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In this month’s issue, we examine the continually evolving roads infrastructure in and around the Waterfall development.

Waterfall has grown substantially over the past few years. While a traffic impact assessment was undertaken in the initial planning phase, this assessment is constantly updated in light of the construction of new offices, schools, residential and retail components, and based on this, roads are planned and built. The objective of the assessment is to ensure that once Waterfall is complete, the roads will comfortably accommodate the traffic flow to allow vehicles to move throughout the development efficiently.

Since the development is a work in progress, there is unfortunately still some traffic congestion in the area. However, as the article explains, Waterfall residents, as well as those who work here, can expect extensive road infrastructure improvement over the next few years, which will no doubt alleviate much of the traffic pressure currently being experienced.

In another article of interest, we explore the popularity of Waterfall for corporate tenants, given how many companies are choosing to base their headquarters or distribution hubs here. Property company, Attacq, is well positioned to offer businesses the opportunity to consolidate their property footprint, cut their costs and become more efficient – all by bringing multiple divisions together in one place – which is why prestigious tenants now include PwC and Deloitte who will be moving to Waterfall City in early 2020.

We are delighted to welcome these new companies and their employees to our thriving community, and look forward to the continued development in the commercial node of Waterfall.

Finally, the talented youngsters at the Pulse Dance Studio here at Waterfall have once again done us proud. They recently represented South Africa at the annual World Championship of Performing Arts (WCOPA) competition and walked away with numerous medals.

There is an article about their success in this edition of the magazine, which should be a thought-provoking read for any parent. These dance classes are a fun way to keep kids active and instill in them a great sense of discipline and ambition. Through their non-profit organisation, The Power of Dance, the dancers also work with township children so, if you are a business person with a philanthropic streak, do get in touch with them – they would love your support!

Kindest regards,
Waterfall Management
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How smart corporates are maximising returns by consolidating their property footprint.

For businesses that are seeking to be more efficient and productive, consolidating regional offices and bringing together multiple divisions into one large corporate headquarters makes commercial sense. Apart from the obvious rent savings achieved when moving from multiple buildings to a single base, it can also be a strategic leap forward that strengthens communications, innovation and workflow processes between companies.

A great example of this is Attacq’s award-winning Waterfall City and Logistics Hub in Gauteng, which has seen the company deliver on its promise to build a world-class urban precinct – optimised for business excellence and employee engagement.

This new development node is pioneered for consolidation in two distinct business categories:

- **Waterfall City** – where companies such as Novartis, Premier Foods, Diageo, Group 5 and Dow have already consolidated their offices.

- **Waterfall Logistics Hub** – where combinations of warehouses, distribution centres and offices are located. Companies such as Servest, Amrod, Hilti and Cummins already boast operations here and the new BMW Group South Africa distribution centre is moving fast towards completion.

While these leading global brands have already consolidated their businesses in Waterfall, more premier businesses have recently signed on too. These include PwC and Deloitte. The PwC Tower, which comprises over 45 000m² of gross lettable area (GLA), can accommodate more than 4 000 employees and is due for completion in February 2018, after which the company will consolidate its regional headquarters in Waterfall.

PwC’s Chief Operating Officer, Fulvio Tonelli says; “Our decision to consolidate our Gauteng operations into a single office at Waterfall was largely shaped by the needs of our clients and our people. Innovation and being attuned to
changing business requirements are key to the sustainability of an organisation like ours. Bringing our people together under one roof means that we can be more agile, respond to our clients’ needs faster and more efficiently, and provide our people with a modern, environmentally-friendly work environment.”

The Deloitte building, estimated for completion in early 2020, with a GLA of over 42 000m² will ensure the company has capacity for over 3 500 employees in a beautifully-designed and landscaped environment.

These are not the only forward-thinking organisations who understand that putting regional operations all under one roof is good for their bottom line and their people too. However, they are certainly leading the pack in optimising their property management strategies. In fact, a recent Urban Studies: Waterfall Economic Impact Study projected that office growth in Waterfall City will increase by almost 30% per annum until 2020/21 based on projects already committed.

HOW YOUR BUSINESS CAN BENEFIT FROM STRATEGIC PROPERTY CONSOLIDATION AT WATERFALL CITY

- Cost reductions – paying rent for a single location rather than multiple buildings
- Commercial efficiencies through centralisation of departments, systems and processes
- Waterfall is ideally positioned to secure access to major transit infrastructures
- It is well-positioned to widen the employee recruitment pool for staffing requirements
- Safe working premises with top class security measures in place
- Appealing work environment and beautifully landscaped outdoor facilities
- Future expansion requirement easily facilitated

What’s more, the combination of South Africa’s growing office and light industrials sector, along with Waterfall City’s proximity to Mall of Africa, is expected to act as a driver for further retail, industrial, residential and commercial activities in the Waterfall node. This means that, by its very existence, the Waterfall City and Logistics Hub will significantly stimulate local economic growth in several sectors and attract more people to both live and work in the area.

Urban Studies recently undertook a survey of CEOs and managing directors of twenty-two of the businesses that have already moved into Waterfall City, to understand what their key motivator was. These executives made the following comments regarding their presence in Waterfall City:

“Globally, we only consider cool sites for offices and employees to work at.”

“Waterfall already has a strong corporate image.”

“One of the most visible sites in South Africa, and there is additional room for future growth.”

“It will be easier to attract new talent to the head office in Waterfall.”

“Quality, multinational companies already represented at Waterfall.”

“Waterfall is ideally located for us to consolidate our Johannesburg and Pretoria operations.”

“Mall of Africa will create a great vibe for employees and act as a catalyst for further development.”

“Safe environment for employees.”

Attacq CEO, Morné Wilken, adds his thoughts on this: “Attacq is in a unique position to control the design and build of a new urban city right in the heart of Gauteng. This has allowed us to develop Waterfall as an environmentally-friendly precinct where people can truly live, work and play. This includes building superior infrastructure, in a well-designed city where residents and visitors can meander along the pedestrian-friendly walkways, shop and eat at Mall of Africa, work at one of the many businesses or relax in Waterfall Park. Some of the many other offerings here include schools, a Netcare Waterfall City Hospital and a number of residential estates and complexes. As Waterfall City and Logistics Hub attracts further business consolidation, the companies’ employees can enjoy all the benefits of being in a city that really works.”
EXPERIENCE PERFORMANCE ON ANOTHER LEVEL AT PRIME MINUS 4.5%*

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All of Africa is proud to host the Gauteng Philharmonic Orchestra (GPO) who will be showcasing their brand new musical spectacular Disney Magic: Music from the Movies.

This spectacular will include vocal guest stars Marina Botha and Tinus Spies and will take place at the Waterfall Park at Mall of Africa, on 30 September.

Soundtracks specifically arranged for the orchestra by Stephan Bezuidenhout and Heinrich Kruger include famous moments from Beauty and the Beast, Little Mermaid, Lion King, Aladdin, Frozen, Pirates of the Caribbean, Mulan, Tarzan, Hunchback of Notre Dame and the new Star Wars: The Force Awakens.

Tickets are available from www.ticketspace.co.za with special concessions for groups, pensioners, students and primary school children.

**TICKET PRICES ARE AS FOLLOWS:**

**Seated:**
- Adults: R 250
- Children: R 100
- Children under 2 years: R 30

**Casual/Picnic Style:**
- Adults: R 200
- Children: R 50
- Children under 2 years: R 20

Doors/gates open at 17h00
Concert starts at 19h00
Duration - 90 minutes

Refreshments will be on sale at the venue.
Cameras, blankets, picnic baskets and low chairs will be permitted. Firearms, tables, high chairs, drugs, weapons and recording equipment are prohibited.

**Disabled Facilities:**
The venue has disabled toilet facilities and a special parking area for disabled patrons.

**Parking:**
Mall of Africa, Parkade E or G, level 5 will give you access to Town Square/Waterfall Park.

For more information, contact them on:
Tel: +27 (0) 10 596 1470
Email: info@mallofafrica.co.za

Address:
Cnr Lone Creek Crescent and Magwa Crescent, Waterfall City
26°00'55.7"S 28°06'24.6"E
Being part of the Waterfall Charity Golf Day on 11 August was a highlight in the year for the Down Syndrome Association! As beneficiaries of the event, we were happy to assist our hosts, Waterfall Management Company, in both the preparations and on the day itself – be it helping out with registering the 134 players, interacting with the golfers or promoting our raffle competition. The young adults with Down syndrome played a major role in making the day special, particularly with their presence at the 4th hole, where they could casually interact with the teams going by. One of the adults with Down syndrome, Tony Raposo, chalked up a wonderful round of golf including 4 birdies, making his team and us all so proud!

We couldn’t have asked for more perfect weather and a more perfect ending to the day. The generosity shown by all the guests, whether through donations and/or bidding at the auction, overwhelmed us. With their help, a huge sum of money was raised for our organisation and the work we do. In addition, we also had people pledging to support the Down Syndrome Association next year!

Baatile Komane, one of our parents and a board member of our Association, spoke about the difference Waterfall is making in our Association, thanking all involved for the financial security which gives us confidence to start crucial new projects and extend our services.

The highlight of the day for me, however, was the interview with Louis Lingenfelder and Tony Raposo – two men with Down syndrome. Hearing them talk about their lives and journeys was inspiring and entertaining for all – such as going to ordinary schools, learning to read and write, being shy about girlfriends, holding real jobs in the open labour market, earning real money, liking whiskey (“Double, straight on the rocks” as Tony said), working hard at being good at the sport they participate in, their achievements, Louis’ community fundraising “Box project”, etc. Good going Tony and Louis! You are examples to us all.

