

Kyalami

ESTATES



**Congratulations to
the Matrics of 2018**

**Lamington
National Park**

**Clubs & Activities
on the Estate**

• where people connect •

Pump up your points



20
points
per litre of fuel

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EDITOR'S MESSAGE

LOOKING FOR OPTIMUM PERFORMANCE

Welcome to the first issue of Kyalami CONNECT for 2019 – the first of four quarterly editions that we shall be producing this year.

Before taking a look at what we have in store for you this issue, we would like to congratulate all of last year's Matrics who did so well in their final exams. The future is bright indeed and we wish you well as you embark on your tertiary studies.

Mental alertness, as part of our contemporary lifestyles, is often a priority, whether one is studying or whether one is merely concerned about one's mental agility as one ages. Be sure to read Dr Ilse Ruane's article on the topic and consider participating in some of the activities on offer at Kyalami Estates to keep you intellectually and physically in top form.

For those who are busy carving out careers, take a look at Briony Liber's advice in her article entitled The Business of YOU. She gives us a fresh perspective to consider when planning how to approach one's progress in the workplace.

And, for a spot of comic relief, don't forget to visit the Back Page, where James Clarke reveals all the details of the Segs Scandal!

Till next time.

Warmest wishes,
Bev Hermanson
EDITOR

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Kyalami
ESTATES



Kyalami ESTATES

MESSAGE FROM THE ESTATE OFFICE

Over the years the office has had a concern that some of the contracting staff were not managing on their salaries. We had even received reports, and complaints, about team members digging in dustbins. This was alarming - why would anyone go through a dustbin – but the reason soon became clear. Some of the team were hungry!

Personally, I found this very hard to bear and decided that something had to be done.

I want to share details of a project that started a few months ago that we have kept secret (and I'm sure you will forgive me for this) from the community until now. We have established a food garden at the compost site in the estate.

The idea is that there is no value in giving a hand out, however

there is massive value in teaching and sharing responsibility leading to better knowledge, upliftment and ultimately self-sustainability. The first phase of the project was ground preparation, beds were dug over and spaces defined for planting. Then came the decision-making of what would be planted – input was sought from the team to see what they would prefer, there was much debate on everyone's favourites. The seeds were then purchased. The team spent time learning about the optimal conditions required for the different

vegetables and then the planting took place. This was an anxious time for all of us while we waited for the first green shoots to appear. Over the first few weeks, the site was visited by virtually all members of the team eager to see if this would really work. And work it did! We now have a fully-fledged vegetable garden that is producing delicious organic crops that are shared amongst the team on an almost weekly basis.

The beauty of this project is that those that are benefitting from the garden are responsible for taking care of it. We

have discussed crop rotation, companion planting, the use of pesticides and the impact of these chemicals on our environment. While we haven't yet had an opportunity to put all these concepts into practice as the garden is still very 'young', we will be doing so as time goes by. The team has been very resourceful in making 'scarecrows' to keep the birds at bay. The next drive will be to introduce the age-old concept of planting according to the phases of the moon.

My hope is that each of these hardworking

men will take home what they have learnt in the estate and put the same energy into creating their own vegetable patch. And even better, pass on all they have learnt to their neighbours and friends who in turn can establish their own gardens.

Warm regards,

Heather Bowes

Estate Manager





Available Rental Properties In Kyalami Estate

Rental Price
R37,000pm



WHAT A GEM!

3 Bedrooms (all en-suites), Lounge, Dining Room, Kitchen, Double Garage, etc... (Fully Furnished)

Rental Price
R32,000pm



POSITION POSITION!

3 Bedrooms, 3 Bathrooms, Lounge, Dining Room, Kitchen, Double Garage, etc... (Fully Furnished)

Rental Price
R26,500pm



FOR THE YOUNG EXECUTIVE

3 Bedrooms (master en-suites), 2 Bathrooms, Lounge, Dining Room, Kitchen, Double Garage, etc...

Client Feedback

I had the good fortune of working with one of O-YES' agents Laura Lattanzio-Joubert, and can see why this business and Laura are truly the best in the property business.

From day 1 we received the most professional service from Laura. Due to our emigration being rushed, time was not on our side, but this was not a problem for Laura, she took this in her stride.

On the day that our tenant moved in Laura was there to ensure everything went well. She arrived at our house with toilet rolls for the bathrooms and refreshments to welcome our new tenants.

Laura is a highly professional, well organized and reliable Real Estate Agent who goes the extra mile to ensure a smooth, problem free and personalized solution for her customers

Thank You Laura, and Thank You O YES Properties. We look forward to a long relationship with your business, knowing that our home and investment is in the best hands

Leanne Louw



Sales/Rental Associate

Laura Lattanzio-Joubert

082 414 3814

kyalamiestates@o-yes.co.za

011 468 3345 | www.o-yes.co.za



O-YES Properties

Sale Price
R6,250,000



A HOME WITH DISTINCTION!!!

SOLE MANDATE

Classic French Home Contains 4 x bedrooms (2 x en-suite), guest cloakroom, entrance hall, open plan dining room, formal lounge and bar, stacking doors opening onto a stunning landscaped garden, pool and braai area. Cosy kitchen with fireplace, staff accommodation and triple automated garages.

Sale Price
R4,595,000



A PRIVATE HIDE AWAY!!

SOLE MANDATE

Comfortable 4 x Bedroom House (2 - en suite), 2 x bathrooms, entrance hall, with open plan lounge and dining room, kitchen with breakfast nook, comfortable patio over looking sparkling pool and a magnificent garden, spacious studio work from home, double automated garages and comfortable double staff room.

Introducing O-YES Properties

After 17 years of successfully managing and growing our real estate business under the RE/MAX Central banner to include some 70+ independent agents, members of the Hannemann Family have taken the decision to move away from the franchise office environment. Together with our Home Loan Division, O-YES Properties is bringing a splash of colour to the South African Real Estate Market and, with our experienced Agent team, as well as our dynamic Management team, we are poised to make an impact.

Laura Lattanzio-Joubert has been working and living in Kyalami Estate for over 17 years and she remains your go to, award winning, O-YES Properties Agent. She is always happy to help you with your Sale/Rental or, even just with general area and market advice.

Check out our website: www.o-yes.co.za for more information.



Sales/Rental Associate

Laura Lattanzio-Joubert

082 414 3814

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011 468 3345 | www.o-yes.co.za

Jawitz Properties, as a company, has been delivering on their promise since 1969, thanks to the excellence of their people and their unwavering dedication to the highest levels of service and ethical behaviour, combined with their dynamic marketing and industry-leading technology.



REAL LIFE REAL ESTATE

Jawitz Properties Midrand recently celebrated 12 years of successful operations with the Jawitz Properties group. The business is owned and managed by Belinda and Brian Hickson, who are long term residents and property owners in Kyalami Estates.

Part of the integral success of the branch is due to the hands-on approach of both Belinda and Brian who, in addition to running the business, operate as active agents within the area.

Brian's main focus is on sales within the Kyalami Estates area where he has established Jawitz Properties as one of the market leaders for sales of homes within the estate. Brian is a proud member Jawitz Properties Premier Club, which is a status only achieved by the top agents within the Jawitz Properties group. He is ably assisted by Cathie Bester who has recently joined the team.

Belinda's focus remains on rentals with particular focus within Kyalami Estates. Years of dealing with both individual and corporate rentals and forging relationships with the key relocations companies, not only in the estate, but for the company as a whole, brings a wealth of knowledge to this particular sector of the company.

Belinda is joined by Sharon Smit who is also a long-term resident of Kyalami Estates. Sharon who specialises in the rentals of both Kyalami Estates and Waterfall Estate was awarded the Chairman's National Rental Consultant of the Year for 2016/2017 and gained entry into the prestigious Jawitz Properties Pinnacle Club.

"The team at Jawitz Midrand has grown considerably over the years.



"We are proud to be one of the market-leaders of not only Kyalami Estates but all of the surrounding areas," Belinda and Brian say.

Should you be looking to appoint an agent to market your home for either sales or rental, not only in Kyalami Estates, but also in the surrounding areas, the team at Jawitz Midrand will be delighted to assist you with a free valuation and market analysis of recent sales activity in the area.

