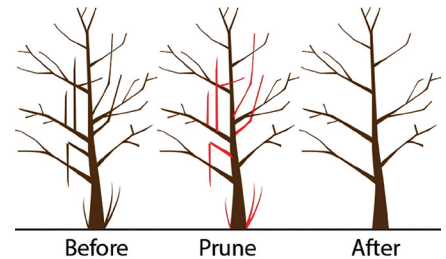
Invasive species include wattles, pines, mesquite and eucalyptus. Such invasions are especially worrying in drought stricken South Africa because most invasive trees use more water than other plant groups.

Among the invasive trees with the most severe effects, particularly when

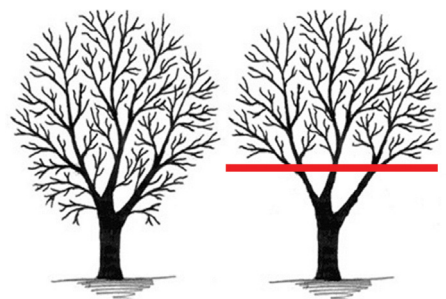
it comes to water consumption, are several *Eucalyptus* species.

Know your trees, look after the right ones!

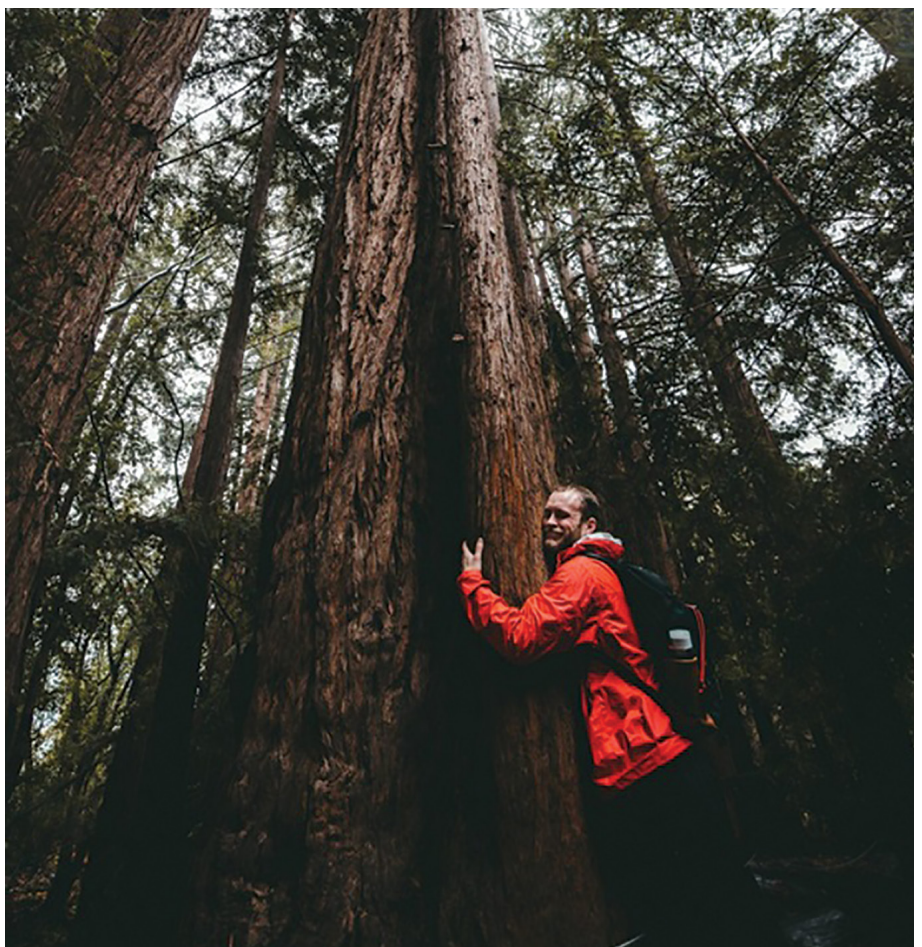
THINNING



BASIC TREE PRUNING: CROWN LIFTING



Crown lifting is the removal of the lower lateral branches to allow better airflow, improved access around the base of the tree for mowing or recreation and maintaining a healthy upper crown area without suppressed and declining limbs.



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Washingtonia palms

PALM MAINTENANCE

By Elize Malan

Due to numerous queries on the subject, I am repeating a previous article on growing healthy palm trees.

Silver Lakes Golf Estate has a picturesque silhouette created by Washingtonia and Cocos palms at both entrances. Mature palms become stressed without proper care and this makes them susceptible to pests and diseases.

Basic care of palms:

- **Do not over trim any palm:** Palm trees take nutrients from the lower fronds and utilise these in new growth.

By removing the green lower fronds (leaves), the palm will take nutrients from the few remaining leaves, weakening the plant and causing poor growth. Cut **ONLY** dead leaves and do not try to pull these from the main trunk.

Washingtonia palms have a mass of dry fronds (dead leaves) around the base of the green palm top. These fronds are removed every few years. The "boots" (retained leaf bases) should only be removed if they are easy to pull off.

Inflorescences can be removed when pruning dead leaves. This will prevent loss of nutrients, seed forming and unwanted seedlings.

- **Sterilise pruning equipment:** Fungal diseases are transmitted from one palm to another when using dirty pruning equipment.
- **Correct watering:** Sprinkler heads directly facing palm trunks can cause trunk rot and no irrigation nozzle should be close to a

palm root zone, as this can cause root rot. Both are fatal to a palm tree.

- **Careful selection of groundcovers in the palm tree root zone:** Plants should have the same fertiliser and water requirements as the palm tree. Trimming lawn edges growing under a palm tree should be done with great care and without damage to the trunk.

Fungal diseases

Fusarium wilt: Visible signs start when one leaf (frond) has discoloured leaflets, only on one side. The opposite side of the leaf will be a



Palm tree cutting

healthy green colour. This will spread quickly to the other side and other leaves, and cause the palm to die within a few months.

Ganoderma butt rot: Visible signs will be conks (shelf fungi) growing at the base of the palm. When damage becomes visible, the palm is already dying.

Pests

Sucking insects: Mealy bugs, whitefly or palm aphids can be the problem when ants are seen running up and down the trunk. These infestations are treated with suitable insecticides and are seldom fatal.

