

Kyalami

ESTATES

**Top Cities
Survey**

**Turfnet:
Ways to
give back
to the earth**

**Celebrate
being a Dad**

• where people connect •

We are Kyalami Estates

We are the wise gaze of the Spotted Eagle Owl.
We are the courteous smile of horseback riders.
We are the miles and miles of walking trails.
We are the safe and secure country lifestyle.
We are the horse paradise
conservancy of Midrand.

We are Kyalami Estate agents,
Jet de la Rey, Tony Santana & Nicole Horwood.



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Important Numbers

Kyalami Estates	011 468 3001
Control Room	option 1
Estate Office	option 2
Estate Security Manager	option 3
Site Security Manager	option 4
Email :	info@kyalamiestates.co.za
Emergency	078 771 4268
Council Services	011 375 5555
Or	0860 56 28 74
(City Power/Joburg Water & Sewerage /JRA)	

In case of Emergency:

Midrand Police Station 011 375 5911 • Metro Police 011 375 5911 • Netcare Emergency 082 911 • Police/Flying Squad 10111
• Waterfall Hospital 011 304 6600 • Sunninghill Hospital 011 806 1500



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Message from the Estate Office

There is an upsurge of building activity in the Estate at the moment. We have two new homes under construction which leaves only two stands undeveloped within the Estate. Furthermore, there are 19 stand owners who have registered plans with the office to undertake renovations to their homes. There are also a number of owners who are doing remedial work, painting and the like.

With all this activity going on, and perhaps more residents planning work over the winter months, I thought it would be pertinent to remind everyone of the process to follow when starting any contracting activity.

Your first step is to consider the Estate's Architectural Guidelines. This document is available on the Estate website. If you are planning a major (or minor) renovation and building plans are required, you will need to submit the plans to the Estate Office for approval

prior to submitting them to Council. If you are encroaching a building line or planning a double storey, you will need to get your neighbours to sign off your plans prior to submitting them to the Architectural Consultant for approval. The office will require three copies of any plans being submitted and a scrutiny fee is payable. Once the plans have been approved, we will retain a copy for filing and you will be given the other two back for council submission.

When a contractor is going to be working at your home for more than a week, you must ensure that they have been registered on our access system. The enrolment team will gladly assist you with this process. Please also ensure that all contractors are aware of the Contractors Code of Conduct (available on the Estate website) and the terms and conditions contained therein. This is particularly important when it comes to hours of work permitted in the Estate. We have a high number of complaints

related to contracting activity taking place outside of the permitted hours. Please show consideration for your neighbours when you start a project.

It is really important that building sites and material are properly screened as per the guidelines laid down. Torn, sagging and see-through screening is not acceptable! Jaco, our maintenance manager, is available to guide and offer advice in this regard.

Aesthetics are important in our Estate. Take a moment to really look at your home – is the garden neat and tidy, do your walls need a lick of paint? Winter is the perfect time to do home maintenance, so why not shake off the winter blues and start a home improvement project?

Stay warm as our days get shorter and our nights longer.

Regards

Heather Bowes

Estate Manager

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Simple ways to give back to the earth.

This is our home, it's time we took care of it.

There are tons of simple ways to incorporate eco-friendliness into your life without having to completely change the way you live. If anything, some of these will make your life more simple and enjoyable!

SAY GOODBYE TO PLASTIC BAGS

Plastic bags are not biodegradable. They fly off rubbish piles, garbage trucks and landfills, and then clog stormwater

infrastructure, float down waterways, harm animals and spoil the landscape. If all goes well, they end up in proper landfills where they may take 1 000 years or more to break down into ever-smaller particles that continue to pollute the soil and water.

MAKE YOUR OWN CLEANING AND BEAUTY PRODUCTS

Most of the products we use daily are

made up of harsh cocktails of chemicals, which can be bad for your health, and your kid's health. There are tons of natural remedies out there to help you save money and improve your health.

