

IN FOCUS Dainfern

Exclusive to the Dainfern Golf & Residential Estate

Your community and service provider magazine since 2002

March 2021

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JUST LISTED!



Since 2002

March 2021

Editor's Note

Welcome to this month's edition of IN FOCUS.

The opinions expressed in this publication are not those of the publisher or of the HOA. No responsibility will be taken for any decision made by the reader as a result of such opinions.

COVER PHOTO BY Roy Lailvaux

Important Numbers

SECURITY CONTACT NUMBERS

Security Control Room: 011 875 0601
Security Manager: Peet Trollip 011 875 0607

FOR INJURED BIRDS AND WILDLIFE:

Dominique - 061 116 1254 (resides on the Estate)
The Friends of Free Wildlife - Margi 082 561 3681

REMOVAL OF SNAKES:

Security: 011 875 0601
Bats: Julio 082 359 1295 • www.batsgauteng.org.za
(Dominique can assist with the above)

THE CLUBHOUSE

Reception: 011 875 0401 • Restaurant: 011 875 0442
Golf: 011 875 0421

Estate Enquiries: Jill Terreblanche • 011 875 0451

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Make sure your booklet is completely downloaded as videos and animations may take a while • To enlarge page - double click • To move page up/down/side for easy reading of sections - click on mouse and hold down then move • Click on website/email addresses to go directly to website or an email • Click videos to view in full screen • Animation pictures will rotate or flash so wait for pages to load.

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R12 500 000 [21DN-4728](#)

Exquisite position, modern contemporary and luxurious.

SA Homeowner magazine: "This architecturally designed home has been designed with innovative attention to create an energy-efficient and sustainable environment" Offering every home comfort, whilst providing great use of space and proportion the double volume entrance hall and double sweeping staircases to three bedrooms upstairs, gives every bedroom a personality of its own, with each space being utilised to its full potential. The kitchen, with its white, wooden and stainless steel finishes has all of the modern conveniences that a family needs, fitted with Siemens appliances, coffee machine and a good size scullery. Elegant north facing reception rooms portrays a sense of balance with frameless glass stacking doors and panoramic views of the fairway flowing to the landscaped garden, sparkling pool and fire pit. Triple garage, staff accommodation plus kitchenette.

R8 500 000 [21DN-4560](#)

Classic, stately Dainfern home.

A beautiful home with an ambience of refined grace and elegance. This functional and spacious residence is ideal for the family desiring privacy and wanting the space to entertain. A lovely kitchen for the connoisseur flows off open plan living areas that comprise an elegant lounge, dining room and bar. The sunny patio and deck are ideal for family gatherings or for the entertainer. Accommodation comes in the form of 5 en-suite bedrooms with the main en-suite bedroom particularly luxurious with a lounge and ample dressing rooms and a lovely bathroom. The 5th bedroom can also potentially be a self-contained cottage or can be used as staff accommodation or serve as an office with its own entrance. An extra large basement area can accommodate the extended family that want additional living areas, or can be used as a play room or games room, and is also suitable as a larger work-from-home office area if so desired. Garaging for 4 cars with off street parking. Many extras include a walk-in coldroom, solar-powered geysers, security cameras for privacy and airconditioning.

R11 500 000 [21DN-4726](#)

Modern living in a beautiful setting!

This immaculately maintained home is the embodiment of elegance and sophistication. Boasting a myriad of features that echo the modern, clean lines and create a perfect fusion of light, flow, and design. Reception rooms lead effortlessly onto a covered patio providing the perfect setting for integrated indoor/outdoor entertaining. Wonderful kitchen with modern appliances, positioned in the heart of the home. 4 luxurious well appointed en-suite bedrooms, with the main bedroom enjoying exceptional views across the riverine woodland. There is a private work-from-home study and 3 extra length garages and staff quarters. A home that exudes quality and offers many extras that includes Hans Grohe bathroom fittings, American shutters throughout, double glazing, solar geysers, airconditioning, extra storage rooms and a full power back up system. Designed with large windows-capes, which allow light and nature to form part of the living environment. Best positions in the estate!

If you are considering selling or renting your property contact Century 21 Lifestyle Team for a qualified evaluation. We welcome your call and will be pleased to discuss your property needs at any time.

Our experienced team will provide you with the best professional service!

Sales Specialists:

André Marx: 083 411 7674 ; andre.marx@century21.co.za
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Sue Milne: 079 119 8903 ; sue.milne@century21.co.za

Dainfern Golf Estate Resident's Classifieds

Email classifieds to Colleen at cobbie@global.co.za

Clothing

FERN BOUTIQUE ladies home-based boutique, 734 Bentwood Dainfern. Reasonably priced, proudly South African and imported ranges. Dresses, tops, pants, jeans, jackets, sterling silver from Bali, accessories. 9-3 Mon-Fri Sat vba. Sally 083 290 3857. Facebook Fern Boutique and Instagram @fern_boutique_

Employment

DOMESTIC WORKER / HOUSE KEEPER

BESLINE - We are leaving the country in Feb and would highly recommend Besline who has been with us for nearly four years. She is such a phenomenal worker and is amazing with our kids. She would be an asset to any family. Beslina Ncube 670620 0249 080 Tel: 076 419 6498

MERIAM has worked in Dainfern for 18 years. She is loyal, honest and an excellent domestic worker. She is totally capable of undertaking all household chores, and is an excellent ironer. I shall be sorry to lose Meriam due to our relocation. She is looking for work in Dainfern for Monday to Friday. Contact Jill on 072 229 9111 for references.

LINDA - Linda is looking for a full time work or part time work. She is a wonderful worker and has a certificate to look after children. She also loves animals. Her English is good and is a lovely person. Please contact Linda direct: 073 347 1719

PRECIOUS is looking for full time, live in position. She's hard working, reliable, and honest, has initiative and is proactive. Precious (mid 40 years old) is an intelligent Zimbabwean lady that has been helping me through December. Her previous employer has moved out of Johannesburg but Precious has been in the family for close to 30 years. She's good with kids and animals too. For references, please contact me, Jacqui 083 324 8424 or previous employer, Lexi 083 289 0827.

TAPIWA is currently seeking permanent live in employment. Her previous employees have returned overseas She was employed to look after a baby and 5 year old, also worked in the house. She is a hard worker and of a pleasant disposition. Please contact her directly on 0840813385

RACHEL MDLULI, has been employed as our housekeeper for 5 years. We are relocating and she is looking for a full time live-in job. Rachel is Zimbabwean with permanent residence in South Africa. She has a friendly disposition and takes pride in her work. She is hardworking, honest

and reliable. She took excellent care of our special needs son and our 2 dogs. We travel often and she coped with all the demands on her own. She is meticulous with ironing and cleaning and she is an excellent cook. Rachel comes highly recommended. Please call Rachel on 073 527 2282 or Elize 82 554 6991 for a reference.

Domestic helper available for immediate start. **PRISCILLA MPOFU** worked for us for 4 years and unfortunately her new employer was unable to move to Johannesburg due to the pandemic. Priscilla is very hardworking, kind and gentle. She is a fantastic cook and is wonderful with children. She completes her work to an extremely high standard and I have no hesitation in recommending her as a domestic helper. Please contact Priscilla on +27 604470594. If you have any additional questions for her previous employer please email Lindsey at ljwills@gmail.com.

FLORENCE - highly recommended domestic worker, housekeeper and nanny. 100% honest & trustworthy, bright, hardworking, reliable, punctual and communicate excellently. She is warm, loving and kind. Please contact Leanne Roux on 082 641 5964 or John on 072 587 2786

RACHAEL is looking for full time or part time work- live in /live out. She has been working in Dainfern for many years. Sadly her full time employer has moved to Cape Town. Rachael is excellent at carrying out her duties and is wonderful with dogs too. For reference you can contact: Bradley 072 529 4278 or Rachael 079 995 5101

GARDENER / DRIVER / HANDYMAN / DOG WALKER

JAMES, who comes from Malawi has worked for me for over 12 years and is seeking additional days' work, either on Mondays, Tuesdays and/or Thursdays. He is hard working, communicates well and is trustworthy. James has access to the estate as he has a work permit. James gardens, does odd jobs (sanding & painting), irons beautifully and has even helped with the odd school project. He is a pleasure to have in our home and our dogs adore him. For references, call Linda 083 391 1001

JUSTICE - I recommend Justice who is a very reliable Gardner, has a good attitude, works hard, responds well to your instructions, comes on time and delivers. He can be reached at 084 360-0857.

SAMUEL has been a great employee who demonstrated great integrity, dedication and discipline as a driver. Swimming pool maintenance/ gardener skills and experience are is an added advantage. Contact telephone number: +27 64 097 6727 - Michael for ref.

Food and Snacks

GREAT BILTONG with free delivery. Great snack for the whole family or for lunch boxes. SNAP STICKS - Trad/Chilli/

Spare Rib/Chutney; SLICED - TRAD/CHILLI; WHOLE STICKS; DRY WORS. Whats app me for a PRICE LIST 074 179 5558 Vanessa Rout.

For Sale / Hire

BABOLAT TENNIS SHOES Yellow and blue Babolat tennis shoes (UK6 EUR39); never been used. Price: R1000.00

WILSON JUNIOR TENNIS RACQUET Wilson tennis racquet Juice 24" spin effect, 224g, blue/yellow/white. Price: R500.00

VIOLIN, STAND & CHINREST Stentor ½ size violin + Kun chinrest + pack pf G-strings + stand. All in excellent condition. All for R2000.00.

Keyboard bench 3-position X-Style On-Stage Stands
Keyboard bench - perfect condition R500.

Titan Hades 24" Mountain Bike Titan 24" mountain bike in green/blue with pump & bottle holder. Perfect condition. Price@ R3000.00

Assorted collections of Playmobil Vet/clinic; Elf & Fairies; Pirate ships; Assorted aircraft carrier and Planes & radio control towers; Egyptian pyramid and boat: (Perfect condition, but out of original box, complete sets) Each for R500 or everything for R2000.00

Cessna Cockpit Replica For any kid who adores flying or playing pilot, this one-of-a kind, handmade life-size cockpit is a must with 2 seats and rudder pedals, throttle, yoke, dials, levers and all the instruments you would find on an actual Cessna ... it's every budding pilot's dream. Must see it to believe it! Unforgettable present for any kid who loves playing with planes. Price: R10K

Samsonite Lite-locked spinner suitcase charcoal 81cm Good condition. Price R2500.00 Contact: Karen 083-443-4844 for photos or visit.

Medical

DAINFERN PHYSIOTHERAPY (in Sherwood Village), available in December. Bring your back, neck, headaches, knees, hips, shoulders, hands, ankles etc and all sport injuries. Contact Jacqui on 083 324 8424.

Tuition

PRIVATE TUITION: Qualified, Experienced, Teacher offering lessons online/one on one. All Grades, All Subjects. Specializing in English. Homework Assistance/ Supervision. Study Skills. Test/Exam Preparation. Home Schooling. Morning/Afternoon Sessions. Call Chantelle: 082 967 0270

Let's BUILD your future together! Qualified Foundation Phase Teacher, offering one-on-one private tuition for all subjects. Specialising in Grade R & 1. Fun Arts & Crafts; Fine & Gross Motor Stimulation Available. Contact Nicole: 079 261 4292

IN FOCUS

Dainfern

March 2021 Issue

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Dear Friends

Valentine's Day done and dusted and now the dreaded Ides of March are looming but then, thank goodness, there is St Patrick's Day with leprechauns, Guinness and Irish jokes to cheer us along; like Old aunt Mary Malone saying, "If you want someone to listen to you, start the conversation with, I shouldn't be telling you this, but...!"

Sitting on the Stoep

I came across an apt quotation today. It was from James Callaghan during the election campaign in 1979 in Britain.

"There are times, perhaps once every thirty years, when there is a sea-change in politics. It then does not matter what you say or what you do. There is a shift in what the public wants and what it approves of. I suspect there is now such a sea-change – and it is for Mrs Thatcher."

But Callaghan's quotation seems to me to go directly back to Shakespeare's Julius Caesar when Brutus is supporting the removal of Julius Caesar with his speech,

"There is a tide in the affairs of men,
Which, taken at the flood, leads on to fortune;
Omitted, all the voyage of their life
Is bound to shallows and in miseries."