Palm weevil: This large beetle has a snout which the female uses to penetrate the palm tissue to create access wounds in which eggs are deposited. The larvae can eventually kill the palm by feeding on growing tissue in the crown or trunk. Early treatment with insecticides is effective but symptoms become visible at a late stage. Signs are eaten leaves, holes anywhere on the trunk, detritus produced by the larvae and an unpleasant odour of rotting vegetation.

Palms are hardy disease resistant plants and a Washingtonia palm can grow for more than a hundred years. Diligent maintenance and care are what they deserve.

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GARDEN WINNER OF THE MONTH

Congratulations to our September Garden winner, Mr and Mrs Coetzee from 33 Bally Bunion.



The Garden Group chooses a monthly front garden winner so no access to the property is needed, and judging is based on the visual appeal of the pavement and front garden only.

BIRD OF THE YEAR 2021

CAPE ROCKJUMPER

By Albert Roos

Each year BirdLife South Africa chooses a species as the 'Bird of the Year'. This year the Cape Rockjumper was selected as Bird of the Year for 2021. BirdLife South Africa is partnering with Rockjumper Worldwide Birding Adventures to raise awareness of this species.

Where can you find them?

The Cape Rockjumper is a species endemic to the mountain fynbos region of South Africa. These birds are medium-sized passerine birds with black and orange coloration. Their name is rather appropriate, as they are often seen running and jumping across rocks and grassland... and they rarely fly.

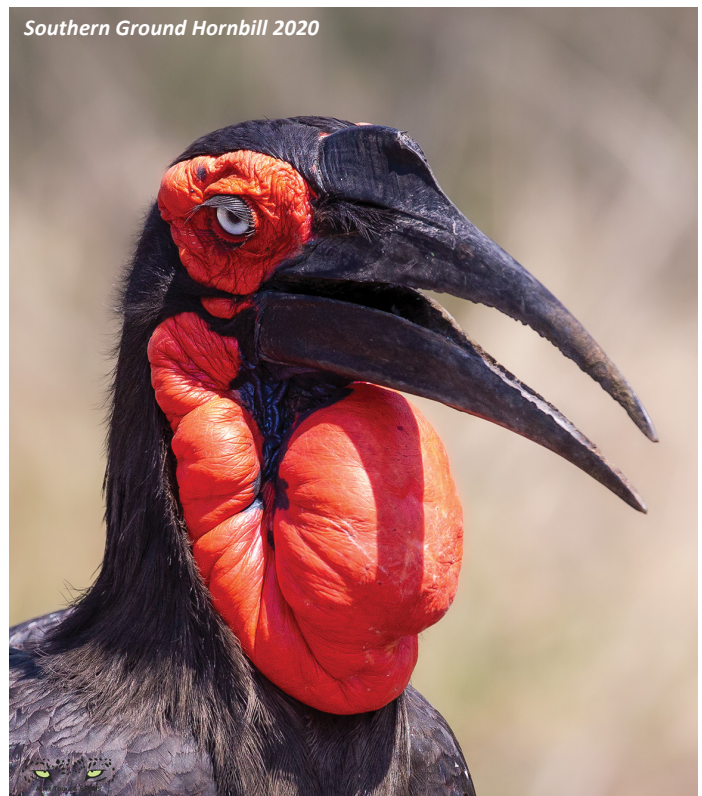
What is their status?

Regrettably, they face multiple threats. Habitat loss and climate change are of greatest concern. The International Union for Conservation of Nature (IUCN) has classified the Cape Rockjumper as 'Near Threatened'.

What is the purpose of the Bird of the Year?

As per BirdLife South Africa's website: "The Bird of the Year initiative aims to raise the profile and gain an understanding of the Cape Rockjumper, and thus ultimately contribute to its conservation efforts. This year we are collaborating with Caitlin Judge to bring you free educational resources about our 2021 Bird of the Year. She is producing a mixture of infographics, fact files, lesson plans and other educational tools throughout the year; which will be available on our social media platforms and this webpage. We are also very pleased that Kathleen April and Stephan Terblanche will be translating the material into isiXhosa and Afrikaans and, therefore, the resources will be accessible to a wider audience."

Southern Ground Hornbill 2020



Interesting Facts:

- To avoid inbreeding, Cape Rockjumpers must disperse between mountain ranges, but there is no record of them being seen between mountain ranges.
- Rockjumpers are experts at gliding down slopes, but they never appear to fly up a slope, preferring to hop over the ground.
- Young male offspring can remain with the adult parents for up to three years, helping to raise the current offspring before moving on to establish their own territory.
- The adults are extremely cautious when feeding their young and can take up to 15 minutes to cover the last few meters to the nest.
- They are found on mountains of up to 2 300m in elevation.
- They are found in groups of 2-5 and each group has a single breeding pair.
- They eat arthropods such as grasshoppers, as well as geckos, chameleons, butterflies and spiders.
- They don't drink water but obtain all their water requirements from the insects they eat.
- They cool down by panting, this results in water loss.

ESTATE BIRDING



Cape Robin Chat 2009

Some of the previous Bird of the Year candidates have been:

2020 – Southern Ground Hornbill
2019 – Secretary Bird
2018 – African Black Oystercatcher

I hope that you found this article both informative and inspirational. Good luck birding and hope to see you out there!



**Source: BirdLife South Africa*

African Fish Eagle 2012





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RESTAURANT COMPETITION FOR OCTOBER

Don't forget to enter our monthly restaurant competition.

The question for this month's competition:

Name the Bird of the Year for 2021?

Please email your answer along with your full name, your cell number and your stand number, detailing 'Intra Muros Restaurant Competition' in the Subject line, to: competitions@eiapublishing.co.za. The winner will be notified by email.

Each restaurant featured in this section has been carefully chosen and we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience.



Photo by Ella Olsson from Pexels

Terms and Conditions:

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as "change".
3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
7. COVID regulations need to be adhered to at all times.
8. Indemnity: The publishers, Silver Lakes Golf Estate and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

[CLICK HERE TO ENTER](#)

WINNER

Congratulations!! Well done to the winner of our latest restaurant competition!
Congratulations to: Derik Kriek



SPRING GARDENING

The Coronavirus pandemic has shown us how important home becomes in times of crisis.

Restrictions on our freedom of movement heighten our perception of our home as a place of sanctuary, where we feel safe and secure. This has generated the desire to use open areas and get creative with the outside garden space.

Gardening provides a constant source of new projects for plant-lovers to get excited about – whether they're newcomers or old hands. Every step of the way, from dreaming up new ideas through to mapping them out and making them a reality, is filled with moments of insight and joy.

