



IN FOCUS DAINFERN

Exclusive to Dainfern Golf Estate

Your community and service provider magazine since 2002

April 2022

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**Soapy
Smooches**
Mobile Pet Groomers

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FOURWAYS


RIVERSANDS
OUTLET PARK

CENTURY 21

Fourways



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IN FOCUS

DAINFERN

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Your community and service provider magazine

Since 2002

April 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.

Important Numbers

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Security Manager: Peet Trollip 011 875 0607

FOR INJURED BIRDS AND WILDLIFE:

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

REMOVAL OF SNAKES:

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

THE CLUBHOUSE

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

Estate Enquiries: Jill Terreblanche • 011 875 0451

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IN FOCUS
DAINFERN
 Exclusive to Dainfern Golf Estate

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"The morning had dawned clear and cold, with a crispness that hinted at the end of summer."

- George R.R. Martin

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"It is our collective and individual responsibility ... to preserve and tend to the world in which we all live."

- Dalai Lama



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In Focus
 Cover Photographic
 Competition



We invite all residents to enter into the Dainfern In Focus front cover photographic competition.

Please submit your photographs of landscape/wildlife or something of beauty from within the estate to cobbie@global.co.za

Winning photos will be placed on the cover for one month. Other entries that do not make the front cover will be used within the magazine.

To advertise in the magazine, please contact Colleen on 082 898 6566 or [at cobbie@global.co.za](mailto:cobbie@global.co.za)



DAINFERN
NATURE ASSOCIATION

ON THE STOEP

DNA Newsletter

It is a Team Effort



ANIMATED GALLERY

Its hard to believe that we are already in the month of April. This has been one of the busiest, wettest, season for many years, it has been rain, rain and more rain, and with the heavy down pours there is the never-ending river clean ups, which this year has been quite excessive to say the least. These challenges are not new to us, it is managing, and working as a team that always gets one through this.

continue on page 8


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brenda gilbert | 083 251 4452
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Maintenance

The DNA team have been busy with clean-up in these areas:

- Montague and Bentwood
- Saw Grass and Poplar Marsh
- Trent Stream and Trent picnic area
- Highgate
- Butterfly Walk
- Bush Baby
- Caffra

The 4th Bank and Grassland along the 4th Fairway, has also been cleaned up, the gully at 4th, cleaned and the small bridge has been mended by Thabo from maintenance, THANK YOU.



Iris Pseudacorus Yellow Flag Iris

Residents clean up

A big THANK YOU to the residents who were involved in the clean up of the river, this helped a lot.

Once the rains stop, and the weather cools down, a blits will have to be done down the gullies in Poplar Marsh, Trent and Rocky

Ridge streams. This must happen to remove the Yellow Flag Iris (*Iris pseudacorus*) which looks pretty, but is a perennial invasive plant of wetlands and other marginal habitats.

The stone pitching wall to hold the bank at the Combretum trail has also been completed, but lots of tiding up to do on that walk where the Gabions are situated by the low-lying bridge.



DNA Trophy

Would you like to nominate someone?

The Dainfern Nature Association awards this beautiful trophy to a person on the Estate who has performed an outstanding task in supporting the wildlife, plant life, bird life & community on the Estate. The DNA trophy has an honoured place at the entrance to the Clubhouse within the glass cabinet for all to view.

We welcome nominees throughout the year. Please email Colleen – cobbie@global.co.za

Birds and Beasties

During the month Egyptian Geese goslings were spotted crossing the road with no MOM.

THANK YOU to security who kept them safe in the Dam, to Dominique Bush for rescuing and Friends of Free Wildlife for rehabilitating them.



Above: Dominique waddling in the dam and safely taking babies to friend of Free Wildlife.

VIDEO LINK:
[Saving the Goslings](#)



Helen Bradley came to the rescue recently after a bird flew into a resident's bathroom window. Probably a bit stunned, but successfully flew off.

THANK YOU, Helen!



BAT TALK Feedback

Saturday, 12 March 2022

Those who took the trouble to attend were treated to an excellent talk by Sara Orchardson from Ecosolutions.

In an easy and lively way she spoke of the many misconceptions some people still have about bats. Getting stuck in people's hair, causing rabies and sucking blood. She showed photographs of the different bat species and played speed adjusted computer recordings of their calls.

She explained the fantastic system of Echolocation, not only to avoid solid objects, but also to catch their prey and locate their young. Particularly interesting is that a bat needs to eat its own weight in insects every night. When we see some of the large flocks of bats flying out in the evening and try to calculate the total weight of insects consumed in one night, the amount is not calculated in pounds, but in tons.

But the most interesting part of Sara's presentation was that there are moths that are able to neutralise the echolocation by using ultrasound. (Google: Moth mimicry: Using ultrasound to avoid bats).

Read more on bats in our Creature of the month further along.

continue on page 10

The Dainfern Wildlife Strategy Update

During the month of March, The Dainfern Nature Association, together with representatives of the Dainfern Home Owners Association, held separate meetings with Dr Kelly Marnewick (Tswane University of Technology) and Professor Neville Pillay (Wits University), in order to kick off the process to build and implement a Wildlife Plan for the Dainfern Golf and Country Estate.

Dr Kelly Marnewick is a specialist in building wildlife plans and is renowned for her expertise with predators. Professor Neville Pillay is a specialist animal behaviouralist. These experts have extensive experience assisting other estates, nature reserves and biomes with the setting up of relevant strategies. We look forward to their expertise in guiding us with the creation of the Dainfern Wildlife Strategy Plan.

Following these meetings, the actions identified that need to be carried out in order to design and implement a meaningful strategy include the following:

1. To survey residents to understand views on the wildlife on our estate and to encourage participation in the execution of the plan.
2. To set up camera traps in specific areas, to quantify and understand the species found in and passing through the estate.
3. To create a Wildlife Biodiversity Register from this information.

4. To create a map of the areas to show where wildlife traverses.
5. To embark on an active programme to educate interested residents on the wonderful diversity of species found in and around our estate.

Important Note

Please may we remind you NOT to feed or approach any wildlife that you see or encounter on the estate and instead to simply enjoy the sighting and where possible to photograph or video and to send to: wild-life@dainfern.co.za
roylail@vodamail.co.za
deidre@dainfern.co.za

We look forward to sharing the progress of this exiting project with you and will continue to update all residents as this process develops.

Dainfern Golf Estate

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Century Property Developments making waves in Riversands with the **FINAL PHASE** of Riversands Outlet Park

It is a well-known fact that Riversands has been bubbling under the surface for some time now. Development of the surrounding areas has been welcomed by the market, and constant and consistent upgrades to roads and services continue to add credence to Riversands becoming a commanding business district as well as a sought-after neighbourhood to live in.

Some years ago, Century Property Developments took a long-term view of the Riversands area, formulating a plan over time that would provide the market with exactly what it needed at the right time; a district that is already redefining commercial parks in Southern Africa. Developed to be a secure complex, Riversands offers a variety of commercial precincts allowing for light industrial spaces; warehousing; storage; showrooms; retail centres; commercial office space; schools; outdoor recreational spaces; as well as residential lifestyle apartments – all spanning over 237,406 hectares.

Riversands attracted the attention of retail giant Makro, who in 2017 opened their incredible Riversands branch. Massmart soon joined in, and in 2020 opened an impressive 75,000m² Distribution Centre. The Riversands Incubation Hub continues its quest in the development of the local entrepreneurial community with incredible results which remains a critical strategic imperative of the plans for this area – to uplift the local communities while providing world-leading property solutions to the market.

Riversands Outlet Park consists of several showrooms coupled with warehousing – and what a statement Century Property Developments is making. Premium offices, showrooms, warehouses and light industrial spaces was made available from mid-2019 to clients looking to make an iconic brand statement and find the ideal home for their business. Phase 1 is almost

completely tenanted at an impressive 95% occupancy rate, with a massive demand for the next (and final phase) to be released. Phase two is currently under construction, with several leases already in the pipeline.

Riversands Outlet Park serves as the architectural benchmark for the area, and the bar is not being set low. These premises tick all the boxes in terms of accessibility, visibility, technology and security! Tenants were able to choose from completed spec offices as well as customise their own tenant installation to suit their specific needs.

