

CONNECT
Issue 3 • 2018

Kyalami

ESTATES



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**Easter
Weekend
Entertainment**

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Fidelity Guards**

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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



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Publisher: Nico Maritz nicom@nowmedia.co.za • **Editor:** Bev Hermanson 071 205 9502 bev@eiapublishing.co.za
Sales manager: Martin Fourie 072 835 8405 martin@eiapublishing.co.za
Advertising sales: Jeff Malan 079 369 9121 jeffm@nowmedia.co.za
Assistant Editor & Production Co-ordinator: Nicole Hermanson nicoleh@nowmedia.co.za
Design & Layout : Rebecca Kent rebeccak@nowmedia.co.za

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MESSAGE FROM THE ESTATE OFFICE

Take nothing for granted

Generally, when we are happy with our current situation, we don't stop and take a moment to give thanks or appreciate exactly what it is we have.

We are all blessed to live within the Kyalami Estates Community. We have an abundance of opportunities to join clubs and enjoy the company of our fellow residents – everything from the wine society and running club to social dance classes is right here on our doorstep. We can participate in Estate events, join our neighbours, friends and families in a relaxed social setting. We should be grateful that we have a community like this to be a part of.

We are all blessed to have the Kyalami Estates Environment. We have a total of 16 parks in the Estate, each one has its own personality – it's worth venturing out to visit a park that is not local to you and exploring what it has to offer. We have 5 dams in the Estate - each is unique in its setting and the wildlife that inhabits it. We have streets lined with mature trees, providing shade on our paths. We have a forest walk – a leafy adventure for everyone to explore. We should be grateful that we have such a beautiful environment to call home.

We are all blessed to have Kyalami Estates Facilities and Services. We have a clubhouse, although a little on the small side, it is perfect for parties and functions.

We have a squash court where you can challenge your neighbour and work up a sweat. The tennis court is newly refurbished and ready for play. The sport centre beckons you to have a game of basketball, practise your soccer skills and take up cricket. Tone and shape up at the outdoor gym. We have recycling collection services so that, with little effort, we can all contribute to reducing our carbon footprint. Gas cylinders can be ordered and replaced with little effort. We should be grateful for all these facilities that we can make use of.

Kyalami Estates, our home, certainly gives us lots of things to appreciate – we just have to take a moment and reflect on all we have. In the words of Louise Hay: “I have noticed that the Universe loves gratitude. The more grateful you are, the more goodies you get. When I say 'goodies', I don't mean only material things. I mean all the people, places and experiences that make life so wonderfully worth living.”

Heather Bowes

Estate Manager
heather@kyalamiestates.co.za
 082 908 4909

MEET THE MEMBERS OF THE FIDELITY TEAM

As residents, we interact with members of the Fidelity Security Team either on a one-to-one basis at the gates or via a call to the control room on a regular basis. They are familiar faces, voices and names and here's your chance to get to know them on a more personal level.



Judas Ngoveni


Judas is our newly wed member of the team, having taken the plunge into marital bliss on the 30th of December 2017! He speaks of his wife, Lindiwe, as well as his two children, with great fondness. His son Muntshwa is 11 and his daughter Vukhatsa is 9. They live with their mum in Limpopo.

Judas enjoys watching soccer when he has time to relax. He describes himself as a 'simple guy' who likes people in general and especially likes to help anyone who has a need. A trip through our gates would not be the same without Judas' ready smile and enthusiastic greeting.



Fernando Macamo

Originally from Mozambique, Fernando came to South Africa in 1989. He does go to visit his parents and other family members as often as he can but views South Africa as his home. Fernando is a widower, sadly having lost his wife four years ago. He has three children, who are his pride and joy. His son Musa is 17 and in matric. He has two daughters: 11-year-old Elisa is in grade 7 and Zaida, 7, is in grade 3. This busy dad has very little spare time! After his children, the next most important thing in his life is his church.

Fernando says: "If it is my shift, I must be at work." This epitomises his dedication to his job and how very seriously he takes what he does. 

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SEPARATION@SOURCE

PROGRAMME DIVERTING WASTE AWAY FROM LANDFILL SITES

Phambili Services (Pty) Ltd is a leading waste management company established in 1996 in response to the growing need for sustainable, integrated waste management solutions in the waste management sector in South Africa. In partnership with Pikitup, in October 2017, Phambili Services commenced the roll-out of the Separation@Source programme in Ward 112 in the Midrand area.


Diverting waste away from landfill sites has been a key objective of Pikitup and the City of Joburg and has been made simple through the Separation@Source Programme currently being rolled out. Through the programme, residents are encouraged to recycle waste generated from their houses.

The service is free of charge, and each household is given a complimentary blue plastic bag which must be used for

the placement of all recyclable materials on a weekly basis. Residents will use their black wheelie bins to dispose of non-recyclable materials.

Recyclable materials, encompassing all 'dry waste' produced by each household, are classified as all paper, cardboard, cans, plastic, glass containers and jars.

Phambili Services will collect the blue bags filled with recyclables once a week and sort the recyclables at their sorting facility in Clayville. Please join in the success of this project as they have already managed to successfully divert 181 000 tons of recyclables after just 4 months of operation in the Midrand area.

Let's turn Joburg into a city that is environmentally friendly and do our bit to save the environment by Reducing, Re-Using and Recycling. 



For more information about this project, please contact Phambili Services on 0861 767 666.



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HELEN O'GRADY — DRAMA ACADEMY —

HELP! MY CHILD IS SHY!

So, your child has just started school and you've discovered that they're rather shy... It's NORMAL; but we can help them show their true selves!

The Helen **O'Grady Drama Academy** has been running Drama classes at Kyalami Estates for the past 4 years. We meet every Thursday and teach kids aged 5 - 8 years; and 9 - 13 years.

We help develop communication, interaction and creativity. Our classes are affordable, friendly and fun!

Sign up online: www.dramafrica.com or call: 083 410 2940.



Practise **Ashtanga yoga** with Sello Pesa - Tuesdays at 9:30 am at the clubhouse.

Ashtanga yoga is a system of yoga transmitted to the modern world by Sri K. Pattabhi Jois (1915 - 2009). This method of yoga involves synchronising the breath with a progressive series of postures - a process producing intense internal heat that detoxifies muscles and organs.

