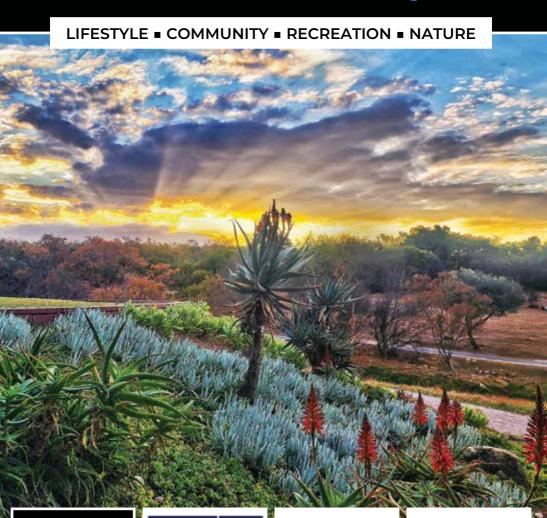


In Focus DAINFERN

Exclusive to Dainfern Golf Estate

August 2024











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Front cover photograph:

Thank you to George Gericke for the extraordinary winter landscape.

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DAINFERN COLLEGE

Character education beyond the curriculum



Round Square is an international network of over 250 schools in 50 countries which connect and collaborate to offer world-class programmes and experiences that develop global competence. character and confidence in their students. Dainfern College has been a member of Round Square for 15 years; it is one of only 15 Round Square schools in South Africa, and 25 in all of Africa.

With innovation, internationalism and leadership being the key drivers of the Dainfern College approach to education, the school found a natural home in this international organisation and proudly incorporates the Round Square IDEALS and Discoveries within and beyond its curriculum.

IDEALS

The IDEALS provide a common platform from which all Round Square schools are able to network, collaborate and share learning resources and experiences.

INTERNATIONALISM: International youth conferences, tours and student exchanges across the globe.

DEMOCRACY: Developing a personal compass for equality. fairness and justice, and a desire to do what is right for the greater good.

NVIRONMENTALISM: Helpina students understand their place in the universe and their impact on their surroundings.

DVENTURE: Students are Aencouraged to push themselves beyond their perceived limits.

EADERSHIP: Guiding and developing students to become compassionate and caring leaders of integrity.

ERVICE: Developing students' understanding of individuals and communities in need, and encouraging them always to be willing to volunteer and get involved where needed.

DISCOVERY FRAMEWORK

The Round Square Discoveries encapsulate the attitudes, attributes, skills and values that are intentionally developed and explored by Dainfern College students to ensure they develop into well-rounded and empathetic individuals, fully prepared to take their place in the world.

- Courage
- Appreciation of Diversity
- Compassion
- Ability to Solve Problems
- Inventiveness
- Commitment to Sustainability

- Inquisitiveness Sense of Responsibility
- Tenacity
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ON THE STOEP

DNA Newsletter

Dear Residents

Nature Association Update

This is the time of the year when we concentrate on rehabilitating our grassland areas...

Maintaining the grass areas

The different grass areas, need different cutting, as we cut most of our grasslands back to let the sun into the Rhizome level for healthy grass to thrive and grow well.

Once the grass has been cut, we rake up the dead grass and then have to remove the raked grass out of the different areas. This is ongoing for months and to date we have completed a vast amount of the Estate. Weeding has also taken place in all of these areas, before the cutting.



Floating nesting island

Our maintenance team are experimenting with a new prototype small floating nesting island for our water birds as a nesting area, for our little coots and water birds.



André Marx Trophy

Our beautiful trophy sits in the glass cabinet at the clubhouse. The Dainfern Nature Association awards the trophy to anyone who has made a difference in our nature environment. Contact Dave Wibberley on 083 601 7008 or at DaveW@adriot.co.za

Volunteers

Please contact the DNA chairman Roy Lailvaux on 082 553 0686, if you would like to assist with the monitoring of creatures on the Estate.

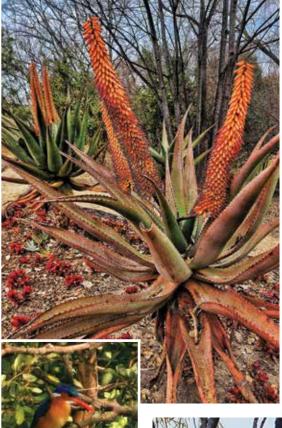
Bird Walks

These will continue throughout the year. We will keep you updated on the dates.



Lovely photos taken within the Estate by George Gericke

"It is the simple things of life that make living worthwhile, the sweet fundamental things such as love and duty, work and rest, and living close to nature." - Laura Ingalls Wilder





- 7 -- 6 -

DAINFERN NATURE ASSOCIATION

Rehabilitate and Release

We were honoured to assist with the rehabilitation and release of an injured Spotted Eagle-Owl which we called Selunga.