Once complete, Riversands Outlet Park will have in excess of 50,000m² of lettable space under roof. Designed to bridge the gap between light industrial and showroom spaces, Riversands Outlet Park offers it all. Units provide tenants with the perfect mix of warehousing, manufacturing, showroom and office space – it all depends on the tenant's needs. The 48 units in phase 2 range from 160m² right up to 4,300m². These units are leased at R72.50 per square meter, with flexible short-term leases also available.

Being a brand-new development, Riversands Outlet Park gave Century Property Developments the opportunity to design and plan this business park with a strong focus on creating a state-of-the-art facility in all respects of the phrase. From the best in security services and technologies, to green building technologies and energy saving process, Riversands Outlet Park is set to lead the way in defining a new-age business park. In addition to making use of green business technologies, Riversands is situated in an Eskom power supply area. This means that electricity is vastly cheaper than in other municipal areas, drastically reducing the operating costs of the business operating within it.

Century Property Developments welcomes an opportunity to discuss your business premises and its requirements. Our team will assist you in securing property that not only supports your business, but also adds value to it.

For more information on Riversands Outlet Park, contact Jessica on 066 477 8955, email on jessica@century.co.za or visit www.century.co.za

Final Phase: Now Launched!

RIVERSANDS
OUTLET PARK

World-class Showroom & Warehouse spaces

Located in Fourways, Gauteng (adjacent to Steyn City), these premises tick all the boxes in terms of accessibility, visibility, technology and security!

Riversands Outlet Park is a unique development for businesses wanting a functional space for storage, warehousing or manufacturing, as well as a showroom out of which to trade.

- ✓ Located in Fourways, Gauteng (adjacent Steyn City)
- ✓ Sizes range from 360m² to 5 000m²
- ✓ Close accessibility to the N1 & N14 highway
- ✓ The option of flexible short-term leases
- ✓ Customisable office suites
- ✓ Gatehouse with 24 hour security
- ✓ Space renting from R72.50 per m²
- ✓ Dedicated fiber network, power and water supply

Jessica: 082 937 4760

CENTURY
PROPERTY DEVELOPMENTS



Interim General Manager's Report

By Mr Peet Trollip

The Estate is alive with energy and we are excited about this next season.

AGM

We had a successful AGM on 10 March 2022 and congratulate Ms. Helen Bradley and Mr. Tjaart van Stryp on being voted onto our Board. We look forward to working closely with you. We have just completed our second SGM Budget Workshop and thank the residents that attended and engaged with us on our Budget.

Finance SGM

At the time of writing this report, the Finance SGM is scheduled for 30 March 2022. We will give you feedback on this soon.

Golf Course in tip-top condition

Golf Data, Turfnet, the Nature Association as well as the DHA maintenance teams have been hard at work to get our golf course and Estate in tip-top condition in time for our annual Men's Club Championship which took place on 19 and 20 March. It has been incredible to see the teamwork and commitment of everyone involved and we thank you for this.

We are thrilled at being able to host more events going forward right here on our Estate. We will be putting an events calendar together once our new budget is approved, so watch this space!

Men's Club Champion for 2022

We congratulate Rourke Laurysen on being our current Men's Club Champion for 2022, as well as Brody Leather and Josh Cunliffe who came second and third respectively. The Ed Holding Singles Knockout Champion is Richard Andriessen.



The Sunshine Tour Players Championship is set to take place from 18 – 24 April 2022.

This allows our amazing Estate to shine and we look forward to hosting this prestigious event once again.



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GROWTH IN DEMAND FOR PROPERTIES IN OUR AREAS

There has definitely been an uptick of movement in the areas of Dainfern and Fourways Gardens. Buyers are still very bullish on prices but, property is really moving quite quickly now, if the price is right. There is definitely opportunity once again for investors. Our rental demand is equally matching our sales demand. Rental homes are going quickly as many folk sell and go into rental properties. They do not wish to leave the area and are either waiting to move elsewhere or, move within the estates. In my opinion an investor who buys a property, does some nice renovation work and then rents it out, will secure a rental easily. The other opportunity is buying and flipping. We have not felt confident about this for some time but, now seems to be a good time to do this. There are enough buyers around to sell a neat beautiful home to. What does all this activity mean? Well, we can only hope and pray that the demand starts to exceed the supply and that we see property prices increase in the area. This is very long overdue as we have seen very static prices for an extended period of time. It is heartening to see the amount of young buyers coming into the area as well, and so the chain continues...



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PERSONAL AND PRAEDIAL SERVITUDES

What is a servitude?

The right of ownership is a real right bestowed on the owner granting him absolute ownership to use, possess, alienate and even destroy what he owns. A servitude is a limited real right that one person has over another person's movable or immovable property.

Distinction between personal and praedial servitudes

A personal servitude is a real right granting the holder thereof, in his personal capacity, the right to do something on someone else's property. Or he can prevent the owner of the property from exercising some or other ordinary power as the owner thereon. The three most common personal servitudes are:

- Use (usus);
- Usufruct;
- Occupancy (habitatio).

A praedial servitude on the other hand, is a registered servitude which one piece of land has over another piece of land. A praedial servitude is therefore not a servitude in favour of another person but in favour of another piece of land. One piece of land serves another.

Creation of personal and praedial servitudes

Personal servitudes are created by means of a notarial deed. There are however three exceptions

where it can be created directly in the deed of transfer. It may be reserved as a condition in the deed of transfer when the reservation is:

- In favour of the seller;
- In favour of the seller and his / her spouse, if married in community of property;
- In favour of the surviving spouse if transfer is passed from the joint estate and they were married in community of property.

Praedial servitudes are also created by means of a notarial deed. There are however two exceptions where it can be created directly in the deed of transfer. It may be created directly in a deed of transfer of land only if the servitude:

- Is imposed on the land transferred in favour of other land registered in the name of the seller;
- Is imposed in favour of the land transferred on other land registered in the name of the seller.

The above is a brief summary of personal and praedial servitudes and it is important to familiarise oneself with their differences and how they are created.

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



Chrisna Strydom
(LLB. UPE)



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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.

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 900m² to 1,700m². 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 600m² to 1,088m².

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

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 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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By Karen Schaefer Louw • 082 940 3571
karen@interior-decor-design.co.za •
www.interior-decor-design.co.za



Interior Decorating: Laying the groundwork

To reach the finish line, you first must know where you are going.

Do not start in the furniture store

Many have heard the advice to avoid grocery shopping when you are hungry, because it leads to poor choices. The same holds true for furniture stores – do not go shopping in a panic, just because you have an empty home. Yes, you need a sofa. But if you pick the pink-striped sectional just because you like it in the store, without taking measurements or thinking about the rest of the room, you are stuck with it. The rest of the room will have to be built around that sofa, and if it's too large for the space it will look forever awkward.

Start in the room you are looking to furnish, armed with a measuring tape and a notepad.

Know your measurements

Matching the scale of furniture to the scale of a room is critical. A deep sectional sofa can easily overpower a small room and svelte chairs can get lost in a wide-open loft. Before you start designing, measure the length and width of each room you intend to decorate, along with the ceiling height and elements that could get in the way – stairs, columns, and other obstructions. It is also a good idea to measure window openings, along with the wall space below, above and to the sides of each one, to get ready for window coverings.

The first mistake most people make is that they buy things that are the wrong size – sofas that do not fit in the room, sofas that do not fit through doorways, tables that

are too small, desks that are too big, nightstands that hang into the doorway. Carefully measuring your space can help avoid such problems.

Create a floorplan

Once you have the measurements of your room, it is time to put them to use with a floor plan that gives you a bird's eye view of the entire home. Every job should start with a floor plan. You need to know the space.

One option is to draw a floor plan the old-fashioned way, with paper, a pencil, and a ruler. However, most professional designers use drafting software like AutoCAD. In between those two extremes are apps that aim to make it easy for homeowners to create simple floor plans (some even automate measurements with your smartphone's camera, but double-check those numbers), including Magicplan, Floor Plan Creator and RoomScan Pro.

Once you have the outline of the space, start experimenting with the placement of furniture, making sure that the footprint of each piece is scaled to match the size of the drawing.