This also comes to mind because all we South Africans are facing choices and decisions in the next few years which could initially influence the course of the country's history, so will it matter what we think or say will there be a sea-change?

In the age before computers, as a qualified civil engineer, I found that it wasn't the engineering that counted so much as the need to be financially astute and knowledgeable – so I enrolled at university again to major in economics and accountancy subjects. One of the compulsory subjects for the BCom degree was to do English 1 which I thoroughly enjoyed despite continued ongoing spelling inconsistencies. I well remember getting back a carefully written essay with a good mark but with one word underlined by my tutor – "good word, ill spelt"! My spelling has remained inconsistent all my life, but my wife (and editor) is a good speller and there is also 'spell check' now - which can of course easily make a mockery of what one is trying to say – but nevertheless it helps me immensely!

I worked very enthusiastically at English 1 and proudly achieved a second class pass i.e. then over 60%. Anyway, this same tutor made a remark that Shakespeare had a working vocabulary of over 30,000 words whereas the average English speaker only used about 12,000. With the age of computers now long with us there are many sources which show my 1966's tutor was quite wrong (or my memory is fading or both?) and the internet numbers are quite different so don't go digging!

The point made then with us doing three Shakespeare plays that year was that Shakespeare was pretty good and worthy of study, so we'd better get on with it. We had 'Julius Caesar', 'Macbeth' and 'A Midsummer Night's Dream' in front of us that year because the English Department at the University of Natal Pietermaritzburg was working extremely hard to keep English 1 as a compulsory subject for its BCom degree. This was the first year that this degree was offered as a part-time with lectures starting after work at 5pm to 7pm and on Saturday mornings. (I had a hard time persuading Tricia that I wasn't doing it to get out of bathing, feeding and putting kids to bed!)

So, I ended up with two degrees and the subject I enjoyed most of them all was English 1, but despite this over the years my spelling is still the same – inconsistent!! I do, however, remember the lilt and the words and so too may Mr Callaghan?

'There are times.....'
Callaghan

'There is a tide.....'
Shakespeare

and the sense is common to both speeches!

Congratulations to all our Matric students 2020!

Birds, Beasties & Others

All I can think of is how much water is racing down the rivers in the northern areas of South Africa. It is so exciting to watch the water being released from the Vaal Dam and to think of places like Kuruman experiencing the heaviest rainfall since 1974 although sadly causing heartbreak and devastation to many. Here in Port Alfred we must rely on our rainwater tanks because there is barely any municipal water – it's a feast or famine. Thank goodness for the wonderful Gift of the Givers who save lives all around the country. My vote for the Nobel Peace Prize.



<https://536296.pcdn.co/wp-content/uploads/2021/02/val-dam-sluice.jpg>

VIDEO LINK: Vaal Dam 3 sluice gates opened



VIDEO LINK: Water Monitor

Water Monitor visiting a resident's swimming pool.



Geraldine spotted an unusual caterpillar on her walks through the estate. Our expert Wim Spronk confirmed that this was quite a common sighting of a wasp having laid eggs on the caterpillar. The outcome doesn't look good for the caterpillar as the offspring usually will feast on the host and will eventually die.



DNA NEWSLETTER

continued from page 9

Maintenance

The new steps at Combretum have been completed and are safe to walk again. We have been assured that they will be good for the next 20 years.

Thank you to all involved, they look fantastic.

Crackerjack – from Shakespeare

Mark Anthony's speech after Caesar's death
'Friends, Romans, countrymen, lend me your ears;
I come to bury Caesar, not to praise him.
The evil that men do lives after them,
The good is oft interred with their bones.
Julius Caser (1599) act 3, scene 2, line 79

One of the greatest bits of oratory the world has ever witnessed,
and in Julius Caser this opening sticks in one's mind forever,
and I was lucky enough to do this play three times,
in JC at Hermanus
in Matric at Kingswood
at the University of Natal Pietermaritzburg.

Talk of having it 'interred with their bones',
is as true and apt today as yesterday – words that might occur to Mr Zondo when he sums up his commission – and for some who bravely stood before him.

Take heart, let us all remain safe and healthy;
and keep hope alive.

I think we are very lucky!
Regards from Tony Border

For the Nature Association

TYPING / ADMIN WORK

Do you need documents to be typed, or admin work to be processed? I have many years' PA experience, including a private school. Please call/message Di on 084 329 4601.

HAMILTON'S PROPERTY PORTFOLIO

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brenda gilbert
dainfern golf estate,
dainfern valley and dainfern ridge
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083 251 4452

General Manager's Message

By David Weyers

We have had a busy and exciting start to 2021. Our hollow tining of the golf course and subsequent rains have ensured that the course is getting back to its pristine condition. This bodes well for our upcoming Sunshine Tour event, that we have the honour of hosting from 8-14 March 2021, as well as our Men's and Ladies Club Champs in the week thereafter.

SGM Meeting

We have an SGM scheduled at the end of March and are currently finalizing budgets for the upcoming financial year, so please look out for the Board communications and notice of this meeting.

New Development

Our renovations of the half-way house facility, golf shop and golf office are scheduled to start from early April – watch this space for updates on this exciting development! We are excited to get this upgrade going, as we know it adds value not only to all the golfers but also to residents and visitors of our beautiful estate.

Golf Membership Fees

A reminder that our new golf membership fees have been sent out and are on our website – www.dainfern.co.za/golf. Should they be paid in full before 31 March 2021, there is a 5% discount. Please contact Delia King on delia@dainfern.co.za who will gladly assist you.

Playparks and Recreational Facilities

We are very happy that our playparks and recreational facilities are now open, in line with new Government Covid-19 regulations and it is exciting to see children at play

and using these areas. We remind you to always be considerate of others by wearing your mask and keeping your distance.

Sharing Wonderful News

We had wonderful news recently where our security was able to quickly respond to a call from neighbours who had noticed a dog struggling in a swimming pool – they rescued him, and all ended well. SLA also reacted to a call to assist a baby that was not breathing, and their staff were able to resuscitate him. It is wonderful to know that we are all looking out for each other and when help is needed, that we have such a dedicated professional team in our Estate.

Remember if you do have an emergency – our 24-hour number is 011 469 0099.

New Communications Manager

We welcome Deidré Proxenos to our team as our Communications Manager and look forward to her experience, wealth of knowledge and attention to detail in this area.

Estate Maintenance

Our maintenance team as well as Turfnet have been incredibly busy ensuring our estate is well maintained and our gardens are beautiful – we thank them for their hard work that so often goes unnoticed.



Property Showcase

Dainfern Sales & Rentals

Fourways Sales Office +27 (0)11 467 4119
fourways@pamgolding.co.za



Helderfontein · R7.5 million

4 Beds / 4 Baths / 2 Garages

Showcasing comfortable living spaces, superior finishes and luxurious kitchens and bathrooms, this home is ideal for a family which accommodates more than one generation. The home incorporates a self-contained duplex with its own entrance, patio and garden. An entertainer's patio flows from the reception rooms through stack doors to the pool deck and braai room.



Dainfern Golf Estate · R 72 000 per month



Contact your resident agents

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Partition Transfers

Partition of land takes place when two or more people, who are joint owners in a piece or pieces of land, have agreed to redistribute the land to become individual owners of a defined portion of that land. The defined portion will then be registered in their own individual name.

The advantage of using a partition agreement is that there is no transfer duty payable to SARS. The only exception to this rule is where an equalization payment is made that exceeds R1 000 000.00.

An equalization payment is for instance where property "A" is worth R2 000 000.00 and property "B" is worth R1 000 000.00, the one co-owner may make an equalization payment to the other for the additional value received in the transaction.

The basic requirements for the registration of partition transfers:

1. There must be an agreement to partition, and it should be done in accordance with Section 26 of the Deeds Registries Act.
2. Each of the partitioners must be one of the joint owners. In other words, each party consenting to the partition must have a share in the property.
3. The land must be capable of being partitioned. For example, if it is sought to subdivide a

piece of land for partition purposes and a local authority refuses to consent thereto, it cannot be partitioned.

4. There must be a redistribution of land. A mere variation of the share holding in any piece of land must not be accepted.
5. Each party must receive land or a share in the land. For example, a person cannot receive cash or jewelry instead of land.
6. The co-owners must be competent to enter into a partition.
7. Partition transfers must be registered simultaneously. In other words, they must be lodged and register on the same day in the Deeds office.
8. All the joint owners together must own the whole property.

If the joint owners cannot agree on how the land should be partitioned, a court order can be obtained.

DISCLAIMER: This summary is solely intended for educational and training purposes and does not purport to contain legal advice. No reliance may be placed on the information herein contained. Independent legal advice is to be obtained when confronted with any legal / Court related problem.

For assistance in any **property transfer matters** kindly contact me on details below:



Chrisna Riche
(LLB. UPE)

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PEOPLE ON THE MOVE



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For Sale R5.345 Million



For Sale R9.995 Million



For Sale R6.400 Million



For Sale R6.200 Million

Buyer activity is right up there! So many lives have been affected by Covid, for many different reasons. The interest rate is low, and prices are extremely favourable. Buyers are serious and searching for a home that makes sense for the family, as well as a work from home situation. This is our new reality! Security and lifestyle are becoming top factors in these important decisions and this is good news for sellers. Living life in limbo is no longer an option and people are taking action. Another interesting point is the foreign buyer interest. Some foreign buyers have decided to buy here as the reality of lockdown in cold countries is not the lifestyle they want. They are investing in our beautiful Country and our beautiful Estates!



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RESIDENCY PROGRAMME

Secure your Plan B in Europe

Nothing is more expensive than a missed opportunity!

Many South Africans want to get permanent residency in another country to guarantee their family's future by protecting against political risk and economical instability. Europe is the world's largest single market & global trading block and is still the preferred investment destination to acquire permanent residency. The Mediterranean lifestyle is about enjoying life to the full and represents a very popular investment, retirement & relocation destination for South Africans.

Cyprus, an English-speaking, ex-British colony and full EU member currently has the most attractive permanent residency programme available. Properties in Cyprus offer exceptional value for money when compared to other European countries – especially homes right on or near to The Med. The choice of where to buy is very personal and the type of property depends on your lifestyle requirements, your budget and also your short, medium & long term plans.

The key benefit of buying a property in Cyprus to secure a Plan B and owning your slice of paradise, is that property investment automatically comes with acquiring permanent

residency, tangibly benefitting your family for generations to come.

Permanent residency is granted in 2 months on the "Fast Track" programme.

- this is the only programme in Europe where 3 generations in the same family (including both the parents & in-laws) all acquire residency for life by buying one property!
- dependent children up to 25 qualify;
- the property can be rented out;
- there is no requirement to live in Cyprus; nor be domiciled there for tax.

Making the investment in Cyprus is simpler than you think; and the generous exemption of import duties, excise duties and VAT to bring your personal effects to Cyprus for your relocation makes it easy on the wallet too. More importantly the residency programme is tried, tested and trusted – it works!

An astute offshore property investment that can potentially earn you an income is the achievement of a lifetime. In Cyprus investing in the Fast Track residency programme not only makes financial sense, but it will tangibly benefit your family for generations to come. Can you afford not to take advantage of this while the programme is still open?

Cypriot Realty is a proudly South African company in operation for more than 13 years; and we can assist you. We are recognised and respected as Southern Africa's authoritative offshore investment specialists, promoting Cyprus as an ideal destination for acquiring permanent residency, property investment, immigration or retirement and starting an EU-based business - we understand investor's needs.

Contact us for a confidential meeting to discuss how we can help you realise your and you family's Plan B in Europe.

Contact Jenny Ellinas, Founder & CEO

Tel : +27 83 448 8734 • Email: jenny@cypriotrealty.com • Visit: www.cypriotrealty.com

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Chairman's Update Report

Normally at this time of the year the Dainfern Nature Association committee are planning exciting projects for the coming year. After our recent meeting, the committee has decided that this year, we will need to concentrate mainly on maintenance and clean up.



Flood Damage and Clearing up

The recent heavy rains caused the Jukseki river to flood which damaged certain areas in the estate which are in the process of being rehabilitated and also caused a surge in weeds and overgrowth in the nature areas and walks.

