

Kyalami

ESTATES

**Kyalami Running
Club: Comrades
2018**

**Little Kickers:
Learning through
Football**

**Jazz in
the Park**

• where people connect •

BREAKFAST WITH BLEWITT

HELEN | TONY | STEVE





CHANNEL 823

**NO NEED TO CHANGE OUR
AWARD - WINNING BREAKFAST SHOW
#BREAKFASTWITHBLEWITT**



WWW.MIXFM.CO.ZA

WHATSAPP : 084 822 0938

CONTENTS



Estate News

KEHOA Registered Estate Agents 2018-2019	4
Rotary Anns Club of Kyalami	6
Jazz in the Park	8
Kyalami Running Club: Comrades 2018	13
Thomas Makgoba: My Running Story	15
Little Kickers: Learning through Football	17
Turfnet: August in the Garden	22
Turfnet: Gardening in the Shade	23

Motoring

Alfa Romeo Stelvio 2.0T Super Q4	28
----------------------------------	----

Travel

Top 10 Travel Deals	36
---------------------	----

Home Front

National Locksmiths: your key to security	24
Kyalami Estates Classifieds	27

Lifestyle

St Peter's College: 20 year anniversary	26
Twisted Whiskers: Pearly Whites or Grotty Gnashers?	30
Restaurant Competition	34



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



The Kyalami Estates Connect Magazine is published by Estates in Africa (Pty) Ltd on behalf of Kyalami Estates Homeowners Association. The opinions expressed are not necessarily those of KEHOA, the Estate, the publisher, nor of the companies themselves. **EIA Publishing Office:** Tel: 011 327 4062 • www.eiapublishing.co.za
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: Leonardo Lupini leonardol@nowmedia.co.za

Kyalami
ESTATES



ST PETER'S
COLLEGE

1998 - 2018

20
YEARS

RELATIONSHIPS • RESPECT • RESPONSIBILITY • RESILIENCE

EMPOWERING INDIVIDUALS FOR LIFE



2020 APPLICATIONS ARE OPEN. **APPLY NOW!**

ENROLMENT ENQUIRIES admissions@stpeterscollege.co.za

College Lane off Maxwell Drive, Sunninghill (next to Eskom Megawatt Park), Sandton
Tel 011 807 5315 | www.stpeters.co.za





MESSAGE FROM THE ESTATE OFFICE

Buying a home is probably the largest investment decision most people will make in their lifetime. It is often a very complicated process, which is why using a professional, registered estate agent is highly recommended. The same goes when it comes time to sell. Having someone by your side, who knows all the ins and outs of the property industry, can save you a whole lot of time and

anxiety and will help you to ensure that the transaction goes smoothly.

Why should I use a KEHOA registered estate agent? There are a number of good reasons:

- Our registered agents are familiar with the Estate – most of them have worked within the Estate for a number of years.
- They are aware of the appropriate

market values of properties in the Estate.

- They are able to guide buyers and sellers through administrative processes.
- They have the ability and the effective marketing vehicles to expose your property through Estate portals.

Here is the list of our Registered Estate Agents for 2018 – 2019:

Engel & Völkers	Fonz Vogdanos	083 883 0032	fonz.vogdanos@engelvoelkers.com
	Lynn Morby-Smith	083 263 4150	lynn.morby-smith@engelvoelkers.com
Jawitz Properties	Brian Hickson	083 405 0000	brianh@jawitz.co.za
	Belinda Hickson	082 835 0099	belindah@jawitz.co.za
	Sharon Smit	082 457 4202	sharons@jawitz.co.za
L & W Properties	Natalie Sanders	08 289 74360	natalie@lwproperties.co.za
	Barry Scott-Brown	082 777 2552	barry@lwproperties.co.za
Lew Geffen Sotheby's	Tina De Waal	083 771 8709	tinad@sothebysrealty.co.za
	Vicky Bianchi	061 615 3248	vickyleec@sothebysrealty.co.za
NRG	Desiree La Vita	083 633 5296	desiree.lavita@sanrg.co.za
	Michelle La Vita	082 885 0792	michelle.lavita@sanrg.co.za
Pam Golding Properties	Tony Santana	083 654 1268	tony.santana@pamgolding.co.za
	Nicole Horwood	083 272 7306	nicole.horwood@pamgolding.co.za
	Kim Dinham	084 499 6914	kim.dinham@pamgolding.co.za
	Jet De La Rey	082 854 0181	jet.delarey@pamgolding.co.za
Platinum Residential	Andrew Pearse	083 652 8888	andrew@platinum.co.za
	Steven McLaren	083 233 8888	steven@platinum.co.za
Remax Central	Elizabeth Hannemann	082 476 1821	kyalamiestates@remax-central.co.za
	Laura Lattanzio-Joubert	082 414 3814	kyalamiestates@remax-central.co.za



HOME DECOR BOUTIQUE
SHOWROOM NOW OPEN!
SHOP 112 (Upper Level)



<https://www.facebook.com/sasacreations/>



+27 (0)11 468 1408



www.sasacreations.co.za



info@sasacreations.co.za



ROTARY ANNS OF KYALAMI


The Rotary Anns Club of Kyalami was formed on 1 April 1981 and has been operating ever since then – 37 years!

Originally the Rotary Anns Clubs were formed to provide backup help to the Rotary Clubs, whose members were only men. In the old days, women were not allowed to be Rotarians, so many of the wives joined forces and decided to do their own fundraising, in addition to helping the men with their projects.

In 1987, it was decided that women were allowed to join Rotary as equal members to the men. A number of women have become Rotarians but the ladies of the Kyalami Rotary Anns have stayed together thanks to the strong bonds and friendships that they have formed over the years.

Rotary Anns have their own projects and do their own fundraising. They meet every 4 to 6 weeks at various members' houses or at the Kyalami Country Club to discuss possible fundraising ideas. Some of their projects involve assisting the SPCA, South African Guide-Dogs Association for the Blind, Dolphins Acre, Teddy Bear Foundation, Animals in Distress, Novalis House, and many, many more.

They raise funds through cake sales, book sales, jumble sales, fashion shows, musical soirees, raffles, and a very successful recipe book that they compiled and printed. They also hold events like picnics by the river, movie nights, pub quiz nights, and many other fun events. They find that the events that they run to raise funds are as enjoyable for them as they are for those who attend.

The Rotary Anns Club is always looking for new members, so if you would be keen to join a very happy bunch, please call Glenda Stuart on 079 495 4686. 



Sunday, 26 August 2018

10:00 - 14:00

16 Village Road,
Midrand

administration@bluehillscollge.co.za

(011) 318 7955



BLUE HILLS COLLEGE

Grade R - 12 | Boarding from Gr8

OPEN DAY

Music & cultural performances | Admissions tests (R400 cash)

Tour of the School | Meet the Principals



Come enter for our
prestigious 2019 Grade 8 bursary tests,
awarded to the Top 5 achievers.

2019 GRADE 8 ACADEMIC BURSARIES:



JAZZ IN





THE PARK







Kyalami Estate Jet & Nicole



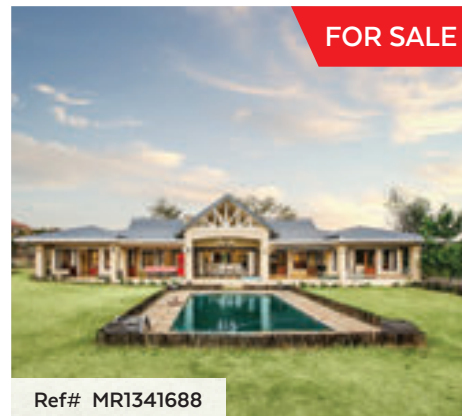
5 Bedrooms / 5 Bathrooms **R8.9 million**

The magnificent Intaba Estate, also known as Kyalami's best kept secret. The home exudes sophistication with a sense of luxury which compliments the light and free-flowing living spaces.



6 Bedrooms / 5 Bathrooms **R7.6 million**

Beaulieu Country Estate. Overlooking the Kyalami golf course this unique home combines immaculate ambience with superb natural surroundings. Triple garaging and double domestic accommodation.