Decide how you want to live

This is the tricky part, and there are no right or wrong answers. Rooms can be traditional or modern, formal, or relaxed, and visually warm or cool. To the best of your ability, you must try to discern how you would like to live in a given space. What will you be doing? How many people live there? Are there children? What are your ambitions for how you would like to live?"

The decoration of a home for someone who regularly hosts large dinner parties, for instance, should be different from a home for someone who eats out at restaurants every night. The person who plans to host lavish fundraisers should have a different living room than the person who dreams only of crashing in front of the TV.

Copy the pros

Look in design books and magazines, as well as at online resources like Houzz, Pinterest and Instagram to sharpen your personal style. Figure out the style that you respond to most and develop a dossier of favourite images.

Once you have images you like, study the details. See where pattern is used versus where solids are used, and where colour can be used successfully or not. It will also help inform everything from the type of furniture you might like to a potential strategy for window coverings.

Tape it out

To take ideas on a floor plan one step farther, use painter's tape in the real space to outline where furniture will be placed on floors and against walls.

We use blue tape on the floor to box out different elements. Where will the rug be? Does it need to be cut? How far is the coffee table coming out? Even though you have everything down to a sixteenth of an inch on a furniture plan, there is something helpful about visualising it in the space and being able to walk around.

Develop a budget

There is no getting around the math: If you splurge on an unexpectedly expensive chair, you will have less money available for the rest of the home. You want to make sure you're being strategic about how you spend your money. A budget gives you a roadmap for how to divide the costs of things between rooms.

Plan the Phases

Finishing walls, refinishing hardwood floors and painting ceilings is all messy work. If possible, it is better to have this type of work completed before moving any furniture or accessories into the space.

If it cannot be avoided, seal large furniture under plastic drop cloths and accessories in boxes with tape to protect them.

Next Month: We plan per room!

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Little Grebe

Tachybaptus ruficollis

The **Little Grebe** - also known as the **Dabchick** - is occasionally observed in Dainfern, usually in one of the ponds and dams on the estate with vegetation, which is where it can hide from its prey. It is seldom seen on the river as it generally avoids fast flowing water. As a diving species and a skilful swimmer it is able to pursue its fish and invertebrate prey underwater.



The adult is easily identified in summer as it is mostly dark above and has a rich rufous neck, cheeks and flanks and bright yellow gape.

The bird also has a distinctive far-carrying call, sounding like a rapid weet-weet-weet, which has been likened to a horse whinnying. In non-breeding plumage the rufous is replaced by a brownish-buff colour, but even then the small size of this bird makes identification relatively easy. It has the habit of sitting in the water with its rump positioned higher than its back.

Keep an eye open for this enigmatic species on the estate. As long as our dams are in good shape they will be around!



(Above) Little Grebe breeding plumage /
(Top) Little Grebe non-breeding plumage

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by Geraldine Harris

Don't buy illegal plants

(Part 2)

The poaching of plant species also happens close to home. In spring and early summer, you will find the **Sacdoxus puniceus (Paintbrush Lily)** being sold on the side of the road.



(Above) Sacdoxus puniceus (Paintbrush Lily) /
(Right) Aloe marlothii (Mountain Aloe)

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.

Another plant being targeted locally is the **Aloe marlothii (Mountain aloe)** trailer loads of these are sold on the side of the road.

Ironically this plant is easy to grow from seed but the larger specimens which take time to grow to a desirable landscape size are sought after and stolen from the wild. The removal from the natural

environment has a knock-on effect on the birds that depend on the nectar for winter feeding and insects and other creatures that get shelter in the plants.

I encourage you to not support these sellers and if you are offered plants for sale, please ensure that the seller can verify the origin of the plant. There are many local indigenous nurseries where you can find interesting specimens for your garden, including **Random Harvest Nursery** and **The Aloe Farm** near Hartbeespoort.

Suspected illegal selling can also be reported to the **Green Scorpions** on 0800 205 005

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By Himkaar Singh • The Compost Kitchen
www.icompost.co.za or contact info@icompost.co.za

Easy Composting

Last year we reported on the South African **The Compost Kitchen** business being selected us one of the **300 World Best Practices on Sustainability and Innovation** by the United Nations. This time, The Compost Kitchen has something even more exciting!

Since starting their journey in 2019, The Compost Kitchen found 1000s of people who instinctively feel that it is wrong to throw organic waste in the bin and they are actively looking for ways to avoid their food waste going to landfill. However, most of them haven't found the right solution that meets their needs yet...

The simplest way to compost food scraps at home is to have a compost heap in the garden, but most people are looking for a solution which has no odour, no flies, no vermin and no mess. The Compost

Kitchen believes that if we can make composting so convenient that it can be done at the touch of a button, more people will take it up. They think technology is the solution.

Their new product 'iCompost' uses technology to turn your food waste into compost at the touch of a button. All you have to do is put your kitchen scraps into the machine every day, press START, and when you wake up in the morning you will have rich compost that you can use in your plants.



How does it work?

- Step 1.** Put all types of food waste gathered throughout the day, including coffee grounds, tea bags and egg shells.
- Step 2.** Press Start. In just a few hours, its odourless and low-noise technology transforms your food waste into compost.
- Step 3.** The result: a dry, natural and nutrient-rich soil amendment for plants, lawns and gardens.

Pre-order

your iCompost on their website and support a Dainfern start-up who's actually creating solutions to our biggest problems.

<https://www.icompost.co.za/>

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Cleaning

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www.icompost.co.za

They named the solution iCompost because they believe each of us need to take responsibility for our waste ourselves. Many of us are waiting for government to provide a free solution but that is unlikely to happen anytime soon in an emerging economy like South Africa, so "i" need to compost my food scraps at home".

In their collection model which they've been doing for 3 years, they realised that organic waste is 90% water so we're actually just trucking around water - which is inefficient. Although there is a net benefit of ensuring the organic waste gets composted rather than landfilled, they think the whole way society manages our waste needs updating. They believe that our food waste should be composted at our own homes, which enriches our soil instead of filling the landfills.

THE compost KITCHEN



We collect and recycle your organic kitchen waste too and return it to you once our hungry earthworms have transformed it into 'vermicompost'.

For more detailed information visit www.compostkitchen.com/knowledge or contact info@icompost.co.za

Bats: Nocturnal Allies

I have this crazy hobby of making short videos on Nature subjects. I started off with a 12minute video on the Praying Mantis, The Egg Eating Snake, the Namib Desert, the Green Backed Heron, the Bontebok, Flamingoes, Bushbabies, The Pin Tailed Whydah, Underwater sequences of Dragonflies and Mouthbreeding Tilapias, the Kitlitz Plover and any creature that fascinated me.

It was obvious that sooner or later I would make a video about bats but I had no idea where I could get some decent sequences of bats in the wild.

It all started when I was visiting some friends at Freeme. I heard a man called Nigel Fernsby talking to some of the ladies about a bat cave in America near the cotton fields. Apparently this cave housed between 3 and 4 million bats and each night they would fly out and eat the harmful insects that would eat the cotton plants. It was said that if it was not for this bat cave there would be no cotton industry. I was fascinated by this man and asked him if he would be willing to speak about bats in a movie I wanted to make. He was very helpful and some days later I went to his farm near Pretoria and filmed him speaking about bats and bat houses that he made. He also gave me the number of a lady who looked after injured bats. I went to her house and she had a number of bats and showed me how she fed them and looked after them. It was nice seeing that while she was holding a bat you could see that it was actually echolocating. Nigel was a past chairman of Bat Interest Group, but later I met Julio Balemo and his wife Erna who had taken over the chairmanship and I filmed them as well.

I now had some wonderful scenes but not enough for a complete video. I felt that I needed some scenes of bats in flight. I went to several bat caves but was unable to get decent shots.

I was due to go and visit my sister who lived in America and I was going to celebrate her 90th Birthday. At the same time I found that only 80 miles from where she stayed there was a bridge where one and a half million bats lived. Every evening large numbers of people would come and stand on the bridge to see the bats fly out. My sister asked if I wanted to go to Las Vegas while I was there, but I said that she should rather get me on that bridge with my camera and she did. She and her

daughter, Yvonne booked 3 nights for us in Main within walking distance from the bridge over the Colorado River.

I got some decent shots that finished my video "Nocturnal Allies" and it was a wonderful experience.