Thank you Waterfall and friends for joining forces with us. Your support gives us wings! A big thank you also to all the players and everyone who took time out to make this day a huge success:

The Waterfall Team; Ad OutPost; CommCo; Trafalgar; HR Technologies; ClubTravel; Khanyisa Electrical Suppliers; Turn ‘n Tender; Fidelity Security Services; Smit Sewgoolam Incorporated; The ProShop; Genso; Indwe Risk Services; Century Property Developments; STM; TCQ Project Management; Graphite Security; Sanitech; FNB; African Clay; Blue Valley Golf & Country Club; The Butler; Werner Van Rhyn; Frank Kilbourn; Herman Brits; Kevin Eden

GET INVOLVED
As an NPO, we do not receive any government funding and are totally dependent on donations from the public, as well as companies in the private sector. Our fundraising ventures are vitally important to sustain our organisation, but are also fun for members of the public to attend and support. If you would like to get involved, check out some of our upcoming events.

FAREWELL 2017 BALL
4 November. Here, we invite companies to join us and celebrate their year-end function in style, while supporting a good cause. There will be live music and entertainment, lovely food and excellent company.

RIDE FOR A PURPOSE 947 CYCLE CHALLENGE
19 November. Make our Association your purpose and support us in raising awareness.

For more information on any of the above, you can contact Karen at karen@downs.org.za
RIDE FOR A PURPOSE

RIDE FOR

DOWN SYNDROME

at the Telkom 947 Cycle Challenge
and help raise funds for persons with Down syndrome

R1 500 to ride

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19 November ‘17

Contact: Karen van Rooyen
012 664 8871
karen@downs.org.za
Magda Lourens
082 789 2584

Our Team Needs YOU!

Down syndrome Pretoria / Tshwane is a registered, non-profit organisation (NPO 000-362) that strives to provide support to families of persons with Down syndrome by providing relevant quality services. Section 18A Tax certificates can be issued for donations.

DOWN SYNDROME ASSOCIATION PRETORIA / TSHWANE
www.downsyndromepretoria.co.za
BECOME YOUR BABY’S SKIN CARE SPECIALIST

Dr Lushen Pillay, Specialist Dermatologist at Netcare Waterfall City Hospital

It takes special care and attention to keep a baby’s skin soft and healthy as babies have extremely delicate skin. Minor skin problems may arise from time to time but you will, for the most part, be able to treat these at home. Here’s how to take care of baby skin.

BATH-TIME BASICS

- Don’t go overboard. There’s no need to bathe your baby every day. Too much tub time could dry out your baby’s tender skin, but more importantly, babies don’t get dirty enough to need daily baths.
- When you do bath your baby, make sure you limit the time in the water to a few minutes, use only allergy-free soaps and baby shampoo.
- Pat your baby dry instead of rubbing the skin.
- Apply fragrance-free lotion or baby oil immediately after bathing.
- In between baths, do daily spot checks. Your newborn’s skin-care routine should include sponge baths. Use a warm, wet washcloth and focus on the mouth, skin folds (where the dirt tends to build up), and nappy area. Sponge from the top down and save the nappy area for last.

NAPPY CHANGING TIME

Nappy rash most often arises from nappies not being changed often enough or fitting too tightly.
- Change nappies regularly to prevent the nappy area from staying moist for a prolonged time.
- Make sure you wipe the area clean. To begin with, cotton balls and plain warm water are the best for easy, gentle clean-ups. Some baby oil on a cotton ball makes it easier to clean particularly sticky faeces. When your baby is a few weeks old you can start using alcohol and fragrance-free baby wipes.
- Pat your baby’s skin dry – don’t rub it!
- Apply a protective nappy lotion like zinc oxide, titanium oxide or petroleum jelly which help to protect the skin from irritation caused by urine or faeces. Never use talc powder as babies inhale fine talc which can cause respiratory problems.
- Give your baby some nappy-free time, especially if the weather is warm, to help prevent or heal nappy rash.
- Try a different brand of nappies if your baby keeps getting frequent nappy rash despite your best efforts.
SUN PROTECTION

Baby skin is always sun-sensitive.
- Babies should be kept out of direct sunlight until they’re at least six months old.
- When you do go outside when it’s sunny, dress your infant in protective clothing – a hat, long sleeves and pants. Make sure clothing is lightweight and breathable so your baby doesn’t get too hot. Overheating will make your baby uncomfortable and possibly cause a heat rash.
- Use baby-friendly sunscreen with an SPF of 30 or higher and reapply frequently to any exposed skin, including the face and the tops of the little hands and feet.

DON’T LET THE BUGS BITE

- Babies make delicious treats for pests. It’s best to avoid areas where there are lots of insects, particularly malaria areas.
- Make sure your baby is covered up when you go outdoors.
- You can use natural citronella-based bug repellants on babies under two months of age.
- In babies older than two months, normal insect repellent sprays are safe, but spray the insect repellent on your hands and then gently rub it onto baby’s exposed skin, avoiding the mouth and eyes.
- It’s best to wipe your baby down when you come indoors.

KEEP IT CLEAN

- Use a gentle detergent to wash everything that touches your infant’s skin, from bedding and blankets, to towels and even your own clothes. This will reduce the likelihood of baby developing irritated or itchy skin.
- Make sure you wash all new outfits before your baby wears them.
- Most babies are fine with normal washing powders and detergents. However, if your baby develops an allergic rash, your doctor can recommend switching to a special, sensitive soap.

COMMON RASHES AND BUMPS

Nappy rash
A nappy rash starts on the buttocks and genital areas and can spread to the abdomen and upper thighs. The skin may appear puffy and red. Rashes can develop due to a number of causes including: a wet nappy left on for too long, allergies to cleaning soaps, powders, the nappies themselves or the skin chafing against a nappy which is too tight. Nappy rash can also be caused by infections from bacteria or yeast, especially after a course of antibiotics.

Treatment: Go back to nappy basics.
- Make sure you change nappies regularly to ensure the nappy area remains clean and dry.
- Clean the nappy area well at each nappy change.
- Use fragrance-free and allergy-free soaps and washing powders.
- Plain aqueous cream is always a good choice for a hypoallergenic cleaning agent. You could consider a trial with a different brand of disposable nappy.
- Use a barrier ointment like white zinc oxide at each nappy change after cleaning. This protects the skin from the ammonia in urine and stool which irritates the inflamed area.
- Make sure the nappy does not fit too tightly. Chafing will only worsen a rash.
- If possible (and if it is warm enough), give your baby some time without any nappy or ointment on. Airing the area will help the rash to heal faster. Consider letting your baby sleep with bare buttocks. A plastic sheet under the cloth sheet will help protect the mattress.
Do call the doctor if the rash looks as though it may be infected (has blisters, pus-filled pimples, oozing yellow patches, or open sores), if it fails to get better with your treatment, or if your baby develops a fever.

Most of the time, baby acne will clear up by itself, usually within a few weeks although it can linger for months. Don’t use over-the-counter acne treatments on your baby’s skin – these are very harsh and can cause damage. Wash your baby’s face twice daily with baby soap. Avoid any oils on the face which could worsen the acne. You should speak to your doctor if it persists for more than three months.

**Baby birthmarks**

More than one in ten babies have birthmarks. Birthmarks, areas of skin discoloration, are not inherited. They may be there when your baby is born, or they might show up a few months later. Generally, birthmarks are nothing to worry about and need no treatment. But, if your baby’s birthmark worries you, discuss it with your doctor.

**Atopic dermatitis or eczema**

Eczema is an itchy, red rash that occurs in response to a trigger. It is common in children who have a family history of asthma, allergies, or atopic dermatitis. Eczema may occur on baby’s face as a weepy rash. Over time it becomes thick, dry, and scaly. You may also see eczema on the elbows, chest, arms, or behind the knees. To treat it, identify and avoid any triggers. Use gentle soaps and detergents and apply moderate amounts of moisturiser. Your doctor may recommend a short-term steroid ointment to treat the eczema.

**Heat rash**

Showing up as small pinkish-red bumps, prickly heat rash usually appears on the parts of your baby’s body that are prone to sweating, like the neck, nappy area, armpits, and skin folds. A cool, dry environment and loose-fitting clothes are all you need to treat prickly heat rash - which can even be brought on in winter when baby is over-bundled. Try dressing baby in layers that you can remove as it gets warmer during the day.

**White bumps (Milia)**

As many as one in two newborns get the little white bumps known as Milia. Appearing usually on the nose and face, they’re caused by skin flakes blocking oil glands. Milia are sometimes called ‘baby acne’, but baby acne is related to hormonal changes. In this case, baby skin care is easy; as baby’s glands open up over the course of a few days or weeks, the bumps usually disappear, and need no treatment.

**Acne**

Babies really do get acne. It looks very similar to the whiteheads and pimples seen on teenagers. It may be present at birth or show up a few weeks after birth. It usually affects the forehead, cheeks, chin and back. Baby acne is thought to be caused by hormonal changes after birth and sometimes from medication in breastfed infants.

**Baby’s dry skin**

Babies often have peeling, dry skin, particularly if they are born later than the due date. Fortunately, the underlying skin is usually healthy. Use baby oil immediately after bathing your baby to moisturise the skin and don’t bath baby too often.
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While representing South Africa at the annual World Championship of Performing Arts (WCOPA) competition in Los Angeles, the young dancers from the Pulse Dance Studio at Waterfall once again triumphed, winning a host of medals and dancing scholarships!

Dance instructor and choreographer, Corlanie Botha, set the bar high by personally winning the top award of the competition: the World Breakout Choreographer 2017 Award, beating choreographers from more than 50 countries to this prestigious title.

Botha flew to Los Angeles with a team of 13 young hip-hop dancers to represent South Africa from the 1st to the 9th of July 2017, in a week of demanding competitions. The dance team competed in more than 10 routines in different styles of dance, including Hip-Hop, Ethnic, Contemporary, Musical Character and Open.

“We are so proud of how well the team did at this year’s competition. It was another successful and amazing experience for all of us – one that we are really grateful for. Pulse dominated the World Championship again and made South Africa proud. The dancers had a blast and they were ecstatic about their results,” says Botha.

