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## Important Numbers

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*Kyalami*  
ESTATES



# LIVE KYALAMI

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# Kyalami

## ESTATES

## MESSAGE FROM THE ESTATE OFFICE

### ***Community involvement is vital to the success of our Estate.***

**T**he Estate Office reaches out to the community on a regular basis, usually via our electronic newsletter, requesting feedback on projects or proposed changes to policies and the like.

Unfortunately, the number of responses we receive back are minimal to none – this leaves us in the dark as to whether we are meeting the needs of the community or missing the boat completely.

I realise that there are many reasons why people don't contribute. Maybe there is a perception that feedback will be ignored or maybe you feel that you have nothing worthwhile to contribute. The bottom line is that every resident does have a voice and a right to an opinion – and we as the office want to know what you think and how we can meet your specific needs.

I have taken the liberty of copying an article from [socialpinpoint.com](http://socialpinpoint.com) which details 6 reasons why community engagement is important.

#### **1. Your opinion is important**

*Decision-makers genuinely want to hear your ideas and feedback. Community engagement is a vital part of many projects and the benefits of it are well documented, such as better outcomes for all stakeholders, community ownership and lower project costs. Effective community engagement is about recognising that involving the public in a project is no longer about information dissemination and telling the people what is being done, but is a two-way information-sharing tool. Regardless of their qualifications, everyone knows what they like and dislike, has an opinion about what needs to be done and where priorities should lay.*

## **2. More perspectives**

Community engagement is often heavily one-sided, and engagement projects can be inundated with input only from those community members who have a strong opinion (and, more often, it is a negative opinion about a project). Without other perspectives being aired, decision-makers might not make the best decision for the community as a whole simply because of a minority of loud voices (squeaky wheel gets the grease). If your opinion differs from the more popular opinions, decision-makers want to hear from you so they get a balanced understanding of the community's views. Additional perspectives expand options and enhance the value of the ultimate decision. The more views gathered in the process of making a decision, the more likely the final product will meet the most needs and address the most concerns possible. If you fear repercussions of going against a vocal group, engagement can often be done anonymously.

## **3. New information**

Decision-makers recognise that the community that will use the spaces that it's planning for have an intimate and unique relationship with the area that they themselves often do not have. Because of this knowledge, community members can provide new information about a project that has yet to be considered. Public involvement brings more information to the decision, including scientific or technical knowledge, knowledge about the context where decisions are implemented, the history and personalities. More information can make the difference between a good and poor decision.

## **4. Community benefit / ownership**

When the community is involved in a project, they have ownership of it and the decision-making process, which is key to a successful project outcome, even if not all individuals necessarily agree with the outcome.

## **5. It feels good**

When a project is finalised and you can see the fruits of your labour, it feels good knowing that you were involved in something that benefits the community.

## **6. A numbers game**

For public agencies with political leaders, the total number of people engaged is important. Engaging higher numbers gives the elected representatives confidence in their decision.

I encourage you to share your thoughts and ideas with us and to get involved in your community – after all this is your home.

I look forward to hearing from you.

*Heather Bowes*

**Estate Manager**  
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# ENTREPRENEURSHIP LESSONS FROM THE EXPERTS



Communal work area



A more private space for meetings

**BUSINESSES OPERATING TODAY FACE MANY CHALLENGES AND SOUTH AFRICA'S CURRENT ECONOMIC CLIMATE MEANS TIMES REALLY ARE TOUGH. FOR THE START-UP AND ENTREPRENEUR COMMUNITY, PASSION, DEDICATION AND EVEN FINANCE AREN'T NECESSARILY ENOUGH TO ENSURE A BUSINESS WILL SUCCEED.**

History shows us, however, that it's often these highly pressurised environments that in fact spur innovation and business disruption. These conditions seem to ignite start-ups who thrive on creating tomorrow's solutions for the issues of today. More and more, we're seeing corporates working with fledging SMEs in symbiotic relationships, where funding and infrastructure are matched with agility and innovation.

While there certainly appear to be dynamic entrepreneurship hubs developing around South Africa, it's still not an easy environment in which to be starting out. Interestingly, it's not all down to funding needs either. Three entrepreneurs share their insights into the greatest challenges facing this community in SA and what is required to succeed.

### MAKE NETWORKING WORK FOR YOUR BUSINESS

According to Sandras Phiri, Director of Startup Grind Cape Town, based at Workshop17 at the V&A Waterfront, the single biggest obstacle facing entrepreneurs is how to begin selling their product or service. "Too often we see entrepreneurs closing up shop simply because they haven't tested whatever they are selling on actual clients. Desktop research and data collection from the internet does not replace speaking to real people and this is where the mismatch can come in," says Phiri.

Networking can play a critical role. Meeting potential clients, partners as well as other entrepreneurs can provide valuable insights to inform business decisions and ensure entrepreneurs are on the right path. With 300 chapters globally, Startup Grind – powered by Google for Entrepreneurs – has a strong focus on networking as a means of getting good advice, benefiting from the sharing of best practice and lead generation.

Selebogo 'DrLifesgud' Molefe from The Hook Up Dinner (THUD) SA, a networking movement that is based at OPEN Sandton, echoes this sentiment. "An entrepreneur's success hinges on access to markets. As a result, it's all down to the contacts you can leverage because cold calling is one of the hardest and possibly least effective ways of reaching the people that count for your business." For this reason, THUD, which started out with 8 people in 2012 and today is active in 13 cities and 6 countries with a network of over 89 000 entrepreneurs, values the role OPEN Sandton plays in nurturing an ecosystem of contacts, referrals and collaboration. He says, "For us, having a partner with an ever-growing network of resources from corporates and entrepreneurs alike, has transformed our business."

### PERCEPTION FIRST AND THEN DELIVERY

Caitlin Craig, head of Community for She Leads Africa, a community that helps young African women achieve their professional dreams through engaging online content and pan-African events, believes that consistency is important. "For an organisation such as ours, where we're running business boot camps and corporate masterclasses as well as pitch competitions, having a consistent, professional partnership as we do with OPEN, to provide the spaces we need, is critical. We need to be able to rely on appropriate spaces to promote the growth of skills – our audiences need to trust in us."

When events happen in the same place all the time, the space becomes a home, and together with a monthly rhythm, this builds visibility and accessibility. People know where and when to go. The movement gets cemented and it becomes more than the sum of the separate events.

She Leads Africa has grown to an impressive community of 400 000 upwardly mobile members across the continent, so it's not hard to understand why a level of consistency with key partners in place to help maintain a level of quality in delivery would be important. Molefe stresses how perception drives the market. "For clients to take you seriously, there must be a perceived value exchange and this can be greatly influenced by how and where you're operating from," he says. "Clients view us differently now that we're in a key business district and the energy our surroundings impart to our business from a collaborative and an enabling environment point of view has been unprecedented."



**FLEXIBILITY**

New businesses, by their very nature, are dependent on a degree of flexibility in order to survive. Molefe believes that small, nimble teams are a far less risky approach for entrepreneurs, instead of assembling large teams with a salary bill to match.

Entrepreneurs don't have economies of scale on their side when they first start out and so it's advisable to keep the number of staff down. The downside, however, is that the resulting lack of capacity means corporates don't want to do business with the small guys. This is where the benefits of operating from a partner co-working space can make all the difference. If you've built up trust with your network and you've all assessed each other's quality and delivery levels, it's literally a matter of tapping into this ecosystem.

Phiri feels South Africa's inflexible labour laws are a challenge. "The labour laws here are not friendly for start-ups. In a tiny team, there is no room for people who aren't performing because for most of these young businesses, they're struggling to make ends meet." He explains that employing people is a sign of success because it means your income is starting to cover these costs but entrepreneurs need room to manoeuvre so that the company can survive.

**BEYOND BUCKS – ACCESSING SKILLS AND MENTORS**

Financing for entrepreneurs is a funny thing. There's no denying they need it, but without the right skills to know how to self-organise and how best to use it, monetary assistance is pretty much useless. The notion of imparting sage advice to someone less experienced is by no means a new idea. When there is a meeting of minds, the process can be extraordinarily fulfilling for both parties.

