Dainfern

Exclusive to the Dainfern Golf & Residential Estate

LIFESTYLE

Your community and service provider magazine since 2002

June 2021

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CENTURY 21.

Lifestyle Team

(21

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Your community and service provider magazine since 2002

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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.

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RESIDENCY PROGRAMME

Own your slice of Paradise in Europe

Welcome to Cyprus!

Imagine 320 days of sunshine, the crystal blue Mediterranean Sea, 66 blue-flag beaches, majestic sunsets, picturesque natural surroundings and a way of life similar to South Africa. This is all on offer in Cyprus – an English-speaking, full member of the EU.

The Mediterranean lifestyle is about scrumptious cuisine & enjoying life to the full. Cyprus represents being a very popular investment, retirement & relocation destination for South

Africans. 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 lush & beautiful city of Paphos on the Western side of the island is very similar to the Western Cape and year-on-year continues to enjoy the most demand from investors. There are 4 world class golf estates, an abundance of fine dining venues, numerous wine routes and a plethora of outdoor activities. Paphos is also a very cosmopolitan town and the entire picturesque province is the nicest and most secure part of the Island, where magical waterfront locations provide a sublime setting & idyllic lifestyle for discerning buyers.

The key benefit of buying a property in Cyprus and owning your slice of paradise is that property investment automatically comes with either acquiring permanent; tangibly benefitting your family for generations to come.

A new home in a new country is the achievement of a lifetime and an investment in the future for the next generation. In Cyprus the investment options really are the best. Living is laid back and you set your own pace. And what better place to do this than where the blue skies meet the Mediterranean Sea: on the beautiful island of Cyprus.

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Rotary Club

in Dainfern

Are you a person of action?

Would you like to be part of a new Rotary Club in Dainfern?

Contact David Bradshaw
083 461 6830 • David@travelvision.co.za





Rotary Opens Opportunities



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the boutique experience

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R6.8 m



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Dear Friends

From one father to another. Happy Father's Day. Its time we were spoilt – oh! doesn't that happen every day? Never mind on Sunday 20 June we will be extra specially spoilt. Perhaps as we will now officially be in winter you could cuddle up in bed until that coffee arrives and then take your family out to brunch or lunch. The restaurants need all the support they can get!

Sitting on the Stoep

I first met Jacob van Ruisdael with my family on the 12 September 1975 in the National Gallery of Scotland in Edinburgh. He was introduced as probably the greatest of the many Dutch painters who specialised in landscapes in the 17th century.

I agree, and he became a great family favourite for Tricia and me as we continued to meet him around the world. On that same first visit overseas when I was first exploring the world of international art I managed my first of many visits to the London Gallery and met him again. Then we touched on him at the Rijks Museum but especially years later when the Museum exhibited some paintings in Vancouver. The great exhibition was entitled "Masterpieces of the Rijks Museum, Vermeer, Rembrandt and the Golden Age of Dutch Art" which included several paintings by Jacob Isaacksz van Ruisdael 1628 – 1682 (and in the National Gallery Copenhagen).



View of Haarlem by Jacob van Ruisdael, 1670. (www.wikiart.org)



Weymouth Bay by John Constable, 1816-17. (www.wikimedia.org)

The one I liked best was one of his views of Haarlem.

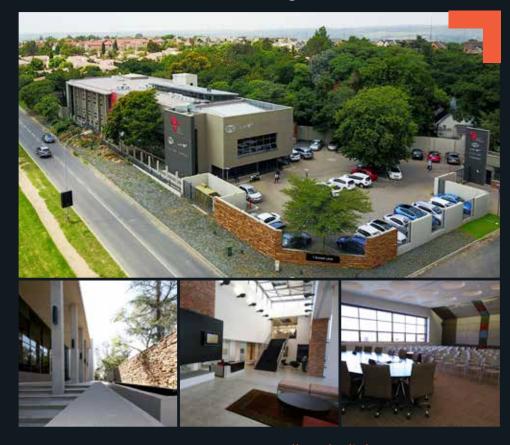
He was famous for the way his clouds draped the sky and gave depth and breadth to his landscapes.

The other artist who likewise depicted great skies in his landscapes was born much later across the channel in England – John Constable 1776 – 1837. Weymouth Bay, one of his pictures in the National Gallery

Years later I spent a couple of hours alone in the Victoria and Albert Museum looking at about twenty paintings of the sky and clouds all painted by John Constable – an amazing artist and one I have known since boyhood (and probably you too) because of a schoolroom reproduction on the classroom wall. I little thought that I would one day see the originals in England and I always went to have a look at my favourites when I visited the National Gallery – the Haywain et al.

And, of course, as I told you before, my other schoolroom picture, the famous Hals continue on page 10

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painting 'The Laughing Cavalier' and the wonderful surprise I got when I walked into the Wallace Collection and there it was!

It's like unexpectedly meeting on old friend you haven't seen for ages but instantly recognise and can say 'hello'.

Actually, I'm sure that's what great art is – if you're lucky enough to be able to visit famous galleries you find a host of new friends and, if you are lucky enough still to return you can really cement your friendship. Having had a son living for some years in London (my favourite city) I walked and walked and was able to visit all the treasures their galleries, museums and collections display. What joy!



ANIMATED GALLERY

Maintenance

There has been lots of Nature Association activity in overseeing the fixing up and revitalising various areas. What would we do without Olivia with all her drive and expertise? It's time you all take a stroll and have a look at our beautiful estate and what the Nature Association has achieved over the years, enhancing and maintain our nature areas alongside Turfnet who are doing a sterling job keeping our estate in pristine condition.



ANIMATED GALLERY

Birds & Beasties - Reptile Feedback

An enthusiastic crowd gathered to listen to the presentation by Greg from the **Chameleon and Reptile Park**. The children were enchanted by seeing frogs, snakes and tortoises and more at this delightful afternoon talk.

Our local, Friends from free Wildlife (FFW) attended, an organisation we should all support for the good work they do. FFW are a non profit organisation that rehabilitate, release injured birds and creatures. Visit their website:

http://friendsoffreewildlife.co.za

Well done Christine for arranging such a successful event on behalf of the Nature Association.

Crackerjack

"Boats sail on the rivers, And ships sail on the seas; But clouds that sail across the sky Are prettier far than these."

One of our favourite poets Christina Rosetti puts into words in the opening lines of her poem what other great artists put onto canvas. Doesn't it all go together? Especially if you add your own garden (or that of the whole beautiful Dainfern Estate) and surrounding trees to make up a glorious picture – with clouds, of course.

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



LIFESTYLE APARTMENTS @ RIVERSANDS

Located adjacent to Steyn City, these are stunning rental-only apartments in Riversands

The Parks Lifestyle Apartments @ Riversands is a stunning residential development consisting of 1880 bachelor, one, two and three bed apartments. The new estate, managed by Houss Rentals offers the ideal rental apartment to residents looking for a convenient, secure and value for money lifestyle located in the fast growing Riversands development, adjacent to Steyn City in Fourways. The development boasts a secure gatehouse manned 24/7 as well as a clubhouse with spa/salon restaurant, cinema, games room, gym, braai facilities, tennis courts, swimming pool, walking trails and kids' play areas.