Contact Sello at info@ntsoana.co.za for information and bookings.



Nannies and Toddlers LEARNING THROUGH PLAY

Nannies and Toddlers is run by qualified and experienced nursery school teachers and our aim is to stimulate and educate each toddler and their nanny in a fun, exciting and interactive environment. Classes are every Wednesday and Friday from 9.00 am to 12.00 noon at the clubhouse. (Age group: 9 months to 3 years old)

Contact Jenny at www.nanniesandtoddlers.co.za to sign up.



Little Cooks Club runs group domestic cooking classes which are designed to teach your domestic worker how to be the cook of the house. These classes cover:

- Five delicious and nutritious recipes
- An introduction to new ingredients
- The importance of healthy cooking and good nutrition
- Time saving tips for the kitchen
- Correct storage and hygiene practises.

The classes are run once a week from the Kyalami Estates clubhouse so there is no need to worry about transport. New recipes are covered each week, so why not book a series of classes to ensure menu variety.

Contact Tamsyn at tamsyw@littlecooksclub.co.za to book.



The **Xstatic Dance** Kyalami Branch has been running in the Estate for more than 4 years and continues to grow. Xstatic Dance offers combo dance classes focusing on technique, tricks and choreography for Modern Jazz, Contemporary, Hip Hop, Show Dance or Production style work. Classes take place on a Monday in the clubhouse.

Classes are as follows:

- Tiny Tots 1:30 - 2:00 pm
- Private lessons 2:00 - 3:45 pm
- Beginner Kids ages 6 - 10years: 3:45 - 4:30 pm
- Novice and Intermediate mixed ages: 4:30 - 5:30 pm
- Teens: 5:30 - 7:00 pm.

For more details, don't hesitate to contact Lindy at Lindy@xstaticdance.co.za or visit www.xstaticdance.co.za.

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For more information contact:
Jenny: 083 659 1766 or Taryn: 072 313 2250
info@nanniesandtoddlers.co.za
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Holiday fun Classes available During ALL School Holidays

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Contact Tamsyn Woudberg

076 944 2939 or at tamsynw@littlecooksclub.co.za

www.littlecooksclub.co.za

Franchise opportunities available. Contact Christine at headoffice@littlecooksclub.co.za



EASTER ENTERTAINMENT

EASTER IS JUST AROUND THE CORNER AND IF YOU ARE LOOKING FOR SOMETHING TO DO OVER THE LONG WEEKEND, THEN BE SURE TO CHECK OUT OUR LIST OF FUN EASTER EVENTS FOR 2018! FROM ACTIVITIES FOR THE WHOLE FAMILY TO SOMETHING INTERESTING FOR ADULTS, THERE IS DEFINITELY AN EVENT FOR YOU!

EASTER BEER HUNT

Come over to the SAB World of Beer, for their annual Easter beer hunt. Open on Easter Sunday, the five-star tourist attraction will incorporate a special beer hunt into its daily beer tour for adults. Guests can win prizes if they spot the SAB brands on the route and correctly answer the tour guide's questions, so keep your eyes and ears open. To spice up the beer tours for adults this Easter, there will be hidden beer treats. And if you're lucky, you'll win a prize at the end of the tour too.

When: Sunday, 1 April 2018

Time: 10:00 – 16:00.

Where: SAB World of Beer, Newtown, Johannesburg.

Cost: R125 per person. Buy your tickets at World of Beer.

For more information visit SAB World of Beer, contact 011 836 4900 or email events.co-ordinator@za.ab-inbev.com.

LIPIZZANERS: EASTER CELEBRATION

Seeing horses dance, you can see just how obedient, flexible and balanced they can be. Trust me, it's a beautiful thing to see. So make your way to the farm this Easter!

Take time away from your rushed city life and just kick back, relax and enjoy the country/farm life. This coming Easter try something new by going to watch Lipizzaner stallions display their skill of dressage. You will get the chance to feed carrots to the horses and entice your taste buds with some light refreshments at Café Capriole.

When: Sunday, 1 April 2018

Time: 10:30

Where: Lipizzaner Centre, Kyalami.

Cost: R 200 per person. Tickets available at Computicket.

For more Information, visit www.lipizzaners.co.za



HARRY POTTER FESTIVAL

Harry Potter fans, here's an event you don't want to miss! Finally, a festival dedicated to the wizarding world and the wizard legend, Harry Potter. Space is limited so make sure you get your tickets ASAP. Wizards and witches, may we have your attention, please? Rumours Rock City will be hosting the magical and fun Harry Potter Festival this April, complete with stalls, goodies and awesome entertainment! There's also a quiz taking place at the event, but those tickets are sold separately. To secure your spot for the quiz, email snitchesandstitchesza@gmail.com to book your team (no more than 4, at R160,00 per team). Sadly, no door ticket = no quiz entry.

When: Monday, 2 April 2018

Time: 10:00 – 16:00.

Where: Rumours Rock City, Valley Lane, Cresta.

Cost: R40 per person. Tickets are available at Quicket.

For more information about this event, visit the event listing on Facebook.

THE RAND SHOW 2018

Looking for something fun to do with the whole family? Then be sure not to miss out on Joburg's biggest day out, The Rand Show 2018! This event will have something for everyone, both young and old!

The 10-day event will inspire, entertain and offer top-end exhibition halls that include Kids Expo, Into the Future Expo, Lifestyle Expo, Sports Expo, Outdoor Lifestyle and SANDF pavilion featuring a spectacular show of demonstrations, drills, military band performances and many more.

Some of the biggest drawcards this year include a merry-go-round for the smaller children, heart pounding rides for the most adventurous and a spine-chilling show of House of Horrors, a must-see for fans of horror and fantasy demonstrations. Wonderfully creepy in tone, this not to be missed horror and genre-themed show is complete with haunted movie-inspired sets, charmingly dated special effects and lavish costumes.

When: From Friday, 30 March 2018 to Sunday, 8 April 2018

Time: 10:00 – 19:00.

Where: Expo Centre Johannesburg, corner Nasrec and Rand Show, Nasrec.

Cost:

- Adults: R150 per person
- Teens: (13 – 16 years) / Pensioners: R50 per person
- Children (6 – 12 years): R20 per person
- Children under 6 years: FREE

You can get your tickets at Computicket.