For Molefe, capacitating one's team is key because, for many start-ups, specialist skills are sometimes lacking. This is where mentoring can help fill the gap. "The Hook Up Dinner's monthly events are aimed at establishing crowdfunding for great businesses but are also contributing to skills and network building. We find many multi-nationals are looking for entrepreneurs to enter their supply chain to comply with the BBBEE act. Through this process, mentorship has a clearly defined role to play."

In the corporate environment, mentorship is on the rise and the benefits are being recognised. According to Deloitte's 2016 Human Capital Trends report, Millennials planning to stay with their employer for more than five years are twice as likely to have a mentor (68%) than not (32%). This same approach is invaluable in the start-up and entrepreneurship space. It has many benefits and Phiri believes one of the most important in this space is that mentors can help entrepreneurs and investors connect with each other. "Investors often speak a different language, figuratively, to the entrepreneur and this is how they can miss each other. Coaching can help align these needs so the value connection is made," he concludes.

Startup Grind, The Hook Up Dinner and She Leads Africa are all members of the OPEN ecosystem. 



Gathering in the Amphitheatre



An informal chat in the lounge



The ladies at She Leads Africa

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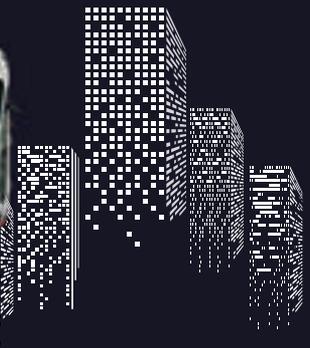
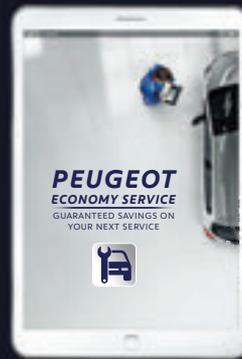


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*Boabab tree*

# GOING NORTH IN KRUGER PARK

*BY JAMES CLARKE, IMAGES BY MARY BROADLEY*



TROPIC OF CAPRICORN

## ELEPHANT STROLLING THROUGH THE MOPANE TREES



It's been years since I travelled the full length of Kruger Park. The distance from Malelane in the far south to the extreme north on the Limpopo is not much shorter than from Johannesburg to Pietermaritzburg – 430km compared with 460km.

Determined, for a change, to spend time in the northern region, Mary and I started at Phabeni gate near Hazyview, the nearest gate to Kruger for people driving from Gauteng. This cut the distance to 409km.

I know the south of the park quite intimately - I've been going there for half-a-century. I was looking forward to a few leisurely days getting to Punda Maria, Kruger's most northerly and certainly most rustic camp. Our final destination was Pafuri Camp which Return Africa operates with the Makuleke community, who own and largely staff the tented camp strung along the Luvuvhu River.

It had been years since I'd visited this far north-western corner of the park, wedged between Zimbabwe and Mozambique.

We chose, on the way up, to stay first at Satara, then Mopani and then Punda Maria. Satara, with that most productive 'S100' N'wanetsi route (known for its variety of game) was my favourite camp. Alas, its standards have been allowed to slip. Our circle of huts was coated with bird droppings and the lawns were unkempt. Its row of cafés and the restaurant are now empty. Mugg and Bean which had taken over in recent years pulled out, disillusioned by the park's management.

We found the same at Letaba where we hoped to have lunch but found the riverside restaurant closed.

At both camps 'field kitchens' have been set up and one dines within a few paces of buckets and hoses and the sight of washing up. At least that's how it was in December though there was talk of the camps' management being improved in the New Year.

Things perked up considerably at Mopani Camp which was clean, welcoming and well managed. There, we witnessed the awesome spectacle of the massing of the 'locust bird' – dense clouds of twittering quelea finches filling the evening sky and settling in the trees just in front of us. We watched them settle along every available branch, tightly squashed together. At dawn, they swarmed across the sky, billowing like smoke.

We crossed the Tropic of Capricorn just beyond Mopani Camp and felt we were now truly in the northern region. The vegetation has changed to mostly monotonous mopane scrub. I remember in the 1950s, before the elephant population explosion, the landscape was mostly parkland forest with grazing between the tall mopanes.

We stopped at Shingwedzi for breakfast. The camp has been refurbished since the devastating 2013 flood submerged it up to its rooftops, dumping chairs, tables and refrigerators way down river. Continuing our journey, we reached Punda Maria in the early afternoon.

The scenery and ambience in the north is very different from that of Kruger's central and southern regions. It is thickly forested but there's savannah too with some monumental baobabs and, I am sure, the tallest mopane trees in South Africa.

We discovered near the camp one of the most beautiful loops in the Park – the Mahoney Loop, where we saw our first lion of the trip and a rich variety of birds.

The name Punda Maria has long intrigued me. I understood that the first ranger had used the Swahili name for zebra (punda milia – meaning striped ass) but changed Milia for Maria – his wife's name. But, I wonder. The Venda people had a name for an adjacent area near the Soutpansberg - Phande Mariha. Coincidence?

Here we made a great discovery: a delightful little cottage adjacent to, but outside Punda Maria camp. It is called Russell Cottage. It's a very private, beautifully furnished two-bedroomed cottage that accommodates four people. It has two lovely old bathrooms, a fully-equipped kitchen and a braai with a view. One's private gate leads on to Punda Maria's short nature trail which takes one to the camp's centre.

Decades ago the cottage was a police station but Roland D'Ivry Russell – one time ranger at Mana Pools in Zimbabwe - and his wife, Ursula, bequeathed their estate to Kruger Park which used the money to convert the building. To stay there cost us not much more than we would have paid to stay in one of Punda's family cottages.



*Russell Cottage Punda Maria*



*Crested Guinea Fowl*



*Pafuri Camp's deck*



*Purple Roller dries out after a shower*



*The luxurious safari tents all en-suite*



*An elephant drinking from a water reservoir*

As I say, our final destination was Pafuri Camp (formerly Wilderness Safari Lodge) whose widely separated safari tents – all en suite and sheltered under thatch – look down at the passing wildlife parade along the Luvuvhu. Each tent has its own private deck and each is reached from the dining and communal heart of the camp, by an elevated wooden walkway. This was our type of 'camping!' - a bed the size of a soccer pitch and a bathroom full of luxurious little touches – and breakfast and dinner prepared by a top chef plus a morning and a sunset drive with a knowledgeable guide.

It was 'Birding Big Day' and, thanks to our guide, Tristan Phipps, we managed to identify 138 birds. Mary, with well over 700 species on her life list, chalked up three new ones.

The site is very near Crooks Corner which is reached by driving along the Limpopo itself. We watched a herd of elephant moving like wraiths through South Africa's biggest fever tree forest.

Pafuri Camp's entrance is only metres past the Pafuri Bridge on Kruger's H1-9 main road. There, at dusk, during the evening drive and sundowners, we identified a green sandpiper, a rare vagrant in South Africa. An amiable bull elephant contemplated using the bridge but changed its mind. Minutes later a magnificent leopard appeared behind us and we spotted a lone buffalo 50 metres way – three of the big five in one go.

We vowed to return to the north for a longer stay. 

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# ROMANCE IS IN THE AIR

FEBRUARY IS KNOWN AS THE MONTH OF LOVE, AND THE TIME HAS ARRIVED FOR YOU TO REVEAL THE ROMANTIC IN YOU, EVEN IF ONLY FOR ONE SPECIAL DAY IN THE YEAR. HERE ARE A FEW THINGS TO DO IN GAUTENG TO WOO YOUR SIGNIFICANT OTHER FOR VALENTINE'S DAY.



## HOT-AIR BALLOONING OVER THE CRADLE OF HUMANKIND

Take a hot air balloon ride with AirVentures over the Cradle of Humankind. These one-hour flights leave from Kloofzicht Lodge. Coffee is served on arrival, and champagne after landing. Take a bottle of bubbly along if you feel like having some while enjoying the spectacular view of the heritage site below. Booking is essential.