In order to keep the garden looking clean and fresh, there are some key activities that need to take place, especially during spring and summer. Here are some tips and ideas that can help every gardener, no matter the size of the project.

1. Vegetable gardens for beginners

Vegetable patches are suitable for new gardeners of all ages. Fresh shoots quickly lead to a sense of achievement – and to edible results! Among other things, they teach children to find their way around the garden, care for living things and appreciate the wide range and different types of vegetables.

Sunny spots are ideal for vegetable patches. Larger plants that take up a lot of space are easy to reach even when planted toward the back of the garden bed, while smaller vegetables are best positioned at the front.

Soil preparation is extremely important and using the correct tools makes this task easy and effortless. The GARDENA combisystem range of tools offers a solution to all types of activities involved in preparing the soil – from tilling the soil, removing weeds, and raking, to cultivating. The combisystem

works on the principle of one handle that is interchangeable with a wide range of different tool heads.





The GARDENA combisystem Garden Hoe offers two functions in one: the hoe is used to loosen the soil and weeds without stepping on the vegetable patch, and the rake is used to remove the weeds.

2. Composting at home

In addition to care and water, plants need to be provided with nutrients before they can bear fruit or show off their colours. Experienced gardeners can make their own compost instead of relying on pre-processed commercial fertilisers. Home-made compost is cheap, good for improving the soil, and can be made in a compost bin.

The compost bin should be positioned in a sheltered and partially shaded area in order to ensure that its contents don't dry out or get washed away by the rain. When setting up the bin, it's important to make sure that insects and worms can access it. They help transform kitchen and garden waste into valuable plant food. Using a mouse-proof mesh prevents rats and larger vermin from getting into the bin.

3. Making the perfect fertiliser – layer by layer

There are a few things to consider when starting a compost heap. The bottom layer should be composed of cut-up branches and leaves, allowing air and crucial animal helpers to enter. This is followed by a layer of garden soil, which provides the compost with microorganisms. Only then is it time to add the kitchen waste: eggshells, fruit peels, tea leaves and coffee grounds, as well as small amounts of paper – these make delicious snacks for the animal compost workers. Round off their meal with lightly dried grass clippings and mulched leaves. Garden centres sell compost accelerators (also called compost starters or activators) and rock dust to give the compost a loose consistency. These aid in decomposition and prevent waterlogging and bad smells, in addition to promoting a fine, crumbly texture.

A few weeks after the compost heap has been constructed, when it has reduced by about a third, it can be sifted or turned. Both these tasks serve to aerate and mix

the compost. With the ergonomic GARDENA Ergoline range of large tools, the D-handle on the tools allows soil to be worked easily and effectively. The perfect tool for turning the compost is the Ergoline Fork. The compost will be ready for use as a fertiliser after an estimated time period of 8 months.

Specially designed tool gloves offer a reliable helping hand when composting. The padded palms provide extra grip during the construction of the heap, when cutting up branches and when turning the soil, as well as helping to absorb the impact when using garden tools. To ensure a secure grip on the tools, the palms of the gloves are coated with silicone. Gardena garden gloves are also certified to OEKO-TEX standards. The new range of gloves has an added feature of Mobile Touch function on the thumb and index finger – so there's no need to remove your gloves to handle your mobile phone.

4. Lawn care

Preparing the lawn in spring will ensure that the greenery lasts well into summer and will foster a healthy lawn.

Raking is the first thing you need to do when getting your lawn ready for new growth.

If your grass has a layer of dead turfgrass tissue lying between the green vegetation of the grass above and the root system and soil below, that could be bad for the health of your lawn, in which case deep raking is required.

If your lawn gets heavy traffic, such as lots of running and playing in the same spot, this can cause soil compaction. In this case, the soil needs aeration. A lawn aerator creates openings in lawn turf that allow water and air to penetrate the soil and reach the grass roots.





Lawns can be fertilised organically by topdressing with compost or using a mulching mower to chop lawn clippings into a nourishing source of nitrogen. But, for those who prefer the fast-acting effects of a chemical fertiliser, Gardena has a range of hand pressure pumps for application of liquid fertilisers or fertiliser spreaders for granular application for all garden sizes.

5. Garden roses

When planning to plant roses, ensure that the area chosen in the garden has enough room for the roses to flourish. Soak the roots in water for a few hours before planting them in the new bed. Dig a generously sized hole and add some bone meal and compost to help the roses get started. Roses don't like being crowded, so be sure to leave enough space between the plants. Lavender is a classic companion plant, with minimal

nutrient requirements, that supports the growth of the neighbouring roses. Once the roses have rooted deeply and are able to draw water and nutrients from deeper soil layers, herbs can be added to the bed as well. Combining the queen of flowers with ground-covering herbs such as thyme and oregano, makes for a particularly enticing and fragrant experience.

Rose gloves are indispensable for the planting and maintenance of roses. Puncture-resistant Kevlar® material on the palms and fingers of the gloves, as well as long cuffs, protect hands and lower forearms when working with thorny plants.

6. Watering

During the gardening season, watering of your plants needs to happen fairly regularly. It therefore makes perfect sense that the

hose is instantly ready to use and can be safely stored away just as quickly afterwards, free from tangles and well protected against dirt and damage.

The GARDENA Wall-Mounted Hose Box has already proven itself amongst passionate gardeners. The integrated hose guide ensures that the hose is always rolled up evenly and is ready for use at any time. Gardening enthusiasts will know just how important that is.

The GARDENA range of hose boxes has been expanded to include a new garden hose box that can be fixed into the ground using a metal ground spike. This compact hose box offers even more flexibility by rotating 360°.

Using the Gardena hose boxes requires minimal effort and exertion. Simply pull the hose out to the desired length in short-interval stops. To roll it up automatically, a short tug of the hose activates the RollControl function, which safely and steadily guides the hose back into the hose box.

7. Scheduled irrigation

During the hot months, regular watering is necessary to keep plants healthy. This can become bothersome if you are irrigating manually. However, water controls make it very easy to manage. More importantly, the best time to water plants is either early morning or late evening. This is the ideal time, as evaporation levels are at their lowest. GARDENA Water Control takes care of watering automatically and the wide range of controls ensures that there is a suitable model for every watering requirement. Water Controls connect directly onto the tap and control the supply of water to mobile sprinklers and drip-system irrigation.



