

Dainfern Nature Association

IN FOCUS

Your Community Magazine • March 2014



Chameleon Reptile Park
FREE Demonstration
Clubhouse, Saturday, 29th March
Info on p.30



Dainfern Fellowship

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COVER BY Trish Guilford

Photographic Competition

Congratulations to **Trish Guilford** for her photograph of the Bull Frog which they spotted "hiding" in their lawn in Bentwood Village. To enter the cover photographic competition please email high resolution photographs to the editor at cobbie@global.co.za.

Security Contact Numbers

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André Marx	Birdlife	083 411 7674
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Clubhouse Reception 011 875 0401

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Dear Friends

The east coast of America and Canada suffering severe ice and snow storms and the UK under water with no end in sight as the storms continue to batter them makes the flooding in Johannesburg and the really bad floods in Port Alfred, although very real to us, simply pale into insignificance. Our thoughts and prayers go out to all those who are suffering.

Sitting on the Stoep

The Scene: Whistler Canada, -16° in the Village and -22° up the mountain. This sort of weather needs to be taken seriously especially when all ones family are skiers or snowboarders and tend to be on the mountain. Luckily that's as cold as it got in this Canadian Olympic town while we were there; and the more sedate of us kept mainly inside with only short emergence across icy slippery paths to the nearest restaurant and back.

Also luckily the really blizardly bad stuff was all to the east which had (and still has) a terrible time with gales, snow and ice storms, power failures and inaccessibility all across the prairies to the Atlantic coast.

- And then the jet stream carried on across the Atlantic and is continuing to pummel the UK with gales and stormy seas and wash-aways and flooding; the worst for half a century and still ongoing.

This brings me back to our stormy southern African coast and the shipwrecks that spattered our shores for 230 years in the old days between 1552 and 1782. Historian Gill Vernon has gathered the evidence of where and what happened to a dozen of these Robinson Crusoe groups of unfortunates wrecked between Plettenberg Bay and Kosi Bay who then had to walk south west towards the

cape or north east towards the Portuguese settlements at Sofala. The earliest wrecks tended to be Portuguese as they first successfully explored and then exploited the spice trade taking the route along our eastern seaboard. They were closely followed by the Dutch and the British. But remember Cape Town was only settled in 1652 so before that there was nowhere to go until Mozambique. By the 1680s 150 Dutch ships a year were making the voyage so it got busier and busier.

Gill has written the whole story pieced together from written accounts in Portuguese, Dutch and English – and she, her husband and friends had tried to follow some of the routes to verify descriptions from physical features such as rivers, lakes, hill and mountains.

By way of example the most famous (or infamous?) story is the wreck of the British ship Grosvenor on the Natal coast in 1782 where 141 out of 157 made it ashore and only 18 made it home. The indigenous people had tried to point them north, the route followed for centuries by earlier survivors (mainly Portuguese) – and Gill has included many of these stories which show the most successful were those with good leaders and who befriended and respected the indigenous population on whom they were dependant for food.

What stories and what frightening hardships faced these survivors – perhaps you would like to read all about it in Gill's book "Even the Cows were Amazed". Storms off the African coast still claim their share of wrecks so perhaps staying on land is the safest place! Mind you even little Port Alfred looked like the Thames valley a couple of years back with houses flooded to their rooftops, roads washed away and parts of the golf course underwater.

- And even Dainfern has its own reckoning with the Jukskei.

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DNA Newsletter

continued from page 4

Birds, Beasties, Trees, Updates and Important Things

There is always something new in Nature!

Gerald Brown sent this picture of the clever weaver who crafted his nest around the bird feeder. I'm quite sure Mrs Weaver didn't reject this home! Gerald explained: *"We live in Hereford Village Dainfern and we have always had a bird feeder in the garden which attracts a wide variety of birds for us to enjoy. A little while ago I noticed a weaver had started to weave a few holes in the feeder and I could not work out what he was up to. A few days later all the holes except one had been expertly closed and these were for his and his mate's exclusive use – all other birds were attacked and driven away. Now we only have the weaver's family antics to entertain us*

I forwarded the pictures to Birdlife and they say they have never seen anything like it either. Perhaps weavers are not so bird brained after all!"



Also look at this 6ft leguaan spotted by Monica. It couldn't decide whether to be in Steyn City or Dainfern.

Nature's True Colours

What fun it must have been for Matt, aged 7, deciding which colours to use on the lily. He piped the others at the post and won the prize. Your Mum and Dad must be very proud of you and the rest of us enjoyed your colourful picture. Well done.

Crackerjack

*"It was the schooner Hesperus
That sailed the wintry sea
And the skipper had taken his little daughter
To keep him company."*

And unfortunately

*"Her rattling shrouds, all sheathed in ice
With masts went by the board
Like a vessel of glass, she stove and sank
Ho! Ho! The breakers roared!"*

Henry Wadsworth Longfellow 1807 – 1882

He was a poet from New England whose eastern seaboard could have set the scene – our South African eastern seaboard is not called the Wild Coast for nothing. The second verse applied to many ships along our coast so there are many tales to tell.

- And even the Highveld pays the price when our inland spruets and streams become torrents and burst their banks. Thank goodness when the raging waters have gone the trees and bush grow with renewed and increased vigour.

I think we are very lucky!

Regards from Tony Border
for the Nature Association

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DHA Chairman: Costa Spheris

Chairman's Note

A Responsibility towards the Community

"Only a life lived for others is a life worthwhile."
- Albert Einstein

"The man who regards his own life and that of his fellow-creatures as meaningless is not merely unfortunate but almost disqualified for life."

"A man's value to the community depends primarily on how far his feelings, thoughts, and actions are directed towards promoting the good of his fellows."

"We have to do the best we are capable of. This is our sacred human responsibility."

Einstein often spoke of deriving motivation from the innumerable ways in which all people's present lives were enriched from the past labors of others. He felt responsible to contribute to the progress of the species because of those who had already progressed it.

Dainfern has a lot to offer in terms of lifestyle and the golf experience has never been better. Congratulations go to Clinton Fouche, our Golf Director and his team in bringing the golf course back to a pristine condition following the damage done by the recent heavy rains. Bunkers and gabions still need to be repaired but this is the subject

of an ongoing insurance claim. The Dainfern Community is still engaging the developers of Steyn City and their consultants in ascertaining when work will commence on the upgrade of Cedar Road between the entrance to Steyn City and Witkopp Road. Phase 1 will apparently relate to the upgrade of Cedar Road from Broadacres Shopping Centre to Steyn City's access gates on Cedar Road and phase 2 will be for the upgrade of Cedar Road from Broadacres Shopping Centre to Witkopp Road. We shall inform residents when this tender has been awarded and as to the expected duration of the works contract.

There have been certain changes relating to the treatment of homeowners associations for VAT purposes and once this has been clarified the residents will receive correspondence relating to this issue.

Without language our mental capacities would be poor indeed, comparable to those of the higher animals, we have, therefore, to admit that we owe our principal advantage over the beasts to the fact that living in human society. The individual, if left alone from birth would remain primitive and beast like in his thought and feelings to a degree that we can hardly conceive.

Security Contact Numbers

Set out below, please find the relevant contact numbers for Security:

- Security Control Room: 081 030 0251 & 011 469 0099.
- Security Broadacres Gate: 011 875 0603 \ 0604
- Security Cedar Road Gate: 011 875 0605 \ 0606
- Security Manager: Alfred Steyn 011 875 0607
- Email Address: securitymanager@dainfern.co.za

If you have a problem with the following:
 Snakes - Security 011 875 0600
 Birds - Free Me 011 807 6993 / (24hrs) 083 558 5658
 Bats - Julio 082 359 1295 / www.batsgauteng.co.za



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Estate News

Proposed new by-laws for Swimming Pool Safety

New safety by-laws for residential swimming pools are about to be approved by the City of Joburg.

According to an article in The Star Newspaper all pools will have to be registered with the City of Joburg and a certificate of compliance will have to be obtained by homeowners. Houses with pools will not be able to be sold without this certificate.

The new regulations state that a pool has to be surrounded by a wall or fence, which a child of 7 would not be able to climb over. The ingress and exit doors to have self-locking mechanisms and there may be no gaps greater than 100mm.

A pool net or cover, within certain specifications, or a floating pool alarm device, which is in the water at all times, may also be allowed.

Pools that are already fenced at the time of the by-law passing will be inspected to determine whether it is adequate.

The DHA will keep homeowners updated as to, if and when the by-law are approved.



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POINTERS FOR BEING A SUCCESSFUL LANDLORD

The key for optimum harmony for tenants and landlords is to hand over a well maintained property and to keep the line of communication open between the parties if any issues arise. Too often the agent is left with the burden of trying to resolve issues and this is not part of their job description unless they have been appointed as the managing agent for the property.