EAT LESS MEAT

Commercial animals take up a LOT of space, water and food. It requires 2,500 gallons of water to produce one pound of beef. For each hamburger

that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.

COLLECT RAINWATER

Rainwater collection systems are simple to install and easy to operate. There is no outside energy use required that will affect the environment. Water collected can be used in times of drought and collecting rainwater from your home's roof also reduces the amount of storm water runoff that flows into a city's sewer system.

GROW YOUR OWN PRODUCE

When you grow your own food using organic methods to grow crops and control pests, you and your family know that the fruits and vegetables you are enjoying together are safe and free of chemicals that are harmful to both your health and the environment.

SUPPORT LOCAL

Spend some time looking around your city for small businesses and farmer's markets, and consider buying from them before going to a big-name store. The owners will surely appreciate it!

SUPPORT COMPANIES AIMING TO BE MORE ECOFRIENDLY

Look out for companies who put effort into providing an environmentally safe product or service. For example Queen of Clean on site cleaning uses natural, non-toxic products to clean homes. Another example is the kids clothing store – Earthchild, which produces clothing using natural fibres. [K](#)



To purchase natural gardening products or for more info on how to be eco-friendly give Turfnet a call: 073 935 9754 School road, Plot 17, Diepsloot, Johannesburg. 2189

Lew Geffen

Sotheby's

INTERNATIONAL REALTY



An apartment where Sophia Loren stayed during the 1955 Venice Film Festival is for sale in Italy for about \$6.6 million.

Former Venice, Italy, vacation home of Sophia Loren seeks \$6.6 million

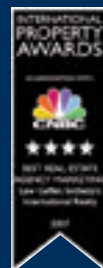
Just in time for the Venice Film Festival, a former vacation home of film actress Sophia Loren has come up for sale in Venice, Italy, for about \$6.6 million. The 15th century palazzo in the historic San Marco district is where Loren stayed during the 1955 festival. Other celebrities to stay at the apartment include author Ernest Hemingway and actor Henry Fonda.

The Moorish-style building, across from the Aman Hotel on the Grand Canal, is distinguished by its stone trim, rows of arches and front-facing terrace balconies extending from each level. It has a boat mooring and a private lift. The 4,300-square-foot apartment features such Venetian details as delicate molding, grand chandeliers and plaster walls. Multiple reception areas, five bedrooms and four bathrooms make up the floor plan. Views from each formal room take in the canal. Venice Sotheby's International Realty holds the listing.

Loren, 80, has scores of credits that include "Marriage Italian Style" (1965), "El Cid" (1961), "It Started in Naples" (1960) and "Two Women" (1960); she won a best actress Oscar for her work in the latter. In 1955, the year she stayed at the palazzo, she appeared in "The Sign of Venus," "The Miller's Beautiful Wife" and "Scandal in Sorrento."



Lew Geffen
Chairman
Owner
Founder



34 Years and
still Founder Driven



Alex (8) and Ashleigh (5)

The Sabie River was unusually full

The joy of birding with children

Bird spotting coloured by the enthusiasm of youth

By James Clarke, Photographs by Mary Broadley

A couple I know did the Napi Trail in Kruger Park in January. It is a particularly scenic wilderness trail some distance east of Pretoriuskop; it meanders among the giant granite boulders near the confluence of the Byamiti and Napi rivers. At that stage if they'd fallen in either of these rivers they would have had to dust themselves down because the park was in the grip of the worst drought the staff could recall.

There was no grass, and no leaves on the trees. Dust devils danced about in the 40°C heat. The bushveld had become a desert. "It'll take years for the park to recover from this," said my friend.

They then motored up to the central region, to Satara, in the hope it would be greener. It was also a desert. Hippo were

crammed together in the few pools of water left in the dried river beds.

I had booked for March to go with Mary to stay at Kruger Park Lodge where I am part owner of a house on the Lower Sabie River. Mary's daughter, Suzy, and her two children, Alex (8) and Ashleigh (5) would spend the first three days with us.