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DON'T WORRY, BE HAPPY

By Dr Ilse Ruane

Let's face it, we all have those days when we do not feel happy. Circumstances and certain events in our lives can change how we view events and people, but the outcome of whether you are happy or not depends on you. The power of choice is one of the most extraordinary things that human beings have. We have the choice of whether to be happy or sad. This is a choice we get to make every single minute of every day.

Let's take a look at some points that could assist you in becoming happier.

Four step plan of action

If you are unhappy, you have two options; complaining about it or changing it. Follow this easy four step plan of action to start taking back your happiness.

1. Determine why you are unhappy

There could be several reasons that you are unhappy, you could be working a job that you do not like, working with people you don't enjoy being around or having a fight with a friend. There could be many different reasons, and it's up to you to identify them. Whatever they are... know that you are not going to find true happiness until you single out what the problem is.

2. Change your attitude

Negative thoughts breed negativity and unhappiness, while positive thoughts, conversely, breed positivity and happiness. When it comes down to it we are all responsible for our own happiness. The only way you will be happy is by

changing your attitude and understanding that you are in full control, and fully capable of changing your situation.

3. Create a plan to reach happiness

When you know why you are unhappy and have a positive attitude, you are in a better position to start to devise a plan to achieve happiness. This is where many people hit a mental roadblock and self-doubt enters their minds. Excuses are made to justify remaining unhappy. If you are serious about being happy, you need to push all self-doubt out of your mind and commit to developing a plan to become happy. Determine what your ultimate goal is and take the steps you will need to reach it.

4. Take action and do not look back

With your plan outlined, it is time to move forward and not look back. Simply taking action doesn't guarantee results. Your journey to happiness could include mistakes, rejection and disappointment. But if you do not take action, there is only one guarantee, and that is your situation will never improve and you will remain unhappy.

Happiness is not going to happen overnight. You need to continue to push forward, regardless of how difficult it may appear.

Think of yourself less frequently

Exercise humility... humility is not thinking less of yourself but thinking of yourself less. In other words, do not think less of yourself as a person, but think of yourself less. By focusing

more on the betterment of yourself as a person, you start working towards creating a happier space around you. A happier space around you attracts like-minded happier people, and tends to not allow negative and destructive thinking (and people in that space).

Working on improving ourselves in relation to others, affords the opportunity to develop more realistic views and expectations of ourselves. It also allows us to develop a healthy self-esteem which in turn allows us to succeed in life. Those with low self-esteem find it exceedingly difficult to be successful, as well as finding it difficult to create healthy relationships with others. Those who are successful, tend to be happier in addition to having higher self-esteem and valuing themselves as people.

Have a few close relationships and be proactive in these?

Relationships are the most important thing when it comes to overall life satisfaction, at least for most people. There is not much evidence in research suggesting more friends equal happier people, perhaps because the *quality* of the people in your life matters the most. Maintaining a small circle of close friends has been shown to make people happier. It is also important to remember that there are new friends to be made throughout our lives so do not close yourself off from new friends and experiences. This applies to all relationships, but especially with your significant other. All relationships tend to decline over time, especially when you let your relationship go into autopilot.

Autopilot is when both parties know there is something to be worked on but politely, or not so politely, stand back and wait for the situation to blow over. There is of course a valuable time period to allow the dust to settle. However, the autopilot phase cannot go on indefinitely as it results in long-term damage to the relationship.

Some tips to being proactive in your relationships:

- Regularly check-in with good friends
- Celebrate the good things in their lives and yours.
- Do not only talk about yourself and your problems. Talk about theirs too.
- Taking care of yourself is a part of taking care of others. Working on improving yourself benefits both you and those around you.

Move beyond the small talk

Small talk is obviously important for smoothing into social conversations, especially with new acquaintances. However, in the long term, a happier life seems to be gained from longer, more thoughtful conversations. In general, talking with others is a good thing for our happiness, but when the conversation is always superficial (or negative), it begins to take a toll. Happier people are more socially engaged with others and have conversations of more substance. Deep conversations are often those we reserve for close friends and family, which again explains why close quality relationships are so important for our happiness.

Plan fun and invest in experiences

While spontaneous fun is always a good thing, it's often the planning of future activities that adds to the fun. This ranges from planning a holiday to planning a dinner out. People experience more happiness in the planning of experiences than they do in the purchasing of goods.

Experiences usually trump goods for the following reasons:

Experiences improve over time: Physical items can get old quickly, the new Mercedes becomes not so new anymore but the experience of a holiday away can be relived and shared for years to come.

People revisit experiences more often: Experiences tend to be recalled more often. You probably do not reminisce about that first bicycle you bought... but it's likely that you fondly remember your first riding lesson.

Experiences are more unique: People love comparing themselves to others, and they

prefer to stand out if they're able to. Since purchases are often so common, we tend to be more likely to compare what we buy with others. But experiences always have a bit of a unique twist to them... so we are far less likely to make comparisons, and simply enjoy them as they happen.

Experiences are social: As human beings are social creatures, experiences get us out of our house and sometimes out of our comfort zone, which forces us to interact with others.

Show some appreciation

It seems obvious to state that appreciating what we have and who we have in our lives adds to our happiness. The challenge comes when we find ourselves in a negative space with negative people around us... focusing on the positive elements then becomes difficult.

Observe happiness and change perspective

It is most interesting that happiness can be a chain reaction. By observing the happiness in people around us, we can be happier. It becomes important to surround ourselves with people who are happy and enrich our lives.

It is also critical to change your perspective. The simple act of listing three good things that happened that day (no matter how small) increases happiness and decreases depressive symptoms.

Furthermore, putting yourself in someone else's shoes really can make you feel better about your situation. Perhaps, most

interestingly, a change in view can have a really big impact on your overall happiness.

Pick a skill and master it

As it turns out, regularly engaging in your strengths is a great way to feel better about yourself. The long and short of it is that you should find something to excel in and do it as often as you can.

Aim high

People with the ability to set objectives for themselves, both short-term and long-term, are happier. Goals really do seem to add a sense of meaning, direction, and focus to life that can easily become absent, if we don't have anything we are currently striving for.

Get in tune with your goals and vision. This is very important because peoples' unhappiness may come from short-term disappointments. This is why creating a vision for your life and having not only short-term goals but long-term and life goals is vitally important.

Exercise

Exercise is the biggest boost for happiness. The release of endorphins has an addictive effect, and more exercise is needed to achieve the same level of euphoria over time. Make short- and long-term exercise goals and revisit these often.

So where does this all leave us... do not let time slip away, do not let one day blend into the next. Make a conscious effort to chase after happiness each day.