There was another phenomenon that I wanted to include but it was too difficult to put it into "Movie Language".

This was an amazing adaptation about something so strange it fascinated me and still does. It deals with moths that are usually the perfect prey for bats, The bats fly about emitting their Echolocating rays that would touch the moths and bounce back to the bats who recognise their prey and fly in to consume. But now scientists had discovered that the moths were fighting back. Apparently as soon as the moths hear the sound of the echolocation rays they start emitting an ultra sound that somehow cancels out the echolocation.

VIDEO LINK:

"Nocturnal Allies"

Please watch and enjoy my video NOCTURNAL ALLIES by clicking on the link above.

Free Wildlife Update

69 Rose Road (Cluny Farm), Kyalami, Normal times: 8-5 everyday



Her name was Lola...

On 14 February, Free Wildlife volunteers Janice and Willem got a call from a lady in Crosby, Johannesburg to say that they had found a young vervet monkey (*Chlorocebus pygerythrus*) in their house, and could it be rescued.

The little vervet was between three and four months old and was probably a former 'pet'. She needed hands-on care and reassurance – in the absence of her mother and older vervets in her troop – as well as a warm place to sleep and the correct diet. But what she really needed was to get back to the wild. Free Wildlife's CEO, Margi quickly organized a place at the Vervet Foundation in Tzaneen, Limpopo for dear Lolabean – for so she would be named by the Foundation upon her arrival. Willem did the five-hour drive to Tzaneen, feeding Lolabean sunflower seeds, nuts and fruit and holding her little hand throughout the journey.

We're glad to report that Lolabean was instantly at home and happy at the Foundation in the company of other vervets, and receiving expert care, and barely looked back.



Feathering the nest

This story originally aired on 20 March 2022

VIDEO LINK:

[Interview with Margi from Free Wildlife](#)



Margi: 082 561 3681

info@freewildlife.co.za

Facebook: [friendsoffreewildlife](#)
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Autumn Gardening



Look for natural breaks between the main root systems and divide. Ref. www.marinij.com/

Garden chores for this month

- Overseed lawns which get frosted. Aerate compacted lawns every few years using a spike roller or a garden fork. Water in Vermi-pellets.
- Split large clumps of rhizomatous and bulbous clump-forming plants like watsonias, wild garlic, dietes (wild iris) and agapanthus. Divide overcrowded or tired-looking groundcovers and perennials like gaura, perennial lobelia and phlox; replant the younger outer growth in well prepared soil.
- Clean out water features and paint if required.

- Deadhead spent Rose blooms and use a preventative spray for downy mildew during cool, damp periods.

On your to-do list for April

Plant & Sow

- Plant easy-to-grow beauties such as calendulas, primulas, poppies, pansies and violas, and Namaqualand daisies.
- Sow sweet peas and vegetables such as broad beans, peas, cabbage, carrots, cauliflower, onions, and turnips.
- Harvest root vegetables such as potatoes, beetroot, and carrots. Dry them out over a few days and then store them.
- Now's the time to prepare your bed for sowing sweet peas so you can look forward to filling your home with these fragrant blooms come Spring.

Neaten up

- Prune hedges into shape.
- Deadhead Roses to encourage more flowering into the cooler season.
- Spike lawn areas where the soil is compacting to allow time to recover before the cold season begins.

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COMMUNITY NEWS

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

BAGS OF ♥ Community Outreach

in the Dainfern Community

OPERATION "COVER-UP"

As we head towards winter (and we've heard it's going to be a really cold one), we are doing an "early" BLANKET DRIVE so we can jump in timeously to assist those in need of some warmth.

Please drop blankets and warm clothing (as well as soup mixes and dog food) every Wednesday at 1361 Woodgreen Way Highgate West or 1811 Westwood Drive in Spyglass.



ANIMATED GALLERY

sandwiches along with fruit, hard-boiled eggs and soup mixes, all of which go to a couple of destitute families. **Christine MacGaskill, Ingrid Conroy and Louise McCrystal**....we are ever grateful for your dedication!

BAGS OF ♥ Donations

Yet again, March has been a month of extremely generous donations from various sources within and outside Dainfern.

Resident **Michelle Chick** as always, has contributed substantially to Bags of ♥ by delivering branded clothing and caps and banners. She also donated 100 brand new plastic tables, 200 chairs and 200 wash basins for children which have been distributed amongst 4 creches and villages in Gauteng and Limpopo. This huge donation has been received with open arms by all concerned. Michelle also frequently has large amounts of flour and Pro Nutro cereal delivered to us – just amazing!

There are three other ladies who have continued throughout the past two years to make and deliver (on a weekly basis)

MADD ABOUT COOKING
 Resident foodie, Sonia Desai, will take you on a delicious interactive journey across the Mediterranean.

Reserve your place
INTERACTIVE COOKING CLASS
 You'll cook and eat your delicious meal for lunch, with a glass of bubbly.

LEARN HOW!
 Spicy Marinated Chickpeas - Marinated olives
 Roasted butternut squash with lentils
 Creamy cherry tomato herb salad
 Roasted bread with yogurt & preserved lemon
 Lamb kofta - Chicken skewers - Hummus
 Tzatziki style salad - Flat bread - Labneh
 Mint & pistachio olive fudge cubes.

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MADD ABOUT COOKING

The ever-creative MaDD ladies of Dainfern raised in excess of R20 000 for the children of Thabo Mbeki Informal settlement. This was achieved by the "MaDD About Cooking" event which 25 ladies attended and followed resident Foodie **Sonia Desai's** demonstration & recipes to provide an exquisite Mediterranean lunch. It was loads of fun and enjoyed by all. Look out for future events which promise to be just as much fun for worthy causes!

HELPING Dainfern Youth to Thrive!

Dainfern Connect launched on 3rd March and has commenced the "Youth Circles" for teams in Dainfern which have been well attended. These sessions take place at Dainfern Clubhouse from 11h30 – 13h30 on Saturdays and are sponsored by



Brenthurst wealth. The monthly talks on various topics of mental health, enabling adolescents to thrive, will be sponsored by **Bitalian**.



Talk on Substance Abuse

On Wednesday 6th April, at 18h00, Dainfern Connect will host two speakers on the topic of Substance Abuse.

Dr Natalie Cordeiro, a Dainfern resident who also has experience with working in the area of Substance Abuse and studied psychiatry as her Post-Grad, will be speaking on the subject and how it is inextricably linked to issues of low self-esteem and image.

Dr Natalie is offering pro bono one-on-one sessions in her rooms in Mulberry Hill every Monday-Thursday from 16h00 half an hour.

Quintin Menegke has 15 years' experience in the field of Substance Abuse management and has compassion to help both the victims of addiction as well as those who are stuck in active addiction. **Services that he offers to the Dainfern community:**

1. Drug Awareness education talks and presentations.
2. Family counselling and support.
3. Family intervention at request.
4. Individual counselling and support for the addict.
5. On-site drug testing.
6. Referrals to treatment centres, detox and secondary care facilities.
7. Relapse Prevention and after care mentorship programs.
8. Partnership with trustworthy sources in SAPS.

Entrance is free and snacks (excl. drinks) will be provided. **Please RSVP** Susan Harwood on 083 228 2546 **before 3rd April.**



Ladies Golf Update

The ladies section of golf had a busy golf calendar planned for the month of March, however, the rain did not help with all of our plans.

We have brought back the Tuesday and Friday morning Ladies Golf and this is proving to be increasingly more successful each week. Please contact Hilary Peche 082 455 1296 (Ladies Captain) if you would like to join us.

St Patrick's Mixed Open

Our very successful St Patricks Mixed Open was held on Sunday 13th March, and the field was full of green outfits and a lot of fun was had by all.

We had 72 golfers for the competition. Brenda Gilbert & Hamiltons we really appreciate your ongoing sponsorship of our Mixed Open.

The competition was a 4 ball alliance 2 scores to count, with one "Luck of the Irish" hole which enabled a double score. **The results were: 1st Place** Grant McCann, Kirendra Naicker, Carosin Buitendag & Nicole Harty - 91 points; **2nd Place:** Pieter & Elmarie Lochner, Dennis Joseph & Elaine Aiken - 87 points; **3rd Place:** John & Gillian Nicholson, Kevin & Penny Bassett - 86 points. A wonderful Irish Supper (Six 33 you were amazing) followed prize giving and we were serenaded by beautiful Irish music.