Monthly Rental: R4,200.00pm - R9,500.00pm www.houss.co.za

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Thato: 063 693 3201

Johnny: 066 581 7812





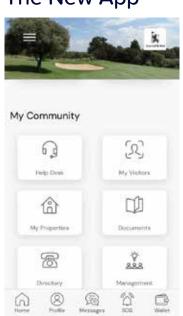


HOMEOWNERS ASSOCIATION

General Manager's Message

By David Weyers

The New App



We are so excited that our new App is fully up and running and thank Janet for her patience and assistance to many residents in this changeover period. We look forward to years of use with our new App with increased functionality from our developers. We will keep you updated with the latest developments as they become live on the App.

Security Team

We thank our ever-efficient security team for the culmination of many hours of working with the SAPS, Broadacres Drive



Association and all the Estates in our area to facilitate the arrest of a suspect involved in crime in our area. It takes a lot of dedication and commitment to achieve success, and this is our ongoing dedication to all within our Estate. Security remains our number one priority!

As we hear about the Third Wave, it is a harsh reminder that COVID is still with us and we all need to be aware, be careful and be vigilant with our social distancing, sanitizing, washing of our hands and only going out when we must. If we all work together, then we look after each other.



Activities on the Estate

You are reminded of the many wonderful activities we offer on the estate including Yoga, Karate, Run/ Walk for Life, Football, Tennis and Squash to mention only a few. These details are available on our website, our App as well as in the In Focus magazine.

Security Details

A reminder that we all need to keep our garage doors and all windows closed when we are not at home. Opportunists will take advantage of any chance when it is presented. We ask for your assistance if you see anything that does not look right – contact security on 011 469 0099 (this number is available 24 hours a day).

Stay warm, stay healthy and stay home when possible.







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Gaye Matt



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HOMEFRON⁷

How to make your home extra cozy this winter

As a homeowner we want our home to feel cozy without going wild on heating costs. Yet, likely, 90 % of homes are facing a massive increase in heating expenses.

Here are some tricks and tips worthwhile sharing to keep your home extra cozy this winter.

- Using the fireplace creates warmth and sets the scene for family gatherings. In addition, fireplaces bring life and an ambiance to your home.
- · Rearranging your living room furniture, might seem like a lot of work, but will give your home a cozier effect.
- Plush fabrics and upholstery add warmth, even without a roaring fire.
- Super soft throws combined with textured blankets and cushions for snuggling and relaxing during the winter evenings.
- Adding rugs that display colour, pattern, and texture makes your home look cozy and comfortable.

- Scented candles are a simple way to lighten up your home during the winter days.
- Candles work perfectly for any room. They turn an ordinary bathroom into an intimate space for relaxation.
- Create a cozy, comfortable feeling in the lounge and dining area.
- If you do have a fireplace, nothing beats sitting around a roaring fire, with a glass of merlot, cabernet, or even gluhwein to chase away those winter blues.

Need any advice with your interiors, we are happy to help. www.villabiancointeriors.com

Put on your favourite music, enjoy a crackling fire. Click here to view this wonderful gluhwein recipe. https://www.thekitchn.com/recipe-germangluhwein-238371



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"Prepare beds for winter annuals by working in generous amount of compost and superphosphate.."

No dreary Winter Garden



Your winter garden doesn't need to be as dreary as the weather.

The days might be shorter now, and the nights long and cool, but 'green fingers' will still be twitching and there is always something to do in the garden. So, dress up warmly and dig right in!



Things you can do this winter in your garden

- ✓ Hoe borders regularly to keep down the weeds.
- ☑ Be water-wise.
- ☑ Harvest lettuce, radish, other salads.
- ☑ Sharpen your pruning sheers.
- Send your lawn mower and brush cutter in for servicing and new blades.
- Mow your lawn every second week or as required.



Also picking sweet pea flowers regularly will make the plants produce more. Plant a creeper with bright yellow flowers over a trellis next to your patio. Focal plants like flax (phormium) are eye-catching in winter landscaping. Planting blossom trees like flowering peaches, plums, cherries and crab apples.

Prepare beds for winter annuals by working in generous amount of compost and superphosphate. Sweet peas, Poppies, Daisies and Primula are some of the most significant flowers to plants.



Numerous gardens have been inspired by the poppies. They are beautiful to look at, especially when the sunlight shines through their translucent colours. These have proven their ability to transform drab winter gardens into show-stopping displays. Early June is the right time to plant poppy seedlings to ensure that they weave their magic in your garden this spring.

It is also the right time for you to start planting your sweet peas. With their multitude of sweetly scented pastel blooms, sweet peas are the ultimate forerunner of spring and they make excellent cut flowers. Just decide if you are going for the bush or the climbing variety and choose a sunny spot in front of

your patio, entrance or along a pathway where the sight and smell of the flowers can be fully experienced.

Daisies are a gardener's best friend as they cheerful and easy to grow. You can choose from the wide range of the daisy's family. Although most of them warrant a place in the garden, no matter what level of gardening proficiency is they bring a bloom to the garden in late spring. Plant them in any sunny spot in well-drained, compost-enriched soil. They also tolerate little shade but not too much in direct sun.

REMEMBER:

- ☑ Bird feeding station.
- Get your fine compost for your citrus trees and papaws.
- ☑ Get your slug and snail control.
- ☑ Harvest early potatoes.
- ✓ Look out for weeds.
- ☑ Cover tender flowers against the frost.
- ☑ Transplant roses now if necessary.

Lawn

Winter is many gardener's nightmare. It means a muddy mess or a sad, bare turf. Make sure you maintain your lawn this winter to keep it looking good. Cut down on mowing, buy some of the contour lawn dressing or fine compost for your lawn to encourage root developing, keep lush and healthy growth, make sure you water your grass after lawn dressing it. Consistently rake your lawn, remove the fallen leaves and other debris. Remove any broad leaf weeds.



Turfnet, School Road, Plot 17, Diepsloot, Johannesburg To purchase natural gardening products or for more info on how to be eco-friendly give us a call: 073 935 9754/011 469 5051/4

DOGS TRUST Animals in Need

There is a collection point at Lil' Kitchen, Valley shopping Centre, Dainfern. If you feel it in your heart to support animals in need, we would appreciate any donation. Dog food all sizes, collars, leads, cat food, blankets, bowls, etc. We thank you for your support. Contact Lee on 081 567 2110

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.

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The recognition of Muslim Marriages

The legal status of marriages solemnized in terms of Muslim rites, have faced many complex issues in the courts over the past few years.

Previously, Muslim marriages were not recognised as having the same legal status as civil marriages, which in turn lead to discrimination. Women were denied benefits which they would "normally" have, such as a claim for maintenance upon dissolution of a marriage and inheritance in terms of an intestate estate. However, in the case of Daniels v Campell N.O and Others, the position regarding a spouse's right to benefit from her husband's estate changed and the court ruled that the term "spouse" must include a husband or wife married according to Muslim rites.

In 2014, Imams (Muslim clerics) were officially appointed as marriage officers in terms of the Marriages Act. This enabled spouses to a Muslim marriage to enter into a valid marriage, where the marriage could be solemnized by a marriage officer duly registered as such.