4 Bedrooms / 3 Bathrooms **R7.95 million**

Saddlebrook Estate. A perfect marriage of form and function with exceptional thought given to finishes with the artistic use of light, stone and timber with a Balinese influence, and position capturing the breath-taking views.



3 Bedrooms / 2 Bathrooms **R6.95 million**

Saddlebrook Estate. Affordable opportunity to live in an up market country estate. This striking modern home is positioned well back on the 1.4 hectare stand, capturing the true extent of glorious country living with priceless uninterrupted views.



4 Bedrooms / 3.5 Bathrooms **R4.375 million**

Kyalami Estate. Generous, sunny bedrooms upstairs boast 2 en-suites and 1 full bathroom. Upstairs balcony overlooks lovely rock pool and garden with direct access to a small park. Feel warm in winter at this charming family home!



3 Bedrooms / 2 Bathrooms **R3.45 million**

Kyalami Estate. A North-facing home offering privacy and security. Fair-sized bedrooms, 2 receptions, covered patio overlooking pool and an established garden. Double automated garage plus a spacious upstairs cottage.

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

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



KYALAMI RUNNING CLUB COMRADES 2018


Many of our runners recently returned from the famed Comrades marathon! Congratulations to all who participated and to the friends and family members who supported our club members on this journey. We know that many a protein shake and ongoing encouragement was needed to get you from our local training group to across the finish line at the Moses Mabhida Stadium in Durban.

This year's race was the gruelling 90km "down run" from Pietermaritzburg to Durban. Our club saw 24 members complete the renowned race on Sunday, 10 June 2018.

Comrades is one of those things that you either decide you have to do, want

to do, aspire to do or that you prefer to watch from the comfort of your home. It takes months of running and thousands of kilometres on the road to actually compete. Anyone who commits to running this race should be commended for their discipline and courage.

As a runner you are nothing without the support on the road, from your family and friends and your running club. We are blessed that we're a club where everyone knows your name and we run together and have fun together.

Kyalami Running Club is home to young and old, runners and walkers alike. The club has been around since 2011 and we now have around 120 members. 

THE TOP RUNNERS IN OUR CLUB WERE:

First 3 men in:

Macphel Hunga:	8:19
Kobus Ludick:	9:22
Leonard Fernandez:	9:43

First 3 ladies in :

Lisa Roe Fernandez:	9:15
Melanie Nijland:	9:37
Sharon Horn:	9:52

For more info on our club please go to our website www.kyalamirunningclub.co.za

ON PROMOTION



R339.00

INTRODUCING NEW LED HIGH WATTAGE BULB

- Energy Saving alternative to CFL
- 100W high-powered LED Bulb
- Lasts Up to 5 years



R189.00

SOLAR LED WALL LIGHT WITH PIR SENSOR

- 12 Month Warranty on Battery
- 24 Month Warranty on Body
- Battery can be replaced



R299.00

PREPAID ELECTRICAL METERS

- Residential Sub-lets
- Apartment Blocks
- Light Industrial Parks
- Workers Accommodation
- Commercial Offices



Tel: +27 (011) 466 4137 • Fax: +27 (011) 466 4140

Email: info@khanyisa.co.za

Address: Unit 16, Kyalami View, Forssman Close, Barbeque Downs
(Kyalami View closest to the Kyalami Race Track)

Andiccio24[®]

pizza • your way • always



pizza - pasta - bread sticks- salads - soups - cup cakes - ciabatta - milkshakes

kyalami | 011 466 0151

kyalami on main, corner dytchley road &
woodmead drive





MY RUNNING STORY

BY THOMAS MAKGOBA, KEHOA MAINTENANCE MANAGER

I started running in the year 2007 under the Birchwood Athletic Club banner. My first race was a tough one . . . 32km. In brief, without guidance I bought a temporary licence and the race number.

It was very funny, because I ran with the leading car for about 6km as I thought I could run still like an 18-year-old boy, and then my legs cramped. I then ran and walked the remaining 26km cramping till the finish line.

Just a week after I started training, I entered the Johannesburg Marathon and I finished in a time of 3h35 minutes. That's when I realised that I can train and do better.

That was the beginning of my Journey of Running.

COMRADES MARATHON

I ran my first Comrades marathon in 2009. My aim was to complete at least one comrades marathon and after completing the first one I felt like a local 'Hero' as no one else in my village has run the Comrades.

A lot of people started to ask me questions about running Comrades, especially if I wore my Comrades marathon T-shirt. This motivated me to do more Comrades. I used to tell people that the Comrades Marathon had taught me to learn to respect other people and to admit that there are people out there that can do better than you. It is important to congratulate others and encourage them, as you cannot compete with everyone, though you can try very hard and train. What has

also inspired me is the famous Comrades Marathon spirit! Runners are people who have humility, no runner suffers alone on the road when running, the atmosphere is so amazing, we love one another and encourage one another until we cross the line.

I inspired myself with this quote when I took the decision to aim for the green number: "Things may come to those who wait, but only the things left by those who hustle." and "If you work hard enough and assert yourself, and use your mind and imagination, you can shape the world to your desires. The best way to learn is doing and the only way to build a strong work ethic is getting your hands dirty." I have managed to complete 10 Comrades Marathons, ups and downs consecutively with my team mates namely, Johannes, Molatelo, Sydney, Clint, Simon, Andries, Joseph, Paul, Benjamin, Jaqueline, Edwin, Elvis, Bongani, Ottilia, Dorcus and Maureen.


On June 10, 2018, I completed my 10th Comrades Marathon and I received my 'Green Number'. I am filled with happiness - it was a long run since 2009 to 2018. My completing time was 10hrs 41.

I would like to thank the Kyalami Estates Office team for their support and some of the residents who sent me good wishes before and after completion. And also, of course, Birchwood Club and its big sponsor (Hotel Management) for supporting us and being there on the route to cheer us on.

Watch this space.. next year 2019 up run...

HEALTHY LIVING IN RUNNING

Running is one of the sports that is awesome, especially road running. You run at your own pace and enjoy the environment on the road, and you can clear all your frustrations and stress.

You will be physically fit and mentally fit. It helps your immune system to be stronger and beat sickness. Lots of people now are viewing exercise as a lifestyle choice. I urge you to start now - jog rather than eating, drinking and sleeping. I often say to people: "A dream doesn't become a reality through magic; it takes sweat, determination and hard work." 



OUR CLIENTS...

EXPECT SUCCESS.

Lew Geffen

Sotheby's
INTERNATIONAL REALTY

Midrand Office Tel. 011 312 5218
Unit 5a Tybalt Place, Waterfall Office
Park, Bekker Road, Vorna Valley
midrand@sothebysrealty.co.za
www.sothebysrealty.co.za

Each office is independently owned and operated



EARLY LEARNING THROUGH PLAYING FOOTBALL

Little Kickers classes introduce football to children aged from 18 months up to Grade 3.

The Little Kickers programme was developed by a group of FA qualified coaches and Junior Preparatory school teachers. As a result, rather than focusing purely on football, the programme incorporates a number of early learning goals. Valuable concepts such as sharing and teamwork are introduced in a fun environment. The classes also enable children to develop co-ordination, agility and balance and early learning concepts such as colours and numbers are gently introduced. The football equipment used is realistic and child-friendly.

OVERVIEW OF THE LITTLE KICKERS ACTIVITY PROGRAMME

Ball skills classes are run for 4 distinct age groups:

- 18 months – 2½ years “Little Kicks”
- 2½ – 4 years “Junior Kickers”
- 4 – 6 years “Mighty Kickers”
- 6 years – Grade 3 “Mega Kickers”

THEIR CLASSES AND THEIR APPROACH

There are four different football classes each tailored to a different age group. However, there are two core beliefs that they take into every session.

Firstly, the organisers believe in something they call ‘Play not Push’. It means teaching football in a fun, pressure-free environment. “We want to give children a positive introduction to sport as a whole, not just football, so they’re more likely to stay healthy and active throughout their lives,” they explain.