To ensure a harmonious relationship between all parties, we suggest the following:

- Hand over a list of preferred contractors, with contact details, to the tenant. This should include a plumber, electrician, builder, handyman, roofing specialist, garden and pool service. These must be contractors that you trust to do work on your property and that you know will do the work timeously.
- Ensure operating instructions for all mechanical and electrical equipment is left at the property. Better still, do a proper handover with the tenant on occupation and demonstrate how everything works.
- If you live abroad, it may be advisable to give the agent your bond insurance contact with the bond number. This enables the agent in a crisis, eg. a geyser bursting, to call and arrange a plumber through your insurers urgently to avoid further damage to your property.
- Always follow up with contractors on the progress of any problems being attended to at the property, or appoint a family member or a friend to assist if you are not able to manage it. If it is a crisis, an agent is always willing to step in to and assist but at the end of the day, the agent cannot make decisions on your behalf without first contacting you which can be very time consuming in solving issues, resulting in tenants getting very frustrated.
- Please plan ahead and arrange as much as possible prior to occupation. Most tenants get very annoyed when they are moving into a property whilst contractors are still trying to complete work. This often results in bad feelings between the owners and the tenant at the start of the lease which is not ideal.
- Ensure that all the utilities are paid and up to date. It is difficult to argue with the Council and Eskom when the services are terminated and the tenant has no power or water. Occasionally there are genuine problems where a landlord may not agree with a certain billing. Pay some funds into the account and bill the tenant accordingly. Hopefully you can resolve the dispute and avoid termination. Tenants should alert the landlords if they receive a pre termination notification and not wait until the council discontinue the services as they usually do this on a Friday afternoon!!
- In the case of damp and roof leaks, landlords rely on the tenants informing them as soon as possible and landlords should react immediately to these problems.

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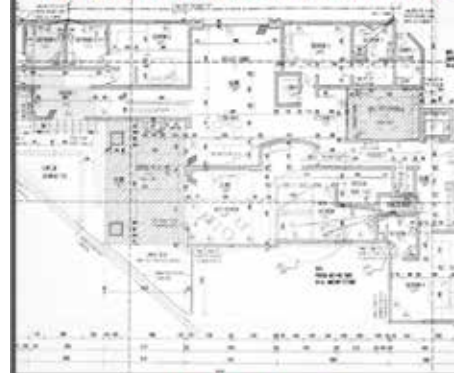


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Property Matters

All your property related questions answered

When purchasing a property it is vital to request a copy of the approved building plans before concluding the sale agreement

In the City of Johannesburg, any new building and any alteration that adds to or changes the structure of an existing building must be approved by the city's Planning Development Management Department.

When should you request the plans?

Request a copy of the approved plans before signing, or make it a condition of the sale that new building plans be drafted and approved according to the dwelling, at the cost of the seller.

What should you check for?

With the assistance of a qualified architect or building inspector, check them against the existing dwelling, to see if they match those of the final structure.

Should they not comply?

Prospective Purchasers have a few options:

- 1) Purchase as is;
- 2) Make it a condition of the sale that new building plans be drafted and approved according to the dwelling, at the cost of the seller;
- 3) The buyer has the right to cancel the sale or to compel the existing owner to supply approved plans;

If buyer buys the property, but finds out later that it does not comply?

The buyer will have to use an architect or draftsman to draft the plans of the house as it is now and then to

submit the "as built" plans to the municipality for approval. The new owner could be liable for a fine imposed by the municipality for owning a dwelling that does not comply with the approved building plans or may have to demolish parts of the dwelling that are not approved in order to ensure compliance.

Implications of building or renovation without approved plans?

When the building is sold and plans are requested from the council and these do not match those of the final structure then the existing owner will be compelled to provide plans and, if these do not fall within the council's strict bylaws, may have to be demolished even though they had been standing for many years.

If you build or alter without having obtained approval, a building inspector is entitled to enter your property and order the work to stop. In extreme cases, he can obtain a Court Order to have the building demolished, at your expense plus any legal costs incurred. You might also be fined or even sent to prison. Even if you complete a building or alterations without permission and a building inspector doesn't notice, the problem will resurface in the future when you try to sell the property and the prospective buyer asks to see approved plans, which you won't have.



Questions for next month's issue can be emailed to chrisna@richeattorneys.co.za. For assistance in any property transfer matters kindly contact me on details below:



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Paint Ideas

By Karen Schaefer Louw | www.interior-decor-design.co.za

Decorative paint techniques

Paint can do more than just change the colour of a room - it can add texture, pattern and visual interest.

Today's decorative painting techniques are simple and sophisticated alternatives to wallpaper, and a far cry from the dated sponge painting from years past.

Whether you're a painting pro or a DIY beginner, here's how you can transform a room with a few simple strokes.

Textured techniques

Give any room impact with paint effects that add a textured effect to walls. Easy to do and requiring few supplies, they're an excellent option for new DIYers.

One simple technique is simulating the texture of fabric on walls - it makes any space feel warm and homey.

To add a more masculine feel to a bachelor pad or study, use paint to create the appearance of leather on walls - apply a mix of glaze and brown paint to walls using a crumpled-up plastic bag to give the right texture.

Once it is dry, use a roller to add a layer of brown glaze over it.

You can also use textured techniques to easily create the look of linen for a light and airy feel, or to transform your walls to look like wood or stone for an outdoorsy atmosphere.

A technique called combing is also great for those new to decorative painting - it's simple to do and mistakes are easy to fix.

To comb walls, paint your base coat and let it dry completely before using a paint roller to apply a thin layer of clear, scumble glaze, and comb through the glaze with a paint comb.

If you don't like your first attempt, simply apply another coat of glaze with your paint roller and start over.

For those who think that paint techniques are too much like hard work, you can now install textured panels anywhere in the home.

EccoFlex from Ergo System is made from 40% post industrial recycled content material. Not available directly to the public, this product can be installed by a reputable supplier.

Sophisticated stripes

Simple but stylish, stripes are an easy way to update your space.

Vertical stripes create the feeling of high ceilings, making rooms feel spacious, while horizontal stripes add a modern, funky touch.

For a subtle look, paint two-toned stripes in neutral hues - such as cream and taupe - or use the same colour in two different sheens (i.e. glossy and matt).

For a more dramatic redo, choose two contrasting colours, create multicoloured stripes or paint stripes in a variety of widths to add extra interest.

When painting stripes, measure carefully and use a laser level (or spirit level) to apply masking tape to ensure the lines are straight.

Always remember to paint your base coat with the lightest colour first, since it will eventually become one of the stripes, and it is much easier to paint your darker colours over the lighter base.

Then add the darker coloured stripes, in order, from lightest to darkest.



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Paint Ideas

continued from page 16

To create stripes with the sharp, crisp lines you're looking for, apply a layer of clear acrylic sealer along the edge of the masking tape before painting on any colour.

This creates a barrier that prevents paint bleed and helps ensure clean lines.

Contemporary chevron

A chic alternative to traditional stripes, chevron, or zig-zag stripes, is a way to make a big impact on your room with minimal effort.

Create a pattern of many chevron stripes, or go for major drama with fewer, wider stripes.

Paint the pattern around the entire room, or add chevron to one focal wall.

To get the look, use pencil or chalk to create a grid on the wall; use a level to make sure the grid lines are straight.

Then, apply masking tape to create the chevron pattern, utilising your grid lines as a guide.

After the masking tape is applied firmly to the surface, paint in-between the taped design.

Lastly, make sure to remove the tape as soon as you are finished painting.



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Bedrooms: 4 Bathrooms: 4 Garages: 2 **Web Access TK1167086**
Jordan Greenhalgh 083 298 1481, Ronel Pienaar 082 556 2433



PEARL VALLEY **R8.5 million**

Stunning single storey with breathtaking views. An open-plan home, maximising on the exquisite views of the 4th & 5th fairway, as well as the Simonsberg mountains. Price includes VAT.

Bedrooms: 4 Bathrooms: 4 Garages: 2 **Web Access TK1071755**
Jordan Greenhalgh 083 298 1481, Ronel Pienaar 082 556 2433





Interior Ideas

By Karen Schaefer Louw | www.interior-decor-design.co.za

Organise Your Home

Most of us want to get more organised, or at least maintain the organisation that we have. In a home packed with people of all ages moving in many different directions this can be a challenging task. Take some time to observe the current workings in your home, plan for a new strategy and tackle these storage solutions that will leave you better organised.

Bedroom Organisation

DIY "Built-In" Storage

Create a bed alcove filled with storage that mimics the look of a built-in. Here's how:

- Assemble the bookcases according to instructions.
- Arrange the bookcases on the floor with one on top, shelves facing out, and the other two at either end of the top unit, with the shelves facing each other and solid sides facing out.

