



# IN FOCUS DAINFERN

Exclusive to Dainfern Golf Estate

Your community and service provider magazine since 2002

March 2022

HOMEFRONT

LIFESTYLE

NATURE

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Since 2002

March 2022

### 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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**DAINFERN**  
 Exclusive to Dainfern Golf Estate

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*The way to change the world is through individual responsibility and taking local action in your own community.*

- Jeff Bridges



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# ON THE STOEP

DNA Newsletter

## MAINTENANCE VS NEW PROJECTS

The Nature Committee recently had their quarterly meeting. It was decided that for now, maintenance on the estate will continue to be the main priority. New projects will be put on hold!



### Maintenance

So, where does one begin with all of the storm damage after the relentless rain since November?

The **Combretum Trail** along the gabions by the river took strain. A lot of cleaning up was required in this area.

**Willowgrove picnic area** was also part of the river flooding area. The road to the low lying bridge from the 8th Fairway was washed away, together with a residents bench and a bin which was sitting quite high up in that area. The damage can be seen from the pictures.

The deluge from the river which came up very high over the 8th Fairway was a sight to be seen to be believed. Quite scary to see the sizes of some of those logs that were washed up, stuck and lodged at some of the bridges. The debris that was dumped onto the fairways was unbelievable. Huge logs were just dumped onto the fairways and along the bank and lodged at points within the bridges, which had to be hand picked, cut out or moved by a TLB.

The path down **Buffalo Thorn Walk** in Riverwood, became a beach with the sand that was washed up

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# ON THE STOEP

DNA Newsletter

continued from page 6

over the bank and onto the path as well as the debris that goes with the flooding along that section.

The **7th Fairway** became a river. The 50 to 100 year flood plane drop down safety fence had to be cleaned, lifted and the servitude road restored back to normal. There was a lot of time consuming work required to restore the area.



## Clean up before the upcoming Sun Shine Tour

We are now on a program to clean up some of the Nature Areas that have been neglected because of the rain, especially along the Golf Course **10th Fairway** and **Bush Baby** areas. It will take time to get these areas back to normal - hopefully in time for the **Sunshine Tour** which is coming up soon.



## Funding the enhancement of the Estate

Proceeds from our In Focus magazine allows us to continue with enhancing our estate.

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# ON THE STOEP

DNA Newsletter

continued from page 8

## Cover Photographic Competition

If you would like your photograph placed on the Front cover please send your photos to [cobbie@global.co.za](mailto:cobbie@global.co.za)

Congratulations to Sue Pretorius for the stunning photo of the Water Monitor on this month's cover.

## Birds and Beasties

We have had a lot of sightings this month. Thank you to all who sent in photos and videos.

### Please keep them coming!

You can email your photos to Colleen at [cobbie@global.co.za](mailto:cobbie@global.co.za) or WhatsApp them to her on 082 604 3996.

## Egg Protector

(Top right) You may have noticed the new bird egg protectors which are working quite well. The mother seemed quite happy with the new purchase.

## Please be sensitive to our birds?

## Wasp and Worm

(Centre left) Rob spotted a wasp eating a cut worm, apparently it dug itself halfway into a hole and pulled it out and started eating it.

## Chameleon

(Centre right & Bottom right) Christine spotted a chameleon in Highgate and safely helped it into a bush with much "hiss-ing".



## Porcupine & Hedgehog

Geraldine recently captured a lovely video of a Porcupine on his travels in SawGrass. It is wonderful to know that they are still residing on the estate.

VIDEO LINK:

[The Porcupine spotted in SawGrass](#)

Geraldine also has a resident Hedgehog in her garden, it seems like quite a large one.



## Interesting thing to do

Want to take part in **counting birds**? Go to <http://www.birdcount.org/participate/>  
Its easy and fun to do on your own, or with others.

## Dainfern Classified Listings and Service Provider Booklet

More recently, we have created a booklet for quick easy reference to the service providers and residents listing page (staff employment, for sale etc.) which can also be conveniently printed out. If you would like to advertise in the residents page, please contact Colleen at [cobbie@global.co.za](mailto:cobbie@global.co.za).

## It is a great new marketing platform:

To advertise please call Colleen on 082 898 6566 or at [cobbie@global.co.za](mailto:cobbie@global.co.za)

To view Dainfern In Focus at any time either go on to the Dainfern App, Dainfern Website or Google - Dainfern In Focus magazine or click on [www.glenpublishers.co.za](http://www.glenpublishers.co.za)

## Upcoming Event

## DNA Bat Talk

Saturday, 12th March @ the Clubhouse

Come and join us for an interesting talk on Bats.



BATS ..... GOOD or EVIL?

Come and find out! Saturday 12<sup>th</sup> March  
1 o'clock at the Dainfern Clubhouse  
Sara from EcoSolutions will be giving a talk on our flying friends, how they help us and how to take care of them.  
ALL WELCOME

## RAINFALL IN DAINFERN: 1 July 2021 – 28 February 2022

This has been an interesting rainfall season.  
Here is a record of the rainfall in Dainfern over the last few months.

	Jul 2021	Aug 2021	Sep 2021	Oct 2021	Nov 2021	Dec 2021	Jan 2022	Feb 2022	Mar 2022	Apr 2022	May 2022	Jun 2022	TOTAL
Actual Month	0	1	46	82	187	178	207	255					956mm to 26 Feb
Month Average	2	5	17	74	113	138	144	125	101	51	21	7	798mm

In the summer rainfall area in South Africa rainfall totals are measured for the 12 month period from 1 July through to 30 June the next year. Because Dainfern extends over a few kilometres readings can vary within the estate, but in the course of a season this will usually average out.

With 4 months to go the total rainfall is already way above the seasonal average and will likely reach

over 1000mm. The February total was greatly inflated by the storm of 4 Feb when 160mm was recorded in the district; the Jukskei River reached the highest levels seen in decades by the next morning. An update will be provided by season end.

Let's see where we finish!  
André Marx

# The Parks Lifestyle Apartments @ Riversands

Bachelor, 1-Bed, 2-Bed and 3-Bed apartments  
Renting from R4,500pm - R9,500pm

The Parks Lifestyle Apartments @ Riversands is a new residential development consisting of 1880 bachelor, one, two and three bed apartments to rent only. This stunning development 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 restaurant, executive bar, comprehensive gym (with free weekly classes), cinema, games room and even a beauty salon and spa. Outdoor facilities include braai pavilions, tennis courts, soccer fields, basketball courts, two swimming pools, walking trails and children's play areas. This year, the development will open a new Super Splash Waterpark with four super-tubes, a splash zone and a beach area with real sea sand.

Continuing Houss Rentals' unmatched lifestyle offering, tenants also benefit from a variety of free weekly activities making The Parks Lifestyle Apartments an unbelievable environment to live in. The estate has its own Early Bird Educare Preschool and SPARK Riversands Primary School. Tight security measures are implemented to ensure the safety of all residents and their families.

## Development features:

- Bachelor, 1-bed, 2-bed and 3-bed apartments to rent
- Sizes range from 33m<sup>2</sup> – 74m<sup>2</sup>
- Rent from R4,500pm – R9,500pm
- Modern open plan layouts with quality finishes
- Tight security with biometric fingerprint access
- Walking trails through the parkland environment
- Best value for money lifestyle in the Fourways area
- Close proximity to retail centres like the new Makro store
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- Clubhouses with swimming pools and tennis courts
- Children's play areas
- Care-free living as maintenance is included
- Free weekly activities and social events for kids and adults

## Contact our rentals agents for enquiries:

Joy	066 471 9818	joy@houss.co.za
Sphiwe	066 477 8831	sphiwe@houss.co.za
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Archibald	063 713 8182	archibald@houss.co.za
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Or visit our website for more information:  
[www.houss.co.za](http://www.houss.co.za)



**THE PARKS**  
LIFESTYLE APARTMENTS @ RIVERSANDS

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

Imagine a secure resort-like lifestyle estate where all residents enjoy free internet and a multitude of other monthly activities. Pair this with clubhouse facilities such as a gym, restaurant, executive bar, meeting room, cinema, salon/spa and massive swimming pool. Outdoor facilities include play parks, braai pavilions, picnic areas and multi-purpose sports courts. The estate has a preschool (Early Bird Educare) as well as a primary school (SPARK Riversands) – the latter opening its doors in Jan 2022. Residents are spoilt for choice with bachelor, one, two and three-bedroom apartment configurations, that are spacious and easy to furnish.

Monthly Rental: R4,500.00pm - R9,500.00pm

[www.houss.co.za](http://www.houss.co.za)

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066 471 9818

Sphiwe:  
066 477 8831

Thato:  
063 693 3201

Valerie:  
079 804 4887



# General Manager's Report

By David Weyers

We are pleased to see the easing of restrictions that we have experienced for almost two years now. Although Covid is still with us, we can return to some kind of "normality" as we used to know it.



## The rain causing havoc

We have experienced an exceptional amount of rain that has caused havoc on our Estate. Our Maintenance, Security, Turfnet and Nature Association teams have been extremely hard at work to tidy up along the river, golf course and the whole Estate so that it quickly returns to the beautiful Estate we all call home.