Secondly, they believe football can be educational. Coached in the right way, it can stimulate imagination and aid early development skills such as learning colours and numbers, following instructions and playing as a team.

It’s an approach that has bagged Little Kickers numerous awards and helped them expand globally over the last 12 years. “And like all our Kickers, we never stop learning. We’re continually improving and updating our classes, based on feedback and input from child health specialists as well as our network of over 1 500 football coaches worldwide.”

LITTLE KICKS: 18 MONTHS TO 2 ½ YEARS

(Parent/Guardian participation required). Little Kicks is the perfect introduction to the fun world of Little Kickers. Children are introduced to the basics of football (dribbling, striking, goal scoring etc.) in a play-oriented yet structured format, using child-friendly but realistic football equipment. Each child is given the opportunity to work within their ability level but taught in a group environment. Classes also provide a fantastic



opportunity for you to assist in your child's early education, helping them develop physically as well as improving cognitive and social skills.

Key Features:

- Parent/guardian participation required
- 45-minute classes
- Monday and Wednesday classes
- One coach with up to 5 children

LEARNING TO LEARN

The main focus of Little Kicks is what they call 'learning to learn'. The coaches are taught specific techniques that enable children to get the most out of their classes. "We believe that play is one of the greatest development tools and, when combined with repetition and structure, it ensures effective learning," say the organisers.

Classes involve a number of games that require parents/guardians to put on their running shoes and get actively involved in the session. However, some games are specifically targeted at developing independence. These transition games mean children as young as two will be able to play independently of their parent or guardian.

FUNDamentals

Little Kicks teaches the fundamentals of football in a fun learning environment through a series of games using their tried and tested structure. The stages

of development below outline the expectations for this age group:

Social, Emotional & Cognitive

- Short attention span, erratic participation.
- Needs assistance throughout session.
- At times will be frustrated at lack of comprehension of sessions.
- Lacks awareness of others.

Physical

- May struggle with balance and co-ordination.
- Introduced to different types of movement (running, jumping etc).
- Capable of basic, one-paced kicking.
- Can maintain the stop position with help.
- Frequently unable to dribble (the ball!).
- Quickly learns to enjoy scoring goals.

The primary goal is to settle children into the structure of the session, improve their confidence and attention, develop their basic motor skills and develop a good kicking technique.

JUNIOR KICKERS: 2 ½ TO 4 YEARS

(Parent participation not required but parents/carers are required to stay with their children).

Junior Kickers builds on the foundation skills and football basics learnt in Little Kicks. Using a familiar structure, children are challenged both physically and mentally. For those children who started

in Little Kicks, independent participation is encouraged. If your child has just joined, you may need to stay close-by for a few weeks, but the ultimate goal is for children to be able to participate on their own. The format remains learning through play and because children are allowed to work to their own ability, it is suitable for complete beginners.

Key Features:

- Children are encouraged to play independently of the parent/guardian
- 45-minute classes
- Monday and Wednesday classes
- Two coaches for up to 16 children (max)

DISGUISED LEARNING THROUGH PLAY

Play and games are at the heart of everything they do. Their games cleverly disguise the learning aspect so the children just think they are playing. The more the children enjoy the games, the more they participate. This enjoyment leads to greater confidence, which in turn leads to self-initiated participation and independent play.

FUNDamentals

The stages of development listed outline the expectations for this age group:

Social, Emotional & Cognitive

- Comprehension of activities and attention increases.
- Confidence improves leading to independent participation.



- Awareness of surroundings is still poor and will require strong direction from coaches.

Physical

- Improved body control.
- Stamina and speed improves.
- Coaches implement more complicated movements at varying heights and speeds.

Football Specific

- Starts to develop a range of kicking.
- Competent directional kicking.
- Slow directional dribbling.
- Is able to hold the stop position, unaided, for a short period of time.

The primary goal is for children to love their classes and further develop their skills. This passion builds enough confidence for children to participate independently.

MIGHTY KICKERS: 4 – 6 YEARS OLD

(Parent participation not required but parents/carers are required to stay with their children)

Mighty Kickers are confident and have boundless energy and this is catered for in the lesson plans. The games are fast-paced and increasingly football-focused, with fun still at the heart of them, meaning that even new starters easily pick them up. Children begin to understand the



importance of team play and matches are gradually introduced.

Key Features:

- Children play independently of their parent/guardian
- 60-minute classes
- Monday and Wednesday classes
- Two coaches for up to 16 children (max)

PLAY, PRACTICE and UNDERSTANDING

Mighty Kickers classes incorporate the Little Kickers' rounded learning approach of play, practice and understanding. Play is the motivator and promotes continued and repeated practice. This disguised learning in itself is a powerful tool, however they believe in not only teaching the children how to perform the skills, but also to understand why and where to use the skill in the real world. This transcends all six areas of their curriculum:

- Personal, social and emotional development;





- Communication, language and literacy;
- Mathematical development;
- Knowledge and understanding of the world;
- Physical development;
- Creative development.

FUNDamentals

The stages of development listed outline the expectations for this age group:

Social, Emotional & Cognitive

- Good peer interaction and participation in class.
- Develops a strong sense of identity within the group.
- Understands basic concepts of team play.
- Awareness of surroundings improves.
- Actively involved in creative play.
- Confident to play, think and visually assess during a game situation.

Physical

- Emphasis on warm up/cool down and stretching improves physical fitness.
- The children are aware of themselves in the environment.
- Basic ability to travel with the ball where they choose and how they choose.
- The children demonstrate understanding of control and can exercise control in their movements.

Football Specific

- Able to keep the ball relatively close to the body while moving.
- Develops good directional dribbling skills and strong striking skills.
- Can stop a slow-moving ball.
- Can start to volley/half volley.
- Will be able to hold the stop position and move the ball with their sole.

Things start to get very exciting in the Mighty Kickers age group. This is where all the skills learnt to date are transferred into

team play and basic football matches.

MEGA KICKERS: 6 YEARS – 8 YEARS (GRADE 3)

(Parent participation not required but parents/carers are required to stay with their children).

Mega Kickers is the culmination of the preceding age groups. It brings together all the skills learnt and introduces the children to real football matches. The children continue to develop social and cognitive skills as well as honing their football skills, putting them to use at the end of each session during the 20-minute match. There is a focus on fair play, as well as a focus on knowledge, understanding and practical application of the rules of play.

Key Features:

- Children play independently of their parent/guardian
- 60-minute classes
- Monday and Wednesday classes
- Two coaches for up to 18 children (max)

PROGRESSIVE CHALLENGES AND MATCHES

More touches on the ball lead to faster and greater skill gain. Every child has their own ball throughout the session and the games are specifically designed for maximum touches of the ball. The games are progressively challenging enabling new skills to be learnt each lesson, however the children are able to work within their own ability. The children become more competitive at this age and are taught to challenge themselves and one another. The match becomes the climax of the session and is the perfect outlet for channelling their competitive energy as well as transferring their skills into a real world situation.

FUNDamentals

The stages of development below outline the expectations for this age group:

Social, Emotional & Cognitive


- Can play any game with good attention and awareness skills.
- Develops an understanding of the importance of team play.
- Develops an understanding of positional play in real match scenarios.
- There is a focus on awareness that it is not winning or losing that is the most important thing but making an effort, playing fair and learning from the experience.
- Strong sense of place and identity within the session.

Physical

- Improved ability for the body to respond to certain physical movements and activities.
- The children develop an understanding of what their bodies are capable of and how additional effort can enhance performance.

Football Specific

- Can dribble evasively with good close control.
- Has basic mastery of the ball with ability to take it/kick it in any direction with relative accuracy.
- Can perform a variety of different kicks.
- Understands how to kick the ball with different parts of the foot and the resulting movement of the ball.
- Understands the importance of individual positions within the team.
- Learns and understands the basic rules of a match.

Mega Kickers classes aim to be challenging. The children are able to transfer their football skills into a real match environment. They are also taught fair play, teamwork and the importance of hard work. 