For more information about The Rand Show visit www.randshow.co.za

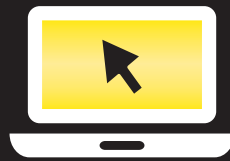


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Makro Riversands ticks all the boxes – and more – at Makro's enticing new flagship store located off William Nicol Drive, just north of Fourways, Gauteng.

STORE INNOVATION

Makro's commitment to greening their stores means that their Riversands store has been built to be environmentally sustainable. Part of this formula is the production of clean, renewable energy via

roof-mounted solar photovoltaic plants, including 890 multi-tasking parking bays – the solar panels help power the store, while keeping cars cool at the same time. Then there are 250 skylights in the store that provide plenty of natural light.

Life size touch screens throughout the store allow shoppers to browse the extended online range. The refrigerated cabinets for fresh foods were chosen to optimise visibility of products while improving operating efficiency. The addition of other conveniences, such as a Mugg & Bean quick service restaurant and Money Centre, means that shoppers can get even more done under one roof.

STOCK UP BEFORE EASTER

Designed with your needs in mind, Makro Riversands boasts an impressive product offering. This includes men's, women's and children's clothing; a wide range of multimedia and mobile technology; fresh fruit, vegetables and dairy products; fresh meat from an expertly-run in-store butchery; as well as a time-saving range of chilled and frozen foods. From baby goods and disposables; to office furniture and supplies; DIY and hardware essentials; outdoor and gardening – Makro Riversands has so much to offer local shoppers.

Whether you're heading out of town for a break or hosting family and friends at



home over the weekend, Makro Riversands has everything you need to make sure your plans work out to be a roaring success.

If the great outdoors is your thing, look no further than their extensive range of tents, folding chairs, cooler boxes and camping gear to make your home-away-from-home as comfortable as possible.

Alternatively, you might be looking forward to soaking up the late-summer sun and spending time around the pool or in the garden. Ensure you keep your pool and garden in tip-top shape by getting your gardening and pool care ranges from Makro Riversands.

To top it all off, remember to ask one of their experienced wine tasting consultants for advice, to ensure that your choice cuts from the butchery pair with the perfect glass of wine.


CLICK AND COLLECT

No time to shop? That's no problem, thanks to Makro Riversands' convenient click-and-collect and drive through collection services.

Simply visit www.makro.co.za to register and start making use of this time-saving service. The store also offers collection for online purchases at any one of the convenient Makro Pickup Lockers located

around Gauteng. Alternatively, you can arrange for delivery to your home or place of work.

And, don't forget to download the mCard app to start earning mRewards in your mWallet, redeemable at any Makro store.

Makro Riversands – shopping to suit your lifestyle right on your doorstep. What more could you ask for? 

**Address: 7 Incubation Drive,
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Tel: 0860 029 402

TICKETS TO SA BIKE FESTIVAL UP FOR GRABS

EVENT: SOUTH AFRICA BIKE FESTIVAL • DATES: 25 - 27 MAY 2018 • VENUE: KYALAMI GRAND PRIX CIRCUIT
TICKETS: R150 - R950 • WEBSITE: WWW.SOUTHAFRICABIKEFESTIVAL.COM

The AutoTrader SA Bike Festival, powered by Discovery Channel, is now the market-leading annual showcase in the SA motorcycling calendar and the third installment returns to the legendary Kyalami Grand Prix Circuit from 25 - 27 May 2018.

Organisers are delighted to announce that tickets are now on sale for the largest motorcycle festival in Southern Africa and visitors can again expect another huge variety of the newest biking trends from the world's top brands alongside live music, test rides, training courses, 2-wheel action and stunts, kids' activities, Joburg's favourite food trucks plus the best in lifestyle and merchandise. The three-day event attracts over 20 000 riders, collectors, motoring enthusiasts and their families from all over the country for one extraordinary weekend where visitors can be entertained and educated as well as learn, try and buy from a multitude of manufacturers and brand leaders, meeting the experts face-to-face.

The **JAMIE'S ITALIAN VIP EXPERIENCE** launches for the first time in 2018 and will be located in a dedicated lounge on the first floor of the Kyalami Pit Building with views of the starting grid and Monster Energy #FlightNight. It includes a dedicated Pit Roof viewing area, VIP parking, complimentary beers, wine and selected spirits, helmet and jacket storage and a festival-branded cup as well as a delicious 'Italian Inspired Harvest Table' menu, rooted in authenticity, driven by what you'd find people eating all over Italy. Taking inspiration from the 'Italian table' – where guests can relax, share and enjoy each other's company – Jamie's Italian menu will be packed full of antipasti and nibbles, perfect for sharing, as well as comforting bowls of pasta, beautiful fresh salads, and more. Tickets to this experience start from R850pp.

Also new for 2018 - **The All Action Kid's KYALAMI PIT ROOF!** A space full of entry level motorcycles, electric scooters, pocket bikes, ride on and arcade games, funfair food, soft drinks and much more! Whether you have kids or are a kid at heart, this fun-filled area has something for everyone and is well lit and secure so that visitors can stay on longer and enjoy the festival's full activities with all the family. ALL visitors will also be able to access to the pit roof to view the full circuit's activities and FMX #FlightNight.

BOOK YOUR TICKETS TODAY AND SAVE!

Use promo code BIKEPR to secure R50 off all your tickets when booking in advance at southafricabikefestival.com

WIN

Enter and stand a chance to win: One lucky winner will receive VIP tickets for two people; and 5 winners will receive Standard Tickets, each for two people, to attend the AutoTrader SA Bike Festival.

To qualify, simply answer this question: **Who is the main sponsor of the SA Bike Festival taking place at the Kyalami Grand Prix Circuit in May?**

Email your answer along with your stand number and cell phone number, with 'KYALAMI ESTATES – SA BIKE FESTIVAL COMPETITION' in the subject line to: bev@eiapublishing.co.za.

T&Cs apply. The winners will be notified by email. Entries close on the 4th May 2018.