## Men's Club Champs

As our events are picking up too, we look forward to the Men's Club Champs taking place on 19 and 20 March, and the Ladies Club Champs scheduled for 17 and 18 May 2022. We wish all participants well in these championships.



## New Golf Committee

The Golf AGM took place on 26 January, and we congratulate our new Golf Committee. The committee members are as follows:  
(above top left to right)

- Mr Rob Becker – Chairman
- Mr Grant McCann – Men's Captain
- Mrs Hilary Peche – Ladies Captain
- Mr Joe Bester – Committee Member
- Mr Andrew Winstone – Committee Member

We wish this new team every success in their term of office.

## Activity Schedule

We have a lot of activities on our Estate that suit every age and family member – please do support these service providers and enjoy the convenience that is offered right on your doorstep.

A schedule of these activities is offered on our website, on our App, in the In Focus Magazine or you can collect a copy from the DHA offices.

Enjoy the last bit of Summer as the seasons are changing to cooler weather.

# Dainfern Golf Estate

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## Immaculate versus Neglected

The demand for property in the secure Estates is growing. With so many professionals working from home, they are looking for a safe lifestyle for their families. This renewed interest in property north of the ring road is very important to our property value growth in the future. We are competing with many other secure estates around Gauteng and a large number of them are new builds.

The properties in our Estates are 20-30 years old now and many have not been maintained properly over the years. Buying a property is the one of the largest investment's that a buyer will make and they are looking very carefully at the condition of the properties. It is critical for homeowners to maintain their properties. Flat roof sections should be checked regularly and re-done if necessary. Property inspections are fast becoming a buyer prerequisite.

The extreme wet weather has had a detrimental effect on the properties that have not been maintained. We are seeing homes that have rising damp due to the high water table, as well as damage from untreated roofs, poor woodwork and sealing of windows, doors, etc. Poor workmanship over the years is also playing

its part in the state of disrepair of some of the properties. Perhaps it is time to take responsibility for the maintenance and improvement of your property, especially in this highly competitive environment. Every property requires regular painting and resealing of windows and doors, damp treatment and also regular landscaping attention and trimming of trees and bushes. Pipes are getting blocked with large tree roots and they need a clean out on a regular basis.

It is time to consider upgrades if your budget permits. The neat, immaculate homes are far more likely to sell than the properties that have been neglected. Be pro-active and, remember to disclose all defects with the Mandatory Disclosure Forms when selling or renting. Gaye Cawood Realty is there to assist you.

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## LEGAL MATTERS

# Entering into a sale agreement with a seller or purchaser who subsequently dies during the transaction

When a seller or purchaser dies during the transaction, it can become very complicated. It is important to remember that the sale agreement can remain valid and enforceable. The death of a party will cause delays and it may be difficult to proceed with the transfer, for example where a purchaser has bought a property with a mortgage bond to be registered in the name of the deceased. The bank would probably withdraw the bond. However, if the property was bought by means of a cash transaction, the parties would be obliged to proceed with the transfer, unless the parties agree to cancel the agreement.

When a purchaser dies during the transaction, there are two important factors to be considered:

1. The immovable property is an asset in a joint estate; or
2. The immovable property is not an asset in a joint estate.

Where the immovable property is an asset in a joint estate and the marriage in community of property has been dissolved by death of one of the spouses before the property is transferred into the spouses' names, the property will first be transferred to the joint estate. In other words, the estate of the deceased and the surviving spouse. Once the property has been transferred to the joint estate, it may thereafter be transferred to the heir/s. However, if the surviving spouse is entitled to the property, then the property may be transferred to the surviving spouse by means of an endorsement. If the heir/s have entered into

a redistribution agreement, the property may also be directly transferred to the chosen heir.

Where the immovable property is not an asset in a joint estate, in other words the person was unmarried or married out of community of property and the property has not yet been transferred to such person, the transfer must first be made in favour of the estate of such person. Thereafter it may be transferred to an heir.

There are various delays that may be caused because of the death of a seller. The seller's executor now acts on behalf of the estate of the seller and will be required to sign the Power of Attorney to pass transfer to the purchaser. Should the transaction already be in the relevant Deeds Office, the documents must be withdrawn, and the Power of Attorney will be signed by the executor of the estate and will further require an endorsement by the Master of the High Court. The Master's office will only endorse the Power of Attorney if he/she is satisfied that the requirements have been met, for example, the solvency of the estate.

The sale of a property by an executor after the death of the deceased may only be sold with the consent of the heirs unless the property is sold to cover the debts of the estate and subsequently the consent by the Master's Office.

To conclude, it is very important to handle a sale involving a deceased estate with care and that all parties involved understand the possible delays that may occur during the transfer process.

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

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



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# Wallpaper Trends 2022

## - the most stylish ways to dress your walls

The latest inspirational wallpaper trends will help you update your home and add interest to any room.

The progress in new printing techniques and finishes is constantly pushing the boundaries, and the availability of new substrates makes it even more exciting.

Gone are the days of just printing on paper. You can now embellish corks, grass-cloths, and silks with any design. The usage is also bolder and braver. If you have the confidence, there are endless possibilities.

### 1. Escape with a scenic wall mural

Scenic landscape wall mural ideas are the biggest story in wallpaper trends for 2022 – wonderfully atmospheric and evocative, a stunning wall mural will transform and capture the imagination.

You do not have to put your artistic nature to the test when it comes to picture walls. There are

plenty of wallpapers that are designed to do just that with trompe l'oeil illustrations that can quickly add an extra dimension even in small spaces.

A panoramic mural can not only transport you to another space (figuratively as well as literally!), but by choosing a nature-inspired design, the boundaries between indoors and out can become blurred.

For a relaxing bedroom wallpaper scheme, turn to images of escapism, like this tropical pictorial wallpaper that evokes the memory of faraway shores. Complete the look by choosing furniture, bedding and cushions in earthy ochre and a pinch of ginger for a fully immersive design.

### 2. Factor in an abundance of florals

Floral room decor is big news for 2022 interiors and can be adapted to suit any space, whether it is

vintage, retro, or contemporary. These new season designs have upped the style stakes and make it easy to work beautiful flowers into your décor.

Start off by thinking about colour. The palette you choose will guide your decisions when it comes to choosing floral designs and will function as the basis for pulling your scheme together.

When working floral prints into your home, think about the scale of the flowers in the patterns. Large prints can make small rooms appear even smaller so stick to daintier designs to create an illusion of space.

### 3. Surround yourself with botanicals

Sustainability and being 'happier at home' is at the forefront of our minds for 2022, and it will only escalate further as time goes on. An increased awareness of the finitude of our natural resources has led to an increased desire to repair, repurpose, and recycle.

Visible repairs are celebrated and emphasised, and durable, natural, and woven materials are championed. Bolder greens are also taking over from the midnight blue bringing in the biophilic trend of wellness through plants and foliage.

### 4. Go for dramatic graphics

This year has seen us all searching for security and structure amid the chaos. An escalating need to impose systems of order and control in all facets of life, from wellness trends to dating apps, has seen a rise in popularity for simplified, structured design.

### 5. Create a picture-perfect scheme with wall panels

Panels are big when it comes to bedroom wallpaper ideas for 2022. It is not overly common to have panelling in a bedroom, but if you live in a period property – or got them built in to add character to a plain space – you have plenty of space to play with wallpaper.

Previously a living room trend, adding a statement paper in slices allows you to go bold with colour and pattern without overwhelming the room. Choosing a natural inspired scheme and colourway keeps things calming, too.

### 6. Decorate with textural papers

Gone are the days when wallpaper was a one-dimensional piece of paper on the wall. As printing techniques develop, the number of surfaces that can be printed on increase.

One of the most comforting wallpaper trends is introducing texture to the walls. Choose a hessian wallcovering for the ultimate cossetting effect, and let the cosiness commence.

Scenic and mural wallpapers continue to be a popular trend for 2022. From serene painterly flowers and textures to atmospheric panoramas, scenes and murals put your walls centre stage and offer a variety of extraordinary statements for your walls.



Fine art-inspired wallpaper is having a moment with life size art murals proving popular. However, do not blindly follow trends and above all, only choose a style if you really love it.



Contact us for all your wallpaper requirement – we supply and install.

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# Helderfontein Estate Launches their next Phase

Finding the right address, where you and your family feel safe, secure and comfortable is by no means an easy feat. It is with this that **Century Property Developments** have launched the next phase in Helderfontein Residential Estate as a secure country lifestyle estate, right on your doorstep. Conveniently situated in the heart of Fourways the estate neighbours Dainfern, providing a perfect alternative to families looking to live closer together, but are currently unable to find undeveloped open stands to build their dream home on in the already burgeoning Fourways area. Phase 2 of this sought-after residential estate is located adjacent to the private school Reddam House Helderfontein, and is located between William Nicol Drive and Glenferness.

built overlooking a large dam. It will include a comprehensive gym with a considerable swimming pool, tennis courts as well as a world-class restaurant. For the more adventurous the scenic greenbelt will also include a built for purpose mountain bike track with rest areas. Because we understand that secure living is one of the highest priorities when selecting a place to call home, Helderfontein Residential Estate is equipped with a state-of-the-art security system ensuring you and your loved ones are kept safe. Managed at the highest level and made up of the latest in technology including CCTV, thermal imaging cameras and access control systems, the entire security environment is supported by highly trained and motivated staff. Perimeters are secured by well-lit, four-meter high, reinforced concrete walls, topped with electric fencing and CCTV cameras, in addition to being frequently patrolled.