Therefore our short term goals are to focus on the clearing of these areas, reinstating chip bark on the paths and getting the nature walks back to their beautiful states as before.

Preventative Maintenance Strategies

We are also focusing on planning preventative maintenance strategies to be able to cope with heavy rains and keep these nature areas in pristine condition.

Once these tasks have been completed, we will then plan projects for the winter season and the balance of 2021.



Nature Talks

Prior to Covid-19, the Nature Association throughout the year arranged a few talks.

The Reptile Talk being the most successful. This year we will try to plan more - Covid-19 permitting.



Bird Walk

André Marx has started the Bird Walks again which are supported very well. We encourage you to come and join us on a walk and see the beautiful array of birds Dainfern has to offer.



Farewell

We recently said farewell to Monica Condy and now sadly we are losing another two committee members.

Val and Malte have served on the committee for many years and have been valuable members. You will be sorely missed, but we wish you all the best in the Cape.

Thank You

I would like to thank our team of volunteers for their hard work in identifying the problem areas and Olivia and Sean for their management of the staff and implementation of our strategies.

We would also like to thank Dave Wyers and his team for their continual cooperation and support.



In Focus Magazine

We would also like to thank Colleen and her team who originally adapted the In Focus to digital format from printed booklet so as to avoid any complications through these Covid times.

The digital format has allowed for exciting videos and interactive electronic formats to be included in the online magazine. Thank you to our advertisers and contributors for our informative articles. From the positive feedback we have received, this digital format is being enjoyed by all. We encourage residents to use the service providers within the magazine as proceeds allow us to continue to enhance and maintain our environment.

We wish all Dainfern residents a wonderful 2021 and we look forward to seeing you enjoying our beautiful nature trails and joining us for the bird walks and events that we will be announcing during 2021.

Contact: Jerida on (011)469-5051/464-5088
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March in the Garden

According to the calendar it should be early autumn, but in South Africa Mother Nature's sun is still hot and sitting high in the sky with no great hurry to set at the end of the day.



Organic Compost

Enjoy this special month by running around with your wheelbarrow filled with excellent quality organic compost. Plant like there is no tomorrow, feed everything that has given you pleasure so that they do it again and go shopping for winter-and spring flowering bulbs.

COMPOST AT HOME – Compost is one of the most important ways to create a no-waste, eco-friendly lifestyle. It is a very beneficial material that not only offers a nutrient-rich solution for the growth of in- and outdoor plants.

BENEFITS OF COMPOSTING – Healthy growth and good care for all you are in-and outdoor plants. During this process beneficial organisms are also introduced into the soil to break down organic material and ward off plant disease.



COMPOST USED FOR – new planting areas, established planting areas, top dressing and established lawn, new lawns, potted plants / container plantings and also around trees and shrubs.

Best Herbs to plant in Autumn

The first step is to pick herbs that are hardy enough to weather cold high-vel'd winters. We recommend thyme, organum, chervil, parsley, and sage for culinary use. Thyme, sage, and parsley also have strong medicinal properties and to complement them you can grow hyssop (for bronchitis) and yarrow (for infections and fevers).

Herbs like sweet basil, borage, lemon balm and the various mints are too tender and will die down so it is worth treating them as summer annuals.

Herbs need at least four hours of sun in winter and a sheltered position. For this reason, they should be grown in pots so they can be moved around to follow the sun.

Choose containers that are a minimum of 20cm in diameter, have drainage holes and are deep enough for the herb's roots to develop. Use a normal commercial potting soil that drains well.

Herbs do not like wet feet so don't put saucers underneath the pots. Check the soil moisture levels daily because the soil should not dry out completely. Generally potted herbs only need to be watered once or twice a week in winter, preferably in the morning. Feed once a month with an Organic liquid fertilizer.

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ANIMATED GALLERY



HOMEFRONT

By Karen Schaefer Louw • 082 940 3571

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Make Your Home More Multifunctional for Work

Over the past year, there has been a major upswing in home renovation and re-imagination as people all over the globe tried to navigate work, school, and socializing while safely staying put inside. And to make it all work, the concept of more multifunctional spaces became especially desirable. That said, creating home offices out of existing areas can be a major challenge.

Though you have probably been hearing the term more than ever before these days, experts have long been catering to clients who need to make their homes more multifunctional. In some way or another, we have always been drawn to multifunctional spaces, whether that be with introducing open-concept layouts and opening spaces for both living and dining or creating space

for home gyms in bedrooms or garages. However, there is a shift toward other multifunctional spaces that I do think will be here to stay, the most prevalent being the home office.

Depending on the size of your place, your budget, and other lifestyle needs, creating a home office — or otherwise multifunctional space — that is both beautiful and useful could require some serious ingenuity. We are always trying

to find creative ways to design beautiful places for productivity in unexpected spaces.

Even post-pandemic, the idea of more multifunctional spaces is likely here to stay. We also think work-from-home will be something we see more and more of, even after COVID, so the need for multifunctional workspaces will not necessarily just disappear. It will just snowball into more creative ways to be productive while at home, and ultimately more creative ways to combine these different aspects of our lives under one roof.

To maximize your own home's functionality, we recommend asking yourself a few questions first: What spaces are being underutilized? What opportunities are there? How often do you use the formal living room, or eat in the formal dining room? Can we convert one of those spaces to meet our day-to-day needs instead? Asking these types of questions can open conversations about really analysing your family's daily needs and how the spaces in your home help to meet them.

Invest in Seating.

A beautiful desk is one thing, but if you are going to use yours, you should also be comfortable and well supported. If you are looking to create a multifunctional workspace, invest in your desk chair. There are so many ergonomic options that work great during the day, but are still beautiful and elegant, and not necessarily look like a desk chair once the workday is over.

Smart Storage

Storage is key when making your space more multifunctional. Sleek file cabinets or carts that can be wheeled out of the way when not needed, chic baskets and bins, and even open shelving are a few smart and stylish solutions to keep clutter at bay. At the end of the day, storage should empower you to put things behind closed doors when you need to, so you can move through your day and not be distracted by the other ways that the room serves you.

Consider Countertops

Need to save on space? A countertop or kitchen island is perfect for multitasking. Oversized countertops are great for so many things, especially when near the kitchen. Whether you are working on your computer, need to spread out with documents or a school project, or are just prepping for dinner. Just having space where you can physically spread out can help you mentally spread out, too. Do not have a counter already? Try a kitchen island that is sturdy enough for a variety of tasks, is a comfortable height, and includes some clever storage to make yours the most multifunctional.



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RECYCLING

By Himkaar Singh • The Compost Kitchen
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TCK Wins an International Award

The United Nations runs a programme called Entrepres, which is like the Oscar Awards for sustainability. **The Compost Kitchen has been selected as one of the 300 World Best Practices on Sustainability and Innovation after 5000 global candidates were narrowed down.**

They were impressed with the way we are using a business model to advance the SDGs. A previous recipient of this award was Airbnb so although we are a small business in Fourways, we are seen as having massive potential. This means that we are on the right track. There are so many challenges on the way to developing a new model but when the world recognises our vision then it is a confidence booster. We're so grateful to South Africans and the world for rooting for us. We're especially grateful to Dainfern because we acquired our first customers here and they've given outstanding support since the beginning. Do you remember Himkaar riding around Dainfern with his e-bike and trailer collecting kitchen waste?



And this is more about our story:

In 2017 South Africa experienced major water scarcity issues and the founder left the country to study a Masters in Water Management in Germany, Vietnam and Jordan for 5 months each to get different perspectives on what the solution could be. He realized that we need to repair our damaged soil's ability to hold onto water by returning organic matter back to soil. He returned to start a food waste recycling business with, with a larger vision of regenerative agriculture which will eventually lead SA to water security.



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By Wim Spronk
wimspronk85@gmail.com

A creature known as Ant Lion

On some moonlit nights a strange large insect may fly into our house, attracted by the light and look completely helpless and lost. It is shaped almost identical to a Dragonfly but lacks the fantastic flying skills of that amazing insect. Instead it flops around awkwardly and seems unable to settle down. When it eventually does, it folds its wings on its back unlike a Dragonfly that would keep them straight .



This creature is known as the Ant Lion. Unlike the Dragonfly it is nocturnal and we sometimes disturb it during the day when we walk through grassy areas. The name is derived from its larvae which makes the funnel like pits in loose soil where ants live. We see these ant traps all over Dainfern wherever there is loose sand. When an ant walks into one of these pits it can only climb out with great difficulty. The ant lion, hidden and waiting at the bottom of the pit, makes it even more difficult by continually shooting up sand that makes the ant fall back until it lands into the sharp pincers of the ant lion. This predator has no mouth parts but the pincers are hollow and the ant is sucked dry and the empty skin thrown out of the pit.

There are many different species of Ant Lions. They do not all make these pits. Some simply wait in a convenient spot and grab any insect that walks past. Other go hunting and stalk their prey on foot.

When we look at a patch of ground where there are several of these antlion traps, we often see a line in the sand that looks like someone drew it with a stick. This is when an antlion has decided that his pit has not produced enough ants and has gone to find a better place. This usually happens at night.

When the time arrives for its miraculous transformation, it secretes a slimy fluid which hardens into silk on exposure to air. The ant lion uses this silk to spin a cocoon beneath the soil. From this cocoon it changes into the adult insect.

VIDEO LINK: [Ant Lion](#)

The video link shows much of the behaviour mentioned above.

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Growing a Healthy Lawn

The rain over the past few months has been amazing, but with this it brings its own challenges.

Everything grows, including the weeds. These come from the birds, the air and from cutting the lawn as the seeds are spread by the mowers. They need to be treated on an on going basis by a professional herbicide which does not destroy the lawn but only attacks the weeds. If this is the case then please feel free to contact us for a free evaluation.

Secondly, the moisture and humidity brings lawn caterpillar and mole crickets. These in particular enjoy eating the roots of Kikuyu grass. Some of the signs are bare patches, the grass becomes soft under foot and if there is evidence of the lawn being eaten.

A simple test is done by using a bucket of cold water and then adding some sunlight liquid. Stir it gently so not to cause bubbles. Pour this onto an area and wait to see what comes to the surface. The enzyme in the liquid will bring these critters to the surface.

Lawn Care Plus can then treat this with an insecticide which is harmless to pets, children and birds, If there is a heavy infestation. The local bird life will have a feast. At the same time the lawn is aerated and fed with 515 fertilizer to strengthen the grass which has been damaged.

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BIRD OF THE MONTH

by André Marx

Hammerkop

Scopus umbretta

We are fortunate to have the distinctive Hamerkop as a breeding species in Dainfern Estate. Much can be said about the species name. The scientific umbretta, is Latin meaning shade or shady; possibly to the crest and bill, which give the head an almost umbrella-like appearance. The English common name, Hamerkop, has been assimilated from Afrikaans, and the name literally means 'hammerhead', also a reference to the crest and bill that give the head a hammer-like appearance.



ANIMATED GALLERY

The Hamerkop is an unusual-looking, dark dusky brown bird with long legs. It stands about 50 cm tall and has a generally heron-like shape. It has a heavy crest and a flattened, boat-shaped, black bill. The profile of the head looks like a hammer, but is often hidden when the neck is drawn back and the crest rests on its back. Because of this unique appearance it is readily easy to identify.

Hamerkops are usually found in pairs or small displaying groups and sometimes can be seen patrolling roads in the early morning, searching for road-kill like amphibians. They also wade in shallow water where they can be observed to shuffle their feet, probably to disturb hidden prey.

Their flight is also distinctive, with the neck partially drawn back and a characteristic appearance given by the disproportionately large wings and head and small body – the overall impression being rather owl-like. In display, elaborate dancing movement occur accompanied by bowing and wing-flapping, while making a yapping, cackling call.

The bird is quite noisy and one often hears it before seeing it. In flight single birds utter a plaintive 'keep'. They also make a loud yip-

purr chorus in social displays away from the nesting site, as well as a drawn-out reedy trill.