SOUTHAFRICABIKEFESTIVAL.COM

KYALAMI GRAND PRIX CIRCUIT

25 - 27 MAY 2018



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09:00 - 12:00 Maple Road, Kyalami



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For further information contact:
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KLIPSPRINGER

THE SMALLER WILDLIFE IN KRUGER PARK

TEXT AND PHOTOS BY ANTHONY CAVANAGH

KRUGER PARK IS FAMOUS AROUND THE WORLD FOR THE BIG 5 AND FOR ITS NUMEROUS OTHER LARGE GAME ANIMALS AND ANTELOPE SPECIES.

Last December, Sue and I spent nine days in Kruger, hoping to see many of the smaller animals and birdlife that are often overlooked by most tourists. We entered at the Phalaborwa gate and continued along the H9 road heading towards Letaba. The temperature on that first day reached 41°C, consequently there was very little activity as, like us, the birds and animals were staying under cover trying to keep as cool as possible. We met up with our good friends John and Marleen Broli and booked in at Letaba, glad to finally be in an air-conditioned chalet.

CHAMELEON



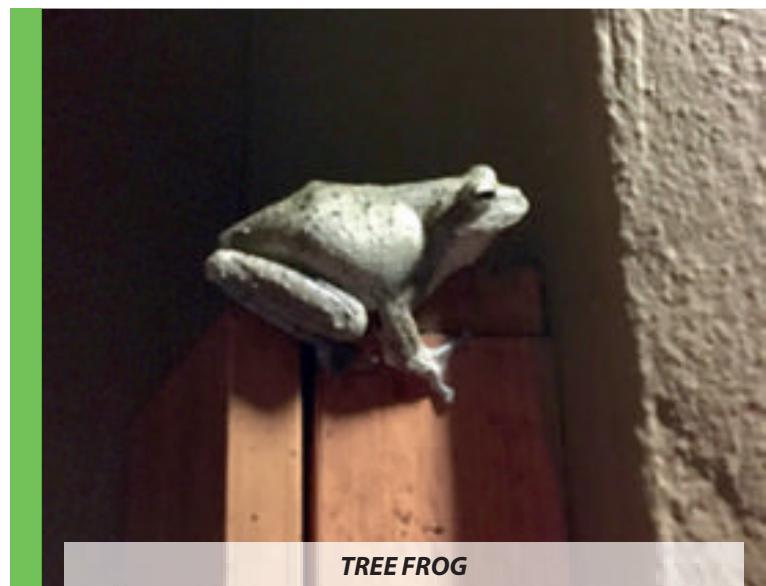
**MONITOR LIZARD**

The next day we drove north to the Nshawu no. 3 waterhole where, being very keen birders, we hoped to catch sight of the extremely rare Egyptian vulture that had been seen there. Regrettably, only the Lappet faced and White-backed vultures were still at the kill site although our patience here was rewarded with excellent sightings of the Red-footed falcon, another one of our target birds. We then moved on to Tsendze rustic camp where we knew a Barred owl was seen. One of the staff at the camp very kindly took us to camp site no. 12 where the Barred owl posed, very still, enabling us to take some really close-up photos. Other interesting sightings in this area included a giant African land snail, the normally nocturnal scrub hare and a chameleon walking slowly across the road.

On our drive south, we stopped at Tshokwane, which is a popular picnic spot, although spoiled somewhat by the presence of troops of vervet monkeys that will steal food from any unwary tourist.

Crocodile Bridge is in the southernmost part of Kruger but is arguably the best place in the park to see the Big 5. Indeed, four of the Big 5 could be seen within just a few kilometres from the camp on any of the three days that we were there. Nevertheless, our main focus on this trip was on birds and the smaller creatures, and Crocodile Bridge didn't disappoint here either.

In camp, we noted Epauletted fruit bats hanging upside down from rafters in one of the buildings and a number of tree frogs made themselves at home on top of the outside light fittings on the verandah of our chalet. These frogs had a fine time catching insects attracted by the light. I picked up one of these frogs and noticed immediately how cold it was to the touch. Its sucker-like feet stuck firmly to my hand and when I placed it next to the wall it immediately started to climb the vertical wall and resumed its place on top of the light fitting.


**COMMON DUIKER****KURRICHAINE BUTTONQUAIL****TREE FROG**

**BARRED OWL****DWARF MONGOOSE****EPAULETTED FRUIT BATS****SCRUB HARE**

At the hippo pools a few kilometres from camp, we had fine sightings of Half-collared kingfisher, White-crowned lapwing, African Openbill, Collared Pratincole and Saddle-billed Stork. The ungainly gait of a monitor lizard drew our attention as it walked towards the water and a Water Thick-knee wisely moved quickly out of its path.

Our final stop was to be a three night stay at Skukuza and, on leaving Crocodile Bridge, we headed up towards Lower Sabie where we stopped at Sunset Dam, a kilometre outside the camp. On the shoreline Little stint seemed like wind-up clockwork toys with their very rapid feeding action; and numerous egrets and herons could be seen as well as comb ducks in the distance. Not far from the Nkuhlu picnic spot, we were very surprised to see the normally inconspicuous Kurrichane Buttonquail sitting quietly on the side of the road, where it stayed long enough for me to photograph it.

North of Skukuza along the S36 and S34 roads we had good sightings of Klipspringer, Common duiker, Dwarf mongoose, Senegal Lapwing and Ground Hornbill. At Lake Panic just west of Skukuza, Lizard Buzzards were seen on two occasions and on chatting to other keen birders at Skukuza they informed us that they had seen the Egyptian vulture near Satara only a few days before.

The lure of the bush will ensure that it is not long before we return once again to experience the magnificent wildlife of the Kruger Park. 

**SUE POINTING TO A
GIANT AFRICAN SNAIL**



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CREATING RESPONSIBLE CITIZENS OF THE FUTURE

BY GARY BOTHA, CEO OF KYALAMI SCHOOLS (NPC)

BEING A PART OF A SCHOOL, AND NOW A GROUP OF SCHOOLS, IS A PRIVILEGE AND AN INSPIRATION. BESIDES THE ENERGY, ENTHUSIASM AND COMMITMENT SHOWN BY OUR STAFF, AS EDUCATORS, WE GET TO BE INVOLVED IN THE LIVES OF SO MANY FAMILIES.

It is a treasure to watch children grow and develop into young people, and then to track their journeys into adulthood.