Alex was unusually excited about the prospect because at Christmas he had been given a small bird book – a slim pocket-sized copy of *Pocket Guide to Birds of Southern Africa* by Burger Cillie and Ulrich Oberprieler. I'd never heard of it (nor had I heard of the publisher, Game Parks Publishing) but it was nicely illustrated with 200 coloured photographs of the more common species.

Alex was told that if he was able to identify and remember 25 of the birds in the book by the end of the Christmas holiday (at Ballito Bay) he would get a pair of binoculars. It had the most extraordinary effect. Mary, being an experienced birder, was able to show him how to use her binoculars. By the time Alex came home, he had identified 43 birds.

Even the route back to their home in Randburg became exciting for he was able to spot conspicuous birds such as the Pied Crow, Cattle Egret, House Sparrow (at the filling stations) – he was even able to add an Ostrich to his list. I was relieved to see, in March, how green the Kruger Park Lodge and its golf course were. The golf estate has ample groundwater for irrigation - but what would the park be like?



Half-collared Kingfisher



European roller

The Sabie River was fuller than I had seen it in years and we walked along its banks under the shady canopy of riverine trees pierced by shafts of sunlight. Alex, in front, suddenly stopped and, very cautiously, pointed: there, at eye-level and only metres away, perched on a twig against a mudbank, sat a brilliantly-coloured, Half-collared Kingfisher. The bird was unfazed by our presence. Then, flashing its spectacular 'kingfisher blue' wings, it flew a few metres to join its mate.

Alex, thrilled at having spotted a bird that enraptured us all - I'd seen it only three times in my life - was transported with joy. His sister, "Ash", caught up in the excitement of it all, now began to show more than a passing interest in birds. In fact, a few weeks later, Ash was laying claim to having spotted 48 species.

We saw a Purple Turaco gliding between trees on blood-red wings but the kingfisher sighting was a special moment and I became aware of the added enjoyment of birding with enthusiastic young people.

Next day we entered the Kruger Park and within a few hundred metres of passing through Phabeni Gate we saw a huge shapeless mound in a mudhole. It puzzled us until, as the mud cascaded off its head and horns, it revealed itself as a buffalo.


The desiccated park of January had become a green paradise. The grass was as high as an impala's eye; silver-leaf terminalia shone in the sun and the maroela trees were heavy with berries. There were European Rollers, Lilac-breasted Rollers, White-fronted Bee-eaters, Yellow Hornbills, Red Hornbills, Grey Hornbills... the bird book pages were fluttering (we had at least four kinds of bird books in the car) and Alex and Ash were almost spinning around trying to absorb it all.

Then we spotted an eagle in a tree. An eagle! This was serious stuff. A Wahlberg's Eagle or a Tawny? The former has a straight narrow tail like a short ruler whereas the Tawny has more of a fan-shaped tail. Alas, this one was sitting on its nest of sticks and we concluded it

must have been Wahlberg's, a breeding migrant.

Sadly, Suzy and the children had to go home but before leaving the park Alex had positively identified (pi'ed as we old birders like to say) his 100th bird.

I say "sadly" because they missed coming with us to Satara which was greener than Ireland. There were fat herds of zebra and wildebeest wading in waist-high grass. The children missed experiencing a birding phenomenon that we saw on the Satara-Orpen road: swarms of Red-billed Queleas (the locust bird) sweeping over the veld like a blizzard; tens of thousands of them, just like locusts. They flocked barely above the grass and then, in one second and in a perfectly synchronised movement, they dropped like little stones into the grass. Seconds later they were off again, swirling and dipping.

We found all the rivers flowing strongly, happy hippos everywhere. The bushveld recovers so quickly. 