The team members who flew out to compete were chosen based on their performance at the South Africa Championship of Performing Arts (SACOPA), which took place in April this year. At this event, the Pulse dancers won 9 gold, 9 silver and 3 bronze medals. They continued this world-class performance at the international event, and brought back 9 medals. Even more exciting was that 7 of the dancers won a month-long scholarship to the Millennium Dance Complex in Los Angeles.

You may remember that earlier this year, we reported that some of the dancers were selected to dance with singing superstar, Justin Bieber, during his Cape Town concert. This certainly proves how these dance classes have the potential to lead to exciting opportunities and even professional careers for these young performers.

Botha says she hopes all 7 youngsters who won the scholarships will be able to attend the training, despite the fact that it is not cheap to fly to America and spend a month there. “We would like to get the 7 dancers who received...
WATERFALL’S DANCE TEAM TRIUMPHS IN LA COMPETITION

AN OUTLINE OF THE OVERALL RESULTS ACHIEVED AT WCOPA, BY THE PULSE DANCE STUDIO TEAMS:

Pulse Injected group:
Age 13-15 Junior
1 gold and 2 silver medals for Hip-Hop

Pulse Injection group:
Age 13-15 Junior
1 high gold medal for the final showcase and 1 gold medal for Hip-Hop

Pulse Exp group:
Age 8-10 Junior
2 silver medals overall

Pulse Trio group:
Age 8-10 Junior
2 silver medals overall

Well done to all the dancers for their great success at the international event!

For more information on the Power of Dance, please contact info@powerofdance.co.za or info@powerindance.co.za

scholarships to go back to LA, as it is an incredible educational experience that boosts the dancers in so many ways. We saw the results from the 5 girls who went in December 2015 – they worked with so many choreographers from LA including Betty Rox, Mooka, Anze Skrube, Eclipse, EzTwins and Baiba. These dancers were made the Abby Lee Dance Company Los Angeles (ALDC LA) ambassadors and two of the girls were selected to dance with Justin Bieber. This whole experience can open so many doors for these amazing talented dancers.”

Botha and some parents of the dancers set up a non-profit organisation called Power of Dance a couple of years ago, to raise money to help cover the costs of attending these international competitions. The Power of Dance also encourages businesses to sponsor the dancers, to enable them to participate in local and international events.

Botha has furthermore arranged for Eclipse from LA to come and teach Contemporary dance classes at Waterfall and to work with a group of competition dancers. She is looking forward to some more amazing results from these youngsters.

Botha and her dance team also enjoy giving back to their communities and sharing what they have learnt through dancing with some of the best choreographers in the world. As part of this, she and her team of dancers spent Women’s Day teaching 250 young ladies how to dance.

AN OUTLINE OF THE OVERALL RESULTS ACHIEVED AT WCOPA, BY THE PULSE DANCE STUDIO TEAMS:

- **Pulse Injected group:**
  - Age 13-15 Junior
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  - Age 8-10 Junior
  - 2 silver medals overall

- **Pulse Trio group:**
  - Age 8-10 Junior
  - 2 silver medals overall

Well done to all the dancers for their great success at the international event!
Stunning brand new designer home. As you enter this property you are welcomed by a lovely water feature, double-volume entrance with a grand open-plan living area that has stack doors opening onto the garden. The white Caesar stone counter tops and the soft lock cupboards are features of this designer kitchen as well as built in microwave and oven, Smeg gas hob and whirlpool appliances. Separate scullery for all three appliances plus walk in pantry.

Brand new modern light and bright home for sale in the Waterfall Country Village which is home to the majestic Waterfall Lake and Clubhouse. The open-plan living, dining and lounge area is ideal for family living.

A level 561m² stand that has so many possibilities. It comes with approved plans and quantity surveyor estimation. Situated within close walking distance to the majestic Waterfall lake.
The Waterfall development has grown substantially over the past few years, creating much excitement in and around the Midrand area. Since our last update, more families have moved in and let’s not forget the office buildings and retail spaces that have now been completed and opened. The development truly promotes an integrated live-work-play environment – one that provides a new standard in quality estate living.

As Waterfall continues to unfold, many of you will notice the progress of the planned infrastructure, which includes the development and upgrades of roads in and around the area. As with the forecasting of any development of such magnitude, a traffic impact assessment was undertaken in the initial planning phase. It is important to note that this assessment is constantly updated and, based on this, roads are planned and built. The objective of the assessment is to ensure that, once Waterfall is complete, the roads will comfortably accommodate the traffic flow to allow vehicles to move throughout the development efficiently.

Although completion of Waterfall is still some time away, the reality is that many people living in suburbs surrounding Waterfall have started using roads on the development (such as Waterfall Drive) as an alternative and often shorter route to get to where they need to be. This practice is causing some traffic congestion. While we are ahead of schedule in terms of the development itself, we are lagging a bit behind in developing the remaining road infrastructure, due in part to delayed permissions from various authorities. The good news is that Waterfall residents, as well as those who work here, can expect extensive road infrastructure development over the years to come, which will no doubt alleviate much of the traffic pressure currently being experienced.

While Waterfall Drive is one of the six planned North-South road improvements on Waterfall that has been completed, there are still five major road changes to come, which will make a substantial difference in the future. The road infrastructure planning includes:

**Mushroom Farm road** – this road will link in with Shakespeare Road, near Hugo’s Place in Kyalami. Once completed, it will provide drivers coming from Chilli Lane in Sunninghill with an alternative route into the Midrand/Kyalami area. Construction of this road is estimated to commence within the next 12 months.

**Simlak Drive** – this road will be constructed on the Eastern side of Waterfall Country Estate North & South and will run parallel to the N1 highway. Simlak Drive, as it will be known, will start at Gate 1 of Waterfall Country Village and run underneath the Waterfall Park at Mall of Africa, past the new PwC building. Once this road is completed in 2023, a bridge will be constructed close to Gate 7 of Waterfall Country Estate, linking Simlak Drive to the K60.

**The K60 improvement and extension** – once completed, this road will run from Chilli Lane, past Megawatt Park, across the N1 highway, underneath the Gautrain railway line to Allandale road, where Allandale currently links to Waterfall View on the Eastern side of the road. While the existing sections of this road will be widened, new sections will be added to finally result in a continuous road with two lanes in each direction, alleviating traffic congestion significantly. Construction will
commence mid-2018 and is expected to take approximately 36 months to complete, given the scale of the project and the fact that it will include a four-lane bridge (two lanes in each direction) across the N1.

**K101 improvement** – as part of the development on the Eastern side of Waterfall, the existing K101 (which is the Old Johannesburg/Pretoria Road) will be widened from the Cell C building, across the Jukskei River, all the way up to Bridal Veil Road (which is the road coming from Mall of Africa across the N1). This project is expected to be completed by 2023.

**K113** – on the Eastern side of the Gautrain Service Yard, another road will be constructed, which will run from Ann Road near the Engen garage on Allandale Road, to the Marlboro intersection. The construction of this road will commence in the next few years with an estimated completion date of 2025.

**ADDITIONAL PLANNED ROAD INFRASTRUCTURE DEVELOPMENTS**

- **Fields Drive** – this planned road will run south from the Gautrain Service Yard at the K60 to the Buccleuch suburb, with an estimated completion date of 2020.
- The temporary gravel road currently leading from Gate 3 of Waterfall Country Estate (North side of the Jukskei River) into Waterfall City, will be converted into a formal road within the next 3 – 5 years. Once completed, residents will have alternative routes to get in and out of the development.
- Additionally, there is also a planned extension of Maxwell Drive. Where the road presently intersects with the K101 (old Johannesburg/Pretoria Rd), an extension will be built up to the Modderfontein development and will eventually allow for access to the Greenstone development – again offering alternative routes for everyone.
- Lastly, an additional road will be constructed on the Eastern side of the Waterfall development, on the AECI land. Named **Mastiff Road**, it will run across the Frankenwald land all the way to where the Woodmead Makro is situated.

We are sure that the planned road infrastructure will make a significant difference to the traffic flow within and around Waterfall. However, these roads will take time and so we ask our residents and daily commuters to please be patient during the upgrades.

We understand that traffic can be frustrating and, for this reason, we are also in the process of putting bollards on Waterfall Drive to prevent motorists from driving in the yellow lines or on pavements. We are furthermore in discussion with the Johannesburg Road Agency (JRA) about accommodating the taxis that make use of these roads and to ensure regulations are in place and correctly managed.

Waterfall’s location is at the nexus of a growing residential and commercial node in Gauteng, which is gaining much attention as the development grows. The planned road upgrades taking place here form part of the many aspects that make this development and ‘new city’ stand out, offering a lifestyle experience that really is as good as it gets.
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CELEBRATE OUR RAINBOW HERITAGE AROUND THE BRAAI

BILTONG, MUSHROOM, FETA AND PAP TERT

Pap:
750ml (3 cups) warm water
2,5ml (½ tsp) fine salt
15ml (1 tbsp) butter
250ml (1 cup) maize meal
250ml (1 cup) fresh or frozen corn kernels

Filling:
15ml (1 tbsp) olive oil
½ (75g) red onion, diced
250g mushrooms, sliced
5ml (1 tsp) garlic, crushed
250ml (1 cup) cream
125ml (½ cup) Gruyere cheese, grated

Fresh basil, to serve

Preheat the oven to 180°C. For the pap, place the water and salt in a pot and bring it up to a boil. Stir in the butter and then whisk in the pap. Turn the heat down, cover with a lid and cook it over very low heat for 15 minutes. Whisk twice during cooking to get rid of any lumps. Stir in the corn and cook for a further 5 minutes.

For the filling, heat the oil in a pan over medium heat. Gently sauté the onion for 5 minutes until tender. Turn up the heat and add in the mushrooms. Fry for 3-4 minutes and then add the garlic and fry for another minute. Stir in the chives and lightly season the mixture. To assemble the tert, place half of the pap at the bottom of a 15cm x 20cm ovenproof dish. Add the mushroom filling on top. Add a layer of biltong and then the crumbled feta. Pour over half of the cream and then the rest of the pap. Neaten the edges so that all of the filling is covered. Pour over the rest of the cream and then scatter the grated Gruyere on top. Bake for 15 minutes until the cheese is melted. Scatter some fresh basil on top and serve.