- Connect the bookcases using metal mending plates on the top corners and back where the pieces meet. Attach the finished unit to the wall using the manufacturer's brackets that come with the bookcases.
- Mount the sconces by drilling holes in the solid side panels of the bookcases. Thread the wiring through the holes and attach the sconces as directed.

Use the Foot of the Bed

When space is at a premium, foot-of-the-bed storage is a quick fix for full closets and dresser drawers. A storage-

continue on page 22



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Interior Ideas

continued from page 20

friendly bench, trunk, or bookshelf is a perfect solution for stashing extra linens or out-of-season items.

Multipurpose Storage

Employ storage pieces that can serve more than one function. Here, a small dresser with valuable drawers also serves as a nightstand.

Go Vertical

Rest easy knowing your bedside belongings are free from chaotic clutter. Put blank walls to work with a few shelves within reach of the bed.

Contain Dirty Clothes

Have a designated spot to put laundry at the end of each day. Invest in a hamper to prevent clothes pileups on the floor or inside the closet. A dresser with a built-in laundry basket keeps dirty clothes contained in a stylish, out-of-sight location.

Happy Organising!

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Interior Ideas

Kid's Closet Organisation

Kid's closets need flexible storage that's capable of changing along with their needs. Explore these storage tips and organisation ideas for kid's closets.

Within Reach

It's easy to keep a kid's room tidy with super cool storage. Soft bins and baskets are perfect catchalls for young children because they are soft, sturdy, and can accommodate everything from toys to extra linens. Collapsible totes fit neatly beneath kids' hanging clothes, and are hassle-free for parents and babysitters to grab for outings. A single wall of drawer and cubby storage keeps kids' storage tucked away. As children grow, the window seat becomes a perch to read or put on shoes.

Allow Room to Grow

When deciding on a closet storage system for your child's room, consider a closet organiser that can grow with your child's needs. A wire closet organiser can be adjusted to accommodate hanging items and accessories at almost any height. Add personality and practicality to kid's closets with colourful mix-and-match accessories, such as plastic drawers and open baskets.

Make It Personal

Most children's rooms come up short on storage space. If your child's closet is too small - or she doesn't have one - it's easy to create a totally customised kid's closet from a piece of furniture. With a little ingenuity and inspiration, an ordinary armoire transforms into a playful kid's closet.

Wire baskets allow kids to see what's in store without rifling through drawers and containers. Colourful canvas and plastic bins are a cheery and inexpensive way to keep extras in place.

Storage for Small Kids: Think Small

When customising a kid's closet, think from a child's point of view. Infant and toddler clothes are short and slim and therefore need little space for hanging. Small children need more drawers and cubbies, so consider slipping a dresser into the closet if space permits.

Remember: If you want kids to be able to dress themselves or access playthings, place those items on their level. Use stackable storage with plenty of catchall spaces for frequently used items. Labelled rolling bins sort everything from toys to blankets and are easy for small hands to reach.

Tip: Plan outfits at the beginning of the week to make mornings a breeze.

Enlist Storage Labels

Visuals remind little ones where everything belongs. Encourage children to be part of the de-cluttering process with picture labels or colour-coded tags that help them know where to find and return items. Sort clothing, shoes, toys, and accessories into labelled bins and drawers to get kids in the habit of cleaning up after themselves. Use shallow, transparent bins to store play clothes and toys so children don't need to empty contents to reach items at the bottom.

Kid Closets for Two

School, sports, and playtime come with enough accessories - so how do you organise a shared kids' closet and respect personal space? A tall, symmetrical closet system gives each boy his own place for clothing, shoes, and accessories. Two rows of clothing rods can be adjusted as kids grow. A central tower of drawers and cubbies provides storage for folded and seasonal items. Open cubbies across the floor sort pairs of shoes.



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Plant Characteristics

Use: Outdoors

Indigenous/Exotic: Indigenous

Evergreen/Deciduous: Evergreen

Plant Type: Perennial groundcover

Flower Colour: Cream with purple markings in the throat

Foliage Colour: Green

Best Season: Spring and Summer

Light: Sun to semi-shade

Hardness: Semi-hardy

Attributes: Fragrant, attracts butterflies

Flower of the Month

The Creeping Foxglove

Scientific Name: *Asystasia gangetica ssp. micrantha*
Synonyms: *Asystasia coromandeliana var. micrantha*, *Asystasia intrusa*, *Ruellia intrusa*
Common Names: Small Chinese Violet, *Asystasia*, *Creeping Foxglove*

Ref: www.egardens.co.za; www.wildlifeofhawaii.com

Attractive, fast growing evergreen groundcover up to 450mm in height with a 600mm spread. This indigenous plant is well suited to embankment plantings, hanging baskets, containers, mass planting and full shade areas.

One of the rare plants that looks as spectacular in full shade as it does in full sun.

Needs to be kept in check through regular cutting back and pruning in ideal garden conditions. Covered in white trumpet-shaped flowers during spring and summer.

Leaves have been used as vegetables in traditional communities and the plant has known medicinal properties for conditions like asthma.

A butterfly Plant – The flowers attract bees and butterflies.

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Draw will take place on 15th March 2014. Winner will be contacted thereafter.

Question:

What is the name of the flower of the month in this month's issue of In Focus?

Competition Entry Form

Name:

Address:

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Email:

Answer:

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Tree of the Month

Bladder-nut *Diospyros whyteana* (Hiern)

Family: Ebenaceae (Ebony family)

Common names: Bladder-nut, Blackbark, Swartbas, Mohlatsane (NS), Munyavhili (V), umTenatane (X), uManzimane or umKahze (Z)

SA Tree Number: 611

Ref: South African National Biodiversity Institute, South Africa

This enticing little tree has so many wonderful features: dark green, strikingly glossy leaves; creamy fragrant flowers; unusual smooth, dark grey, almost black bark and distinctive reddish brown, papery, balloon-like fruit pods. Altogether, it is a very attractive and pleasing garden subject.

The bladder-nut is an evergreen shrub or small multi-stemmed tree with a straight trunk that branches low down to form a dense, round to pyramidal crown. The bark on young branches is yellow-green to pinkish, covered by fine coppery hairs; but smooth and blackish grey on older stems and branches. The shiny leaves, also with a fringe of ginger hairs, are leathery, dark green above and lighter below. An occasional bright red or orange leaf occurs adding to the overall attractiveness of this plant.

Scented flowers, hanging from hairy stalks, appear in spring. They are bell-shaped, white to creamy yellow and male and female flowers occur on different trees.

The fruits, borne throughout summer, are fleshy berries that turn scarlet when ripe. They are enclosed in inflated, bladder-like capsules that dry to red and remain on the tree for many months after the fruit has fallen and so may be found on the trees at almost any time of the year.

The name is derived from diospyros = divine pear (Greek) and whyteana (Latin) = named after the Scottish plant explorer Alexander Whyte.

This tree can be found naturally in forest, on mountain slopes and in rocky places. It has a wide distribution occurring in all the provinces in South Africa and stretching as far north as Ethiopia.

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Creature of the Month

The Flour-Weevil

Family: *Tenebrionidae*

Appearance

Contrary to its name, the flour weevil is not a true weevil. The insect that is usually called the flour weevil is probably the red flour beetle or confused flour beetle.

Flour beetles are metallic-hued and ovoid (egg shaped) in shape. They often appear reddish brown and measure approximately 3 to 4 mm in length. Like many other beetles, the thorax region of the flour weevil is pitted. Vertical grooves can also be seen on the forewings.

The confused flour beetle and red flour beetle are commonly mistaken for one another. While their appearance and behaviour are similar, it is possible to distinguish between these two species by examining

their antennae. The confused flour beetle antennae are proportionate, while red flour beetles exhibit antennae with peculiarly large segments. The forewings of the red flour beetle also feature shallower grooves than those of the confused flour beetle.

Behaviour, diet & habits

As is suggested by their name, flour beetles attack flour as well as other stored product materials. However, they are unable to feed on whole grain products.

Reproduction

The female beetle deposits eggs into food or into crevices in food packages. The larvae hatch and make their way into the product to eat. Many people find these larvae in the flour and call them "weevils." Hence, the name "flour weevils."

As larvae, all flour beetles are light brown, six-legged, wormlike creatures. Within as little time as one month, beetles are capable of developing into adults. The average life span is one year, although some specimens can survive for up to three years in warm, humid conditions. The development of the confused flour beetle is relatively slower than that of the red flour beetle.

Signs of a Flour Weevil infestation

Sightings of adults clearly indicate activity. Red flour beetles are ready fliers and will actively fly to lights. Infested product often will have the live adult beetles, parts of dead adult beetles, as well as larvae. The product may even have an unpleasant odour, and possibly even taste.