We are educating children for a world that we cannot yet envision, and key to the success of this is our commitment to raising well-rounded individuals who are capable of taking on the challenges that tomorrow will bring. Inkunzi isematholeni, (the bull is

among the calves), and tomorrow's leaders will come from today's children, best we prepare them well.

I was speaking to a friend who had his children at Beaulieu College. He remarked to me that in their first years at university, he was more thankful than ever for the preparation that his children had received.

More than the solid educational grounding provided by our College, he felt that his children displayed a real sense of EQ and maturity that belied their age. I am always happy to share the credit for a well-turned out child with their parents, but it did get me thinking. What is it, that makes us the special Group that we are?



GARY BOTHA, CEO OF KYALAMI SCHOOLS (NPC)

Education is not the same wherever you go. It is not a 'teach by numbers' game (or it shouldn't be), and each and every school has its own uniqueness. Even within our small Group of Schools, each of our campuses has an inimitable feel to it. What we do share, however, is our belief in the importance of instilling and living our values. Even with our differences, I believe that it is our core values of integrity, consistency, accountability, respect and excellence that set us apart. Our Group of Schools understands the importance of these principles in creating responsible citizens of the future.


Education within our Group is about:

- Maximising each child's potential
- Making our subject matter relevant to the real world
- Adopting and encouraging a holistic approach to the development of each child
- Fostering creative, critical thinking and problem solving skills
- Creating global awareness.

We have continued to foster a real appetite for teaching and learning at our Schools. While the approach differs dramatically from educational phase to phase, the spirit and love of education remains the same. At our Nursery Schools, learning is fostered through play and exploration. I like to think that the learn-thought-exploration and engagement with the world approach continues all the way to Grade 12.

Through the use of various initiatives, such as project-based learning, coding and programming and our focus on STEM (science, technology, engineering and mathematics) subjects, without compromising on our commitment to the humanities, we continue to produce both fantastic academic results and dynamic young adults. Our academic record is consistently excellent. More than this, however, is the commitment of our teams to get our pupils through school with significantly better results than they themselves had expected.

Our cultural and sports programmes allow our pupils to gain exposure in a full array of activities, underpinned by an ethos of achievement. It is this ethos that has produced results at the highest level (both provincial and national) in various pursuits.

Umuntu ngumuntu ngabantu (A person is a person because of people). We are the people that we are and the Schools that we are, because of the people that we serve. Our Schools remain close to capacity, and this for me is the biggest compliment that we could receive from our community for the work that we do. The educational landscape has become very competitive in the last decade, but I believe that our product continues to set us apart and make us Schools of Choice. 



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“HE’S NOT FAT, HE’S JUST FLUFFY!”

FIVE REASONS WHY YOUR VET IS ALWAYS NAGGING ABOUT YOUR PET’S WEIGHT.

None of us likes to face the fact that our fur-child is fat. The scales have crept up, he’s not as active as he used to be, sometimes struggles to join in the family fun... but he’s just chubby (and so adorable) and we love him regardless. That’s okay, right?

Sadly, as with us when we pile on the pounds, it’s never healthy for our pets to be overweight. These are the top reasons why weight gain should be avoided at all costs:

DIABETES

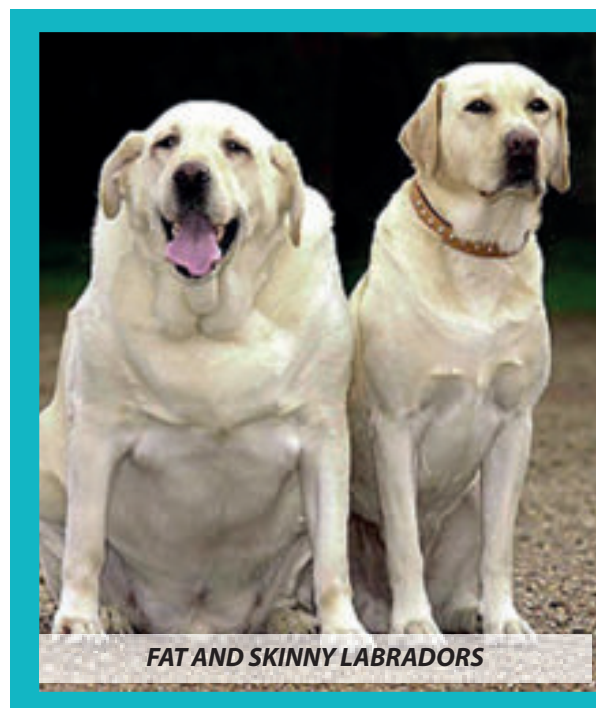
Yes, both dogs and cats can become diabetic as a result of carrying excess weight, and with 2 out of every 3 pets found to be overweight or obese at their veterinary check-ups, this is becoming a growing health problem! While diabetes is by no means a death sentence if caught early and treated correctly, it’s a challenging condition to manage. It is easily avoided by keeping your pet at an ideal weight.

JOINT PROBLEMS

Our bones and joints are what hold us up, so to speak, and any extra weight having to be supported puts pressure on the joints in particular. Fat deposits have also shown to release pro-inflammatory agents. Excess weight can dramatically increase the risk of your pet developing joint inflammation and osteoarthritis, an exceptionally painful, permanent and ultimately debilitating disease. Such is the prevalence of this condition, particularly amongst large and giant breed dogs and cats, that veterinary orthopaedic surgeons actually recommend keeping these animals very lean, even a bit ‘ribby’, lifelong. Equally at risk are breeds with oddly-shaped skeletons like dachshunds, bassets, munchkins and bulldogs. Carrying even 5% excess weight can significantly affect your pet’s quality of life and life expectancy.

HEART DISEASE

Being overweight or obese causes strain for all the organs, but particularly the



FAT AND SKINNY LABRADORS



FAT LAB WITH LEAD



OBESE CAT

heart, which has to pump blood through loads of extra tissue. Fat accumulates around all the vital organs, limiting the space for the heart and lungs to function. The result: the heart literally 'wears out'. No-one wants to see their pet feeling listless and lethargic, suffering fainting spells, at risk of heat stroke or battling to breathe normally. However, if you allow your pet's weight to burgeon, this is exactly what is likely to happen.