BAKED BACON AND SPINACH STUFFED ONIONS

4 large onions
5ml olive oil
6 strips streaky bacon, finely chopped
500ml spinach, shredded
10ml garlic, finely chopped
45ml mascarpone or cream cheese
15ml soft butter
1,25ml salt, pinch of pepper
125 ml cheddar cheese, finely crumbled feta, to serve (optional)

Preheat the oven to 220°C. Bring a pot of water to the boil. Cut off the pointy tops of each onion and peel them. Keep the bases intact. Boil for 10 minutes. Rinse under cold water and dry them with a clean dish towel. Carefully cut the tops into quarters but stop just before you get to the bases. Cut half again, to make eighths. Place each onion on a piece of foil that is big enough to cover it completely. For the filling, heat a pan over medium heat until hot. Add the oil and chopped bacon. Fry for 5 minutes. Add in the spinach and garlic and fry for another 2-3 minutes. Add the mixture to a food processor together with the mascarpone or cream cheese, butter, salt and pepper. Blend until fine. Stir in the cheddar cheese. Stuff as much of the filling into the onions as possible, and make sure you get it in between the layers. Make sure the onion is completely covered or add a second layer of foil if you prefer. Then double wrap the onions in another layer of foil, before putting them on the coals to cook.

BRAAI BREADS WITH GOATS’ CHEESE AND TOMATO CHILLI JAM

12 slices fresh white bread
2 rolls goats milk cheese
12 tbsp tomato chilli jam

Make 6 sandwiches, 1/3 roll goats’ cheese per sandwich and 2 tbsp jam per sandwich. Please feel free to use mature cheddar if you don’t like goats’ cheese, it is also quite delicious. Butter the outsides of the sandwiches thinly and put into a clamp braai grid (one that you can close and turn at will). Toast on the braai (medium heat) until golden and toasted – the inside must be hot. Slice when hot and pass around.

Tip: Don’t spread the filling right to the edges as it will just ooze out.

Spring is in the air and National Braai Day (24 September for those who have forgotten!) is coming up. This is a day of celebration, paying tribute to our great country and its unique national pastime. Add these dishes to your braai repertoire and give your family and friends a treat!

By Debbie Walton
Often Copied – Never Matched

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A CULTURAL AND BIRDING TRIP TO CHINA

Photographs and article by Ron Searle
In its 3 millennia of existence, China, for many centuries occupied the position of one of the world’s leading civilisations, particularly in the arts and sciences. It enjoyed its share of innovation – the invention of paper, printing and the compass, to name a few before, in the 19th and 20th centuries, the country was beset by revolutions, military defeats, major famines and even foreign occupation.

Soon after World War II, in 1949, the communists under the leadership of Mao Zedong, established an autocratic socialist government that, whilst securing China’s sovereignty, imposed very stringent controls on everyday life which ultimately cost the lives of many of its citizens.

After 1978 Mao’s successor, Deng Xiaoping and other leaders introduced to China a market-related economy (market socialism) which was accompanied by a strong work ethic amongst its many working citizens. This resulted in, by the turn of the century in 2000, output quadrupling and living standards for much of its population dramatically improving. Although personal freedom of choice was simultaneously expanded, political controls remain relatively rigid despite China’s increased global outreach and participation in various international organisations since 1990.

Gradually implemented productivity improvements have largely contributed to an incredible tenfold increase in Gross Domestic Product which, when measured on a ‘purchasing power parity’ basis (adjusted for price differences between countries), has resulted in China in 2016 overtaking the USA to become the world’s largest economy, as well as the largest exporter in 2010 and largest trading nation in 2013. Today, China is an ancient culture re-invented. Whilst some aspects of life remain as they have for thousands of years, especially in rural areas, many aspects are being embellished by new, state-of-the-art modernity endemic in every town and city.

My trip to China commenced in Beijing, the capital, with a population of 22 million, where a lifelong ambition to admire the Great Wall was achieved together with a supporting cast of visits to the Dingling Ming Tombs, Tiananmen Square, the Forbidden City, Palace of Heaven and Summer Palace.

Established in the 13th century as the capital of China, Beijing in the month of May, although hot and humid, is a surprisingly beautiful and clean city with all the many major roads, lined with flower beds, providing a colourful kaleidoscope of blooming flowers, particularly roses, the flower of the city.

The architecture of the city, like Shanghai, is very modern with structures such as the 2008 Bird Nest Olympic Stadium seating 91 000 people inside and 32 000 outside, the Olympic Tower constructed in the stylised shape of a lotus flower with 5 separate blooms representing the 5 continents, the Pangu 7 star dragon-shaped luxury hotel and the Galaxy Soho building resembling a pair of gigantic inverted white bowls with dark horizontal strips across (the windows), all coming to mind.

I was collected from my hotel at 7.30am by my absolutely essential English speaking Chinese guide, Tina, in a mini-bus. It was early enough to observe the human street-cleaners at work, manually using what appeared to be home-made brooms made of the fronds of palm trees, to clear the streets of debris – quite a paradox for this high-tech land where internet and cell-phone usage rank no.1 in the world.

Our first visit was to the Dingling Ming Tombs, burial place of Emperor Zhu Yijun and his 2 Empresses, located 26km north of Beijing and 27m underground. Built over a period of 6 years from 1584 to 1590, the tombs, including the Emperor’s palace, cover an area of 18ha and are of great historical value, attracting millions of tourists every year.

With tea-time fast approaching, it was then appropriate that we attend a short but interesting and very welcome tea-tasting ceremony followed by a brief visit to a jade-carving factory.

After a genuine Chinese cuisine lunch, we boarded our bus for the drive to the Great Wall. We disembarked at Mutianyu, 65km north of Beijing – it is an area of forest-clad mountains of tremendous scenic beauty. We then had a 500m uphill walk to the Lower Station of the cable car, which carried us up to watchtower no.14 of the 23 watchtowers located along the 5.4km stretch of restored Wall. One of the best preserved sections, made entirely of granite blocks, as is the rest of the Wall, the Mutianyu section offers a relatively uncrowded experience of the Wall, its watchtowers and picturesque surroundings. Originally built in the North Qi Dynasty (550-557) and subsequently rebuilt in the Ming Dynasty (1368-1644) to strengthen its defensive capability from the invasive war-like tribes in the north, only 5 000 of an original 8 000km of the Wall remain.
I spent over an hour photographing the Wall and its watchtowers and took a short stroll from watchtower no.14 down to no.13 and back. What a wonderfully exhilarating experience and a lifetime ambition achieved!

The following morning, I was again collected by Tina and immediately whisked off to Tiananmen Square which apparently attracts 80 000 visitors each day. Shrouded in mystery and controversy, the Square is the site on which, on 4 June 1979, an unknown number of pro-democracy demonstrators were gunned down by military troops. Details of the event, including the number of fatalities, has been consistently censored by the authorities to this day and in all probability will never be known.

We then moved on to the Forbidden City containing, inter alia, 1 of 3 ancient Imperial Palaces of China occupied from the Ming Dynasty to the end of the Qin Dynasty in 1911. Spread over an area of 72ha, the Forbidden City, including its Palace, contains 9 999 artefacts and over 1 000 buildings. Regarded as the largest of the 3 Imperial Palaces, its construction commenced in 1406, took 14 years to complete and is surrounded by an 8m high wall and 50m wide moat. 100 000 artisans and up to a million workers are said to have been involved in its construction and, until 1911, no one could enter the Forbidden City without the permission of the Emperor. In 1925, the conversion of the Palace to a Museum took place, in 1950 public viewing was permitted and in 1987 it was declared an UNESCO World Heritage Site.

Next on our itinerary was a visit to an ancient but very quiet and peaceful garden containing a number of ancient trees through which apparently the emperors are said to have walked seeking solace and communion with nature. And then, for our final activity of the morning, we visited the Temple of Heaven, the largest ancient imperial worship structure in the world, where the emperors prayed for peace and a bountiful harvest.

In the afternoon after lunch, we undertook a lengthy stroll along the shores of the sizable lake within the scenic, 250ha grounds of the Summer Palace. Devoid of any birds or other wildlife – probably too deep – the lake is immensely popular with the locals who flock there in thousands over weekends and public holidays.

After another rather busy but enjoyable day I was dropped off in the vicinity of one of the railway stations from which the amazing bullet train bound for Xi’an, 1 216km distant, departed. Xi’an, a city of 8 million people hosts the world famous 2200 year old Mausoleum of the first Chinese Emperor Qin Shi Huang.

The 4 hour ride, at just over 300kph, to Xi’an was remarkably smooth with virtually no sensation of the speed we were travelling, (advertised on the top front of every coach), other than the relatively slow progress of the road traffic moving alongside on the freeways. Two stops later, at almost midnight, I reached my destination to be met by my 2nd English-speaking Chinese guide, Sarah, and a driver to convey me to my hotel, Atour.

Because of my late arrival in Xi’an the previous evening, I was collected by Sarah the following morning at the rather late time of 8.45am for my visit to the

CHINA IS AN ANCIENT CULTURE RE-INVENTED. WHILST SOME ASPECTS OF LIFE REMAIN AS THEY HAVE FOR THOUSANDS OF YEARS, ESPECIALLY IN RURAL AREAS, MANY ASPECTS ARE BEING EMBELLISHED BY NEW, STATE-OF-THE-ART MODERNITY ENDEMIC IN EVERY TOWN AND CITY.
Terracotta Warrior site. Being a Sunday, the traffic was light and an hour or so later we arrived on site. Emperor Qin was 13 years old when he commenced the construction of his Mausoleum, including his burial tomb, within a flat-topped hill of 145m height now reduced to 45m as a result of erosion. The excavation of a series of pits in which, originally, 8 000 slightly larger-than-life warriors, 130 wooden chariots and 520 horses were buried to protect and accompany the Emperor in his afterlife, took 37 years to complete, involving 700 000 labourers. In 1974, local farmers accidentally unearthed a few of the clay soldiers and alerted local archaeologists to the find, resulting in the systematic and methodical excavation of 3 of the pits and discovery of their amazing contents some 1.5km to the east of the Emperor’s burial tomb. Although the burial tomb, protected by a layer of mercury, has never been opened, the 3 pits excavated were opened to the public in 1978 and are today enclosed in large buildings and protected from the elements. On a single Chinese public holiday recently, over 460 000 visitors were apparently recorded. The mind boggles at the difficulties experienced of having to provide access, toilet facilities, food and refreshments for that number of visitors.