The proprietary consequences of a Muslim marriage were then that the Muslim marriage will be regarded the same as a civil union. This meant that the spouses would be regarded as married in community of property unless the spouses entered into an antenuptial contract.

In December 2020, in the case of President of the RSA and Another v Women's Legal Centre Trust and Others; Minister of Justice and Constitutional Development v Esau and Others, the Supreme Court of Appeal had to decide on the following:

 Whether the State is under an obligation to enact legislation under the Constitution to recognise

- Muslim marriages as valid marriages and to regulate the consequences thereof.
- Whether the provisions in question are inconsistent with Section 15 of the Constitution; and
- 3. Whether the interim measure should have retrospective operation.

The Supreme Court of Appeal held that, Section 12 (2) of the Children's Act 38 of 2005 applies to Muslim marriages concluded after the date of the order. The prescribed minimum age must be complied with when entering into a marriage and should the child be above the minimum age, his or her consent is required.

It was further held that, the requirements for the validity of a customary marriage apply mutatis mutandis to Muslim marriages. When dealing with divorce proceedings for a marriage validly concluded in terms of Sharia law, the provisions of the Divorce Act shall be applicable; provided the Muslim marriages are treated as if they are married out of community of property, unless there are agreements to the contrary. When dealing with divorce proceedings, Section 7(3) of the Divorce Act is applicable. The court must consider all factors when dealing with a husband who is a spouse to a polygamous Muslim marriage, including any contract or agreement.

Conveyancers are no longer required to refer to Muslim marriages as "unmarried" and can now be describe the spouses as Married in terms of Muslim Rites.

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



Chrisna Strydom (LLB. UPE)



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By Karen Schaefer Louw • 082 940 3571

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Your Home this Winter



"Fresh flowers are a perfect way to keep your home bright and colourful during the winter ..."



Wall Decorations

Tired of looking at the same white walls? Think of them as a blank slate. Update your house walls with colourful decals, a stunning mural, or peel-and-stick wallpaper. Tapestries, wall hangings, canvas, shadow boxes, and wooden art are only a few ideas for the living and family rooms. Macramé, and your own crafty creations add a personal touch. Warm colours against white walls are sure to draw eyes to an otherwise drab room.

Plants and Flowers

Fresh flowers are a perfect way to keep your home bright and colourful during the winter. Open curtains and blinds to let the sunshine in! Visit your local florist for long-lasting blooms, such as carnations and potted orchids. Money tree plants are known for bringing good luck and positive vibes. Snake plants, aloe vera, English ivy, and bamboo filter out airborne chemicals while they circulate oxygen into the room.

On a blank wall, build a vertical garden with prefabricated kits of plastic, metal, or wood. You can also create one from scratch. Make sure the wall is solid and strong enough to handle the weight of the planter and its greenery. If natural light from windows or a skylight is not available, you can install indoor plant lights.

Kitchen

Spice up the kitchen with stick on tile for the backsplash. Hang baskets with silk flowers from the ceiling. Give the kitchen a stylish makeover with new wallpaper, or borders over a fresh paint job. Shelf paper with muted or colourful patterns gives cupboards a cleaner look. Flowers, fruits, vegetables, and bird graphics are fun to look at each day. Natural greenery and hydroponic gardens are Mother Nature's way of reminding that you can nurture your green thumb during the winter, too!



Aesthetics

Spruce up your bedroom and living room decor with velvet, silk or merino wool throws and pillows. Hot colours with bold patterns give you something different to look at, so cover up old chairs with new fabric. Large and small mirrors reflect light and colours throughout the room. Cheerful curtains

dress up windows. Check out flowers, honeybees, hummingbirds, kittens, and butterflies for any room in your home.



Scents

Scents that say "winter" are a nice way to sweeten your home on a cold day. Cinnamon, pine needles and evergreen, apples, cotton candy, peppermint, chocolate chip cookies fresh out of the oven- it is all good. Potpourri, candles, diffusers, and incense tickle your nose.



Karen Schaefer Louw • 082 940 3571 • 011 469 0767

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www.interior-decor-design.co.za

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Camping at Tsendze

Kruger National Park

Looking through some of my old videos I came across one I made two years ago when my son and I spent a week camping at Tsendze in the Kruger Park.



Tsendze Camp

Tsendze is a lovely place to camp. Very rustic, no Wifi and no electricity. There were hardly any other people there so we had the whole place to ourselves.

On the first night, sitting around the fire, we heard a Barred Owl and a Scops Owl calling. The next morning we went to look for them. I thought it would be like looking for a needle in a haystack but we soon saw the Barred Owl flying around and eventually perching in a tree with one eye closed allowing me to take a photograph. I looked very carefully in the higher trees for the Scops Owl but surprisingly found it in quite a small tree not higher than about 7 feet above the ground. It had both eyes closed and looked fast asleep. My son asked me if he should call it up by using its call on his cellphone. I said that it probably would not work in the daytime but he tried it and to my surprise the bird opened its eyes and uttered its distinctive call.





Top: Barred Owl / Above: Scops Owl

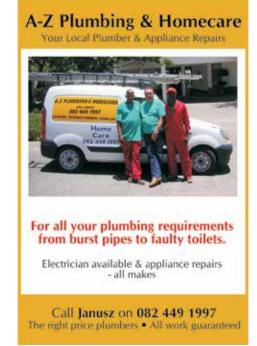
We found that unlike in other camps the Tree Squirrels at Tsendze were extremely tame. They would climb on all our tables and were quite adept at opening tins and bags in search of biscuits and sweets, When my son went to shower and I was waiting for him I relaxed in a camping chair and watched one of these squirrels messing about at my feet. Suddenly it jumped on my lap and seemed quite content until I said: "And what do you want?" It got the fright of its life, jumped from my lap and disappeared.

We had decided to spend one night in the overnight hide and that proved to be quite exciting. We got there at about 4pm and prepared for the night. Outside it seemed very quiet and lifeless but as soon as the sun went continue on page 24









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continued from page 22

down everything suddenly seemed to come alive. A Dwarf Bittern came down to set itself up in a tree looking down into the water and staying there for at least two hours without moving. A Purple Heron stood for a long time with open wings still trying to get the last rays of the disappearing sun. Water Dikkops arrived while a lonely elephant and an old Buffalo walked along the waters' edge. When darkness fell a large herd of Buffaloes surrounded the hide and we could hear them munching away almost right through the night.

It had been very hot most of the time. At 10am it was already more than 45° C. We would drive around in the morning and spend the rest of the day in the shade or the pool at Mopani and go for another drive later in the day. We came across a small herd of elephants lying down in the shade as if they were dead. I have never seen this before. There was this very large beautiful dam not far



Above: Red-billed oxpeckers

away and here they were lying as if it was their last resting place before dying. We went to see this dam and were surprised that there was not much game but we saw a lovely flock of Black Winged Pratincoles.

Please have a look at the Video Link that shows how beetles known as "Tick Tokkies" communicate.