SKIN AND URINARY TRACT INFECTIONS

Overweight animals develop rolls of fat, just like plump humans do. These folds provide ideal breeding grounds for bacteria, resulting in a host of uncomfortable, itchy and oozy skin irritations. Of particular concern are the areas around their 'girl- and boy-bits'; where urine may accumulate and cause, not only discomfort, but serious infections, as the bacteria migrate up into the urinary system. Added to this is the fact that, like an overweight person who can't touch his toes because of his voluminous girth, fat animals can't groom their bodies properly, purely because they can't reach.

ANAESTHETIC RISK

Possibly one of the most concerning factors is that a dog or cat who is over his ideal body weight becomes an anaesthetic risk. This means that if your pet ever has to undergo emergency surgery, be it due to being hit by a car, breaking a bone, or suffering an illness which requires surgery, the likelihood of him running into serious problems under anaesthetic, or even passing away, is dramatically increased as opposed to an animal of healthy weight!

HOW DO I KNOW IF MY PET IS OVERWEIGHT?

While in some cases it might be blatantly obvious, the best thing to do is to have your pet weighed at your local vet or Twisted Whiskers Weight Clinic, and receive a Body Condition Score. This is a simple

assessment that establishes how close your pet is to his ideal body weight and shape.

Basically, it comes down to 3 points:

1. Individual ribs should not be seen sticking out, but should be felt easily under the skin with medium finger pressure. Each rib should be definable; if not, and all you can feel between your hand and the bones below is a cushion of fat, your pet is most certainly carrying excess weight. How much, exactly, will be determined by a proper Body Condition Score.
2. When viewed from above, a 'waist' should be clearly seen between the end of the ribs and the start of the hips. If your pet is one straight line from front to back, or worse, bulges out at the sides, he or she has a problem...!
3. When viewed from the side, there should be a definite 'tuck up' of the abdomen from the lowest part of the chest to the groin. If this area resembles a droopy pouch rather than a lean, upward 'scoop', yup, you guessed it, you have a loveable fatty on your hands!

WHAT NOW?

Once you've determined that your pet is overweight and know how many kilos must be lost in order to reach ideal body weight, you need a game plan. These helpful hints will ensure your pet is happy, healthy and beach-ready in no time:

DIET

It's obvious that calories will need to be reduced and portions controlled, and there are a variety of superb veterinary-formulated weight management diets available to reduce both your pet's weight and the stress for you. Depending on how much he or she needs to lose, your vet or TW Team member will recommend either a 'Lite' food or a prescription weight reduction formula. These special calorie-

controlled pet foods are based on cutting-edge nutritional science – they not only provide all the nutrients your chubby pet needs, despite cutting down on fat, carbs, etc., but some, like the Hills Prescription Diet Metabolic range, are formulated to make changes at a cellular level; they literally turn your pet into a 'fat burner' instead of a 'fat storer'! Unfortunately, just cutting back on your pet's usual diet is ineffective, as an overweight body is geared to survive on very little food. Also an imbalance of essential nutrients can result from simply feeding your pet less of the food that helped cause the problem.

DISCIPLINE

Everyone in the household needs to be aware of the seriousness of your pet's weight problems, most especially the health risks of not slimming down. All too often there are one or two 'culprits' in the family (or staff), who 'feel sorry' for Fat Felix or Roly Rover and sneak him treats on the sly. Everyone needs to be committed to helping your pet reach goal-weight and feel amazing. Ensure that portion control is exercised by everybody who feeds your dog or cat – draw a clear line on the plastic measuring cup, or even cut it at the exact level if someone is inclined to be a little 'heavy-handed' when dishing out the food.

TREATS


Just because your pet can't indulge in his favourite peanut butter bed-time cookie anymore, doesn't mean he can't have treats or rewards. Dogs enjoy some vegetable matter in their diets and carrot or apple (without the pips), for example, grated to prevent choking hazards, are fantastic low-calorie snacks which can be offered in between meals to stave off the hunger pangs, be they real or psychological... Yes, your pet can 'think' he's hungry too, purely because he's accustomed to getting a second or third breakfast mid-morning The weight-loss veterinary diets also have treats available that fit into the diet plan.

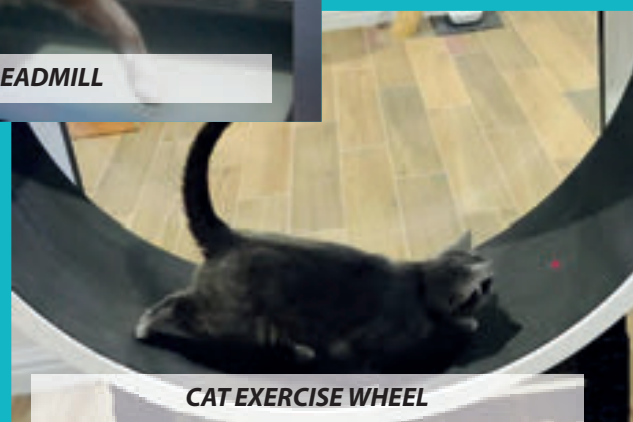
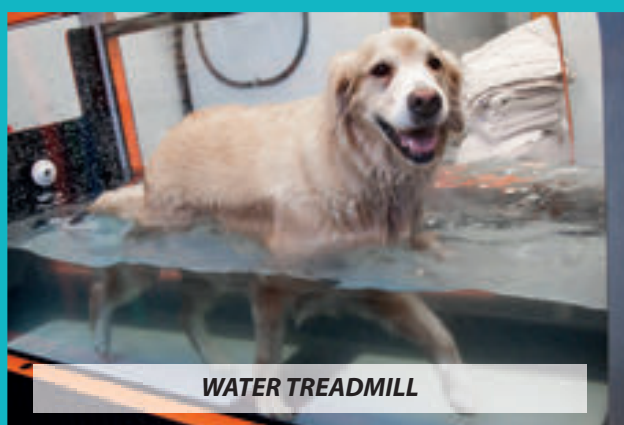
Remember that not all treats need to be food treats. Most cats get a serious kick out of some catnip sprinkled on a favourite toy or scratch post, and any kind of activity that involves spending time with the family will be welcomed by dogs. Think walks, visits to dog parks, etc. where your dog can be active too, rather than just chilling on the couch with you, watching telly.