"We believe that, with our collective experience, knowledge and understanding of the market, appointing Jawitz Properties as your preferred estate agency is the right decision," they add.
##RealLifeRealEstate



Sharon Smit



Brian Hickson



Belinda Hickson



Cathie Bester

We're *Real*
about Real Estate



PROPERTIES

www.jawitz.co.za

OUT WITH THE OLD



IN WITH THE NEW

The new year brings with it the opportunity to make some changes.

With many people seeking a fresh start, now could be the perfect time to put your property on the market.

For advice on marketing and a free valuation, please contact us on:

Fine & Country Midrand

Summerset Estate, Garden Road

Summerset, Midrand, 1685

+27 (0)11 468 1335

midrand@fineandcountry.com

FINE & COUNTRY



Kyalami Estate Rentals

KIM DINHAM



TO LET

Ref# MDL1372272

Bedrooms 4 / Bathrooms 3

R38 000 pm



TO LET

MDL1372272

Bedrooms 3 / Bathrooms 3

R32 000 pm



TO LET

Ref# MDL1372272

Bedrooms 4 / Bathrooms 4

R32 000 pm



Kim 084 499 6914 • kim.dinham@pamgolding.co.za

Midrand Office 011 702 2033 • pamgolding.co.za/midrand



Beyond the sale...

It is with thanks to our valued clients and dedicated staff that **LWP Properties** has had a phenomenal 2018 which far exceeded our sales records, our aspirations for the year as well as the expectations of our clients. We will continuously strive to improve on this service excellence for the residents of Kyalami Estates in 2019.

In one of the toughest markets, LWP has expanded our team to service more of our community in several other areas. We pride ourselves on maintaining a highly professional approach to every aspect of our business, which enables us to offer complete customer satisfaction every time.

We are here to help in any way with the sale, rental or purchase of your home.

For all your property needs and requirements please contact our Kyalami Estates area specialists

Aspen Sanders - 083 210 9488 or Natalie Sanders - 082 897 4360

For other areas call our office on 011 468 5900 | email: info@lwp.co.za | www.lwp.co.za



PREPARING YOUR HOME FOR A SALE

Article by Engel & Völkers SA Marketing Division and Fonz Vogdanos – Area Partner for Kyalami Estates

First Impressions count with buyers – you don't get a second chance to make a good first impression. A small investment in time and money will give your home an advantage over competing homes in your neighbourhood.

PHOTOGRAPHY

- Ensure that the creepy crawly is removed from the pool (at least 1 hour before photos are taken to allow the terrace/deck to dry).
- Make sure that all toys and dishes are packed away, clear kitchen counters, cleaning materials and non necessary belongings etc out of sight to ensure an uncluttered and spacious feel.
- Inform your Agent when you feel the best time to photograph your home will be (morning /afternoon sun).
- Please ensure that your property is in Show House condition to allow the photographs to show your home at its best.
- Consider placing fresh flowers, orchids or pot plants in your home.



THIS CHECKLIST SHOULD GIVE YOU AN IDEA OF THINGS YOU COULD DO TO ENSURE A POSITIVE REACTION:

MAINTENANCE

- Repair leaking taps and toilets
- Tighten doorknobs and cupboard latches
- Touch up chipped paintwork and repair cracked plaster
- Clean and repair around baths and basins
- Replace blown light bulbs
- Oil squeaking doors

CLEANLINESS

- Clean and freshen bathrooms and toilets
- Wash all dirty dishes and clean the sink
- Clean refrigerator and stove
- Clean and freshen carpets and curtains

CREATE SPACE

- Clear rooms and stairs of clutter and store any surplus furniture
- Clear kitchen counters of unnecessary appliances and clutter
- Declutter your fridge door of magnets, photos and papers
- Ensure that all cupboards in the home are neat and tidy

OUTSIDE APPEAL

- Cut lawns, trim hedges and shrubs
- Weed and edge flowerbeds
- Pick up litter
- Pack away kids' garden toys neatly
- Rid the driveway of leaves and grease stains
- Touch up paintwork
- Repair loose doorknobs, sticking doors and cracked window panes

CREATE A BUYING MOOD

- Arrange to be absent during showing, even if you take a walk to the park
- Avoid your children being present at home
- Leave showing to property sales advisors
- Allow the sales advisor to discuss price, terms and other factors with clients
- Open the curtains and turn on the lights
- Turn on air conditioning or heating
- Play quiet background music
- Add charm with some flowers
- Never apologise for the appearance of your home

Kyalami Estate

JET & NICOLE



Ref# MR1336283

5 Bedrooms / 3 Bathrooms

R5.5 million

An immaculate and beautiful family home short of nothing. Stunning landscaped garden enveloping a sparkling pool and entertainers patio with a built in braai. Sun filled home, creating a warm and light atmosphere.



Ref# MR1415273

5 Bedrooms / 4.5 Bathrooms

R5.2 million

Well positioned north facing home in prime location neighboring a park, this immaculate home, a must to see. Lower level offers entrance hall leading to large elegant lounge with fitted fireplace, dining room open plan to kitchen, family room opening onto well sized entertainment patio.



Ref# MR1407048

4 Bedrooms / 4 Bathrooms

R4.7 million

Tall, dark and handsome, a little rough around the edges, beautifully designed and perfectly situated in the well-established Kyalami Estate. A home blending harmoniously within its surrounding.



Ref# MR1331710

4 Bedrooms / 4 Bathrooms

R6.25 million

Magnificent and immaculate, positioned on a quiet street in the beautiful Kyalami Estate. North facing and direct access to a quiet park. Refurbished with incredible finishes. Truly a home that has it all.

Jet 082 854 0181 • jet.delarey@pamgolding.co.za
Nicole 083 272 7306 • nicole.horwood@pamgolding.co.za

Midrand Office 011 702 2033 • pamgolding.co.za/midrand

Registered Estate Agents for 2019

 Engel & Völkers	Fonz Vogdanos	083 883 0032	fonz.vogdanos@engelvoelkers.com
	Lynn Morby-Smith	083 263 4150	lynn.morby-smith@engelvoelkers.com
 Jawitz Properties	Brian Hickson	083 405 0000	brianh@jawitz.co.za
	Belinda Hickson	082 835 0099	belindah@jawitz.co.za
	Sharon Smit	082 457 4202	sharons@jawitz.co.za
 LWP Real Estate	Natalie Sanders	082 89 7436	natalie@lwp.co.za
	Barry Scott-Brown	082 777 2552	barry@lwp.co.za
	Aspen Sanders	083 210 9488	aspen@lwp.co.za
	Esme Fourie		esme@lwp.co.za
	Anri vd Meerburg		anri@lwp.co.za
 Lew Geffen Sotheby's	Tina De Waal	083 771 8709	tinad@sothebysrealty.co.za
 NRG	Desiree La Vita	083 633 5296	desiree.lavita@sanrg.co.za
	Michelle La Vita	082 885 0792	michelle.lavita@sanrg.co.za
 Pam Golding Properties	Nicole Horwood	083 272 7306	nicole.horwood@pamgolding.co.za
	Kim Dinham	084 499 6914	kim.dinham@pamgolding.co.za
	Jet De La Rey	082 854 0181	jet.delarey@pamgolding.co.za
 Platinum Residential	Andrew Pearse	083 652 8888	andrew@platinum.co.za
	Steven McLaren	083 233 8888	steven@platinum.co.za
	Melanie Pearse	083 390 0000	
 O-Yes Properties	Elizabeth Hannemann	082 476 1821	kyalamiestates@o-yes.co.za
	Laura Lattanzio-Joubert	082 414 3814	kyalamiestates@o-yes.co.za

Important Numbers

Kyalami Estates 011 468 3001
 Control Room option 1
 Estate Office option 2
 Estate Security Manager option 3
 Site Security Manager option 4
 Email : info@kyalamiestates.co.za
 Emergency 078 771 4268
 Council Services 011 375 5555
 Or 0860 56 28 74
 (City Power/Joburg Water & Sewerage /JRA)

In case of Emergency

- Midrand Police Station 011 375 5911
- Metro Police 011 375 5911
- Netcare Emergency 082 911
- Police/Flying Squad 10111
- Waterfall Hospital 011 304 6600
- Sunninghill Hospital 011 806 1500

Part of the joy of living in Kyalami Estates is due to the convenience of being able to participate in a number of activities without leaving the security of the estate. Here are some of the clubs and activities available to Kyalami Estates residents.