**Home – where
Your story
begins..**

**Let Elliott make
your new beginning
stress-free!**



**Contact us today
for a quote**

Tel: +27 11 256 3000

**Email:
sales@elliottmobility.com**

**Website:
www.elliottmobility.com**

MOVING • STORAGE • RELOCATIONS



**FREE SUBSCRIPTION
FOR 3 MONTHS!***



FIBRE ROUTER



3 MONTHS black SUBSCRIPTION



SMART BOX

VISIT CFIBRE.CO.ZA

**GO IN STORE OR
CALL 084 145**

FROM R907 PM

Cell C
CONNECT YOUR WAY



It is important that you understand and agree to these Terms and Conditions in order to make use of the 3 Months Free C-Fibre With black Winter Promotion (the "Promotion"). Customers signing up for C-Fibre during the Promotional Period will receive the first 3 months subscription for free. Cell C's C-Fibre Terms and Conditions also applies to the Promotion. The 3 Months Free C-Fibre with black Winter promotion will offer customers uncapable fibre, 3 months free subscription, a free black Set Top Box and 3 months free access to 2000+ Premium entertainment package on black with access to over 50 TV channels, local and international movies, series, music videos, kids' shows, documentaries and much more. The Promotion will run from 1 June 2018 to 31 August 2018 (the "Promotional Period"). The Promotion only applies to 20Mbps line speed services and above. Subscribers that sign up for C-Fibre on a 20Mbps line speed and lower will not qualify for the C-Fibre with black Winter Promotion. Upon successful application for C-Fibre with black Winter Promotion, Cell C will deduct an equivalent of one month's subscription fee (plus any other applicable costs) immediately from the customer's credit card, as an upfront payment for the C-Fibre with black Winter Promotion. The C-Fibre with black Winter Promotion is not applicable to the C-Fibre Connector tariff plans and any future bundled service offered on C-Fibre. The Promotion is only available to new C-Fibre customers that sign up for C-Fibre during the Promotional Period. The Promotion is valid across all fibre networks where C-Fibre is commercially available. Customers that subscribe for the C-Fibre with black Winter Promotion will not be allowed to downgrade their line speed. The Promotion will apply for 90 days from the date when the C-Fibre service is activated. E&OE applies.

AUGUST IN THE GARDEN

Although it's cold, August is a very exciting time of the year as spring is just around the corner. Plants are starting to wake up as the days start getting longer, so it's a wonderful time to get stuck into the garden.

This is the month in South African gardening circles to get all of your pruning done. This is especially true for fruit trees and roses, but also for any deciduous shrubs that may be in need of a trim. Remember to shred all your cuttings and pop them onto the compost heap that you've almost certainly already started.

Transplanting is another common theme during August as many plants are dormant and can be moved without worrying about disturbing them. If you're looking for a change of scenery or just to update the overall look-and-feel of your garden, now is an ideal time.

Cool-season edibles and annuals will be available at your local accredited garden centre, so pop in for a culinary and colour delight. It may be chilly out there, but your garden would probably enjoy a dash of attention as much as your body would enjoy a bit of fresh air.

TO DO...

August is the tail-end of winter and you can start looking at soil preparation of your flower beds by adding organic compost as well as Vermi plus – a carbon-based fertiliser which improves your soil structure and conditions it for the summer season ahead.

You must also look at scarifying your lawn by cutting it very short to remove the thatch build-up. This process removes all the old dry grass and encourages new shoots to grow. Lawn dress your lawn after scarification with a good weed-free lawn dressing to level your lawn areas and encourage quick regrowth. Apply Vermi plus after lawn dressing.

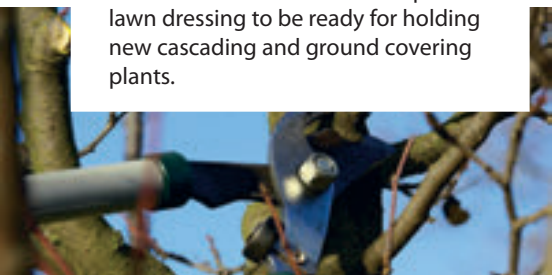


VEGETABLES TO PLANT THIS AUGUST

CABBAGE	- Sow seed
MINT	- Sow seed
PARSNIP	- Sow seed
PEAS	- Sow seed
SHALLOTS	- Sow seed
SNOW PEAS	- Sow seed

QUICK CHECKLIST

- Fix uneven and worn out garden paths.
- Paint your garden gates a new colour.
- Lavish a new coat of paint on your trusty old wheelbarrow to prevent rust.
- Have your lawnmower and weed-eater serviced.
- Sharpen [or have sharpened] all pruners, loppers and hedge cutters.
- Repair retaining walls and fill the cavities of those with built-in flower containers with fresh soil mixed with compost and lawn dressing to be ready for holding new cascading and ground covering plants.



August flowers

Improve the view by adding colourful cheer to your garden. Here are a few delightful winter flowering plants you still have time to plant this month:

- Calendulas
- Pansies
- Violas
- Primulas
- Petunias
- Snapdragons

Once planted, ensure that these annual beauties thrive by feeding them every two weeks with Obundance to promote flowering. Be sure to deadhead annuals when the blooms fade.



Want to know how to improve your garden and lawn areas? Contact Jerida at Turfnet on 073 935 9754.

GARDENING IN THE SHADE

Many people have south-facing areas that hardly ever see the sun. An abundance of shade in your garden doesn't mean you can't have an attractive display. Here's what to plant in your garden beds, borders, and containers.

VIRGINIA STOCKS

Virginia stocks are probably one of the easiest of all to grow from seed, thriving in part shade to full sun. This delightful little annual is hardy and deserves a place in every winter and spring garden. Not only does it flower profusely in delightful shades of pink, rose red, lilac and creamy-white, but it also smells heavenly. It must be the easiest annual to grow and quickly produces small bushes 20 to 30cm tall and 10 to 15cm wide.

GERALDTON WAX PLANT

As part of the xeriscape or drought tolerant garden, the stunning Geraldton wax plant (*Chamelaucium*) can't be beat! When in full bloom, it looks like a billowing cloud of cotton candy as the branches sway in the breeze. The needle-thin leaves can be bright to dark-green, depending on the season, and contrast beautifully in texture and colour with the shiny berry-like buds arranged in open sprays along the ends of the stems, and the lush clusters of waxy, star-shaped flowers. If you crush the leaves, they emit a pleasant lemony scent, and the flowers have a sweet, honey fragrance, oozing nectar and attracting butterflies, bees and other pollinating insects, particularly on warm, late winter or spring days.

FIREBUSH

The Firebush (*Hamelia patens*) is a voluptuous tropical beauty which produces flowers and berries all year round. It is a reliable tropical plant that has found its way into many landscapes because of its proven drought and soil tolerance - it can basically grow anywhere. It is a member of the coffee (*Rubiaceae*) family.

BOXWOOD

Boxwood (*Buxus sempervirens*) has been modernised and is seen in almost any style of garden today. Boxwoods are popular with gardeners for their attractive, compact, and low spreading growth habit. Their versatility is renowned, and these garden plants can be pruned successfully into just about any shape you desire.

BUTTERFLY BUSH

The Butterfly Bush (*Rotheca myricoides*) will bloom almost continuously from spring to autumn. It is strikingly beautiful, and because blue remains the most rare and sought-after flower colour for gardens, this plant fits the bill perfectly with its heavenly blue to purple flowers which resemble fanciful butterflies, hence its common name 'blue butterfly bush'. The fluttering flower panicles sprout from the ends of long arching branches, and each flower has one violet-blue petal and four pale blue ones, framed by long purple anthers which bend elegantly upwards, hence its other common name 'blue cats whiskers'. 



Contact Turfnet for your Mulch and Organic Fertiliser orders.

For more information on how to be eco-friendly, contact Turfnet on: 011 464 5088 or 073 935 9754.

Email: Jerida@mweb.co.za or visit their website: www.turfgreen.co.za.