Kaye Lyness very generously donated a bottle of Jameson Irish Whiskey which was put into a Lucky Draw and the winner was Mike Ives.



Mixed Open

Our next Mixed Open will be on Sunday 10th April 2020 – look forward to seeing you there.

Ladies Open

Unfortunately our Ladies Open on Tuesday 15th March was cancelled due to rain but we look forward to our next Ladies Open on Tuesday 12th April. Please book with the Concierge Desk if you would like to join us.

Our Golf course is certainly looking amazing and we would like to thank all the greens staff who work so tirelessly to maintain our high standard.

See you on the course.

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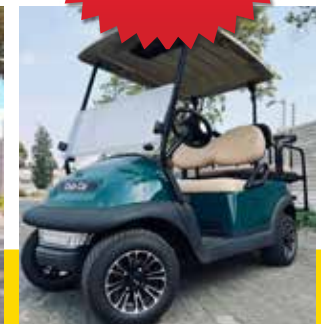
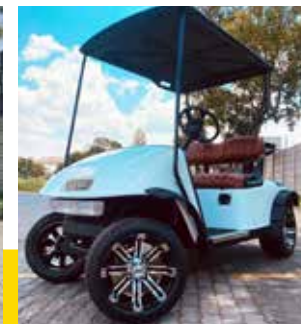
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DAINFERN ACTIVITY SCHEDULE

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

BRIDGE CLUB – Ann Ayre 082 467 7256 / annayre82@gmail.com
 DAINFERN UNITED FOOTBALL CLUB – Marco da Rocha 082 537 9407 / marcod24@gmail.com
 FIT CAMP – Pulane 083 600 5728
 FUN LEARNING WITH LEA – Michelle McCarter 082 550 8448 / mccartermich@gmail.com
 GLORY TO GLORY – Katherine 073 914 5523
 KARATE – BERNARD BUYS 083 709 9289 / bernard.buys@mweb.co.za
 KARATE – STUART HULLEY 083 417 6315
 KUMON MATHS – Kathryn Warmback 082 857 5319 / kwarmbackkumon@gmail.com
 PANASHE FAMILY OF GOD CHURCH – Christine Gwaze 062 523 1850 / joseph@panashegroup.com
 RUN/WALK FOR LIFE – Shane van Jaarsveldt 082 601 0499 / dainfermam@runwalkforlife.co.za
 TENNIS INC – Sam White 083 407 2859 / sam@tennisinc.co.za
 YOGA – Kylie 072 825 2589 / kylie.colemans@gmail.com
 ZUMBA – Javiera Duran 081 705 1553 / jeduran@gmail.com



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SOULFUL HEALING RETREAT

Feedback

Release | Restore | Rebalance



On the 25th of March we held our first woman's Soulful Healing day at the beautiful Toadbury Hall – in the Cradle of Mankind (15 minutes from Dainfern).

The day was all about Releasing, Restoring and Rebalancing emotionally, physical and spiritually.

Morning coffee was served with a delicious hot muffin and a welcome talk. The ladies started the day with a fun stretch class to warm up the body, thereafter Pam went straight into a meditation class.

The morning session ladies were treated to a reflexology treatment by Colleen on a beautiful secluded island by the river, nearby Wildwood Brasserie where the day was hosted. Only the sounds of the running river and birds could be heard which instilled calmness and relaxation.

VIDEO LINK: [Tranquil setting](#)

Sessions throughout the day consisted of:

- **EFT** – Emotional release tapping therapy which heals emotions and calms the mind.
- **Gratitude's** – How we can use the law of attraction to help create the life we want to experience?
- **Power of the mind** - How thoughts create our reality and how to recognise your limiting beliefs and release and replace them with empowering beliefs?

- The **importance of our emotions** and how they influence our actions.
- **Letting go therapy** of the negative emotions of fear and anxiety stuck in our subconscious minds.
- **Visualisations** using **Quantum physics**, raising your vibrations to put out the energy of your deliberate thoughts.
- Afternoon **reflexology and meditations**: Bringing your body, mind and & spirit into balance.
- **Question and answers.**

Stress takes its toll on our bodies, mind and spirit causing disease, anxiety, depression and much more ... If you need to be revitalised contact us for a Soulful healing day retreat! Or individual sessions.

Reflexology

- Colleen 082 604 3996 (Resident)

Transformational life Coaching

- Pam 082 604 3996 (In the area)

Soulful Healing Day Retreat

- Pam 082 604 3996

Sponsors: We would like to say thank to Tracey Blythe from Chapters who provided each of the ladies with a beautiful scented candle gift: www.chapters.company - 079 036 7638
• 2 lucky ladies won a reflexology voucher and a transformational voucher in our lucky draw.

SOULFUL HEALING RETREAT

Living in these uncertain and stressful times takes its toll on our bodies, minds and spirits. Take a day out in nature's sanctuary to upgrade your Self-Worth and improve your life!

Friday, 8 April 2022 | 8:00 - 17:00
Toadbury Hall, Cradle of Mankind



Colleen Kreser
Reflexology Therapist



Pam De Robillard
Transformation Life Coach

The day will include:

- Morning coffee and a muffin
- A gourmet picnic, compliments of Toadbury Hall's chef
- A balancing and healing Reflexology session in the tranquility of nature to promote healing and physical, mental, emotional and spiritual well-being
- 5 Transformation Life Coaching sessions that will release all negative subconscious beliefs and destructive emotions of fear and anxiety to empower you to live the life you deserve!
- **Optional:** enjoy a stay-over at Toadbury Hall Country Hotel

Price: R1250 | Bookings: 084 567 8455
www.limitlessticza.com

Technical Tip General Health & Fitness

There are three standard indicators that you can use to assess your level of general health and fitness. While these are not all inclusive and certainly don't apply to professional athletes, they are nevertheless great tools to use personally to keep an eye on your general health. If you find that you exceed any of these base metrics, please contact your doctor for a professional opinion. Also remember that other factors can have temporary effects on these ranges - having influenza or Covid-19 will have an impact.

Factor 1 - Hip to Waist ratio (H2W)

This is an important measurement because it is a good indicator of visceral fat. This is the fat which resides in the abdominal area is more closely linked to chronic diseases such as coronary heart disease, hypertension and diabetes. Simply measure all the way around your hips and then take another measurement in line with your navel and then divide the WAIST value by the HIP value and compare the result with the table below i.e. if your hips are 100cm and your waist is 80 - then $80/100 = 0.8$ (Excellent). Should your Waist to Hip ratio fall into the "At Risk" category as per the W2H Ratio table below, please consult with your doctor or health professional.

HIP TO WAIST RATIO TABLE				
Gender	Excellent	Good	Average	At Risk
Males	< 0.85	0.85 - 0.89	0.90 - 0.95	> 0.95
Females	< 0.75	0.75 - 0.79	0.80 - 0.86	> 0.86

Factor 2 - Blood pressure (BP)

Blood pressure is important because the higher your BP, the higher the risk of future health problems. High BP puts extra strain on your arteries and heart, and this can lead to a heart attack, stroke, kidney disease

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 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.

or dementia. Should your Blood Pressure fall in the High Blood Pressure Stage 2 or higher, as per the table below, please consult with your doctor. A simple cuff type blood pressure device can be obtained from your pharmacy and that would be adequate for keeping a track for your personal records.

Blood Pressure Table			
Blood Pressure Category	SYSTOLIC mm Hg (upper number)	AND	DIASTOLIC mm Hg (lower number)
Normal	< 120	AND	< 80
Elevated	120 - 129	AND	< 81
High Blood Pressure (Hypertension) Stage 1	130 - 139	AND	80 - 89
High Blood Pressure (Hypertension) Stage 2	> 140	AND	> 90
Hypertensive Crisis (Consult a doctor immediately)	> 180	AND/OR	> 120

Factor 3 - Body Mass Index (BMI)

BMI is important as it is widely regarded that your chances of having a longer and healthier life are improved if you have a healthy BMI. A high BMI will increase your risk of developing type 2 diabetes, as well as other metabolic diseases such as hypertension, high cholesterol and heart disease.