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**Venue:** Cradle of Humankind, Muldersdrift, Johannesburg

**Contact:** Tel 083 356 2435, [www.air-ventures.co.za](http://www.air-ventures.co.za)

## AN AFTERNOON AT THE STRAWBERRY FARM

Have a romantic picnic on the banks of a beautiful dam and watch ducks swim past while you enjoy the sunset at the Strawberry Farm. The Strawberry Farm has various picnic basket specials to choose from and also offers spa treatments. Booking is essential. Note that strawberries are not in season, but the outing still promises a farm feeling and escape from the city. Also note that visitors that bring their own picnic baskets are required to pay an entrance fee of R50 per person.

**Price:** Variable, according to the different picnic basket specials.

The Mill Picnic basket costs R485 (for 2 people), the Magalies picnic basket costs R690 (for 2 people), and other options are also available. You also have a choice of spa treatment specials.

**Venue:** The farm is near the south-west corner of Hartbeespoort Dam, ± 50 km from the Dome at Northgate.

**Contact:** Tel 082 503 5996 or 012 207 1116, email: [info@thestrawberrymfarm.co.za](mailto:info@thestrawberrymfarm.co.za), or visit [www.thestrawberrymfarm.co.za](http://www.thestrawberrymfarm.co.za)



## HAVE A LAUGH AT PARKER'S COMEDY AND JIVE

Laughing is known to be the best medicine, so why not spice up your love life with a live comedy show. Shows are held at Montecasino and Silverstar Casino. Local and international comedians come in regularly, so keep an eye out for upcoming functions and events on their website. Doors open at 18h30 and bookings are essential.

**Price:** approx. R150.00 per person

**Venue:** Montecasino, 1 Monte Casino Boulevard, Johannesburg; or Silverstar Casino, R28 Muldersdrift, Krugersdorp.

**Contact:** Tel 011 511 0081/2, email [info@parkerscomedy.com](mailto:info@parkerscomedy.com), [www.parkerscomedy.com](http://www.parkerscomedy.com)



## VISIT THE WALTER SISULU NATIONAL BOTANICAL GARDEN

Revel in the tranquility away from the city noise. Pack a picnic basket and a blanket, and enjoy an afternoon in the open air surrounded by nature and the beautiful scenery. They are open 08h00 - 17h00.

**Price:** R45 per Adult, R30 for Senior Citizens, R15 for Scholars

**Venue:** Malcolm Rd, Poortview, Roodepoort

**Contact:** Tel: 086 100 1278,  
[www.sanbi.org/gardens/walter-sisulu](http://www.sanbi.org/gardens/walter-sisulu)

## SPEND A DAY AT THE SPA

Treat your partner and yourself to a relaxing day out at the Indaba's Mowana Spa in Gauteng. Set in the tranquil bushveld gardens of the Indaba Hotel in Fourways, Sandton, the Mowana Spa is a wellness sanctuary which will revive your senses, rejuvenate your body and soothe your soul.

**Price:** Rates and packages available on request.

**Venue:** Cnr William Nicol Dr & Pieter Wenning Road, Fourways.

**Contact:** Tel 011 840 6780, email, [reservations@mowanaspa.co.za](mailto:reservations@mowanaspa.co.za),  
[www.mowanaspa.co.za](http://www.mowanaspa.co.za)



## TAKE A CITY SIGHTSEEING TOUR OF JOHANNESBURG

For a fun outing, take the hop-on-hop-off open top bus and explore Johannesburg's top sights and attractions. There's the Green City Tour that takes you through the leafy suburbs around Zoo Lake, stopping at all top attractions, including Zoo Lake, the Johannesburg Zoo and the Military Museum, before reaching Constitution Hill. Then change to the Red City Tour and continue your journey around the inner city visiting the "Roof of Africa" viewing deck on the 50th floor of the Carlton Centre, the James Hall Museum of Transport, Gold Reef City Theme Park, the Apartheid Museum, the SAB World of Beer or the Origins Centre at Wits before returning back to Constitution Hill and ultimately back to Rosebank.

You can hop on and off as many times as you like and there's on-board audio commentary in 15 languages, with a special audio channel for kids to enjoy.

**Ticket prices for online bookings:**

R280 per adult for a 2 day ticket • R200 per child for a 2 day ticket

**Sunday Sizzler:**

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[www.citysightseeing.co.za/johannesburg/products/johannesburg-open-top-bus-tours](http://www.citysightseeing.co.za/johannesburg/products/johannesburg-open-top-bus-tours)



## COOK A ROMANTIC MEAL TOGETHER

Wickedfood Cooking School offers special cooking classes for couples. They will be offering a choice of 3 special Valentine's Day experiences, on two consecutive weekends: Sunday 11 February, Saturday 17 February and Sunday 18 February. Spend the day in the country enjoying scrumptious food. Or, to make it even more special, take a 2 night break at one of the many lodges in the area, culminating in a cooking class for lunch. The day will include a cooking workshop where they will show you the elements of preparing a delicious 4-course meal, as well as tips on plating the various courses, followed by a gourmet 4-course sit-down lunch.

**Price:** R995 per couple

**Venue:** Located just 60km from Fourways, close to both Johannesburg and Pretoria.

**Contact:** Tel 076 236 2345, email [cilla@wickedfood.co.za](mailto:cilla@wickedfood.co.za),  
[www.wickedfood.co.za](http://www.wickedfood.co.za)





# 2017 MATRICULANTS RAISE THE BAR AT ST PETER'S COLLEGE

**119 STUDENTS | 100% PASS | 96% BD PASS**

St Peter's College empowers young individuals to take themselves 'bravely into the future' with our integrated approach to academics, faith, co-curricular activities and strong social responsibility programme. St Peter's has become increasingly well-known for the high calibre of student, who benefit from the holistic education on offer at the College.

Headmaster, Rui Morais says "We encourage our students, from the outset, to immerse themselves in their studies with vigour and commitment in order to attain their best academic results. Our 2017 matriculants have set a new record with their results. I thank our staff who together have created an environment conducive to our students achieving academic excellence."

207 distinctions  
280 Bs  
207 Cs

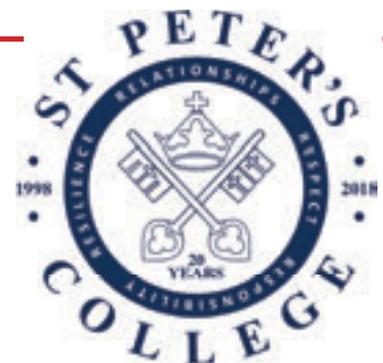
Four students achieved 7 distinctions  
Four students achieved 6 distinctions  
Three students achieved 5 distinctions  
Eight students achieved 4 distinctions  
Nine students achieved 3 distinctions  
25 students achieved 2 distinctions

## SOME HIGHLIGHTS:

- Caitlin Stanton achieved a distinction in Advanced Programme English (88%)
- Liam Ramsden 94% in Mathematics
- Christopher Webster achieved 96% in Dramatic Arts
- Alessandro Gueli achieved 95% in Visual Arts
- 26% of our students attained distinctions in Mathematics; 26% in Accounting; 83% in Drama; 28% in Visual Art; 21% in Business Science; and 45% attained a B in English

## ST PETER'S COLLEGE OFFERS THE FOLLOWING SUBJECTS TO MATRIC:

Accounting • Afrikaans • Business Science • Drama • Engineering  
Graphics and Design • English • French • Geography • History  
IT • Life Orientation • Life Sciences • Mathematical Literacy  
Mathematics • Music • Physical Science • Visual Art • Zulu



St Peter's College celebrates its 20th anniversary in 2018.