CLUBS & ACTIVITIES AT KYALAMI ESTATES



ASHTANGA VINYASA YOGA

The system of Ashtanga Vinyasa Yoga involves synchronising the breath with a progressive series of postures (Asanas), a process producing intense internal heat that detoxifies muscles and organs, leading to spiritual awakening and ultimately enlightenment. The union of body, mind, soul and spirit, Ashtanga Vinyasa Yoga develops physical, psychological and spiritual health. Regular yoga practice increases muscle tone, flexibility and control and the cardio workout increases the heart rate. Focus, balance and coordination are all improved as well as the awareness of the body and self. This helps to create a balance between feelings and emotions and assists in dealing with difficult situations, working through pain and suppressed emotions. Healing the mind and emotions keeps the body healthy and strong.

Classes with Sello Pesa are offered on a Tuesday and Friday morning at the Clubhouse and on a Saturday morning in the Park.

For more information email
mysoreyogajhb@ntsoana.co.za or
WhatsApp Sello on 073 564 6928.

C.A.K.E

Cricket Academy Kyalami Estates (C.A.K.E) is a cricket programme designed for fun and for the development of children (ages 6 – 16 years) in Kyalami Estates. The academy is aimed at assessing and developing the children's strengths and weaknesses through an initial graded assessment, eight development lessons as well as a final assessment. This process is then repeated to show your child's progress throughout the year.

CAKE offers group training sessions (maximum 4 per coach, minimum 2), whereby various team drills are utilised in an effort to create a more competitive, social and engaging environment for the kids. CAKE offers the opportunity to make new friends, meet your neighbours, get outdoors and be active. Our main aim is to create young, aspiring cricketers who are passionate about the game of cricket as well as provide an environment that is safe and convenient for the parents of Kyalami Estates.

Lessons are held every Sunday morning.
Session 1: 9:00 – 10:00 am; Session 2:
10:15 – 11:15 am. Find us on Facebook
and Instagram - @cakecricket

COME DANCING

Social ballroom and Latin American dancing classes are starting again in the Kyalami Estates Clubhouse this year. You can be that couple that is on the dance floor at weddings and parties and looks fantastic as you dance the night away!!!

One Step at a Time is how we do it!

Walk in the door and dance out ... you will learn the Hustle, Foxtrot, Cha Cha, Jive and many other dances.

The emphasis is on having fun and you will learn to dance whilst doing that.

This is a wonderful opportunity to get some exercise, learn a new skill and may even be a good way to spend "date night"!

It is often the husbands that are not willing to come and learn It is a safe environment to have fun and not take yourselves so seriously gents, come and join us, you know you want to!!!

Lessons will be held every Tuesday at 7:00 pm for an hour for February and March. Please contact Roz on roz@alfc.co.za for more information.

HELEN O'GRADY DRAMA ACADEMY

Marking the culmination of plenty of hard

work as well as a huge helping of fun, the Kyalami students from the Helen O'Grady Drama Academy proudly presented their Year End Productions to capacity audiences at the Roodepoort Theatre in December last year. Primary aged students presented plays like "How the Lion Got his Roar", and "Jetlag Tours". Their dynamic performances won them wave after wave of well-deserved applause from their appreciative audiences.

The Helen O'Grady Drama Academy is one of Johannesburg's largest community-based drama schools, operating across Gauteng and Pretoria. Specialist drama teachers undergo extensive training in the Helen O'Grady Drama System to ensure that each student is encouraged in a warm, positive learning environment, where mutual respect is a high priority. The award-winning programme aims to develop confidence, communication skills and social skills through a highly developed and stimulating drama curriculum. Kerry Chapman, the Principal of the Joburg North West Academy, says: "It is wonderful to see the breadth of talent across the different age groups. All our students have shown an increase in their confidence in verbal communication - that is what our unique programme offers. We are developing valuable life-skills. Most rewarding is seeing children actually having

fun on stage in front of a large audience, instead of being paralysed by fear. Many parents have commented on how their children are now able to speak out in public which has a direct effect on their school work."

The Helen O'Grady Drama Academy is currently enrolling children aged 3 - 18. In order to give your children the invaluable opportunities afforded by this tremendous educational programme

For details of the Kyalami Estates studio, simply phone 083 410 2940 or see www.helenogrady.co.za.

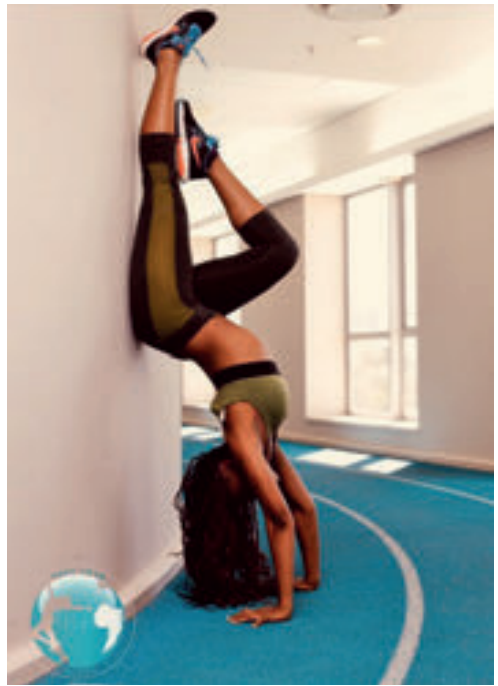
KYALAMI RUNNING CLUB

Kyalami Running Club is a running club that operates within the estate. We are home to young and old, runners and walkers alike. We are a Club that runs together and has fun together, where everybody knows your name :)

KRC has a Time Trial on a Wednesday evening at 6:00 pm and we welcome anyone to come and join us for a run. We offer 3km, 5km and 8km routes, so if you are thinking of getting out or want to get a bit fit, why not join us for a run or walk on Wednesday evenings. Have a look at our website www.kyalamirunningclub.co.za for more information.




TROT YOUR GLOBE



Trot Your Globe made an entrance to the Kyalami Estates activities scene in April 2018. Now in the Estate for the second year, Trot Your Globe continues to offer high energy workouts to Kyalami Estates residents at 6:00 am every Thursday.

Trot Your Globe (Pty) Ltd is a South African company that offers you a cardio dance-fitness experience. The brainchild of Toka Lintsa, a Miss Earth South Africa regional finalist, part-time hip hop dance teacher, dance fitness instructor at various Virgin Actives, and B.Com Chartered Accounting graduate, Trot Your Globe offers jam-packed aerobics classes incorporating elements of Pilates, Dance Fitness and Step Fitness.

Trot Your Globe is also committed to social responsibility and participants in the classes get free VIP access to all their charity events and public fitness programmes that are staged from time to time.

Embracing individuality is at the heart of Trot Your Globe, and the role you play is the ultimate realisation of who you are. For more information or to book your place in their classes contact them on info@trotyourglobe.com. 





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CONGRATULATIONS TO THE CLASS OF 2018

St Peter's College congratulates the Class of 2018 matriculants for their outstanding achievements in the Independent Examination Board Exams (IEB). The class achieved a 100% matric pass rate and 96% of the students achieved a bachelor's degree pass.

The school aims to create and maintain an environment where trust and respect prevail, diversity is celebrated and where each student discovers and realises their own potential.

Headmaster, Rui Morais says, "We recognise the unique role that the staff play in promoting and advocating quality education. St Peter's College benefits

every day from the dedication and time devoted by the members of our academic staff in conjunction with our committed, hardworking and dedicated students. St Peter's College is successful because of the standard of teaching and all the extra opportunities offered to the students, backed by all the work that takes place behind the scenes - the Matric results of 2018 are a testimony to this fact."