So what's the upside?

Get active - it has been scientifically proven that as little as 30 mins of reasonable paced walking, 3 or more times a week will have measurable effects to all of the three factors above. The first 9 holes of our golf course in our estate is approximately 4,5 km and is a perfect place to walk when golfers are not actively playing - if you can do this without strain i.e. being able to hold a conversation with a friend or partner while walking and in a time of less than 60 minutes - you will be doing yourself a world of good in the medium to long term.



Contact **Shane van Jaarsveldt** on 082 601 0499 or at dainfernam@runwalkforlife.co.za

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UKA SOUTH AFRICA

Dainfern Golf Estate Residents Classifieds

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

PLEASE NOTE:

All information for the residents classifieds must be in by the 20th of each month (strictly). Glen Publishers offer a service to residents and they in no way endorse any of the products or services offered. All classifieds will be renewed every two months.

Appliances

PRECISION APPLIANCE REPAIRS We do repairs and maintenance to all makes of Home Appliances, such as stoves, fridges, freezers, washing machines, tumble driers, microwave ovens as well as services and installations of Air Conditioners, trust us for reliable and efficient service guaranteed. Contact us for a free quote, no call-out fee - Michelle 065 633 1368.

Beauty

Mobile Beauty Treatments We bring the spa to you! For special occasions, Birthdays, Bridal and Baby Showers, Pamper and Kids Parties. Denise – 0825617269 *Note: Strict COVID 19 protocols applied.

Clothing

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

Employment

DOMESTIC WORKER / HOUSE KEEPER

SENZIWE - a hardworking, reliable 42 yer old lady seeks Tuesdays and Thursdays. She already works Mondays, Wednesday and Fridays in Dainfern. She does cleaning, washing and ironing. Please contact her on 073 546 5629

DOMESTIC Wendy has worked for me for many years now. She is pleasant and cleans very well. She is available on Monday, Tuesday and Wednesdays. We travel a bit and so can be flexible. Please contact me, Helen on 082 780 9891 or Wendy on 084 454 8310

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.

Food and Snacks

GREAT BILTONG with free delivery. Great snack for the whole family or for lunch boxes. **SNAP STICKS** - Trad/Chilli/Spare Rib/Chutney; **SLICED** - TRAD/CHILLI; **WHOLE STICKS**; **DRY WORS**. Whats app me for a PRICE LIST 074 179 5558 Vanessa Rout.

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

Medical

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

REFLEXOLOGY (in Hampstead Village) Relieves stress and tension - Improves blood and nerve supply - Assists the body to heal from health conditions. Gift vouchers available. Contact Colleen 082 898 6566.

Pet Care - Nutrition

UME HOLISTIC DOG FOOD, full of nutrition and delicious! Easy meal form, just add warm water and you will have

dogs begging for more- for young and old! Contact Vicki on 072 025 0931.

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

Tuition

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/KXoL4QTguT104bkzgm7Dd>.

Contact Himkaar Singh, himkaar@gmail.com, www.compostkitchen.com/astromony

TODDLER STIMULATION Do you have a toddler who needs to be stimulated? Qualified experienced teacher offering private morning lessons. Developing fine & gross motor skills needed for school. Ages 4-6 years old. For more information, Call Chantelle 082 9670 270

ENGLISH LESSONS FOR ADULTS. Are you a foreigner and looking to improve your English communication skills? Qualified experienced teacher, offering private morning lessons. For more information, call Chantelle 082 9670 270.

COLLEGE PATHWAYS & CONSULTATIONS: I have over 20 years of experience supporting students on worldwide university selections, applications, and essential qualifications. What is your best-fit college? How can you make a four-year plan leading to your dream school? Oxbridge, Ivy-League, Russell Group, Common Application, NCAA Athletes, Netherlands, Scholarships, and Financial Aide need some guidance? Contact Ms. Johnson at 076 293 4242. I am located in Dainfern Golf Estate.

FIRST AID Certifications and Credentials: Improve your resume and college applications with certifications in First Aid, CPR, Life-Guard Training, PADI, and GUE Diving Courses. Contact Dino at 079 548 2838.

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PRIVATE TUITION Qualified, Experienced Teacher / Offering Morning & Afternoon sessions or Adults & Children - English Specialist - Home Schooling - All Ages/ Grades - All Subjects (excl Gr 10-12 Maths/Science) - Homework Assistance - Test/Exam Preparation - Study Skills - Needs Tailored to suit your child. Contact: Chantelle 082 967 0270

Service Providers: The Listings

AIRCONDITIONERS			
AA CURRIES HOME AIR-CONDITIONING		011 394 9696 sales@curries.co.za / www.curries.co.za	Sales, repairs and maintenance of all aircon brands. Agents of Samsung, Alliance Air, LG, HiSense and York. Qualified technicians. EST: 1976
APPLIANCES			
PRECISION APPLIANCE REPAIRS	Michelle	065 633 1368	We do repairs & maintenance to all makes of Home Appliances, such as Stoves, Fridges, Freezers, Washing Machines, Tumble Driers, Microwave Ovens as well as services & installations of Air Conditioners. trust us for reliable & efficient service guaranteed. Contact us for a free quote, no call-out fee.
ATTORNEYS / CONVEYANCERS / NOTARY			
CHRISNA RICHE Attorney,Conveyancer and Notary	Chrisna Strydom (LLB. UPE)	011 465 3809/ 083 5300 465 chrisna@richeattorneys.co.za	Specialising in Conveyancing and Property Law. www.richeattorneys.co.za
BEAUTY / BODY / HAIR / NAILS			
BODIOLOGY	Adrienne	082 572 5857	International Skin Technology - Skin rejuvenation, sun damage, wrinkles. Please phone for an appointment.
MOBILE BEAUTY TREATMENTS	Denise	082 561 7269	We bring the spa to you! For special occasions, Birthdays, Bridal and Baby Showers, Pamper and Kids Parties. *Note: Strict COVID 19 protocols applied.
BUILDING CONTRACTORS / HOME MAINTENANCE / PAINTERS / ARCHITECTS			
ADAM PAINTERS AND RENOVATIONS	Adam	071 073 3575	We do painting, tiling, and house renovations. References available in Dainfern. Your future is our concern.
AUSTIN RENOVATION PAINTING, TILING & MAINTENANCE	Austin	078 244 8531	Experienced handyman: Building, plumbing, renovations, painting, tiling & maintenance. Good workmanship and reliable. Ref available Dainfern Area & Fourways. We also offer Tree cutting.
BRILLIANT PAINTER	Jerry	072 313 6778	Outstanding work: brick work, electrical with coc, tiling, paving, plastering, rhinolite, damp proofing, ceiling repairs and renovation. Ref. Cathy 011 469 0265.
CARE CONSTRUCTION AND PAVING	Ian	083 250 3736 Office 011 469 4300 ian@careconstruction.co.za	We specialise in new houses, additions & alterations, paving, painting & all your building requirements, no matter how big or small. Over 30 years experience. www.careconstruction.co.za
CARPENTRY SPECIALIST	Claude	083 378 0896	Folding door, sliding door patio enclosures, new door and window installations, timber restorations and associated home maintenance. All work supervised.
DAMPSTAR	Andrew Kennedy	011 027 2591 info@dampstar.co.za	Damp-proofing, Waterproofing and Painting Specialists. Over 25 years experience. All work guaranteed. Free inspection and quotation.
FE TURNKEY SOLUTIONS	Mole Fe	083 263 1193	For development, construction and maintenance. CIDB, NHBC, Master Builders and B-BBEE level 1 accredited.
GIFT THE RENOVATORS & BUILDING PROJECTS	Gift	060 426 6303 gifttherenovators09@gmail.com	We are professional specialists in Painting, ceiling installations, House Renovations, Building and Paving References available . For more info please contact us.
GREATFUL HANDYMAN	Walter	061 215 8134 www.greatfulhandyman.co.za	Building, alterations, handyman, painting. Check us on our website.
HANDYMAN	Steve	076 823 6847	British tradesman for all the jobs you hate!! Building, Total house Renovations, Wooden Flooring, Painting, Cupboards, Damp Proofing, Tiling, Plumbing, Roofing, Ceilings, Kitchen & Bathroom renovations & electrical work, plastering, paving & alterations. No job too small. Offers a friendly & reliable service.
HANDYMAN	Fernando Cardenas	083 263 8769	Bathroom specialist. All repairs. Renovations, building and bathroom specialist. Reference available.