7 DISTINCTIONS



HANNAH LEATHERBARROW  
2017 DUX SCHOLAR



MEGHAN HOFFMANN



TEAGAN LERONI



ERIN LYLE

6 DISTINCTIONS



ADRIAN DIEPEVEEN



ALESSANDRO GUELI



CAITLIN STANTON



JASON RAW

5 DISTINCTIONS



TAPIWANASHE MUNGADZI



PROMESSE NKONGOLO



CHANEL THOMAS

4 DISTINCTIONS

- Caitlin Bartie
- Daniel de Castro
- Erin Hepplewhite
- Praneetha Kalidindi
- Alvaro Legoinha
- Brent Pedersen
- Tiffany Theron
- Caitlin Tucker

3 DISTINCTIONS

- Enhakkore Bope
- Keileigh Nikayla Chetty
- Hope Karaha
- Jemma Mould
- Ronewa Netshiswinzhe
- Kirithi Panchoo
- Liam Ramsden
- Daniel Schurbohm
- Zoe Swoboda

# CONGRATULATIONS TO OUR KYALAMI ESTATES STUDENTS



MICHAEL YAMAN



BIANCA BRACHINI



KHAMA MODISE



ERIN HEPPLEWHITE



JACQUELINE CHRISTODOULOU



MICHAEL VAN ROOYEN



PROMESSE NKONGOLO



ANDREW THOMAS



MEKASHIN REDDY



ANTHONY KIESER



NYELETI MAHANGE



JASON BOWES



**ST PETER'S  
COLLEGE**

1998-2018

**20**  
YEARS

St Peter's College celebrates its 20th anniversary in 2018.  
Open for enrolment applications for Grade 8 2019 and 2020.  
Diarise the next Open Day on Saturday, 17 March 2018 from 08:30 to 12:30. 

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Theresa Monoyoudis at [marketing@stpeterscollege.co.za](mailto:marketing@stpeterscollege.co.za) or  
call 011 807 5315.

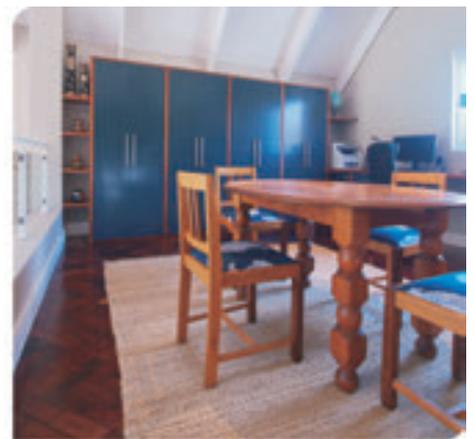


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and integrity to suit your individual lifestyle.



easylife  
kitchens



# THE JOURNEY TO POSITIVE LIVING WITH DIABETES

AFTER THE FESTIVE SEASON, WHEN THERE'S SO MUCH DECADENT SWEET STUFF AROUND, ONE INVARIABLY HAS THE URGE TO PURGE ONESELF OF ALL THE TOXINS AND UNHEALTHY EATING. NOW IS ALSO A GOOD TIME TO CHECK ONE'S SUGAR LEVELS AND MAKE SURE THAT THERE'S NO HINT OF DIABETES LURKING AROUND. WHAT SHOULD YOU DO IF YOU SUSPECT YOU ARE HEADING THAT WAY?

# DIABETES



- **Type 2 diabetes** is far more common and, according to the International Diabetes Federation (IDF), there were 2,28 million diagnosed cases of Type 2 diabetes in South Africa in 2015<sup>1</sup>. In the case of Type 2 diabetes, insulin is produced, but the body's cells do not respond to it correctly. Instead, the body becomes resistant to insulin. It is most often, but not always, associated with obesity, poor diet, physical inactivity, advancing age, family history of diabetes, ethnicity and high blood glucose during pregnancy. It can go undiagnosed for years. Due to the progressive nature of the disease, most Type 2 cases will eventually need insulin to be added to their treatment. However, many cases of Type 2 diabetes can be prevented by making simple changes in our everyday lives and knowing the risks.

## UNDERSTAND THE SYMPTOMS – THEY MAY NOT BE AS HARMLESS AS YOU THINK

Sometimes people overlook the warning signs of diabetes because they do not experience symptoms, or the symptoms seem harmless. It is important to talk with a health care provider if you have noticed:

- unusual weight loss,
- frequent urination,
- tingling or numbness in your hands or feet,
- a persistent feeling of hunger or thirst,
- drowsiness, nausea or blurred vision.

## MANAGEMENT OF DIABETES IS CRUCIAL FOR YOUR FUTURE HEALTH

"If diabetes is diagnosed – whether Type 1 or Type 2 - it's very important to manage your blood sugar levels according to the guidelines provided by your doctor or healthcare provider. The huge emphasis on strict control and disease management if you're living with diabetes is with very good reason. Diabetes is an exceptionally challenging disease to live with and manage, requiring the support of specialist doctors, and a huge amount of discipline on the part of the patient in managing the demanding diet, lifestyle and treatment regimen," explains Dr Molefe-Osman.

There are a number of health challenges that come with living with diabetes including<sup>2</sup>:

- Diabetes can lead to eye disease (retinopathy), which can damage vision and even cause blindness.



**H**earing the diagnosis for the first time that you have diabetes can be overwhelming and may leave you with mixed emotions - it's stressful, it requires an entirely new approach to aspects such as lifestyle and diet, and it's tough to manage.

"But it's perfectly possible to lead a healthy, fulfilling and active life with the right healthcare and family support, medication and personal attitude," explains Dr Ntsiki Molefe-Osman, Diabetes Medical Advisor at Lilly South Africa.

Diabetes comes in two types – Type 1 and Type 2.

- If you have **Type 1 diabetes**, your

body is unable to produce sufficient insulin of its own in order to maintain healthy blood sugar levels in the body. It usually begins in childhood or adolescence and is caused by a faulty autoimmune response that causes the body to destroy the pancreatic cells that produce insulin, which in turn leads to an insulin deficiency. People with Type 1 diabetes must take insulin, as it is vital to staying healthy and achieving the most consistently normal sugar levels, to ensure a good quality of life. There's no cure for Type 1 diabetes, although researchers are working on preventing the disease as well as the further destructive progression of the disease in people who are newly diagnosed.



- Poorly controlled blood glucose and high blood pressure can lead to damage of the nerves throughout the body (neuropathy). This damage can lead to problems with digestion, urination, erectile dysfunction in men and other complications. Among the most commonly affected areas are the extremities, in particular the feet, where nerve damage can lead to pain, tingling, and loss of feeling. Loss of feeling is particularly important because it can allow injuries to go unnoticed, leading to serious infections and possible amputations.
- Kidney disease (nephropathy) is far more common in people with diabetes – it is a leading cause of chronic kidney disease.
- People living with diabetes have a much higher risk of cardiovascular disease – angina, heart attack, stroke, peripheral artery disease, and congestive heart failure.
- Diabetes can cause complications and health problems that worsen symptoms of depression, leading to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain.

Poor management of diabetes today has significant health repercussions for later on in life – from kidney failure, heart failure, blindness, nerve damage and, as a result, loss of limbs. How well you manage your diabetes today will influence the quality of life you can expect to live later in life.

#### **INSULIN TREATMENT IS NOT THE ENEMY – POOR SUGAR CONTROL IS**

Many patients are overwhelmed by the prospect of having to go onto insulin treatment. It is important to know that it is not a failure if you need insulin treatment as diabetes is a progressive disease, so in

most cases all diabetics will eventually need insulin. Good control of blood sugar levels is the ultimate goal, and effective insulin treatment will help prevent other serious issues like heart disease, stroke, nerve damage, organ damage, eye problems or, in extreme cases, premature death.

**Insulin** is a hormone that's made by the pancreas and its purpose is to help the body move glucose into cells for energy. When your pancreas can't produce enough insulin or fails to function properly, blood sugar (glucose) levels can rise — leading to diabetes. If you are diagnosed with diabetes, you may need insulin treatment to help control your blood sugar level<sup>3</sup>.