The estate has two different entrance points, including the phase one entrance on William Nicol and the phase two entrance which provides easy access to Main Road (near Leeuwkop), providing direct access to Midrand. Providing the optimal in country living coupled with secure family living, Helderfontein Estate is conceptualised to provide a magnificent alternative to otherwise cluttered living and a clean slate for the family looking to build from scratch their dream home. Building packages are also available to assist purchasers who would prefer to buy a home off-plan.

Within the gradual slopes of the Helderfontein Estate flows the meandering Jukskei River that brings with it an entire ecosystem of indigenous fauna and flora. Our goal has been to maintain and add to the natural environment and as a result have ensured that we have kept the myriad of fishing dams, magnificent greenbelts for children's playgrounds, and more than 12km of walking trails through the indigenous parklands. The first phase of development was made up of only 163 stands ranging in size from 900m<sup>2</sup> to 1,700m<sup>2</sup>. Each stand is fully serviced providing only the best in quality infrastructure with a number of integrated elements for your living convenience. The second phase consists of 58 stands ranging from 600m<sup>2</sup> to 1,088m<sup>2</sup>.

As part of the development, the estate's main clubhouse is currently under construction, and will be

Our sales office is open on Sundays between 09h00 to 17h00, or by appointment on other days. Why not pop in for an overview of "country lifestyle living" at its best? Alternatively you can visit our website at [www.century.co.za](http://www.century.co.za) or contact Vee on 082 937 1680 to make an appointment.



Construction of NEW Clubhouse just started!

## HELDERFONTEIN ESTATE

### New developer stands with selected riverfront stands NOW LAUNCHED!

Residents of Helderfontein Estate have embraced a unique duality between country living and a cosmopolitan suburbia. Helderfontein Estate is one of the prime secure lifestyle estates located along William Nicol Road in Fourways, adjacent to Steyn City. Within its gradual slopes, flows the ever meandering Jukskei River, showcasing some of the most magnificent flora on its embankments. Several shopping centres, including Dainfern Square and the newly completed Fourways Mall, are located in the immediate vicinity. Purchasers may use their own architects and contractors to design construct their dream home, with a uniquely South African approach.

- Standard, greenbelt and prime riverfront stands available.
- Architectural guidelines to maintain property values.
- Unrivaled lifestyle facilities.
- Purchasers may use their own qualified architect/contractor.
- A diverse range of "Building Packages" now also available.

**58 stands available**  
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to **R4,2 million**



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## COMMUNITY NEWS

Sue Harwood ♥ 083 228 2546 ♥ [harwoods@netactive.co.za](mailto:harwoods@netactive.co.za)  
[www.facebook.com/sue.harwood](http://www.facebook.com/sue.harwood)

# BAGS OF ♥ Community Outreach

in the Dainfern Community



### MADD about cooking!

The MADD (Making a Difference with Dainfern) ladies of Dainfern held an interactive cooking event at resident foodie, Sonia Desai's home. The participants embarked upon a delicious Mediterranean journey of cooking their own lunch, paired with a glass of bubbly!

Proceeds are going towards the soccer team/netball team programmes which are well underway in Thabo Mbeki informal settlement. This is a valuable initiative run by several members of the Dainfern outreach group.

Keep a look out for more "FUNdraisers by the MADD ladies.... they are already "cooking up" ideas for further events in our community!

As always, it has been a busy month for Bags of ♥ which has supplied much needed clothing to numerous causes, regular monthly groceries to a creche in an impoverished community, like-new gym equipment & clothing to the **Rock Solid Gym** in neighbouring Diepsloot, many toys and books to a few creches, Bags of ♥ (Dignity pack)s and sports underwear to young netball players in need.



### Desperate plea from Dogs Trust

Bags of ♥ (1361 Woodgeen Way) is a drop-off point for the **Dogs Trust/Diepsloot**. Dogs who work incredibly hard in difficult conditions to bath, dip, feed, sterilise and bring comfort to dogs in need. There are hundreds of malnourished dogs which would starve without the valuable service of the volunteers who receive no salaries.

Lil' Kitchen in the Valley Shopping Centre is another drop-off point if you would like to donate bedding, food, bowls, blankets, dog dip, cat food & bedding.

#### Banking Details:

Dogs Trust, Standard Bank,  
 Acc - 061099015, Branch - 051001



Thinkwell, owner of **Rock Solid Gym** in Diepsloot collects equipment and clothing for his gym which focuses on empowering women to become fit and strong!



I can't thank you enough on behalf of the Gogo's. They were totally overwhelmed that someone they don't know would give them something so beautiful. One Gogo said she had never brought herself a bag as there was never any money left over after family needs for such an extravagance. Totally overwhelming. You are a saint. 😊

### Elephants Alive help Gogos Thrive!

Bags of ♥ has, for the second time, provided beautiful tote bags filled with goodies to treat and pamper the "NDLOPFU GOGOS" (elephant grandmothers). As part of their community awareness programme they introduce grandmothers to study elephants. Similar to the elephants they study, these matriarchs are the backbone of their society. "Barriers are broken down when the Wise meet the Wise. Minds are opened and hearts are touched."

To learn more, take a look at [elephantsalive.org](http://elephantsalive.org)

Anyone in Dainfern who has not yet joined the **Dainfern Outreach WhatsApp Group** can contact Susan Harwood on 083 228 2546, to be added. Join the 70 or so like-minded residents who work together and independently to enhance the lives of those who need it most. HUGE thanks to everyone who supports our initiatives in and around Dainfern.... There is an incredible community spirit!

**INVITING LEARNERS & THEIR PARENTS**  
 Join us at our information evening  
**& discover what we can offer:**

- a safe, confidential & non-judgmental space
- supportive peer networks & new connections
- a place to share anything on your mind & express yourself freely
- an opportunity for inner self-healing & growth

(open to all youth ages 13-21)  
 provided for and by residents of Dainfern Golf Estate

Sponsored by Brenthurst Wealth

## DAINFERN CONNECT!

The Dainfern Connect team has been working hard to bring the Dainfern youth community innovative support to the challenges that teens are experiencing in the world today.

"We believe this is desperately needed in these unprecedented times when young people are under enormous pressure for various reasons" said Susan Harwood, one of the team members.

On Thursday 3rd March, Dainfern adolescents and parents attended the "launch" of this much-needed initiative which offers Dainfern teens (regardless of which school they attend) opportunities how to express themselves in a fun, confidential, safe space without judgement - and how to connect with peers and thrive! "1000 Circles" sessions will be kindly sponsored by Brenthurst Wealth.

For further details, if you weren't able to attend the launch, contact Marie-Paule Mpore 083 210 7883 or Susan Harwood 083 228 2546.

## See 5 planets in March

The night skies have changed a lot this season with Saturn and Jupiter not being visible after sunset, but that also means The Great Orion Nebula is available for viewing in the evening. Orion's Nebula is a beautiful cloud of blue gas and dust that is 1,300 Light Years away. It is an area where new stars are being formed, making it a 'stellar nursery'.

In March, one of the best planetary gatherings is happening, where from **19 – 23 March**, if you wake up before sunrise you will be able to see a rare event with Jupiter, Saturn, Mars, Venus and Mercury in the East, and the Moon setting in the West.

If you have a sun filter for your telescope, you'll also be able to view the sun in the morning. It's one of the 'fullest skies' we can get!

Join the Dainfern Astronomy Club which is a free group by Dainfern residents to share interests about astronomy.

Bring your telescope/binoculars or borrow others'. We meet on the 1st and 3rd Friday of the month at the Dainfern pavilion.

Join the Whatsapp group to stay updated: 072 795 8283 or click <https://chat.whatsapp.com/KXoL4QTguT104bkzgFM7Dd>





### Telescope Evening

Home Stargazing Experience

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- Planets
- Nebulae
- Star clusters
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09h00 - 11h30



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[www.broadacres.com](http://www.broadacres.com)

\*Covid-19 Safety Protocols Apply



On Saturday, 5 February 2022, we held our annual IJKA (South Africa) seminar for brown, junior black and black belts in Johannesburg, South Africa.

## Annual IJKA (South Africa) Seminar

### SEMINAR 1: (KIHON)

The kihon seminar focused on keru waza (kicking techniques). (1) Emphasis was placed on the correct withdrawal of the entire foot vis-a-vis peeling the foot off the floor with the toes leaving the floor surface last in order to create the correct foot position towards the target, (2) How the knee position influences the maai (distancing) to the target in conjunction with the correct hip pendulum action. (3) Then the focus moved on to sidekicks; kekomi (thrust) and keage (snap) with emphasis on the correct knee trajectory to deliver a solid and technically correct kick. (4) Lastly, mawashi-geri was practiced focusing on the jiku ashi (pivoting leg/foot) to ensure correct hip rotation to the target with a zero to ten speed action for speed emphasis.