VIDEO LINK: Tick Tokkies







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- 24 - - 25 -

BIRD OF THE MONTH

by André Marx



Cape Sparrow

Passer melanurus

When checking through the list of birds featured in this column recently it dawned on me that one of our most familiar birds that we may see nearly every day has not been featured. So, this month is devoted to the Cape Sparrow.

This is actually our most handsome, brightly coloured sparrow, with males and females showing different plumage. The male has a distinctive black head and throat with a striking white crescent extending from the eye around the ear. The female has a pale grey head with a diffuse pale crescent. House Sparrow and Southern Grey-headed Sparrow lack the distinctive facial pattern of the Cape Sparrow.

Pairs and small flocks are resident in the estate and can often be seen at bird feeders and in gardens. This is a social bird that often occurs in small groups, particularly where food is provided. The Cape Sparrow mostly eats seeds,

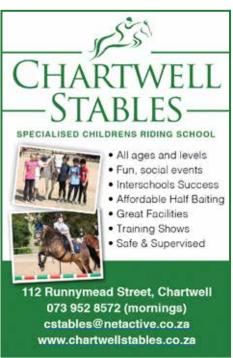


Male (left) and female (above) Cape Sparrows

foraging in trees and on the ground. The larger seeds of wild grasses and other small plants are preferred. Buds and soft fruits are also taken and insects are eaten, while nestlings seem to be fed exclusively on caterpillars. Birds will also probe in aloes for nectar.

This small bird, which grows to a length of up to 15 centimetres, is quite flexible in its choice of nesting place. Both parent birds collect twigs and any fluff and feathers they can find as nesting material and put it all together in an untidy nest in a tree. Cape Sparrows are said to be monogamous, with breeding pairs staying together all year round and are thought to maintain a partner relationship until one of them dies. Clutches contain between two and six eggs, but typically three or four. Both parents incubate the eggs during the day although at night only the female incubates while the male roosts outside or in the nest. Breeding happens primarily in the summer months, particularly from November to February.

When settled agriculture arrived in the Cape Sparrow's range hundreds of years ago it adapted to cultivated land and with the arrival of settlement it has moved into towns and cities where it has fared well. In Dainfern it is a ubiquitous species and we admire this endearing and cheerful bird which is very much part of our environment.











By Himkaar Singh • The Compost Kitchen www.compostkitchen.com or contact himkaar@gmail.com

Conserve our soil!

All life on land depends on soil. Without it, plants and microorganisms wouldn't grow, and then animals wouldn't have anything to eat. But what is soil anyway? Soil is composed of clay, sand, silt, organic matter, air, water and biology. Each of the items interact and produce certain systems which allow life to live off soil.

One of the most important components in soil is air. Air is needed in the soil for microorganisms to break down organic material. Usually, the biology in the soil (E.g. worms, frogs, beetles) will aerate the soil to levels which are in balance with the particular soil system. But when we turn the soil to make it look fluffy, we cause excessive air to enter the soil, which accelerates oxidation of organic matter (releases as CO2), much faster than any natural rate. In fact, since the dawn of agriculture, the world's soils have lost 133bn tons of carbon. Several years of continuous tilling without replacing the organic matter, will quickly deplete the organic matter in the soil. The organic matter is the food source for biology and with the loss of organic

matter due to unnatural aeration, the biology quickly dies out and plants become susceptible to pests and disease.

The turning motion also breaks up the soil into very small pieces, which seals any pores in the soil, preventing rainwater from infiltrating. This results in water flowing rapidly off the farm when it rains, and carrying away the rich top soil. Soil in South Africa is lost at a rate of 4.8 ton/ha/yr and it is only replaced at a rate of 0.15 ton/ha/yr, which means that at some time in the future we will have no soil left to farm.

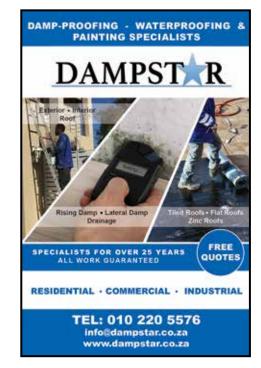
A solution is to conserve our soil using practices like Conservation Agriculture, where we minimize disturbances to the soil and we put back carbon into the soil through composting and mulching. It aims to maintain the health of biology in the soil, which in turn leads to healthier crops.

To learn more about conservation agriculture, visit https://www.compostkitchen.com/knowledge













Sue Harwood ♥ 083 228 2546 ♥ harwoods@netactive.co.za www.facebook.com/sue.harwood



in the Dainfern Community

May was an extremely busy month with a bumper Dainfern Donation Day which filled up the garage at 1361 and many more donations came in from 1811. Thank you so much to every single person who took the time to deliver their gently used clothes, bags, toys, bed linen and books – and to all those who supplied brand new blankets, beanies, jerseys, coats and shoes to our Winter Warmth Drive. A final count showed that we collected over 200 blankets of all sizes! We were also blessed with 30 food parcels which were divided amongst three different projects we support and were greatly appreciated. We also shifted 5 bakkie loads of mixed donations to several indigent communities! A huge cash donation from the Martin Family has allowed us to contribute to purchasing many blankets and food parcels this month and we never forget the regular generous funding we receive from several residents.



Sole Sisters!

The little things are actually the big things! Thank you Santie of the SAME Foundation for sending me these pics, from Sigagule. This little girl who visited the clinic has been battling with the slipslops on the left for so long...her only shoes! Santie gifted her with a pair of the brand new slip-slops

donated earlier this year by us, Bags of ♥, most of which came from the Dainfern residents. We are now collecting all sizes of warm shoes for children of two years old up to 15. Heartfelt thanks to everyone who donates to us either financially or by way of clothing and food, bed linen and blankets. Every contribution makes a big difference to so many lives.

MaDD Function at Clubhouse for Sean Williams & his Live Life Always team

(On Thursday 13th May, the MaDD (Making a Difference in Dainfern) ladies held their second function at the Dainfern Clubhouse. We are a group of residents from different countries and backgrounds, but with the same goals and intentions of providing upliftment wherever we can whilst having a whole lot of fun and social interaction in the process!

This environmentally-focused event raised a substantial amount for legendary Sean Williams and his Live Life Always (LLA) team who have recently been making front page news for their



incredible efforts in cleaning up the northern suburbs of Johannesburg. Sean's compelling talk and introduction to all his team was followed by two emotive speeches from ladies who described how joining in the clean ups with LLA have been life changing for them.

Himkaar Singh of The Compost Kitchen also spoke about what we humans are doing to the earth, how to assist it recover and about his local business. He and other recyling/environmental companies including TurfNet, Kleen-Up, Whole Earth and Safe Waste Solutions also attended the function, sharing their knowledge with attendees - and we extend our thanks to them, too.

We thank Six33 for giving us use of the bar for the evening, for providing delicious snacks and



ANIMATED GALLERY

attentive service especially Tyron who looked after us all evenng! We are so grateful to those who attended the function and to our generous sponsors who provided fabulous raffle prizes! These included Jonny's Mozambiquan Restaurant, Heineken, Harwood Family, Williams family, Jackal Creek, Chapters Fragrances, Face by Design Beauty, Le Morgan Cookware & Casseroles, Valpre, Pure Skin, Lil' Kitchen - and a surprise food hamper donation to every member of the LLA team from Jackie Stanton.