Chameleon Village Reptile Park

The Dainfern Nature Association (DNA) are very excited to announce that they have organised Chameleon Village Reptile Park to give a demonstration on reptiles and snakes that live on Dainfern. Children will be able to handle the reptiles which include Bullfrogs and a Python. So come along and join us for a fun afternoon.

The FREE demonstration will take place by the jumping castle at the Clubhouse on Saturday 29th March for 3.30pm.

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Bird of the Month

By André Marx

Purple Heron *Ardea purpurea*

This is one of the more shy heron species in our region and it can best be described as an occasional visitor to Dainfern. But it is a striking bird and well worth keeping an eye open for. Unlike the more common Grey Heron and Black-headed Heron, this bird is richly coloured and shows a combination of black, grey, brown, buff, white, rufous and vinaceous colours, combined with a bright yellow bill,

legs and eyes. It is the long black-striped head and neck that is one of the most distinctive features.

One of the reasons this species is not that regular on the estate is because of its habitat preference. It is a shy and retiring bird of fairly dense wetland vegetation, especially sedges and reedbeds, and this is a habitat type that is not found everywhere in Dainfern. But there are a few dam areas with many reeds particularly around Sawgrass Village and here the bird can be seen from time to time. It can easily be overlooked at times as it has the habit of freezing for periods when hunting for prey and with its cryptic colouring it can be missed amongst the reeds.

Purple Herons hunt on the edge of wetlands, feeding mostly on fish but also on insects and amphibians, and even on reptiles and birds occasionally. They will breed mainly in the period from Sep-March with a peak around Sep-Oct, laying from 2-5 eggs, usually 3, making their nest on a platform in dense reedbeds. The young are fully fledged at 30-35 days but are usually only fully independent at 55-65 days.

One of our special and seldom seen birds that will continue to occur on the estate within wetland habitats, which need to remain as healthy and pristine as possible.

The attached photo was taken during a bird walk at the Sawgrass Village dams.

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New Golf Membership Categories



Dainfern has introduced the following new Golf Membership Categories:

RESIDENTS: A Dainfern Homeowner may join any one of the following categories;

Full Golf Member men/lady:

19 – 25yrs (FGM19)	R4 800.00 excl green fees @ R150.00
26 – 30 yrs (FGM26)	R5 900.00 excl green fees @ R150.00
31 – 35 yrs (FGM31)	R7 000.00 excl green fees @ R170.00
Over 35yrs (FGME)	R9 800.00 excl green fees @ R170.00
25 – 30yrs (FGMEPP)	R10 900.00 incl green fees

TENANTS: A Dainfern Tenant may join any one of the following categories;

Tenant Golf Member men/lady:

19 – 25yrs (TGM19)	R4 800.00 excl green fees @ R150.00
26 – 30 yrs (TGM26)	R5 900.00 excl green fees @ R150.00
31 – 35 yrs (TGM 31)	R7 000.00 excl green fees @ R170.00
Over 35yrs (TGME)	R9 800.00 excl green fees @ R170.00
25 – 30yrs (TGMEPP)	R10 900.00 incl green fees

NON RESIDENTS: A non resident may join one of the following categories;

Exclusive Golf Member men/lady:

19 – 25yrs (EXCL19)	R4 800.00 excl green fees @ R150.00
26 – 30 yrs (EXCL26)	R5 900.00 excl green fees @ R150.00
31 – 35 yrs (EXCL31)	R7 000.00 excl green fees @ R170.00
Over 35 yrs (EXCL)	R9 800.00 excl green fees @ R170.00
25 – 30yrs (EXCLPP)	R10 900.00 incl green fees

It's that time of year again when the golf subscription fees are now due and after careful consideration the Golf Committee have agreed to a 7.5% increase with a 5% early settlement discount, if payment is made by EFT or cheque before close of business at 17h00 on the 31st March 2014. There are also 16 new membership categories, ranging from R4 800.00 annually (ex green fees) to R10 900 annually (incl green fees) as well as a debit order payment plan to assist our members.

These new categories are age related therefore please feel free to contact Vanessa on Vanessa@dainfern.co.za or 011 875 0431 to discuss your membership options for the 2014/15 golf subscription year.

We would like to remind the members that the Golf Committee are dedicated to ensuring that Dainfern remains a prestigious Club and therefore have not only taken the current economic situation into account but also the vital expenses central to maintaining the Club and Golf Course itself. The Golf Committee and Management continue to assess the current expenses to ensure the sustainability of Dainfern Country Club as a whole.

We look forward to enjoying another great year and hope to see you on the golf course.

For more information on the above please feel free to contact **Vanessa** in the Golf Office on 011 875 0431 or Vanessa@dainfern.co.za.

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Ladies Golf

In the spirit of the game

Well – how right DSTV is in the advert about the weather, “not even Chuck Norris can control it”! Since my last missive, we had an unprecedented 10 inches in just 4 days, causing a lot of flooding on the course (and never mind the pot holes on the roads surrounding the Dainfern area). Another inch fell in the week thereafter, and since then it’s be droughty. Spare a thought for the green keeping staff, this unpredictable weather plays havoc with course maintenance. On that note, just be thankful that you don’t live in some parts of the UK or there would definitely be no golf for months unless played in a boat!



Above: The victorious Northern Hemisphere Team – International Day / Top right - clockwise from top: [Photo 1] Merle Dawkshas, Sue Hong, Ligia Potgieter, Liz de la Harpe [Photo 2] Joan McIntock, Maureen Valsecchi, Brenda Gilbert & Carol-Anne Ferreira [Photo 3] Liz de la Harpe, Brenda Gilbert, Julie Williamson & Ellie Minassian.

Some results from January 2014:

14th January – Ladies Open

Carol-Anne Ferreira, Maureen Valsecchi, Joan McIntock & Kathy Ahlers

17th January – BGT Qualifier (IPS)

Miranda Reeder (36 pnts)

19th January – Mixed Open

Michele & KC van Straaten, Julie & Justin Williamson (94 pnts)

28th January – Medal & Putts

Silver – Joyce Hughes (nett 66)

Bronze – Debbie Retief (nett 78)

International Day – won by the Northern Hemisphere (early February)

The Results are somewhat sparse, but the rain and a week of hollow tining put paid to a number of ladies comps in January!



Some upcoming events to watch out for:

Suzanne Kannov Trophy – 25th March

Henman Trophy – 15th April

Senior Club Champs – 20th May

Ladies Club Champs – 22nd and 23rd May

AGM - 27th May (2:30pm)

Captains Dinner – 30 May

Rule for the month

Following on from last month, I found this excellently worded paragraph in the R&A's Rules of Golf booklet:

The Spirit of the Game (Section 1, etiquette, behavior on the course).

Unlike many sports, golf is played, for the most part, without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and abide by the Rules. All players should conduct themselves in a disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be. This is the spirit of the game of golf.

From the inimitable David Feherty – “It’s just a glorious day, the only way to ruin a day like this would be to play golf on it!”

Happy golfing and here’s to some more rain before winter..... in less dramatic quantities, if possible!
Ange Watson

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The Value of Concentration

To achieve the maximum of your training session or matches, the focus is all on your level of concentration. It is often very difficult to focus and to maintain concentration.

I can remember many matches where I have it in the bag, or so I thought and not before long I am either in the third set or came second. I am sure we all have those experiences being it on the tennis court or another sport or even elsewhere in life. I will never forget a match that I played in New York City at the Suttan East Club. I was tired and my mind was pre-occupied and this quarter final match was scheduled at 8pm. I knew my opponent and he was no threat to me. I won the first set 6-0 and was 3-1 up in the second set when my mind started wondering. I took the long Island expressway to the city and kept thinking if I wrap this match up in the next 15 minutes I would make the next train home. The trains run on the hour that time of night. I found myself 6 all and missed that train and put my sights on the next train. Needless to say I won 7-6 in the third set, missed several trains and made my life very hard just because I lost concentration and played in the future and not in the present. Many of us and professional players are guilty of losing concentration and playing in the past or future and not the present. Saying all this it is a challenge to maintain concentration especially if the going gets tough and outside factors are involved.

There are many different techniques of concentrating. The mind needs to focus on a specific thing to create a deeper state of concentration, and focusing on a moving object is much easier.

A basic technique is to focus on the ball and the seams of the ball. Follow the ball all the time from your racket to the opponent's racket and back. Watch the bounce and where the ball bounces, anticipate the bounce all the time. Many players talk to themselves while following the ball and say bounce as the ball bounce and hit as they hit the ball. This will maintain their level of concentration for longer periods. By focusing deeply on the ball other distraction are limited and will potentially not effect you.

A very disappointing lesson too many tennis players have learnt is when they play in the past or future and not in the present. Don't harper or get upset about what happened or what will happen. The present is all that matters and give it your all.