EXERCISE

While exercise is a vital aspect of any weight loss programme, remember that your overweight pet may already be suffering from sore joints, breathing problems, etc., or simply be battling to drag the extra pounds around as it is. Start by introducing gentle exercise, even if it's just a slow amble around the garden or the block, or a short game of fetch with a favourite toy. Engage cats in short but regular games of chase (find out which type of toy takes your feline's fancy – laser pointers and feather wands are usually winners).

Energy levels and stamina will quickly improve as the weight comes off. Whatever you do, don't allow your pet to lie around all day like a sack of potatoes. Keep in mind that he might be doing so because his limbs are sore, but encourage him to get up and move around regularly, even if just for a few minutes each time. As your pet's fitness increases, get him moving up and down the stairs too. Finally, swimming and walking on an underwater treadmill are incredible forms of exercise for overweight or obese pets. They alleviate all stress on the joints while burning loads of calories. A number of veterinary clinics and animal hydrotherapy facilities offer these treatments and most pets grow to love them; cats and some dog breeds are 'swum' in special safety harnesses and they, too, can benefit greatly from these exercise treatments.

Don't despair if your favourite furball has packed on the pounds – your vet or trained Twisted Whiskers weight management advisor will be eager to provide you with all the support you need to help you slim down your portly pet. A number of excellent slimming programmes offer great prizes for 'the biggest losers', as well as all sorts of offers and discounts to help make the process fun and rewarding, both for you and your pet. Visit us today for your free pet weight assessment. 



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

Top 10

TRAVEL DEALS



1. Cruise the Far East with Holland America Line. Rates from R19 270 per person sharing. Offer includes twelve nights onboard MS Westerdam with all meals, taxes and port charges. Offer Excludes flights and taxes. Set departure 27 November 2018. Sail from Hong Kong to Singapore. **For more information visit www.hollandamerica.com**

2. Unwind in Zanzibar with the Holiday Factory. Rates from R13 100 per person sharing. Offer includes return flights from Johannesburg, approximate taxes, return transfers and seven nights' accommodation at the five-star **Karafuu Village Beach Resort** with breakfast, lunch, dinner and selected drinks daily. Valid between 1 April – 30 June 2018. **For more information visit www.holidayfactory.co.za; email: info@holidayfactory.co.za or contact them on 011 233 2300.**

3. Italy by Train from kulula holidays. Rates from R8 469 per person sharing. Offer includes two nights in Rome, two nights in Florence, two nights in Venice, second class rail ticket: Rome-Florence-Venice and breakfast daily. Offer excludes flights and taxes. Valid for travel between 1 – 31 April 2018. **For more information visit www.kulula.com or call them on 0861 585852.**

4. Italy Skiing flash sale from Pure Skiing. Rates from R18 440 per person sharing. Offer includes return transfers, seven nights' accommodation with breakfast daily, resort guide, six day ski pass and hire, four three course dinners at different venues and ten day Bryte Travel insurance. Offer excludes flights and taxes. Set

travel dates 15 – 22 December 2018. **For more information visit www.pureskiing.co.za; email: skiing@puretours.co.za or contact them on 011 462 3673.**

5. Explore Namibia's Ghost Town with Just Holidays. Rates from NAD14 550 (approximately R14 531 per person sharing). Offer includes return flights from Windhoek to Luderitz, return transfers, five nights' accommodation at the four-star Luderitz Nest Hotel and breakfast daily. Bonus: Zeepard Catamaran Cruise and full day Pomonoa/Bogenfels Tour with lunch. Valid until 30 June 2018. **For more information visit www.justholidays.com.na; email: admin@justholidays.com.na or contact them on +264 61 253276 / 300630.**

6. Sun deals for 2018 from Dreams. Stay in the Sun City Cabanas from R1 038 for two nights. Offer is only available midweek. Weekend rates from R1 978 for two nights. **For more information visit www.scdreams.com; email: dreams@scdreams.com or contact them on 011 217 5555.**

7. Sable-licious Hwange from Flame of Africa. Rates from R9 463 per person sharing. Offer includes return transfers, two nights at Sable Sands Hwange with all meals, one estate safari per day, one visit to Painted Dog Conservation Centre and taxes. Offer excludes flights and taxes. Valid until 31 December 2018. **For more information visit www.flameofafrica.com; email: foaweb@flameofafrica.com or contact them on 031 762 2424.**

8. Couples Experience from Protea Hotel by Marriott Midrand. Rates from R1 080 per person sharing per night. Offer includes one nights' accommodation, breakfast for two, sparkling wine, spa treatment and late check out (subject to availability). Valid until 30 April 2018. **For more information visit www.marriott.com or contact them on 011 318 1868.**

9. Experience the Big 5 on foot with Mthimkhulu Wilderness Trails Klein Letaba Bush Camp. Rates from R3 000 per person sharing. Offer includes two night stay, transfer from gate, two personal guides, a personal cook, all meals and selected drinks, morning and evening walks and game drives. Offer is applicable to a minimum of four guests sharing and a two night minimum stay. Valid until 30 June 2018. **For more information visit www.mthimkhuluwildernesstrails.co.za or www.dreamresorts.co.za; email: info@dreamresorts.co.za or contact them on 011 267 8300.**

10. Mauritius Shangri-La's Le Touessrok from World Leisure Holidays. Rates from R23 100 per person sharing. Offer includes return flights to Mauritius, return transfers, seven nights' accommodation at the five-star Shangri-La's Le Touessrok Resort & Spa with breakfast and dinner daily and non-motorised water sports. Offer excludes taxes of approximately R3 600 per person. Valid between 22 – 27 April 2018. **For more information please visit www.wlh.co.za; email: marketing@wlh.co.za or contact them on 011 285 2500.**

Let's go

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RESTAURANT COMPETITION FOR MARCH

DON'T FORGET TO ENTER OUR MONTHLY RESTAURANT COMPETITION.

Here is the question for this issue:

Q: What are the names of the two Fidelity Security Team members featured in this issue of Kyalami Connect?

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. The winner will be notified by email.

The restaurants featured in this competition have been carefully chosen and, even if you aren't a winner, we hope that you'll enjoy visiting them whenever you are looking for a memorable culinary experience!