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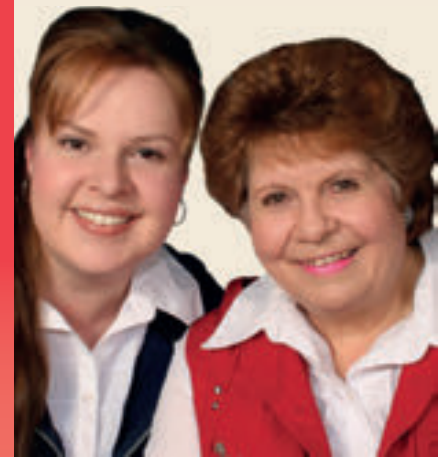
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The Mighty Tigris is able to ensure streamlined projects through the availability of a number of services, such as in-house architectural services, an engineering service and building and garden planning. The turnkey service offering allows the home owner to take comfort in knowing that the company has everything covered.

GETTING THE BASICS RIGHT

The biggest challenge in the contracting industry is the miscommunication between the client and the contractor regarding the basic business principles that apply to any form of contractual agreement. Below are a few questions you should be asking when taking on a new build or renovation.

1 Am I choosing the right company?

Does the company you chose suit your building or renovation requirements? Does it deliver the style you are looking for? Does it offer a turnkey building package that includes architectural drawings, council approval and hand-over, or does it specialise in only one area?

2 How much will it cost?

One of the most important factors is to ensure that the project cost was made clear before any work commences, and that what was quoted is delivered. The biggest challenges and disagreements come to light when there are hidden costs or changes to the original cost of the project.

3 Do I have to worry about site safety?

While working on the project, does the company offer public liability on the site's facilities, including the health and safety of the workers on site, as well as site visitors?



4 Who will handle quality control?

Are there staff members on site available to answer the questions and address the needs of the client? Is there a designated staff member who ensures that the project meets the standards of the current building regulations?

5 Will this project keep to the agreed time frames?

It is important to stay within the time frames of the project, and also acknowledge the different building seasons and downtimes.

6 Who will hold the builders accountable?

It is important to take stock and ensure that what was quoted for is delivered, and that all certificates from the relevant parties can be provided when needed.

The Mighty Tigris will be offering a series of features tackling all of your building and renovation matters, so look out for next month's edition. For questions regarding this feature, email info@tigris.co.za.



Jaco van Deventer is an expert in the field of construction, and turnkey building projects. As general manager of The Mighty Tigris, Jaco is passionate about delivering high-end services to his clients and ensuring that the vision for each project is fulfilled.

For more information on The Mighty Tigris:

Call us: 082 090 4796

Email us: sales@tigris.co.za

Visit us: www.tigris.co.za.





THE CHARACTER COMPANY MENTORSHIP PROGRAMME

As we lead up to Father's Day on 18 June here's something for the Dads to get involved in, to celebrate their 'Dad-liness'. The Character Company is looking for compassionate men to step up and contribute to changing our ailing society, one boy at a time.

There are many socio-economic factors that have influenced the breakdown we see in marriage, relationships and family life in South Africa. Poverty, unemployment, the rising cost of basic commodities, the increase in crime, violence and abuse, a growing trend toward materialistic, status-driven lifestyles along with a general decline in old-fashioned family values, are just some of issues that confront us today. HIV-Aids, too, has decimated the population and the rise of child-headed households is a cause for grave concern. Single parent families have become the new norm. In most cases, it is the mother who is left alone to support her family and raise her children as best she can, working long

hours away from the home and obliged to leave her children in the care of others. For many moms, this is stressful and exhausting. For children, it can be devastating and particularly so for boys.

"We should never underestimate the powerful influence that a father has on the development of a child. The void left in a boy's life by an absent father is all too often filled with anger, bitterness, guilt and a host of insecurities that can result from the lack of a positive role model," says Jaco van Schalkwyk, Founder and Director of The Character Company.

Jaco has, for some time, been involved in trying to rectify this gaping hole in our

society. He and a group of committed individuals formed The Character Company in an attempt to address these issues.

"I believe that we, as men, need to step up and help fill this aching gap in the lives of boys without dads. Indeed, I believe that it is our responsibility to do so, not only for the benefit of the boys but also for the good of our society as a whole."