TURFNET

NATIONAL LOCKSMITHS

YOUR KEY TO SECURITY

Having worked in the industry for many years, Nazir and Naeem Essack have the knowledge and understanding to deal with clients and their daily needs, from vehicle assist to home and office assist.



CARS



OFFICES



HOMES

TRANSPONDER
KEYS

SOME OF THE SERVICES THEY OFFER INCLUDE:


- Vehicle Assistance
- Repair and changing of locks
- Car key coding
- Supplying new keys
- Key cutting
- Home assist
- Office assist
- Opening, repairs and sales of safes

At National Locksmiths, their mission is to provide professional and affordable locksmith and other related services that will assist businesses, individuals and households in ensuring that their premises and cars are always well secured.

"We value the importance of our clients, and strive to give the best possible services and advice. This is precisely the reason why we are committed to only hire the best hands to carry out our clients' needs. Our core strength lies in the power of our team, our workforce. We have a team of certified, highly trained and experienced locksmiths. Aside from the synergy that exists in our carefully selected workforce, we have some of the latest locksmith tools and equipment," say Nazir and Naeem Essack.

The two brothers, who have a combined knowledge of over 30 years between them, are the driving force of National Locksmiths. In addition, Nazir Essack is one of South Africa's most accomplished car key programmers, so he will be able to assist you with a new car key, spare key or any coding issues you may have.

"Our office facility is centrally located on a busy road within a secure office park, and our services are offered to you whether it be over the phone or in person. Our team will do their best to meet and even surpass your expectations," they continue. "We aim to work hard to ensure that National Locksmiths is not just accepted in the community that we operate in, in Johannesburg, Gauteng, but also throughout the rest of the country."

"We are quite aware that to be highly competitive in the industry means that we are not only expected to be able to deliver consistent and reliable locksmith services, but also build relationships with our clients who we hold in the highest esteem," they say. "We understand what it takes to provide excellent service, quality workmanship and peace of mind." 



You can visit them at their offices in Woodmead from Monday to Saturday, or give them a call anytime.
Shop A, Woodmead Commercial Park, Waterval Crescent, Woodmead
Their 24 hour emergency contact numbers are: NAZZ : 073 454 2321 NAEEM : 083 964 8411



Up to
40% OFF

All CLASSIC
Dining Tables, Chairs
while stock last



Factory Direct Home & Office Furniture Outlet

info@casaclassiquedecor.co.za 011 656 1622 084 661 9963
www.casaclassiquedecor.co.za



**Wimpole Street
Interiors**



011 802 6134

Sleeperwood Furniture

Umbrellas

Cushions

Fabrics

Curtain Rods

Curtains

Blinds

Carpets

083 375 9260

Office Furniture

Patio Covers

Beds

Mattresses

WROUGHT IRON MANUFACTURERS

AFFORDABLE HOME DECOR FACTORY DIRECT

Unit A Woodmead Commercial Park, 17 Waterval Crescent, Woodmead



**MARSHALL
MUSIC**

SA'S LEADING MUSIC STORE

(011) 804 1362 | info@marshallmusic.co.za
www.marshallmusic.co.za



**NATIONAL
LOCKSMITHS**
Your key to security

Naz: 073 454 2321

Naeem: 083 964 8411

Nationallocksmiths@vodamail.co.za

Shop A, Woodmead
Commercial Park
Waterval Crescent
2191

when choosing your taps and
sanitaryware, come to the people
who really care




**Sanitaryware
Centre**

011 802 5717 www.sanitaryware.co.za

Use the code: KYALAMISANITARYWARE in order to claim your bathroom towel

**Woodmead
Commercial Park**

ST PETER'S COLLEGE 20 YEARS LATER



St Peter's College – a dynamic, young, Anglican co-educational high school was born out of the St Peter's Preparatory in 1998. The opening of the co-educational College was a response to a shortage of independent co-educational high schools in the Sandton area and the need to provide education to prepare students to master the changing local and international environments. The College aims to develop students who are confident, resilient and who make a meaningful contribution to South Africa and the world at large, irrespective of the career they choose.


Since opening its doors with only a total number of 90 students from

Grades 8 - 10, six full-time and three-part time educators, St Peter's College has continued to successfully fulfil its founding mandate. The College prides itself in offering all the students an opportunity to excel on all fronts, be it in the academics, where they are challenged to become independent, critical thinkers; or in co-curricular activities, where every student has an opportunity to explore, identify and grow their potential.

St Peter's College has grown to be a school with over 600 students with well over 100 staff members comprising of 60 academic staff who are becoming specialists in their field. In 2017, the College achieved a 100%

Matric Pass rate with well over 200 subject distinctions, over 250 B symbols, and a 97% Bachelor's Degree Pass (University Entrance).

The College now offers 32 co-curricular activities and several College students have gone on to represent the Gauteng province, the district and some have represented the country across various co-curricular programmes internationally.

St Peter's College alumni have grown in number to over 2000. Most of them are studying, working and establishing themselves as powerful forces in vital sectors of both the South African and international economies. 



To be part of this growing family, contact St Peter's College Marketing Manager, Nosipho Nkosi at marketing@stpeterscollege.co.za or call 011 807 5315. Alternatively, register online for an Open Day at www.stpeterscollege.co.za

SERVICE PROVIDERS



MEDICAL

Dr Yvonne Hoy

Family dentistry, tooth whitening, specialised cosmetic dentistry.

☎ 011 466 1950

Body Logic Physiotherapy

Sunninghill Village Shopping Centre
Maxwell Drive cnr Edison Crescent
www.bodylogicphysio.co.za

☎ 011 027 8526 / 072 624 6988

GENERAL SERVICES

EXTRA LESSONS

Kyalami Kumon Centre

Develop a solid foundation in Maths and English, Gr.00-Gr.7, Madelein at madeleinpretorius@yahoo.com

☎ 082 558 6038

COMPUTERS

Matrix Warehouse

We offer a wide variety of products and services including new PCs, notebooks, Tablets, Printers, Networking products, all PC/NB related cables and accessories. We also offer repairs on all PC's and NB's both software and hardware problems
kyalami@matrixwarehouse.co.za

☎ 011 466 0434/5

TYRES

Supa Quick

Tyres, Shocks, Exhausts, Wheels, Towbar, Balancing and Wheel Alignment. Call-out service also available from Kyalami Boulevard.

☎ 011 466 6076 / 7

Autosport Wheel & Tyre

All Major Tyre Brands, Balancing & Wheel Alignment
317 16th Road, Halfway House

☎ 011 315 7550

BP Kyalami is a 24/7, 365 day a year retail operation that consists of a petrol station, a Pick n Pay Express Store and the BP Award winning Wild Bean Café, providing delicious hot and cold snacks and fresh coffee. Email: bpkyalami@gmail.com

☎ 011 466 0516

SHUTTLE SERVICES

Rubix

Rubix is a professional transport business that provides a safe, reliable and flexible service for scholars, individuals and corporate clients. Thakane Kolobe

☎ 082 434 9605

PET & HOME SITTER

Happy at home

An elderly couple with several years of experience will care for your precious pets in the security of your

home. We have contactable references (Dainfern, Kyalami Estates, Fourways Gardens, Waterford Estate etc). Contact Henry and Deidre
deidredevine89@gmail.com

☎ 082 335 5096

I am available to look after your beloved pets when you go on holiday. I am also a dog owner and a dog lover. Please contact Helen.

☎ 082 552 3418

Furry Kidz

Passionate about your dog's well being. Offering holistic services for your pet. Doggy day care, luxury accommodation, puppy and adolescent dog training. Please contact Linsey Lester DipCABT (NOCN UK) CAPBT Practitioner.

linsey@furrykidz.co.za, www.furrykidz.co.za

☎ 072 595 3782

HOME SERVICES, BUILDING & MAINTENANCE APPLIANCE REPAIRS ARCHITECT

Drawbox Design Studio

The Leader in providing sustainable building solutions. Contact Carlu Swart

☎ 082 339 5834

BUILDING

Zotos Property Group

Specialising in design and construction

☎ 086 197 2537

Quoin Construction Pty (Ltd)

Builders of upmarket homes/renovations/alterations and additions including painting.