Of the 3 pits excavated, pit no.1 at 230 x 60m is the largest, containing 1 000 of the original 6 000 soldiers. These soldiers were mass-produced using clay and moulds and then their features and/or clothing was modified to make each one unique. They were then baked in large ovens and painted in a variety of colours. Clay horses pulling wooden chariots were also present although all the wood, including the roof supports located on partitions in the pits, have long-since disintegrated and disappeared. To reduce the weight and materials used for the soldiers and horses, these were hollow, but the soldiers still weighed between 135 and 270kg each.

Pit no.2 displays an emergency army with 2 small excavations and no.3 holds 68 army commanders, each holding blunted weapons such as swords and lances. All weapons unearthed revealed plating of some shiny metal substance, essentially chrome, the Chinese having discovered this process some 2 200 years ago – and only recently re-discovered by western civilisations.

In the early afternoon I said farewell to Sarah and was taken to the airport for my flight to Chengdu (population 14 million), the starting point of my 18 night birding trip in the province of Sichuan in the SW part of the country.

And thus concluded the brief but immensely enjoyable cultural part of my China trip.
WHAT SHOULD THE TRUE COST OF YOUR FINANCIAL PLANNER BE?

By Richus Nel, Financial Advisor, Brenthurst Wealth

Financial advisors are generally measured one dimensionally by clients, by comparing portfolio returns (exclusively to market returns). In a low return environment (low growth, low interest and low inflation) clients should also consider:

a) Their market outperformance brought on by their advisor and asset managers during prior market cycles – e.g. an increased foreign exposure strategy since 2012, that benefitted client portfolios hugely from significant RAND depreciation;

b) The value of other services offered by financial advisors in respect of cost savings, tax savings and preventing financial mistakes (risk cover, wills, estate planning etc.).

Measuring financial advice solely on investment performance is setting advisors up for failure. Advisors have no control over markets in the short-term and are dependent on investors understanding this during times of low or no return. As financial pressures increase, the necessity of quality advice increases.

WHAT DO INVESTORS HAVE CONTROL OVER?

Investors can choose to seek professional financial advice but does this actually “pay” or result in superior outcomes? According to International studies (Value of Advice Report 2012 – Investment Funds Institute of Canada, Vanguard Advisor’s Alpha June 2016, Dalbar’s 22nd Annual report 2016 – Quantitative Analysis Investment Behaviour) the picture looks as follows:

Advisor utility by investors in Canada is 5 out of every 6. In the USA, 80% of investors with mutual funds make use of financial advice; in Germany, 80% and in the Netherlands, 51%. The results found from these countries studied showed a significant increase in savings, personal wealth, less dependency on the government and a better state of their finances. These respective countries were less dependent on any foreign reserves, which resulted in significant interest/cost savings for those governments. Financial advice benefits (according to the studies mentioned)

- Accumulating greater wealth through a committed savings plan;
- Resulting in a more comfortable retirement;
- Selecting tax and cost-effective investment solutions;
- Maintaining a long-term investment strategy, avoiding emotional investing;
- Guarding against poor financial decisions.

Studies show advisors focus on:

1. Behavioural coaching

Investors typically “buy high” and “sell low”. The average retention rate of US mutual equity funds is 3,46 years where equities are only suitable for long-term investment horizons (7-10 years). Until the end of December 2015, the S&P500 earned an annual return of 10,35%. In comparison, the average mutual fund equity investor only captured 3,66% return. The short-term investors’ focus resulted in a return gap of 6,69% per annum.

In recent years this gap has closed from a +-10% gap in 1998 to +-3,5% in 2015. This can be attributed to better education,
understanding investors’ emotions and managing those emotions more effectively with the help of financial advisors.

2. Required risk assessment and asset allocation
Financial advisors ensure that investors take sufficient risk (more than investors would generally be comfortable with on their own). This additional risk (and accompanied return compensation) over the long-term, plays a critical role in superior investment return outcomes for clients.

3. Asset manager selection
As important as asset allocation is, selecting asset managers and entrusting them with investor capital is equally important. These managers selected must differentiate themselves as excellent over the long-term (good and bad times).

IFAs in RSA have done a great job in selecting excellent asset managers:
- 35% of all general equity funds (with a 5-year track record or longer) have beaten the ALSI over 5 years;
- 67% of all the assets placed by IFA in independent general equity funds, have beaten the ALSI over the past 5 years;
- 99% of all assets placed by IFA in the general equity sector have produced returns above the sector average.

4. Costs/taxes
Generally, advisors are cost and tax cognisant and will provide advice on cost-effective investment solutions to their clients. These savings enhance investor returns significantly over the long-term. Advisor firms are able to negotiate lower fees with platforms and asset managers to the significant benefit of investors over the long-term. Tax planning is receiving an increased focus (due to rising taxes) and demand priority to individualised, tax efficient investment solutions.

5. Financial planning
Financial planning specifically refers to investment and retirement planning illustrating investors’ financial wellness. It includes any financial consideration, plan, discussion or guidance that improves an investor’s financial well-being.

6. Managing downside risk
Managing risk is a key focus in personal finance for advisors. Financial risk is any event that could derail your client’s financial plan. This includes personal liability, short-term damages (theft / accident), death, loss of income, medical emergency and even debt or business debtors not paying. Currency/cash flow/liquidity risks are managed. Risk planning even includes timely management of death bequests and guardian nominations for fostered children, preventing huge unnecessary costs / losses through court settlement.

7. Drawdown rates/withdrawal strategies
Financial instruments dropping in value always come as a shock to investors, even if investors are aware of the volatile nature of markets. Drawdown considerations managed by advisors:
- managing drawing percentages and escalations;
- source of drawing (considering tax efficiency);
- portfolio construction to safely fund that drawing.

8. Education
Financial advisors are providing a vital educational function within the South African context. This guidance is “principle-based”, focussing on risk and personal finance matters. This empowerment leaves investors in a much-improved financial position. The more educated an investor, the better their financial position and the business relationship with them is more sustainable.

CONCLUSION
The international studies researched conclude that the return benefits from using a financial advisor could be as much as 1,5%-3% per year. Behavioural coaching is found to be as high as 1,5% per annum on its own. Advisors holding clients’ hands taking on the right level of risk (considering return expectation), plays an undeniable role in achieving superior returns.

Over a lifetime, these added services by financial advisors result in a significantly higher level of investible assets and a better financial position by retirement. A Canadian report stated that, over 15 years, the improved result from financial advice could be as high as 2,73 times, compared to unadvised assets.

In South Africa, the improvement in personal wealth, attributed to financial planners is suggested to be as high as 2%-4% per annum. This begs the question: What is the true value of your financial advisor and what is a fair price for that advice?

Sources:
Coronation Investment Forum presentation 2017
Vanguard Advisor’s Alpha June 2016
Value of Advice Report 2012 – Investment Funds Institute of Canada
Strange but true, the pawn broking industry has become increasingly popular in recent years. Be it because of well-known television shows that give insight into the pawning process or because of the poor state of our economy, which has forced many families to source other financial means to survive – either way the industry is booming, and rightly so.

Pawn brokers are offering a smart and simple alternative for individuals seeking out loans. Rather than taking out a bridging loan to tide one over until payday, which involves paying back money at excessively high interest rates, people are leaning towards going to pawn brokers who offer cash loans in exchange for collateral items that can either be given up altogether, or the loans are paid back over an agreed period in order to reclaim the pawned property.

One of the biggest benefits of pawn loans is, should a client default on their repayments, it doesn’t affect their credit rating, like other types of loans do. Failure to repay the loan within the specified time means the broker is able to sell the pawned item and pocket the reward.

Heading up the pawn industry in South Africa is Good Fellows Pawn Brokers who are well experienced and provide a bespoke pawn broking service to clients looking for a lucrative channel to sell unwanted goods or a hassle-free solution to soothe financial woes. “We are not looking to put our customers in more debt, our focus is on helping them to escape it,” says the team of Good Fellows Pawn Brokers.

Specialising in the pawning of vehicles, including cars, bakkies, trucks, buses and boats, their mission is to reinvent the image surrounding pawn broking by offering a quick, discreet and professional service tailored to suit individual needs. The transparent and confidential service delivered by the brokers at Good Fellows helps them to seal the deal as the number one pawn broker in South Africa. Each client has the option to pawn and sell or pawn and rent, and the broker guarantees the best prices on all vehicles and ensures immediate pay-outs for the convenience of the client.

Having built up a sterling reputation for themselves over the years, Good Fellows continues to exceed the expectations of their clients, who are grateful for the stepping stone that the popular pawn broking establishment provides them with.

One of their clients, John Adriaanssen proudly comments on his experience with Good Fellows as “Quick, easy, great service and, best of all, instant cash with no credit checks!” He goes on to say, “Thank you Good Fellows for helping me, so that I can enjoy the holidays with my family.”

Other testimonials include praise from Patience Sebakwa: “Good Fellows you are truly amazing! Thank you for giving me instant cash for my car!” and Pieter Ramsden who has become a raving fan of Good Fellows Pawn Brokers: “Wow, what a quick and easy service! Good Fellows came to me. I pawned my car and was able to pay my children’s school fees. Thank you Good Fellows!”