#### **KNOW YOUR MYTHS AND FACTS<sup>4</sup>:**

- Being on insulin will not disrupt your daily routine.
- Insulin does not cause complications such as blindness. Along with other medications, it helps to reduce complications by controlling your blood sugar level.
- Insulin is not an addictive drug!
- Starting insulin does not mean you are failing to take care of your diabetes. For many people with Type 2 diabetes, the body gradually produces less and less of its own insulin. Eventually, oral medications may not be enough to keep blood sugar levels normal. Using insulin to keep a healthy level is the responsible thing to do for your own health.

“The best approach is to be methodical in your planning, and to work out a daily programme that keeps you on track and becomes part of your routine. Your healthcare provider or diabetes educator is also a very important source of information due to their experience, so don't be afraid to

engage with them about your concerns, no matter how minor you may think they are,” says Dr Molefe-Osman. “The fact is that, with proper management, you can overcome the challenges and turn your diabetic journey into a success story. Know the value of building a support system around you because diabetes requires healthcare providers, daily attention and commitment – and often involves your whole family.”

#### **KNOW YOUR BODY**

Everyone reacts differently to low blood sugar (hypoglycaemia), so it is important to understand and recognise your own symptoms. Some of the visible signs and feelings could include shakiness, anxiety, rapid pulse, irritability, tingling fingers or lips, headache, sweating, blurred vision, hunger, dizziness and fatigue or weakness. It is important to discuss low blood sugar events and treatment actions with your doctor<sup>5</sup>.

#### **The Rule of 15**

There are five important steps to treat low blood sugar<sup>6</sup>:

**Step 1** If your blood sugar is less than 70mg/dL take **15 grams** of glucose or simple carbs<sup>9</sup>.

**Step 2** Recheck your blood sugar after **15 minutes**, if possible.

**Step 3** If you still feel the symptoms of low blood sugar, repeat step 1.

**Step 4** Once you return to normal, eat a small snack, if your next planned small meal or snack is more than an hour away.

**Step 5** If you continue to experience signs of low blood sugar – contact your doctor or emergency health services immediately.

#### **15 grams of carbs = any of the following<sup>6</sup>**

- 4 glucose tablets (follow package instructions).
- 1 gel tube (follow package instructions).
- 2 tablespoons of raisins or 1 tablespoon of honey or syrup.
- ½ a cup of juice or non-diet soda or 1 cup of non-fat 1% milk.
- 3 – 5 hardboiled sweets, jellybeans or gumdrops.

#### **TRACK YOUR SYMPTOMS**

When managing long-term health conditions, you may find it helpful to keep track of any symptoms you experience such as pain, fatigue, insomnia or nausea. What makes them worse? What makes them better? How do medications, foods, activities, people, and stresses affect you? You can also keep track of numbers that affect your symptoms, like blood pressure or blood sugar readings. Bring your logs to appointments and share them with your healthcare provider and with your family. Consider asking your family for their thoughts about your log and what they have noticed about your symptoms.

**TAKE CARE**

Above all, be healthy, active and look after your heart. It doesn't have to be a complicated routine. Even a small increase in daily physical activity can make a big difference. While some risk factors for diabetes such as age, ethnicity and family history can't be changed, many other risk factors such as managing your weight, eating healthy foods in the right quantities and exercising regularly can be managed.

According to Diabetes South Africa there are various aspects to good diabetes management including<sup>7</sup>:

- **Education** - Knowing about diabetes is an essential first step. All people with diabetes need to understand their condition in order to make healthy lifestyle choices and manage their diabetes well.
- **Healthy eating** - There is no such thing as a 'diabetic diet', only a healthy way of eating, which is recommended for everyone. However, what, when and how much you eat plays an important role in regulating how well your body manages blood glucose levels. It's a good idea to visit a registered dietician who can help you work out a meal plan that is suitable for your lifestyle.
- **Exercise** - Regular exercise helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances overall fitness.
- **Weight management** - Maintaining a healthy weight is especially important in the control of Type 2 diabetes.

- **Medication** - People with Type 1 diabetes require daily insulin injections to survive. There are various types of insulin available in South Africa. Type 2 diabetes is controlled through exercise and meal planning and may require diabetes tablets and/or insulin to assist the body in making or using insulin more effectively. Talk to your doctor about the best treatment option for you, as well as the all-important cost considerations of different treatments.
- **Lifestyle management** - Learning to reduce stress levels in daily living can help people manage their blood glucose levels. Smoking is particularly dangerous for people with diabetes.

"Your doctor is your best resource for information about living with diabetes. However, while your healthcare team will advise and support you, how well your diabetes is managed depends on you. Use the resources available to empower yourself to improve your metabolic control, increase fitness levels and manage weight loss and other cardiovascular disease risk factors, which in turn will improve your sense of well-being and quality of life," concludes Dr Molefe-Osman. 

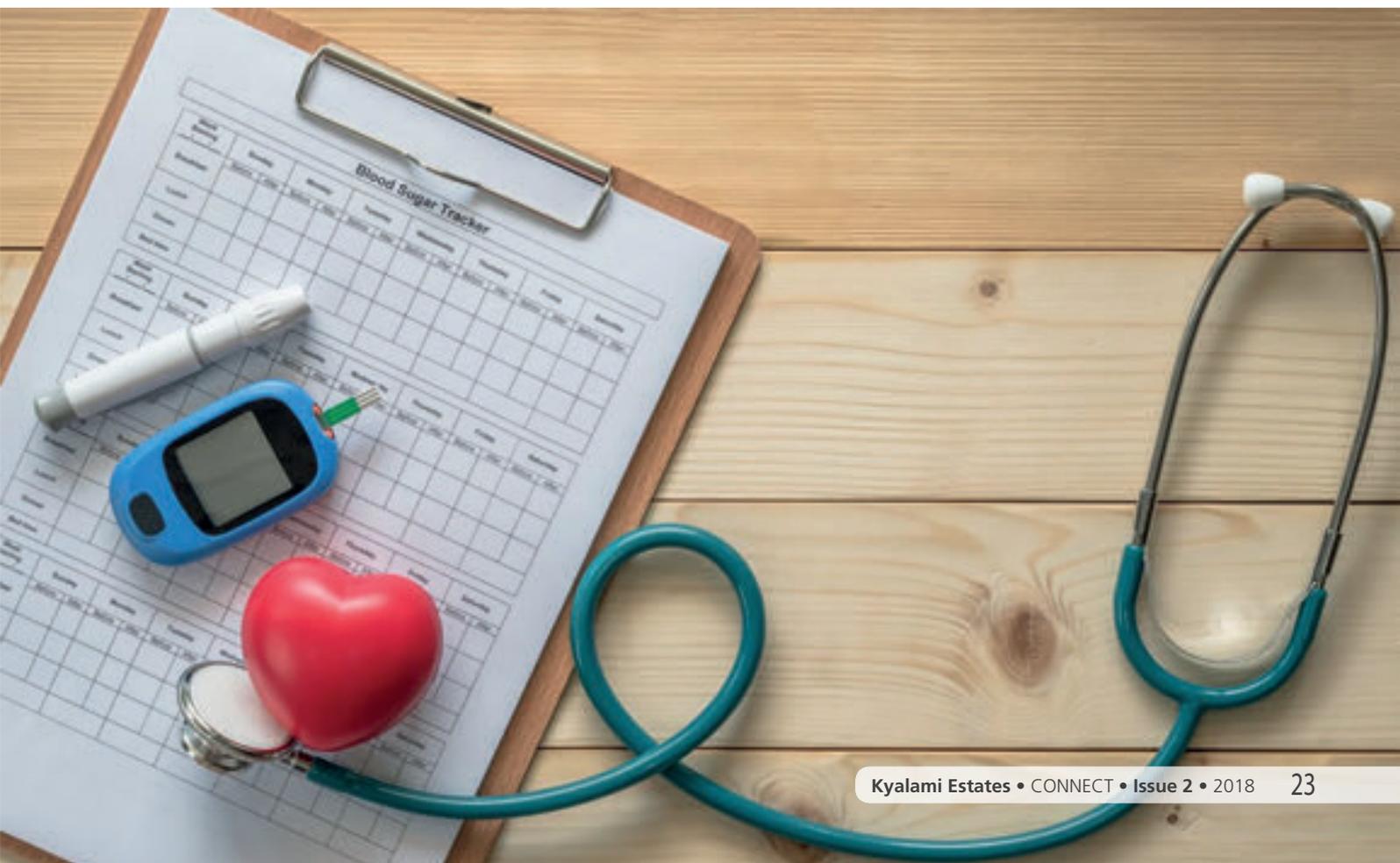


## A Silent Killer Disease

### Wake Up Before It Kills You

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# PET PERILS

## IS YOUR HOME A SAFE SPACE OR A HOUSE OF HORRORS?

**W**e all like to think that our homes are a heavenly haven for our beloved furkids... but are they really? There may be unexpected dangers lurking – use Twisted Whiskers’ handy guide to eliminate these potential threats and ensure that curiosity doesn’t get the better of Cleo or Brutus!