### (KATA)

The focus this year was on Bassai-dai. Certain elements from the kata were broken down technically to identify small errors students often make unknowingly. The sequences were then put together and performed at various speeds in order to create a form of muscle memory to execute these moves fluently and technically correct. Explanations were given as to why certain moves are performed in a specific way in the kata and how these relate to the application of the specific move for a proper understanding of the meaning of the kata.(KUMITE)

The focus was on jiyu kumite (free sparring) this year, especially with a view to the up and coming tournaments this year (i.e the IJKA SA Provincials, IJKA SA Nationals and the IJKA championships in North Macedonia) Special focus was placed on Movement, "a don't show attitude", correct and

proper floor management and angle appreciation. Students practiced these on target whilst maintaining the correct and proper frame of mind and attitude in relation to attack, defence and counterattack.

### SEMINAR 2:

After the lunch adjournment, seminar 2 consisted of the dissemination of the following information for 2022: IJKA general information and calendar announcements, specific training dates for squad training. The North Macedonia championships and online training with the IJKA International Chief Instructor, Utsumi Takato sensei. Dan certificates were handed out to shodan and nidan candidates who successfully graded in October 2021.

### SEMINAR 3:

The final seminar consisted of a national Judge D theoretical, practical and written examination to qualify students as corner judges at the annual IJKA SA Provincial and IJKA SA National championships as well as a national Instructor D practical and written examination for shodan and above.

Another hugely successful day, well attended and thoroughly enjoyed by all. It was pleasing to see so many of the IJKA SA new dojo heads in attendance who contributed to the seminar with their own unique way of innovative teaching. All students took away something that they have learned from the seminar and left with a renewed spirit to ignite their own karate training in new ways at their own dojo. IJKA (South Africa) is growing and on an upward trajectory. We are very excited about 2022 and what's in store for this year.

We look forward to our next seminar.

Bernard Buys  
Chief Instructor (IJKA SA)



## Technical Tip Body and Mind

Factors such as age, emotion and environment will affect your heart rate before, during and after exercise. No two people are alike and you should get to know the factors that affect your heart rate. As we get older, both the maximal aerobic power and maximum attainable heart rate decreases. In other words, an older person may expand the same degree of effort in exercising as a younger counterpart, but their heart rate may be considerably less. It is not advisable to exceed your maximum heart rate for extended periods - rather build endurance through a managed program that will last a lifetime.

**Age:** The older you are, the lower your training heart rate. The RWFL program takes this into account to make sure you work in your optimal range

**Emotion:** Emotional stress causes your heart rate to rise. So focus on the Walk or Run and not on your stressful day ahead.

**Body temperature:** Your heart rate varies with body temperature. Many top runners cannot perform effectively in temperatures below 10 degrees Celsius.

**Environment:** Exercising in high temperatures and or humidity can increase your heart rate by more than 10 beats per minute. That's why running in heat is so dangerous - your heart is working to both cool you and move you.

**Altitude:** Resting heart rate rises at altitude.

**Medication:** A number of medications, like those for heart conditions or hypertension, affect the heart rate. Tell your doctor/pharmacist that you are a runner/walker before you are prescribed medication and know what to look for when buying medication.

**Smoking:** Even one cigarette increases resting heart rate significantly.

**Food:** Resting heart rate is increased when food is being digested. Certain foods like coffee (Caffeine) cause the heart rate to rise rapidly.

**Gender:** Women generally have smaller hearts and average 5 to 10 beats higher than men.

You can quickly figure out your predicted maximum heart rate with a simple equation. Subtract your age from 220. So, if you're 35 years old, your predicted maximum heart rate is 185. The recommend training level for the average person should not exceed 80% of this value.

Unless otherwise advised by a medical professional - do not exceed your maximum heart rate for longer than a few seconds, especially if you have been sick recently or have Covid-19 or Influenza. The body will need 4 to six weeks on average to recover so ease back into training while taking note of the points above.

programs are suitable to people of any age, fitness level or ability, and promote weight loss, stress relief and have many other medical benefits. The **Run/Walk For Life program** is also suitable for pregnant women.

Contact **Shane van Jaarsveldt** on 082 601 0499 or at [dainfernam@runwalkforlife.co.za](mailto:dainfernam@runwalkforlife.co.za)



The **Run/Walk For Life program** is a three-times-a-week exercise plan. This allows your muscles sufficient time to recover and reduces risk of injury. All of the walking and running



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# SOULFUL HEALING 'ONE-DAY' RETREAT

in the Cradle of humankind, Toadbury Hall Country Hotel

## An invitation to all women:

*'Suddenly she remembered who she was; and the game changed.'* - Lalah Deliah



## Mental, Emotional and Physical Health

in a tranquil setting (20 minutes from Dainfern)

### DAY TO DAY LIVING TAKES IT'S TOLL on our bodies, minds and spirits.

Come and Recharge your batteries and recharge your life!

Come and Release your stress and worries, Restore your energy and Rebalance your body in a natural haven.

**VENUE:** Toadbury Hall Country Hotel, Cradle of Mankind

**DATE:** Friday, 25th March 2022

**TIME:** 08h00-17h00

**COST:** R1250.00

Limited space available - **by investing in yourself; you invest in others and you leave a legacy of greatness.**

**Contact Pam** for booking and for more information: 084 567 8455

**OPTIONAL:** Make a booking to spend the night at Toadbury Hall Country Hotel, breakfast included.

### Meet your hosts:

**Pam de Robillard** (opposite left): Transformation Life Coach, NLP Practitioner and Mental and Emotional Wellness Therapist

**Colleen Kreser** (opposite right): Reflexology Therapist

The sessions will be introspective as well as interactive, social and practical.

Come get inspired, motivated, Re-energised, Re-juvenated and Renewed!

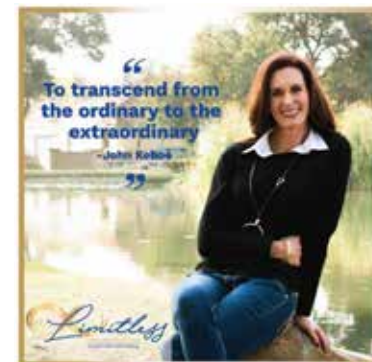
### What you can expect:

- 5 hours of Scientifically proven, strategies, skills and tools on how to manage your mind, emotions and behaviour to release all your negative beliefs and emotions from your subconscious mind and transform everything in your life that is holding you back from living your Best Life now!
- You will enjoy a wholesome picnic lunch by Toadbury Hall to nourish the body and energise you with nature's goodness.
- Colleen will work her healing touch by treating you with her reflexology, leaving a feeling of a complete 'healing make-over'.

### Breakdown:

The 5 hours of quantum energy work and holistic healing by Pam, will include the following:

- The laws of the Universe and how to use them using metacognition (thinking about your thinking), the power of Perception and how to create your outer world by re-forming your inner world.
- The power of the mind and how to manage your mind effectively (conscious and subconscious mind)
- Your thought life (how to reduce self-talk and the self-critic), subconscious beliefs and how they influence your outcomes-brain hacks on how to release and replace self-sabotaging beliefs with empowering ones.
- Your emotions (energy in motion) and how they affect our behaviour and our reality.



Negative emotional therapy releasing all fear and anxiety from our subconscious mind

- Creative Visualisation and meditation-how to use altered brain waves to stop the negative programming from your subconscious mind that run on autopilot and to redirect your thoughts and energy to access a powerful state to support you in achieving your goals.
- Tapping-energy work on the body-healing and re-energising.
- Self-Worth-ways to build up self-confidence, self-esteem and self-love. To live your Best Life one needs to set time aside to regain and restore your true, intrinsic self.

### Reflexology Session

Relieves stress and tension • Improves blood and nerve supply • Assists the body to heal from health conditions.

Reflexology is an alternative treatment that deals with the certainty that there are reflexes on the hands and feet that are connected to all glands, organs and system of the body. It is an exclusive science of using a thumb and finger technique on these reflex areas and once stimulated can assist the body back into balance.

The main aim of the treatment is to balance a system in a diseased state by releasing energy blockages and toxins, improving blood and nerve supply. This promotes healing and optimal health on an emotional and physical level.

### You will receive a relaxing foot treatment and touch therapy working on all the organs

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**To be able to give to others, you need to become the best of yourself first.**

**Don't miss out on this opportunity to become extra-ordinary!**



## Toadbury Hall Country Hotel

Toadbury Hall Country Hotel is situated in the Cradle of Humankind, a mere 25-minute journey from both Johannesburg and Pretoria and a stone's throw from the Lanseria International Airport. This beautiful venue is set on 25-hectares with Crocodile River frontage that guarantees the perfect backdrop for an unforgettable occasion.

### Weddings

Toadbury weddings are truly memorable, and brides and grooms are spoilt for choice when deciding where on the estate to host their most important day. Toad Chapel, a quaint, Old English-style building makes for an unforgettable event as does the outdoor Rose Chapel, set in serene rose and lavender gardens. Toad Hall, the main banqueting hall, caters for larger weddings and lends a blend of charm and elegance to any affair. Wildwood overlooks the Crocodile River and provides ample photo opportunities as does the immaculate gardens throughout the property. And for those wanting a wedding with a difference, a Toadbury Picnic Wedding is guaranteed to have your guests reminiscing for years to come.