"One day or day one. You decide"



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Photo Credit: Lino Ogenio on Unsplash

YOUR SUMMER MORNING ROUTINE

By Michelle L Raymond

Unfortunately, many people are not mindful of their habits, especially in the morning rush.

Starting your day off well can set a good tone for the rest of the day. Here are some simple things to do to get each day off to a good start.

Wake up with the sunrise

A challenge that turned into a blessing for me was early morning feeds with my baby boy. It was difficult waking up at 4am to feed him, but once he fell asleep again and the sun was rising, it was the most beautiful, calm and tranquil time. Everyone was still sleeping, the birds were starting to wake up, and the colours outside in that early morning light were incredible! It also gave me a bit of me-time.

Brush your teeth

Brushing your teeth first thing in the morning cleans out all the bacteria and plaque build-up that occurs overnight.

Take deep breaths and try some yoga asanas (postures)

The best time to meditate is early in the morning when the air is still clean. Adding a few yoga poses or a good flow routine gets your digestive, lymphatic and cardiovascular systems working optimally. By doing this, you can increase the flow of oxygen to your brain, so not only will you feel more energised, but you'll also feel calm and clear-headed.

Drink a cup of warm water with lemon

This is a great way to get your digestive juices going before breakfast. It is also great for regulating your metabolism, which enables the efficient breakdown of foods.

Eat breakfast

With the new and increasingly popular intermittent fasting fad, many people are more inclined to miss breakfasts and

not dinner, as dinners are often a social event. However, breakfast should be rated higher than your evening meal in terms of digestion, gut health and overall well-being. Going to bed with a full stomach is never a good idea. Neither is starting a busy day on an empty one.

Do something that makes your soul happy

Listen to good music, eat breakfast outside in the garden or play with your children before starting work.

Regardless of what happens during the day, you've started it in the best way possible!

Have a great day!

For more ideas, visit
www.michelleraymond.com



A REVOLUTION OF PERCEPTION

By Brandon Halasz, NuHuman Founder

The world is changing. Life is a gift... a gift that is no longer celebrated. Life is now a forced show of false achievement. The time has come for a revolution in perception. You, my fellow human, are worth more, much more. The human species has mastered survival and now that we are at the pinnacle of the food chain, we are faced with a new problem in our cognitive evolution. This problem is one of the root causes of global stress rates and depression.

Now that we know how to survive, we ponder, why must we survive? The search for meaning has begun to surpass the search for survival. There has never been a better time than now for you to seek purpose, to question your perception of your very own reality. The quality of your life is determined by the quality of your questions. It is time to live your life the way it was intended.

Look up at the stars... when last have you done some stargazing? You are part of something incredible. Your life means something. It has a purpose, and your journey is a discovery. It is time to embrace your own life. It is time to 'inner engineer', to think inclusively. A better world requires better people, and it is our moral responsibility to improve ourselves every day toward some form of conscious enlightenment.

Let us begin with the past. There is an enduring impact of your genetic memory on your present life.

We all carry some form of genetic memory from our ancestors, but whether this memory has become a source of bondage or one of advantage depends entirely on you. In some way, you are a prisoner of your genetic memory. Let this be a constant reminder to you, if you want to build a better world. Your impressions today can influence generations after you. This is genetics and you need it for memory, survival, continuity and well-being; but you also need distance from it to live a life of conscious joy and freedom.

Remember gene expression can be altered through specific epigenetic

events. You have the power to grant future generations a better life, through genetic memory! If you can't change your perception for yourself, change it for the future of humanity.

Life is brief and guess what?: you can experience this process whichever way you like. It's not always going to be perfect, and you never know when it's going to end, but that's what makes it so special, that's what makes it worthwhile.

Live and live fully for yourself and the generations to come... anything less is a waste.



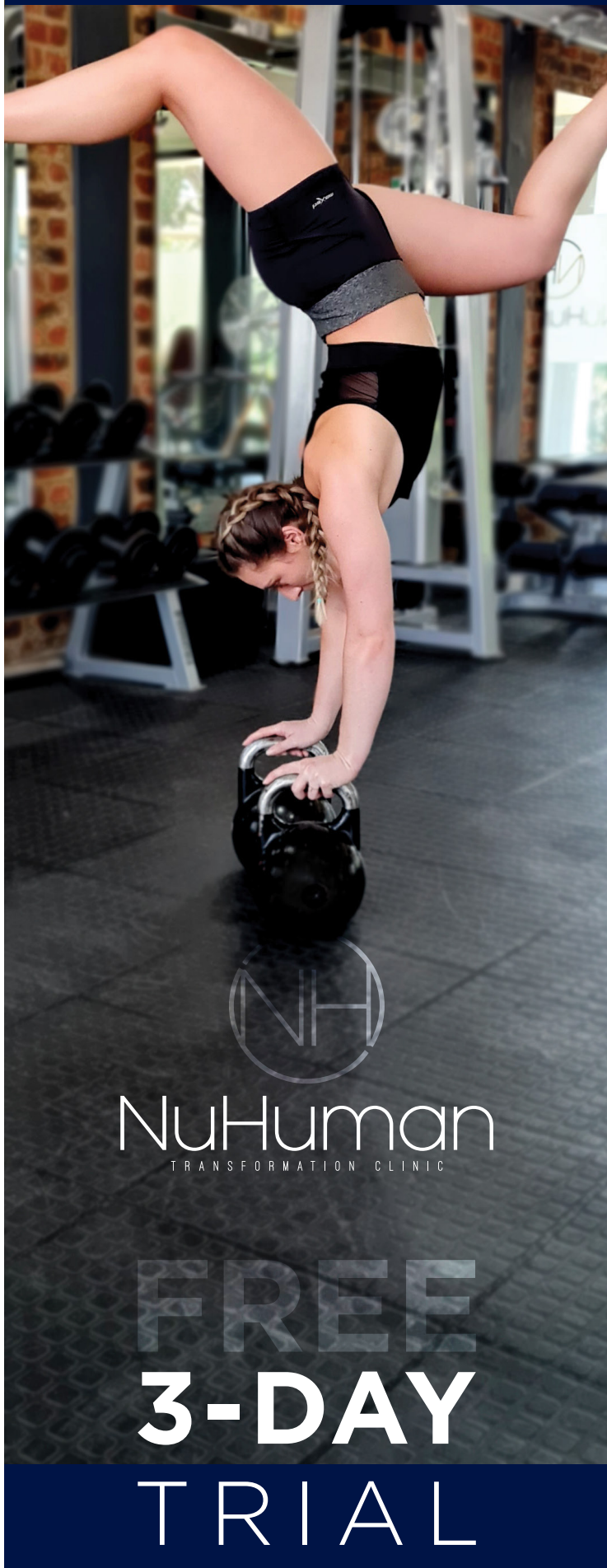
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Made for Adventure

Bang & Olufsen unveils Beosound Explore



A tough and robust speaker created for adventure, Bang & Olufsen's Beosound Explore helps you to reach your peak with sound by your side. Developed to be lightweight, waterproof and with excellent playtime, Beosound Explore is the perfect outdoor speaker featuring Bang & Olufsen's signature sound and Scandinavian design.