Their seamless platform has undoubtedly had a positive impact on the general community as they enable people to pawn their collateral without the unreasonable restrictions and excessive costs involved in taking out loans via other financial avenues. Good Fellows Pawn Brokers will continue to be game changers in the industry, by giving hope to those who have hit a dead end and going the extra mile to get them back on their feet.

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ST PETER’S COLLEGE

ACHIEVERS SPEAK OUT...

The White Blazer is the highest achievement at St Peter’s College. It is awarded in recognition of achieving Full Colours in Sport, Cultural and Academic activities and completion of the St Peter’s College Social Responsibility requirements.

THE COLLEGE CURRENTLY HAS FOUR WHITE BLAZER ACHIEVERS:

Liam Ramsden
Full colours in Academics, honours in Music, full colours in Vocal, full colours in Instrumental Ensembles, full colours in Water Polo and he has met the Social Responsibility requirements of St Peter’s.

Teagan Leroni
Honours in Academics, Full Colours in Drama and Squash, as well as having met the Social Responsibility requirements of St Peter’s.

Jamie Edwards
Honours in Swimming, Full Colours in Academics, Athletics, Dance, Drama and Netball, as well as having met the Social Responsibility requirements of St Peter’s.

Erin Lyle
Honours in Academics, full colours in Music, full colours in Instrumental Ensembles, full colours in Orchestra, full colours in Basketball as well as having met the Social Responsibility requirements of St Peter’s.

All four students are also prefects at St Peter’s College. We are extremely proud of their awards in recognition of their hard work and dedication to St Peter’s College.

The foursome share some highlights of their high school career at St Peter’s College.

Liam Ramsden
“Academics obviously forms a huge part of life for any high school student. St Peter’s College has found ways to make this part of our life far more enjoyable, allowing us to excel in so many ways. From the manner in which subjects are taught, to making sure that each and every student understands every topic, and always being free to conduct extra lessons with us, the teachers really do go the extra mile to better our academics in every way that they can.

In each sport that I have played, truly the greatest thing that I have experienced is the sense of camaraderie and respect that we have for one another. Cultural activities at St Peter’s College have exploded in the school in the past few years and I have really enjoyed being a part of the College Drumline Ensemble. It has gained somewhat of a celebrity status at the College and we often open main events. It’s a big ‘spirit builder’.

At St Peter’s College, all students are required to complete ten hours of social responsibility. The best thing about this service at the College, for me, is that it is not limited in any way. This allows students to realise that it can be fun to help organisations and our community in ways that align with our interests.”

St Peter’s College White Blazer Achievers: From left to right: Liam Ramsden, Teagan Leroni, Jamie Edwards, Erin Lyle.
Teagan Leroni

“At the start of Grade 8, I could barely talk to myself never mind other people. Who would have thought within a year I would be a fearless actor? I will forever be indebted to the Drama Department for the person I am today. Under the guiding hands of the drama teachers, they nurtured in me a passion for the stage. A talent that I was previously oblivious of suddenly became a key part of my life. Drama gave me a voice I didn’t know I had and an ability to look at the world in not just black and white.

Despite this newfound love for drama a White Blazer still did not seem possible, until I discovered Squash. The College offers a wide range of sports, so many that it is almost impossible for a student to not find a sport that they can enjoy.

High school has been an important part of my life, shaping me into the young man I am now and I know that I have St Peter’s to thank for this. The environment we grow up in shapes who we become and I am thankful that St Peter’s College could be my environment”.

Jamie Edwards

“Throughout almost five years at the College, I have been involved in a number of co-curricular activities which fall under sports and cultural such as Netball, Swimming, Tennis, Athletics, Dance, Drama and, for a brief time, Girls’ Soccer.

Dramatic Art stands out as one of my favourite activities – as both a subject to Matric and a co-curricular, Drama requires a lot of commitment as most rehearsals and outings are in the evenings or over weekends, but I have enjoyed every minute of it: especially the outings to theatres to watch plays and to acquire experience of acting styles and techniques.

Swimming is my passion and will always be a huge part of my life. Having Wahoo Aquatic Centre right on the College’s property has developed my swimming and passion for the sport in a huge way and I am hoping to pursue this further by studying in America on a swimming scholarship. I was also lucky enough to play Netball for the 1st team and it felt so good to see the other Netball girls supporting us.

Social Responsibility is a big part of St Peter’s College and for me a major event was participating in the annual classroom build drive which the Grade 11s are in charge of. Spending eight hours for three days laying bricks, painting and having a great time bonding with your grade is such a special opportunity that the College provides.

The atmosphere at St Peter’s College is distinctive. One that is accepting, comforting – a second home for many of us. I have enjoyed my time at the College and could not imagine myself being anywhere else”.

Erin Lyle

“If I were to sum up my time at St Peter’s College in one word, it would be ‘opportunities’, and it is in the plural because the College has definitely given me many of them. Academically, the College has taught me to think outside the box. Little did I know that I would be part of the biggest matric group ever (eighteen to be exact) to write the final Advanced Programme Mathematics examination. Our very enthusiastic maths teacher has encouraged us to welcome a challenge and to recognise that maths is ‘beautiful’.

St Peter’s College also offers music, visual art and dramatic arts as part of the academic curriculum. Who knew that I could include music, my favourite hobby, as one of my school subjects? I have been part of the choir, orchestra and marimba band, which is particularly popular amongst the students. Thanks to the amazing facilities of our Music, Art, Drama and Dance (MADD) Centre, the College students enjoy growing and showcasing their cultural talents.

I have especially appreciated performing in the end-of-term music soirées in the MADDitorium.

From the stage to the sports grounds, St Peter’s encourages participation in the various codes offered. I have had the opportunity to play basketball – a sport that I initially did not even know girls could play – and participate in the St Peter’s College Sports and Cultural Festival. This weekend event is hosted annually and is one of our highlights on the sporting calendar for the forty-five schools that participate. Another one of my sports haunts is the newly-laid astroturf where I have enjoyed many hours bonding with my hockey team and learning to dodge the sprinklers!

For community service, I was fortunate enough to participate in drives such as packing food for the underprivileged with StopHungerNowSA. During our Grade 11 Build Outreach Project, we also became expert bricklayers, trench diggers and landscapers. The results of our build left us astounded at how our seemingly small contribution can make such a huge difference in others’ lives.

I am grateful to St Peter’s College for preparing me for my life ahead, by laying a solid foundation in my high school years. The staff has taught me valuable life skills – respect, the importance of relationships, responsibility and resilience. Nearing the end of my matric year, I now have the tools to step ‘bravely into the future.’ In Futurum Forititer”.

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Mrs Leonie Lennox, Headmistress at Kyalami Preparatory Nursery School, reports that there is consistent and strong evidence which shows that:

- The development of the brain is most rapid in the early years of life. When the quality of stimulation, support and nurturance is deficient, child development is seriously affected.
- Children who receive assistance in their early years achieve more success at school.
- As adults they have better access to employment and higher earnings, better health, and lower levels of welfare dependence than those who don’t have these early opportunities.

Early childhood development is the most important developmental phase throughout a child’s lifespan. Too often, children start their formal schooling at grade 0 level with the result that important developmental years have been lost.

Kyalami Preparatory Nursery School opened its doors in 2016, offering families in the Kyalami and Waterfall areas the opportunity to enrol their children at Grade 000 level (3 years turning 4 years old). The school offers a holistic programme on early childhood development and provides a safe space in which children can develop to become global achievers.
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S
omebody mentioned the other day that cycling – recreational cycling – is overtaking golf as an outdoor pursuit in South Africa. What is helping stimulate the trend is the rapid growth of “secure estates” – controlled access housing complexes where a major attraction is open space and safe places to walk or cycle.

If ever you want to see an example of the popularity of recreational cycling just go to Northern Farm on a weekend – that area of dams in northern Sandton that purifies water from Johannesburg’s sewage works. It’s where cyclists gather – old and young, male and female.

Year after year, and worldwide, the appeal of the ordinary ‘push bike’ is increasing. Bikes are now recognised as a most pleasant way of exercising and, like golf but far cheaper, cycling, as opposed to working out in a gym, provides something interesting and mentally stimulating to do while exercising.

Cycling is the one form of wheeled transport that cannot in any way be regarded as offensive – no pollution, no noise and little demand on road space. As for enjoying the outdoors, cyclists are able to enjoy the aromas and sounds of the countryside far, far more than those travelling in a car who, literally, suffer sensory deprivation. Cycling has an advantage even over hiking; the scenery changes at a more stimulating pace, yet not so fast that one does not have time to savour it.

The bicycle itself is a marvellous machine when one considers how it runs on fuel such as bananas, bread and jam, beer, even duckling bigarade. The nice thing about this is that cyclists have to consume it all first because they are the bikes’ engines and their stomachs are the fuel tanks.

I believe the chain-driven bicycle, a machine that is not much older than a century, is on the edge of a golden age. Europe’s cobweb of dedicated cycle tracks – cross country and urban – is growing by hundreds of kilometres a year. Switzerland has 6 000 km of them; in the UK nobody is more than 3km from a cycle path. Wherever we went in France or Spain we were able to cycle for hours on ‘greenways’ – disused railway tracks now tarred for cyclists, hikers and roller-bladers.

A decade ago there were an estimated 1 billion bikes in the world. Today, there’s that many in China alone – and, what is
most interesting is that a third of Beijing’s bikes are battery-driven ‘e-bikes’. The e-bike offers a new dimension to cycling and represents its most revolutionary change since the chain drive. Bosch in Germany is now producing more than 1 million e-bikes a year.

The growing popularity of cycling – especially e-bikes – is going to call for far more consideration for cyclists in town and regional planning in South Africa. I think its rivalry with golf is likely to cause golfing estates to include cycling circuits when designing golf courses.

It is going to be interesting to see how cycling’s growing popularity will influence tourism. The e-bike is becoming the great equaliser in that wives and children can now keep up with daddy on tours and, as cycle tracks proliferate, especially in suburban areas, women may even take to using bikes when socialising.

