

Kyalami

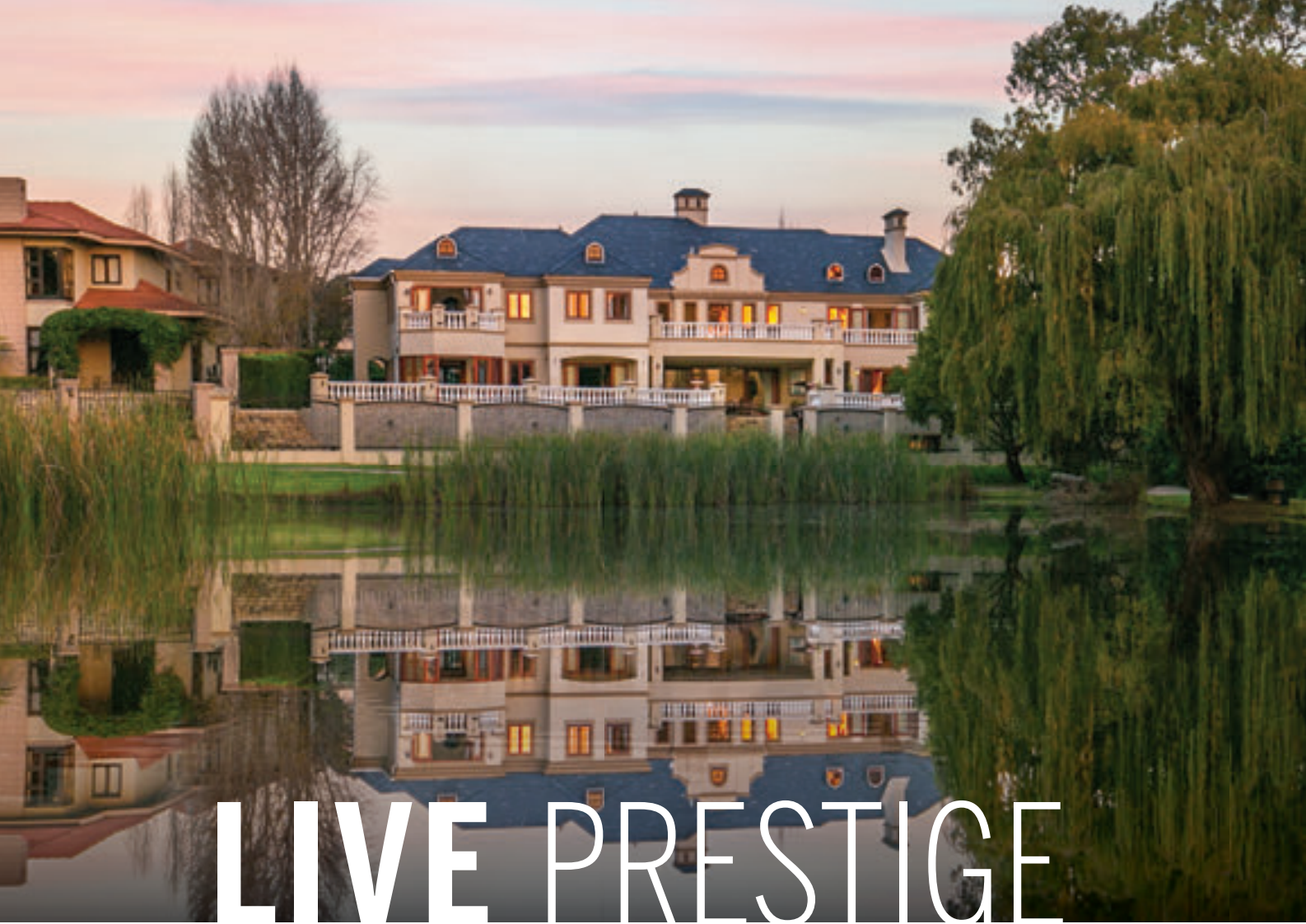
ESTATES

**Running
safety**

**Driving
Across the
Roof of
Africa**

**How will we
live in 2025?**

• where people connect •



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Estate Security Manager	option 3
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ESTATES

MESSAGE FROM THE ESTATE OFFICE

Autumn is here!

The nights are getting slightly cooler and the sun is rising just that little bit later every day. Some of the Estate trees are showing signs of changing their colours in preparation for winter. Autumn is definitely here!

Our Christian families have just celebrated Easter – I am sure that the irony of Easter Sunday falling on April Fool's Day was not lost on everyone. I just hope that not too many children were fooled with egg hunts where nothing had been hidden. A belated happy Easter to all!

We look forward to good support for the Garage Sale to be held on the 10th of April. This event is very popular with residents – not only does it provide an opportunity to get rid of past loved items but it presents everyone else with amazing bargain hunting opportunities. Whether you are looking for something specific or just want to browse for great deals, gather your family and visit the garages of your neighbours. This is a wonderful chance to enjoy the autumn weather before winter starts setting in.

I would also like to remind everyone about our gas depot that we operate in the Estate. We have a good stock of 9 kg, 19 kg and 48 kg cylinders ahead of the winter chill. The depot operates on an exchange basis – we take your empty cylinder and leave you a full cylinder. Ordering is really easy

too and you can find full details on the Estate website, www.kyalamiestates.co.za - look under resident documents to find the Gas 2 U information. Please remember that your gas installation requires regular servicing – the rubber pipes and seals perish over time and need to be replaced. We will shortly be announcing when the Gas 2 U technicians will be at the clubhouse offering a complimentary service of the roll around gas heaters. You can also book a full service for your home with them. Watch the newsletters for details about this.

We will shortly be announcing the date of our Annual General Meeting and calling for anyone who would like to join the Board of Directors to put their name forward. Board members provide oversight into managing the Estate and I would like to encourage all residents to consider giving their time to their community by serving on the Board.