For nearly a century, Bang & Olufsen has been pushing the boundaries of audio technology and the company continues to stand at the forefront of acoustic innovation. Today, every Bang & Olufsen product is still characterised by the unique combination of beautiful sound, timeless design, and unrivalled craftsmanship.

PREMIUM DURABILITY

"We created Beosound Explore to be our toughest speaker that can withstand the outdoor elements. The speaker is dust- and waterproof, and the exceptional sound quality for its size makes Beosound Explore the perfect companion for any adventure," says Bang & Olufsen SVP of Product Management, Christoffer Poulsen.

Beosound Explore is the first speaker on the market to feature Type 2 anodised aluminium for improved scratch resistance, making it the ideal speaker for outdoor activities. Created at Bang & Olufsen's Factory 5 in Struer, Denmark, the anodisation is achieved by building up the aluminium oxide on the surface.

TECHNICAL SPECIFICATIONS

Product Dimensions: 81 x 124 x 81
 Weight: 631g without carabiner, 637g with IP Certification IP 67
 Speaker Configuration: 2 x 1.8" Full Range Drivers
 Amplifier: 2 x 30 W Class D
 Sound: 360 Degrees
 Cabinet Principle: Closed Box
 Frequency Range: 56-22.700 Hz
 Max Loudness: 91dB
 Bass Capability: 59dB
 Stereo Pairing: Yes (Between 2 Beosound Explores only)
 Battery Playtime: 27 hours at typical listening volumes (70dB)
 Power Consumption: Typical: 6.2W, Standby: 0.19W
 Power Supply: 5V DC / 3A via USB-C Connector
 Charging Time: 2 hours
 Connectivity: Bluetooth 5.2, Apple Fast Pair MFI, Google Fast Pair, Microsoft Swift Pair
 USB Inputs: USB-C for Charging and Streaming

DESIGNED FOR MOBILITY

Designed with portability in mind, Beosound Explore's cylindrical shell provides a secure grip and fits easily into rucksack pockets so you can stay focused on the track ahead. Despite its durable outer shell, the speaker is lightweight at 631 grams, letting you stay agile whilst on the move. With up to 27 hours of playtime at typical listening volumes, Beosound Explore gives you the freedom to use the speaker all day without needing to rely on a power supply, making it the ideal companion when out in the wild.

SIMPLE AND INTUITIVE DESIGN

Reminiscent of forests, glaciers and fjords typically found in Scandinavian landscapes, Beosound Explore is available in Black Anthracite, or a Green or Grey Mist finish for an understated and natural aesthetic. The aluminium shell has a uniquely tactile feel, which makes it easy to use when wearing gloves in colder conditions.

SIGNATURE SOUND

Attention has been given to outdoor performance and supreme bass, delivering 59dB in bass capability despite its compact size. The grill is cut in 360-degree lines to ensure True360 omnidirectional sound, perfect for nights spent around a campfire.





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BMW M5 COMPETITION SPECIAL TEST

By Alan Rosenmeyer

The latest generation BMW M5 is no ordinary car, so we decided that this should be no ordinary test.

We welcomed SA's fastest woman, Clare Vale, into the MotorMatters team and took the BMW M5 to Redstar Raceway to give it a proper workout in an environment that we believe would best suit it.

460kW/750Nm driving through all 4 wheels with some trick electronics governing the handling and power distribution will always be wasted on pure road driving. This 'Beast' belongs on a race track and it certainly delivered in all respects.

Although it is a large sedan with all the comforts you would expect, it always feels like it's straining at the leash on the road - like it's begging to be let loose and to have some hooligan time, yet in a totally controllable manner.

The time spent on the road was interesting and required restraint on my part, made easier by the fact that I knew our track session was still coming.

As for the track time, most of this was left in the professional hands of Clare. She was mightily impressed by the power delivery, especially when TRACK MODE was engaged. This mode switches out many of the electronic 'nannies' and provides the skilled driver with a rewarding experience and the ability to really push the car around the track. Clare made special mention of the brakes as well, they are certainly capable of coping with track conditions.

My turn around Redstar was more restrained – thankfully, the raw power of the car is matched by its built-in road holding ability. I have driven on the track a few times before, in this case, although we were not timing the laps, I know that the M5 was the fastest car that I have experienced there.

Overall, the M5 Competition is a car that will always be for the privileged few and the base price before extras of R2.3 million ensures that fact.





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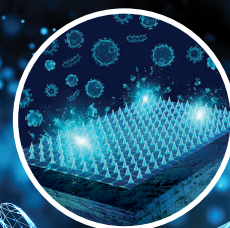
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DOMESTICS

Daisy is available as a housekeeper for a full-time, sleep-in position. She is available to start in January 2022. Afrikaans is her first language and English her second. For an interview call Daisy Bostander on 071 514 6356 or 072 775 6235.

Esther is looking for domestic work on Tuesdays and Thursdays. She is loyal and hardworking and has worked for me for the last 6 years. For a reference, call Marcelle Mclachlan on 083 439 7631 or call Esther on 064 121 4945.

Eve is looking for domestic work on Tuesdays, Wednesdays and Fridays. She is a South African citizen living in Mamelodi and has been working for me since 2019. She has a very pleasant personality; she is a fast and efficient worker who is able to use her own initiative. She has no problem to come in over weekends to clean or assist with functions. She can also cook when asked to. I would recommend her with confidence as I am very happy with her work. Call her on 076 443 1520, for a reference call Minette on 082 564 6987.

Idah is looking for domestic work Monday to Friday, or piece work. Sleep-in or out. She has a very pleasant personality and speaks English fluently. She is well trained with a lot of experience, hardworking, trustworthy and honest. She is highly recommended. She is available from 1 October. Call her on 073 240 3247/076 845 2870. For references call 082 457 3770/083 659 9034/084 251 7004.