You will find three information boards about the Spotted Eagle-Owl that we will be placing in three different spots around the Estate. These areas are where the owls are often heard.

- Olive Walk
- Trent 1st Fairway Dam
- Top of the Wetland.

Please keep your eyes and ears open in the evenings for these beautiful owls and report back to us.

You can read more about The Spotted Eagle-Owl on page 28

Rescued Spotted Eagle-Owl finds new home at Dainfern Residential and Golf Estate

PRESS RELEASE

Owlproject.org, a dedicated NPO committed to owl conservation through education, is thrilled to announce the successful release of a female Spotted Eagle-Owl (*Bubo africanus*) at Dainfern Residential and Golf Estate.

The owl, cared for by the Johannesburg Wildlife Veterinary Hospital in Midrand, was rescued after sustaining injuries from a gunshot, which resulted in a damaged wing. Thanks to the dedicated veterinary team, the owl made a remarkable recovery and was ready to return to the wild.

To ensure a smooth transition, the owl was placed in a release pen at Dainfern Golf Estate for 3 weeks. This period allowed her to acclimate to her new



surroundings and regain her strength. Volunteers fed the owl daily and made a special feeding call. On the early morning of Tuesday, July 16th, the owl was successfully released into the Estate. Volunteers will continue to leave food out for her as she adjusts to her new home.

While we celebrate this successful release, it's crucial to address the dangers posed by rat poison. Owls and other birds of prey often fall victim to secondary poisoning after consuming poisoned rodents. We urge the Dainfern community and all residents to consider alternative, wildlife-friendly methods of rodent control to ensure the safety of these majestic birds and other wildlife. Residents can contact EcoSolutions for assistance with non-toxic rodent control at info@ecosolutions.co.za or 072 365 9777.

Owlproject.org extends heartfelt gratitude to the wonderful volunteers at Dainfern Residential and Golf Estate as well as the vets at Johannesburg Wildlife Vet for their unwavering support of local wildlife initiatives. Your dedication makes a significant difference in the lives of these beautiful creatures.

For more information about Owlproject.org and their conservation efforts, please visit www.owlproject.org. Feel free to visit the Johannesburg Wildlife Veterinary Hospital as well at www.johannesburgwildlifevet.com.

Thank you for being a part of this heartwarming story of rescue, recovery, and release. Together, we can make a difference in the lives of our wildlife!

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#DainfernCares

The golf clubhouse transformed into a disco straight out of 1986 on Saturday, July 13th, as the #DainfernCares hosted its '80s Party in aid of its Mandela Day project.

Around 100 partygoers donned spandex, shoulder pads, neon gloves, and sideponies as they danced their 67 minutes in honour of Tata Madiba. All proceeds from the event were donated towards purchasing and distributing sanitary items to schoolgirls in disadvantaged communities. So far, over R10,000 has been collected for the cause.

In South Africa, at least 7 million girls stay home for a week every month because they cannot afford sanitary items. The DHA understands the impact this statistic has on the future of women in South Africa. The DHA would like to thank each person who donated their time, money, and dance moves to make a difference in the lives of hundreds of schoolgirls.











We also appreciate and recognise the many residents in Dainfern who support Mandela Day through their own projects.

The #DainfernCares morning coffees will continue until the end of July, with Century21 sponsoring Tuesday coffee. This together with Best Deck's sponsorship, means coffee is now available throughout the week. Our thanks also go to the Fidelity staff who assist with the early morning setup.

Ongoing Projects

Ongoing projects include the installation of gabions, clubhouse solar carports, Gateside paving remediation, and repairs to identified roads, which will commence shortly. We are also happy to report that the flooring at the SIX33 playground has been completed, the installation included additional shock pads at high-risk areas such as the jumping castle in compliance with recommended standards. The installation of the fence at the parking lot area also provides an additional level of assurance to parents, acting as a barrier between the play area and the parking lot.

Please Welcome

We are pleased to welcome Marinette van der Walt to the Dainfern team as our new Lifestyle, Events, and Communications Coordinator. Please join us in welcoming her. Marinette can be reached at lifestyle@dainfern.co.za.

Bidding Farewell

Unfortunately, we must also bid farewell to Dean Kupferman, Deidré Proxenos and Peet Trollip. We thank them for their commitment to Dainfern and wish them all the best in their new endeavours.

-10-



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LEGAL MATTERS

TOWERS:

Laws and Regulations Governing Tower Development in the Property and Technology Industry

Written by Zinta Strydom (Head of Commercial department)

South Africa has one of the largest Information and Communications Technology ("ICT") markets in Africa and is a leader in the mobile software field, software and banking services.