### HOUSEHOLD HAZARDS

**Chemicals** of any kind are never a friend to your pet and should be locked away at all times. They usually taste bitter and most animals will avoid them, but some, like rat poison, snail bait, pool algacide and anti-freeze have a pleasant, sweet taste and are therefore a very real danger as pets will actively ingest them. Cats can be prone to ingesting poison as they will automatically lick anything off their paws that they happen to walk through. Bear this in mind if you ever spill household cleaners, pool-care products, insect-killer, etc. and clean up the area immediately. If poisoning is suspected, act quickly and take a sample of the material, or the container it came in, with you to assist your vet in treating your pet rapidly and effectively.

Another insidious problem these days is our use of fragranced sprays, scented candles, aromatherapy products and the like, which contain **essential oils**. Many of these are toxic to animals, if they are exposed to them regularly in a confined space over time, and can lead to respiratory or skin allergies. Be sure to do your research before bringing scented items into your home. A useful infographic resource is found at [www.organicaromas.com](http://www.organicaromas.com).

**Electrical wiring** poses another big threat, as pets (particularly young puppies and kittens) love to explore every inch of their environment, largely with their mouths and paws. Ensure that all wiring is safely tucked away in a protective casing or that access to it and any flashing decorative lighting is barred.

Make a habit of regularly assessing your home from their perspective, just as you would when baby-proofing your home. You’ll be surprised how many loose wires, sharp edges, discarded/broken children’s toys or heavy items teetering off a ledge (just waiting to fall on top of an unsuspecting furball...) you spy when you look carefully.



**Using Essential Oils Around Your Pets**

Essential oils are natural but can be very powerful. The wrong essential oil can trigger a negative reaction in your pet. However, aromatherapy can be used as a beneficial and safe complementary approach to a pet's medicine. For more information on using essential oils around your pet or to learn more about the benefits of essential oils for your pet, visit a health guide that can help answer your questions.

**Be Careful With These Essential Oils**

**CATS**  
Cats are particularly sensitive to essential oils that contain menthol and also essential oils they associate with their litter-train odors.

**DOGS**  
These essential oils can trigger a range of issues from allergic and skin reactions to interference in their natural body processes.

**Essential Oils That Are Great For Pets**

Chamomile: Helps calm nerves and promotes healthy skin and coat.  
Lavender: Reduces anxiety, stress, aggression, or barking (long term).  
Mint: Can help with allergies and promote healthy skin and coat.  
Cherry Blossom: Calms nervousness and irritability.  
Eucalyptus: Good for respiratory issues and as a treatment for ear infections.  
Peppermint: Soothes the pain from arthritis and hip dislocation and joint pain.  
Ginger Root: Supports healthy skin as a topical treatment for dryness.  
Orange: Reduces pain, stress, anxiety, and supports healthy digestion.  
Ylang Ylang: Can help with pain relief and skin issues.  
Bergamot: Helps with anxiety, stress, and irritability.

www.organicaromas.com

**SCARY SNACKS**

We share so much with our pets, so why not the snacks we enjoy too? What we often forget is that cats and dogs are not human beings. Although some human food may be consumed in small amounts, the foods we enjoy are largely unsuitable for animals, as their bodies process the ingredients in a different way to what ours do. Also, what seems like a small amount to a 70kg human is the equivalent of 14x the amount, when given to a 5kg Maltese.

You may be surprised to learn that some of the foods you love are toxic to your dog or cat. Among these are **chocolate, avocados, onions and garlic, xylitol** (a sugar replacement found in many human foods), **grapes, raisins and macadamia nuts**. Depending on the size of the animal even a small quantity of these may result in serious symptoms from tummy upsets to dizziness, kidney failure, lethargy, paralysis and even death, if not treated immediately.

It goes without saying that **alcohol** and **caffeine** should NEVER be given to pets as their bodies are entirely unable to process them.

Other foods like **fruit pits, maize cobs, large seeds, bones that splinter and dough** are hazardous from an obstructive perspective – when ingested, they can very quickly cause problems by blocking parts of the digestive system and they should be avoided at all costs. **Table scraps** are also a complete NO-NO as the amount of salt, sugars, colourants and preservatives present in human foods may cause all sorts of problems for pets.

A final word is that, contrary to popular belief, **dairy products** are not nutritious for pets. Dogs and cats do not have the enzymes required to break down dairy properly and, although they enjoy them very much, they inevitably suffer unpleasant after-effects: tummy upsets or cramps. Stick to a nice fresh bowl of water and DON'T feed milk, cheese or cream as a treat. It really isn't one!

Our advice for a healthy nutritional plan for pets is feeding a veterinary-endorsed, well-researched diet, with the occasional addition of carefully sourced pet-specific treats. Salt-and-sugar-free peanut butter, bananas, apples, carrots, squash and blueberries may also be given in moderation.

**MURDEROUS MEDS**

**All medication** (both human and animal) should be carefully locked away and never left lying around. You may think your pet can't get onto a counter or into a wardrobe ... but they can, and they do! And pay particular attention when handling meds – many a horrible accident happens when pills fall onto the floor and a curious pet swallows them in a flash!

It goes without saying that many human medications are toxic to pets and should NEVER be given to your animal unless you are specifically advised to do so by your vet. Everyday meds that we use without thinking can cause our pets to become extremely sick, very quickly – even if only a small dose is taken in. **Nasal decongestants (pseudoephedrine), antidepressants, heart medication and anti-inflammatories** are just some of the main culprits that warrant careful use around pets.

**GRIZZLY GARDENS**

There are few pleasures as delightful as spending time in a garden but behind a stunning display might lurk some potential threats to your pet. Chat to your vet and local nursery, and do plenty of online research as to what is safe to plant, and what isn't. The following plants should be avoided at all costs if you share your home with cats and dogs. Some lend themselves to chewing on; others can be dangerous if parts of the plants fall into food or water bowls placed outside:

- **Flame Lily** (all parts)
- **Stinkblaar** (seeds)
- **Oleander** (leaves and seeds)
- **Cycads** (seeds and root)
- **Belhambra** (berries)
- **Duranta** (berries)
- **English Oak Tree** (acorns)
- **Yellow Jasmine** (stems)
- **Yesterday, Today and Tomorrow** (all parts)
- **Dumb Cane** (stems)
- **Moonflower** (stems, flowers)
- **Elephants Ear** (stems, leaves)
- **Privet** (berries)
- **Paint Brush Lily** (all parts)
- **Syringa** (berries)

And remember your indoor plants and flower arrangements. **Lilies, cyclamens, hyacinths, tulips, crysanthus, gladioli, daffodils, amaryllis** and **irises**, for example, pose serious threats to pets who like to chew plants.

It goes without saying that **pool safety** should be a top priority with pets in the family. Restrict access completely when animals are unsupervised and, just to be on the safe side, install a **Skamper-Ramp** so that your pet can clamber out easily if they accidentally find themselves in 'deep water'. Drowning is a very real risk to puppies and kittens, as well as to our 'golden oldies', who may be disoriented or have failing eyesight.