Ivy is looking for domestic work on Saturdays. She is hardworking and works very neatly. She is highly recommended. Call her on 078 627 1495 or WhatsApp 074 804 1492, or for a reference call Petronel on 082 765 0209.

Gladys is an English-speaking Zimbabwean lady and has been working for us for the past 6 years. We are relocating to Germany and she is looking for employment from Monday to Saturday. She is an excellent housekeeper and loves children. She is reliable, trustworthy and loyal. Call Gladys on 078 753 9178, Thomas on 082 682 1018 or Anime on 076 886 2197 if you have any questions.

I am a 39 years old Mosotho lady who is fluent in English. I have vast experience in domestic work ranging from cleaning the house, cooking, washing and ironing clothes, taking care of

children, elderly and sick members of a family. I have been very efficient in completing my tasks and my reference; email: arcilliers@gmail.com can attest to this as I have been working for him for a few years and in the estate since 2017. Call Ntsoaki Mohale on 078 247 5137.

I am Happiness and I am currently working in Silver Lakes 4 days a week. On Mondays and Fridays I am working at 38 Hobdays and Tuesdays and Thursdays I am working at 1430 (24 Locke str). I am looking for domestic work on a Wednesday. For references call Thea Jonker on 082 924 2872 or Jenny Lee 084 401 1921 or call me on 084 393 9884.

Martha is looking for work in Silver Lakes on Wednesdays and Saturdays. She is currently working for us 2 days a week and is a punctual and hardworking person. Call Martha on 073 937 6455, or for references call Ingrid on 082 330 3336 or Petro on 083 287 3554.

Mammy is looking for domestic work on Tuesdays and Thursdays. She speaks English fluently and is well trained, hardworking and uses her own initiative. Call her on 067 987 5330, or for a reference call Elrika on 082 856 2864.

My very trustworthy domestic lady of the past 29 years, requires a full-time sleep-in position from 1 November 2021. I am relocating. Call Winny on 078 932 6401. For a reference call Elizma de Jager on 083 652 0200.

Tracy is our stay-in full-time domestic worker since 2014. She is looking for work over the weekends. Please call or WhatsApp her on 072 773 0684. If you are interested and require a reference, she will provide you with my contact details.

Wendy stays in Mamelodi and is looking for full-time, or piece work. Sleep-in or out. She speaks Afrikaans and English. She is experienced with good references. Call her on 076 058 2072, or for a reference call Shantel on 083 773 1925 or Gerda on 082 923 0284.

Elizabeth is looking for domestic work 2 days per week. She is already working in the estate. I can highly recommend her, she is a hard worker, irons extremely well, and works swiftly and thoroughly. She has been with me a little less than a year. Call her on 079 592 8253 or for a reference call Sandra on 071 035 6512.

GARDENERS

David is looking for domestic and/or garden work. He speaks English, and is a very hard, friendly and fast worker. He can do anything in and around the house: clean, cook, washing, dishes, beds and also do the garden. Call him on 061 837 7900 or for a reference call Candice on 082 552 6989.

Eddy Mlambo has worked for us for the last 9 years in Silver Lakes. He is looking for part-time work on Thursdays and Saturdays. He does garden work and painting. On a part-time basis, Eddy has his own little business fixing shoes. Call Eddy on 065 568 1966 or for a reference contact Sue on 082 560 2629.

Vivian Timba is looking for a work as gardener on Mondays and Thursdays. He is hardworking, honest and trustworthy. My best gardener ever. Please call Vivian on 084 804 3854 or for a reference call 082 450 8883.

MEDICAL

Dr Joe is a family physician with 25 years of experience, 17 of which were in the UK. He currently has two practices (Boschkop and Garsfontein) and is highly recommended by his patients. We have implemented a new way of booking which gives the patient full access to the doctor's diary for new appointments. Follow the link: calendry.com/drjoedelange and make your own booking. Boschkop practice: Eastridge Building and Design Centre, Shop A7, C/o Boschkop and Graham Rd, Boschkop, Pretoria. Tel: 078 922 8735 (Next to Just Stone) Garsfontein: Shop 12, Eastdale Pavilion, C/o Solomon Mahlangu and Jacqueline Dr, Garsfontein. Tel: 012 534 3400. Covid-19 testing done @ R300-00. Contracted with most medical aids and card and cash facilities at both practices

Dr Steven Pretorius (ex HOA Chairman) offers convenient consultations and safe COVID testing (rapid and lab) at 32 Ballybunion Avenue. No need to leave the estate and risk crowded waiting rooms. WhatsApp 083 628 0600 for an appointment.

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Alterations – I can lengthen or shorten pants, skirts, dresses or curtains. Call Petra van Vuuren on 084 504 3464.

Driver - Stephen Podile has a Code 14 as well as a PDP licence. He is a driver as well as a welder, and is looking for work. Call him on 071 638 9420/076 845 2870. For a reference contact Rossow on 079 511 3418.

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CAREGIVERS

Anita Fanoy is a professional qualified nursing practitioner with many years of experience in nursing, and specialised experience in geriatric and frail care. She is also qualified in the care of dementia patients. She offers her services as a part-time caregiver in the comfortable space of your home. This includes nursing care, sitting and caring of the elderly as well as the management of dementia patients. She is fully vaccinated against COVID-19 and is flexible with the type of caring that is needed. Call Anita on 082 410 2704.

Joyce Maemu is 47 years old; she is available to live-in or out. She is a dedicated and experienced carer. She is also very good at office work. References are available. Call 072 399 7850 or 064 649 3882.

Simon and Brenda are available as caregivers/homebased care. They can help by making sure the patient takes his/her medication, feeding, bathing and transferring the patient from bed to wheelchair or vice versa, take patients for walks or do basic exercises. References available on request. Call Simon on 078 859 8443.

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I am available to look after your beloved pets when you go on holiday. I am also available to drive your kids around. I am a dog owner and I know how special our loved ones are to us. I have previous experience. I stay in Silver Lakes. I charge R100 per day. Contact Helen on 082 552 3418.

I am a student living in Silver Lakes and offer my services as a pet and house sitter all year around. Includes walking, feeding and playing with pets. I have regular, long-term clients who have been using me for 2 years. My fee is negotiable. Call Louis on 076 870 2432. References available upon request.

I am available to step in and be a substitute "parent" to your animals, when you are not at home. Allow me to ensure that you can relax when you feel like taking a break, by letting me care for your pets and look after your house. I'll contact you regularly to update you on your pet's wellbeing. If I can assist you, call Fran on 079 494 3436.