HIGHLIGHTS

- 100% Matric Pass
- 96% Bachelor's Degree Pass University Entrance
- 153 A Symbols
- 214 B Symbols

Furthermore, the College congratulates the following individual students on their

OUTSTANDING results:

- Luke Hewson – 9 Distinctions
- Matthew Wille – 8 Distinctions
- Christie Vemer – 8 Distinctions
- Caitlin Goodman – 7 Distinctions
- Kim Williamson – 7 Distinctions
- Dhyan Saravanja – 7 Distinctions
- Matthew Garrett – 7 Distinctions
- Vuyo Tshwele – 6 Distinctions
- Yogita Mohabir – 6 Distinctions
- Tresor Kabamba – 5 Distinctions
- Zenani Damane – 5 Distinctions
- Tinotenda Ndudzo – 5 Distinctions

We are extremely proud of our Dux Scholar, Luke Hewson, who besides achieving a remarkable 9 Distinctions, was placed on the "Outstanding Achievement" list for having 6 or more of his subjects in the top 5% and achieving a rating level of 7 in Life Orientation.



Luke Hewson



Matthew Wille



Christie Vemer



**ST PETER'S
COLLEGE**



Caitlin Goodman



Dhyan Saravanja



Kim Williamson

The following students placed in the Top 1% in the following subjects:
Business Studies – Luke Hewson
Drama – Tinotenda Ndudzo and Matthew Garrett
English – Kim Williamson and Luke Hewson
Information Technology – Luke Hewson
Life Orientation – Dhyan Saravanja and Jessica Axe
Mathematics – Matthew Wille

The following students obtained a Distinction in the following AP subjects:
AP Maths – Luke Hewson and Matthew Wille
AP English – Kim Williamson

OPEN DAY

We invite you to explore how St Peter's College could be the perfect fit for your family.

The open day presents you with the opportunity to:

- Engage with our students
- Explore our outstanding facilities
- Connect with our staff
- Ask questions.

Should you be interested in viewing the school please feel free to attend the next St Peter's Open Day (details below) or to request a tour by emailing: info@stpeterscollege.co.za



Matthew Garrett



Vuyo Tshwele



Yogita Mohabir



Tresor Kabamba



Zenani Damane



Tinotenda Ndudzo

ST PETER'S OPEN DAY

DATE: Saturday, 2 March 2019

TIME: 8h30 - 12h00

VENUE: St Peter's College, Dippenaar Hall, College Lane off Maxwell Drive, Sunninghill, Sandton

RSVP & ENQUIRIES: Please contact Mrs Nosipho Nkosi at marketing@stpeterscollege.co.za

A Community of Schools Developing Global Achievers



Beaulieu College

A division of Kyalami Schools (NPC)

At Beaulieu College we pride ourselves on the close working partnership of teachers and pupils, together pursuing local and global excellence. Operating transparently, communicating effectively, we mentor each child to achieve personal success. Academic work is a core focus at Beaulieu College. Our advanced learning, remediation and mentorship programmes, as well as small class sizes are geared toward academic and personal growth. Beaulieu College boasts an overall pupil teacher ratio of 11:1 with a maximum class size of 27. The results speak for themselves. Since inception our matric cohorts have achieved a 100% pass rate, with an average of 93% scoring Bachelor Degree (university entrance) status.

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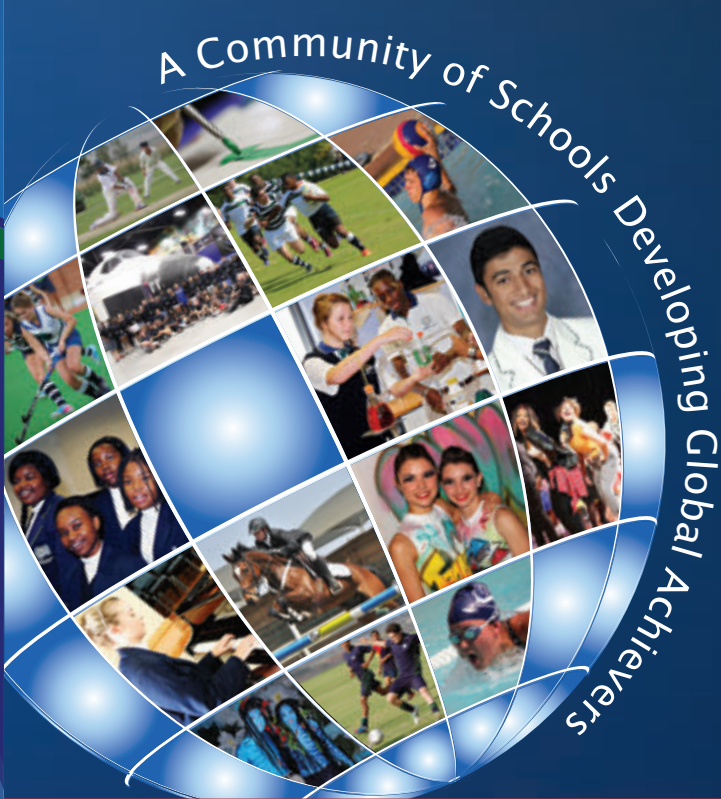
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Carlswald House Preparatory School is a school whose philosophy values humanity and consideration over materialism, yet it has the facilities and educational apparatus to ensure that its pupils are exposed to the most modern trends in education. The school has a great balance between Academics, Culture and Sport so that the children get the holistic approach to modern day learning.

The way in which the teachers do this is through making thinking visible using the 8 Thinking Maps. Higher Order Thinking and Questioning are part of daily life and specific critical thinking lessons are taught. STEM (Science, Technology, Engineering and Mathematics) rounds off the Senior Prep curriculum where the children learn through problem solving. DeBono's Thinking Hats is currently used in the higher grades of the school and was introduced across the whole school in 2018, with Habits of Mind introduced in 2019.

For further information please contact:

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The first quarter of the year is the best time to book your holiday. Many flights and holiday packages are discounted over this period. Needless to say, I've already booked our next family holiday!

BY ANGELOU KENT



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TIME TO START PLANNING YOUR NEXT HOLIDAY?

VIETNAM HERE WE COME!

My next family holiday is definitely going to be an experience of a lifetime.

I typically travel with my husband and two young kids aged 5 and 7 and there is a wonderful company that organises small family group tours. A guided **"Intrepid Vietnam Family Holiday"** is the way we will be exploring, with our transportation organised, sailing a junk boat on Halong Bay, and taking an overnight train from Hanoi to Hue just as the locals do it. It's going to be an adventure for me and my family to experience the culture, flavours and highlights that the Vietnamese have to offer.

We are booked to travel in August which is their hot, rainy season (I'm expecting Durban's summer with Joburg's afternoon thunder showers) and by the time winter is here, I know I'll be so looking forward to the warmer days.

HAVE YOU EVER HEARD OF THE LITTLE ISLAND CALLED ST. HELENA?

I feel a sense of nostalgia for this remote island in the middle of the South Atlantic Ocean. You see, my ancestors came from this secluded island. When slavery was abolished, they boarded a ship in May 1874 and arrived in Natal.



Vietnam


I've often considered visiting, but before the recent flights on SA Airlink, the only route was by a cargo passenger ship which used to take around 5 days to get there.

It is the history of the island, the remoteness and culture of the small community that draws me to it. I wish to explore the impressive marine life, especially their remarkable **whale and shark season which occurs January to March**. The dramatic landscape makes for some awesome hikes, superb surf fishing and great photography.

LOVE CROATIA!

I fell in love with Dubrovnik on a Mediterranean cruise and vowed to return to Croatia again someday. With some of the most beautiful beaches in the world, National Parks with lakes and waterfalls that are truly breath-taking. The scenery, the variety of travel style options; from sailing, island hopping on ferries, self-drive itineraries, guided tours. Hire a boat and ride around your island or book a catamaran cruise to anchor in a secluded cove, hire kayaks, go paragliding, indulge in their mixed-Mediterranean culinary of flavours, while sipping wine from their local wineries.

Croatia has become very popular, if you can, it's worth considering **travelling in the months of June, July and September** outside their school holidays in August. These are just a few on my bucket list, what's on yours?

Nomadic Travel is a resident in Kyalami Estate and is in association with eTravel, a licensed IATA agent. Angelique's been in the **travel industry for over 18 years**, please do contact her as she's more than happy to assist or advise when planning your next **holiday or staff incentive**. 