While it's virtually impossible to eliminate every danger in the home, paying attention to what we bring into our homes and how we store potentially hazardous materials and equipment can go a long way towards ensuring the safety of our feline and canine companions. Despite our best efforts, accidents will happen, so make sure you have a great **pet medical insurance policy** in place, **your vet's and after hours emergency clinic's numbers are on speed-dial** and that everyone in the household (including domestic helpers and pet-sitters) knows where the **pet medical kit** is kept and is confident to **administer first aid and CPR** to both cats and dogs. Your vet will be happy to demonstrate and there are some awesome resources online too. 

**Twisted Whiskers Kyalami will be relocating. Vouchers can be redeemed at either our Ferndale or Hobart branches. Ferndale Village: 011 326 3626 Hobart Grove: 011 463 5957**

# A COMPETITION TO WHET YOUR APPETITE

**W**e have noticed that eating out is a firm favourite amongst Gautengers – which is why we have come up with a tempting competition for you! For each issue, we have a prize up for grabs – a R500 voucher from one of the restaurants featured on this page.

Here is the question for this issue:

**Q: In the Book Reviews, who wrote 'Memories of a Birdwatcher'?**

*Please include 'Kyalami Estates Restaurant Competition' in the Subject line and send your answer along with your full name, your cell number and your stand number to: [info@eiapublishing.co.za](mailto:info@eiapublishing.co.za). The winner will be contacted by email.*

#### Terms and Conditions:

1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as "change".
3. Bookings need to be made in advance with the restaurant detailed on the voucher.
4. Service charges/gratuities are not included, regardless of any balance left over after the meal.
5. Vouchers will be numbered. Please provide your voucher number when you make your reservation.
6. The competition is open to readers over the age of 18.
7. 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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The last day for grooming in Kyalami will be **Wednesday 13 December.**

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# Top 10

## TRAVEL DEALS



### 1. Los Angeles Coast to Bay from Topdeck.

Rates from R33 120 per person sharing. Offer includes thirteen nights' accommodation with eight breakfasts, six dinners, Las Vegas Party Bus, day trip to the Grand Canyon National Park, driving tour of San Diego, trip leader and more! Offer excludes flights. Set travel dates 10 - 23 September 2018. **For more information visit [www.topdeck.travel.com](http://www.topdeck.travel.com) or contact them on 0800 982 308.**

### 2. Experience Cancun from Club Med.

Rates from R16 456 per person sharing. Rate includes seven nights' accommodation at the Cancún Yucatán, unlimited breakfasts, lunches, dinners and scheduled snacks with drinks and refreshments, choice of evening entertainment and basic travel insurance (69 years and under). Offer excludes flights and transfers. Set departure 26 May 2018. **For more information visit [www.clubmed.co.za](http://www.clubmed.co.za) or contact them on 010 500 2890.**

### 3. Zanzibar Mermaids Cove from Africastay.

Rates from R9 950 per person sharing. Offer includes return flights, approximate taxes, return transfers and seven nights' accommodation at the three-star Mermaids Cove with breakfast, lunch, dinner, and selected drinks daily. Valid between March 27 - 16 July 2018. **For more information visit [www.africastay.co.za](http://www.africastay.co.za); email [sales@africastay.co.za](mailto:sales@africastay.co.za) or call them on 011 592 9000.**

### 4. Vic Falls from Flame of Africa.

Rates from R6 949 per person sharing. Offer includes return transfers, two nights'

accommodation at the Vic Falls Hotel with breakfast daily, one buffet Jungle Junction dinner, one sunset cruise and more. Valid until 30 June 2018. **For more information visit [www.flameofafrica.com](http://www.flameofafrica.com); email: [foaweb@flameofafrica.com](mailto:foaweb@flameofafrica.com) or contact them on 031 762 2424.**

**5. Wine & dine promo from Protea Hotel by Marriott Karridene Beach.** Rates from R1 800 per person sharing per night. Offer includes two nights' accommodation, dinner for two with a bottle of wine and breakfast. Minimum two night stay applies. Valid until 22 April 2018. **For more information visit [www.marriott.com](http://www.marriott.com) or contact them on 031 916 7228.**

**6. Monaco Formula 1 Grand Prix offer from F1 Grand Prix Tours.** Rates from R10 503 per person sharing. Offer includes three nights' accommodation with breakfast daily, two day circuit transfers and SA on-site tour director. Offer excludes flights and race tickets. Event date 27 May 2018. **For more information visit [www.f1grandprixtraveltours.co.za](http://www.f1grandprixtraveltours.co.za); email: [info@f1grandprixtraveltours.co.za](mailto:info@f1grandprixtraveltours.co.za) or contact them on 012 333 7114.**

### 7. Maldives from Thompsons Holidays.

Rates from R21 497 per person sharing. Offer includes return flights departing Johannesburg to Male, approximate taxes, return speedboat transfers and seven nights' accommodation at the three-star Biyadhoo Island Resort with breakfast, lunch and dinner daily. Valid until 11 April 2018. **For more information visit**

**[www.thompsons.co.za](http://www.thompsons.co.za); email [info@thompsons.co.za](mailto:info@thompsons.co.za) or call them on 011 770 7700.**

**8. Kickstart your bucket list with Finfoot Lake Reserve.** Rates from R2 100 per person sharing for two nights. Offer includes two nights' accommodation with breakfast and dinner daily plus two activities per day. Activities include barge cruises, game drives, bird watching and canoeing. Valid until 16 March 2018. **For more information visit [www.finfoot.co.za](http://www.finfoot.co.za); email: [finfoot@dreamresorts.co.za](mailto:finfoot@dreamresorts.co.za) or contact them on 060 605 5878.**

**9. Sublime Kerala from Travel Vision.** Rates from R22 857 per person sharing. Offer includes return flights, approximate taxes, return transfers, seven nights' four-star accommodation with breakfast daily, HD houseboat cruise with lunch, entrance fees to sightseeing and tours, English speaking guide and more. Itinerary: Mumbai - Cochin - Kumarakom - Cochin - Mumbai. Valid until 31 March 2018. **For more information visit [www.travelvision.co.za](http://www.travelvision.co.za); email [info@travelvision.co.za](mailto:info@travelvision.co.za) or call them on 011 408-8000.**

**10. Sri Lanka Tropical Paradise Tour from Azure Travel.** Rates from R10 642 per person sharing. Offer includes welcome & assistance at the airport, seven nights' four-star accommodation with breakfast daily and service of an English speaking chauffeur guide. Offer excludes flights. Valid until 31 March 2018. **For more information visit [www.azuretravel.co.za](http://www.azuretravel.co.za); email: [info@azuretravel.co.za](mailto:info@azuretravel.co.za) or call them on 011 678 1146** 

# Let's go

LET'S GO is your online guide to South Africa's hottest events, attractions and travels.

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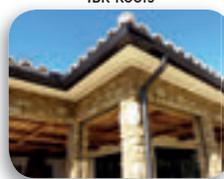
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**Mandy Florence**  
Clinical Psychologist  
M.A. Clin Psych (Wits)

Phone: 082 461 8470  
Email: florencemandy@gmail.com  
Address: Kyalami Estates  
Website: www.mandyflorence.co.za

**Curro Waterfall and Curro Castle Waterfall**

# OPEN DAY

**Date: Saturday, 3 March 2018**  
**Time: 09:00 – 12:00**





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Animals in Distress	011 466 0261
Carstenhof Clinic	011 655 5500
Crime Stop	086 001 0111
Fire	10177
Fire & Ambulance Midrand	011 847 4600
Midrand Trauma Support	076 979 9017
Midrand Veterinary Hospital	011 315 1575
Netcare Ambulance	082911
Police Flying Squad	10111
Police Midrand	011 347 1600
SPCA	011 265 9935
SPCA Midrand Emergency	083 441 1564
Sunninghill Hospital	011 806 1500
Sunninghill Village Vet	011 803 1221
Waterfall Hospital	011 304 6600