Big thanks too, to resident artist Robyn Chislett for again donating one of her gorgeous paintings for our silent auction.

If you would like to contribute to Sean and his team (all volunteers) so they can keep up the great work, you can donate into their account: **Sean Williams Living Creatures Trust Bank** (PBO) / Nedbank, Current Account Number 1042469350 / Branch number: 198765

We look forward to bringing you our next event in a couple of months - hope to see you all there!



Shoe Donation

Bags of ♥ donated 10 pairs of shoes to the Live Life Always Team, who desperately needed new footwear as on average, they walk up to 20km/day. Sean and his team were delighted by this gesture.

Just a reminder of the upcoming Bags of ♥ Donation Days in Dainfern.

It's now the first Wednesday of each month. Further dates as follows: 02 June / 07 July / 04 August / 01 September / 06 October / 03 Nov / 08 Dec.

-30 -

HEALTH AND WELLNESS

Nix & Tee, a Wellness and Aesthetic Clinic run by two qualified Nursing Sisters Visit Us: Unit 3 Technology House, Mulberry Hill Office Park, Broadacers Drive, Dainfern Tel: 010 020-8561 www.ntaesthetic.co.za

Welcome to Nix & Tee



Nix & Tee two qualified Nursing Sisters who have combined years of knowledge, training, and experience in both the medical and aesthetic field offer you personalised care in a relaxed and comfortable setting.

Nix & Tee Offerings

Face & Skin

Diagnosing the exact concern allows us to choose the correct treatment plan for our client.

Skin Needling

can be used to treat the following concerns:

- Scarring
- Fine Lines
- Wrinkles
- **Uneven Skin Tone**
- Sagging Skin
- Skin Boosting
- Increase skin elasticity
- Stimulate collagen production
- Smooth and soften skin

- Reduce fine lines
- Lessen imperfections, such as acne scars
- Giving an overall glow to the skin

PRP Treatment

(Also Known as the Vampire Face Lift)

- Platelet Rich Plasma treatments uses a client's own blood
- A small amount of blood is drawn and placed in a centrifuge to remove the red blood cells; what is left behind is growth factor proteins that encourage healing and rejuvenation of the skin
- Younger looking skin
- Minimization of fine lines and wrinkles
- Reduction of acne scars
- Improved skin texture
- Stimulation of Hair Growth

Skin Tightening

- Delivers 360° radio-frequency and ultrasound energy to target, tighten and tone
- Disrupts old collagen fibres stimulates new collagen formation

As registered nurses all measures are taken in-line with the COVID recommendations made by the WHO to offer our clients a comfortable and relaxed environment to receive treatments. Nix & Tee reserve the right to refuse treatment if it should be dangerous or is not in the welfare of the client or will refer to the team of doctors.



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◆ HEALTH AND WELLNESS →

By **Dr. Samke J. Ngcobo** (MD Vocal Mentality) • <u>vocalmentalityvm@gmail.com</u> • <u>www.sistersformentalhealth.co.za</u>

Recommended Psychiatrists:

Dr. Clementine Chawane (Specialist Psychiatrist) • reception-b@global.co.za
Dr. B.L. Letlotlo (Specialist Psychiatrist) • letlotlo12@gmail.com

Dr. F. Maynard (Specialist Psychiatrist) • fvdfort@telkomsa.net

"The cost of sanity"

When living with a mental illness, the price of remaining mentally stable is expensive. This matter is quite sensitive to me at a personal level, as I know the full might of this unfortunate reality.



Dr. Samke J. Ngcobo

"...Seeing a psychologist, psychiatrist or occupational therapist should not be deemed a luxury..." The most glaring challenge is the financial impact of attending to one's mental health along with the difficulty in ease of access.

Despite a paradigm shift with regards to who is eligible for mental healthcare services, major misconceptions remain. There remains a belief that mental healthcare is limited to a particular demographic group of people that is affluent or is suited to a specific racial group only.

Mental healthcare should not exist as a status symbol as it is an essential commodity in ensuring our holistic wellbeing.

What does one do when they realise that they would like intervention related to their mental wellbeing? What quality of care does one receive when they do not have medical aid? Do they know where to go or who to approach? When they do have medical aid, to what extent are they supported by their medical aid regarding their specific diagnosis?

I have lived with a mental illness for 2 decades and have only found my compass in remaining stable, in recent years. Establishing my rhythm with it is still a work in progress.

Without downplaying my struggle related to affording my mental healthcare, I am often humbled and drawn to empathise with those who live in poverty concurrently with a mental illness. Once the mental healthcare worker has advocated for them, who listens and subsequently acts on their behalf?

I have worked in community health clinics in various districts during my 6 month rotations both as a medical officer and as a registrar in psychiatry and am well acquainted with the frustration and pain of both my colleagues and consultants alike at the limited resources. Having important medication out of stock has been a redundant sad song, the long waiting lists and the long queues are enough to discourage any



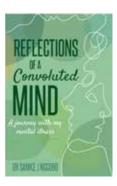
HEALTH AND WELLNESS

continued from page 34

dedicated mental healthcare worker, yet one perseveres.

Difficulties remain within the private sector as well. My own mental healthcare is incredibly expensive and does not feel like a luxury at all. I remain grateful to have access to it, nonetheless. Despite this, I am angered by the fact that many medical aid services do not fully cater to the various important aspects related to mental healthcare if at all. Seeing a psychologist, psychiatrist or occupational therapist should not be deemed a luxury. The benefits are capped and are not tailor made to the existing problem.

One sincerely looks forward to the day when mental healthcare is prioritised and is taken as seriously as other diseases.



Author: Dr. Samke J. Ngcobo Title: Reflections of A Convoluted Mind Subtitle: A journey with my mental

illness

Distributor: Exclusive Books and Protea Books

E-Book: Amazon.com

RRP: R250

Format: Print and Digital ISBN: 978-1-990983-86-3 Genre: Non-Fiction

www.sistersformentalhealth.co.za

Finding Help

As provided by SADAG, please make use of the following contact details if requiring emergency assistance:

If you are needing a referral to a psychologist, psychiatrist or support group, please call The South African Depression and Anxiety Group (SADAG) on 011 234 4837 or 0800 20 50 26 and speak to a trained counselor who can assist you further.

Offices are open 7 days a week, 8am - 8pm. Fax number 011 234 8182

Substance Abuseline

0800 12 13 14 is available 24hrs.