### Conferences

The hotel offers a variety of meeting rooms ideal for conferences, workshops, teambuilding, product launches and gala dinners.

### Fine Dining

Toadbury Hall Country Hotel is home to three restaurants. Bijou provides elegance and fine dining and is ideal for a romantic night out or a business lunch or dinner sure to impress. Wildwood offers laid-back gourmet dining, while Otter's Deli is the ideal place to kick back and relax and enjoy a leisurely breakfast.

### Accommodation

Toadbury's suites are exquisitely furnished for a luxury stay with under-floor heating and fireplaces in selected suites.

### Adventure

Toadbury Hall is proudly managed and operated by GZ Adventures, South Africa's number one adventure company. Combine your luxury stay with quad biking, horseback riding, river rafting, geckoing, paintball or archery. Some of these activities are available on site and a shuttle service is available for those that are not.

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Suzanna kannov winner



Winners mixed open

## DAINFERN GOLF CLUB

# Ladies Golf

Our Ladies golf section was back in action in February this year. We are always keen to welcome new members , and we have organised competitions on a Tuesday and Friday morning each week. Please contact Hilary Peche (Ladies Captain) if you would like any more information on 082 455 1296.

## Ladies Open

We started the year with our Ladies Open on 8th February which was a 4 ball Alliance 2 scores to count.

The ladies in the winners circle were

**1st Place:** Andy Tingo, Sophy Msimang, Eileen McLintock & Kaye Lyness - 85 points

**2nd Place:** Ilze Farrell, Karen Dengler, Patsy Mcdonic & Janet Currin - 82 points

**3rd Place:** Amy Wie, Elaine Aiken, Carosin Buitendag & Debbie Retief - c/o 82 points

## Valentine's Mixed Open

The Valentines Mixed Open was held on the 13th February and it was wonderful to see everyone dressed in their red and white outfits. We had a wonderful field of 72 players and this was followed by very special prize giving and sit down dinner

by 633 which everyone enjoyed, and it was heart warming to hear all the chatter .

Mixed open was sponsored by Hamiltons (Brenda Gilbert). Thank you very much for your sponsorship.

The winners were :

**1st Place:** Chris Ghelakis, Jan Coetzee, Elaine Aiken & Debbie Retief - 71 points

**2nd Place:** Dennis Joseph, Pieter & Elmarie Lochner & Carosin Buitendag - 70 points

**3rd Place:** Linda & Ashley Smart , Penny & Kevin Bassett - 69 points

## Trophy Event

We have had lots of happy golfing days during the month of February and also had our first Trophy event of the year which was the Suzanna Kannov Trophy held on Tuesday 22nd February, this was a very closely contested betterball competition and the results were –

**1st Place:** Yeon Hee Lee & Sylvia Jung - 46 points

**2nd Place:** Liz de la Harpe & Ligia Potgieter - 45 points

**3rd Place:** Amy Liu & Carosin Buitendag - 45 points c/o

We look forward to many more fun days of ladies golf during March .

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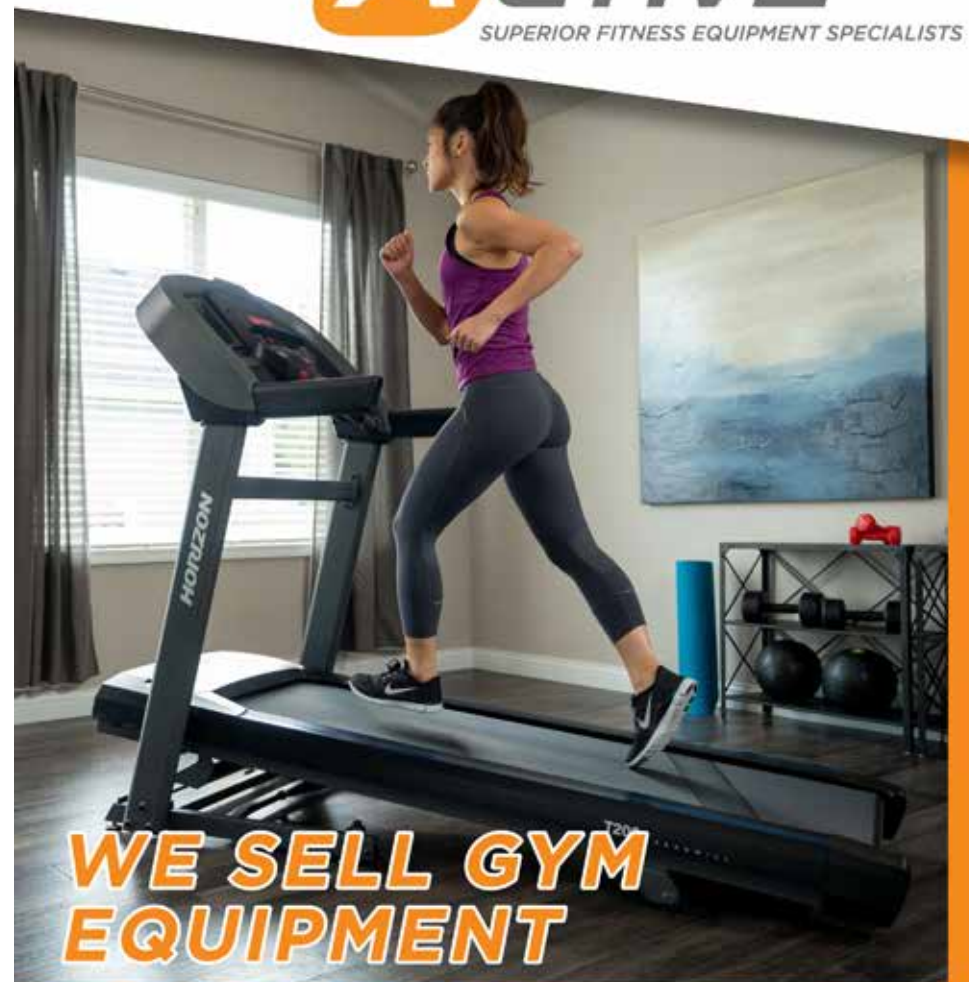
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## The future of money – part 14



## An alternative to bank cards for school leavers travelling abroad

By Kreaan Singh

Are your children planning on travelling the world when they finish school? If yes, have you considered the best ways for them to take their money with them? Using cryptocurrencies like Bitcoin or Tether USD (USDT) is an alternative option to using a credit/debit card abroad.

Consider a situation where your bank card stops working or opening a bank account is taking longer than expected. The last thing you want to deal with when in a foreign country is the anxiety of not having access to your money. Now imagine your children in this situation without you there to assist them.

### It's happened to me

I've landed in South Korea only to realise that my bank cards were blocked. The reason was trivial yet out of

my control. While on a trip to China, I made a last-minute weekend visit to Seoul. My bank had not expected me to be in a different country and assumed fraud was at play. The bank blocked my cards, leaving me scrambling.

### Crypto ATMs

Thankfully, I was aware of cryptocurrency ATMs around me. It just so happened that Incheon Airport had a Bitcoin ATM, which allowed me to instantly sell some Bitcoin for enough cash to pay for food and transport. While it may seem that chance was on my side, cryptocurrency ATMs have become a common feature throughout the world. According to CoinATMRadar.com, there are now more than 35,000 crypto ATMs globally. For your children, familiarizing themselves with the locations of crypto ATMs during their travels will be a great benefit.

### Their crypto is always with them

The beauty of cryptocurrencies is that your children's money will always be with them, and there are multiple ways to convert cryptocurrencies to local currencies. They don't have to ask permission or report their whereabouts to the bank to spend their money. While the bank protecting you against fraud is a good thing, its actions may sometimes happen at the most inconvenient of times.

### Their funds are backed up

An added benefit of cryptocurrencies is that your children can restore their wallets on a new device if they lose their current one. On the contrary, if they lose their bank card while away from home, it is very difficult to replace it. You'll also have access to the same wallet on your device, meaning you can monitor spending and top up funds at any time.

### Spend crypto directly without converting

There are instances where someone may not have a bank account or does not want to cash out crypto before being able to spend it. Bitrefill is a great service that allows you to buy vouchers for many shops around the world directly with crypto. You can pay for groceries, Uber & Airbnb with Bitcoin. It's convenient and vouchers can be purchased while standing in the queue to pay.

### Use stablecoins to avoid volatility

Lastly, if you're worried about sudden crypto price changes, use stable coins. Stable coins are cryptocurrencies that are pegged to the value of a fiat currency. A dollar-based stable coin like USDT always has a value of \$1. This means you won't have to worry about your children's funds losing value if the cryptocurrency market starts to drop in price.

## Conclusion

This is one of the many ways in which understanding the cryptocurrency ecosystem can benefit you and your children's lives. If you're interested in learning more, consider taking our online course 'Cryptocurrencies and blockchains easily explained'. And remember - always do your own research before investing as there are always scammers waiting to take your money.

CoinEd integrates cryptocurrency & blockchain courses at schools. We've been teaching both children and adults since 2017, and work with some of the industry's biggest companies and brightest minds. Our vision is to inspire students of all ages to think about the weird and wonderful things that are becoming part of their world – starting with crypto. We're always thinking outside the block, and so can you! Visit [www.CoinEd.co.za](http://www.CoinEd.co.za) for more information.