St Helena



Croatia

Holiday in Zanzibar



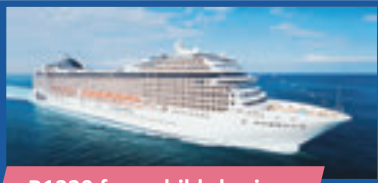
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TEXT & PHOTOS BY ANTHONY CAVANAGH

A low-angle photograph looking up at a person climbing a tall, cylindrical metal cage structure in a forest. The structure is made of a grid of metal bars and is supported by thick ropes. The person is wearing a blue shirt and a backpack. The background is filled with lush green trees and foliage.

Lamington National Park lies on the Queensland/New South Wales border in Australia and is known for its natural environment, rainforests, birdlife, ancient trees and walking trails. Although only 30 km from the Pacific coast most of the park is 900m above sea level and forms part of a World Heritage Area. David Attenborough visited the park in 1979 while making the television series “Life on Earth” in which the park’s beech trees and bowerbirds were featured.

Climbing to the observation deck on the tree top walk in Lamington



Crimson Rosella



Eastern grey kangaroo with joey



Tawny Frogmouth

Sue and I celebrated our 40th anniversary recently in New Zealand and Australia and visited the Lamington National Park with good friends Steven and Wendy who now live on the Gold Coast, Queensland. The road to O'Reilly's Rainforest Retreat in the Green Mountains area of Lamington climbs steeply, has a number of hairpin bends and is so narrow in sections that traffic flow is one way only. Nevertheless the parlous drive is well worth the effort, as at O'Reilly's one can take a number of different walks through the forest and see some of Australia's endemic species.

Almost immediately on entering the forest we heard the calls of the various forest birds including the unmistakable loud whip-like crack of the Eastern Whipbird and the harsh scolding notes of the White-browed Scrubwren. O'Reilly's is an excellent spot to see many of the parrot species native to Australia, and we had good sightings of Australian King Parrot, Crimson Rosella and Rainbow Lorikeet.

There is also a very interesting tree top walk through the forest at O'Reilly's consisting of a number of suspension

bridges some 15 metres above ground which enable one to observe birds in the upper tree canopy. Along the tree top walk there is an observation deck 30m above ground that is accessed by means of two sturdy ladders and from which one has a great view of the surrounding forest. Other interesting bird sightings around O'Reilly's included Superb and Red-backed Fairywren, numerous Honeyeaters i.e. White-eared, White-naped and Lewin's, Eastern Yellow Robin, Welcome Swallow and Brush Turkey.

Other rare and endemic species that we saw on some of our walks through the Lamington forest were Rainforest cool-skink and Red-necked Pademelon, which is a small and very shy forest-dwelling marsupial that is mainly nocturnal but can sometimes be seen in daytime on the forest edges. Rock Wallaby were also seen on the slopes as we drove back from the park along the mountain road.

Lamington National Park protects one of the most diverse areas of vegetation in Australia and is one of the largest upland subtropical rainforests in the world. Many of Lamington's plants are found nowhere else and the park is also home to many rare and threatened animals. In 2009, the Lamington National Park was announced



Koala

as one of the Q150 icons of Queensland for its role as a natural attraction.

The Coombabah Conservation Area in Gold Coast, Queensland protects habitats that include coastal estuaries and mangroves, freshwater wetlands, flooded paperbark forests and eucalypt parkland. Apart from the 150 recorded bird species, Coombabah is one of the best places in Queensland to see koalas and kangaroos in their natural habitat. Together with Steve and Wendy, Sue and I spent a morning in the Eastern

Lamington National Park

Celebrating 100 years 1915-2015



Wendy and Steven with Sue (right)

section of Coombabah and, while walking along the boardwalk in the paperbark tree forest, we had good sightings of Willie Wagtail, Crested Pigeon, Noisy Miner, Brush Cuckoo and Laughing Kookaburra. Koalas were often seen dozing in tall eucalyptus trees and, in the open grassland area, dozens of Eastern Grey Kangaroos grazed contentedly. In a freshwater wetland we noted Royal Spoonbill, Glossy Ibis and Purple Swamphen. Also seen in the area was the iconic Tawny Frogmouth, which although more closely related to nightjars, is often mistaken for an owl due to its nocturnal habits and colouring.

Tamborine Mountain in the Gold Coast hinterland is an elevated plateau of some 28km² and is a popular tourist and birding spot. The southern part of the Tamborine National Park falls within the mountain area and, from the high ground looking down to the slopes below, we saw Dollarbird, Rainbow Lorikeet, Topknot Pigeon and Galah, a member of the cockatoo family. The main road through Mount Tamborine has many shops, restaurants and tourist establishments including some with small dams. Water birds seen on these dams included Australasian Grebe, Plumed Whistling-Duck and Maned Duck.

Our attempts to have lunch on Mount Tamborine proved fruitless due to it being Christmas eve and inundated with tourists like ourselves, so Steven and Wendy drove us down the mountain to a very English style pub where we celebrated Sue's birthday in style savouring fine Australian beer and wine. 



Laughing Kookaburra



Rainbow Lorikeet



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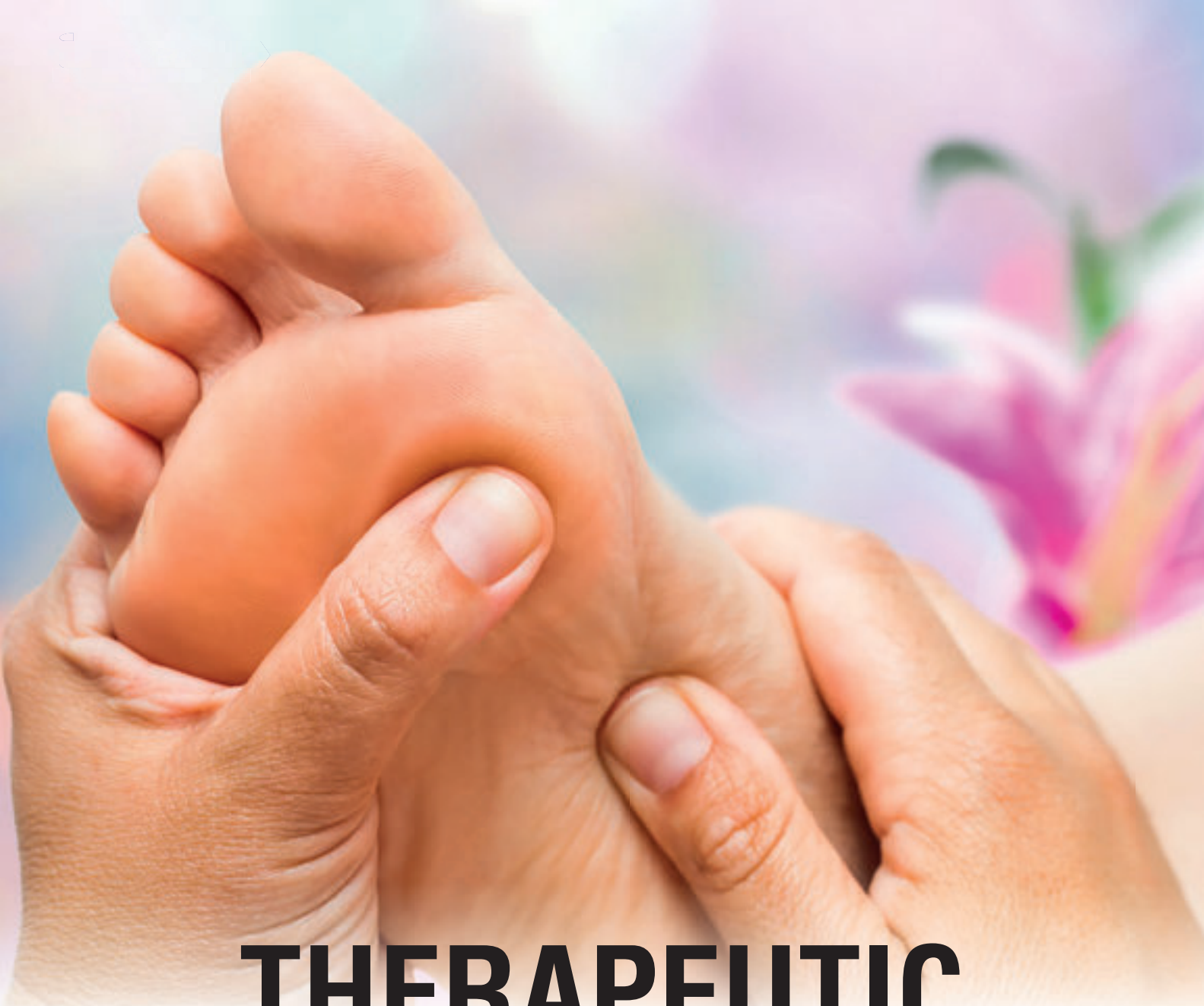
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■ For more information visit the Kenwood website at: www.kenwoodworld.com





THERAPEUTIC REFLEXOLOGY

Reflexology, in its most simple form, is a method of massage during which a trained practitioner massages, presses and stimulates specific parts of the feet, hands or ears in order to provide relief to the patient. Many people find that there are benefits to having regular reflexology sessions.