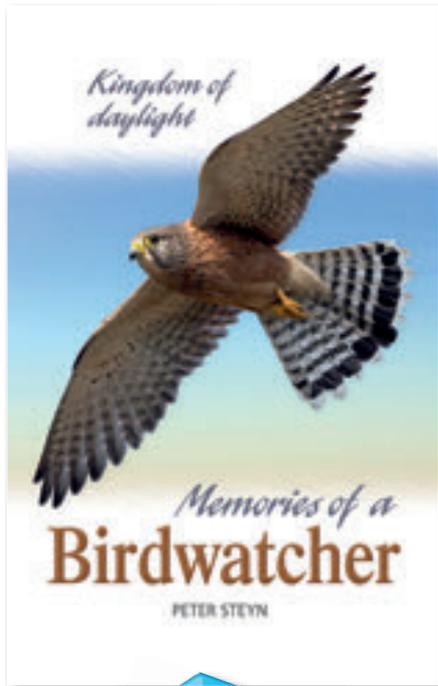


# Kyalami

## ESTATES

Registered Estate Agents 2018

<b>Chas Everitt International Property Group</b>	<b>Liz Orffer</b>	<b>082 543 1446</b>	<b>elizabetho@everitt.co.za</b>
	Sue Orffer	082 836 2887	
<b>Fine &amp; Country</b>	<b>Elizabeth Mckenzie</b>	<b>071 612 2399</b>	<b>elizabeth@fineandcountry.com</b>
	Tanya Mohr	083 276 3004	tanya.m@fineandcountry.com
	Anthea Frith	082 578 9988	anthea.f@fineandcountry.com
<b>Jawitz Properties</b>	<b>Brian Hickson</b>	<b>083 405 0000</b>	<b>brianh@jawitz.co.za</b>
	Belinda Hickson	082 835 0099	belindah@jawitz.co.za
	Tracy Stuart	082 921 3980	tracys@jawitz.co.za
	Sharon Smit	082 457 4202	sharons@jawitz.co.za
<b>L &amp; W Properties</b>	<b>Natalie Sanders</b>	<b>082 897 4360</b>	<b>natalie@lwproperties.co.za</b>
	Barry Scott-Brown	082 777 2552	barry@lwproperties.co.za
<b>Lew Geffen/Sotheby's</b>	<b>Tina De Waal</b>	<b>083 771 8709</b>	<b>tinad@sothebysrealty.co.za</b>
	Vicky Bianchi	061 615 3248	vickyleec@sothebysrealty.co.za
<b>NRG</b>	<b>Desiree La Vita</b>	<b>083 633 5296</b>	<b>desiree.lavita@sanrg.co.za</b>
	Michelle La Vita	082 885 0792	michelle.lavita@sanrg.co.za
<b>Pam Golding Properties</b>	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
<b>Platinum Residential</b>	<b>Enrico Fabbri</b>	<b>083 236 8888</b>	<b>enrico@platinum.co.za</b>
	Andrew Pearse	083 652 8888	andrew@platinum.co.za
	Steven McLaren	083 233 8888	steven@platinum.co.za
<b>Remax Central</b>	<b>Elizabeth Hannemann</b>	<b>082 476 1821</b>	<b>kyalamiestates@remax-central.co.za</b>
	Laura Lattanzio-Joubert	082 414 3814	kyalamiestates@remax-central.co.za
<b>Seeff</b>	<b>Michael Dart</b>	<b>083 326 0965</b>	<b>michael.dart@seeff.com</b>



R300

## KINGDOM OF DAYLIGHT: MEMORIES OF A BIRDWATCHER

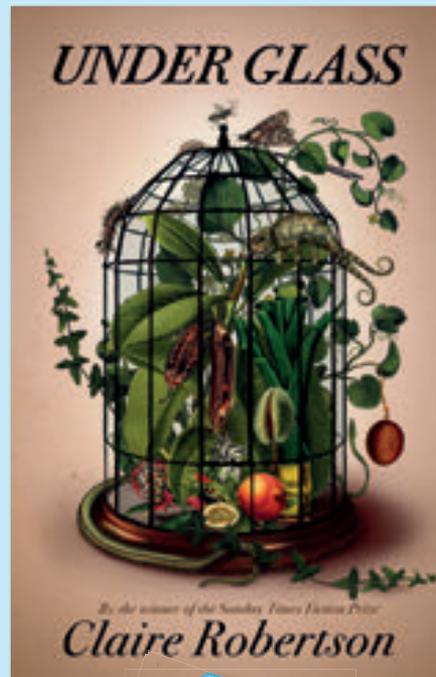
By Peter Steyn

In this autobiographical account of a lifetime spent observing, researching and photographing birds, Peter Steyn shares experiences that span some 70 years. His story starts and ends in Cape Town, South Africa, but in between we read about:

- the 17 years he spent in Zimbabwe – his most productive in terms of ornithological research;
- his worldwide travels in a quest to study birds;
- his regular spells as a lecturer on cruise-ship voyages;
- trips from the Arctic to the Antarctic, to remote Southern Ocean Islands and to several Indian Ocean islands and St Helena;
- travels to the USA, South America, Australia, New Zealand and Ethiopia – all in pursuit of birds.

The author's detailed and fascinating memoir captures his great enthusiasm for birds and their role in shaping his life and his experiences.

*Kingdom of Daylight: Memories of a Birdwatcher* is well illustrated and features more than 400 photographs taken during Peter's lifelong journey with birds.



R270

## UNDER GLASS

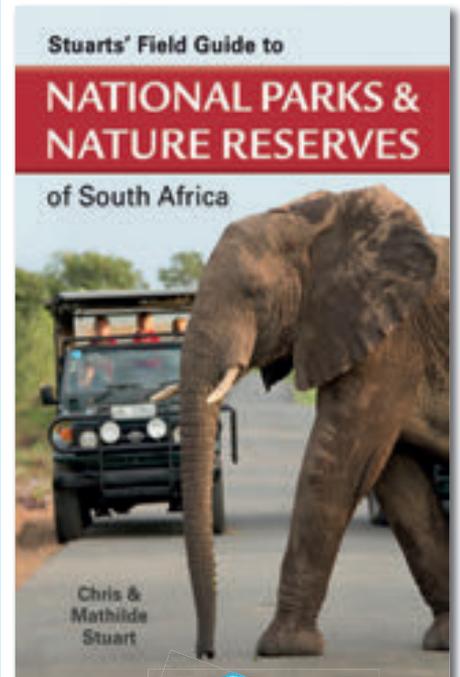
By Claire Robertson

Set in Natal in the nineteenth century among the settlers, the homesteaders and the sugar cane farmers, Claire Robertson's masterful new novel *Under Glass* tells the story of Mrs Chetwyn, who arrives in Port Natal from India in 1856. She is with her eldest daughter and her ayah, and has been travelling for eleven months to join her husband, who is already deep in the hinterland.

Her father-in-law has staked them their passage, a sum for settlement and an arrangement for the purchase of land, but there are conditions to his generosity that will have a lasting effect on the Chetwyns, specially on their fifth child, Cosmo, born years later.

It is on the Chetwyns' sugar cane farm that the reader begins to understand that there is something strange about Cosmo, something that must be kept secret or hidden.

At once a deeply researched historical novel and an intriguing mystery, *Under Glass* is a high-stakes narrative of deception and disguise that will appeal to a range of readers of literary fiction by one of the country's finest novelists.



R300

## STUARTS' FIELD GUIDE TO NATIONAL PARKS AND NATURE RESERVES OF SOUTH AFRICA

By Chris and Mathilde Stuart

A must-have guide to South Africa's famously diverse and richly populated parks and reserves.

*Stuarts' Field Guide to National Parks & Nature Reserves of South Africa* is an indispensable guide to the country's best and most accessible conservation areas. Written by two prominent conservationists, this new edition (with slight name change) has been thoroughly revised and updated.

Each of the 43 featured reserves - arranged by province - includes:

- Information on the history, location, landscape, geology, vegetation and wildlife;
- Text panels covering highlights, climate and facilities;
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Rate	7.46%
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