Enjoy the warmth of Autumn's sunshine and the chilly evenings.

Heather Bowes

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

FROM AN ANONYMOUS RESIDENT...




When the posts on Facebook are about leaking sprinklers, dog poop on pavements, people texting on their mobile phones when driving and the late collection of something or another, you realise that we have actually built a stable caring community, a community of people who are putting personal interests above their own for the well-being of the Estate.

I am not trivialising any of these issues, but imagine a Facebook page where posts feature some of the horrendous events happening in and around Johannesburg, perish the thought.

We are blessed to live in a home such as this.

At the heart of this stable community are the smaller clubs and interest groups – running, cycling, food, squash, book, wine, social, dancing, the list goes on. Meet the people there and you will find a common spirit, the Kyalami Estates Spirit, people who want to make a difference to the community and who enjoy each other's company.

Join a group or even start a group - what about a formal KE Golf Club, KE Charity Club, Motorcycle Club?

Let's keep building this amazing, caring community, and don't stop posting about how we can keep making our Estate a better place to live in. 





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RUNNING SAFETY AND THE IMPORTANCE OF BEING MINDFUL OF PEOPLE ON THE ROAD

BY MARELISE DA SILVA



BE VIGILANT AND LOOK OUT FOR RUNNERS, WALKERS, KIDS, CYCLISTS AND PETS ON THE ROADS.

Be vigilant and look out for runners, walkers, kids, cyclists and pets on the roads.

Kyalami Estates is full of families, cyclists, runners, and kids. Many of us are outdoors people who prefer taking our sports outdoors instead of spending time in a home gym or on a treadmill. We are lucky enough that our Estate gives us that opportunity. Unfortunately, this ups the risks of accidents on the road as people seem to relax as soon as they enter the Estate and feel that they don't need to obey the rules any longer.

Recently, a runner was hit by a motorist inside the Estate. Collisions like this can happen in an instant and can have long-lasting, grave consequences. The runner didn't get injured too badly but next time it could be a lot worse. An accident can happen so fast.

Here are a few tips for runners and cyclists who are exercising in the Estate:

Wear reflective gear

A reflective shirt, shoes or cap can draw a lot of attention, especially early in the morning or as the sun starts to set. Invest in brightly coloured clothing and reflective gear for outdoor exercising. In winter, try and wear a headlamp or get reflective/flashing armbands that you can wear.



Don't play your music too loudly

Nothing beats a good workout to good tunes, but it can also cause you to be less aware of vehicles and other elements in your environment. If you've got an MP3 player in your ears, turn down the volume so that you are still aware of the sounds around you. Better yet, don't run with music at all. It is not allowed when you do any road running races so it's best not to get used to running with music in your ears

Remain vigilant

If you notice that a driver is distracted, be extra cautious by either moving off the road or trying to draw the driver's attention so that they focus on what they're doing.



Tell someone where you're going

Always tell someone when and where you will be going and how long you think you will be out. Always stay on well-lit routes. Even if you are running in the Estate, anything can happen, so let someone know.

Which side of the road to run, cycle on?


Run against the traffic if you are running on the road, so you can see the oncoming traffic. This should help when drivers don't see you.

If you are cycling, go with the traffic. If you see a runner next to the road, you need to go around the runner carefully, knowing that a car could come behind you.

For drivers

Drive slowly and pay extra attention when you are in the Estate. Runners, cyclists, and children are less cautious when exercising inside the Estate because they're used to slow moving vehicles. Never text and drive and be on alert at all times. The rules outside the Estate are the same rules inside the Estate.

- Stop at stop streets.
- Obey the road rules at all times.
- When exiting your driveway please make sure you look around and behind you, to see if you can see a runner, walker, child or cyclist.
- Do not use your phone while driving - that is what your hands-free is for.

As a community, we can make a difference. Please be vigilant and mindful of others on the road. 

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WHAT HAPPENS WITH THE CONTENTS OF MY BOKASHI BIN WHEN IT LEAVES MY HOME?




You can use the Bokashi from Kyalami Estates in several different ways. There are 3 main uses that Turfnet Recycling has for it - they are:

1. It is added to compost. This is done in two ways. The first is mixing it with the raw garden waste at the beginning of making compost. This helps speed up the composting process by adding the much-needed microbes contained in the Bokashi. When the compost is ready, you will find no trace of any food waste but you have a better quality compost. The second method is to add it to the compost when it is nearly ready. This also helps make the compost much
2. We take the food waste and mix it with compost, green grass, paper and cardboard and put it into worm bins. This has increased the return of Vermicast by 10 to 15% because the microbes in the Bokashi Food Waste help the worms convert it to Vermicast.
3. When we build any new vegetable gardens, it helps to dig a trench 30 to 40cm deep the whole length of the garden and fill this with Bokashi Food Waste. We then cover the top 10 cm with some soil and compost. This is called

soil food which helps to enrich the garden with beneficial microbes and many other soil-enhancing things. Best of all, the worms appear from nowhere to eat the Bokashi Food Waste and convert it into much-needed Vermicast, to help fertilise your vegetables for free.

One very important point to remember when you are doing your Bokashi Bin at home is to ensure you follow the correct procedure by adding the correct amount of Bokashi, because if too little or none is added, the food will just rot and there is very little benefit to Turfnet.

Enjoy recycling for the hungry worms! 

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DRIVING ACROSS THE ROOF OF AFRICA

TEXT AND PHOTOS BY ANTHONY CAVANAGH

LESOTHO IS APTLY NAMED THE MOUNTAIN KINGDOM AS IT LIES ENTIRELY ABOVE 1 400M IN ELEVATION AND INDEED SOME 80% OF THE COUNTRY LIES ABOVE 1 800M.