A BRIEF HISTORY

It has been well-documented that ancient cultures used reflexology to ease pain and provide comfort to those suffering from poor health. Throughout history, reflexologists have been claiming that the organs of the body are mapped out on the soles of the feet. This evidence can be found on ancient Egyptian pictographs and on ancient Chinese drawings that accompanied the Nei Ching (a Chinese Medical Book which is believed to have been written around 2500BC). Foot maps have been found on Native American Indian and Inca documents and even ancient Greek vases, depicting the importance of the feet – remember the legend of Achilles' heel?

HOW TECHNOLOGY HAS ADVANCED THE PRACTICE OF REFLEXOLOGY

Today, with the invention of computed tomography, better known as CT scanning, some credence has been given to the idea that the organs of the body are mapped on the feet. If one looks at a full body scan from the soles of the feet, and travels upwards towards the head, it becomes evident as to how reflexologists interpret the mapped position of organs on the feet. As an example: the heart, which resides to the left of the chest cavity, is stimulated on the ball of the left foot because this is its natural and obvious mapped position.

Every organ has its own mapped area on the feet and the reflexologist uses different techniques to locate and stimulate each body part during a treatment session. Modern science accepts that the human body is an electromagnetic force field, something that the ancients seemed to have known before the invention of today's modern technology. These energy fields can be stimulated on the feet to cause reflex reactions in the organs they are connected to.

A viable complimentary medical treatment

BY JUSTINE LOMBARD

WHY REFLEXOLOGY?

The best reasoning for reflexology becoming a viable treatment method lies in the power of observation; it is a simple fact that anyone having experienced a treatment naturally feels better afterwards.

- Increased circulation and toxin elimination: the foot massage has the effect of increased circulation which leads to deeper breathing and thus increased oxygen transport to the cells. Increased circulation may lead to improved lymph drainage and thus improves the chances of eliminating toxins that may have been stagnating somewhere in the body, causing blockages and ill health.

- Digestive health: reflexology has also been observed to impact the digestive system which could either mean speeding up a sluggish system or relaxing an irritable bowel, depending on the patient's needs.

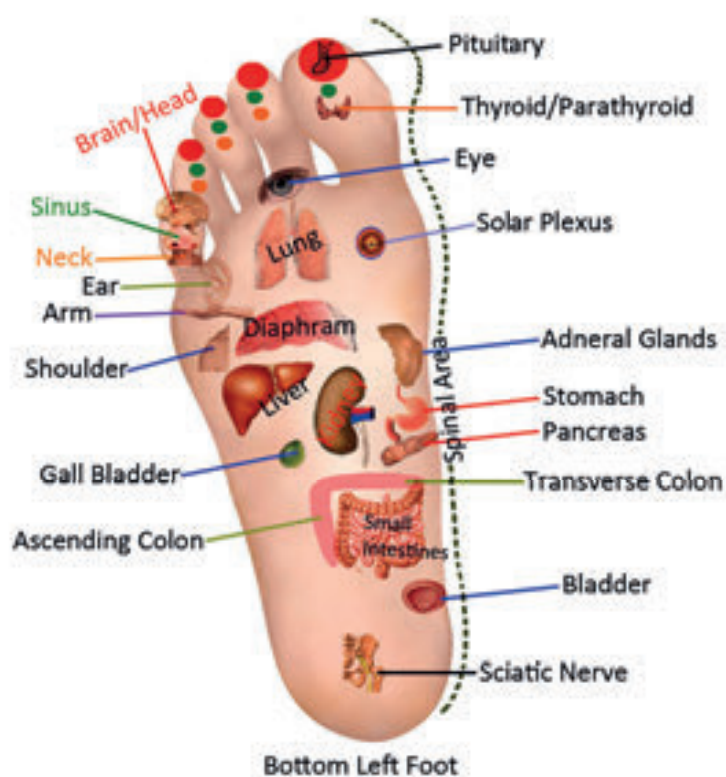
- Lifestyle support: Therapeutic Reflexologists are trained to help their patients embark on better lifestyle habits, such as eliminating food of a poor nutritional value and sourcing more organic, fresh and life-giving food choices. This is a process of changing bad habits which takes time and

dedicated support in order to rectify.

- Overall health benefits: improved lifestyle choices and regular reflexology treatments have been observed to, over time, decrease cholesterol levels, reduce high blood pressure, have a positive effect on acne, improve milk supply in breastfeeding mothers and even support the healing process of burn victims and those with wounds resulting from surgery or bed sores.

The applications of reflexology are very wide. It does not spot-treat specific illnesses, but rather stimulates and strengthens the basic functions of the body in order to eliminate toxins and allow the body to activate its own self-healing mechanisms. It is a complementary healing modality, meaning that it may support or add to other treatments or medication already being received and can be seen not only as a treatment method for a variety of ailments but also as a preventative method for maintaining a person's state of good health. This is why several medical aids are now agreeing to pay for therapeutic reflexology treatments under certain circumstances. ↩

Justine Lombard has a Diploma in Therapeutic Reflexology and is a registered with the Allied Health Professions Council of South Africa. She can be contacted via email at reflexology@justinelombard.co.za or www.justinelombard.co.za.



THE BUSINESS OF YOU

LEADER



I don't think it's a novel idea to say that if we think about our careers as our business, then we are all the CEOs of our careers. And yet, so many of us tend to treat our careers as if we are passive stakeholders in the business, taking direction rather than determining our direction.

BY BRIONY LIBER

If the CEO of a company had no vision for the direction of the business, and had no grasp on the resources at hand to achieve that vision, the business wouldn't go very far, would it? It might manage for a while, but at some point it would probably come to a grinding halt, with the CEO possibly taken by surprise.

Yet I see so many of us treating our careers that way – including myself a few years back. I recall believing that, because I worked hard and had been fairly successful in moving upwards in my career, this would continue and that I would feel fulfilled. I took opportunities where they presented themselves (in retrospect largely when no one else wanted the opportunity), but with no particular strategic vision of where my career was headed. And at some point I started to feel really stuck.

It was in a moment of feeling particularly disgruntled that I had an enlightening conversation with a very wise friend. The conversation started off with how I was feeling so stuck and feeling like I had no options. My assumption was that I was stuck in a silo, where I could continue upwards, but couldn't branch out, that I would do what I was doing, where I was doing it, forever.

My friend saw things quite differently though. At the end of my rambling she identified a number of different directions she thought I could go in, and they had nothing to do with my qualifications. It was the start of a process for me that was mind-shifting and ultimately led to my taking control of my

career as my business again. The mind-set shift had a lot to do with seeing my career as a collection of experiences that had been building on each other, rather than a chronology of upward progressions.

I realised that I needed to completely rewrite my story. And once I could rewrite my story for myself, and for my career, I would be able to reposition myself for work that I wanted to be doing, rather than the work I felt I was limited to doing.

A few years later, and in the midst of an entirely new career story, I find myself surrounded by people who are also eager to make career changes but haven't a clue in what direction. These people are my clients. Many of them come to me wanting assistance in writing their CVs and updating their LinkedIn profiles – the trouble is, in so many instances, they have no idea how or where to position themselves. They have no idea what they want their next move to be.