The construction of towers, whether residential, commercial, or mixed-use, is a complex and regulated process. In the property and technology industry, towers have become a symbol of urbanization and technological advancement. However, as the demand for tower development continues to rise, so do the legal complexities surrounding their construction and operation.

Telecommunications Laws and Regulations The telecommunications industry is heavily regulated, particularly when it comes to tower development. Any party who deploys a physical network within South Africa for purposes of providing connectivity services, needs to obtain an electronic communications network service ("ECNS") license and/or an electronic communication service ("ECS") license for the provision of connectivity services.

Administrative Compliance – Building and Municipality There are several administrative approvals required before construction of towers commence, failing which the building of the tower will be unlawful. Zoning laws dictate how land can be used and developed within a particular area. Other required approvals include building plans and municipality approvals, which policy requirements and bylaws differ from each provincial jurisdiction in South Africa (confirmed in Telkom SA SOC Limited v City of Cape Town and Another 2020).

Environmental and Safety Regulations Towers can have a significant impact on the environment and environmental authorisation is mostly required.

Whilst the public has a right to participate and object to a special consent application for a cellphone tower, the process for approving building plans is not subject to public scrutiny. It is however important for applicants to follow the correct processes and have regard to the public's best interests.

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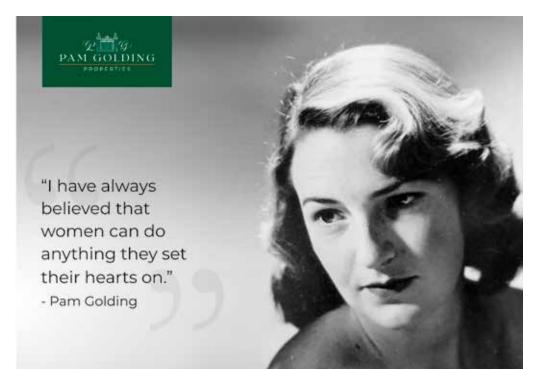
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Get in touch with your Dainfern area specialists:

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SELLER GUIDE WHEN SELLING

If you are selling your property, there are several things to consider:

- Locate your Title Deed, you will need it during the process of transfer.
- Make sure that you know what costs you are responsible for.
- 3 If you still have bond financing in place please notify your bank that you are going to be selling your property. This will ensure that you do not have to pay bond cancellation interest penalties. They require a 90 day notice period.
- (4) If you receive a conditional offer (subject to the sale of the purchasers property) with a ratification clause, read through the paperwork carefully. You are not obliged to give the agent a sole mandate for the sale period. This must be your decision. It may compromise you if you are really in a hurry to sell, and it blocks other agents from helping you.
- The mandatory property condition report is urgent. You need to complete this as soon as possible. Record any maintenance issues or defects you have experienced at the property. Be clear as to who will fix any defects for example, water ingress from the balcony onto the covered patio. This could be a huge job if you need to remove all the tiles and re-waterproof etc. So, declare it and if you cannot afford to fix it, write "seller not repairing". If you decide to do the repair work, try and get a warranty from a reputable contractor for the buyer. Just be as honest as you can for transparency. A sale in South Africa is still "voetstoots" but, buyers are working through the condition reports as though they are snag lists. So, be prepared and clear in your report to ensure a smooth process.

Call our team of Dainfern specialists for any property related needs you may have. We have years of experience to share with you!



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Creating

a Bird-friendly Garden

Creating a bird-friendly garden involves considering local bird species, their habitat needs, and providing resources they require to thrive.

Here are some steps to achieve this:

1. Native Plants:

Choose indigenous plants that are native to South Africa and specifically to the Johannesburg region. Native plants provide food (nectar, berries, seeds) and shelter that local bird species are adapted to.

2. Layered Vegetation:

Create layers in your garden with tall trees, shrubs, and ground covers. This provides different habitats for birds to nest, roost, and find food.

3. Water Features:

Install a birdbath, pond, or even a small fountain. Birds need water for drinking and bathing, especially during dry periods.



4. Provide Food:

Plant species that produce berries, seeds, or nectar throughout the year. Examples include aloes, wild dagga (*Leonotis*), and flowering shrubs like Cape honeysuckle (*Tecoma capensis*).

5. Avoid Pesticides:

Minimize the use of pesticides and herbicides, as these can harm birds directly or indirectly by reducing their food sources.

6. Nesting Sites:

Hang birdhouses or provide natural nesting materials such as leaves, twigs, and mud in your garden.

7. Safe Spaces:

Reduce window collisions by placing decals or patterns on windows, especially if they reflect the sky or garden.