HOME MAINTENANCE	Greg Woolcott	084 314 1158	Painting, damp-proofing, plumbing, cleaning, sanitising, wall papering , property maintenance and more. We have a reliable crew and project manager to over see.
HOME PROJECTS	Sidney	084 843 8258	Are you moving out of your existing home and need those odd jobs completed or moving into a new home? We specialise in all handyman jobs, painting and tiling. No job too small. We also collect rubble and garden refuse and any clutter accumulated over the years.
HAPPY CARPENTRY AND WOODWORKS SERVICES		084 971 3843	Kitchen unit built in cupboards- BIC wardrobes and shelves-hanging doors- decking and laminated wood floors- ceilings – dry walling and cornices- tiling and painting. Repairs and maintenance. Free quotation any time- good workmanship.
INVESTMENT HOMES	Robert Sova	082 828 2834	Construction and project management. New homes, alterations and renovations.
LENEAH PROPERTIES	Leigh Neria	082 303 2364 079 887 7842	DIY / Renovations / Minor Construction. Interior Rearrangement / Organising. Full Potting & Decorative / Outdoor Paving. Irrigation Installations. Swimming Pool Installations / Repairs. Property Investments. Please note: We are not Estate Agents or Financial Lenders / Providers.
L.M. PROJECTS	Lungi	078 559 0970 074 654 3555	Painting, plastering, alterations, ceilings/partitions, cornice, tiling, electrician and waterproofing.
MOBILE RENOVATION		062 043 6995 mobilerenovations90@gmail.com abelmneni7@gmail.com	specialise on the following Office cleaning/Double stores cleaning / All cleanings services/Building Renovations / Plastering /Electrical/Plumbing/Paintings /Paving/Tilling/ Roofing/Decking/Welding. Tree Fellers Free quotations we having guarantee regarding all services
NCS PROJECTS	Nicholas Shaw Christopher Shaw	082 888 1518 nic@ncsprojects.co.za 062 934 4366	Project Management of new home. Renovations and alterations. chris@ncsprojects.co.za
N HARRIS PTY (LTD) WATERPROOFING CONTRACTORS	Ron Gunnett	082 562 1566 F: 011 705 3055 nharrispty@gmail.com	Waterproofing of all roofs, rising damp on boundary, internal and external walls, exterior wall coatings. We also attend to blocked sewers, plumbing, geyser problems, renovation of pools with epoxy coatings (any colour). Established 1994.
PHG BUILDERS	Simon	082 352 1347	New buildings, renovations, waterproofing, ceilings, any building related projects. No job too small (NHBC) registered Dainfern references.
PUNGWE CONSTRUCTION	Tony Memory	066 014 9122 064 879 3630	NHBC Accredited Contractor available for your new home construction, home renovations-ceilings, partitions and insulation, tiling, painting and wall coating, floors and flooring- cementitious and granolithic screeds, epoxy and polyurethane flooring, painting and sealing.
QG CONSTRUCTION	Givemore	071 349 7486 qqconstruction34@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.
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.
CHURCH			
GLORY TO GLORY MINISTRIES		011 484 4532 083 590 5263	Sunday Church Service, Children ministry, intercession and teaching of the word.

CLEANING / DECLUTTERING / SERVICES / WINDOWS / CARPETS / UPHOLSTERY			
DYNAMIC STEAM CLEANING	Alan	067 228 2053	We specialise in deep steam cleaning and sanitizing of carpets, rugs, lounge suites, mattresses, chairs, curtains, blinds, showers, car interiors and more.
RED HOT MAIDS	Wadzi	011 465 2874 / 072 823 5272 info@redhotcleaning.co.za www.redhotcleaning.co.za	Professional, Reliable Maid Service. Daily Maid Rental, Spring Cleaning, Post/Pre Occupational Cleaning, Teams, Carpet and Upholstery Cleaning. We go the Extra Mile!
THE REAL DON DRY CLEANERS	Valley Branch Square Branch	011 469 4831 011 469 0245 info@trddainfern.co.za www.therealdon.co.za	We provide superior quality cleaning of all personal & household effects together with tailoring, alterations & mending services. Post/pre occupation house valet & flood water removal also undertaken.
CLOTHING / HANDBAGS / FASHION / SHOES			
FERN BOUTIQUE	Sally du Plessis	083 290 3857 / 011 469 0079 dalsaduplessis@telkomsa.net	Exclusive ladies and teen fashion boutique in Dainfern. Trendy clothing: stunning tops, camisoles, bling belts, handbags and much more. Open Monday to Friday 9 - 3. Saturdays view by appointment.
COMPUTERS / PRINTERS/CELL PHONES & REPAIRS			
QUICK SERVICE INFORMATION TECHNOLOGY	Tamrin	083 600 2533 quickserviceit@icon.co.za	ON-SITE service, sales, support, repairs, upgrades and networking. PC's, Laptops, printers, hardware and software.
ELECTRICIANS / ELECTRICAL REPAIRS / APPLIANCE REPAIR			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	071 774 1883 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.
ALLIE ELECTRICAL	Alan	071 528 6656	24hrs electricians we specialise in all electrical repairs, maintenance & new installations. We also do fault finding & certificate of compliance (COCs). We also do electrical repairs e.g. geysers, stoves, ovens, microwaves etc. We are always a phone call away.
A-Z PLUMBING ELECTRICAL & APPLIANCE REPAIRS	Janusz	082 449 1997 janusz@pixie.co.za	For all your plumbing requirements from burst pipes to faulty toilets. The right price plumbers. All work guaranteed. For all your electrical requirements and appliance repairs-all makes.
B4 ELECTRICAL	Peter	083 452 0635/6 b4electrical@mweb.co.za	B4 electrical - Fully licensed and registered. For all your electrical installations, repairs, maintenance and certificates of compliance. Fast, friendly and reliable. We offer a 24hrs emergency call out service.
ELECTRICAL-MOKAPANE	Ronald	072 154 9735 063 960 3891 F: 011 235 7777 mokopane@channeldata.co.za	Electrical installations & maintenance, house rewiring, emergency call outs, security Lighting, Fault finding & repairs, power failures, geysers, pool/spa motors, certificates of compliance. Underfloor heating installations & repairs, sales & installations of generators and UPS.
LAZIS ELECTRICAL	Gerald	078 739 6773 / 0731273921 laziselectricalmail@gmail.com	Tripping and fault finding, Electrical compliance repairs, power failure, New installation and electrical maintenance Faulty geysers, stoves and ovens, Repairs to plugs, lights and switches. Installation of inverters and generators.
LOUPEZ ELECTRICAL & ACCESS AUTOMATION	Loupez	076 108 1591 063 770 7919 www.loupezelectrical.co.za	We are a licensed and registered contractor and member of ECA. The ECA guarantees our workmanship with R20 000 for all your electrical and backup power needs 24/7.
ESTATE AGENTS / COMMERCIAL & RENTAL PROPERTIES			
CENTURY 21	André Anne 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.
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.
FOOD & BEVERAGE / WATER / ONLINE ORDERS			
REAL FOOD 4 SURE		076 640 8836 www.realfood4sure.co.za	Order online - delicious & goodness delivered to your door. Variety of organic & conventional fresh produce, meat etc.
GARAGE DOORS / GATES			
ALPHA DOORS	Simmons	081 241 6670	Top quality and cheap garage doors aluminum, wooden, steel and roll up, garage door motors, springs, remote programming, cctv remote viewing. Alarm systems link up to estate security.
DIGITAL SYSTEMS	Joshua	078 180 5416	New installations, repairs and services to gate and garage automation, alarms systems, intercoms, electric fence, remote programming, electrical repairs and pool pumps.
K & R INTERCOM & GATE AUTOMATION	Selvie Nair	082 333 2652 011 791 4717	Service to all types of garage doors and garage motors.
NG SYSTEMS	Russel	084 709 0916	We install and repair: Gate & Garage Door Automation, Garage Doors, Alarms, Intercoms, CCTV and DSTV.
GARDENING / IRRIGATION			
BRAND'S TREE FELLING		0861 708 000 / F: 086 530 6656 brandstf@mweb.co.za	Tree felling, tree maintenance, site cleaning, supplier of wood chips, fully insured. SALI (South African Landscape Institute) Selected Supplier.
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 elomonthema5@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
GAS			
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.
GOLF CARTS			
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.
GYM			
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.
HAIR DRESSER			
NICOLE'S HAIR SALON	Nicole	083 459 7554	Enjoy a great hair experience in the comfort of my home salon. I offer a full range of services, including colour and keratin brazilian treatments.