Dr Reddy's Help Line 0800 21 22 23

Cipla 24hr Mental Health Helpline 0800 456 789

Pharmadynamics Police &Trauma Line 0800 20 50 26

Adcock Ingram Depression and Anxiety Helpline 0800 70 80 90

ADHD Helpline 0800 55 44 33

Department of Social Development Substance Abuse Line 24hr helpline

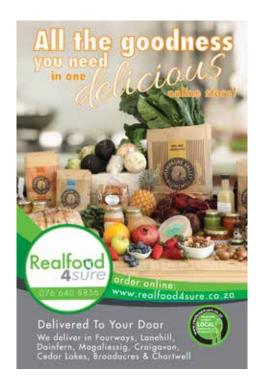
0800 12 13 14 SMS 32312

Suicide Crisis Line 0800 567 567

SADAG Mental Health Line 011 234 4837

Akeso Psychiatric Response Unit 24 Hour 0861 435 787

Cipla Whatsapp Chat Line 076 882 2775











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- Reducing cell damage
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- 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.
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- Reduce the risk of chronic disease.
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Quercetin*

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

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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:

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- 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
- Reducing the chances of a heart attack
- Preventing migraine headaches

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



CALL US 063 579 8087

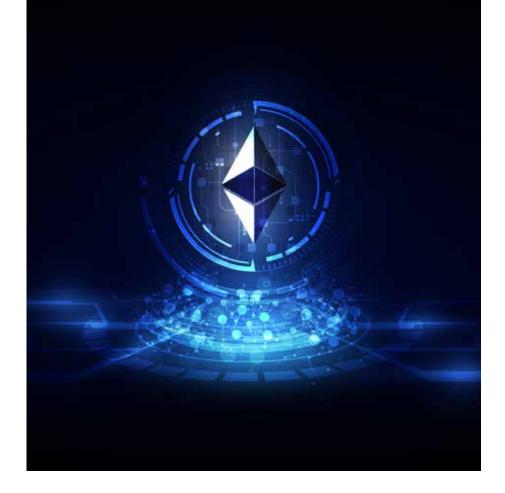
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The future of money – part 8

What is Ethereum?

By Kreaan Singh

Previous articles have mainly looked at cryptocurrencies from the perspective of an alternative financial system. In this article, we will discuss Ethereum, which, although also a cryptocurrency, actually looks to solve a very different problem from Bitcoin. Bitcoin is built to be money, whereas Ethereum is built to decentralise computing power.

"...This means that all information is completely transparent from the beginning. It also means that it is incredibly difficult to hide corruption or fake a transaction, as every computer on the network records and monitors every detail of all the programs running on the network..."

In today's world, most software applications run on central servers and databases – things like Facebook, Google, the banks, and property registries. Because of this, these services are highly controlled, are not transparent, and are often an easy target for hackers. This poses a threat to customers, as private and financial information are frequently exposed in a hack. We also give these services an unprecedented amount of information about us, which they are commonly known to exploit. Facebook is notorious for this and has been called to court on multiple occasions.

Rather than storing information on a central server, Ethereum attempts to solve this by distributing computer code (called smart contracts) around the world on a network of computers that anyone can access. This means that all information is completely transparent from the beginning. It also means that it is incredibly difficult to hide corruption or fake a transaction, as every computer on the network records and monitors every detail of all the programs running on the network. To cheat the system, you would have to own more than half of the computers in the network, of which there are hundreds of thousands, if not millions.

An example of where smart contracts could be implemented is the automation of property ownership transfers, which currently takes months and is quite costly. By storing property deeds as

unique digital tokens, the transfer of a property becomes as simple as sending a cryptocurrency transaction that finalises in minutes. Another example is the automated and transparent distribution of tax money to government services. You would be able to see exactly where your tax money goes and how it is spent. In recent developments, smart contracts are widely being used to decentralise finance, enabling people to provide loans directly to one another with no 3rd party in the middle. Where all of this becomes really powerful is that once the smart contract is created, it is completely automated, requiring no human intervention.

Now, where does the cryptocurrency Ethereum fit into this? Well, to run any program on the Ethereum blockchain requires a fee to be paid. Ether is the currency of the Ethereum blockchain, used to pay for smart contracts to be executed. It just so happens that Ether has become an amazing investment opportunity itself, as well as being a means of payment for other goods and services in the physical world. While speculation is mainly driving the price of Ether today, there is still a budding ecosystem of applications being built using Ethereum. This has placed Ethereum as the number 2 cryptocurrency after Bitcoin.

If you are interested in learning about Ethereum, Bitcoin and other cryptocurrencies, <u>CoinEd</u> offers private courses for individuals, corporate workshops, and school curriculum integrations.

Contact info@coined.co.za for more information.

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MaDD

Hello there! We are the MaDD
ladies (Making a Difference with
Dainfern) - a group of
compassionate residents from
different countries and
backgrounds, but all with the
same goals and intentions of
providing upliftment to those in
need, wherever we can - and have
a whole lot of fun and social
interaction in the process!

Since forging a bond with one another and pooling our varied talents and areas of creativity, we have held two functions this year in Dainfern. The first one which was held on April 13th 2021 featured dynamic guest speaker, and founder of the TEARS Foundation, Mara Glennie, who delivered an emotive talk about the incredible work she does for abandoned and abused women.

Our second speaker on May 13th was legendary environmentalist Sean Williams who brought along his entire Live Life Always team to talk about the environment and how they are cleaning up the northern suburbs on a regular basis - and how everyday people like us can jump in to assist.



We raised substantial funding for each of those organisations and most importantly, we were highly instrumental in creating awareness for them.

We have many more fun events in the pipeline to uplift those in need and to provide an environment within Dainfern where people can meet and network with like-minded individuals to make dreams come true!

We look forward to bringing you our next event in a couple of months time - so keep your eyes open for notices and invitations we hope to see you all there!

Dainfern Golf Estate Residents

Classifieds

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DOMESTIC WORKER / HOUSE KEEPER

BESLINE - We 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

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 084 081 3385.

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 liwills@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

CHIPO NYONI. Cell no. 062 968 0923. Our part time household assistant, Chipo, is looking for employment on any day of the week due to us leaving Johannesburg at the end of the month. Chipo has worked for us for 6 years and is incredibly hard working, honest, reliable and proactive.

EMILY our house help of 15 years has three days per week free. She is outstanding with cooking, cleaning and ironing. She is quiet and trustworthy of nature. ID no-6102160424089. Audrey Elskie. 084 975 7902

LIVE IN OR OUT HELPER. CONTACTABLE REFERENCES. Excellent and highly recommend. Kind, honest, hard working - always happy. Good with kids and animals. B Ganggu - 081 039 1523 / 074 179 5558

DORIS is looking for a fulltime or parttime housekeeper position (live out). She has been working on the estate for the last 15 years for four different international families with small children. Doris is really amazing, she loves children and her cleaning and ironing is a sterling job. Doris is very reliable, committed and hardworking. She always takes care of our 2 dogs while we are travelling. Please contact Doris on 083-586 1357 or contact me, Chantal Jansen (also for references) 076 076 3114

QUEEN is looking for a full time live in position. Queen is a very pleasant, intelligent, hard working lady that goes the extra mile! She's reliable and completely honest and trustworthy. She's mild mannered, quiet with a good sense of humour. She'll be an asset to any employer. Please contact Queen on +27 (79) 265-6463. Or myself, Jacqui 083 324 8424

B GANGQU LIVE IN OR OUT HELPER - CONTACTABLE REFERENCES, Excellent and highly recommend. Kind, honest, hard working - always happy. Good with kids and animals. 081 039 1523 / 074 179 5558

LYDIA, OUR HOUSEKEEPER, is looking for additional days to work. She is respectful, trustworthy, hardworking, and organized. Her communication and written skills in English are good. Lydia is an adequate domestic worker, enjoys iron, and is open to cook and follow recipes!! Lydia is 40 years old. She is from Zimbabwe and has been working in South Africa for over 14 years, most of the time, for ex-pats family. She has a valid work permit. If you are interested

in employing Lydia, please message or call her directly at 073 8904734

STACEY: Domestic worker -Malawian with work permit I am looking for a job as a domestic worker, full-time or part-time. Very keen and competent. I can clean, wash clothes, iron, cook and bake. I love families and animals and have 10 years experience, with references. I am trustworthy and can work without supervision. Ref: Lonehill: Martin 083 6540210 -Dainfern: Alex 072 9067386. My contact details: 073 209 7524 /078 425 2904.