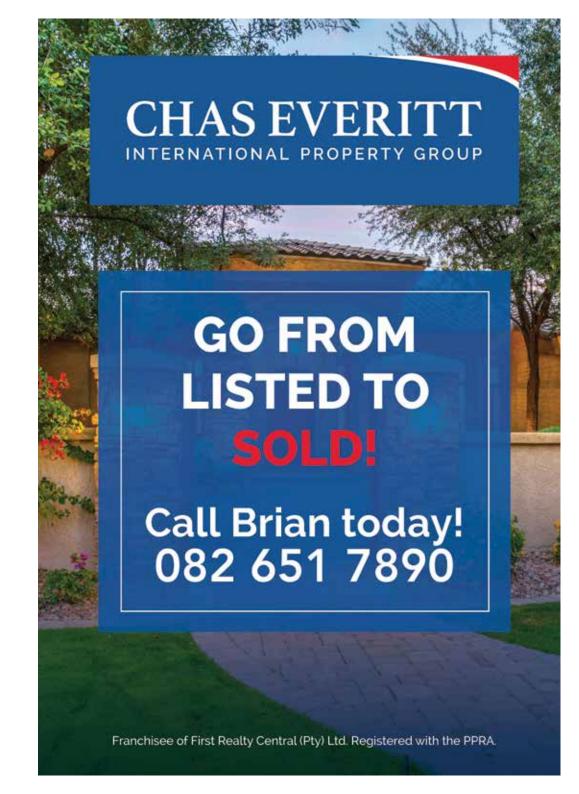
8. Year-round Care:

Maintain your garden throughout the year to ensure there are always resources available for birds.

9. Observation and Learning:

Spend time observing the birds that visit your garden to understand their behaviour and preferences. This can help you adjust your garden to better suit their needs.

By following these steps, you can create a garden that not only attracts a variety of bird species but also contributes to their conservation and wellbeing.



NATURE

By Wim Spronk www.youtube.com/@WimSpronk/videos

Manx Shearwater

on Skomer Island



Manx Shearwater

Last month I wrote about the bird life on Skomer Island with particular emphasis on Puffins.

The reason why most visitors go to Skomer is to see and photograph these amazing birds but there are other very interesting birds here as well. Perhaps the most interesting is the Manx Shearwater. This sea bird spends eight months on the open sea near South America mostly the waters near Brazil and Argentina. In July they migrate towards the UK and it is estimated that 120,000 pairs nest in burrows on Skomer Island after flying 7000 kilometers!

This makes it the most numerous bird on the island and yet no one ever sees it. The Shearwater has a problem. Its legs are positioned too far back on its stomach. This is ideal for swimming but not for walking. It can only drag itself over the ground and this makes them an easy prey for predators like the Black Winged Gull. The Shearwater has found a solution to this problem. It spends the day on the open sea and only comes to the breeding area during the night.

Visitors spending the night on Skomer Island can hear their strange call as they come in flying overhead.



CALENDAR

www.wessa.org.za

ENVIRONMENTAL DATES

August 2024

3 National Science Week Ends

9 National Women's Day

10 World Lion Day

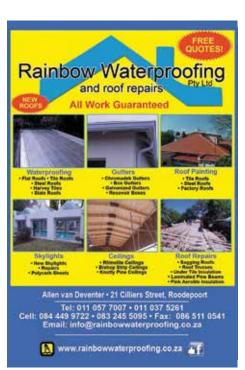
2 World Elephant Day

23-27 World Water Week

30 International Whale Shark Day

31 African Traditional Medicine Day







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Fine & Country Fourways +27 (0)10 595 0181 fourways@fineandcountry.com www.fineandcountry.co.za By Grant Fairley - Ecologist@SES

Four-Striped Grass Mouse

Rhabdomys pumilio

The Four-Striped Grass Mouse (*Rhabdomys pumilio*) is an indigenous small mammal (smammal) occurring in most of South Africa and also in the area.

It is a distant relative of the invasive introduced House Mouse. They are easily told apart as the Four-Striped Grass Mouse has distinct parallel stripes running the length of its back and has smaller ears that are tucked back rather than standing up like satellite dishes as the House Mouse does.

Four-Striped Grass Mice are active during the day (diurnal) and House Mice prefer the dark (nocturnal). Four-Striped Grass Mice are vegetarians while House Mice are omnivorous and will eat anything.

As its common name suggests the Four-Striped Grass Mouse is easily identified by the four distinct dark longitudinal stripes running the length of the back. Colour varies from dark grizzled russet brown to a grey-white. The sides and underparts are lighter but vary from off-white to pale grey-brown. The backs of the ears and the snout are russet to yellowish brown. The upper surfaces of the feet are usually lighter in colour than the body. Research has shown that the average body size does vary in different geographical areas, and that tails can be shorter or equal to the body length.