The typical habitat consists of marshes, swamps and the edge of the lakes, streams and rivers, generally with trees nearby, but they have adapted to urban environments where there are large shaded trees for their large nests and wetlands for foraging. Their nests are very large (up to 2 m in diameter and in height), domed structures made of sticks, with a small side entrance, usually in a sturdy tree. A productive wetland area that incorporates a pond will encourage Hamerkops to visit the garden.

Hamerkops feed on frogs and tadpoles, especially platannas, small fish and mammals, and aquatic invertebrates. They use several foraging techniques, including standing and waiting at the water's edge, snatching prey from water or land; wading in shallow water, mud or rapids; and they will also hawk by flying just above the water and snatching prey on the surface.

They live in monogamous relationships, having only one partner during his or her life time. Hamerkops breed singly and lay 3–9 eggs in their huge nests. Incubation usually only starts once the third egg has been laid. Nests, when not disturbed, may be used for up to four consecutive years. Despite their effort in making their unique nests, Hamerkops often lose their nest due to squatters like bees, Barn Owls or Egyptian Geese who will breed on top of the nest.

This species is potentially threatened by deterioration in wetland water quality caused by excessive pesticide utilisation and sewage spillage into fresh water systems. In Dainfern their large nest can be seen in the Poplar Marsh walk where they have bred for a few seasons now. We trust this magnificent bird will continue to use the estate home and that feeding and nesting conditions will remain favourable.

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Kleinboy is a very loyal, committed and responsible person who is highly respected in Turfnet and the industry. We are very proud of Kleinboy's achievements and the mature person which he has developed to be.

DNA Trophy Award

This beautiful trophy is displayed in the glass cabinet in the reception area of the Clubhouse. The committee awards this to those who have contributed to our environment and community.

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FINANCE

The future of money – part 5

Elon Musk and Tesla now own Bitcoin

By Kreaan Singh

In our December article, Bitcoin was on the verge of breaking through the \$20,000 mark. Since then, the cryptocurrency market has experienced spectacular growth. On 17 February 2021, one Bitcoin reached \$50,000! In fact, at \$53,650, Bitcoin is now a \$1 trillion asset.

So, where do we go to from here?

The phase of the cryptocurrency market that we now find ourselves in is known as 'price discovery'. Bitcoin and many other cryptocurrencies have never in their history been this highly valued, and because of this, we simply have no idea how far it can go. What is clear, though, is that cryptocurrencies are quickly growing in public attention. With the likes of Tesla adding \$1.5 billion worth of Bitcoin to their balance sheet in January, and Mastercard announcing plans to support crypto payments, corporate interest is growing at a staggering rate.

Tesla's move is important for a number of reasons. Firstly, it signals that Bitcoin is now being regarded as an asset, not just a payment system, by some of the world's biggest companies. It also places competitors at a disadvantage of being left behind if they haven't started considering it themselves.

In South Africa, there is a growing chorus of crypto enthusiasts asking South African companies when they will be adding Bitcoin to their balance sheets. Secondly, with an estimated 42,000 BTC investment, Tesla has also reduced the supply of Bitcoin available for future investors (there will only ever be 21 million BTC in total). When scarcity is created, prices tend to rise, and with rising prices, interest continues to grow. It becomes a self-fulfilling prophecy – a cycle that perpetuates itself. This means that other companies that follow suit will have to buy less bitcoin at a higher price, and Tesla, being an early investor, has kick-started the process.

Tesla's investment is also important for the individual investor, because it signifies a growing adoption of Bitcoin as a transactional currency. Tesla has indicated that their vehicles will soon be available for purchase using Bitcoin. This is not a new concept. Microsoft, Expedia and even Pick n Pay have all piloted the acceptance of Bitcoin before. The difference, though, is that none of these companies have ever kept Bitcoin on their balance sheets as an investment.

Many people, governments and institutions are now calling cryptocurrencies a bubble, or saying that it's too late to buy in because it's just too expensive. Yes, the market will crash at some point – every market does after a hype-cycle. Some hype-cycles end in failure of the technology, but Bitcoin has now gone through at least 5, with each cycle increasing its price, adoption and resilience. While it certainly is expensive, an investor needs to consider the value proposition of Bitcoin beyond just its price. It is a decentralised monetary system that sits outside of government control, and unlike Rands & Dollars, it is built specifically for an internet-based society. Furthermore, Bitcoin cannot be censored or taken away from you. It is therefore never too late to consider investing in Bitcoin.

If you are interested in learning more about Bitcoin and cryptocurrencies, [CoinEd](#) offers courses that will help you set up a trading account, use wallets safely, and avoid scams.

We also run extra-curricular activities at schools. For more information, contact info@coined.co.za.

Amazing Generosity

in 2021 **BAGS**
OF ♥



ANIMATED GALLERY

“Sight for More Eyes” Initiative

This is Kuda - our first recipient of spectacles comprising frames from our collection of around 900 pairs, donated to Bags of D by various people for our “Sight for More Eyes” initiative - and lenses ordered by our optician Jane Mathews of Broadacres Optical Centre! Once they have all been graded into scripts, Jane and I will be handing the hundreds of specs over to an organisation which gifts indigent people with glasses.

Such a happy happy story to share, particularly for all those wonderful people (residents and many others including the Joburg Jewish Mommies Group (who have contributed substantially to this cause) supporting our “Sight for More Eyes” initiative, in collaboration with Broadacres Optometrists.

We were contacted by a wonderful lady, Moreblessing, who had adopted little Kuda (pictured here) and his older sister whose mother passed away shortly after his birth. The mother had TB whilst carrying him and Kuda was born prematurely. Moreblessing, who adopted the siblings, already has three of her own children and funds are scarce. Early last year they realised Kuda could hardly see - and was colouring outside the lines and bumping into things so had his vision tested. The TB had affected his eyes so badly and the family saved up to buy him a pair of glasses which were broken after a couple of months and the family didn't have the funds to replace them. Consequently, Kuda couldn't see much most of 2020 and failed Grade R - so is repeating it this year.

Moreblessing saw a post on I Love Fourways mentioning our “Sight for More Eyes” initiative and contacted me asking if we could help. Jane Mathews and I collaborated and I offered to pay for the script which Jane would have made up, but Jane said she would foot the bill and he could select from the children's frames donated to Bags of D. Last week we arranged an appointment and today (16th February) we handed them over to Kuda. We also gifted him a Bag of D filled with crayons, pens, notebook, colouring book, beanie and Dry Mac to kick start his Grade R year!

Thank You

Tears in our eyes ...so wonderful to see him walk outside and see properly, to colour beautifully inside the lines...and his huge smile.♥ Thank you to everyone who has supported this

ongoing project - together we can do so much more...and make dreams come true.♥

February Donation Day

Amazing generosity once again from our residents on February Donation Day! We filled four vehicles and a bakkie to the brim with a superb variety of much-needed items to various locations in need.

We were blown away not only by the loads of blankets, bedding, curtains, pillows, a gas braai and fences, gorgeous gowns, eco bricks, childrens chairs, tables and protective dividers clothing (babies, toddlers, ladies and men's) handbags, toys, fresh and dry foods and fruits and sandwiches, but also by the thoughtful care which is taken in providing us with all the items we called out for.

To date, we have also collected in excess of R16k for the purchase of reusable pads from Subz for young ladies from impoverished communities. Please continue purchasing Sani pads to donate, particularly reusable types. The future's looking bright for a lot of people who had lost hope and we are proud of this amazing community we live in.

A big thank you again to our friends at 67 Blankets for Nelson Mandela Day for gifting two members of the Malaatjie community with gorgeous knee blankets to keep them warm in the newly-donated wheelchairs we arranged for them!

The next few donation days are as follows:

Wednesday 3rd March • Wednesday 6th April
 Wednesday 5th May

Thank You

Thanks always to the many friends and residents who support us time and time again! Your beautiful hearts are a great inspiration. Grateful thanks to our team Natasha Calenborne, Lynne Morgan, Michelle Conway-Brady, Colleen Teklenburg, Jackie Stanton, Ingrid Bruns Conroy, Renugan Raidoo, Sonia Desai.

21 January 2021

“The light of compassion opens the petals of the heart. When the petals of the heart unfold, the fragrance spreads across the valley” - Amit Ray

I cannot tell you how overwhelming it was today to receive SO many beautiful donations and monetary contributions for the 5 families whose homes were razed by a fire! And the turnaround time was only 24 hours!!

The affected families were completely blown away after the devastation of losing everything they possessed, in these difficult times in heavy rains.

We also took groceries this morning to Ma Lizzy's crèche in Thabo Mbeki settlement ...she was very happy to be able to feed the children in her care and once they have all returned to the crèche, we will hand over the beautiful stationery packs we have prepared for them comprising donations from several sources.

The four wheelchairs we recently received have been delivered to those in need in various areas and 1000 packs of Sani pads and clothing were collected from my home yesterday by the Zimbabwe Integrated Platform in Diepsloot. These men and women are working hard to keep young ladies in school by supplying them with pads.

We were also blessed to receive loads and loads of stationery and arts & crafts materials and huge bags of baby clothes, masks, toiletries, sanitizer, beanies, towels, facecloths, a new LCD Projector, loads of books, sandwiches and shoes, dog and cat bedding, food & accessories as well as many items and treatments for the rescued donkeys.

Thank You

All recipients over the moon and grateful to Dainfern community for the phenomenal generosity and caring.♥ Great teamwork everyone! Natasha Calenborne, Sonia Desai Renugan Raidoo, Willem Lindeque, Lynne Morgan, Ingrid Bruns Conroy, Luane de Villiers, Jorg Storker.

Celebrate

Dainfern College prides itself on being at the cutting edge of education, with new and innovative teaching methods and approaches in use across all phases of the school. The sophisticated technological systems in place at the College have ensured the highly successful rollout and delivery of the remote and hybrid learning programmes necessitated by the COVID-19 pandemic.

The Junior Preparatory at Dainfern College is a vibrant and happy space for Grades 0 to 3.

The Grade 0-2 children at the College enjoy an integrated school day, which ensures that they not only experience a wealth of cultural and sporting opportunities during the academic day, but also learn and develop the foundations of language and mathematics within a day that is playful and collaborative, inspiring curiosity and creativity.

From Grade 3, the children follow an academic programme during the school day and can choose from the extensive extramural activities on offer in the afternoon to ensure they also develop physical and cultural literacy.

Inquiry-based learning is now firmly entrenched in the Grade 4-7 classrooms at Dainfern College. The core subjects of Mathematics, English and the additional languages remain a key focus, while aspects of the other traditional school subjects are incorporated into a cross-curricular programme that teaches

core 21st Century skills such as higher order thinking, problem-solving, communication, team work and reflection. There is considerably less mark-based assessment as a result, and a reduced homework burden on students too.

This cross-curricular approach continues seamlessly into the High School where the Grade 8s and 9s are exposed to all formal school subjects as well as Xtend-it, an innovative programme developed by Dainfern College's own staff, based on educational trends from Finland.

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 2019, 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 in Grade 12.



The Dainfern College Class of 2020

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 from Grade 11.

College Principal, Mr Matthew Davies, comments: "The results from the inaugural A-Level Class of 2020 are cause for celebration of the excellent integration of this additional academic programme at Dainfern College. We are so proud of the results achieved by both our Cambridge and IEB students, particularly given the turbulent year that they experienced due to the pandemic."

The students who wrote both A Levels and the IEB Matric all achieved a 100% pass and 100% access to tertiary studies. Davies attributes this success to the enrichment and strong partnership that exists across the College, which enabled staff and students to continue to deliver excellence in very challenging circumstances.

enrol@dainferncollege.co.za

"We strive at all times to provide a 'world of education' through the structured and progressive academic journey that is in place at Dainfern College from Grade 0000 through to Grade 12.

"Despite the need in 2020 to complete much of the academic year either remotely or through a hybrid system of online and on-campus learning, our innovative approach to all aspects of education, supported by strong leadership, superb teachers and our Christian ethos and values, ensured that our students continued to thrive."