Sue and I, together with good friends David and Margie Taylor, decided to drive across Lesotho from the KZN border in the south to the Free State border in the north.

The four of us met at Himeville where we stayed overnight in a very comfortable local B&B and then set off the next day heading for the road up Sani pass. As we came to the end of the tar road and drove onto the dirt, the damage done by the recent heavy rains was immediately noticeable. Parts of the road had been washed away and some of the tour operators had undertaken emergency repairs in order to keep the road open.

We bounced slowly along over rocks and boulders avoiding the worst of the deep furrows gauged out by the storm water and eventually reached the SA border post where we passed through passport control with no problem. We continued up the pass in first and second gear trying to take the best line in the road and occasionally having to stop to allow passage for a vehicle descending down the pass.





BASUTO ON HORSEBACK



OUR CHALET AT AFRISKI



SUE AT SANI



STANDING ON THE EDGE OF THE ABYSS

The cliff face of the escarpment loomed large in front of us and, as we gained altitude, we had superb views of the surrounding mountainous terrain. Water on the mountain slopes glistened in the sunlight, and in many places formed narrow trails down the steep gullies. Prinias, White-eyes and Half-collared sunbirds flitted among the vegetation and the occasional dassie scampered over the rocky outcrops. We cautiously made our way up the last few very tight hairpin bends and arrived at the Lesotho border post on top of the escarpment at an altitude of just over 2 800m.

Sani Mountain Lodge has stunning views looking down Sani pass and here one can observe some of the birdlife that frequents the higher altitudes. We had excellent sightings of Drakensberg Siskin, Orange-breasted Rock jumper, Malachite Sunbird and Sickle-winged Chat, to name just a few. The Sani Mountain Lodge boasts the highest pub in Africa and is well stocked. We sampled the local Maluti beer, which is excellent, as well as the lodge's gluhwein and one of their fine wines at dinner. Lesotho Tourism now runs the lodge and notable improvements include refurbished chalets, a much cleaner lounge and dining area, and little touches like a welcoming glass of sherry, and morning tea and coffee served on the verandah.

After breakfast, we drove on the new Chinese-built tar road that runs some 50km from Sani top to Makhotlong. This road is superb and cuts a path through the Kotsisephola pass where at one point it reaches 3 240m above sea level, making it the highest road in Southern Africa.



ANTHONY AND DAVID ENJOYING A MALUTI BEER



SUE STANDING ON THE NEW CHINESE-BUILT ROAD

Thabana Ntlenyana, the highest peak stands at 3 482m and is visible from the road. At the Makhotlong intersection, we continued in a northwesterly direction on an older section of the A1 road and dropped in altitude to around 2 000m. The road winds its way through a number of villages before rising again through the Tlaeng pass at an altitude of 3 225m and then continues to the third highest pass, the Mahlasela pass with a highest point only 3m lower.


Our next port of call was Afriski Lodge at Mahlasela pass, which, as the name of the lodge suggests, is a popular winter ski resort. The lodge is a favourite stop-over of the biker community, who enter Lesotho from the Free State side and ride the tortuous road through the various passes to the lodge. There is only one ski slope with a ski lift running parallel with the slope. The chalets at Afriski are similar in design to the typical European alpine ski chalet and are constructed of timber inside and out.

Ice rats, which are endemic to high altitude areas of Lesotho and South Africa, could occasionally be seen in the surrounding grass slopes but they bolted down into their burrows when one walked too close to them. They are a preferred prey of the Jackal Buzzard, many of which fly above the high ground of Lesotho. Other birds often seen included White-necked Raven, Sentinel Rock-thrush, Cape Bunting, White Stork, Rock Kestrel and the rare Mountain Pipit which is found only at very high altitude, and which we managed to photograph at 3 250m.

After leaving Afriski the next morning, we continued along the A1 road and soon came to the Moteng pass which is only the eighth highest pass in Lesotho at just over 2 800m but which drops 1 000m in just a few kilometres. The frequent and very tight hairpin bends demand close attention to one's driving and at one particularly tight bend, a tanker and trailer coming up the pass needed both sides of the road to negotiate the bend and we had to back up a little to allow it room to manoeuvre.

On the high ground in Lesotho we noticed a complete absence of trees and it was only at around 1 800m that trees flourished again. One has to be careful too of sheep and goats that wander across the road, herded by young lads dressed in the traditional Basuto blanket.

As we approached the town of Butha-Buthe. The familiar cream tinted sandstone rock, which is also found on the Free State side of the border, could be seen in the surrounding hills. The border post at Caledonspoort is 11km north of Butha-Buthe and passing through passport control was fast and efficient on both sides of the border.

The numerous mountain passes in Lesotho make for an interesting and very different driving experience, which is no doubt much more difficult in winter when snow and ice make conditions far more dangerous. 



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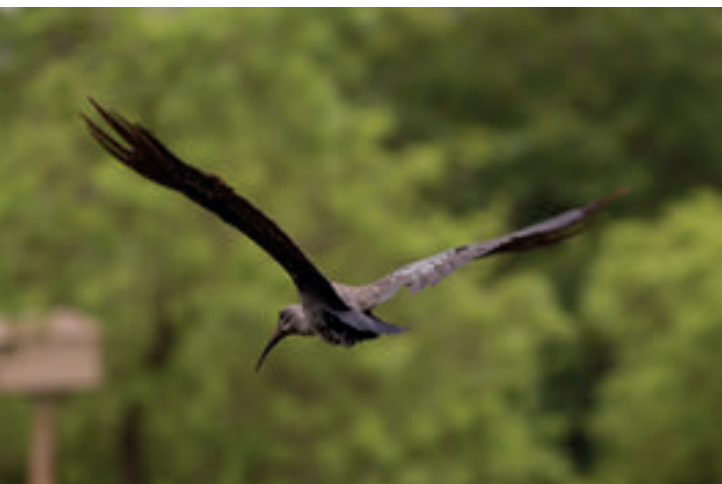


BIRDS ON OUR ESTATE

PHOTOGRAPHS BY MARC FRANCOIS

© Marc Francois 2015





PropertyFox's house of 2025

How the trends of today will impact the house of tomorrow

SOLAR PANELS

Expect roofs to be covered with super-reflective tiles or biosolar panels that are as friendly to biomaterial as they are to bees. Additionally, walls may be built from eco-friendly mushroom-based materials or bacteria-produced biocement.