Little more than a century ago, cycling provided a major step towards the emancipation of women. As women took to it, it spelt the end of neurotic Victorian modesty; the end of ankle-length dresses, corsets and petticoats. These were replaced by skirts and bloomers and all over Europe women were suddenly revealing their legs, causing men to walk into lampposts and into each other.

The advent of the mass-produced cycle also influenced human evolution. Being cheaper to buy and cheaper to keep than a horse, towards the end of the 19th century it enabled more and more young men living in villages to court girls in distant villages, thus giving a wider choice of mate and resulting in a more widespread and therefore richer human gene pool.

Battery-driven pedal bikes have ushered in a new age.

I belong to a group of six retired colleagues who, for many years, starting from 2002, annually cycled for up to two weeks exploring Europe as well as South Africa. Our average age was 68 and none of us had cycled since childhood but, in 2002, we made a decision: we would cycle down the Danube from Passau in Germany to Budapest.

Now, 16 years later, some of us still cycle long-distances. In moments of introspection, I suppose we were, sub-consciously, attempting to push back the frontiers of medical science and prove that age is no longer relevant; that age really is in the mind? Ok, it’s in the joints too, but we have anti-inflammatories for that.

Look at our line-up: One of us had a chronic spine injury; two were suffering from old rugby injuries; one had a damaged lung; two had crock knees … we all had arthritis somewhere or another. When we walked together into, say, a restaurant, the creaking and clicking of worn-down joints startled diners.

One year we even cycled in Switzerland. And here I realised how the e-bike is going to create a whole new dimension to cycling.

I rode my first e-bike outside Zurich where we hired bikes (we always hire bikes when overseas). I was a little embarrassed at hiring one especially as our oldest member was 80 and insisted on a standard bike.

I pedalled off in the normal way and then reached a ramp which normally would demand engaging a lower gear. I simply twisted the right-hand grip – one must continue pedalling – and it was as if a hand was pushing me from behind.

Ten years ago, back in South Africa I had my R2 500 road bike retrofitted (for R7 000) with a special front wheel whose hub, somewhat larger than an ordinary hub but still unobtrusive, contained a powerful little battery-driven motor. The battery itself fits against the frame like a water bottle so one’s bike, to a casual observer, looks perfectly normal.

The battery has a 35 km range. It can be recharged overnight from a wall plug. The range is ample for a day’s cycling because one uses the motor only on hills. If the battery does run out, the cyclist can carry on, but one has to pedal, unlike what happens when an electric vehicle runs out of juice.

Did I feel shame at using a performance-enhancing aid? No. I felt exhilaration. For the first time I was able to keep up with the front-runners on steep hills instead of watching them drawing further and further away.

Better still, I could even leave them behind!

To convert a road bike to an e-bike today costs R11 000 which includes the battery and charger. A useful website is www.relectro.co.za
1. **Six great London experiences at a great price** from British T.I.P.S.
London sightseeing value pack from R2 020 per person sharing. Offer includes original sightseeing open-top bus tour for 48 hours, 45 minute Thames cruise, walking tours of London, Madame Tussauds with Star Wars, Tower of London or London Dungeon ticket and a flight on the London Eye. From R1 290 per person for children aged 4-15 years. Valid until 28 February 2018. For more information visit www.britishtips.com; email: sales@britishtips.com or contact them on 021 975 2047.

2. **Enjoy the Seychelles** from Gallivanter Holidays.
Rates from R16 990 per person sharing. Offer includes return flights from Johannesburg to Mahé on Air Seychelles, approximate taxes, return transfers and seven nights’ accommodation at AVANI Seychelles Barbarons Resort & Spa with breakfast daily. Valid between 1 August – 31 October 2017. For more information visit www.gallivanterholidays.co.za; email: info@gallivanterholidays.co.za or call them on 011 431 4067.

3. **Celebrate at the Michelangelo Hotel** from Legacy Hotels & Resorts.
Rates from R4 220 per double room per night. Single room from R3 300 per night. Offer includes one night’s stay in a deluxe room with a romantic turndown, canapés and wine on arrival, three-course dinner & breakfast at Piccolo Mondo Restaurant and a 30-minute hot stone or warm candle wax back and neck massage. Offer is valid Friday, Saturday and public holidays only until 31 January 2018. For more information visit www.legacyhotels.co.za; email: michelangelo@legacyhotels.com or call them on 011 282 7000.

4. **Simply Singapore and more** with Azure Travel.
Rates from R11 535 per person sharing. Offer includes return flights departing Johannesburg, five nights’ accommodation with breakfast daily, return transfers, Singapore City Tour, Legoland (Malaysia) Theme Park Tour and Universal Studios one-day pass. Excludes taxes of approximately R6 360 per person. Valid between 1 – 31 October 2017 (excludes school & public holidays). For more information visit www.azuretravel.co.za; email: info@azuretravel.co.za or call them on 011 678 1146.

5. **Relax at Lake View Cabana** with Fun Holidays. (St Lucia)
Rates from R1 310 per unit per night (each unit sleeps 4). Valid between 1 September – 1 December 2017. For more information visit www.funholidays.co.za; email: wow@funholidays.co.za or call them on 086 111 2170.
6. **United Europe.**
Delightful Turkey from R10 180 per person sharing. Rate includes return domestic flights from Istanbul to Cappadocia, return transfers, three nights in Cappadocia, North and South tour, two nights in Istanbul, old city tour, spice market and Bosphorus cruise, breakfast daily, entrance fees and English-speaking guide. Valid until 31 December 2017. For more information visit www.unitedeurope.co.za; email: info@unitedeurope.co.za or call them on 011 462 0962.

7. **Rio de Janeiro mini stay from Tripistery B2B Travel.**
Rates from R5 600 per person sharing. Offer includes return transfers, five nights’ four-star accommodation with breakfast daily and a full day Corcovado Tour as well as a visit to Christ the Redeemer. Valid until 30 November 2017. For more information visit www.tripistery.com; email: info@tripistery.com or call them on 031 817 8123.

8. **Early bird Mauritius offer from Beachcomber Tours.**
Rates from R18 790 per person sharing. Offer includes return flights to Mauritius departing Johannesburg, approximate taxes, return transfers, five nights’ accommodation at the four-star Superior Victoria Beachcomber Resort & Spa with breakfast & dinner daily and free land and motorised watersports as per brochure. Valid for travel between 1 – 30 November 2017. For more information visit www.beachcomber.co.za; email: gen@beachcomber.co.za or call them on 0800 500 800.

9. **Relax with Faircity Hotel & Apartments. (Johannesburg)**
Stay at Faircity Mapungubwe Hotel and Apartments from R1 305 in a double studio room with breakfast. Valid until 31 December 2017. For more information visit www.faircity.co.za; email: gm.mapungubwe@faircity.co.za or call them on 011 290 0900.

10. **Golden Oldies Getaway from Cathedral Peak Hotel Drakensberg.**
Rates from R4 950 per person sharing. Single rate from R5 950 per person. Offer includes five nights at the four-star Cathedral Peak Hotel with breakfast, lunch, dinner, midmorning and afternoon tea, coffee & bakes as well as a full entertainment programme. Offer is only available Sundays – Fridays for the over 60’s! Valid until 31 October 2017. For more information visit www.cathedralpeak.co.za; email: info@cathedralpeak.co.za or call them on 036 488 1888.

**LET’S GO** is your online guide to South Africa’s hottest events, attractions and travels. Visit [www.letsogo.co.za](http://www.letsogo.co.za)
The KTM 300 XC-W is a leading off-road bike popular amongst racers as well as weekend riders because of the lightweight chassis and smooth torquey 300 cc 2-stroke engine. For technical challenges, this is the ultimate choice of bike as the cutting edge and lightweight carburetted engine with its compact design makes the bike nimble through the toughest of obstacles. The updated Mikuni carburetor gives the bike an excellent throttle response to improve the riding experience.

In addition, the updated and lighter WP suspension handles all terrains, offers better flex characteristics and the new radiator guards ensure that the 300 stays cool in muddy conditions. The KTM 300 XC-W is ‘Ready to Race’.

2018 300 XC-W HIGHLIGHTS

- UPDATED WP Xplor PDS rear suspension features stiffer settings while still offering the progressive feel and excellent bottoming resistance only PDS can provide.
- UPDATED 38mm Mikuni TMX carburetor with new settings and a new angle (turned 7°) for controllable power with reduced fuel overflow. It is also less sensitive to altitude and temperature changes.
- NEW CDI control unit for improved starting. Ignition curves remain unchanged.
- NEW radiator guards provide better airflow in muddy conditions.
- 249 cc engine features a compact shaft arrangement for better mass centralisation.

The 2018 Carburettor 300 XC-Ws is available in store at RAD Moto, 1 Wall Street, Cnr Rivonia and Witkoppen Roads, Rivonia. www.radmoto.co.za

SPECIFICATIONS

KTM 300XC-W

Engine Type: Single Cylinder, 2-Stroke
Displacement: 293.2 cc
Bore/Stroke: 72 / 72 mm
Starter: Electric, Lithium Ion 12 V 2 Ah / Kickstarter
Transmission: 6 Gears, wide ratio
Fuel System: Mikuni TMX 38 Carburettor
Lubrication: Frenix 60:1
Primary Ratio: 26.73
Final Drive: 13.50
Cooling: Liquid Cooling
Clutch: Wet Multi-Disc DDS Clutch, Brembo Hydraulics
Ignition: Kokusan
Frame: Central Double-Cradle Type 25CrMo4 Steel
Subframe: Aluminium
Handlebars: Neken, Aluminium Ø 28/22mm
Front Suspension: WP Xplor USD Ø 48mm
Rear Suspension: WP Xplor PDS Monoshock
Suspension Travel Front/Rear: 300 mm / 11.8 in; 310 mm / 12.2 in
Front/Rear Brakes: Disc Brake 260 mm; 220 mm
Front/Rear Tires: 260 mm / 12.2 in; 220 mm / 11.8 in
Suspension: Disc Brake 260 mm; 220 mm
Front/Rear Tires: 80/100-21" / 110/100-18"

Dunlop GEOMAX AT81

Chain: 5/8 x 1/4 in
Sprocket: 142 mm

Steering Head Angle: 26.5°
Triple Clamp Offset: 22 mm
Wheelbase: 1482 mm ± 10 mm / 58.3 ± 0.4 in
Ground Clearance: 370mm / 14.6 in
Seat Height: 960 mm / 37.8 in
Tank Capacity: 10 l / 2.6 gal
Weight (without fuel): 100 kg / 220.5 lbs
With the Philips Airfryer you can fry, grill, roast and even bake without all that icky oil.