Visit our website: www.quinconstruction.co.za

☎ 082 552 4388 - Ian

☎ 082 570 7744 - Maree

☎ 011-464-7145

Care Construction and Paving

We specialise in new houses, additions and alterations, paving, painting and all your building requirements, no matter how big or small. Over 30 years experience.

Visit www.careconstruction.co.za

Email: ian@careconstruction.co.za

☎ Ian: 083 250 3736 / 011 469 4300

ELECTRICIAN

Taylor Electrical

Domestic, commercial, industrial, compliance certificates, energy saving

☎ 0861 102 174 / 083 380 9512

INTERIOR DECORATOR

Candice Interiors

Interior Decorator that can guide you to make the right design choice. All types of Curtaining, Blinds, Upholstery, Shutters, Rods, etc.

candice@candiceinteriors.com

☎ 082 363 0542

Mac Mac Interior Design

Innovative, Respected and Established Residential Design Company. Trust us to create the home you have always wanted. Curtains, Furniture, carpets, blinds and lighting. Together from Start to Finish.

Contact Lee Ann

☎ 082 416 36 89

PAINT

Colour Creations

Paint suppliers in Kyalami

☎ 011 466 0065

LANDSCAPING

Green Creations

Great garden landscapers, complete solutions, minimising costs, maximising quality of the service.

Contact Michelle

☎ 082 901 1530

Life Landscapes

Award-winning landscaping! Our passion for service, quality and LIFE is evident in all our installation, maintenance and irrigation projects

info@lifelandscapes.co.za, www.lifelandscapes.co.za

☎ 011 959 1000

PLUMBING

Sandton Plumbers & Solar

For all plumbing requirements including: Maintenance and new installations, Solar geyser and Heat-pump installers. For personalised service contact Grant.

☎ 083 460 9870

SECURITY

Infantry Security

Installers of Alarms, Outdoor Beams, CCTV (view via mobile), Intercoms (inter communication), Gate Motors and Good Service

☎ 011 315-5055 or 082 438 9774.

EMERGENCY NUMBERS

Ambulance	10177
Ambulance/ Fire/ Metro	011 315 5911
Animals in Distress	011 466 0261
Carstenhof Clinic	011 655 5500
Crime Stop	086 001 0111
Fire	10177
Fire & Ambulance Midrand	011 847 4600
Midrand Trauma Support	076 979 9017
Midrand Veterinary Hospital	011 315 1575
Netcare Ambulance	082911
Police Flying Squad	10111
Police Midrand	011 347 1600
SPCA	011 265 9935
SPCA Midrand Emergency	083 441 1564
Sunninghill Hospital	011 806 1500
Sunninghill Village Vet	011 803 1221
Waterfall Hospital	011 304 6600





ALFA ROMEO STELVIO 2.0T SUPER Q4

Jeremy Clarkson has been credited with the quote: You cannot call yourself a petrolhead until you have owned an Alfa Romeo!

BY ALAN ROSENMEYER

In reply to the quote above, many aspirant petrolheads have countered by saying that there isn't an SUV in the Alfa range and that's what they need as family transport ...UNTIL NOW.

As a first attempt at an SUV from a company that has only built sports cars and sports saloons, the Alfa Romeo Stelvio 2.0T Super Q4 is an exceptional vehicle. Based on the platform of the recent Giulia sedan that is achieving success worldwide, (including 3rd place in the 2018 SA Car of the Year), Alfa has created a family SUV that still thinks it's a sports saloon even though it's bigger, higher and way more spacious. With a boot capacity of 328L that can be expanded to 904L with the rear seats dropped, it can carry a load when needed. Small touches like automated tailgate closing at the touch of a button add to the feeling of luxury and convenience.

Also carried over from the Giulia is the unusual infotainment screen located in the centre of the dash and neatly integrated so that it appears as if it is frameless and simply a part of the fascia of the vehicle. Sound quality from the standard Harmon Kardon system was certainly appreciated on the long road trip that we embarked on for the test review.

Currently, we only have the 2L turbo version available in SA (the manic QV is hopefully coming soon). With 206kW and 400Nm under the bonnet there is performance in abundance. An 8 speed automatic transmission and all-

wheel drive are standard. There is an entry level front wheel drive version offered in some markets. Add in full luxury spec and it certainly competes in the medium luxury SUV segment.

We took the test vehicle on a trip down to the KZN South Coast so covered more distance than usual for a test. Making extreme efforts to adhere to the national speed limit, it managed 7.4L/100km on the downward leg. This is probably the best you will achieve and is fair for the power and performance. Total economy over 2300km ended at 8.3L/100km with a lot of commuting thrown in.

It was interesting to note a number of people commenting that they had never seen a Stelvio before, I truly believe that it deserves better acceptance from the public and that this should reflect in many more sales.

One complaint was the wildly inaccurate reading of range available in the tank. This caused some anxiety on the homeward trip.

As tested, the price is R 817 900 and there is a First Edition version with the same drivetrain offered at R 954 900. A 6 year/100 000km Maintenance Plan is included.

Overall, what an achievement for a first attempt.

Follow this link to watch our test review: https://www.youtube.com/watch?v=_V57TusV4nA 





IT'S **NOT** ABOUT THE
WEIGHT I LOST,
BUT THE
LIFE I GAINED.



LOST 53.8 KG

Sue Wilkinson
Took the pledge.

LOST 19 KG

Karen Zochowski
Took the pledge.

LOST 55.8 KG

Hennie Koekemoer
Took the pledge.



Before *Before* *Before*

Take the Body20 Self-Transformation Pledge
and stand a chance to win R20 000.

Body20 Kyalami Corner | 061 510 7359 | kyalamicorner@body20.co.za

MATRIX™

WAREHOUSE

WORK HARD. PLAY HARDER



VISIT MATRIX WAREHOUSE

KYALAMI DOWNS

SHOPPING CENTRE

BETWEEN PIZZA PERFECT & BOTTLE STORE

011 466 0435/4

kyalami@matrixwarehouse.co.za





Queen of Clean

**ON-SITE CLEANING
OF CURTAINS, BLINDS,
UPHOLSTERY
AND CARPETS**

*Our experienced cleaning team will
provide you with superior service,
ensure that your experience is easy
and hasslefree, and leave you with a
clean and allergy-free environment.*

For a free consultation and quotation contact:
Julie 0824524246
info@queenofclean.co.za



FURRY KIDZ PET SERVICES

PTY LTD.

**PASSIONATE about your
DOG'S WELL BEING**

- ♥ Doggy Day Care
- ♥ Luxury accommodation
- ♥ Puppy and adolescent dog training

072 595 3782 ♥ www.furrykidz.co.za



Linsey Lester ♥ linsey@furrykidz.co.za
DipCABT (NOCN UK) • CAPBT Practitioner



EMIGRATING, DOWNSIZING, RELOCATING, DECEASED ESTATES ...

We are a leading auctioneer of quality
movable household items including
furniture, appliances, decorative
art, silverware, jewellery, militaria &
collectables.



**Evaluations given.
Collection arranged.**

www.bryanstonauctioneers.co.za

For more information contact us on:
011 463 4666 • 011 463 4619 • 083 417 8231
Main Rd, Bryanston
info@bryanstonauctioneers.co.za

PEARLY WHITES OR GROTTY GNASHERS?

We may know that it's important to keep our pets' teeth and gums in good health, as we do our own, but why is this so imperative?

FULL-BODY HEALTH

Unfortunately, tooth and gum disease can affect our beloved pet's entire body. That's right. It becomes difficult for your pet to eat and enjoy his food if his teeth are loose and sore. Bacteria naturally found in the mouth are able to form abscesses at the roots of affected teeth. Worse still, the bacteria present in infected gums are circulated throughout the body via the bloodstream. A diseased mouth, apart from smelling awful, can result in septicaemia, which can affect the heart valves, kidneys and, in extreme cases, even lead to death!





The most likely cause of less-than-fresh breath, is poor dental health.