DRONE DELIVERY BOX

All homes could have a special landing hatch on the roof or garden for drone deliveries, with a remote locking system activated via smart device - or Alexa.



"ALEXA" BY AMAZON ECHO

Amazon Echo is a brand of smart speakers developed by Amazon.com. The devices connect to the voice-controlled intelligent personal assistant service Alexa.



RAIN- AND GREYWATER SYSTEMS

Built-in double reticulation greywater systems and rainwater tanks will collect stormwater and greywater for recycling around the house. It's likely the system will also be able to purify greywater for drinking purposes to alleviate pressure on dams and other water sources.

WATER USE IN A HOME WITH A GREY WATER SYSTEM



Crispin Inglis, CEO of smart online real estate agency PropertyFox, believes that as early as 2025 homes could look vastly different. "The speed of technological development is just too rapid to ignore and because of the long-term nature of property investments, planning now for the future is critical," he says. "So if you are renovating, buying or building a home - or if you are a property developer - designing for the future, rather

than the now, is the smart thing to do!" PropertyFox has analysed some of the biggest trends, issues and tech currently impacting home owners and believes by 2025 our homes could have evolved in some of the following ways:

1. WATER, WATER EVERYWHERE

Even after Cape Town emerges from the current crippling drought, our water woes will not be over. South Africa is one of the

top 30 water scarce countries in the world. Relying solely on our municipality for water supply won't be sustainable into the future, so houses will need to have in-built rainwater tanks and double reticulation greywater systems. The popularity of large gardens and pools will diminish and we may even see the disappearance of the water-guzzling bathtub in favour of showers that automatically turn off after two or three minutes.

HOW WILL WE LIVE IN 2025?

Are you ready for a home revolution?

By 2020, UberAir plans to run air taxis in at least three big cities - Dallas, LA and Dubai. If these get off the ground, a transportation revolution could be sparked that could lead to the rise of airborne cities (think Fifth Element or Blade Runner). Add to this, artificial intelligence, environmental issues and the sharing economy and it seems fairly certain that the way we live, where we live and how we build our homes is heading for a dramatic evolution.

ROOFTOP GARDEN

With gardens shrinking, it is likely rooftops and vertical spaces will be used to plant vegetable and herb gardens, especially if food prices continue to escalate. Wi-Fi operated systems will activate grey-water drip-irrigation systems to reduce water use.



ROTATING CUPBOARDS FOR AIRBNB GUESTS

With the sharing economy and incomes derived from rentals on the rise, we may soon see homes furnished with built-in cupboards that rotate at a word to Alexa. Hiding all the host's possessions at the back and moving pristine empty shelving for guests to the front.

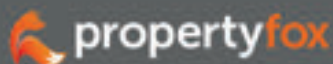
PERMANENT BUILT-IN AIRBNB SPACES (replacing granny flat)

With garages a thing of the past because of reduced car ownership, hosts could run permanent Airbnbs in the space previously occupied by petrol guzzlers, for extra cash to help cover the bond and running costs of the home.



APP OPERATED EVERYTHING

Buying and selling everything - from clothing to selling property - will be app-based.



2. ROOM-MATES THAT YOU ALWAYS GET ON WITH

Alexa, Amazon Echo's SmartHome assistant, will become your best room-mate ever. She won't finish the milk, hog the bathroom or bring home her smelly boyfriend. Instead, Alexa will read you the news, answer even the trickiest questions, take phone calls, control lights, open curtains and update shopping lists. Alexa the bot will become a valuable part of the family so you'll want to rig your house

up to be smart enough to allow her to reach her full potential.

3. GARAGES WILL GO

Eventually, it is possible that there will be 'helipads' purpose built on rooftops. But even if air transport doesn't 'take off', Uber, Taxify and lift-sharing apps will almost certainly catalyse a big decline in car ownership. As a result, the space previously used for the garage won't be needed, so we'll either see smaller plots or the garage area being diverted for other uses.

4. HOMES BUILT FOR SHARING

Perhaps the portion of the property previously used to house cars will now be a separate entrance to welcome Airbnb guests who help cover the bond and running costs of the home.

Another possible modification could be that some aspects of a home, like storage, become purpose-built for sharing. Currently, a lot of people rent out their homes for short periods over December and January and they have to laboriously pack up all their personal possessions so that the house feels like a holiday home to guests. A neat solution is to install rotating cupboards that can move the host's private possessions to the back at the click of a button, with pristine empty shelving, guest towels and linens moving to the front for guests.

5. THE COOL KIDS MAY CHOOSE TO LIVE FURTHER AWAY

The combination of air taxis, self-drive cars, car-sharing apps and Uber means there'll be fewer cars on the road by 2020 which will likely mean fewer traffic jams. This may mean that a city's trendy crowd will be comfortable living further out of town and new areas will spring up full of good restaurants and bars.

6. MULTI-PURPOSE ROOFTOPS


If food prices continue to balloon, more and more people will start growing their own produce. With gardens shrinking, it is likely rooftops and vertical spaces will be used to plant vegetable and herb gardens.

To keep ecommerce purchases delivered by drones safe, there may be special landing hatches on the roof, possibly even refrigerated ones for food deliveries. As the drone pulls in, you can open the hatch remotely via your smart device - or Alexa can do it while she waits for you.