Keep your concentration high and enjoy your success!!!!

"... A basic technique is to focus on the ball and the seams of the ball. Follow the ball all the time from your racket to the opponent's racket and back ..."

- Duane Armstrong

Squash Update



Gauteng League Season

Gauteng league has commenced with Dainfern entering x3 teams this year, 1 Ladies and 2 Mens. The league season runs from March through to October, culminating with a season ending awards dinner.

Played on a home and away basis we look forward to keeping you in the fold as our teams campaign for some very attainable silverware this year!

Coaching and playing partners, contact Pete on 084 549 7540. See you on the courts in your clear soled shoes.



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Often it's not the broccoli on your plate but the love in your life.

"A healthy outside starts from the inside". - Robert Ulrich

If you would like a **FREE Health History consultation** to see if you could benefit from a health coach, phone me, Monica Condy, on 082 459 1539, or email me at monica@healthletsdoit.com

Health Coach

What is a Health Coach?

Are you living your life in a way that improves your health? If so – fantastic! If you have got lost somewhere along the way, you may need a health coach

Most of us are hoping for a long and healthy life – free of pain, disease and suffering. So a lifestyle that improves your health should be what we are aiming at. The advice to help this changes daily, even from professionals and this can be so confusing. Is milk good for you or not?



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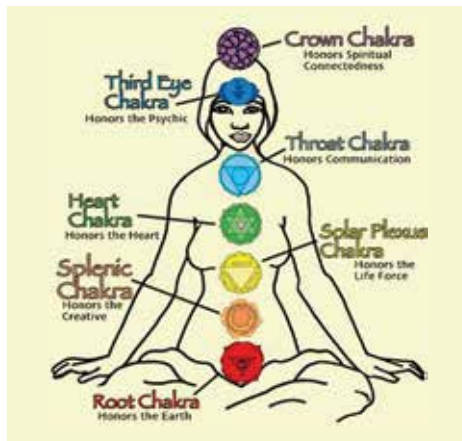
Reiki Healing - an extremely blissful treatment

Reiki is an extremely blissful treatment which lasts ±one hour. It is a non invasive treatment in which hands are placed in different positions on a clothed body. The hands are held still in each position so the universal life force energy can flow.

Benefits:

- Energy blockages are removed and energy enhanced.
- Deep relaxation is felt improving stress levels.
- Immune system improves; toxin and waste product are removed more quickly.
- Helps to reduce pain and for the body to heal itself
- Reiki strengthens the body and spirit

Reiki does not interfere with any other medical procedure or medication – it will enhance the benefits, reduce side effects and generally aid the body to recover with regular sessions.



a different frequency and is identified by a number and colour which associate to parts of the body. They can be compared to the lymph system with its nodes, but they are not physical. Clairvoyants perceive chakras as colourful wheels or flowers with a hub in the centre.

7. Crown Chakra

Associated colour: violet (also white); related parts of the body: pineal gland, upper brain, right eye)

The crown chakra is our direct connection to spirit. When it is highly developed, we fully understand the “oneness” of universal existence and experience true inner peace. The illusion of separation between ourselves and other beings dissolves.

Expansion of the crown chakra enables us to tap into the highest sources of spiritual wisdom and enhance our claircognizance (psychic knowing). Blockages can result in feeling lonely, fearing death, and needing to compare ourselves (often unfavourably) to others.

6. Third eye Chakra (Brow)

Associated colour: indigo; related parts of the body: pituitary gland, lower brain, left eye, ears, nose, central nervous system).

An open third-eye chakra is the source of our intuition and clairvoyance (vision beyond ordinary sight) as well as our ability to visualize and manifest. Blockages of this chakra abound, resulting in fear of the imagination, dreams and our “irrational” intuitive insights.

Physical symptoms of third-eye imbalance may include persistent headaches (especially in the centre of the forehead), insomnia, anxiety and depression.

5. Throat Chakra

Associated colour: sky blue; related parts of the body: thyroid gland, throat

The throat chakra governs communication and mental creativity. When this chakra is at its best, we speak and listen in the spirit of truth and constructively express anger and other emotions.. Naturally, communication suffers when this chakra is blocked.

We may overindulge in eating and drinking to keep a non-communicative throat busy and suffer from respiratory diseases, dental disorders, and low self-esteem. Feelings of anger, hostility and resentment also are associated with the imbalance of this chakra.

4. Heart Chakra

Associated colour: green (secondary colour: pink); related parts of the body: thymus gland, heart, lower lungs, circulatory system, skin, hands)

Acting as the bridge between the physical and spiritual worlds, the heart chakra is the centre of love and emotional well being. When this chakra is functioning optimally, our ability to give and receive unconditional love is well developed. We are compassionate. Dysfunction of this chakra often results in feelings of sadness, fear and anger and can lead to heart disease.

3. The Solar Plexus - Solar plexus chakra;

Associated colour: yellow; related parts of the body: include the stomach, liver, gall bladder, pancreas, and small intestine. This chakra is the centre of personal power, the place of ego, of passions, impulses, anger and strength. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. Physical problems may include digestive difficulties, liver problems, diabetes, nervous exhaustion, and food allergies. When balanced you may feel cheerful, outgoing, have self-respect, expressive, enjoy taking on new challenges, and have a strong sense of personal power.

2. The Sacral, also know as our “emotion” chakra is located below the naval.

This chakra colour is orange and governs creativity and emotion. The reproductive system, testicles and ovaries, urinary bladder, sexuality, and the kidneys are associated with the second chakra.

1. Root Chakra (Base) also known as the “root” chakra, is located at the base of the spine and is associated with the colour red.

This chakra is associated with being grounded and with having strong survival instincts.

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Running Club

Time Trials at the Club

A warm welcome to all!

Dainfern running club meets for a time trial every Wednesday evening at 5:45 in the summer and 5:30 in the winter. We offer 3 distances – a 1,5km route for the juniors and beginners, a 2,9km route and a 4,7km route. All runs are timed and while the longer routes are somewhat challenging. A time trial offers you an opportunity to run at your own pace and challenge your own times or to use the pace of runners around you to push yourself further. At the same time you get to enjoy the beautiful surroundings we live in.

We welcome all ages and abilities, and you will find a warm welcome no matter how fast or slow you are or how

fit or unfit you may be. This running club is for anyone who wants to make the effort to join us.

At the time trial you will have the opportunity to get to know other members of our community and enjoy exercising in the safety of our estate.

We meet below the practice green at the picnic tables. The run starts at 6 sharp (5:45 in winter) and if it is your first time it is a good idea to come early so that we can meet you and get your details. We send out a newsletter weekly with the weekly results and we keep you updated with news of local events.

If you would like to join the running club please contact Wendy-Ann Wood at wendswood@gmail.com. We have a basic club membership and we can also arrange a running license for those members who want to take part in official road races under the banner of Dainfern running club.

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Colouring Competition

Name: _____
Age: _____ Tel: _____
Address: _____

The winner will be announced monthly in In Focus and can collect their R100 prize from reception. We accept photocopies of picture. Only children 11 years and younger may enter. Entries to be submitted by the 10th March 2014 into the Dainfern Nature Association's Box at the Club House.

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MY FATHERS HOUSE	Pastor: Robert H. Kelley	082 561 1597 www.myfathershouse.co.za	Sunday Service at 10.30 am in Melville: First Avenue and third Street, Johannesburg.
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CLEANING / SERVICES / WINDOWS / CARPETS / UPHOLSTERY			
A1 SPOTLESS CLEANING SERVICES	Glen	082 716 0711 F: 011 475 4475	Making you look even better. Dry powder system - carpet/upholstery/ pre/post/spring/domestic cleaning services offered for total peace of mind.
BULK DRY CLEANING	Ron	082 562 1566	Bulk dry cleaning of heavy curtains, duvets. Collected and returned, pressed and bagged in plastic.