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Adrian Corfield (Head coach and Owner)
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Malcolm Mutungamiri
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- Seven full time coaches/ three part-time coaches.
- Five schools.
- Clients ranging from 3 years to adults including an advanced program.
- Pastel accounting package.
- Sponsor: Full sponsorship from **Babolat South Africa**.
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We celebrate the Class of 2020 **DAINFERN College**

- 100% IEB Matric pass to ensure 20 consecutive years of no failures
- 100% access to tertiary studies (at degree or diploma level)
- 96,36% bachelor degree pass
- Three students in the top 1% of the IEB in individual subjects

7 Distinctions



Sarah Blignaut

6 Distinctions



Matthew Pretorius
 Head Boy 2020

5 Distinctions



Victoria Pettitt
 Top 1% of IEB for Geography

5 Distinctions



Ludwig de Ruyter

4 Distinctions



Kirsten Roberts

4 Distinctions



Joshua Gobalsamy

4 Distinctions



Skye Goss
 Head Girl 2020

4 Distinctions



Jenna Smart
 Deputy Head Girl 2020

Dainfern College's first A Level results

Dainfern College offers both IEB Matric and Cambridge A Levels as exit exams. The Class of 2020 saw the first Cambridge students write A Levels:

- 100% pass
- 100% access to tertiary studies

Top Cambridge student



Xiaoya Huang

Chinese: A*
 Chemistry: A
 Mathematics: A
 Physics: B

Contact Mrs Fiona Siebert for further information about Cambridge Studies at Dainfern College:
 • enrol@dainferncollege.co.za or
 • 011 469 0635

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RECREATIONAL

Facilities Update

We are very happy that our playparks and some recreational facilities are now open in line with new Government Covid-19 regulations. It is exciting to see children at play and using these areas. We remind you to always be considerate of others by wearing your mask and keeping your distance.

Soccer

Dainfern United Football Club - Training at the Pavillion.

Contact Mark 082 537 9407 or Aidan 081 045 5141

Swimming Pools

We have 2 gorgeous swimming pools - one at the clubhouse and the other at the Pavillion.

Karate

Takes place at the pavilion.

Contact Bernard Buys (5th Dan, JKA) on 083 709 9289 for bookings bernard.buys@mweb.co.za www.ijka.co.za



Tennis

Contact Tennis Inc. on 073 715 7890

www.tennisinc.co.za
enquiries@tennisinc.co.za



Golf

Beautiful 18 hole golf course:
Contact Delia for bookings on delia@dainfern.co.za or 011 875 0401



HeronBridge
COLLEGE

To all Grade 7 pupils and parents!

Join us on Saturday 13 March 2021 for our Grade 8 Open Day!

Come and experience what your 2022 year could be like!

Join us for demonstrations of our exciting College offerings, tailor-made tours, and meet our Fantastic staff.

We invite ALL Grade 7 students to write the scholarship assessments taking place on the day, as scholarships can be offered to students who show potential in academics, sports, cultural practices, community initiatives, or who are just genuinely awesome individuals.

Visit www.heronbridge.co.za/scholarship for more info, or to apply.





Ladies Golf

By Heather Becker (Captain)

The February Ladies and Mixed opens were our valentines opens. Red, white and pink were the order of the day. The ladies open was won by Miranda Reeder, Shamin Jaffer, Lucia Coter and Rowena Majiedt on 91 points. The mixed open was played on the 14 February and was won by the Ligia and Willem Potgieter and Hillary and Pete Peche on 92 points. The mixed open continues to be sponsored by Hamiltons Property Portfolio.

Our first trophy event was held on the 16 February, Susanna Kannov Trophy which is a Betterball Stableford. This trophy was won by Sunkung Kim and Annie Chang on 45 Points. An excellent score in very windy conditions. We are so pleased that the Korean ladies are playing with the ladies section.

The league teams continue to play against other clubs. The games were played at kyalami and South Downs. Congratulations to the team against Kyalami who won all their games.

The proforma invoices for club fees have been sent out, so please make payments before the 31 March 2021 to take advantage of various discounts.

Club Champs

Plans are underway for **Club Champs** which will be played on the 17th and 18th March 2021. We encourage all lady golfers who are handicapped at Dainfern to sign up and enjoy the comp.

Please contact Heather Becker (captain) on 082 600 5284 should you wish to take part in this great event.

Sunshine Tour Event

A fantastic opportunity has been offered to Dainfern to host the 2021 Players Championship.

The tournament will take place from the **8 March - 14 March 2021.**

This is a new event on the tour with an exciting twist on the Pro-Am side.

We will be given 2 days of Supersport coverage on Saturday and Sunday which will be unbelievable exposure for our beautiful Estate.

With the COVID pandemic, unfortunately, no spectators will be allowed as per Government regulations. As we are a Residential Estate - we ask that you remain mindful of the golfers while out for a walk or run. Tee times will be from 06h15 onwards.



Top left to right: The Team who played at Bryanston Club; Valentine's Day game. / Above left to right: The Team who played at CC; League team that won at Kyalami.

GOLF MEMBERSHIP 2021/22

As a golf member, you often invite friends to play in your fourball that are not yet members of our awesome Golf Club.

Please do invite them to contact delia@dainfern.co.za to find out further information about our membership offer. You do not have to be a Resident of Dainfern to become a golf member.

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Mind over Matter

"The unwelcome arrival of Covid-19 forced us to confront ourselves in many ways..."



Dr. Samke J. Ngcobo

We live in a society which looks down on struggle and seeks to divorce itself from the reality of pain. Social media, magazines and billboards deceive us into believing that everyone is cruising through life, leaving us confused, despondent and feeling alien for experiencing what is different to this illusion.

Mental health issues are on the rise and the wonderful thing is that a spotlight is shining bright on mental health in recent years.

The effect of Covid-19 on our Mental Health

The unwelcome arrival of Covid-19 forced us to confront ourselves in many ways. Many of the devices used to distract us were systematically and abruptly confiscated by the lockdown. We were left to examine ourselves and face our loved ones in a completely new way. Our homes became 24/7 offices and schools; leaving extraordinarily little room for personal space to breath and regroup. These blurred boundaries between our worlds tested us immensely. The fear of the unknown and the new normal has left many of us anxious and afraid of what lies ahead for us as individuals, families, communities and society at large.

During this time, many people developed mental illnesses such as depression and anxiety, while others found a worsening of their pre-existing mental illnesses.

In a world which idolises independence and frowns upon seeking help, it is quite difficult to persuade people to seek therapy and attend to their mental wellbeing.

...In a world which idolises independence and frowns upon seeking help, it is quite difficult to persuade people to seek therapy and attend to their mental wellbeing...

Self-care and Self Preservation

Going for therapy is a form of self-care and self-preservation. It is a worthwhile investment, like going to gym. I look forward to the day when we take pride in seeing our therapists much like we do in going to the gym. Taking charge of our mental wellbeing is something that needs to be applauded and embraced.

Sharing my own story to encourage others

In sharing my story about my mental illness openly, I hope to inspire more people to speak freely about their mental health struggles and I also seek to put a face behind mental illnesses as they are often hidden in the shadows of stigma, shame and judgment.

Depression is not a sign of failure and it is not cured by simply faking optimism and positivity. Depression is an illness which is highly debilitating. It robs a person of their hope, motivation, energy and optimal functioning. At worst, it leads to

suicidal thoughts and attempts. It is not attention seeking but is a desperate cry for help. One can live a picture- perfect life but still feel empty and hopeless.

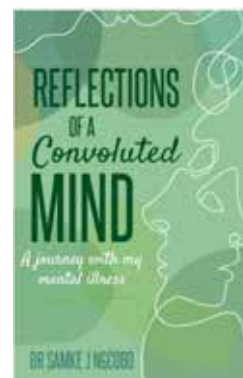
Anxiety is not a self-inflicted condition that is brought on by pessimism and negativity. It is a condition which is stressful and distressing to individuals who suffer from it.

Empathy and compassion are critical in supporting individuals who have mental illnesses.

Struggle is part of the human experience and normalising it, is what will dispel stigma and encourage us to face life more realistically.

Mental wellbeing is not a privilege for a select few but it is for all people to enjoy.

Going for therapy is a form of self-care and self-preservation. It is a worthwhile investment, like going to gym...



Publisher: The Golden Goose Institute
 Author: Dr. Samke J. Ngcobo
 Title: Reflections of A Convoluted Mind
 Subtitle: A journey with my mental illness
 Distributor: Creative Books and Afrokulcha
 E-Book: Amazon.com
 Pages: 125
 RRP: R250
 Publication Date: 17 October 2020
 Format: Print and Digital
 ISBN: 978-1-990983-86-3
 Size: 204mm x 127mm
 Genre: Non-Fiction

Website: www.sistersformentalhealth.co.za

By Alessandra Galaso

Lil' Kitchen • 063 579 8087 • Facebook: [Lil'Kitchen Dainfern](#)
The Valley Shopping Centre, Broadacres Drive, Dainfern

To Detox or not Detox

- we seem to still be asking this question...

Life today is fast-paced, with convenience and on-the-go replacing time, effectiveness and efficiency. Due to this, our bodies are often neglected. No time is spent preparing meals with the necessary nutrients, compromising instead on the fastest - and cheapest - meals that any take-away has to offer. We are all trying to stay on the go, but without sufficient energy sources - we are not going to get very far. Just as a car cannot operate without the right petrol, so too a body needs the right vitamins and nutrients to optimise its way of living.



Type of Detoxes

Sometimes however, we cannot take all the blame. We do not always know how to give our bodies the attention they need and deserve. This is when a detox is needed. Detoxes range from a wide variety, depending on the person, circumstance and health condition. But one thing is consistent, the aim of removing all toxins from the body, ensuring optimal health can be achieved. Most detoxes are designed with the agenda to remove processed foods, unnecessary fats and sugars, and the wrong carbohydrates and to replace these with plenty of fruits, vegetables, natural sugars and Low-Gi carbohydrates (carbohydrates that

are released slowly into the blood system, aiding weight-loss). Through these changes, we allow our bodies to get rid of anything that depletes our energy, causes headaches and leaves us tired. Detoxing helps us to jumpstart a more wholesome and healthy way of eating, whilst also boosting the metabolism.

Detoxing for the First Time

When detoxing for the first time, it is often suggested to keep healthy solid foods as a part of your plan. What is often recommended is plenty of legumes and pulses, as well as regular amounts of Low-Gi carbohydrates. Water is an essential part of any successful detox. Often, when the body is

under-hydrated, cravings arise, and wrong food choices are made. Curb this by ensuring you drink sufficient amounts of water per day, aiming for a minimum of six glasses.

Detoxing with Fruit and Vegetable Smoothies

Juicing or making smoothies with fruits and vegetables is a popular form of detoxing which can be very beneficial in having the body absorb the phytochemicals, antioxidants and nutrients that these fresh produces have to offer. For best results, try to ensure no dairy is mixed in and take your time enjoying the juices, rather than gulping them down. This is important especially when consuming only freshly squeezed fruit juices, as too many natural sugars, too fast, can affect your liver. If the juices are entirely made of vegetables, drink as many as you can - the nutrients can only do good for you! These types of detoxes are best done over a period of three days, and a post-

detox recovery meal plan is suggested to slowly introduce back other forms of solid food. This is beneficial in wanting to monitor how your body reacts to different foods, and what it responds best too. An example would be to start introducing the slow-releasing carbohydrates on the first day, then more legumes and pulses on the second, the third animal proteins and the fourth dairy products.

The Right Mindset

As with all things, detoxes are best done with the right mindset. They are not designed to leave you hungry and moody with cravings but, if done effectively and properly, will leave you refreshed and restored with all you need to keep your health and immunity at its top form.

Come into Lil'Kitchen today, and let's chat about a detox plan that will meet your needs.

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- Anti-ageing.
- Reducing stress.
- Reducing skin damage.
- Reducing cell damage
- Treatment of glaucoma and cataracts.
- Reducing insulin resistance
- Fighting autoimmune disease.
- Reducing the health consequences of uncontrolled diabetes.
- Preventing respiratory disease.

Vitamin C*

This is an essential vitamin which plays an important role in boosting the immune system. Additionally, this vitamin helps:

- Reduce skin wrinkling.
- Manage high blood pressure.
- Lower the risk of heart disease.
- Decrease uric acid levels within the body.
- Reduce the risk of chronic disease.
- Prevent iron deficiency.