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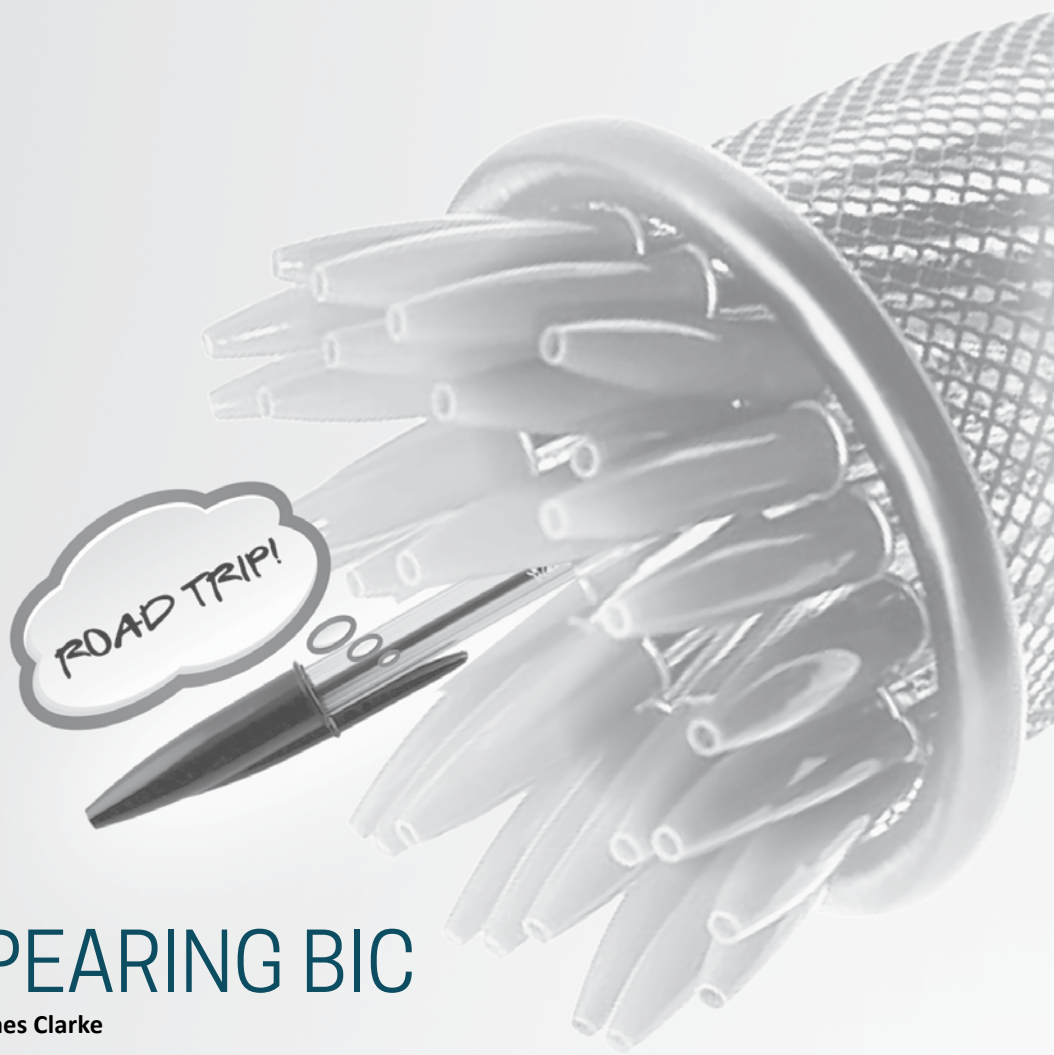
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THE DISAPPEARING BIC

By James Clarke

A lot is known about the migratory habits of supermarket trolleys (*Checkerstrollii wanderingtonia*) that escape from malls and find their way down to quiet streams or lanes, often to spend the rest of their days under a sheltering tree. Even television sets (*Oogleboxia intens*) can be restless. During the night they often migrate from their suburban homes to outlying areas.

But what about the most migratory species of all – the lowly Bic pen?

Nothing on earth wanders off of its own free will quite as secretively as the *Scribendia mobilis*, the Bic. But has any agency ever sent an intrepid team to find out where they go?

In my childhood I read of the elephants' graveyard somewhere deep inside Africa where all elephants go to die and where at night thousands of tusks gleam under the moon.

But the little pens? Do they also go somewhere to die?

Think about it. Nobody has ever seen one empty of its ink lying in the veld. Nor has anybody been known to use one until it runs dry.

It is well known that 13.2 million tons of Bic pens are annually produced in Johannesburg - enough to bury Table Mountain. Yet they all disappear without traces.

"The average life of an ordinary Bic pen is 1hr 14 mins," an executive of Bic headquarters in Industria told me in confidence. In confidence! (Silly man.) He did not wish to be named.

"The pointed tops disappear first," he said. "Then the little thing at the end of the pen goes - usually swallowed. We don't care where they go, but we'd love to know where the rest goes."

He said that "each Bic pen is capable of drawing a continuous line from Johannesburg City Hall to within 13.3 metres of Trompsburg's municipal boundary "yet we know of nobody who has started to draw a line from Johannesburg City Hall and get beyond Alrode South. Why? Because the pens disappear long before Alrode North!"

They disappear from government offices in Pretoria at the rate of 127 an hour.

I have been aware of stories of ballpoints travelling enormous distances after rolling off

desks or having been lifted from banks and offices by employees and customers. This, say banks, is why it is necessary to increase bank charges.

Some time back, to find out once and for all where they go to die, Bic sent an expedition north. It reached Kenya where, *en passant*, (as we writers say in italics) it found a huge pile of elephant ivory cunningly disguised as a mountain under a thin layer of ice and snow. It was called Kilimanjaro. The expedition leader learned that kilimanja means "where" and ro means "elephants go to die".

The expedition did not allow itself to be distracted from its principal quest and pressed on to the River Oz, a tributary of the Rufiji where they heard an enigmatic local folksong - Buranthu nthla m'Bik gwamagadi. This, the leader noted, translated as: "Follow the yellow Bic road". After making volumes of notes, this was the expedition's first clue to the possible proximity of the Bic graveyard.

Alas, it was the leader's last note - his pen disappeared! As a result, he suffered a severe attack of the deaths and the Bic graveyard remains an enigma.



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