CARPET PROS		083 735 8433 sales@carpetpros.co.za www.carpetpros.co.za	Carpetpros- Professional Carpet & Upholstery cleaners. *Domestic & Commercial carpet cleaning. *Upholstery (couches, sofas chairs) cleaning experts *Scotchguard /Masterguard *Flood damage treatment & Control *Post & Pre-occupation / Spring cleaning Carpetpros tried & trusted, Call us NOW!
EASY CARPET CLEANER		082 211 8492 082 290 6469	The home people, we clean carpets, chairs, lounge suites, cushion. All interiors, cars, shops, you name it.
FORMBY WINDOW CLEANING SERVICE	Jan Engelbrecht	011 764 3727 / 011 768 4218 082 338 1704 F: 011 768 4218	Window Cleaning Services. Let us put the sparkle back in your windows! Call Jan for a free quotation for cleaning at competitive prices. We will beat any written quote.
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!
SUPERIOR CARPET CLEANERS	Emilila	078 455 6957 011 023 0731 info@superior-carpet-cleaners.com	For all your home and office carpet cleaning needs. We specialise in deep carpet cleaning, stain and odour removal, professional upholstery as well as professional mattress cleaning.
THE REAL DON		011 469 4831 www.therealdon.co.za	We provide superior quality cleaning of all personal and household effects together with tailoring, alterations and mending services. Post/pre occupation house valet and flood water removal also undertaken.
CLOTHING / HANDBAGS / FASHION / SHOES			
THE HIP SHOP	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			
MAPLEINK	Robert	073 502 3363 rob@mapleink.co.za www.mapleink.co.za	Original & compatible inkjet/laser toner cartridges. Full onsite technical support for PC & printer issues. Best quality and unparallel service. Eco friendly products and fundraiser initiative.
QUICKSERVICE INFORMATION TECHNOLOGY	Tammi	083 600 2533 quickserviceit@icon.co.za	ON-SITE service, sales, support, repairs, upgrades and networking. PC's, Laptops, printers, hardware and software.
CONVEYANCERS / ATTORNEYS			
CHRISNA RICHE	Chrisna Riche	011 465 3809 / 083 530 0465	Attorney, Conveyancer and Notary.
ELECTRICIANS / ELECTRICAL REPAIRS			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	011 469 1190 / 011 022 3962 082 556 5133	Earth leakages, fault finding, faulty plugs & lights- General electrical works done professionally @ competitive prices 24/7.
ARCK ELECTRICAL SERVICE	Marco	079 329 5699	Specialising in random tripping, all electrical faults, balancing of three phase supply, reduction of excessive power usage and all general household maintenance repairs. Open 24hrs.
ATO ELECTRICAL	Linda	079 397 2581	ATO Electrical, for all your electrical renovations, emergencies like trippings or just for a quote. NO CALL OUT FEE! We do Certificates of Compliance too.
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 Bekker	011 462 9630 / 083 452 0635 sibekker@mweb.co.za	For fast, friendly, personal service on all your electrical requirements. 24hr call out.
ELECTRICAL-MOKAPANE	Ronald	072 154 9735 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.
MATHOHO LIGHTING & ELECTRICAL	Mpho	082 042 4148	We do the following: Electrical installation and maintenance. Certificate of compliance-House re-wiring; Emergency callout-Fault finding-Power failure; Under floor-Repairs-Geyser-Pools-Stoves & Oven. We guarantee all our work.
URBAN ENERGY ELECTRICAL CONTRACTORS	David	082 656 0282 urbanenergy24seven@telkomsa.net	Your contractor of choice. We will be available throughout the festive season at normal rates. For all your electrical requirements call David.
ESTATE AGENTS / COMMERCIAL & RENTAL PROPERTIES			
CENTURY 21	Anne Copley Tamara Nettmann Marianna Frasca André Marx Sue McNeilage Tania Heurtaux	083 600 0566 082 888 7178 083 260 9255 083 411 7674 079 119 8903 (Rentals) 082 550 2222 (Rentals)	Century 21:Lifestyle Team. Agents of Change. Your Sales Professionals. www.century21lifestyle.co.za / Office number: 011 460 1599 / Email: lifestyle@century 21.co.za

FINE & COUNTRY	Gill Mander Geoff Mander Florence Chikowore Musta Mudavanhu	082 372 3278 073 251 1206 082 923 7509 083 509 2977	Dynamic marketing approaches. Unrivalled service. Office number: 011 234 6545; Email: jeff.mander@fineandcountry.com; Website: fineandcountry.com
ENGEL & VÖLKERS	Brian Falconer Garth Humphries Office	082 651 7890 (Sales) 082 497 0155 (Rentals) 011 465 0410	A real estate company of choice selling the finest of property, worldwide offices @ Broadacres Shopping Centre. broadacres@engelvoelkers.com
EXECUTIVE PROPERTIES	Nicci Humphreys Lara Pretorius Carrie Field	082 492 0111 083 650 9044 082 372 2983 www.executiveproperties.co.za	Executive Properties specialize 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 Joyce Sue (Rentals) Office	083 601 1593 082 807 3497 082 452 0086 011 469 4070	Contact us for that "Extra Special Service" you deserve. Best Networking Agents! sales@gcr.co.za / www.gcr.co.za F: 011 469 3861
HYACYNTH PROPERTIES	Helen Cynthia	082 920 3640 082 375 0925	Marketing your home for all it's worth. Office no. 011 469 4937. info@hyacynth.com / www.hyacynth.com
MOSAIC PROPERTIES		011 465 5996 083 653 5158 www.mosaicproperties.co.za	Your Property – Our Priority! Contact us if you are in the market to buy, sell or rent! Situated at The Embassy Unit 6, 50 Mulbarton Road – Cnr William Nicol – Lonehill (opposite The Leaping Frog)
MONEY PROPERTY GROUP (MPG)	Robbie Ingrid Lee Martha	082 574 9010 / robbie@mpgsa.co.za 082 832 6585 / ingrid@mpgsa.co.za 082 784 2999 / lee@mpgsa.co.za 072 591 8153 011 467 0721 www.mpgsa.co.za	To deliver paramount service in all aspects of sourcing, selling and purchasing of property, both locally and abroad. We will negotiate every lease as if it was our own and maintain a professional service through our professional team at all times. Residential, Commercial, Industrial Sales & Leasing. Situated in Stratford Office Park on Ceder Road, Broadacres.
OFFICES FOR RENT	Sandy Cotton	082 852 5907 011 469 0096	Mulberry Hill Office Park, Broadacres Drive, Fourways Ext. 25. MIRMAR HOUSE 120m² and PERCEPTION HOUSE 140m².
PAM GOLDING PROPERTIES (DAINFERN)	Sue Brenda Jean (Rentals)	082 892 8772 083 251 4452 083 265 3621	Pam Golding Estate Agents, 170 offices national. www.pamgolding.co.za / Office no. 011 469 4691
PAM GOLDING PROPERTIES (PAARL)	Ronel Pienaar Jordan Greenhalgh Igna De Villiers	082 556 2433 083 298 1481 082 884 8492 paarl@pamgolding.co.za	Does Estate living in the Cape Winelands sounds like a great lifestyle change to you? Val de Vie Wine and Polo Estate, Pearl Valley (Jack Nicklaus designed) Golf Estate, and Boschenmeer Golf Estate near Paarl offer the perfect country lifestyle in the heart of the Cape Winelands. All offer state-of-the-art security and boast close proximity to a host of top schools and leisure activities.
SOTHEBYS INTERNATIONAL REALTY	Brenda Maureen Dawn Dermot Margie Office	082 469 0092 083 450 7151 082 575 9956 083 680 5286 083 644 7770 011 469 4950	"Selling masterpieces in every area". BOOMING RENTAL MARKET There is an increased demand for rental properties in The Estate, Fourways Gardens, Cedar Lakes etc. Should you be considering renting out, please contact us to assist you in finding a suitable corporate tenant. From Cottages to Mansions. www.sothebysrealty.co.za
FINANCIAL SOLUTIONS			
JNS FINANCIAL SERVICES	Graeme Rigby	073 229 8974 www.jnsfinancialservices.co.za	Provision of high quality and personalised financial, accounting and taxation services to individuals and small & medium sized entities.
GARAGE / DOORS			
G DOOR	Mike Harris	072 294 5974 / www.gdoor.co.za	Garage door automation, installation & repairs. Personal Service.
GARDENING / IRRIGATION			
BRAND'S TREE FELLING		0861 708 000 F: 086 530 6656 brandstf@mweb.co.za	Tree felling, tree maintenance, site cleaning, supplier of wood chips, fully insured. SALI (South African Landscape Institute) Selected Supplier.
GARDEN 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.
IRRIPLAN IRRIGATION	Alon Gaber	083 796 6306 F: 086 509 2326 irriplan@saol.com	Professional Irrigation Installations, Repairs & Maintenance. Gardens, Lawns, office complexes etc. Low maintenance sprinklers. Manual or computerized systems. Guaranteed personal touch from design to installation. Call Alon for your free quotation.