Quercetin*

This product is an anti-inflammatory, which increases the body's immune response to infection. The other benefits of Quercetin include:

- Prevention of other infections
- Reducing blood pressure
- Reducing the risk of heart disease
- Easing allergy symptoms
- Reducing the risk of cancer
- Lowering the risk of chronic brain disorders

Selenium & Zinc*

Selenium and Zinc are both minerals which help drive the normal processes of the body, such as metabolism, wound healing and immune function. These minerals additionally aim to:

- Boost your immune system to help fight infection

- Support your metabolism
- Reduce risk of certain cancers
- Protect against heart disease
- Prevent mental decline
- Support skin cell production

Vitamin D3*

This is a fat-soluble vitamin that promotes the absorption of various minerals, such as Calcium, Magnesium and Phosphate. This vitamin is produced within the body when exposed to sunlight, and assists in boosting immunity. The benefits of Vitamin D include:

- Reducing depression
- Boosting weight loss
- Fights disease
- Reduces the risk of calcium deficiency

Coenzyme Q10

A potent anti-oxidant that assists with energy production, and may help in:

- Treating heart failure
- Anti-aging



- Lowering blood pressure
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- Preventing migraine headaches

*recommended in the prevention and treatment of COVID-19.

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HEALTH AND WELLNESS

By Karen Booth

www.realfood4sure.co.za



My name is Karen Booth and I run and own RealFood4Sure, an online speciality store based in Fourways.

Our Story

I've always been a keen supporter of small local traders and businesses and a bit of a closet entrepreneur myself. I use to sell homemade coconut ice in high school to hungry boarders. In 2018, I started sourcing local produce in bulk and distributing to friends, family and neighbours as a hobby and a way of trying to make a difference by bringing a wonderful choice of incredible products to my rapidly growing network. Soon my hobby spiralled and it got to that pivotal point in any business, it needed a name and a logo and all those things that go with running a business. RealFood4Sure was born. I decided on the name of my business because I'm all about Real Food, from Real People, plus my husband's business is Amanzi4Sure, meaning Water for Sure. You can see I like things to match!

Having spent more than 25 years in business and IT consulting dealing with big corporates as my day job, time for a change loomed. 2020 was been an interesting year and brought with it a good opportunity for me to make a life change, working with my community and pursuing my passion of bringing consumers closer to the people that make (who produce) their food.

One stop Online Shop

RealFood4Sure provides a one stop online shop where my local customers can purchase fresh healthy produce and various other products from small local businesses. Customers simply order online and before you blink the orders are delivered to your door, fresh, wholesome and delicious.

The majority of my suppliers live or work within 5km of Fourways, you don't get more local than that! I also have some suppliers from further afield in South Africa. I try not to offer any imported goods on my store but sometimes this is unavoidable as certain food is not grown locally. My organically grown food is labelled "Organic" as I believe customers should know where their food comes from, helping them make informed purchasing decisions.

All this, plus free delivery in the greater Fourways area.

Fresh Organic Produce

I deliver fresh produce once a week, purchasing my fresh organic produce directly from local farmers on a weekly basis. This allows me to ensure that I deliver produce which is as fresh as possible. What is harvested on a Tuesday is in your kitchen on the same Tuesday afternoon or Wednesday at the latest.

With RealFood4Sure you can shop by supplier, making it easy to find your favourites.

Different Dietary Requirements

I have dedicated sections on my store for different dietary requirements such as low carb, banting, gluten free and vegan, making it easier for shoppers to find what they need without "scrolling down every aisle".

The products I offer on my store are as natural as possible and I know their origin. I also have a naughty corner with some treats and not so healthy goodies because everyone deserves an indulgence!

Forever Expanding

I am constantly on the lookout for new local suppliers of unique and value for money creations to add to my already incredible list of products on offer.

The Healing Powers of Rooibos

My other business venture is RealRooibos4Sure (I don't need to explain the name thing again!). I supply Annique health and skincare products. Annique is a local South African company founded in 1968 when Dr Annique Theron stumbled across the healing powers of the now well know South African herb, Rooibos.

Rooibos fans go check out the Annique section on my store.

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ATTORNEYS / CONVEYANCERS / NOTARY			
CHRISNA RICHE Attorney, Conveyancer and Notary	Chrisna Riche	011 465 3809/ 083 5300 465 chrisna@richeattorneys.co.za	Specialising in Conveyancing and Property Law. www.richeattorneys.co.za
BEAUTY / BODY / HAIR / NAILS			
BODIOLOGY	Adrienne	082 572 5857	International Skin Technology - Skin rejuvenation, sun damage, wrinkles. Please phone for an appointment.
BUILDING CONTRACTORS / HOME MAINTENANCE / PAINTERS / ARCHITECTS			
ADAM PAINTERS AND RENOVATIONS	Adam	071 073 3575	We do painting, tiling, and house renovations. References available in Dainfern. Your future is our concern.
ANYTIME HOME IMPROVERS		011 048 6485 / 072 395 6727 info@anytimehomeimprovers.co.za www.anytimehomeimprovers.co.za	We offer: House painting, renovations, rhinolite, paving, tiling, ceilings, glazing, plumbing, welding, damp proofing and water proofing.
AUSTIN RENOVATION PAINTING, TILING & MAINTENANCE	Austin	078 244 8531	Experienced handyman: Building, plumbing, renovations, painting, tiling & maintenance. Good workmanship and reliable. Ref available Dainfern Area & Fourways. We also offer Tree cutting.
BRILLIANT PAINTER	Jerry	072 313 6778	Outstanding work: brick work, electrical with coc, tiling, paving, plastering, rhinolite, damp proofing, ceiling repairs and renovation. Ref. Cathy 011 469 0265.
CARE CONSTRUCTION AND PAVING	Ian	083 250 3736 Office 011 469 4300 ian@careconstruction.co.za	We specialise in new houses, additions & alterations, paving, painting & all your building requirements, no matter how big or small. Over 30 years experience. www.careconstruction.co.za
CARPENTRY SPECIALIST	Claude	083 378 0896	Folding door, sliding door patio enclosures, new door and window installations, timber restorations and associated home maintenance. All work supervised.
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GREATFUL HANDYMAN	Walter	061 215 8134 www.greatfulhandyman.co.za	Building, alterations, handyman, painting. Check us on our website.
HANDYMAN	Steve	076 823 6847	British tradesman for all the jobs you hate!! Building, Total house Renovations, Wooden Flooring, Painting, Cupboards, Damp Proofing, Tiling, Plumbing, Roofing, Ceilings, Kitchen & Bathroom renovations & electrical work, plastering, paving & alterations. No job too small. Offers a friendly & reliable service.
HANDYMAN	Fernando Cardenas	083 263 8769	Bathroom specialist. All repairs. Renovations, building and bathroom specialist. Reference available.
HOME MAINTENANCE	Greg Woolcott	084 314 1158	Painting, damp-proofing, plumbing, cleaning, sanitising, wall papering, property maintenance and more. We have a reliable crew and project manager to over see.

HOME PROJECTS	Sidney	084 843 8258	Are you moving out of your existing home and need those odd jobs completed or moving into a new home? We specialise in all handyman jobs, painting and tiling. No job too small. We also collect rubble and garden refuse and any clutter accumulated over the years.
HAPPY CARPENTRY AND WOODWORKS SERVICES		084 971 3843	Kitchen unit built in cupboards- BIC wardrobes and shelves- hanging doors- decking and laminated wood floors- ceilings – dry walling and cornices- tiling and painting. Repairs and maintenance. Free quotation any time- good workmanship.
INVESTMENT HOMES	Robert Sova	082 828 2834	Construction and project management. New homes, alterations and renovations.
L.M. PROJECTS	Lungi	078 559 0970 074 654 3555	Painting, plastering, alterations, ceilings/partitions, cornice, tiling, electrician and waterproofing.
MAJOR GLASS & ALUMINIUM		011 769 8603 mga@worldonline.co.za	New or existing work: windows, steel replacements, doors, hinge-folding doors, showers, frameless showers and much more.
NCS PROJECTS	Nicholas Shaw Christopher Shaw	082 888 1518 nic@ncsprojects.co.za 062 934 4366 chis@ncsprojects.co.za	Project Management of new home. Renovations and alterations.
N HARRIS PTY (LTD) WATERPROOFING CONTRACTORS	Ron Gunnett	082 562 1566 F: 011 705 3055 nharrispty@gmail.com	Waterproofing of all roofs, rising damp on boundary, internal and external walls, exterior wall coatings. We also attend to blocked sewers, plumbing, geyser problems, renovation of pools with epoxy coatings (any colour). Established 1994.
PHG BUILDERS	Simon	082 352 1347	New buildings, renovations, waterproofing, ceilings, any building related projects. No job too small (NHBC) registered Dainfern references.
PUNGWE CONSTRUCTION	Tony Memory	066 014 9122 064 879 3630	NHBC Accredited Contractor available for your new home construction, home renovations-ceilings, partitions and insulation, tiling, painting and wall coating, floors and flooring- cementitious and granolithic screeds, epoxy and polyurethane flooring, painting and sealing.
QG CONSTRUCTION	Givemore	071 349 7486 qgconstruction34@gmail.com	Building and Renovations, Welding, Painting, Roofing, Waterproofing, Tiling, Tree Felling, Rubble Removal, Plumbing and more.
RAINBOW WATERPROOFING & ROOF REPAIRS (PTY) LTD	Allen van Deventer	011 057 7007 084 449 9722 / 083 245 5095 rainbowwaterproofing63@gmail.com	All work guaranteed / Free quotations. Waterproofing, roof repairs, skylights, gutters, ceilings and roof painting.
SIMANGE PAINTERS & RENOVATORS	Freddy Andrew	074 077 4330 nyathifreddy@gmail.com 074 357 7834	Specialising in building, maintenance, alterations, additions, waterproofing, damp proofing, ceilings, dry walling and house plans.
TALL OAK TIMBER WORX	Michael van Wyk	084 905 4444 michael@totw.co.za	All woodwork, decking, doors, roofing, kitchens, painting of homes and contracting paintwork & general maintenance.
CARWASH			
BUBBLES IN THE VALLEY CARWASH - Dainfern		064 514 7798 Facebook: @bubblesinthevalleycarwash Instagram: bubbles_in_the_valley_carwash	Carwash and makeover clinic - NOW OPEN!
CHURCH			
DAINFERN FELLOWSHIP	Pastor Willem	076 423 6570	A family orientated community based Church. Services are held from 10h00 – 11h30 at the Fern Shopping Centre – Hall A. A welcoming invitation is extended to all.
GLORY TO GLORY MINISTRIES		011 484 4532 083 590 5263	Sunday Church Service, Children ministry, intercession and teaching of the word.
CLEANING / DECLUTTERING / SERVICES / WINDOWS / CARPETS / UPHOLSTERY			
DYNAMIC STEAM CLEANING	Alan	067 228 2053	We specialise in deep steam cleaning and sanitizing of carpets, rugs, lounge suites, mattresses, chairs, curtains, blinds, showers, car interiors and more.