HORSE RIDING / SADDLER			
CHARTWELL STABLES	Shirley Stables	083 500 0103 073 952 8572 cstables@netactive.co.za	Children's Riding School. We specialise in teaching children to ride on safe ponies with qualified instructors. Pony camps, fun days & training shows held regularly. Ladies rides in the mornings. "Have fun while you learn".
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.
HOTEL			
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.
INTERIOR / FURNITURE / UPHOLSTERY / OUTDOOR FURNITURE / HOME ORGANISATION			
INTERIOR DÉCOR & DESIGN	Karen Schaefer Louw	082 940 3571 011 469 0767 karen@interior-decor-design.co.za www.interior-decor-design.co.za	We offer a complete design, supply & installation service, tailored to your individual requirements (budget/per room), - emphasis on creativity, quality & service. We provide the inspiration to help you achieve an interior that reflects your taste & lifestyle.
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 (Mali bongwe off-ramp)		011 801 0820 084 825 1120 www.patiowarehouse.co.za	Africa's largest selection of patio furniture and accessories.
LOCKSMITH			
BRAD'S LOCK & KEY		082 854 9898 / 011 802 4114	All locksmithing work-Keys made/ doors opened. Also, gate motors/ gates etc. installed.
MEDICAL / AESTHETICS / COVID-19			
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.
PEST CONTROL			
PINNACLE PEST CONTROL	Tanya	086 100 0819 info@pinnaclehygiene.co.za www.pinnaclehygiene.co.za	Professional treatment and service using environmentally friendly pesticides for rats, cockroaches, ants, termites, weeds and other pests. Contact us for a free quotation.
SERVICE MASTER		082 974 9432	Professional pest services.
PET & HOME CARE / KENNELS & CATTERY / VET			
DOGGY DAYCARE - CHARTWELL	Erin	081 849 4673 erinwale0303@gmail.com	Daycare for Dogs! We collect & return your dog daily. On holiday? Your dog will be socialising and having fun while you're on holiday or away on business. Puppy socialisation and general obedience offered on Saturday mornings by arrangement.
JOZI PETS		065 831 7116	Pet store at the Dainfern Valley Shopping Centre- all you pet requirements- Free delivery/ shop online.
PET GROOMING			
SOAPY SMOOCHES		061 087 8247 info@soapysmooches.co.za	We come to you! Pamper your pets at home in our fully equipped pet parlour on wheels. Ask about our Loyalty Program, Pensioners Discount and Pet Massages for older pets. #bestgroomersintown
PLUMBING / SOLAR			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	071 774 1883 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.

ADRES PLUMBERS	George	073 135 8425	Leaking pipes- dripping taps- burst geysers- blocked drains- installation of washing machine and water pump.
A-Z PLUMBING	Janusz	082 449 1997 januszplumbing@gmail.com	For all your plumbing requirements from burst pipes to faulty toilets. The right price plumbers. All work guaranteed. We now install solar systems / Bathroom renovations.
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.
POOL SERVICES			
A-Z POOLS & REPAIRS	Martin	074 443 1429	Re-marbalite & new mosaics. Pump replacements. Filter replacements. Pool timers. Pool lights. Sand changes. Pipeline repairs or replacements. Pool maintenance. Once-off clean-ups. We can tend to all pool related problems! Supervision on site.
PALM POOLS & SPA	Jackie	072 132 5703 palmpools@palmpools.co.za	Contact us for all your pool requirements. We do weekly pool maintenance, repair or replace pumps, filters and install timers, install salt chlorinators and change filter sand. All work is done under supervision. Quality is guaranteed.
POOL WAREHOUSE Broadacres Shopping Centre	Michael	011 465 9024 michael@pool-warehouse.co.za www.pool-warehouse.co.za	Get your pool summer ready. We stock everything you need for your pool. Call us for a no obligation FREE quote.
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.
RECYCLING / WASTE MANAGEMENT			
THE COMPOST KITCHEN	Himkaar Singh	www.compostkitchen.com himkaar@gmail.com 072 795 8283	Join the organic waste recycling revolution in Dainfern. Signup online and become part of the movement to reform the waste system and make real impact to our community.
RESIDENCY PROGRAMME			
CYPRIT REALTY	Jenny	+27 (0)83 448 8735 RSA +357 965 92 444 Cyprus www.cypriotrealty.com	The best Residency Programme in Europe. Residency Permits now issued in 6 - 8 weeks. Special inspection trip offer. Cyprus really is the perfect choice!
RELOCATION / REMOVALS			
CLUTTER CLEANERS	Vicky	082 898 7086	We have a Bakkie that moves miracles...we take anything from furniture to odds and ends, from deceased estates, emigrating or just spring clean. If you are clearing out please call us!!
MOVIT MOBILITY		08611 66848 info@movit.co.za / www.movit.co.za	Movit provides a personalised moving service for local, long distance, overseas & office moving - 50 years of moving excellence.
RESTAURANTS			
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: Valley Grill	Pizza, Pasta, Sushi, Wholesome Food - all eat in, take away or delivery to your door.
SOLAR			
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.
SCHOOLS / PLAYGROUPS			
AMERICAN INTERNATIONAL SCHOOL OF JOHANNESBURG (AISJ)	Pamela Gutmann	087 809 1905 www.aisj-jhb.com info@aisj-jhb.com	AISJ is a leading international Pre-Kindergarten through Grade12 co-educational day school. AISJ offers a balanced program, small class sizes, an American style curriculum and the International Baccalaureate Diploma Program (IBDP).

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.
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.
SPORT / RECREATION / FITNESS			
F.A.A STUDIO FOURWAYS		081 563 3504 mdu@faagym.com	Ready to Train? What Next? Get started with a full fitness assessment. A.C.E. Certified Specialist Sports Performance Coach & A.C.E Certified Personal Trainer.
SA JKA KARATE	Bernard Buys (5th Dan, JKA)	083 709 9289	Expert professional JKA Karate instruction at the Pavilion.
TRAVEL / TOURS & DESITNATIONS / TRANSFER / TAXI / CHAUFFEURS			
AIRPORT TRANSFERS & TOURS	Mike	072 284 0340 / 011 465 3262 ashcroft.mike@gmail.com	Fourways Gardens' resident owner/driver. Personal, reliable transfers to/from ORT from R420 & Lanseria from R200. Free in-car Wi-Fi connection. Half & full day tours arranged.
ASENDULO TRANSFERS & TOURS	Lionel Strick	082 324 4232 lione!@asendulo.co.za www.asendulo.co.za	For all your shuttle needs – airport transfers / social & sporting events / corporate events. Servicing Dainfern families since 2002.
TUITION			
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 limitlessticza@gmail.com www.limitlessticza.co.za	I am a qualified and experienced English and TEFL teacher with 10 years teaching experience to different age groups and in different countries on a variety of platforms. My speciality is facilitating Conversational English with ex-patriot adults, one-on one, in small groups and online. FREE Trial Session.
ONLINE TUITION: ALL SCHOOL SUBJECTS	Chantelle	082 9670 270 chantellediab@gmail.com	Qualified Experienced Teacher offering Online Tuition. All School Subjects: Grade 1-12 (Excluding Grade 11 & 12 Maths & Science) English Specialist. Homework Assistance. Study Skills. Test & Exam preparation. Home Schooling. Mornings & Afternoons.
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.

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

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HOME

MAINTENANCE

- All your Office & Home maintenance
- Painting & Waterproofing
- Tiling & Grouting
- Paving
- Plumbing
- Bathroom & Kitchen renovations
- Installation of bathroom fittings, curtain rails & blinds
- Picture hanging & more...



CONTACT

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Vicky: 082 898 7086