Four-Striped Grass Mice are social, intelligent and trusting little mammals and become accustomed to humans when they feel they are not threatened. They enter gardens where there are no cats about and will run around looking for seeds, insects and worms. They seldom enter homes and if shooed



VIDEO: Four-Striped Grass Mouse

out with a soft broom, quickly learn which spaces are out of bounds for them. They may nibble on plants and are fond of succulents.

This trusting nature makes them easy to observe and they are inquisitive, so humans may find themselves being watched by these cute smammals with their big eyes and twitching noses.

A major threat to their survival in suburbs is rodenticides. Rat poison will kill them, and it is a horrible agonising death. They are a food source for predators such as birds of prey, owls, mongooses, genets and these suffer from secondary poisoning.

"...They seldom enter homes and if shooed out with a soft broom, quickly learn which spaces are out of bounds for them..."





Spotted Eagle-Owl

Bubo africanus

Gevlekte ooruil (Afr.); ifubesi, isihulu-hulu (Xhosa); isiKhovampondo (Zulu); makhohlo, morubisi, sehihi, sephooko (South Sotho); sikhova (Swazi); xiyinha (Tsonga); makgotlwê, mophoê, morubise (Tswana).



The Spotted Eagle-Owl is the most common owl in Southern Africa and is a resident in the area and regularly breeds.

It is a large owl, 43–50 cm tall, barred in front and blotched on the head, back and wings. Their wingspan is about 1 m. The distinguishing features of the Spotted Eagle-Owl are the prominent tufts of feathers on either side of its head, which it erects into 'ears' or 'horns', and its bright yellow eyes. The ear tufts are for show and have nothing to do with their ears or hearing.

Spotted Eagle-Owls are nocturnal. They roost during the day, either in trees or among rocks. At sunset they fly out to a perch to hunt. From the perch they scan the ground for movement, using both their eyes and ears to detect it, flying silently in pursuit of whatever suitable prey they see. While roosting they make themselves as inconspicuous as

possible, drawing their feathers tightly to their body and closing their eyes to hide any tell-tale glint and sitting dead still. At dusk they are quite conspicuous, perched in prominent positions and calling.

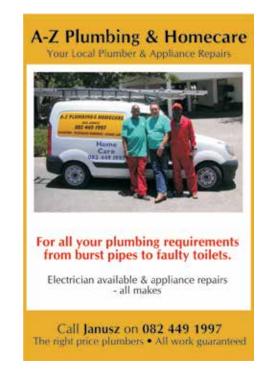
The call of the Spotted Eagle-Owls is a mellow hoot. The males usually give a double hoot, 'hoo-hooooee', which the female answers with a softer triple hoot, 'hoo-hoo-hooee'.

They are most vocal in the months leading up to the breeding season,

continue on page 30









BIRDING

Spotted Eagle-Owl (continued from page 28)



"When the owl sings the night is silent."

- Charles de Leusse



May to August. Owls call to find partners, to tell their partners where they are and to proclaim their territories.

The chicks call for food with a loud screech-like hiss. The chicks hiss and click their beaks if they feel threatened. Chicks that wander far from the nest and appear to be lost are easily located by their parents by their wheezing call. While breeding, the parents will hiss and make snapping or clicking sounds with their beaks when they feel threatened, e.g., when people come too close to the nest. They may also put their head down and spread their wings out sideways to intimidate whatever they feel threatened by. They will defend their nest, flying at people and/or dogs to scare them but seldom carry on the defence display.

It is best to move away and observe them from a distance they feel safe at.

When not breeding, they will sit on their perch and simply ignore most threats.

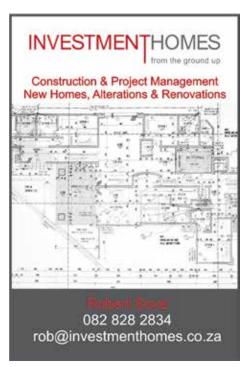
The Spotted Eagle-Owl has adapted to living with people and is found in towns and cities, as long as there are gardens and parks where they can hunt and they can find places to roost, undisturbed, during the day. They nest on or in buildings, on window ledges or window boxes, or in owl boxes provided by people, and use streetlights and telephone poles as perches.

The Dainfern Nature Association have installed owl boxes in different areas of the Estate.

Where Spotted Eagle-Owls find a successful nesting spot, they typically use that same site year after year, sometimes for decades.