Competition Winner for February

*Well done to the winner of our last competition! Congratulations to: **Estell Landman** who receives a R500 meal voucher from one of our participating restaurants.*

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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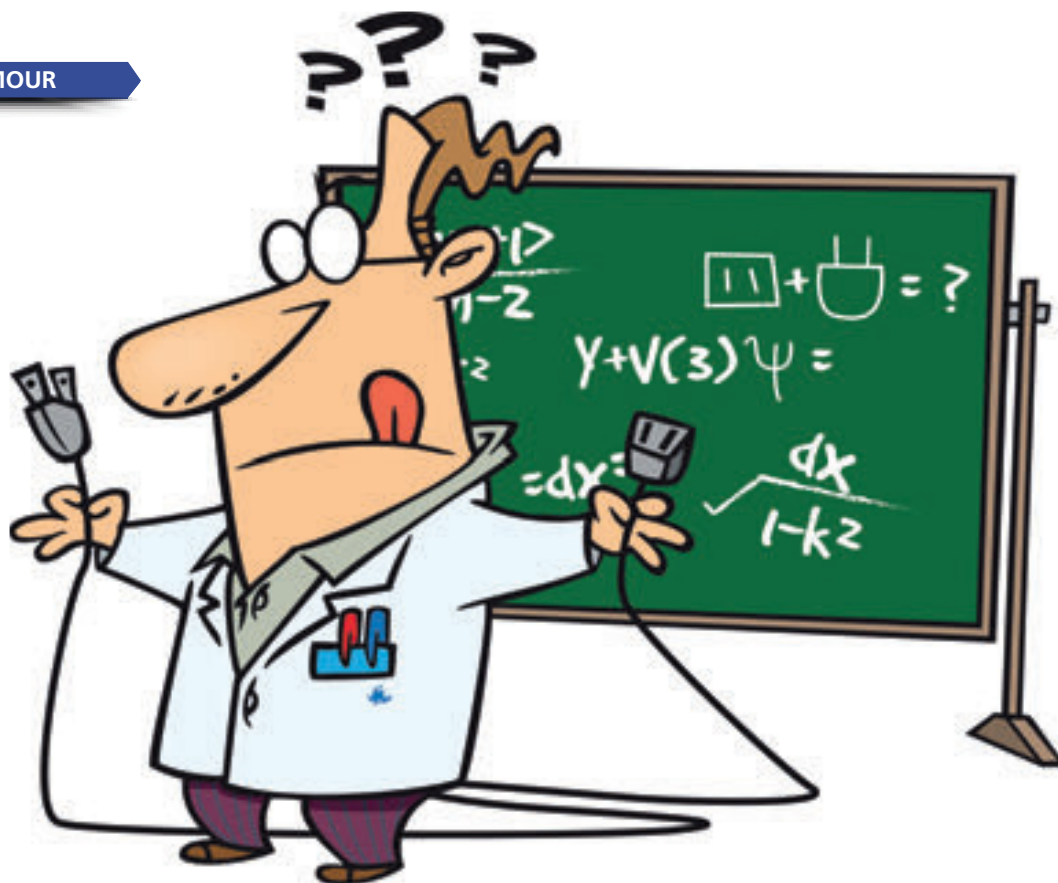
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FISH AND ROCKET SCIENTISTS

By James Clarke

Doctors now agree that mum was right – eat fish because it's good for the brain.

More than that, there's now a suggestion that early humans living along the South African coast and consequently eating lots of fish were more intelligent than humans living inland living off meat and veggies. And women, because they ate a great deal more shellfish than men – after all they were the gatherers – were probably brighter than their men folk.

Ichthyologist Professor Mike Bruton, who is now a generalist dedicated to promoting science here and in the Middle East, recently gave a talk about fish and brains in Cape Town. He focused his talk on studies by a friend – archaeologist, Professor John Parkington at the University of Cape Town. Parkington suggested that fish – especially shellfish, because they provide an important nutrient for the brain – led to the emergence of the first really intelligent humans.

Parkington studied pre-historic hunter-gatherer people living along the west coast where one finds the world's largest middens of discarded shells. He was researching a period of time that began before humans migrated from Africa.

Mike Bruton says big-brained humans took a different route in evolution to that of other large mammals. Interpreting Parkington, he

described how the human species "invested in the process of developing a large brain and skull to contain it".

As an animal's body gets bigger, the brain gets bigger, though not at the same rate. A large but not terribly bright mammal, like a rhino, typically has a brain about 0,4 percent of its body weight. Humans broke the rule by having a large body AND a large brain – the human brain is about 2 percent of our body weight.

Our coastal ancestors had access to a high quality of food to feed their brains – fish. Brain development is driven by what a pregnant mother eats while she is breast feeding her baby. And the key nutrients needed are polyunsaturated fatty acids (PUFAs) without which "children are irremediably mentally and visually disadvantaged".

PUFAs are uncommon in the meat of terrestrial animals such as antelope but very common in marine and freshwater fish and shellfish. Bruton says coastal women habitually gathered and ate large amounts of shellfish while men wasted their time and energy hunting down sirloins and chops that provided few nutrients for brain development.

Seafood allowed Homo erectus (the species that preceded our species, Homo sapiens) to accelerate brain development, so infusing the human race with a greater intelligence, allowing them to eventually become rocket

scientists, lawyers, doctors and computer programmers and their children to send sms messages to each other simply by using their thumbs.

It seems to be no coincidence that the world's earliest signs of humans engaging in creative activities – making decorative necklaces, water vessels and advanced stone artefacts – are along the Cape coast.

Parkington, during a lecture, once held aloft an apple and perlemoen shell and said: "Homo sapiens ('man the wise') probably came about not in some Middle East orchard but on a Cape beach."

Gonzales, the fishmonger, would agree with all this.

A customer who marvelled at how quick-witted and intelligent he was asked him:

"What makes you so clever Mr Gonzales?" Gonzales said, "Fish heads. Eat enough and you'll be positively brilliant. Only R40 apiece."

The customer bought three. A week later he complained they were disgusting and he didn't feel any smarter.

"You didn't eat enough," said Gonzales. The customer went home with 20 more. Two weeks later he was back – and angry.

"Hey, Gonzales," he said, "you're selling me fish heads for R40 a piece when I can buy the whole fish for that. You're ripping me off!"

"You see?" said Gonzales. "You're smarter already!"

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