7. IT'LL CURE YOUR FEAR OF COMMITMENT

Trend forecaster Dave Nemeth says that a cool future feature is 'on command interior design'. Through LED and projection technology, you will be able to change the look of your house on a daily basis. One day you can project rose gold wallpaper onto your lounge feature wall, and when that trend moves on, you can switch to a smoky blue paint effect. Where you place your TV will also be less of a big decision as mobile projectors will allow you to stream Netflix on to any wall or surface around the house.

8. APP-DRIVEN EVERYTHING

Buying and selling everything - from clothing to property - is likely to be app-based. PropertyFox, for instance, is already launching a user-friendly dashboard allowing sellers to pick from a selection of services like home staging, home cleaning or bond applications. It also lets sellers keep up to date on viewing and responses and allows them to easily compare their home's valuation to other properties of a similar size and value on the system. 

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BEFORE



AFTER

With effect from 26 March 2018, 1,2 Smile will be on the upper level at Kyalami Corner, in Shop 101b. A wide range of services is provided, with the focus on Family dentistry and Aesthetic dentistry.

Compiled from frequently asked questions we would like to provide you with more information about the practice.

1. WANT TO SMILE

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A new confident smile of up to 8 shades lighter can be achieved in one session! There are different ways to have your teeth whitened. We would be happy to share the information with you!

4. FAMILY DENTISTRY

Bring the whole family for regular dental check-ups 1,2 Smile provides preventative service at very affordable costs. If the whole family comes at the same time, only one member pays for the check-up!

5. FACIAL AESTHETICS

The demand for facial aesthetics services has increased significantly, and the ideal result of such a procedure is to keep your friends and co-workers wondering what looks different about you! We offer Botox and Filler services.

6. CAD CAM

Computer-aided design/Computer-aided manufacturing

We offer in-office CAD/CAM, which means you do not require the traditional impressions or a second appointment! CAD/CAM technology is used to provide patients with milled ceramic crowns, veneers, inlays and bridges all in the same day.

7. LINGUAL BRACES

Lingual braces are virtually invisible, due to their placement on the back of the teeth and that's the main reason why eligible patients choose them. The advantage is mostly aesthetic. Discuss the option with your dentist at 1,2 Smile!



8. INVISIBLE BRACES

Everybody wants a great smile, but a lot of us need help getting there! Unlike traditional braces that use brackets connected by wires to encourage teeth to move, invisible braces (aligners) are a series of tight-fitting custom-made retainers that slip over the teeth.

9. EMS

Evidence-based protocols for biofilm management


Guided biofilm therapy is the new and state-of-the-art approach to an easy and painless visit to the Oral hygienist!

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10. LAUGHING GAS

Scared of the Dentist? Nitrous oxide, sometimes called 'laughing gas', is one option your dentist may offer to help make you feel calm and comfortable during dental procedures. You will still be able to hear and respond to any requests or directions. Talk to your dentist about whether nitrous oxide would be a good option for you!

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We are looking forward to meeting you and helping you to 1,2 Smile! 



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“TAKE CARE OF YOUR BODY. IT’S THE ONLY PLACE YOU HAVE TO LIVE.” ~JIM ROHN

IZELLE HOFFMAN - LIFESTYLE CHEF

FROM YOUNG FARM GIRL WITH A LOVE OF FOOD TO ENTREPRENEUR AND LIFESTYLE CHEF, IZELLE HOFFMAN’S PASSION FOR PEOPLE AND DRIVE FOR IMPROVING THE LIVES OF COMMUNITIES AROUND SOUTH AFRICA IS UNSTOPPABLE.

Izelle Hoffman is one of South Africa’s latest rising stars in the culinary industry. Although she hasn’t been formally trained as a chef, being part of a household where great food was always a comfort and source of nourishment, it seemed a natural progression for her to take inspiration from the dishes she grew up with and turn them into a modern, playful and healthy experience.

POSITIVE INFLUENCES

Growing vegetables and experimenting with different flavours had always been a part of Izelle’s childhood. Both of her grandmothers and her mother had thriving vegetable gardens and these influences contributed to Izelle’s development into a ‘conscious foodie’.

Having already proven herself a formidable businesswoman with a penchant for marketing, Izelle has found creative ways of combining her passion for food and people with solid strategies to bring those three components together through projects she is involved in around the country.

She is no stranger to television and print media and can now be seen as a chef on one of SA’s largest television breakfast shows, Die Groot Ontbyt. She also hosts several cooking inserts on SuperSport where she regularly creates her mouth-watering signature dishes with the assistance of SA’s top PSL Soccer Players.

AN APP CALLED OLIVE

One of her most recent exciting endeavours is her new Lifestyle app, Olive. This platform

was created to offer subscribers day-to-day nutrition-based eating plans to help them become healthier versions of themselves. It offers an easy, manageable means of creating tasty and healthy DIY dishes for the family. What’s more, she has a highly successful blog, nutritionbyolive, where she shares her wisdom, recipes and various lifestyle cooking tips.

“Time and health are some of the most important aspects that money can’t buy, making them two of the most precious commodities in your life,” she says. “We only live once and we only have one body to live it in!”