'DEATH BREATH'

We all remember the adorable puppy- or kitty-breath that melted our hearts when we first brought our furball home. But, these days those kisses aren't quite as pleasant.... It may be that your pet's diet is a factor, eg. if he eats a high-fish diet, or one that gives him indigestion



and causes burping. Or the pong may be a result of an underlying health problem. If you follow our step-by-step guide to great dental health for your pet and his breath is still ghastly, be sure to take him for a veterinary check-up to rule out medical causes. However, the most likely cause of less-than-fresh breath, is poor dental health.

EXPENSE

We often forget that dogs and cats won't 'open up and say ahhh' for their vet, as we do when we go to the dentist. A dental scale and polish for pets therefore requires a general

anaesthetic. Add to this an hour or two of tooth extractions, and you're potentially looking at a bill of up to R7000! And who doesn't want to avoid having their pet put under anaesthetic needlessly if this can be prevented? So how can we ensure that our pets' teeth and gums stay in good health from puppy- or kitty-hood, right through to his golden years, without our having to avoid his happy panting breath, or loving licks?

BRUSHING

Regular brushing with a pet-friendly toothbrush and specially formulated toothpaste for dogs and cats is your first and best defence against pet dental problems. Provided your pets are introduced to this process slowly, and receive positive reinforcement throughout, most can be taught to accept tooth-brushing. Start by getting your dog or cat used to his muzzle, lips and the inside of his mouth being touched, using treats to reward him for allowing this contact. Once he is comfortable for you to inspect his mouth, move on to wrapping your forefinger with a gauze pad and gently rubbing it along the outside of the teeth and gums. Next step, include a dollop of pet-toothpaste to the gauze.

These are usually available in a pleasant (for pets!) malt or poultry-flavour. Never use human toothpaste as it contains fluoride and shouldn't be swallowed. Also, pets don't generally enjoy the taste of mint. From there, it's just a hop, skip and a jump to using a pet toothbrush: either one that fits over your finger, or a long-handled type with two different head sizes to suit pets with various sized mouths.

Daily brushing can be a bit of a pipe dream (although there are some very diligent pet-parents who do this), but aim for three times a week at least. Remember that when your pet comes to Twisted Whiskers for his grooming visit, we will happily include a complimentary tooth-brushing as part of the treatment. We keep each pet's personal brush and paste in a marked container, ready for his appointment.

FOOD

There are many reasons why people feed their pets tinned, raw or home-cooked food, but remember that doing so eliminates the "brushing" effect the pet experiences when eating a good quality veterinary-premium kibble. If you prefer to feed soft food, or if your pet




BONES

While many of us grew up considering bones as part of a healthy dog's or cat's diet, this isn't necessarily so. Yes, they may help keep teeth clean but they can also help to damage tooth enamel and fracture teeth. Even worse than this, the sharp ends of splintered bones can wreak havoc all the way down the digestive tract, puncturing tissues and organs, forming obstructions and, if they happen to travel all the way to the end, lodge in the rectum, building up into a painful mass that may need removing via enemas or even surgery. All in all, feeding bones, especially cooked ones, is a potentially costly exercise and one that has ended in tragedy for some pets. Bones are not recommended as part of a dental-care plan.

AN OUNCE OF PREVENTION...

The very best way to deal with dental health problems is to prevent them in the first place. Start your pet on a good-quality, veterinary-endorsed kibble diet from the moment he arrives home. While you're house-training and socialising him, make tooth-brushing part of his regular routine and inspect your pet's mouth regularly for plaque and calculus formation, swollen and reddened gums, broken teeth and anything else that looks abnormal. Ask your vet to check your pet's oral health at each visit and include a quality dental chew as a daily treat. If your pet already has dental disease, visit your vet at the earliest opportunity and book a scale and polish to prevent it worsening. This will get the problem under control and you will be able to start afresh with a dedicated dental-health routine.

Here's to many years of fresh furry kisses! 

is on an exclusively soft food diet for medical reasons, you will need to pay extra attention to his dental health. Soft food is sticky, tends to collect around the back teeth and forms a plaque base which the minerals in the saliva can attach. This leads to a hard mineralised mass forming on the outside of the tooth, called calculus or tartar, which cannot be removed except by professional dental scaling. Apart from the mechanical brushing effect that kibble food has on the teeth, a number of the premium veterinary diets available from Twisted Whiskers or your veterinary clinic include a polyphosphate complex, which activates on contact with saliva and coats the teeth as the pet eats. It remains for hours after his meal, to prevent calcium and other minerals from attaching to plaque. How amazing that your pet's teeth can be kept in good condition, just by eating his regular meals!

DENTAL CARE CHEWS AND TREATS

There is a confusing array of these available, all promising to keep your pet's teeth clean and his breath fresh. At present, there is only one product available that has published studies to prove its benefit to dental health. Have a look on the labels and avoid products that consist purely of a variety of vegetable gums, potato starch and contain no polyphosphates. Chlorophyll may help keep your fur-kid's breath fresh for a short while, but it will do nothing to reduce plaque or tartar and will have no lasting effect. Just because it's green in colour, doesn't mean it works!

The majority of treats are gobbled up in seconds, so your chosen dental care treat also needs to promote chewing. Many dried meat treats have a beneficial effect on oral health by virtue of their fibrous nature that promotes chewing and mechanically removes plaque. Ask Twisted Whiskers' staff about a daily chew

that either encourages chewing, or includes a polyphosphate complex, or both, to guard against plaque formation.

MOUTH-WASHES AND WATER ADDITIVES

A number of products are available that can either be squirted onto pets' gums and teeth or added to their water in order to reduce plaque formation and freshen breath. Again, beware! Ask your vet or TW staff member about a veterinary-endorsed water additive by a reputable manufacturer that can be helpful if your pet will not tolerate having his teeth brushed.

By all means, try this method, but bear in mind that many cats and dogs are put off by substances being added to their water. This can be a real problem if it discourages them from drinking the water they need to consume daily for their overall health and well-being. Keep a close eye on how much your pets are drinking if you add dental care products to their water. If you're going to use a mouth-spray, ensure that it has proven antibacterial ingredients or it may just mask unpleasant odours for a short while. There's a comprehensive range at Twisted Whiskers from which to choose.



We now
also stock
plumbing supplies

COLOUR CREATIONS

Paint, Hardware & Plumbing **Too!**

EUREKA
Fasten & Fix it...

**ROCK
GRIP**

Dulux
let's colour

Woodoc
FOOD FOR WOOD



FREE DELIVERY

Unit 10, Kyalami View Business Park, 96 Forssman Close, Barbeque Downs

(011) 466-0080/65 • www.colourcreations.co.za • colourcreations@telkomsa.net

Kyalami Estate
Rental Agent
Kim Dinham



TO LET

Ref# MDL1372272

Bedrooms 3 / Bathrooms 3

R35,000 pm



TO LET

Ref# MDL1376468

Bedrooms 3 / Bathrooms 2

R30,000 pm



TO LET

Ref# MDL1373710

Bedrooms 3 / Bathrooms 2

R28,500 pm



TO LET

Ref# MDL1384723

Bedrooms 3 / Bathrooms 3

R25,000 pm

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

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

savills
An International
Associate of Savills

PAM GOLDING
PROPERTIES

RESTAURANT COMPETITION FOR AUGUST

DON'T FORGET TO ENTER OUR MONTHLY RESTAURANT COMPETITION.

Here is the question for this issue:

Q: Which club in Kyalami was formed on 1 April 1981?

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 July

Well done to the winner of our last competition!

Congratulations to: **Phil Chivers** who receives a R500 meal voucher from one of our participating restaurants. 



Terms and Conditions:

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



THE HUSSAR GRILL
EST 1964

OUR SEASONAL 2-COURSE BUSINESS LUNCH
FOR R130p/p
Available Monday to Sunday 11am - 4pm.