TINY (SINKIWE SIBANDA), is looking for 2 days domestic work per week in Dainfern. Tiny is a happy, hardworking, reliable Zimbabwean lady who lives in Dainfern and has an ID and work permit. Please give her a call on 082 723 2608 or myself Linda for references 083 391 001.

PRAYER our helper is looking for three days (Tue/Wed/Fri) domestic work, starting 1 August. Prayer is friendly, good with kids, hardworking and reliable. Please call Prayer (+27 84 0891380) or Jeanine (+27 794 47 5902).

NOLITHA VERONICA MZIMKHULU - I.D 8311280577084 Has worked for us the past 6 years, she is loyal, honest and punctual. Currently her mother works for us as well and has done so for 25 years. Since all my children have moved away, we no longer are in need of 2 maids, so Nolitha is looking for work. Nolitha: 073 148 4522/ For reference please contact me on 083 432 6812/Enerst at 072 110 0000

GARDENER / DRIVER / HANDYMAN / DOG WALKER

JUSTICE - I recommend Justice who is a very reliable gardener, 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.

For any gardening work, please contact **PETER JOHN** (Malawian) on 078 965 7811. I am very punctual, efficient and polite and have worked in Dainfern for 10 years. References available.

Our gardener, **PAULOS**, is available to provide gardening services on a Monday. He has worked for us for over 7 years and is a competent and friendly gardener. He maintains our garden, veggie patch, pool and often assists with general maintenance/handyman jobs around the house. Please contact Paulo's directly on 062 400 2513 if you are interested, or myself Emma for a reference 079 398 0484.

GOODMAN - has worked for me for seven years and is looking for extra working days in the estate. He is a self-starter, honest and reliable. His skills include gardening and the occasional handyman job in the home. His gardening knowledge is excellent. Contact Goodman - 078 781 2733 Reference - 079 058 4060

SIFISO NDLUVU is looking for gardening/handyman work on Wed, Thu or Sat. Highly recommended. Contact on 074 381 7134

JOHN, my part time gardener is looking for extra work on the Estate. "JOHN is a very hardworking and reliable gardener. He works for me on Wednesdays and is looking for extra work in his free days. He is also a carpenter. Tel: +27 73 025 0030. REF: Patience Dhliwayo 082 884 0074

JOHN NGWENYA is seeking gardening work. His SA ID no. 730323 65 74 084. He is looking for jobs on Monday's and Wednesday's. His cell number is 061 078 1779.

I hereby confirm that **ALFRED MHODI** has been my driver for eight years. I am consistently impressed with Alfred's attitude and productivity during the time, he has working for me. I recommend Alfred without reservations. Contact Alfred on 073 647 3801 or Jessica on 073 523 5010 for reference.

JOSEPH - Malawian with South African permit- I am an experienced gardener with many years of service specifically in the Dainfern Golf Estate and I am seeking daily employment. I am capable, honest, dedicated, loyal and hard-working and can work unsupervised. I am trained and competent to provide all the basic tasks needed to keep a garden well-maintained and have good working knowledge of all mechanical garden equipment and irrigation - 062 479 2395

WILLY MAMABOLO our gardener /handyman has worked for us for 17 years. We are relocating to Capetown so Willy is need of employment. He is trustworthy, honest and works diligently. Willy has completed a woodwork and plumbing course and also has a driving licence. He would be an asset to anyone. Ref: Angela Beevers 082 584 0453

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

BEAUTIFULLY RENOVATED LOCK-UP & GO HOME FOR SALE DE ZALZE GOLF ESTATE, STELLENBOSCH 4bedr - 2bedr on suite, upstairs pajama lounge, study/gym, heated pool,

kitchen, scullery & pantry, plantation shutters & aluminium windows, double garage with golf cart space, x2 500L water tanks, aircon, underfloor heating, fireplaces, covered patio with barbecue, CCTV cameras etc. For more information call Owner 079 310 7870.

LOOKING TO BUY. Are you relocating, downsizing or just cleaning up your cupboards? Leeray collectables willpay cash for your used clothes for the whole family, shoes, bedding, towels, toys, suitcases, backpacks, kitchenware, handbags, baby accessories, etc. Contact 072 656 0470 or silindenid@gmail.com

Medical

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

Pet Care - Nutrition

UME HOLISTIC DOG FOOD, full of nutrition and delicious! Easy meal form, just add warm water and you will have dogs begging for more- for young and old! Contact Vicki on 072 025 0931

IS YOUR AILING PET STRUGGLING with joint pain, epilepsy, cancer or stressed and anxious? Our natural pet Cannaco CBD oil or biscuits has been proven to relieve these symptoms! Vicki 072 025 0931

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

To advertise here, please contact Colleen on 082 898 6566 or at cobbie@global.co.za

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Service Providers: The Listings

		AIRCONDITIONERS	
AA CURRIES HOME AIR-CONDTIONING	Richard Kim	011 394 9696 / F: 011 975 9686 sales@curries.co.za / www.curries.co.za	Comfort Control for your home. Agents for LG, Panasonic, Samsung & Kelon. Sales, services & maintenance to all brands. Qualified technicians EST. 1976.
		ATTORNEYS / CONVEYANCERS / NOT	TARY
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.
TRIBAL BUTTERFLY	Linda	072 541 7390 (WhatsApp)	Tribal Butterfly Holistic Wellness offers a full range of services - from exquisite nails to exotic pedis and massages, lash extensions, permanent make-up, skin care and more!
	BUILDING	G CONTRACTORS / HOME MAINTENANCE / PA	AINTERS / 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, glazine, 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	lan	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.
DAMPSTAR	Andrew Kennedy	011 027 2591 info@dampstar.co.za	Damp-proofing, Waterproofing and Painting Specialists. Over 25 years experience. All work guaranteed. Free inspection and quotation.
DÉCOR PROFILE CC	Ernst Dmitriy	082 455 8141 082 499 5308 sales@decorprofile.co.za www.decorprofile.co.za	Good quality painting and wallpaper work, neat, on time and affordable.
FE TURNKEY SOLUTIONS	Mole Fe	083 263 1193	For development, construction and maintenance. CIDB, NHBRC, Master Builders and B-BBEE level 1 accredited.
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- go
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).
PHG BUILDERS	Simon	082 352 1347	New buildings, renovations, waterproofing, ceilings, any building related projects. No job too small (NHBRC) registered Dainfern references.
PUNGWE CONSTRUCTION	Tony Memory	066 014 9122 064 879 3630	NHBRC Accredited Contractor available for your new home construction, home renovations-cellings, partitions and insulation, tiling, painting and wall coating, floors and flooring- cemetitious 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 / C	ARPETS / 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.