Spotted Eagle-Owls have a varied diet. The type of food they eat depends largely on their habitat and what is available to them. They hunt at dusk and at night, rarely during the day. They prey on insects such as crickets and large beetles, small mammals such as shrews, mice, rats, squirrels and mole-rats, and birds up to the size of a Laughing Dove, including Cape Spurfowl (Francolin) and Helmeted Guineafowl chicks. Frogs, lizards and snakes, and carrion are also eaten. They hunt from perches and will use any feature of the landscape that gives them a good vantage point

When an owl sees prey, it swoops down and pounces on it, either taking it back to the perch or to a flat area to eat. They can also catch insects and birds in flight.







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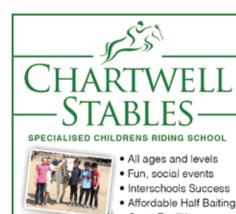
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DAINFERN YOUNG STARS IN THE SPOTLIGHT

Written by Carlyn Sithole

The priceless value beyond wealth

Where could one start when speaking about Ryan Noach? A simple click on Google will reveal all his accomplishments and accolades that started from a young age.

From victor ludorum, deputy head boy, WITS medical student, to becoming the former CEO of Discovery Health and now the CEO of DNI.

As a distinguished guest at Dainfern Business Club - he was introduced by his numerous achievements and while he did thank the interviewer for the auspicious introduction - he politely stated, above all; he was just a family man.

Gems of knowledge were dropped left, right and centre throughout the session, but there were two that stood out for me:

Firstly - the power of negotiation. Ryan stated that it is his candid and transparent approach to situations that allows for him to be a great negotiator - he is not a believer of trying to be someone you are not, in order to achieve something. He understands his bluntness may not always be received kindly, but many people will appreciate the honesty.

Secondly - from the beginning of the session, Ryan stated that above everything else he was/is - a family man, and the importance of relationships were a theme that continued up until the very end. Whether it was the relationships within his businesses or his family; he made it crystal clear that despite all his titles, father and husband were above them all.

Esteemed readers: Guests and mentors such as Ryan do not only educate us on the importance of financial success, but we are also taught and reminded to appreciate and acknowledge the love and support given by those around us and how it enhances our lives.

Family and friends are the heartbeat that sustain our spirit, providing unwavering love and strength through every chapter of life- let's learn to prioritise them.



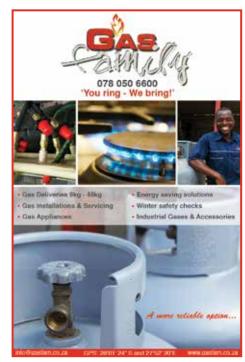
Himkaar with Ryan Noach

Dainfern Business Club











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Feedback on Projects and Events



Blanket Drive

During this, the coldest time of the year, it is sadly inevitable that we receive calls for help when shacks are destroyed by fire. We have had several appeals for food, clothing and blankets and thanks to all those who came forward with donations – cash, material and edible – we have helped a lot of people. Sadly one incident took the life of a man but we didn't receive more details.

A huge thank you to the Martin family for their super generous donation which was utilised mainly for blankets and childrens clothing – and to Bradley Farr for donating a dozen beautiful windcheaters plus 4 fantastic tubs filled with 30kg food for the families affected by the shack fires.



Taxi Accident

In another terrifying event, the wife of one of our teams was involved in a taxi accident on Witkoppen Rd and the vehicle flipped. She was badly injured (pics too awful for sharing) and had nobody to turn to as her husband was busy in Zimbabwe doing outreach, so we stepped in to provide some assistance with her medical expenses.



Dainfern Outreach Group

A member of the Dainfern Outreach Group (and loyal supporter of Bags of Love, who prefers to remain anonymous), recently approached us with a project she and two friends "cooked up" - and that entailed supporting someone in Sunninghill with the start of his new take-away/restaurant business. The idea is for the three women to club in together to purchase 65 chicken pregos with chips once a week for a few months - and donate the food to a worthy cause. It commenced in the second week of July and the first recipient we chose is Witkoppen Clinic for their most needy patients. Often, destitute patients arrive at the crack of dawn for medical attention and sit for many hours waiting their turn, without any sustenance at all. So, every Friday lunchtime, the clinic collects the food and provides such people with a delicious meal. The second recipient we have chosen is the children from impoverished communities looked after by the Ikemeleng Foundation who will start receiving their meals halfway through the duration of the project. A wonderful, win-win initiative!



Groceries for crèche in informal settlement

Once again, we have provided groceries for the 40 children at a crèche in Thabo Mbeki informal settlement. We have been doing this since Covid as a lot of the children have only one meal a day – and that is the one at Ma Lizzy's. The arrival of the groceries always creates a lot of excitement!

Sandwich maker

As always, too, our resident sandwich maker, Ingrid Conroy has supplied the LLA clean up team with fresh sandwiches and fruit and beverages (the latter kindly supplied by Ayni Marketing) each Saturday for when their work is done. Ingrid has also supplied beautiful hand made beanies as she does each winter!