Food is an international language and Izelle encourages people from all walks of life to rethink what they put into their bodies in a fun, healthy way. [K](#)

RECIPES FROM IZELLE



GRILLED TROUT (OR SALMON) WITH SESAME HONEY GLAZE

INGREDIENTS

- 2 Trout fillets (or Salmon fillets)
- Whole lemon
- Fresh thyme for garnish
- 1g Dried thyme
- 1g Salt
- 1g Ground black pepper
- 3 tbs Raw honey
- 3 tbs Soya sauce or Tamari sauce (Matured Soya sauce)
- 1 tbs hot water
- 1 ts Sesame seeds
- 100g Asparagus
- 1 tbs Olive oil
- 1 medium red salad onion
- Spray and cook to prepare baking tray

INSTRUCTIONS

- Pre-heat the oven to 200°C.
- Arrange the asparagus in the prepared baking tray, then place the fish fillets on top.
- Slice the onion in rings and decorate around the asparagus and fish.
- Drizzle the asparagus and onion with olive oil and a pinch of salt.
- Slice the lemon and arrange on top of the fish fillets.
- Season everything with salt, dried thyme and ground black pepper.
- Bake for 15min.
- Mix the sauce in the meantime by mixing the honey, soya sauce, hot water and sesame seeds in a cup.
- Remove the dish from the oven, drizzle everything with sauce and bake for another 5 - 10 min till cooked to preference.
- Let it cool for a couple of minutes and garnish with fresh thyme, and it's ready to be served.



BLUEBERRY BLISS!

BLUEBERRY ALMOND CRUMBLE

Layers of juicy blueberries covered in a crumbly nutty almond topping.
Preparation time: 10 minutes
Serving: 1 large pie or 6 - 8 small servings

INGREDIENTS

- 120g almond flour and an extra 50g to sprinkle over the fresh blueberries
- 50g shaved almonds
- 50g dried chopped dates
- 1ts ground cinnamon
- 1/2ts pink Himalayan salt or Oryx desert salt
- 100g melted almond butter
- 2tbs Honey (preferably raw)
- 1ts caramel essence
- 480g fresh blueberries, rinsed and well drained

INSTRUCTIONS

Pre-heat oven to 180°C.
Use non-stick spray to prepare the baking dish or 8 small ramekins.
Arrange the fresh blue berries in the baking dish or ramekins and sprinkle with almond flour. Set aside.

FOR THE CRUMBLE:

Whisk the almond flour, shaved almonds, dates, salt and cinnamon in a medium size mixing bowl.

Add the melted almond butter, honey and essence and mix with your fingertips to blend till it has a large crumble-like texture. Spread the crumble over the blueberries and cover evenly.

Bake for about 20 - 25 minutes or until the blueberry juices are bubbling at the edges and the topping is golden brown. Cover with foil after 10 minutes if the browning is too fast.

Remove from the oven and allow to cool off on a wire rack. Refrigerate for at least 3 hours before serving - this will allow the crumble to set properly. Best when re-heated in the microwave or oven.

Blueberry crumble anyone?! And it happens to be completely healthy too! Tried and tested and one of my favourite all time recipes.

Often labelled a 'superfood', blueberries are low in calories and incredibly good for you. They are also tasty and convenient to eat!

Did you know that cinnamon really intensifies the flavour of blueberries? It is also jam-packed with health benefits just like the berries!

FOR MORE INFORMATION AND RECIPES, VISIT WWW.NUTRITIOBYOLIVE.COM

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PET FOOD

FEASTS, FEARS AND FADS.

The food our pets eat has a critical effect on their health and longevity. But there's such a confusing array of pet foods available, both in veterinary stores and supermarkets, as well as a host of dietary trends punted on the internet, how can we possibly know what's best for our furkid from a nutritional perspective? These Twisted Whiskers tips will help you to ask the right questions about your chosen brand or dietary approach and, hopefully, arm you with the information you need to make a choice that keeps your dog or cat healthy, bright-eyed and bushy-tailed throughout its life.

1. IS IT BACKED BY SCIENTIFIC RESEARCH?

Canine nutrition and feline nutrition are pretty exhaustive subjects (and, it's worthwhile to note here, they are species-specific: cats are not small dogs and require more key ingredients to be present in their diet than dogs do). The brand or type of diet you opt for should have the backing of peer-reviewed veterinary nutrition studies and, ideally, be supported by generations of healthy dogs and cats who have thrived on the product or formulation, rather than on someone else's unscientific opinion.

2. DOES IT MEET MY PETS NUTRITIONAL REQUIREMENTS COMPLETELY?

Pets in various life-stages and with differing activity levels have specific requirements in terms of amino acids, protein and carbohydrate digestibility, as well as other nutrients. Puppies and kittens are growing, so they need more calories, as well as a vitamin and mineral profile to support their developing bodies and immune systems. DHA, an essential fatty acid, is also added to certain veterinary-recommended premium diets, as it's proven to aid in brain-development and trainability of young animals.

Toy breed dogs have tiny tummies, so their food needs to be nutrient dense and fed in divided meals to meet their energy requirements.

That said, excess weight in pets is always a health concern and those animals that are overweight (or have a tendency to be), should be fed a diet that is lower in calories, yet still supports their nutritional needs. For older animals and large dog breeds, joint support is a must.

There is no 'one size/age fits all' diet that will provide optimum nutrition for our pets and careful consideration needs to be taken when choosing the most suitable diet for each individual.

3. IS IT SAFE TO FEED?

Given the recent concerns regarding human food production, the safety of pet food deserves attention. Does the brand you're looking at go through rigorous testing (both of the raw ingredients and throughout production) and does it offer a customer guarantee on both quality and palatability? Is there a customer care line or advisory service you can contact with any questions about the food or its safety? Or, if you're feeding a RMBD (Raw Meat-Based Diet), or home-cooking, can you guarantee the safety of the ingredients you're using?