RED HOT MAIDS	Wadzi	011 465 2874 / 072 823 5272 info@redhotcleaning.co.za www.redhotcleaning.co.za	Professional, Reliable Maid Service. Daily Maid Rental, Spring Cleaning, Post/Pre Occupational Cleaning, Teams, Carpet and Upholstery Cleaning. We go the Extra Mile!
THE REAL DON DRY CLEANERS	Valley Branch Square Brance	011 469 4831 011 469 0245 info@trddainfern.co.za www.therealdon.co.za	We provide superior quality cleaning of all personal & household effects together with tailoring, alterations & mending services. Post/pre occupation house valet & flood water removal also undertaken.
CLOTHING / HANDBAGS / FASHION / SHOES			
FERN BOUTIQUE	Sally du Plessis	083 290 3857 / 011 469 0079 dalsaduplessis@telkomsa.net	Exclusive ladies and teen fashion boutique in Dainfern. Trendy clothing: stunning tops, camisoles, bling belts, handbags and much more. Open Monday to Friday 9 - 3. Saturdays view by appointment.
COMPUTERS / PRINTERS/CELL PHONES & REPAIRS			
QUICK SERVICE INFORMATION TECHNOLOGY	Tamrin	083 600 2533 quickserviceit@icon.co.za	ON-SITE service, sales, support, repairs, upgrades and networking. PC's, Laptops, printers, hardware and software.
ELECTRICIANS / ELECTRICAL REPAIRS / APPLIANCE REPAIR			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	071 774 1883 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.
ALLIE ELECTRICAL	Alan	071 528 6656	24hrs electricians we specialise in all electrical repairs, maintenance & new installations. We also do fault finding & certificate of compliance (COCs). We also do electrical repairs e.g. geysers, stoves, ovens, microwaves etc. We are always a phone call away.
A-Z PLUMBING ELECTRICAL & APPLIANCE REPAIRS	Janusz	082 449 1997 janusz@pixie.co.za	For all your plumbing requirements from burst pipes to faulty toilets. The right price plumbers. All work guaranteed. For all your electrical requirements and appliance repairs-all makes.
B4 ELECTRICAL	Peter	083 452 0635/6 b4electrical@mweb.co.za	B4 electrical - Fully licensed and registered. For all your electrical installations, repairs, maintenance and certificates of compliance. Fast, friendly and reliable. We offer a 24hrs emergency call out service.
ELECTRICIAN	Lazurus	0836244583 0731273921	Certificate of compliance (same day); Faulty finding and tripping problems; Balancing of phases and redoing distribution boards; Rewiring and rewire of houses; Repairs to faulty plugs, switches, lights, geysers, stoves and ovens.
ELECTRICAL-MOKAPANE	Ronald	072 154 9735 063 960 3891 F: 011 235 7777 mokokpane@channeldata.co.za	Electrical installations & maintenance, house rewiring, emergency call outs, security Lighting, Fault finding & repairs, power failures, geysers, pool/spa motors, certificates of compliance. Underfloor heating installations & repairs, sales & installations of generators and UPS.
LAZIS ELECTRICAL	Gerald	078 739 6773 / 0731273921 laziselectricalmail@gmail.com	Tripping and fault finding, Electrical compliance repairs, power failure, New installation and electrical maintenance Faulty geysers, stoves and ovens, Repairs to plugs, lights and switches. Installation of inverters and generators.
LOUPEZ ELECTRICAL & ACCESS AUTOMATION	Loupez	076 108 1591 063 770 7919 www.loupezelectrical.co.za	We are a licensed and registered contractor and member of ECA. The ECA guarantees our workmanship with R20 000 for all your electrical and backup power needs 24/7.
MATHOHO ELECTRICAL & PROJECTS CC		071 256 7954 060 786 6775 EMERGENCY: 082 042 4148 info@mathohoprojects.co.za www.mathohoprojects.co.za	Electrical Contractors specialising in: Electrical maintenance & construction; certificates of compliance; distribution boards; borehole pumps; full rewiring & repairs; plugs, sockets, outlets, cables & LED's; indoor & outdoor lighting; 24/7 emergency call outs. Free competitive quotes
TURBINE ELECTRICAL		076 136 9513	@ Turbine Electrical our work is unrivalled. We are an electrical company registered with the department of labour and construction industry board. We do all electrical maintenance and issue certificates of compliance.

ESTATE AGENTS / COMMERCIAL & RENTAL PROPERTIES			
CENTURY 21	André Anne Marianna Sue (Rentals) Tania (Rentals)	083 411 7674 083 600 0566 083 260 9255 079 119 8903 082 550 2222	Century 21 Lifestyle Team. Agents of Change. Your sales and rental professionals, with many years' experience in Dainfern and surrounding estates. www.century21.co.za / Office number 011 4601599 / Email: lifestyle@century21.co.za
CENTURY PROPERTY DEVELOPMENT	Nick Garden	066 477 8955 nickg@century.co.za	Riversands Outlet Park. World-class Showroom & Warehouse spaces to let in Fourways.
CHAS EVERITT International Property Group	Brian Falconer Richard Miller Gary Parker	082 651 7890 076 835 5170 082 895 1647 www.chaseveritt.co.za	Sales and rentals in Dainfern, Dainfern Valley, Dainfern Ridge and surrounds, Fourways Gardens, Cedar Lakes, Broadacres and Blair Atholl. Chas Everitt International Property Group has over 100 offices countrywide.
ENGEL & VÖLKERS	Gaby Farndell Alice Chibanda	Sales: 082 451 7876 Rentals: 083 500 5669 011 465 0410 www.engelvoelkers.com	Engel & Völkers specialises in the sale and rental of residential real estate. Whether buying or selling property, Engel & Völkers should be your property agent of choice.
EXECUTIVE PROPERTIES	Nicci Humphreys Lara Pretorius Carrie Field	082 492 0111 083 650 9044 082 372 2983 www.executiveproperties.co.za	Executive Properties specialise in Corporate Rentals and offer complete and professional service in the rental and sale of homes in Dainfern and surrounding estates. Contact us to buy, sell, or rent your home. Tel. 011 469 4107
GAYE CAWOOD REALTY	Gaye (Sales) Matt Sue (Rentals) Office	083 601 1593 084 602 7999 082 452 0086 011 469 4070	Our passion drives us to deliver an exceptional and professional service. Please call us if you are selling/renting or buying a home.
HAMILTON'S PROPERTY PORTFOLIO	Brenda Gilbert	083 251 4452 brenda@hamiltons.co.za www.hamiltons.co.za	Brenda of Hamilton's represents Dainfern Golf Estate, Dainfern Valley and Dainfern Ridge, in both sales and rentals, with consummate professionalism and extensive local knowledge.
HYACYNTH PROPERTIES	Abel Ntini Helen Ntini Office	082 908 9182 082 920 3640 0114694937	For rentals and sales in Dainfern and surrounds, contact your family run Real Estate Agency for personalised discreet service. We live and work in Dainfern. We are 100% BBBEE compliant.
LIVE REAL ESTATE	Office	011 465 1187	Live your best life. Buying, selling & rental specialists in Dainfern.
MALHERBEX	Willie Malherbe	011 786 9364 willie@maherbex.com	Buying, selling and rental specialist in the Dainfern and Surrounding Areas. Call today for a Free Valuation. 0652 000 000
PAM GOLDING PROPERTIES (DAINFERN)	Sharen Kyle (Rentals)	083 461 3999 082 483 5861	Pam Golding Estate Agents, 170 offices national. www.pamgolding.co.za / Office no. 011 469 4691
RLK PROPERTIES	Robbie	082 574 9010 info@rlkproperties.co.za www.rlkproperties.co.za	Selling your property has never been this easy - will cost you a fraction of the price of a traditional estate agent. 2% Structured Commission.
VERED ESTATES	Pamela Diedericks	083 680 6771 www.vered.co.za	JUST WHAT YOU WANT Contact us for a hassle free, no obligation valuation on your home for Sale or Corporate Rental.
FOOD & BEVERAGE / WATER / ONLINE ORDERS			
REAL FOOD 4 SURE		076 640 8836 www.realfood4sure.co.za	Order online - delicious & goodness delivered to your door. Variety of organic & conventional fresh produce, meat etc.
PERFECT WATER		011 465 9024 www.perfectwater.co.za	Broadacres Shopping Centre: Taking care of all your water needs.
GARAGE DOORS / GATES			
ALPHA DOORS	Simmons	081 241 6670	Top quality and cheap garage doors aluminum, wooden, steel and roll up, garage door motors, springs, remote programming, cctv remote viewing. Alarm systems link up to estate security.
DIGITAL SYSTEMS	Joshua	078 180 5416	New installations, repairs and services to gate and garage automation, alarms systems, intercoms, electric fence, remote programming, electrical repairs and pool pumps.
K & R INTERCOM & GATE AUTOMATION	Selvie Nair	082 333 2652 011 791 4717	Service to all types of garage doors and garage motors.

NG SYSTEMS	Russel	084 709 0916	We install and repair: Gate & Garage Door Automation, Garage Doors, Alarms, Intercoms, CCTV and DSTV.
GARDENING / IRRIGATION			
BRAND'S TREE FELLING		0861 708 000 / F: 086 530 6656 brandstf@mweb.co.za	Tree felling, tree maintenance, site cleaning, supplier of wood chips, fully insured. SALI (South African Landscape Institute) Selected Supplier.
GARDEN BOYZ	Jordan	073 849 0927 Jordanbornex10@gmail.com	For all your garden needs, landscaping, irrigation, lawn cutting, garden cleanups, compost, lawn dressing, garden maintenance, weeding, tree felling, pool services, try us and see a change.
GARDEN DEL PALMAS	Dieter Wiese	011 708 1545 083 628 8990 F: 086 689 3429 gardendelpalmas@mweb.co.za	Your garden service with the personal touch. Your garden looking down? Want to make a change? We provide clean ups, garden maintenance, landscaping, refuse removal, tree felling, palm trimming and professional irrigation systems.
GEORGE LANDSCAPING SERVICES The personnel touch	Tracy Dedlow	083 625 9573 tracyd@thegeorgegroup.co.za	With our expertise and knowledge, we can assist with your maintenance, installation & irrigation. This is specific to your needs to ensure a beautiful garden. We give ongoing advise & recommendations on all essentials.
JEANS GARDEN	Mike	071 169 2886	Weekly garden and pool maintenance, clean ups, tree felling, compost and lawn dressing. Over 17 years experience in the Estate. 5 days a week.
LAWN CARE PLUS	Nicholas Dunn Terry Weston	082 573 3484 072 208 3587 info@lawncareplus.co.za	Lawn Treatments, bad weed and insect control, lawn dressing and compost, scarifying (verti-cutting), instant lawn installed (sun and shade), lawn aeration and complete lawn make-overs. Tool sharpening available. www.lawncareplus.co.za
LEBO'S GARDEN SERVICES	Lebo	074 922 1733 / 072 354 6296 lebogarden@gmail.com	Weekly garden and pool maintenance, irrigation repairs and Daily garden refuse collection.
MAINTENANCE SOLUTIONS ZR	Zak	072 029 9776	Irrigation repairs/installations, Landscaping, Pool services, pumps and treatments. Over 5 years experience.
NATURE'S WAY LANDSCAPING	Sharon	082 415 8786 Naturesway@mweb.co.za	Landscaping Services & Gardener Training. for all gardening requirements. Landscaping/garden design, composting, lawndressing, general clean-ups and irrigation. Gardener training is another option to assist with pruning/trimming, planting seedlings, caring for your lawn and general seasonal maintenance.
SOFT RAIN IRRIGATION	Isaac	078 658 4371	For all your irrigation requirements - new installations, maintenance and repairs - 12 years experience.
GAS			
GAS FAMILY	Nan	078 050 6600 info@gasfam.co.za / www.gasfam.co.za	Cylinder refilling and deliveries; gas installations & servicing; gas appliances; energy saving solutions.
HAIR DRESSER			
IMMERSION HAIR & NAIL SPA		071 333 8170 appointments@hairandnailspa.co.za	An exclusive Hair & Nail experience in the heart of Dainfern. We offer a full range of cutting edge salon services and products in a sophisticated and welcoming environment.
NICOLE'S HAIR SALON	Nicole	083 459 7554	Enjoy a great hair experience in the comfort of my home salon. I offer a full range of services, including colour and keratin brazilian treatments.
HORSE RIDING / SADDLER			
CHARTWELL STABLES	Shirley Stables	083 500 0103 073 952 8572 cstables@netactive.co.za	Children's Riding School. We specialise in teaching children to ride on safe ponies with qualified instructors. Pony camps, fun days & training shows held regularly. Ladies rides in the mornings. "Have fun while you learn".
INTERIOR / FURNITURE / UPHOLSTERY / OUTDOOR FURNITURE / HOME ORGANISATION			
INTERIOR DÉCOR & DESIGN	Karen Schaefer Louw	082 940 3571 011 469 0767 karen@interior-decor-design.co.za www.interior-decor-design.co.za	We offer a complete design, supply & installation service, tailored to your individual requirements (budget/per room), - emphasis on creativity, quality & service. We provide the inspiration to help you achieve an interior that reflects your taste & lifestyle.