**HOW DOES IT WORK?**
The Philips unique Rapid Air Technology enables you to fry with air to make food which is crunchy on the outside and tender on the inside – all this with up to 80% less fat compared to traditional frying methods. Thanks to its unique combination of fast and precise circulating hot air that swirls quickly in the belly of the compact appliance, an optimal temperature balance and a grill element, the Philips Airfryer can be used for cooking, frying, and baking food quickly and easily, using almost no oil (you can add some for flavour if you wish, but it isn’t necessary to cook the food).

Because you are only using air for frying, it is much safer and it saves you and your home from the smell of fried oil compared to a regular fryer. Also, the drawer food basket and attachments are 100% dishwasher safe!

**Choose the Philips Viva Digital Airfryer 2.2 Litre or the Philips Avance Large Airfryer 3 Litre.**

- Compact home appliance that uses hot air and the natural fats (or a small amount of oil) to cook food.
- Perfect for small families and couples, to prepare smaller batches of food.
- Unique design to drain excess fat from food during cooking.
- Digital touch screen for cooking time and temperature control allows you to pre-set cooking times of up to 60 minutes and set the best cooking temperature for your food up to 200 degrees.
- Double layer tray accessory helps you to maximise your Airfryer’s cooking space.
- It also lets you grill, bake and even roast your favourite dishes for a one stop meal-making solution.
- Low odour, low or no oil.
- Automatic shut-off function.
- Non-slip feet and cord storage.
- Comes with a recipe booklet.
- Winner of the 2016 SA Product of the Year in the small appliances category.

**Download the Philips Airfryer app and learn how to get the most out of your machine with recipes, useful tips, tricks and tutorial videos.**
[www.yuppiechef.com](http://www.yuppiechef.com)
RESTAURANT COMPETITION FOR SEPTEMBER

We have noticed that eating out is a firm favourite amongst Gautengers – which is why we have come up with a tempting competition for you! For each issue, we have 2 prizes up for grabs – for this edition, each winner will receive a R500 voucher from one of the restaurants featured on this page.

THE QUESTION FOR THIS MONTH’S ISSUE:
Q: What is the name of the book reviewed this month on page 48?

Please email your answer along with your full name, your cell number and your stand number, detailing ‘Waterfall Restaurant Competition’ in the Subject line, to: info@eiapublishing.co.za. The winners will be notified by email.

Terms and Conditions:
1. Vouchers cannot be exchanged for cash.
2. Portions of the monetary value of the voucher cannot be refunded as “change”.
3. Bookings need to be made in advance with the restaurant detailed on the prize.
4. Service charges/gratuitities 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, Waterfall and any other associated parties are not responsible for the fulfilment of the service from the restaurant once the prize has been awarded.

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.

WIN!

FOR SEPTEMBER

DON’T FORGET TO ENTER!

COMPETITION WINNERS: Well done to the winners of our last competition! Congratulations to: Hilde Minster and Nikki Grupel. They each won a R500 meal voucher from one of our participating restaurants.

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NEW PUPPY OR KITTEN ARRIVING?

Top six must-haves for your shopping list

THE RIGHT NUTRITION MAY BE THE SINGLE MOST IMPORTANT INVESTMENT IN YOUR PET’S LIFE.
MICROCHIP AND ID TAG
Legally speaking, dogs and cats are considered to be possessions in South Africa and the only true way to prove “ownership” of your pet is if it carries a microchip linked to your details. Puppies and kittens are tiny and curious – this is the time they’re most likely to stray from the safety of your property. A microchip, together with a collar and ID tag will alert people to the fact that your pet belongs to someone. Microchips can be inserted for animals as young as 6 weeks and this service is provided at Twisted Whiskers by their veterinarian and owner, Dr. Katja Bier.

CLEAN UP “GEREEDSKAP”
House-training kittens is relatively easy, but with pups it can be a process. And there will inevitably be some accidents along the way…. Not only do you need a litter tray, scoop and a stash of litter for kittens, and plenty of puppy pads and training spray for puppies, you’ll want to ensure you have products on hand that are formulated to eliminate stains and odours on a variety of surfaces, rather than just masking them, as household detergents do. Pets have a much keener sense of smell and will easily ‘find’ their familiar spot again and again, unless all traces have been removed.

BEDDING AND BLANKETS
While you may already have decided that your furkid will have free access to all couches and beds in the house (in which case, you’ll want to set up regular grooming bookings at Twisted Whiskers Pet Spa!), some pet parents may prefer a “Pets in Pet Beds” rule. The new baby may feel bewildered initially, so comfy, welcoming bedding can help a lot. Both puppies and kittens enjoy an igloo-type bed to start, which provides a safe hideaway. For pups, ensure that whatever bed you decide on is washable and made of a robust material, as it can become the target of chewing during moments of boredom.

TOYS AND TREATS
Youngsters have boundless energy and enquiring minds, so if you aren’t properly prepared with a wide range of toys and safe items to chew, you’re setting yourself up for chaos in the home. Anything and everything (including books, electrical wiring, plants, valuables…) becomes an object of fascination to your furry baby, so ensure he has plenty of other options to keep him busy. Favourite toys for kittens include feathers, soft balls that bounce and toys that make rustling sounds. Smaller pups enjoy plush toys that offer comfort and are easy for them to get their jaws around, while the larger guys will demolish these in 5 seconds flat and need toys that are a lot tougher. Consider rope and tug toys for them. Hunting breeds like Labs, Goldies, Spaniels and Pointers enjoy anything they can carry around in their mouths, preferably with a squeak or quacking sound (think amphibious toys, too, for games on land and in the water). And if you’re the parent of a Pitbull, Boerboel, Bull Terrier or Staffie, you’ll need to bring out the heavy artillery and invest in durable Kong toys, super-thick ropes or toys made of firehose webbing. As they grow, items made from tyres also work well.

There are loads of treats to choose from – bite-sized, yummy ones to reward good behaviour, or tougher sinewy ones to keep a bored dog busy for a while. Treat-dispensing toys are a fun combination of both.

Twisted Whiskers staff are on hand to advise on all aspects of kitten- or puppy-parenting. They would love to help make this the special time it should be. Feel free to pop in and browse all of the goodies they have selected especially with the younger furry family members in mind. They also have contact details for Puppy Socialisation specialists and the best Doggy Day Cares around – these will be of inestimable value to you, trust us!

Most importantly, have fun!
### Waterfall Contacts

#### TRAFALGAR PROPERTY MANAGEMENT
**WATERFALL COUNTRY ESTATE & VILLAGE CONTACTS**

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<td>Grant Poole</td>
<td>083 399-9334</td>
<td><a href="mailto:grantp@trafalgar.co.za">grantp@trafalgar.co.za</a></td>
<td>- General enquiries; - Conduct Rule Management; - Complaints escalation</td>
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<tr>
<td>Building Control Manager</td>
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<td><a href="mailto:johnnyd@trafalgar.co.za">johnnyd@trafalgar.co.za</a></td>
<td>Building Control</td>
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<td>Security Manager</td>
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<td><a href="mailto:shawnb@trafalgar.co.za">shawnb@trafalgar.co.za</a></td>
<td>Security</td>
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<td>Maintenance Manager</td>
<td>Ignus Fourie</td>
<td>073 940-5018</td>
<td><a href="mailto:ignusf@trafalgar.co.za">ignusf@trafalgar.co.za</a></td>
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<td>071 154-4963</td>
<td><a href="mailto:ruans@trafalgar.co.za">ruans@trafalgar.co.za</a></td>
<td>Environmental and Landscape Management</td>
</tr>
</tbody>
</table>

Please contact Cindy Mabaso for biometric enrolment, visitor management and queries regarding communication at CindyM@trafalgar.co.za or 010 591 4671.
Ninety percent of the world’s megafauna (its larger creatures) have disappeared since humans migrated from Africa and fanned out across the rest of the world. Within a very short time the megafauna – mammoths, mastodons, woolly rhinoceros and the huge carnivores that preyed upon them were extinct. Only Africa seems to have escaped: not unscathed, but not entirely vanquished either.

This book describes the history and extent of human impact on the world’s wildlife, good and bad, and examines, in particular, the status of wildlife in Africa – the world’s last great megafaunal sanctuary. The book also questions whether Africa’s wildlife has reached its lowest ebb, and whether it is about to witness the turn of the tide?

The author sounds a note of cautious optimism: conservation initiatives have gained a new urgency in the 21st century, and governments in Africa and elsewhere are showing increasing resolve to tackle poaching. Vast transfrontier parks, many still in development, have the potential to provide a sustainable habitat for the continent’s megafauna.

If we can muster both local and international support, name and shame the rogue nations, and build a practical conservation model that does not conflict with human needs, then Africa’s wildlife can perhaps be saved.

James Clarke trained as a journalist in Britain and came to South Africa as a daily newspaperman, and made a career as a science writer. His interest in environmental affairs, both urban and rural, dates back 50 years. He was one of the three founders of the Endangered Wildlife Trust, and has written a range of books on natural science as well as several books of humour. In 2015, he published Save me from the Lion’s Mouth – an investigation into human-wildlife conflict in Africa (Struik Nature).
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