4. WHAT ABOUT DENTAL CARE?

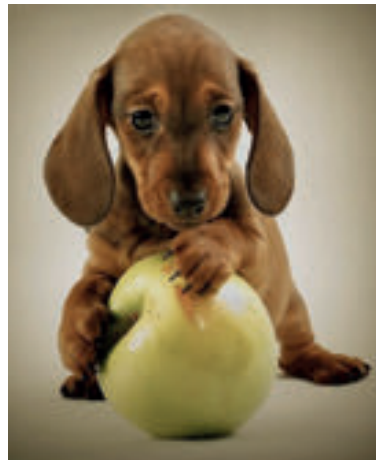
Dogs and cats can't brush their teeth and, although our vet is always recommending that we do it for them, the number of us who actually manage this (even on a semi-regular basis) is very low. Brushing our pets' teeth is still the best way to care for their oral health but if we aren't doing this, it's vitally important that we feed a diet that provides dental care. This may take the form of a mechanical aspect – many veterinary-recommended premium diets extrude the kibbles in such a way that when they are broken by the pet's teeth, they have a "brushing" effect on the enamel and help remove plaque. Others include a polyphosphate coating, which activates on contact with saliva and coats the teeth to prevent calcium solids attaching and forming plaque. Pretty cool technology!

A word here on feeding bones – while chewing these helps to keep teeth clean, it also helps to damage them! Veterinary specialist dentists strongly advise against feeding bones as they see the resultant damage to the teeth of their patients. And for those who believe that eating bones is 'normal' for dogs – wolves that have been brought from the wild into captivity, for example, have plenty of dental fractures as a result of chewing bones in their natural environment. Apart from this, bones can cause damage throughout the digestive tract, from getting stuck in the mouth, to puncturing intestines and organs, to causing obstruction, or clogging up the works in the rectum. Please feed bones with care.

5. WHAT'S IN THE FOOD?

To correctly assess the quality of the food based on the ingredients stated on the label requires a good knowledge of pet nutrition, but there are a couple of things lay-people can be aware of. Your chosen brand should preferably feature an animal protein as the first ingredient, or at least in the top three ingredients listed. Cats are obligate carnivores which means they HAVE to eat meat in order to fulfil their dietary requirements of micronutrients. Dogs, although omnivores like humans, do best on an animal protein diet. Look for diets that specify the protein source (eg. chicken and turkey), as opposed to using terms like 'meat and meat derivatives'. In the latter case, it shows that the product doesn't have a fixed recipe and that the manufacturer can speculate on which protein happens to be the cheapest at the point of purchase. This could result in tummy upsets due to changes in formulation and consistency from batch to batch.





Because manufactured pet foods have a shelf life, the manufacturers have to include preservatives to ensure that the food's safety, freshness and nutrient integrity are maintained. Look out for products that use natural preservatives like Vitamin E. It goes without saying that pet food should ideally not contain artificial colours and flavourants as they add no nutritional value.

AS NATURE INTENDED?

The sometimes heated debate on trends in nutrition can be confusing for pet-parents. Some people may feel a bit odd feeding manufactured kibble food to their pets, and are possibly concerned about the lack of variety, or think that a more 'natural' diet would surely be better. We strongly recommend consulting your veterinarian before considering raw feeding, home cooking or vegan/vegetarian options for your pet. Meat protein is vital for dogs and cats to thrive. The ton of research that underpins this statement aside, one look at their dentition and intestinal tract shows that they are best suited to a carnivorous diet.


However, feeding a Raw Meat Based Diet to domesticated animals, unless you're

working with a veterinary nutritionist to ensure this diet is balanced, could do more damage than good. Not only does your furkid run the risk of suffering nutritional deficiencies, if the stringent hygiene protocols required for correctly managing such a diet are not adhered to, your pet is at risk of contracting a bacterial or parasite infection. Such is the reality of this concern that a number of international veterinary governing bodies advise against feeding raw meat and other products, for the safety of the pet and that of in- contact persons and animals. If young, elderly or immune-compromised people or animals live in the home, raw feeding should not even be a consideration for the pet!

Home cooking is a better option from a safety aspect, as it kills bacteria but, again, getting the nutritional balance right is important. A quality home-cooked diet does not include sharing with the pet whatever the human family is eating, or boiling up chicken carcasses and adding a sprinkling of rice and the odd piece of butternut. In addition, the dental care benefit of feeding a kibble formulation is lost, so extra attention should be paid to the pet's oral health.

Vegetarianism and veganism are growing in popularity as human nutritional lifestyles. BUT! To impose such a lifestyle choice on an animal that is built to consume meat and thrives best on a meat-based diet is a questionable decision, especially for cats. Nutritional deficiencies resulting from feeding cats a non-animal protein diet can lead to blindness, heart failure and even death and will probably not meet a dog's requirements either, over time.

Veterinary recommended premium diets are the safest choice in nutrition for your pet – think of them like the ready-to-eat meals provided by the military for soldiers in combat. Or the nutritional shakes favoured by gym aficionados. They're extensively researched and packed with everything your pet needs to thrive. Their manufacturing process and the quality of the end product are tightly regulated and this gives pet-parents the peace of mind that they are providing their dog or cat with the safest and most complete nutrition possible.

Twisted Whiskers is vet-owned and managed and our staff are trained to assist you with a variety of pet-care-related queries. We're always available to talk pets! 

Twisted Whiskers Kyalami has relocated. 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. Seven night budget self-drive from Travel 2 Reunion.