## NATURE NEWS

By Wim Spronk  
[wimspronk85@gmail.com](mailto:wimspronk85@gmail.com)

# Mangrove Scenes

My daughter from England was on a short visit and I took her to Durban to visit family there. She had been to several Mangrove Swamps in Central Africa and wanted to see a South African one. I took her to Mtunzini where I had made a video some years ago. The Fiddler Crabs made me think of a time when my son was 16 and the two of us spent a week on Inhaca (Island i Mocambique). We came across a swamp where about 300 Fiddler Crabs were busy waving their enlarged claws trying to attract females. I set up my camera facing this large group and waited. My son asked me what I was waiting for and I said that I wanted as many as possible to "wave".

He said: "I'll make them wave!!" He stood up and made a tremendously big wave with one hand and ALL 300 CRABS WAVED IN UNISON!!!!!! I said that's great!!! I'll switch on the camera and when I say "NOW" you do exactly what you did" While the camera was running I waited a few seconds and then said NOW!! Nothing happened and no matter what we did we could not get them to wave again.

Very often when making a video and shoot a scene several times it is the first one that is the best!

VIDEO LINK: [WAVING FIDDLER CRABS](#)



DAINFERN BIRDS

by André Marx

# Pied Kingfisher *Alcedo semitorquata*

Seeing this smart kingfisher at one of the dams in the estate a while back reminded me that it is time to feature this species in this column. One of the most recognisable kingfisher species with, as its name suggests, striking black and white plumage, the Pied Kingfisher male can be differentiated by its two breast bands while the female has one breast band that is often broken in the middle.

Pied Kingfishers are found in pairs or small family groups and will often be seen perching during the day beside streams and dams and even man-made structures such as fences and power lines. When perched, they often bob their head and flick up their tail. They usually hunt by hovering over the water to detect prey and diving vertically bill-first to capture fish. They are carnivores and mainly eat fish, and have been known to take aquatic insects, frogs, amphibians, crustaceans, and molluscs. When not foraging, they have a straight rapid flight when they emit noisy chirps. Interestingly, this is the only kingfisher species that is known to hover. It can also swallow small prey in flight and does not have to return to a perch like other fish feeding kingfishers.

Pied Kingfishers are monogamous and form pairs. They breed from February to April. Courtship involves displays of dancing, and males also offer food to females over a period that lasts about three weeks. Both the male and the female help to dig a nest hole in the soft earth of a bank, above water, to a depth of about one metre. The breeding season extends from February to April. 4 to 5 white eggs are laid and are incubated by both parents for about 18 days. While the nest is being dug and during laying and the incubation period, the male bird displays and brings food for the female then helps to raise the chicks before they fledge. The fledglings stay in the nest for about 3 weeks.

The Pied Kingfisher is largely resident in our area, however it will move short distances according to seasons, water levels, and the availability of prey. They are not threatened, but their continued presence is directly related to the quality of the water and aquatic life in our wetland areas and dams in the estate.

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Aloe Marlothii

ENVIRONMENTAL

by Geraldine Harris

# Don't buy illegal plants

It is with great sadness that I drive past plant sellers on the side of the road selling indigenous species that have been illegally removed from the wild, many of these are sold by informal traders trying to make some extra money but there is also a scourge of large-scale illegal removal of indigenous plants from their natural environment.



Scadoxus

The recent trend in interior and garden design featuring interesting looking succulents has led to vast areas of the Karoo being targeted by both local and international syndicates and there are concerns that many succulent plant species might become extinct should this poaching continue go unchecked. Carte Blanche featured a segment on this illicit trade in August last year.

The poaching of plant species also happens close to home. In spring and early summer, you will find the Scadoxus puniceus (Paintbrush lily) being sold on the side of the road. These are indiscriminately dug up in the veld and sold to unsuspecting members of the public. Not only is the natural habitat destroyed but the plant generally dies anyway because it does not do well when disturbed.

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— DAINFERN CREATURES —

# The Water Monitor

Also fondly known in South Africa as the Legavaan, is Africa's largest lizard with its distinctive tail that is longer than its body. A frequent sight in Dainfern, they can be seen ambling across roads and fairways.

They are also commonly found in residents fish ponds, for good reason they eat frogs, small fish, crabs, birds and even tortoise. Interestingly they lay about 40 eggs, normally in active termite mounds, in this way the eggs are incubated at a constant temperature. The incubation time varies and the young may hatch anytime between 4 to 12 months.

Water monitors are excellent swimmers, folding their legs in and using their tails like crocodiles, and can stay underwater for well over half an hour. They can run astonishingly fast over a short distance and invariably head for water when disturbed.

These lizards can grow up to 2.5 meters long and can look quite scary, however please do not be alarmed if you find a water monitor in your garden. If they are bothersome to you, contact security who will carefully move them on.

Reminder to drive slowly on the Estate, especially at night as resident creatures are often crossing the roads and might not move very fast.

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## Employment

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**RUDO** is an efficient and fast worker - perfect for part time work or full time. Her time management skills are outstanding. She is looking for full time or part time work in Dainfern. She has worked in the estate. She is honest, reliable and perfectly suited for anyone who needs house work done quickly and efficiently. She can be contacted on 074 278 4871

**MARTHA** has been with us for 15 years and is looking for additional work on Tuesdays, Wednesdays and Thursdays. Martha can be contacted on 079 686 6707. For any reference contact Cheryl on 011 469 4383.

**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 additionally has an ID and work permit. Please give her a call on 082 723 2608 or myself Linda for references 083 3911001.

I can recommend my housekeeper **Octavia Nkomo**. I've been living at 773 Gateside for almost 3 years during in which Octavia has worked at my house. Prior to my arrival Octavia has worked 3 years for the previous tenants. Octavia has an excellent work ethic and during this time has kept the house in great shape. I highly recommend her to anyone looking for a professional housekeeper. Octavia is looking for work on Tuesdays and Fridays. Her number is 061 076 4919.

**HILDA**, our super exceptional and one of a kind housekeeper/home manager is looking for 3 days a week but is also flexible. Live in or out. She has worked for us in Dainfern for 20 years but our kids have all left home now. Friendly and always cheerful, very hardworking and completely trustworthy. She is from Malawi but has a valid work permit. Fluent in written and spoken English, excellent with children and pets. Very highly recommended. Please call Hilda on 082 845 7535 or Nicci Humphreys on 082 492 0111 for a reference.

**LIESBETH** requires part time work Tuesday and Wednesday evening from 5 or Saturdays. Ironing, housework, babysitting etc. She have lived and still works in the estate for 22 years and has good references. Call Liesbeth on 076 086 8507.

**OUR HELPER LISTER** will be looking for domestic work (full or part time) in the new year as we will be relocating. She has been with us for 18 years and has helped out with caring for our children, cooking and all the domestic work. She is friendly, reliable and trustworthy. Please contact me (Sarah) 082 337 9293 for any enquiries.

**MEMORY** is looking for full time live in work in Dainfern. Call her on 062 298 6129. Has reference and had worked and lived in the estate for a family that returned overseas.

**YVONNE** (I.D. 8007200743083) is extremely reliable, a hard worker and she is a joy to work with. We are moving to Cape Town on 1 March. Please contact Diane 082 903 9859.

### GARDENER / DRIVER / HANDYMAN / DOG WALKER

**HARRISON (Malawian)** is looking for a gardening job on Mondays and Thursdays. He is very reliable and has a great sense of humour. My pool sparkles and my garden is immaculate. He cycles to work so no taxis. Harrison's cell is 073 654 9800. My cell (for reference) is 083 250 0699 (Joan).

**MAKIRIA ("MIKE") DIKOTLA** is looking for work as a gardener. He lost his job as a security guard at Lanseria Airport during the height of (and as a result of) the Covid pandemic. He is extremely hard-working and displays initiative. You can contact Mike on 061 310 5582. Please free to contact me (Gary) on 072 728 1810 for a reference.

**WILLY MILA** is seeking employment on Tuesdays and Thursdays. He is outstanding, an excellent Driver and Gardener.

His depth of Handyman skills and work quality is absolutely top class. He currently works in Dainfern and has done so for many years. He has his own transport and is not dependant on Taxis. For more information please contact me, Mike at 083 272 4051 or Willy at 083 287 2210.

**MAVUTO GAMA** is looking for work as a driver or houseman. Due to divorce/relocation, Mavuto has found himself without a job. Mavuto was instrumental in running our household during the many times we were away. He is great with pets and is a very good driver. Mavuto has an amazing work ethic, is conscientious and always on time. He is extremely trustworthy. He always took the initiative on what was needed doing around the house and garden. I cannot sing his praises enough. Mavuto can be contacted on: 064 182 1745. Please feel free to contact me – Nadia, on 083 717 8407 for a reference.

**MY NAME IS SIFISO** and I currently work in Dainfern. I like to garden and am very good at maintenance, painting etc and your dogs will love me! Contact 078 291 3299.