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RECREATION



IJKA SA

IJKA SA attended a karate seminar in Cork, Ireland over the period of 28-30 June 2024.

The seminar was conducted by the International Japan Karate Association Chief instructor, Utsumi Takato sensei. Attendees came from Scotland, England, Denmark, Bulgaria, India, South Africa, Latvia, Italy and from across Ireland.

The seminar was a resounding success with Utsumi sensei demonstrating his incredible technical ability and offering his valuable insights on the finer details of karate.

The seminar culminated in a Dan grading on the last day of the seminar, and finally the weekend ended with the IJKA European Open Championships held on Sunday which saw competitors competing in kata and kumite in front of the national, continental and world chief instructors.

IJKA Ireland were wonderful hosts. We were spoiled in true Irish hospitality. IJKA is a very strong association and it is indeed a family association. We can be very proud to belong to this wonderful association. IJKA SA is looking forward to hosting Utsumi sensei in November 2024 in South Africa.

If you want to try out karate at IJKA SA here in Dainfern, then please contact Bernard. Welcome to try out a class, no obligation.

Look forward to meeting you.

Bernard Buys (6th Dan), Chief Instructor: IJKA (SA)
083 709 9289 ● bernard.buys@ijka.co.za ● www.ijka.co.za ● Facebook: IJKA SA
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HEALTH & WELLNESS



Ginger Beet Juice

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1 medium orange, peeled and quartered 3 kale leaves

1 medium apple, cut into wedges

1 medium carrot, peeled

1 large beet, peeled and cut into wedges

1 1-inch piece peeled fresh ginger lce cubes (optional)

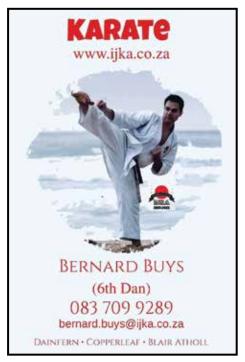
Working in this order, process orange, kale, apple, carrot, beet and ginger through a juicer according to the manufacturer's directions. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

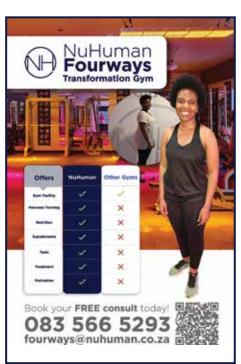
Nutrition Notes

Beets are loaded with antioxidants — Beets have also been linked with healthy blood pressure. It's high in oxalates though, which may increase the risk of gout, an extremely painful form of arthritis in which uric acid crystals form in the joints.

Ginger is a flowering plant whose roots are edible and have been used for centuries as a "cure" for a variety of ailments. Current evidence suggests that it has anti-inflammatory effects, helping to ease an upset stomach. It may also relieve arthritis swelling and pain. It's important to note that only real ginger root is helpful — not ginger-flavoured products. Experts advise avoiding high doses of ginger if you have gallstones or if you are on blood thinners or medication for diabetes or high blood pressure, due to possible drug interactions.

Kale is a delicious leafy green that's packed with plenty of vitamins and nutrients to fuel health. Rich in antioxidants, including vitamin C, it plays an important role in disease prevention and helps protect against heart disease and inflammation.







ACTIVITY SCHEDULE ■ August 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY		
06h30	RUN/WALK FOR LIFE Clubhouse @7am		RUN/WALK FOR LIFE Clubhouse @7am		RUN/WALK FOR LIFE Clubhouse @7am	KARATE Stuart Hulley Pavilion	,			
07h30	TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion		TENNIS INC Court 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion					
		LADIES TONING CLASSES 08h15 - 09h15	LADIES TONING CLASSES 08h15 - 09h15			KARATE Stuart Hulley Pavilion		GLORY TO GLORY Pavilion		
08h00 09h00	TENNIS INC Court 2 Pavilion		TENN	NIS INC Court 2 & 2	3 Pavilion					
	ZUMBA Pavilion					DAINFERN UNIT				
						KARATE Stuart Hulley Pavilion	E DANCE*	GLORY TO GLORY Pavilion		
09h00 10h00	TENNIS INC Court 2 Pavilion	TENNI Court 2 & :		TENNIS INC Court 2 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2, 3 Pavilion	EN POINT	BOINTE DANCE PAVILION FOR PAVILION PAVI		
	ZUMBA Pavilion		WOOD-WORKING					D FOOTBALL CLUB Pavilion		
441.44			wedn & Saturday	esdays s 09-12h00		DAINFERN UNITED F		TED FOOTBALL CLUB		
10h00 11h00		TENNIS INC CO	ourt 2 Pavilion	TENNIS INC Court 3 Pavilion	TENNIS INC Court 2 & 3 Pavilion	TENNIS INC Court 1, 2, 3 Pavilion	EN POINTE*			
				VORKING esdays s 09-12h00			TED FOOTBALL CLUB HES Pavilion			
11h00 12h00				TENNIS INC Court 3 Pavilion		TENNIS INC Court 1, 2, 3 Pavilion	SES*			
						ADULTS KARATE (Bernard Buys) Pavilion	EN POINTE DANCE CLASSES*			
12h00 13h00						DAINFERN UNITED FOOTBALL CLUB MATCHES Pavilion	EN POINTE			