Rates from R14 600 per person sharing. Offer includes return flights, approximate taxes, seven days car rental and full insurance and seven nights' accommodation with breakfast. Valid until 31 October 2018. **For more information visit www.travel2reunion.co.za; email: info@travel2reunion.co.za or call them on 072 352 6830.**

2. Mediterranean from Whitestar Cruise & Travel.

Rates from GBP1 119 (approximately R18 341,70) per person sharing. Offer includes fourteen nights' accommodation on board in an inside stateroom, all meals, 24 hour room service, selected drinks, entertainment and use of on board facilities, port charges and handling fees. Set departure 29 September 2018. **For more information visit www.whitestar.co.za; email: info@whitestar.co.za or call them on 011 463 3293.**

3. Tiger's Nest Bhutan from Discoveries Worldwide.

Rates from R14 980 per person sharing. Offer includes five nights' accommodation, all meals, transfers and sightseeing, English speaking guide, taxes, entrances and Bhutan visa fee. Offer excludes flights and taxes. Valid between 16 February – 31 December 2018. **For information visit www.discoveries.co.za or email: info@discoveries.co.za.**

4. Mediterranean cruise from Thompsons Holidays.

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includes, seven nights' on board the Costa Victoria in an inside cabin, breakfast, lunch and dinner daily. Also includes daily entertainment, port taxes and gratuities. Visit Spain and Italy. Set departure 14 September 2018. **For more information visit www.thompsons.co.za; email: info@thompsons.co.za or call them on 011 770 7700.**

5. Quick break from TWB Holidays.

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6. Indulge at the Michelangelo Hotel.

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7. Vilanculos from Mozambique Tours.

Rates from R12 870 per person sharing. Offer includes return flights departing Johannesburg, approximate taxes, return transfers and four nights' accommodation at the Dona Ana Hotel with breakfast daily. Valid until 31 December

2018. **For more information visit www.mozambique-tours.co.za; email: mit@iafrica.com or contact them on 0861 112 552.**

8. In Pursuit of Pandas from Wendy Wu Tours.

Rates from R32 600 per person sharing. Offer includes return flights, approximate taxes, nine nights' accommodation, nine breakfasts, eight lunches, nine dinners, entrance fees, guides, daily tours and more. Set travel dates 23 December – 3 January 2018. **For more information visit www.wendywutours.co.za or call them on 010 001 9998.**

9. Madagascar from Gallivanter Holidays.

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10. Early booking from Beachcomber Tours.

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RESTAURANT COMPETITION FOR APRIL

DON'T FORGET TO ENTER OUR MONTHLY RESTAURANT COMPETITION.

Here is the question for this issue:

Q: Who is the Lifestyle Chef featured in this issue?

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!

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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BRUTAL LEGACY: A MEMOIR

By Tracy Going

'Searing, heartbreaking, triumphant: Brutal Legacy is for anyone who's been punched in the face by someone they loved and then stood up again. It's for every mother who has run, every sister who has picked up the pieces and every friend who hasn't fled. It's for every brother who's cried and for the children who have watched. Every South African should read it.' – Sisonke Msimang, author of *Always Another Country*.

When South Africa's golden girl of broadcasting, Tracy Going's battered face was splashed across the media back in the late 1990s, the nation was shocked. South Africans had become accustomed to seeing Going, glamorous and groomed on television or hearing her resonant voice on Radio Metro and Kaya FM. Sensational headlines of a whirlwind love relationship turned horrendously violent threw the 'perfect' life of the household star into disarray.

What had started off as a fairy-tale romance with a man who appeared to be everything that Going was looking for – charming, handsome and successful – had quickly descended into a violent, abusive relationship. Brilliantly penned, this highly skilled debut memoir, is ultimately uplifting in the realisation that healing is a lengthy and often arduous process and that self-forgiveness and acceptance is essential in order to fully embrace life.



THE TOY MAKERS

By Robert Dinsdale

An enchanting, spectacularly imaginative magical novel set in a mysterious toyshop.

Do you remember when you believed in magic? It is 1917, and while war wages across Europe, in the heart of London, there is a place of hope and enchantment.

The Emporium sells toys that capture the imagination of children and adults alike: patchwork dogs that seem alive, toy boxes that are bigger on the inside, soldiers that can fight battles of their own. Into this family business comes young Cathy Wray, running away from a shameful past. The Emporium takes her in, makes her one of its own.


But Cathy is about to discover that the Emporium has secrets of its own....

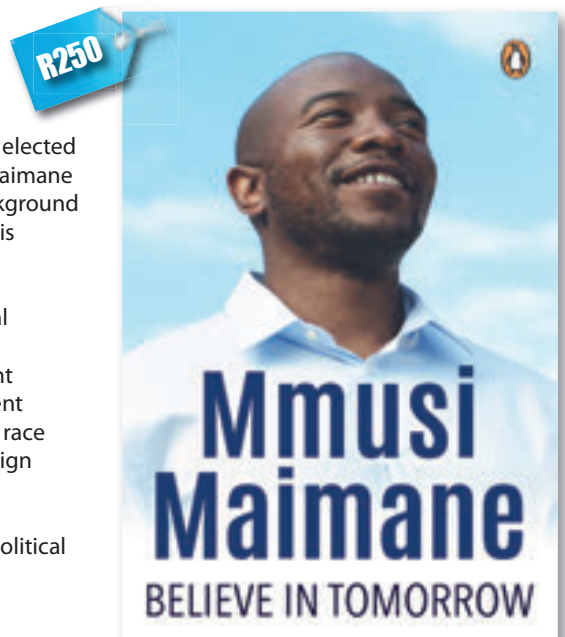
BELIEVE IN TOMORROW

By Mmusi Maimane

Mmusi Maimane has become a key figure in South African politics since being elected leader of the Democratic Alliance at the age of thirty-five. But who is Mmusi Maimane and what makes him tick? In this book, Maimane speaks openly about his background and his political career, his views about the current state of South Africa, and his hopes for the country's future.

He describes his youth in Dobsonville, Soweto; his education and early political activities; and his rise through the ranks of the DA. He talks frankly about his multiracial family and his religious convictions. He provides an insider's account of conflicts in Parliament, coalition negotiations after the 2016 local government elections, and his deportation from Zambia in 2017. And he gives his views on race and reconciliation, corruption and state capture, the economy, education, foreign policy and the future of South African politics.

Believe in Tomorrow provides a compelling glimpse into the personal life and political beliefs of one of the country's most important politicians. 





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