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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 chris@ncsprojects.co.za	Project Management of new home. Renovations and alterations.
N HARRIS PTY (LTD) WATERPROOFING CONTRACTORS	Ron Gunnett	082 562 1566 F: 011 705 3055 nharrispty@gmail.com	Waterproofing of all roofs, rising damp on boundary, internal and external walls, exterior wall coatings. We also attend to blocked sewers, plumbing, geyser problems, renovation of pools with epoxy coatings (any colour). Established 1994.
POWER 4 LESS		+27 1000 17 700 082 447 7720 info@pwr4less.com	Tired of load-shedding and power outages affecting every aspect of your daily life? Switch to Power 4 Less.
PHG BUILDERS	Simon	082 352 1347	New buildings, renovations, waterproofing, ceilings, any building related projects. No job too small (NHBC) registered Dainfern references.
PUNGWE CONSTRUCTION	Tony Memory	066 014 9122 064 879 3630	NHBC Accredited Contractor available for your new home construction, home renovations-ceilings, partitions and insulation, tiling, painting and wall coating, floors and flooring- 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.
RK MAINTENANCE SERVICES	Vicky Elaine	082 898 7086 078 364 7843	building : office and home maintenance, renovations of bathrooms, handyman services and more.
RYDER HOMES		011 476 1974 info@ryderhomes.co.za	Architectural designers and building contractors. Over 30 years experience in designing, building alterations and additions to both residential & commercial properties.
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.
<b>CARWASH</b>			
BUBBLES IN THE VALLEY CARWASH - Dainfern		064 514 7798 Facebook: @bubblesinthevalleycarwash Instagram: bubbles_in_the_valley_carwash	Carwash and makeover clinic.
<b>CHURCH</b>			
GLORY TO GLORY MINISTRIES		011 484 4532 083 590 5263	Sunday Church Service, Children ministry, intercession and teaching of the word.
<b>CLEANING / DECLUTTERING / SERVICES / WINDOWS / CARPETS / UPHOLSTERY</b>			
EAGLES PROFESSIONAL CLEANING & MAINTENANCE SERVICE	Dudu	071 621 0479 082 366 5488 dudu@eaglespropertysolutions.co.za	Visit our website for a full list of our services.
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.
PRESSED IN TIME Jukskei Park		Call or WhatsApp 076 207 9641	We collect your laundry, dry cleaning or shoe repairs.
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.
<b>CLOTHING / HANDBAGS / FASHION / SHOES</b>			
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.
<b>COMPUTERS / PRINTERS/CELL PHONES &amp; REPAIRS</b>			
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.
<b>ELECTRICIANS / ELECTRICAL REPAIRS / APPLIANCE REPAIR</b>			
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.
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.
<b>ESTATE AGENTS / COMMERCIAL &amp; RENTAL PROPERTIES</b>			
CENTURY 21	André Anne Lalian Sue (Rentals) Tania (Rentals)	083 411 7674 083 600 0566 082 654 6539 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: fourways@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 Daniel Falconer Bianca Parsons	082 651 7890 076 835 5170 072 911 2792 078 461 1333 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 Beverly Ressel	Sales: 082 451 7876 Rentals: 082 854 3663 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.
ENGEL & VÖLKERS PLETTENBERG BAY	Alan van den Handel	083 255 3162	Goose Valley Golf Estate Apartments For Sale www.engelvoelkers/en-za/south-africa/plettenberg-bay
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
RAWSON PROPERTIES	Robbie Vicky	082 574 9010 082 898 6566	Property specialists - Offices now situated in Broadacres Shopping Centre above Paint Emporium.
VERED ESTATES	Pamela Diedericks	083 680 6771 www.vered.co.za	JUST WHAT YOU WANT Contact us for a hassle free, no obligation valuation on your home for Sale or Corporate Rental.
<b>FOOD &amp; BEVERAGE / WATER / ONLINE ORDERS</b>			
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.
<b>GARAGE DOORS / GATES</b>			
ALPHA DOORS	Simmons	081 241 6670	Top quality and cheap garage doors aluminum, wooden, steel and roll up, garage door motors, springs, remote programming, cctv remote viewing. Alarm systems link up to estate security.
DIGITAL SYSTEMS	Joshua	078 180 5416	New installations, repairs and services to gate and garage automation, alarms systems, intercoms, electric fence, remote programming, electrical repairs and pool pumps.
K & R INTERCOM & GATE AUTOMATION	Selvie Nair	082 333 2652 011 791 4717	Service to all types of garage doors and garage motors.
NG SYSTEMS	Russel	084 709 0916	We install and repair: Gate & Garage Door Automation, Garage Doors, Alarms, Intercoms, CCTV and DSTV.
<b>GARDENING / IRRIGATION</b>			
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.
EASYGRASS™		087 096 0196 jhbshowroom@easygrass.co.za	Pet friendly, child friendly, low maintenance and affordable.
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	Est 1997 - Weekly garden and pool maintenance, clean ups, tree felling, irrigation and pool repairs. 25years experience on the estate. 5 days per week.
LAWN CARE PLUS	Nicholas Dunn	082 573 3484 info@lawncareplus.co.za	Our Services: Full lawn treatment program; Planting of LM & Kikuyu lawn; Seedling & inter-seeding of lawns; Core aeration; Verti-cutting of lawns (scarifying).
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, lawn-dressing, general clean-ups and irrigation. Gardener training is another option to assist with pruning/trimming, planting seedlings, caring for your lawn and general seasonal maintenance.
SOFT RAIN IRRIGATION	Isaac	078 658 4371	For all your irrigation requirements - new installations, maintenance and repairs - 12 years experience.
STEPHY'S LAWNFARM		orders@stephyslawnfarm.co.za www.stephyslawnfarm.co.za	Super Lawn Deals. Organic Soils. Compost, topsoil & lawn dressing.
TINYKOTE PROJETS		083 587 7696. elomonthemba5@gmail.com	We provide weekly garden service and clean ups, compost and lawn dressing and pool maintenance .
I & SONS TREE FELLING & RUBBISH REMOVAL	Innocent	073 131 5395 082 049 3109	Please call us for all your tree felling and rubbish removal.
ZR MAINTENANCE SOLUTIONS	Riaan	072 029 9776	Services available: Weekly pool and garden maintenance . Irrigation repairs and installations. Pool repairs

<b>GAS</b>			
GAS FAMILY	Nelly	078 050 6600 info@gasfam.co.za / www.gasfam.co.za	Cylinder refilling and deliveries; gas installations & servicing; gas appliances; energy saving solutions.
<b>GOLF CARTS</b>			
PRO CAR GOLF CARTS		082 892 9382 084 447 2096 info@procarcarts.co.za www.procargolfcarts.co.za	We offer friendly & professional service with a large choice of products required for your golf cart with an honest & cost-effective approach - Service; Repairs; Sales; Rentals and we buy carts.
<b>GYM</b>			
ACTIVE	Judith Justin Tristan	082 448 1831 082 338 7642 071 605 8867 info@activ-life.co.za www.activlifestylesolutions.co.za	Superior Fitness Equipment Specialists. We sell gym equipment.
<b>HAIR DRESSER</b>			
NICOLE'S HAIR SALON	Nicole	083 459 7554	Enjoy a great hair experience in the comfort of my home salon. I offer a full range of services, including colour and keratin brazilian treatments.
<b>HORSE RIDING / SADDLER</b>			
CHARTWELL STABLES	Shirley Stables	083 500 0103 073 952 8572 cstables@netactive.co.za	Children's Riding School. We specialise in teaching children to ride on safe ponies with qualified instructors. Pony camps, fun days & training shows held regularly. Ladies rides in the mornings. "Have fun while you learn".
RIDEJOZI EQUESTRIAN RANCH		WhatsApp 076 291 6997 info@ridejozi.co.za www.ridejozi.co.za	Spend the festive season galloping on horseback. Horse riding trails; lessons; parties for young & old, self catering overnight accommodation.
SUN VALLEY STABLES		082 571 0309 riding@sun-valley.co.za www.sunvalleystables.co.za	Horse riding lessons: Teaching children to ride in a safe & fun environment.
<b>HOTEL</b>			
TOADBURY HALL COUNTRY HOTEL		010 593 7523 enquiries@toadbury.co.za www.toadbury.co.za	Toadbury Hall Country Hotel is situated in the Cradle of Humankind, a mere 25-minute journey from both Johannesburg and Pretoria and a stone's throw from the Lanseria International Airport. This beautiful venue is set on 25-hectares with Crocodile River frontage that guarantees the perfect backdrop for an unforgettable occasion.
<b>INTERIOR / FURNITURE / UPHOLSTERY / OUTDOOR FURNITURE / HOME ORGANISATION</b>			
EXTREME BATHROOM CREATIONS		info@extremedoover.co.za www.extremedoover.co.za	Don't just renovate, re-imagine.
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.
MAKOYA BLINDS	Arnold	071 356 0945	Sales and installation of all blinds. Wooden blinds; Aluminium blinds; Vertical blinds and Roller blinds. Repair and service of all as well cleaning.
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.
<b>LOCKSMITH</b>			
BRAD'S LOCK & KEY		082 854 9898 / 011 802 4114	All locksmithing work-Keys made/ doors opened. Also, gate motors/ gates etc. installed.
<b>MEDICAL / AESTHETICS / COVID-19</b>			
NIX & TEE WELLNESS AND AESTHETICS CLINIC	Turid Stacey	083 633 2652 tee@ntaesthetic.co.za Tel. 010 020-8561	Nix & Tee, a Wellness and Aesthetic clinic, are two qualified nursing Sr's offering aesthetic treatments. In-depth consultations are done to finding the best treatment for the individual concern or needs. Visit our website at www.ntaesthetic.co.za