LAWN CARE PLUS	Phillipa Ian	072 208 3587 084 888 1632 T/F: 011 462 3416 ian@lawncareplus.co.za	Lawn Treatments, bad weed and insect control, lawn dressing and compost, scarifying (verti-cutting), instant lawn installed (sun and shade), lawn aeration and complete lawn make-overs. Tool sharpening available. www.lawncareplus.co.za
NATURE'S WAY LANDSCAPING	Sharon le Roux	082 415 8786 011 469 4031	Landscaping: Need help in your garden? Landscaping of new and "old" gardens. Revamps, compost, lawn dressing, irrigation installations and repairs, large trees, clean-ups and pot features.
SLUG & LETTUCE	Charlotte	011 469 0132 083 601 7466	Design and installation of beautiful gardens. New or existing: with emphasis on organic and indigenous plantings. I live in Dainfern and have installed some lovely gardens on the Estate.
TOM'S IRRIGATION	Tom	082 815 4481 tomro@telkomsa.net	Irrigation. For installation & repairs of automated & manual irrigation systems. Includes back-up & full after sales service.
WATERQUEST IRRIGATION SERVICE	Stuart Warren	076 438 1024 Info@waterquest.co.za	Domestic and commercial irrigation design, consultation and installation. Maintenance, repairs and upgrades. Free quotations. Competitive rates.
GAS			
GAS FAMILY	Nan	078 050 6600 info@gasfam.co.za / www.gasfam.co.za	Cylinder refilling and deliveries; gas installations & servicing; gas appliances; energy saving solutions. Prepare for winter now!!
GLASS			
ECHO GLASS		011 465 3851/8168	For all your glass requirements.
GOLF CARTS / ACCESSORIES			
PRO YAMAHA GOLF CARS	Leroy	083 635 5842 / F: 011 794 3919	Pro Yamaha – Golf Car and accessories dealer.
HEALTH / FITNESS / WEIGHT LOSS			
BASEFIT CUSTOM FITNESS	Mandy Thomas	082 461 1443 mandy@basefit.co.za www.basefit.co.za	Opening 6th January 2014 at The Junxion Center 3505 William Nicol Drive. 12 Week programs - weight loss and toning; fitness, strength and stamina. Nutritional advice. Custom sport fitness.
DARREN COOK MASSAGES	Darren	079 161 3487	Sports and holistic massages in your own home in and around Dainfern. Excellent references from Dainfern residents.
DAINFERN MOBILE PERSONAL TRAINERS	Donovan Rabie Kim Lewis-Williams	078 952 0328	One-on-one training in the comfort of your home. Get help from a Pro. First session is FREE.
GET YOUR WELLNESS BACK	Lior Losinsky	071 316 8450	Fatigue - excess body fat - immune system problems: We use 100% Real Food Nutritional Technologies to allow your body to function optimally again. Call us today to get your wellness back!
GOGO FAT – YOUR WEIGHT LOSS SOLUTION	Kerrie Bosse Facebook: GoGo Fat Herbal Weight Loss	082 892 7899 www.gogohealthherbal.com	Increases your metabolism, suppresses your appetite, makes you thirsty, so increases water intake, increases your energy levels and detoxes your body. PROVEN Results!
JOHN OF GOD CRYSTAL LIGHTS THERAPY®	Lorraine	082 856 6811	Now this extraordinary healing therapy from the famous Brazilian Healer John of God is available in Dainfern. The Crystal Lights are vibrationally imbued quartz crystals which rebalance and reorder our cellular structure for emotional and physical healing. Extraordinary results with cancers, neurological, psychological, autoimmune, ADHD, tumours, stress related and many other ailments. Regular talks and guided trips to Brazil.
REIKI ENERGY HEALING	Colleen	076 574 8741	Reiki energy healing; chakra balancing and angel healing. Come and de-stress your body, mind and spirit. Situated in Dainfern. Reiki course available in Chartwell.
HOLIDAY HOMES / TRAVEL			
CRUISE MASTERS (Central Cruise Agency)	Peter	Tel: 011 469 5580 email@cruisemasters.co.za	General Sales Agent for Holland America Lines / WindStar Cruises / Costa Cruises. For all your cruise requirements call us or visit our office at No:1 Gateside Ave (Off Cedar Road), Dainfern Golf Estate.
HOLIDAY HOMES	Peter	082 747 7715	Pezula golf hotel & spa (Knysna) 5 star luxury suite available in high season at 50% discounted rates.
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 and training shows held regularly. Ladies rides in the mornings. "Have fun while you learn".
HORSE RIDING FOR THE "LITTLES"	Sarah	0835544949 sarahyeats@wbbs.co.za	Lead rein classes, ages 3-6y. Termly fee structure. Situated in Chartwell.
INTERIOR / FURNITURE			
INTERIOR DÉCOR & DESIGN	Karen Schaefer Louw	082 940 3571 011 469 0767 interiordd@mweb.co.za www.interior-decor-design.co.za	We offer a complete design, supply and installation service, tailored to your individual requirements (budget/ per room), with emphasis on creativity, quality & service. We provide the inspiration to help you achieve an interior that reflects your taste and lifestyle.

JEWELLERY			
GILL'S GEMS	Gill Sandy	083 616 1066 083 671 2703	Located in Dainfern Estate. Quality jewellery custom-made to your taste. Custom-made to your budget.
PIAJEH	Alexia Katz	011 469 4624 info@piajeh.co.za	Jewellery, Contemporary & Designer, Giftware & Objet d' Art. The Valley Shopping Centre.
JOHANNESBURG GUIDE			
EXPAT GUIDE TO JOHANNESBURG	Barbara Bruhwiler	www.expat-living.info info@expat-living.info	Settle quickly and happily into Johannesburg, with the INSIDER EXPAT INFORMATION AND CONTACTS. 24/7 access; search function; practical and proven information, advice and contacts; individual attention. Your Relocation Agent in Your Pocket.
KENNELS			
BADHAM'S 4WAYS Kennels & Grooming	Joan Badham	011 705 1880 082 372 7500	We board with care and groom with style. Heating, exercise, training available. All night security. 500m north of Dainfern.
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			
EYETEK OPTOMETRIST		011 469 5600 / www.eyetek.co.za	Optometrists at the Valley Shopping Centre. 30% off all sunglasses.
FAMILY DOCTOR	Dr Moray Shirley	082 898 6748 087 310 4900 / 011 467 1432	Family Doctor: Dr Moray Shirley, Dr Alison Perks. Have moved to the Broadacres Shopping Centre - near Spar.
PODIATRIST	Jaroschka Pfeiffer	082 346 5519 jaroschka@gmail.com	Podiatry Practice in Lonehill for the diagnosis, treatment and prevention of adult and child foot problems.
PSYCHOLOGICAL COUNSELLOR	Lorna Quinn	082 456 5692 lornaquinn@telkomsa.net www.lornaquinn.co.za	Qualified, registered counsellor with many years experience specialising in the management of depression, anxiety, stress, personal grief and loss, dementia/alzheimers.
PSYCHOLOGIST / COUNSELLOR	Charmaine March	083 239 4309 / 011 469 3256	Specialising in trauma, relationship, career counseling, etc.
PAINT AND HARDWARE			
HOUSE PAINTING ETC.	Ron	082 562 1566	House painting. Wall coatings, exterior and interior. High quality acrylic coating, all walls prepared and waterproofed where necessary.
PAINT EMPORIUM AND HARDWARE	Theunis, Tiaan, Gregory, Raldo, Rynhard, Christo, Donna- Leigh	011 465 0081 F: 011 465 0578 cedar@wol.co.za	Your one-stop Paint & D.I.Y Hardware Shop. Full range of Earthcote, Plascon & Prominent Paints. We also offer Gas refills and locksmith facilities.
PET & HOME CARE			
HOUSE & PET SITTER	Dee-Jean	076 035 6908 djb160453@yahoo.com	House & Pet Sitter 'Sleep In'. Excellent mature female with references @ R230.00 per night. Elderly Care Giving Services either by hour or 'sleep in'.
PEST CONTROL			
PINNACLE HYGIENE & ENVIRONMENTAL SERVICE		086 100 0819 www.pinnaclehygiene.co.za	For the professional and personalised treatment and control of pests.
PLUMBING / SOLAR			
AAB-TECH PLUMBING & ELECTRICAL	Andrew	011 469 1190 011 022 3962 / 082 556 5133	Burst pipes & geysers, no hot water, blocked drains, toilet repairs - General plumbing done professionally @ competitive prices 24/7.
A-Z PLUMBING	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. We now install solar systems.
CALIFORNIA PLUMBERS & MAINTENANCE	Dube	011 056 9834 076 132 0846 www.californiapainters.co.za	SERVICES: blocked drains; faulty toilets; leaking tapes; burst; faulty and new installations on geysers; renovations and construction.
DAINFERN PLUMBING	Wesley Ridgway	083 4702345 wez46@hotmail.com	Solar geysers with rebate offered, geyser installations, bathroom alterations, valves, burst pipes, leaking toilets, all general plumbing maintenance offered.
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.
WEBSTERS WATERBOYS PLUMBING	Chris	076 185 7566	Professional plumbing done by experienced plumbers. All domestic plumbing maintenance - geysers, valves, burst pipes, blocked drains, leaks & drips. Call us today for prompt professional service.