PATIO WAREHOUSE in Ferndale (Malibongwe off-ramp)		011 801 0820 084 825 1120 www.patiowarehouse.co.za	Africa's largest selection of patio furniture and accessories.
LOCKSMITH			
BRAD'S LOCK & KEY		082 854 9898 / 011 802 4114	All locksmithing work-Keys made/ doors opened. Also, gate motors/ gates etc. installed.
MEDICAL / AESTHETICS / COVID-19			
DAINFERN PHYSIOTHERAPY in Sherwood Village	Jacqui	083 324 8424	Bring your back, neck, headaches, knees, hips, shoulders, hands, ankles etc. and all sport injuries. Available during December.
NIX & TEE WELLNESS AND AESTHETICS CLINIC	Turid Stacey	083 633 2652 tee@ntaesthetic.co.za Tel. 010 020-8561	Nix & Tee, a Wellness and Aesthetic clinic, are two qualified nursing Sr's offering aesthetic treatments. In-depth consultations are done to finding the best treatment for the individual concern or needs. Visit our website at www.ntaesthetic.co.za
PSYCHOLOGIST / COUNSELLOR	Charmaine March	083 239 4309 / 011 469 3256	Specialising in trauma, relationship, career counseling, etc.
PURE SKIN AESTHETICS CLINIC	Dainfern Bryanston	010 228 0108 011 463 1595	Health & Wellness - gut health, weight loss, body analysis, anti aging, blood tests, skin, hair, nails, stress & anxiety, heart health, immune booster, medical screening & covid anti body testing.
WOODLAND PHYSIOTHERAPY	Carys Woodland Rhodes	061 931 1078 book online at www.woodlandphysiotherapy.co.za	Conveniently situated close to Fourways Mall. Specialising in sports injuries, post operative rehabilitation, back and neck complaints, headaches, chest problems and sinusitis.
PAINT AND HARDWARE			
PAINT EMPORIUM & HARDWARE	Ian, Quinton, Dexter and William	011 465 0081 F: 011 465 0578 cedar@wol.co.za	Your one-stop Paint & D.I.Y Hardware Shop. Full range of Earthcote, Plascon & Prominent Paints. We also offer locksmith facilities. www.paintemporium.co.za
PARTY VENUE			
NATURE'S WAY	Sharon Karen	082 415 8786 082 569 7173 karen.naturesway@gmail.com naturesway@mweb.co.za	Children's Party Venue for all ages. Large, secure play area in Chartwell with farm animals and a variety of play equipment. Close to Cedar Road with beautiful gardens.
PEST CONTROL			
PINNACLE PEST CONTROL	Tanya	086 100 0819 info@pinnaclehygiene.co.za. www.pinnaclehygiene.co.za.	Professional treatment and service using environmentally friendly pesticides for rats, cockroaches, ants, termites, weeds and other pests. Contact us for a free quotation.
PET & HOME CARE / KENNELS & CATTERY / VET			
DOGGY DAYCARE - CHARTWELL	Erin	081 849 4673 erinwale0303@gmail.com	Daycare for Dogs! We collect & return your dog daily. On holiday? Your dog will be socialising and having fun while you're on holiday or away on business. Puppy socialisation and general obedience offered on Saturday mornings by arrangement.
PETSITTING	Dee-Jean	076 035 6908	Now that LOCKDOWN allows for minimal travelling, how about a "getaway". But not sure about leaving your furry loved ones alone! Then way not give me a call?! References upon request.
PLUMBING / SOLAR			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	071 774 1883 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.
ADRES PLUMBERS	George	073 135 8425	Leaking pipes- dripping taps- burst geysers- blocked drains- installation of washing machine and water pump.
A-Z PLUMBING	Janusz	082 449 1997 januszplumbing@gmail.com	For all your plumbing requirements from burst pipes to faulty toilets. The right price plumbers. All work guaranteed. We now install solar systems / Bathroom renovations.
FOURWAYS PLUMBING	Steve	011 705 2145 082 440 5111	Professional plumbers. We do: geysers, valves, washing machine connections, water leaks, storm water systems, roof flashings all at very competitive prices.

PSI PLUMBING	Johan	Call or WhatsApp 071 289 7620	Drowning in plumbing problems? Our Services: burst geysers, block drains, burst pipe repairs and valve replacements. All plumbing and solar related repairs and maintenance.
POOL SERVICES			
A-Z POOLS & REPAIRS	Martin	074 443 1429	Re-marbalite & new mosaics. Pump replacements. Filter replacements. Pool timers. Pool lights. Sand changes. Pipeline repairs or replacements. Pool maintenance. Once-off clean-ups. We can tend to all pool related problems! Supervision on site.
PALM POOLS & SPA	Jackie	072 132 5703 palmpools@palmpools.co.za	Contact us for all your pool requirements. We do weekly pool maintenance, repair or replace pumps, filters and install timers, install salt chlorinators and change filter sand. All work is done under supervision. Quality is guaranteed.
POOL WAREHOUSE Broadacres Shopping Centre	Michael	011 465 9024 michael@pool-warehouse.co.za www.pool-warehouse.co.za	Get your pool summer ready. We stock everything you need for your pool. Call us for a no obligation FREE quote.
SAM'S GARDEN & POOL SERVICE	Sam	071 094 4793	Sam is the man for reliable maintenance and clean ups, especially lawns and roses. Ref: Gillian – 082 442 7733
SANDTON POOL RENOVATORS CC "ONE STOP POOL SOLUTIONS - Time to Renovate"	Brenda Williams	082 332 7253 brendawilliams@sandtonpools.co.za www.sandtonpools.co.za	New pools, "Approved Cemcrete SA applicator for best marbelite." Weekly pool service, repairs, energy saving pool pumps, chlorinators, heating, blankets fencing, paving, composite decks, autofilling, water features, spas's, Koi ponds. COVID-19 CERTIFIED.
PROOF READING / EDITING			
PROOF READING / EDITING	Annette Thompson	083 290 1569 annette.thompson11@gmail.com	Experienced editor (retired) for any assistance with writing style, spelling and grammar.
RECYCLING / WASTE MANAGEMENT			
THE COMPOST KITCHEN	Himkaar Singh	www.compostkitchen.com himkaar@gmail.com 072 795 8283	Join the organic waste recycling revolution in Dainfern. Signup online and become part of the movement to reform the waste system and make real impact to our community.
RESIDENCY PROGRAMME			
CYPRIO REALTY	Jenny	+27 (0)83 448 8735 RSA +357 965 92 444 Cyprus www.cypriotrealty.com	The best Residency Programme in Europe. Residency Permits now issued in 6 - 8 weeks. Special inspection trip offer. Cyprus really is the perfect choice!
RELOCATION / REMOVALS			
CLUTTER CLEANERS	Vicky	082 898 7086	We have a Bakkie that moves miracles...we take anything from furniture to odds and ends, from deceased estates, emigrating or just spring clean. If you are clearing out please call us!!
ELLIOTT MOBILITY		011 256 3000 / F: 011 256 3200 www.elliottmobility.com	Services: World class removal company specialising in household and office moving, storage, fine art moving, relocation services, and immigrations, both nationally and abroad.
MOVIT MOBILITY		08611 66848 info@movit.co.za / www.movit.co.za	Movit provides a personalised moving service for local, long distance, overseas & office moving - 50 years of moving excellence.
RESTAURANTS			
LIL'KITCHEN		063 579 8087 Facebook: Lil'kitchen Dainfern	Wholesome Good Food at the Valley Shopping Centre. View our menu on Facebook. Home deliveries within a 5km radius.
SENHOR PERI PERI		Call & Collect 010 001 8930	Portuguese Chicken - Fresh, Not Frozen. Peri-Fect Prawns, wholly grilled chicken. NOW OPEN - Dainfern Square Food Emporium.
VALLEY GRILL		011 468 4848 Menu on Facebook: Valley Grill	Pizza, Pasta, Sushi, Wholesome Food - all eat in, take away or delivery to your door.
SCHOOLS / PLAYGROUPS			
AMERICAN INTERNATIONAL SCHOOL OF JOHANNESBURG (AISJ)	Pamela Gutmann	087 809 1905 www.aisj-jhb.com info@aisj-jhb.com	AISJ is a leading international Pre-Kindergarten through Grade12 co-educational day school. AISJ offers a balanced program, small class sizes, an American style curriculum and the International Baccalaureate Diploma Program (IBDP).

DAINFERN COLLEGE	Fiona Siebert	011 469 0635 www.dainferncollege.co.za	Dainfern College believes in developing the whole child through the provision of academic, sporting, cultural and technological activities. Our students write the internationally well-accepted IEB examination and a strong academic focus exists at the College.
HERONBRIDGE COLLEGE	Tarryn Payne	011 540 4800 tpayne@heronbridge.co.za	Educating young South Africans with heart. Gr. 000 –Gr. 12. Daily bus service operating close to Dainfern.
REDDAM HOUSE SCHOOL		010 060 4232 Info.helderfontein@reddam.house www.Reddamhouse.com	Situated at Helderfontein, Fourways, The Reddam House campus welcomes students from 1 year old to Grade 12. Boarding is also offered. Please call us for viewing.
SPORT / RECREATION / FITNESS			
SA JKA KARATE	Bernard Buys (5th Dan, JKA)	083 709 9289	Expert professional JKA Karate instruction at the Pavilion.
STATIONERY / PRINT CONSUMABLES			
CARTRIDGE HYPER Dainfern Square		010 494 7512 dainfern@cartridgehyper.co.za	Inkjet, designjet, officejet, photosmart ink cartridges, laserjet, drum units, photoconductors, till rolls & ribbons, photo paper, printers and storage media. We deliver.
OFFICE MAT SOLUTIONS	Lazarus	073 127 3921 083 624 4583	For all your stationery requirements, computer & print consumables, office furniture.
TRAVEL / TOURS & DESTINATIONS / TRANSFER / TAXI / CHAUFFEURS			
AIRPORT TRANSFERS & TOURS	Mike	072 284 0340 / 011 465 3262 ashcroft.mike@gmail.com	Fourways Gardens' resident owner/driver. Personal, reliable transfers to/from ORT from R420 & Lanseria from R200. Free in-car Wi-Fi connection. Half & full day tours arranged.
ASENDULO TRANSFERS & TOURS	Lionel Strick	082 324 4232 lionel@asendulo.co.za www.asendulo.co.za	For all your shuttle needs – airport transfers / social & sporting events / corporate events. Servicing Dainfern families since 2002.
KID VANTAGE EXPRESS	Janus	082 594 7528 / 073 575 4754 kidvantage@mweb.co.za	Reliable transport for all your schooling, extra-mural, airport needs.
SCHOOL TRANSPORT DRIVER	Ashley	083 958 2557 / 060 997 1594	I am an experienced female school transport driver with traceable references. I have my own car to transport your child/children to and from school.
VIP TRANSFERS	Mike	083 493 3119 vip@vcx.co.za / www.vip-1.co.za	Transfers between Dainfern, Lanseria and OR Tambo airports. See our website for more information.
TUITION			
LIMITLESS - Conversational English Tuition	Pamela de Robillard	084 567 8455 limitlessticza@gmail.com www.limitlessticza.co.za	I am a qualified and experienced English and TEFL teacher with 10 years teaching experience to different age groups and in different countries on a variety of platforms. My speciality is facilitating Conversational English with ex-patriot adults, one-on-one, in small groups and online. FREE Trial Session.
ONLINE TUITION: ALL SCHOOL SUBJECTS	Chantelle	082 9670 270 chantellediab@gmail.com	Qualified Experienced Teacher offering Online Tuition. All School Subjects: Grade 1-12 (Excluding Grade 11 & 12 Maths & Science) English Specialist. Homework Assistance. Study Skills. Test & Exam preparation. Home Schooling. Mornings & Afternoons.
TOP TUITION	Dagmar	073 215 8837 / 082 415 1870 toptuition@vodamail.co.za	Classes in English, Maths, Afrikaans, Italian and German and other subjects on request. www.toptuition.co.za
TELEVISION / DSTV INSTALLERS			
AUDIOVISUAL INSTALLATION EXPERTS	Luca	(011) 662-1152 082 890 5515 A/H	Installers and Suppliers of: AV Equipment – Projectors – Screens – LCD's – Control Systems - DSTV
WATCHES			
ORIGINTIME	James	066 200 1272 james@origintime.co.za www.origintime.co.za	Buy, sell or trade your luxury or vintage watches.

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