So often they say: "I don't want to be an XYZ any more, but I am only qualified to be an XYZ." Yes, old me would have related to that! In most instances, long before we work on their CVs we start having a conversation that helps them to see the richness of their experiences and competencies rather than the history of all the positions they have held.

In *Up is not the Only Way: Rethinking Career Mobility*, the authors (Beverly Kaye, Lindy Williams and Lynn Cowart) suggest looking at our careers through a kaleidoscope rather than a telescope – in other words, seeing an array of options where previously we saw a linear view. They proceed to mention that when looking through a kaleidoscope (in which only three mirrors create the myriad of patterns), what we are seeing are the varying combinations of career options created by the intersect between our competencies, values and interests.

So if you find that your career is in a rut, that you have stepped out of your career's driving seat, and you are wanting to get your career on track in 2019, perhaps consider these questions:

- When you look at your career as a collection of experiences and competencies, what patterns emerge?
- What is the kaleidoscope of career options that emerge when you consider your competencies, your interests and your values?
- Essentially, in the business of being you, are you in the CEO's office, or some back office taking orders?

To connect with Briony Liber, email: briony@brionyliber.com, or visit her website: www.brionyliber.com.

HOW TO ENTER

To enter this competition, and receive the entrance forms, as well as see the terms and conditions thereof, please email your name and contact details **SOONEST** - so that all the fun and preparation can begin! The completed Form must then be received by - **1 April 2019** for the winning entries to be assessed and selected. You can also book your own Shoot.

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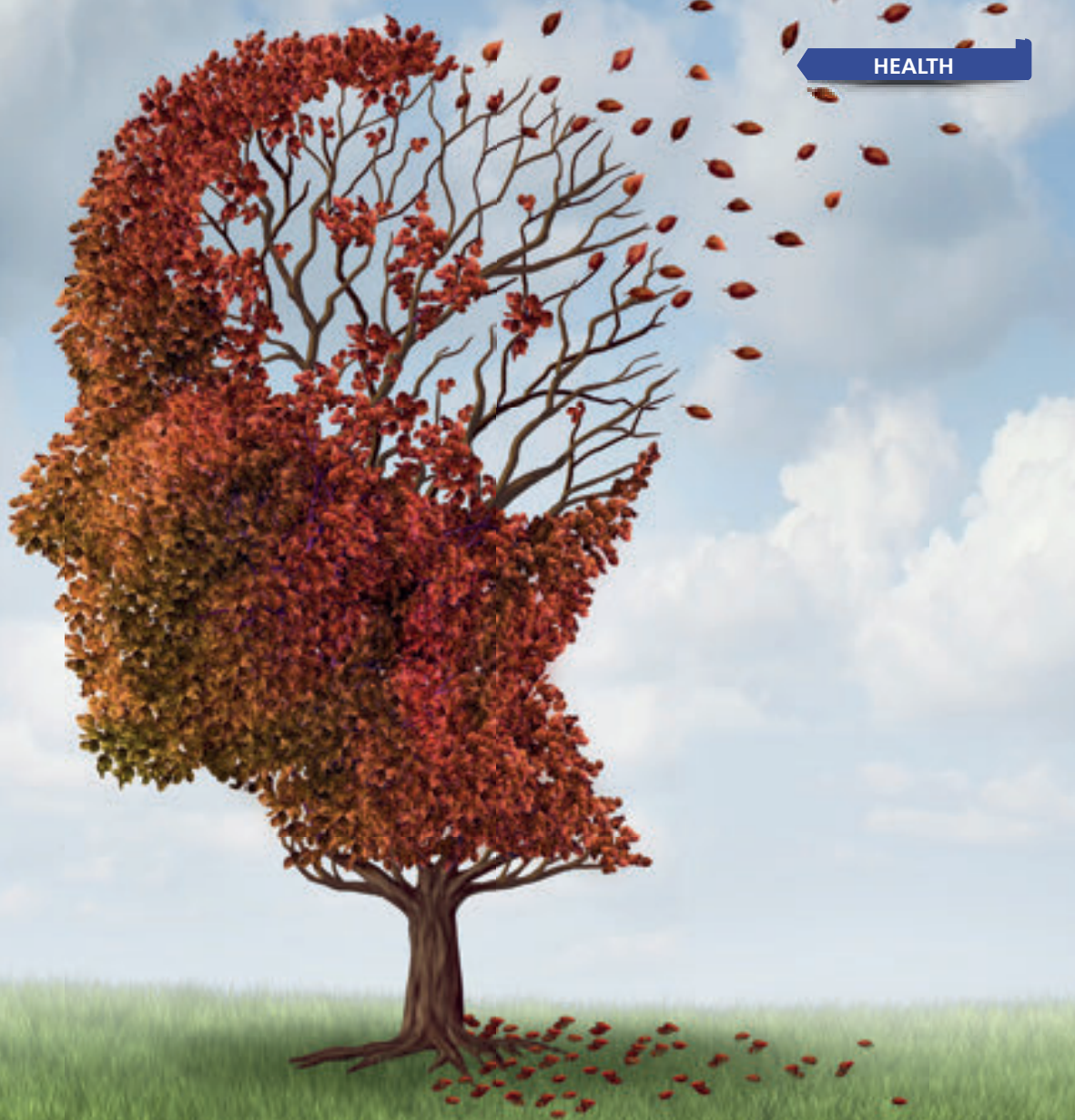
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MAINTAINING YOUR MENTAL ALERTNESS OVER THE YEARS

A healthy mind contributes to a healthy body.

BY DR ILSE RUANE

Due to medical and technological advancements, we tend to look forward to longer life expectancies than past generations. We strive to age with good health and have fun while we are doing it. We attempt to achieve this by eating nutritiously, limiting our alcohol intake, keeping physically active, staying connected with our friends and family, and seeking medical treatment when necessary. With good health, we can enjoy life, pursue new dreams and adventures as we age, and focus our attention on things that we enjoy and that create happiness.

Good health includes both physical and mental well-being. We need to actively work on both of these areas and not just focus on one at the expense of the other. For example, it is not enough to merely keep your body at a level of fitness that maintains physical health; the mind also needs to be kept alert and active.

The mind, like the body, benefits from low blood pressure, low cholesterol, nourishing food, a healthy weight, and physical exercise. There are many healthy lifestyle choices we can make to keep our bodies healthy. There are also good choices to be made with regard to maintaining healthy minds.

WHAT CHANGES IN MENTAL ABILITIES CAN WE EXPECT AS WE AGE?

As we age, we can expect certain changes in our bodies and minds. We may not see and hear as well as we did when we were younger. We may not be able to remember events or details as well or as quickly as we did in the past. As we age, our brain's weight and the network of nerves begin to decrease. At this stage, our brain starts to struggle to adapt, and attempts to compensate.

While certain changes in our mental abilities are inevitable as



we age, some things remain relatively the same. We retain our general level of knowledge, especially with regard to previously learnt information. Our ability to change and be flexible remains similar despite our level of patience declining. i.e., we are still able to handle similar situations we faced in the past with flexibility and adaptability, however we no longer choose to do so or no longer choose to exercise the level of patience required for the task. The proverbial 'old dog' can learn new tricks provided we want to! We might need a little more time to learn them than previously, due to cognitive decline, but we are still able to learn.

WHAT CAN WE DO TO KEEP OUR MINDS HEALTHY?

Just as we exercise our bodies to keep them in working order, so must we exercise our brains to stay mentally agile and adapt to our environment. The 'use it or lose it' theory applies here because if we keep stimulating the brain, it continues to be active and adapt to the inevitable elements of aging. By engaging in mentally stimulating activities, we can maintain, or at the very least slow down the effects of aging on our brain functions. Therefore, give your brain a workout daily. Solve a puzzle, learn a new musical instrument, read a challenging book, play a board or card game, attend a lecture or talk, or write a short story. These all contribute towards maintaining your mental alertness.

We can stimulate our mental alertness in the following ways:

- **Improve concentration and focus.** Keeping the brain active and involved through tasks requiring concentration and focus help ward off early signs of mental aging.
- **Handle stress more effectively.** Stress not only wears the body down, it can also affect the way we think, our moods, and ability to remember. When we are stressed, it affects memory and learning. Stress can also cause or contribute to depression and anxiety, which in turn leads to overall negative well-being.