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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 Branch	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.
	Ε	LECTRICIANS / ELECTRICAL REPAIRS / APPL	IANCE 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 mokopane@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.
		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
PRIVATE SALE - DE ZALZE GOLF ESTATE	Owner	079 310 7870	BEAUTIFULLY RENOVATED LOCK-UP & GO HOME FOR SALE DE ZALZE GOLF ESTATE, STELLENBOSCH 4bedr - 2bedr on suite, upstairs pyjama lounge, study/gym, heated pool, kitchen, scullery & pantry, plantation shutters & aluminium windows, double garage with golf cart space, x2 500L water tanks, aircon, underfloor heating, fireplaces, covered patio with barbecue, CCTV cameras etc. For more information call.
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.
TARLOY PROPERTIES (Pty) Ltd.	Marc Levi	082 678 2929 marc@tarloy.co.za www.tarloy.co.za	A privately owned property fund specialising in A-grade commercial properties on main arterials within Johannesburg.
VERED ESTATES	Pamela Diedericks Rob De Jong	083 680 6771 079 489 0861 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.

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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 makeovers. 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.
PFUKA U TIRHA - Wake Up and Work	Sam	071 094 4793	Sam is the man for reliable garden and pool maintenance and clean ups. He excels at all aspects of rose care and pruning. Book now! Reference Gillian – 082 442 7733.
SOFT RAIN IRRIGATION	Isaac	078 658 4371	For all your irrigation requirements - new installations, maintenance and repairs - 12 years experience.
TINYIKOTE PROJETS		083 587 7696. elomonthemba5@gmail.com	We provide weekly garden service and clean ups, compost and lawn dressing and pool maintenance .
		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 brazillian 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. Poy camps, fun days & training shows held regularly. Ladies rides in the mornings. "Have fun while you learn".
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	INTERIOR / FUR	NITURE / UPHOLSTERY / OUTDOOR FURNIT	URE / 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.
VILLA BIANCO INTERIORS	Karin	072 276 8501 team@villabiancointeriors.com www.villabiancointeriors.com	Designing modern luxury homes that make you feel great.
		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
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	Charmaigne 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.
		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 & CATTE	RY / VET
DOGGY DAYCARE - CHARTWELL	Erin	081 849 4673 erinwale0303@gmail.com	Daycare for Dogsl 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 momings 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.
		PET GROOMING	
SOAPY SMOOCHES		061 087 8247 info@soapysmooches.co.za	We come to you! Pamper your pets at home in our fully equipped pet parlour on wheels. Ask about our Loyalty Program, Pensioners Discount and Pet Massages for older pets. #bestgroomersintown
		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.

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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. Onceoff 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.
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 MANAGEME	NT
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	
CYPRIOT 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 miracleswe 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.elliotmobility.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: <u>Valley Grill</u>	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	Natasha Marot	011 540 4800 nmarot@heronbridge.co.za	Private IEB Christian school that focuses on creating a space where kids want to learn. HeronBridge houses its own Pre-Prep for grades 0000-R, where the building blocks for "big school" are laid. The Prep and College provide an intentional and heart-led approach to schooling.
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 / FITNES:	S
F.A.A STUDIO FOURWAYS		081 563 3504 mdu@faagym.com	Ready to Train? What Next? Get started with a full fitness assessment. A.C.E. Certified Specialist Sports Performance Coach & A.C.E Certified Personal Trainer.
SA JKA KARATE	Bernard Buys (5th Dan, JKA)	083 709 9289	Expert professional JKA Karate instruction at the Pavilion.
		STATIONERY / PRINT CONSUMAB	LES
OFFICE MAT SOLUTIONS	Lazarus	073 127 3921 083 624 4583	For all your stationery requirements, computer & print consumables, office furniture.
	TRAVE	L / TOURS & DESITNATIONS / TRANSFER / 1	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.
		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 INSTALLE	ERS
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	Buy, sell or trade your luxury or vintage watches. www.origintime.co.za

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DAINFERN ACTIVITY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07h00 to	RUN/WALK FOR LIFE Clubhouse	TENNIS INC	RUN/WALK FOR LIFE Clubhouse	TENNIS INC	RUN/WALK FOR LIFE Clubhouse	KARATE Stuart Hulley Pavilion	
08h00	TENNIS INC Court 2 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	
08h00 to	ZUMBA Pavilion	TENNIS INC	YOGA Pavilion	ZUMBA Pavilion	TENNIS INC	KARATE Stuart Hulley Pavilion	
09h00	TENNIS INC Court 2 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	GLORY TO GLORY
09h00 to	ZUMBA Pavilion	TENNIS INC	TENNIS INC	ZUMBA Pavilion	TENNIS INC	KARATE Stuart Hulley Pavilion	Pavilion
10h00	TENNIS INC Court 2 Pavilion	Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	
10h00 to 11h00		TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 Pavilion	TENNIS INC Court 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	PANASH FAMILY OF
11h00 to 12h00				TENNIS INC Court 3 Pavilion		TENNIS INC Court 1, 2 & 3 Pavilion	GOD CHURCH Pavilion
13h00 to 14h00		TENNIS INC Court 2 Pavilion		TENNIS INC Court 2 Pavilion	TENNIS INC Court 3 Pavilion		
14h00 to	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	DAINFERN U FOOTBALL	CLUB
15h00	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	Pavilior MONDAYS to Th	
15h00 to	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	15h00 to 16 16h00 to 13 18h00 to 19	7h00
16h00	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	FRIDA	
16h00 to	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	16h00 to 17 18h00 to 19	
17h00	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	SATURDAY & MATCH	
17h00 to	TENNIS INC	TENNIS INC	YOGA Pavilion	TENNIS INC	ADULT KARATE Bernard Buys Pavilion	08h00 to 09 09h00 to 10)h00
18h00	Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	10h00 to 1′ 11h00 to 1′ 12h00 to 1′	2h00
18h00 to	YOGA Clubhouse	TENNIS INC	TENNIS INC	TENNIS INC		13h00 to 14 14h00 to 15	4h00
19h00	TENNIS INC Court 3 Pavilion	Court 2 & 3 Pavilion	Court 2 & 3 Pavilion	Court 2 & 3 Pavilion		Contact — Marco marcod24@qı	
19h00 to 20h00	ADULT KARATE Bernard Buys Pavilion		GLORY TO GLORY Pavilion	TENNIS INC Court 3 Pavilion		<u>marcouz-rwyl</u>	nameoni

Glory to Glory – Bosco 083 590 5263 or Katherine 073 914 5523 / Karate – Bernard Buys 083 709 9289 / Karate – Stuart Hulley 083 417 6315 / Kumon Maths Kathryn Warmback 082 857 5319 / Panash Family of God Church – Christine Gwaze 062 523 1850 / Run/Walk for Life – Shane v Jaarsveldt 082 601 0499 / Tennis Inc – Sam White sam@tennisinc.co.za / Yoga – Claire 074 235 7112