POOL SERVICES			
A-Z POOL CARE & REPAIRS	Martin	074 443 1429	Re-marbaleite & 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 pps@cmconline.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.
SANDTON POOL RENOVATORS	Brenda Office	082 332 7253 082 322 7253 F: 086 730 2204 brendawilliams@sandtonpools.co.za www.sandtonpools.co.za	Sign up for weekly maintenance and never pay another service call- we will also donate R5,00 to SPCA Midrand as long as contract runs. New pools, infinity pools, real rock pools, pool windows, natural dams, streams lapas renovations, spa's, waterfeatures gold fish and koi ponds, econo deck and Rhodesian teak decks. Leak detecting, heat pumps, chlorination, chlorine inline feeders, auto fill, energy saving pool pumps and stainless steel fittings, submersible pumps.
-(COMPANY NAME -OWN 2 CO'S WANT TO PUSH FOR RENOVATIONS NOW)			
RECRUITMENT			
HELPING HANDS	Lindy	082 401 8822 lindy@elohyim.co.za	Child Minding & Domestic Recruitment Services for Dainfern Golf Estate. Connecting families with the right helping hands...
RELOCATION & REMOVALS			
ELLIOTT MOBILITY		011 256 3000 / F: 011 256 3200 / www.elliottmobility.com	Services: World class removal company specialising in household and office moving, storage, fine art moving, relocation services, and immigrations, both nationally and abroad.
EXPAT SOLUTIONS		083 212 2469 elizabeth@expatsolutions.co.za www.expatsolutions.co.za	Moving to, or repatriating from South Africa? We offer 24/7 in-time-zone support and end-to-end expatriate assignment solutions. Our attention to detail remains unparalleled. Contact us for our bouquet of services.
MOVIT INTERNATIONAL		011 312 5196 info@movit.co.za / www.movit.co.za	Movit provides a personalised moving service for local, long distance, overseas & office moving - 45 years of moving excellence.
WHATEVER REMOVALS AND FREE LOADS	Vicky Bonnie	071 515 4214 072 280 9775	"Whatever" Removals will transport furnishings and garden rubble or "whatever" starting at R300 ++ depending (no building rubble). We also offer FREE LOADS a service that will take any unwanted furnishings away for free. Deceased estates, moving or just a spring clean. Call us and we will take it away.
SCRAPBOOKING			
CRAFTBEAR SCRAPBOOK STUDIO	Cornelia Frost	083 282 5577 Blog: craftbearblogspot.com on Facebook	Scrapbooking classes, scrapbook supplies, personalised & handmade cards, themed invitations and party décor. Customised and personalised scrapbook albums, specialised personalised gifts. Cut-outs to decorate projects and posters. School teacher aids, scrap retreats and getaways.
SCHOOLS/PLAYGROUPS			
CHARTWELL COUNTRY COLLEGE		079 641 9768 011 021 6144 marlien@chartwellcountrycollege.co.za www.chartwellcountrycollege.co.za	Is your child unhappy at school? Classes too big? Students - Grade 0 to A-level are invited to apply; Small Classes, with maximum of 12 students ensures that each student receives the attention they need to fulfill their true potential. We have experienced and passionate teachers dedicated to providing your son / daughter with the most effective personal learning experience available.
DAINFERN COLLEGE	Deidré Proxenos	011 469 0635 www.dainferncollege.co.za	Dainfern College believes in developing the whole child through the provision of academic, sporting, cultural and technological activities. Our students write the internationally well-accepted IEB examination and a strong academic focus exists at the College.
HERONBRIDGE COLLEGE	Carryn Boden	011 540 4800 cboden@heronbridge.co.za	Educating young South Africans with heart. Gr. 000 -Gr. 12. Daily bus service operating close to Dainfern.
KID VANTAGE ACADEMY	Renee	082 497 7748 / 011 024 6804	For all your pre school needs. Established nursery school catering for ages 4 months to Grade 00 in the Estate.
MAX AND MAXINE	Vanessa	083 792 5421	Play group set in a nurturing environment at River Cabin opposite Heronbridge college. Age 2- 3 year olds. A stimulating program covering all sphere for development and run by an experienced pre school teacher.
SPORT / RECREATION			
DANCE ACADEMY	Kim	082 330 1732	Modern and Tap dance classes at the Pavilion in Dainfern. Beginners of all ages up to advance. Special programme for American International School. Booking for 2014 now open!
DAINFERN JKA KARATE	Bernard	083 709 9289	South African JKA Karate Association (SA JKA) instruction for children and adults. Tournament specialization. Self defence and body conditioning. Max of 6 children and 4 adults per class twice weekly. Individual instruction available.

STAMPS			
DOREEN ROYAN & ACCOCIATES (PTY) LTD	011 706 1920 royan@icon.co.za www.doreenroyan.co.za	We pride ourselves on the integrity, passion and professionalism of our service in the business of supplying fine and rare postage stamps. As a small, family-run and owned company, we are able to build personalised, one-on-one relationships with our clients that last for years.	
TRANSFER / TAXI / CHAUFFEURS / TOURS			
KID VANTAGE EXPRESS	Brian	011 024 6804 076 641 0564	Reliable transport for all your schooling, extra-mural and other needs in and around the Dainfern area.
RELIABLE SHUTTLE SERVICE	Lionel Strick	082 324 4232 F: 086 528 6048 asendulo@telkomsa.net	Reliable 24hr service. Airport, Hotel, Lodge, Inter-city, Corporate, Social Dinner Transfers. Tour/Safari packages tailored to suite your requirements. Personal door to door attention.
RUBIX SHUTTLES & TRANSFERS	Khulisani	073 903 8070 khulisani@rubixtransfers.co.za www.rubixtransfers.co.za	Rubix Shuttles & Transfers – don't compromise when it comes to your child's transport – we offer a peace of mind solution for busy parents. Social/Leisure and corporate transport also offered.
THE NORTHERN LINK	Lyn	083 959 0800 northlink@mweb.co.za	Safe & Reliable Airport Transfers for Dainfern residents and your guests. Airports, restaurants, functions – coaches available. Door-to-door service recommended by residents. More than 8 years of professional service.
THORNTREE TOURS AND SAFARIS	Lyn	083 959 0800 lynguide@mweb.co.za www.thorntreetoursandsafaris.co.za	Safaris – Pilanesberg full day – excellent wildlife guide. Half / Full day Tours to Soweto, Apartheid Museum, Cradle of Humankind, Diamond Mine. Full day "Freedom tour". Rated "excellent" on Trip advisor.
TRAVEL AGENT			
TRAVEL BEE	Paula	083 650 1795 info@travelbee.co.za www.travelbee.co.za	Travel Bee specialises in assisting people with their travel needs bee-it for business or for pleasure. Follow us on Twitter at @travelbeetips
R&M GLOBAL TRAVEL CENTRE		011 787 1045 r&mglobal@rttc.co.za www.rmglobltravel.co.za	Your one stop travel shop, catering for all your corporate and leisure travel needs.
TUTOR / LESSONS			
CONVERSATIONAL ENGLISH	Marianne	082 564 6985 mlovell@intekom.co.za	Enjoy interesting conversational English classes in small groups or private lessons. A teacher with many years of experience in teaching all nationalities, offers all aspects of learning/improving language skills. As group places are limited, kindly call/email to register.
NORTHONE ACADEMY OF MUSIC	Alan	079 604 3767 info@northtone.co.za www.northtone.co.za	Professional teachers; balanced curriculum; part-time or short course lessons; individual or group classes; for all ages and all skill levels.
REACH BEYOND RHYTHM - MUSIC TUTOR	Coert	082 853 2430 coert777@gmail.com	"Reach Beyond Rhythm" is a private guitar tuition, warm & stress free - in the comfort of your own home. Lessons include everything from practical to music theory. Music education benefits: Self-confidence, memory, language & cognitive development.
SELF-MOTIVATION FOR TEENS	David Pasi	081 092 8483 davidp@l-m-i.co.za	TEENAGERS AND YOUNG ADULTS: Achieve higher levels of success using an action based personal performance programme. Become more confident, happy, fulfilled and positive about your future.
TUTOR @ YOUR SERVICE	Mandy Theresa	082 217 2077 083 453 4792	Tutors @ Your Service: We come to you. All tutors achieved distinctions in area of subject & are reliable and highly recommended. Primary and High School. All school subjects, including homework supervision. Excellent results.
TV, SOUND & CCTV			
A-Z SATELLITE INSTALLATION	Luca Office	082 890 5515 011 436 0388 aie@absamail.co.za	Fully accredited Installer. Surround sound system, multipoint installations, commercial installations and repairs. We offer attractive packages including LCD TV's at unbeatable prices. NO REPAIR TOO BIG OR TOO SMALL. info@A-Zsatellite.co.za



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