STARTERS

- Tomato soup topped with cream, served with 3 croutes on the side
- or
- Peri-peri chicken livers sautéed in sherry, garlic, onions, mixed herbs and cream, served with croutes
- or
- Tender fried calamari strips

MAINS

- 200g Rump/ Sirloin (Class A), served with traditional fries, mash or baby potatoes
- or
- Parmesan chicken served with mash
- or
- Fried calamari served with tartar sauce

Join us at Waterfall Corner | Shop 6, c/o Maxwell & Woodmead road, Midrand | Tel: (010) 594 5556



TOMO
IZAKAYA
ASIAN KITCHEN & SUSHI BAR



24A Kyalami On Main, cnr Woodmead Dr & Dytchley Rd, Barbeque Downs, Kyalami (Next to Rocomamas).
Tel: 011 466 0283



facebook:
tomo izakaya



the ROCK

Looking for some dining inspiration?
The Rock offers the best in contemporary dining with a menu full of unusual and exciting treats. Open From 06h45 until late.



The Rock | Kyalami Corner 010 020 6637 | Design Quarter 011 465 6011
We cater for corporate and other functions
www.therockdiner.co.za



Monforte
FLAVOURS OF PORTUGAL

Flavours of Portugal
2 Course Business Lunch
Choose any one Starter & Main meal
Only R130p/p

Starters

- **Caldo Verde:**
Spinach, Chourico and Potato soup. Served with a fresh roll.
- **Chicken Livers:**
Pan fried with onion, garlic in our homemade Piri-piri sauce. Served with a fresh roll.
- **Prawn Rissolle's:**
Spicy Portuguese prawn cakes deep fried until golden brown.

Mains

- **Half Portuguese chicken:**
Rubbed in our Monforte spice, flame grilled and oven baked in our homemade Piri-piri sauce. With your choice of a side dish.
- **Portuguese Steak:**
200g Rump topped with ham and a fried egg. With your choice of side dish.
- **Prego roll (Beef or Chicken):**
Marinated, grilled and served on a Portuguese roll and choice of side dish.
- **Grilled Fish and Chips:**
Hake fillet, grilled in our Monforte butter, served with a choice of side dish.

Available Monday to Saturday: 12pm to 4pm. Pre-Orders and Bookings are available on request. Eat-in Only

Visit us or call us:

Waterfall corner shopping centre, Shop 6, Cnr Waterfall drive & Woodmead drive, Midrand, Gauteng | Tel: 010 594 5557



Top 10

TRAVEL DEALS

1. Lake view bliss offer from Jozini Tiger Lodge. Rates from R2 470 per room per night for two adults. Offer includes dinner, one nights' accommodation with breakfast and one 60 minute full body hot stone massage for two. Minimum two night stay applies. Valid until 15th December 2018. *For more information visit www.jozinitigerlodge.co.za; email: reservations@jozinitigerlodge.co.za or contact them on 035 572 1020.*

2. Europamundo offer from Ezeego1 Travel & Tours. Rates from R13 304 per person sharing. Offer includes seven nights' accommodation with breakfast daily, transfers and sightseeing. Visit Prague, Innsbruck, Salzburg, Vienna and Budapest. Valid until November 2018. Offer excludes flights and taxes. *For more information visit www.ezeego1.co.in or email: agents.registration@ezeego1.com.*

3. Cape Town stay for 4 nights and pay for 3 with Inspirations Travel & Tours. Stay at Bantry Bay from R4 800 for 4 nights per couple including breakfast. Valid until 30 September 2018. Offer excludes flights and taxes. *For more information visit <http://www.inspirations-travel.co.za>; email: info@inspirations-travel.co.za or contact them on 031 266 0030.*

4. Garden Route breakaway package from Lakeside Lodge & Spa. Rates from R3 225 per person sharing. Offer includes two nights' accommodation with breakfast daily, one-hour guided forest hike, two-hour guided bird tour, lunch for two, and a wine tasting experience. Offer excludes flights and taxes. *For more information visit www.lakesidelodge.co.za; email:*

info@lakesidelodge.co.za or contact them on 044 343 1844.

5. Watch England vs Spain with British T.I.P.S. England vs Spain football match from R7 530 per person sharing. Offer includes Club Wembley short side ticket and two nights' accommodation at the Hilton Wembley Hotel with breakfast daily. Match date 8 September 2018. Offer excludes flights and taxes. *For more information visit www.britishtips.com; email: sales@britishtips.com or contact them on 021 975 2047.*

6. Winter warmer couples offer from Mozambique Tours. Rates from R13 340 per person sharing. Offer includes return flights departing from Johannesburg, approximate taxes, return transfers, four nights' accommodation at Massinga Beach, with breakfast, lunch, dinner and selected drinks daily. Available to SADC passport holders only. Valid until 21 August 2018. *For more information visit www.mozambique-tours.co.za or contact them on 0861 11 2552.*

7. Namibia couples retreat offer from Just Holidays. Rates from N\$8 510 (approximately R8 563) per person sharing. Offer includes return transfers, tour guide, two nights at the five-star aha Epacha Game Lodge, with breakfast and five-course dinner daily, one game drive and one 30-minute spa treatment. Rate is based on six adults. Valid until 31 October 2018. Offer excludes flights and taxes. *For more information visit www.justholidays.com.na; email: admin@justholidays.com.na or contact them on +264 61 253 276.*

8. Italian Grand Prix offer from Thompsons Holidays. Monza Grand Prix from R9 549 per person sharing. Offer includes return transfers, three nights' four-star accommodation with breakfast daily, and general admission Monza Grand Prix tickets. Set travel dates of 31 August – 3 September 2018. Offer excludes flights and taxes. *For more information visit www.thompsons.co.za; email: info@thompsons.co.za or contact them on 011 770 7700.*

9. China offer from Tripistery B2B Travel. Rates from R17 740 per person sharing. Offer includes transfers, three nights in Beijing, two nights in Xian, three nights in Shanghai, breakfast daily, English-speaking guide and more. Highlights: Forbidden City, Temple of Heaven, Walk on the Great Wall, cruise tour with buffet and more. Valid until 30 November 2018. Offer excludes flights and transfers. *For more information visit www.tripistery.com; email: info@tripistery.com or contact them on 031 817 1900.*

10. Walk the Great Wall with Earth Wanderer. Rates from R17 075 per person sharing. Offer includes eight nights' accommodation with breakfast daily, six lunches and dinners, return transfers for group flights and local transport. Highlight: walk across the peaceful semi ruins of the Great Wall. Valid until 31 October 2018. Offer excludes flights and transfers. *For more information visit www.earthwanderer.co.za; email: info@earthwanderer.co.za or contact them on 074 340 4587.*



Let's go

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

Visit www.lets-go.co.za

DISCLAIMER: Whilst Let's go takes reasonable measures to ensure that the content of the offers and the website are accurate and complete, Let's go makes no representations nor warranties, whether expressed or implied, as to the quality, timeliness, operation, integrity, availability or functionality of the website or as to the accuracy, completeness or reliability of any information on the website. All prices, availability and terms should be checked with the sales agent for the relevant listing.

Specialising in unique once off items

Sourced directly from factories & importers;
job-lots, factory over-runs, end of ranges
& samples. Unpacking new containers &
consignments weekly.




Blairgowrie - Tel: 011 326 2508

Kyalami - Tel: 011 466 0072

Northriding - Tel: 011 704 0524

www.lotsandcrates.co.za

 facebook.com/pages/Lots-Crates

lots&crates



X-Class... First of a new kind!

Extreme adventure in extreme comfort.

X-Class. First of a new kind. Venture anywhere in style with the most rugged and luxurious bakkie in South Africa. The X-Class is available in two styling lines - PROGRESSIVE and POWER - with various configurations: 4x2 or 4MATIC, manual or automatic.

Mercedes-Benz Commercial Vehicles, Centurion

1 Park Avenue North, Highway Business Park, Rooihuiskraal, Centurion (Cnr. Old Jhb & Nelmapius)

012 621 0000

Aubrey Nkoana 082 432 7976 | Carol Mazibuko 079 512 7887 | Heidi van Wyk 082 877 8634

Mercedes-Benz

Vans. Born to run.