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
		TENNIS INC	WEDNESDAI	TENNIS INC	TENNIS INC				
13h00 14h00	Clubhouse	Court 2 Pavilion		Court 2 Pavilion	Court 3 Pavilion	SSES*	CLUB MATCHES I		
		MATHS ilion	JUNIOR KARATE (Bernard Buys) Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE (Bernard Buys) Pavilion	DANCE CLAS	DAINFERN UNITED CLUB MATCHES I		
14h00 15h00		IS INC 3 Pavilion	TENNIS INC Court 1, 2, 3 Pavilion		IS INC 3 Pavilion	EN POINTE DANCE CLASSES*	SOCIAL TENNIS		
	Mon & Wed	: EN POINTE DAN	CE CLASSES*						
		MATHS ilion	JUNIOR KARATE (Bernard Buys) Pavilion	KUMON MATHS Pavilion	JUNIOR KARATE (Bernard Buys) Pavilion				
15h00 16h00		IS INC 3 Pavilion	TENNIS INC Court 1, 2, 3 Pavilion		IS INC 3 Pavilion		SOCIAL TENNIS		
		EN POINTE DANC	E CLASSES* (*E	Below DHA Offices)					
	DAIN	IFERN UNITED FO	OTBALL CLUB Pa	vilion					
		I MATHS ilion	JUNIOR KARATE (Bernard Buys) Pavilion	KUMON MATHS Pavilion	(Bernard Buys) Pavilion		SOCIAL TENNIS Ilywood Dancing – tashna Heeralall /		
16h00 17h00	TENN Court 2 &	IS INC 3 Pavilion	TENNIS INC Court 1, 2, 3 Pavilion		IS INC 3 Pavilion	akasınıa neeralalı / akshir@wildfireholdings.co.za Bridge Club – Ann Ayre 082 467 7256 / annayre82@gmail.com			
		EN POIN	TE DANCE CLASS	ES* (*Below DH	A Offices)	Da	infern United Footba arco da Rocha 082 537		
		DAINFERN U	NITED FOOTBALL	CLUB Pavilion		ma	rcod24@gmail.com Pointe Dance Classes		
17h00		MOUNTAIN BIKING CLUB Tues & Thurs 16h30		MOUNTAIN BIKING CLUB Tues & Thurs 16h30	ADULTS KARATE (Bernard Buys) Pavilion	Car info the Glo	dace Osbourn 063 673 5 @enpointe.co.za - *helo DHA Offices bry to Glory – Arnold 414 7774	5537 /	
18h00		TENNI		Kaı	rate – Bernard Buys 709 9289 /				
		DAINFERN UI		ber Ka ı	nard.buys@ijka.co.za r ate – Stuart Hulley				
						Ku Wa	417 6315 mon Maths – Kathryn rmback 082 857 5319/		
401.00						Lac	armbackkumon@gmail.c dies Toning Classes – 1913 5858		
18h00 19h00	TENNIS INC Court 3 Pavilion	Court 3 TENNIS INC Court 2 & 3 Pavilion				Mo Nor del	untain Biking Club – ris 083 606 6565 / rynori bitte.co.za n/Walk for Life – Shan	ris@	
	DAINFERN UNITED FOOTBALL CLUB Pavilion					daiı	Jaarsveldt 082 601 049 nfernam@runwalkforlife		
19h00 20h00		BRIDGE CLUB Clubhouse	GLORY TO GLORY Pavilion	TENNIS INC Court 3 Pavilion		Tennis Inc – Sam White 083 407 2859 / sam@tennisinc.co. Zumba – Tatyana Lygina 064 856 4420 / Tatyana.lygina2022@gmail.com			
						Wo	odworking Club - Mic assian 082 462 6737 /		
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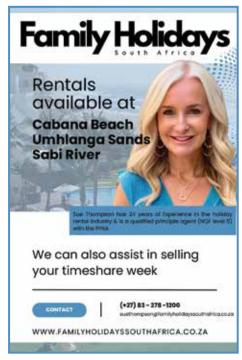
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