To deal with stress, first identify its causes and determine what changes you can make to avoid it. For example, if rush-hour traffic is causing you stress, change the time of your driving or change your route to avoid heavy traffic. However, not all stress can be avoided; sometimes we are trapped in stress-provoking situations, such as having a stressful job. We then need to engage in other methods of stress reduction such as:

- **Talking about it.** Sometimes talking through your stress with a friend or therapist helps to put things in perspective. Writing in a journal can also be very rewarding.
- **Taking time to relax.** Whether it is by taking walks, playing golf, reading a book, or meditating, find ways to release your stress and take a break.

- **Get moving.** Physical activity on most days of the week helps your body keep mental stress in check - plus, it supplies your brain with much needed and vital oxygen flow within the blood stream during exercise.

- **Giving yourself a break.** If you must live with a stressful situation, for example job stress which cannot be changed, take mini-breaks. Whether it is a 20-minute a day time-out or several days, take time to relax and enjoy the things and people you find pleasurable.

- **Let go of grudges and past mistakes.**

This point contributes more to a healthy mental outlook on life. Holding grudges is not healthy and can lead to increased levels of anxiety, depression and can ultimately even contribute towards illness. Let go of grudges and move past any mistakes that have been made. This is done for your own benefit and not for the benefit of the 'wrongdoer'.

- **Form stronger connections with people.**

Probably our most useful weapon against aging is staying socially connected. The support we receive from our friends and family helps maintain our mental health. Research shows that those who are engaged with family and community groups take longer to show the symptoms of Alzheimer's disease than those who are socially isolated, so stay or become connected. If you are not a social person who makes friends easily, join a book club, bird club or a volunteer group.

- **Enjoy a more fulfilling and happier life.** Look on the bright side. A positive outlook and positive emotions contribute to a healthy mind and body. Focus on the good in the world and the activities and people that make you happy.

HOW CAN I HELP MY MEMORY?

- **Be realistic and do not expect to remember everything.**

In today's technological world, we are all overloaded with information. Therefore, when necessary, use lists, reminders and other memory aides. For example, write down appointments in your diary or on your cell phone and keep a list of chores in your pocket.

- **Develop routines to help you remember.** Take medicines the same time every day. Leave your keys in the same place.

- **Visual memory tends to be better than auditory memory.**

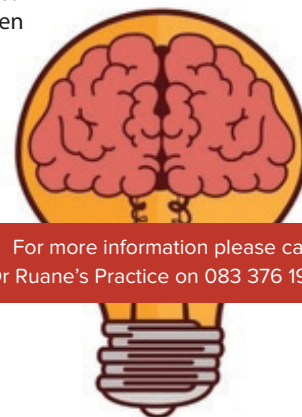
That is, it is easier to remember what you see than what you hear. Using both at the same time will enhance memory. For example, if you need to pick up fruit at the shops, visualise the fruit in the aisle.

- **Association.** By associating, we enable our brains to utilise prior knowledge and build upon that. Scaffolding on prior knowledge and learnt behaviour work wonderfully for both the young and the aging.

- **Increasing attention improves learning and memory.** When learning something new, limit the distractions (for example turn off the TV and choose a quiet place), and focus your attention. Be realistic about the time that you are able to sit and focus.

- **Allow yourself additional time and have patience.** As we get older, we require more time to learn something than we would have when we were younger.

The most important thing to remember is that aging is a normal and natural process. We cannot stop time, but we can change how we view the progression of time and how we engage with the changes that are inevitable. ↩



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Q: On which continent will you find Lamington National Park?

Please include 'Kyalami Estates Restaurant Competition' in the subject line and send your answer along with your full name, stand number and cell number to: info@eiapublishing.co.za. The winner will be notified by email.

COMPETITION WINNER FOR DECEMBER

Well done to the winner of our last competition!

Congratulations to: Lara Mc Manus who receives a R500 meal voucher from one of our participating restaurants.

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•Vouchers cannot be exchanged for cash. • Portions of the monetary value of the voucher cannot be refunded as "change". • Bookings need to be made in advance with the restaurant detailed on the voucher. • Service charges/gratuities are not included, regardless of any balance left over after the meal. • Vouchers will be numbered. Please provide your voucher number when you make your reservation. • The competition is open to readers over the age of 18. • Indemnity: The publishers, Kyalami Estates and other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

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BY JOSH TRUTER



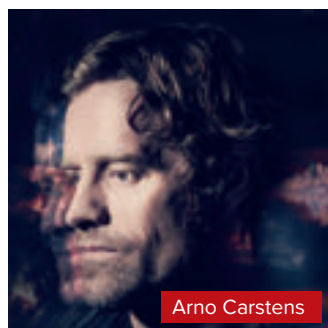
The Parlotones



Rubberduc



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Arno Carstens

Here's an outing that the whole family can enjoy. It was super fun last year and it promises to be an absolute blast this year too!

Animal lovers will be uniting on the 30th of March at Casalinga in Muldersdrift for 'Love Paws 3' – a day that's all about raising funds for our furry friends and reducing the more than 1 million animals put down every year! Join The Parlotones, Arno Carstens, Ard Matthews, Wonderboom, Matthew Mole and Rubberduc for an afternoon of awesome fun, raising money for Woodrock Animal Rescue, PawsRUs, 4paws and 1 Revolution.

ENTER & WIN

For a chance to win tickets for two to watch this amazing line-up, simply answer the following question:

Q: How many celebrity entertainers will be participating in this year's Love Paws 3 concert?

Email your answer, with "Paws 3 Concert" in the Subject line, along with your cell number and stand number to: info@eiapublishing.co.za. The winner will be notified by email. Terms & conditions apply.

HOW I WAS CAUGHT UP IN A SEGS

SCANDAL

BY JAMES CLARKE

Now that London has enhanced its War Rooms underneath Whitehall from where Britain conducted World War 2 – the war that began 80 years ago - there is a resurgence of interest in that war.

Even in the sleepy Cotswolds where I was not long ago, I came across a tiny museum filled with memorabilia of the war years including - to my joy - a handful of metal studs called Segs. Now Segs will mean nothing to most readers, but to me - I was a small child when the Germans were redesigning British cities by dropping bombs on them - the sight of those studs released a cascade of memories.

We had moved out of London where I was born, to live in the Warwickshire countryside where the bombs were being dropped in a less concentrated manner. But life was frugal. No liquorice all sorts and we had to eat ox hearts and bowels because (mother said) the kids in China were starving. I have never quite worked out how this helped the kids in China.

But there was in the UK a shortage of almost everything - including cows and this meant a shortage of leather. Because leather was almost unobtainable, our shoes had to be made from imitation stuff, but the soles were of real leather. To make them last as long as possible my father hammered into them these heavy metal studs.

Like Cinderella, I had two ugly sisters who, despite their tearful objections, had to wear Segs in their shoes. When we three walked down our road to the village we sounded like the Brigade of Guards. Dull red sparks flew from our feet sometimes setting light to hayfields.

Walking on Segs was fun for me - a bit like

wearing roller skates because they elevated one some distance above the ground. For years I never knew what it was to walk at ground level and it was only after the war, when the cows came home and Segs were no longer necessary, that I discovered I was quite a short little fellow.


A few years after the war our biology mistress announced the time had come to teach us about sexual reproduction. She was very embarrassed, and she coyly asked if any of us knew anything about sex. She was hoping, I suppose, that we would all nod enthusiastically and she could then skip the subject and get on with the respiratory system.

Nobody reacted, except me. Having very narrow ear channels I thought she was asking if any of us knew about Segs and that she wanted to reminisce about those dark war days.

My hand shot up. She was surprised. Everybody was.

She bade me take the floor and I told the class how Segs made you feel tall and how really good Segs caused sparks to fly and set light to hayfields.

Noticing the way the biology teacher's eyes shot open I warmed to the subject and told the class that my father claimed the more Segs you had the longer your shoe leather lasted.

I was about to tell her how the cobbler's wife down in the village, Mrs Deeming, would give us boys free Segs - but she motioned me to sit down and we all had to take out our text books and turn to page 147 and read (quietly to ourselves) about the reproductive habits of the common newt. 



James Clarke
and his two
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