PSYCHOLOGIST / COUNSELLOR	Charmaine March	083 239 4309 / 011 469 3256	Specialising in trauma, relationship, career counseling, etc.
PURE SKIN AESTHETICS CLINIC	Dainfern Bryanston	010 228 0108 011 463 1595	Health & Wellness - gut health, weight loss, body analysis, anti aging, blood tests, skin, hair, nails, stress & anxiety, heart health, immune booster, medical screening & covid anti body testing.
<b>PEST CONTROL</b>			
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.
SERVICE MASTER		082 974 9432	Professional pest services.
<b>PET &amp; HOME CARE / KENNELS &amp; CATTERY / VET</b>			
DOGGY DAYCARE - CHARTWELL	Erin	081 849 4673 erinwale0303@gmail.com	Daycare for Dogs! We collect & return your dog daily. On holiday? Your dog will be socialising and having fun while you're on holiday or away on business. Puppy socialisation and general obedience offered on Saturday mornings by arrangement.
JOZI PETS		065 831 7116	Pet store at the Dainfern Valley Shopping Centre- all you pet requirements- Free delivery/ shop online.
<b>PET GROOMING</b>			
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
<b>PLUMBING / SOLAR</b>			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	071 774 1883 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.
ADRES PLUMBERS	George	073 135 8425	Leaking pipes- dripping taps- burst geysers- blocked drains- installation of washing machine and water pump.
A-Z PLUMBING	Janusz	082 449 1997 januszplumbing@gmail.com	For all your plumbing requirements from burst pipes to faulty toilets. The right price plumbers. All work guaranteed. We now install solar systems / Bathroom renovations.
FOURWAYS PLUMBING	Steve	011 705 2145 082 440 5111	Professional plumbers. We do: geysers, valves, washing machine connections, water leaks, storm water systems, roof flashings all at very competitive prices.
<b>POOL SERVICES</b>			
A-Z POOLS & REPAIRS	Martin	074 443 1429	Re-marbalite & new mosaics. Pump replacements. Filter replacements. Pool timers. Pool lights. Sand changes. Pipeline repairs or replacements. Pool maintenance. Once-off clean-ups. We can tend to all pool related problems! Supervision on site.
PALM POOLS & SPA	Jackie	072 132 5703 palm_pools@palm_pools.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.
<b>RECYCLING / WASTE MANAGEMENT</b>			
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.

<b>RESIDENCY PROGRAMME</b>			
CYPRIO REALTY	Jenny	+27 (0)83 448 8735 RSA +357 965 92 444 Cyprus www.cypriotrealty.com	The best Residency Programme in Europe. Residency Permits now issued in 6 - 8 weeks. Special inspection trip offer. Cyprus really is the perfect choice!
<b>RELOCATION / REMOVALS</b>			
CLUTTER CLEANERS	Vicky	082 898 7086	We have a Bakkie that moves miracles...we take anything from furniture to odds and ends, from deceased estates, emigrating or just spring clean. If you are clearing out please call us!
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.
<b>RESTAURANTS</b>			
GOOD TASTY RESTAURANT SUSHI BAR		011 469 4994 072 634 1680	Shop 2, The Valley Shopping Centre. Order from Mr. D.
LOKKUM		066 407 5179 www.lokkum.co.za	Mediterranean Restaurant offers unique traditional Turkish & Mediterranean cuisine in an elegant atmosphere. Lake level, Fourways Mall.
VALLEY GRILL		011 468 4848 Menu on Facebook: <a href="#">Valley Grill</a>	Pizza, Pasta, Sushi, Wholesome Food - all eat in, take away or delivery to your door.
<b>SOLAR</b>			
CURRIES ENERGY		011 394 9696 sales@curries.co.za www.curriesenergy.co.za	We specialise in on and off grid solar and battery backup systems. Qualified electricians. Give us a call and one of our friendly staff will assist you.
<b>SCHOOLS / PLAYGROUPS</b>			
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).
BROADACRES ACADEMY HIGH SCHOOL		010 271 1700 076 2166 029 apply@broadacres.com www.broadacres.com	OPEN DAY Saturday, 9th April 2022, 09h00-11h30. Grade 7-9 in 2022. Grade 10 from 2023. Guided campus walkabout at 09h30, 10h00, 10h30 and 11h00.
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.
JUNGLE TOTS	Derri Philips	082 896 2251 derri@jungletots.co.za	Educational Play Group in Dainfern Valley. Fun filled morning from 15 months to 3 years. Available 2, 3 or 5 mornings a week. Stimulating, happy and safe environment. Small classes for individual attention. Run by a qualified teacher.
KID VANTAGE ACADEMY		078 983 0014 www.kidvantage.co.za	Open for 2022 - REGISTER NOW! Based in Dainfern Golf Estate. From 4 months to 5 years old. The program includes: Holiday care; extra murals; meals; extra security.
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.
<b>SPORT / RECREATION / FITNESS</b>			
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.

# DAINFERN ACTIVITY SCHEDULE

SA JKA KARATE	Bernard Buys (5th Dan, JKA)	083 709 9289	Expert professional JKA Karate instruction at the Pavilion.
<b>TRAVEL / TOURS &amp; DESITNATIONS / TRANSFER / TAXI / CHAUFFEURS</b>			
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.
BOTHONGO RHINO & LION NATURE RESERVE		011 957 0109 / 0106 / 0349 www.rhinolon.co.za	Come and visit us for the day or stay in one of our lodges
<b>TUITION</b>			
CoinED		www.CoinEd.co.za	CoinEd is an education provider that specialises in cryptocurrencies & blockchains. We've been teaching both children & adults since 2017, & work with some of the industry's biggest companies & brightest minds. Our vision is to inspire students of all ages to think about the weird & wonderful things that are becoming part of their world – starting with crypto. We're always thinking outside the block, & so can you! Visit www.CoinEd.co.za for more information.
LIMITLESS - Conversational English Tuition	Pamela de Robillard	084 567 8455 limitlessicza@gmail.com www.limitlessicza.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.
PIANO LESSONS	Elzabe Krynauw	073 178 6123	Piano lessons in the comfort of your own home! Practical (Adult or Scholar) from beginner to advanced; and/or Theory lessons from beginner to advanced (Royal Schools, UNISA and Trinity). For a reference call Louise: 082 465 3694
PRIVATE TUTOR	A . Mabutho	084 336 9492	Private Tutor in all primary subjects except Afrikaans. Geography also offered at High School level.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06h30 08h00	RUN/WALK FOR LIFE Clubhouse		RUN/WALK FOR LIFE Clubhouse		RUN/WALK FOR LIFE Clubhouse	KARATE Stuart Hulley Pavilion	
	TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	
08h00 09h00	ZUMBA Pavilion		YOGA Clubhouse	ZUMBA Pavilion		KARATE Stuart Hulley Pavilion	GLORY TO GLORY Pavilion
	TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	
						DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
09h00 10h00	ZUMBA Pavilion	FUN LEARNING WITH LEA Pavilion		ZUMBA Pavilion		KARATE Stuart Hulley Pavilion	GLORY TO GLORY Pavilion
	TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2 & 3 Pavilion	
						DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
10h00 11h00		FUN LEARNING WITH LEA Pavilion				DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	PANASHE FAMILY OF GOD CHURCH Pavilion
		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	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
11h00 12h00				TENNIS INC Court 3 Pavilion		DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	PANASHE FAMILY OF GOD CHURCH Pavilion
				TENNIS INC Court 3 Pavilion		TENNIS INC Court 1, 2 & 3 Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
12h00 13h00						DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	PANASHE FAMILY OF GOD CHURCH Pavilion
13h00 - 14h00	BRIDGE CLUB Clubhouse	TENNIS INC Court 2 Pavilion		TENNIS INC Court 2 Pavilion	TENNIS INC Court 3 Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
14h00 15h00	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion
	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	SOCIAL TENNIS	
15h00 16h00	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion		
	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	SOCIAL TENNIS	
	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion			
16h00 17h00	KUMON MATHS Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE Bernard Buys Pavilion	SOCIAL TENNIS	
	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		
	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion		
	YOGA Clubhouse						
17h00 18h00	YOGA Clubhouse				ADULT KARATE Bernard Buys Pavilion		
	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion		
	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion		
18h00 19h00	YOGA Clubhouse	SOCIAL TENNIS	YOGA Clubhouse				
	TENNIS INC Court 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion		
	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion	DAINFERN UNITED FOOTBALL CLUB Pavilion		
19h00 20h00	ADULT KARATE Bernard Buys Pavilion	BRIDGE CLUB Clubhouse	GLORY TO GLORY Pavilion	TENNIS INC Court 2 & 3 Pavilion			

**Please contact Colleen for your next advert or classified - 082 898 6566  
(Call & SMS) or email at [cobbie@global.co.za](mailto:cobbie@global.co.za)**

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## CONTACT

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