"The Character Company represents the values with which I was raised. I strongly believe that the Core Values, as promoted by The Character Company, will result in the positive moulding of a boy's character, assisting him to become



the man of integrity that he is destined to be. I feel honoured to be part of this work," he says.

CORE VALUES

The Character Company is committed to raising boys to be good men. To achieve this they focus on a long-term mentorship and relationship-building programme during which they work at instilling five Core Values – honesty, courage, kindness, respect and self-discipline – into each boy. These five Core Values form the basis of their interactions with each boy in the programme, and behaviour that reflects these values is modelled and encouraged at all times. They work with young boys between the ages of 5 and 10 as an intake age, but their long-term mentorship approach means that they will continue to be part of their lives throughout their school career and beyond.



"The Character Company makes a positive impact on society by assisting every boy in the programme to gain insight into himself, to make wise choices that will help him realise his full potential and to one day become a respectable man who, in turn, will inspire many others to do the same," Jaco continues.

WHY LONG-TERM MENTORSHIP WORKS

"As any parent knows, the job of parenting is not a short-term project. From the start, we understood that we could not simply


"We should never underestimate the powerful influence that a father has on the development of a child"



run a 6-month course on 'how to deal with your absent father'. There are so many milestones in a boy's life where he needs to talk/share with 'Dad'. The Character Company believes in a long-term intervention, especially for problems that have grown and developed over a number of years - in many cases, for generations," he says.

"Our MENTors are invested in helping our Acorns through those transitional events and are committed to the long-term MENTorship programme. What that means is that we are offering to be part of the boy's (and his family's) life for as long as he needs us. As boys grow older their needs will change and we want the programme to grow with them so that the MENTor is always there to guide and support. A boy entering the programme is encouraged to build a relationship with his MENTor based on the five Core Values."

"Our ultimate goal is to help young boys to become men whose lives are guided by respect, honesty, self-discipline, courage and kindness. Our dream is to have branches across the country, in both urban and rural areas, where many thousands of boys, currently growing up without the help and guidance of a caring father, can benefit from this programme."

So, men, if you have time on your hands and you're available to commit to a long-term project that will involve your time and energy to help change our society for the better, don't be shy. 

Contact Jaco van Schalkwyk or Thandeka Ngoma by emailing ch@racter.co.za or calling Lorraine on 072 148 8702.

"I became a director of The Character Company because I believe in this cause and I witness everyday, the impact of absent fathers on families and society. This is so deeply entrenched in our society that it has become a never-ending cycle, affecting generation after generation and both men and women. I have decided that I want to be part of the change I want to see in South Africa.

It is true that when you empower women, you empower the community and the nation. We have so many initiatives today focused on empowering women to speak out against abuse and rape. In parallel, we also need to have initiatives to avoid such violence from happening in the first place. It's a fact that violence is mostly committed by men in South Africa. And it's also a fact that the majority of these men had absent fathers growing up. They were missing a key figure in their lives to model how a good man should behave. This is why I am passionate about the work to bring up young boys who will be responsible men that do not rape our sisters and children. Men that do not commit crime and perpetrate domestic violence. Ultimately, this work doesn't only benefit men, but also benefits women and the society at large.

Young boys who do not have a good moral foundation and good male role models have high potential of becoming destructive men when they grow up, which gives rise to:

- They themselves being absent fathers, further perpetuating this issue.
- High potential to be involved in a life of crime, domestic violence and rape.

These are all problems that, in the end, affect women and children, as they are often on the receiving end. I have a dream that one day a woman can walk down any street in South Africa, at any time, dressed however she chooses and not have to fear being attacked or raped. I have a dream that South African children will grow up in happy homes, where both parents are actively involved in parenting. That dream starts by investing in the future, today! – Thandeka Ngoma, TCC Director.



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GET CRAFTY

FORGET THE *KLIPPIES EN COKE*, OKES. CRAFT BEER IS THE NEW *WYN VIR DIE PYN*...

BY DEBBIE WALTON

Yes, you could say that craft beer is done and dusted, but truth be told, the guys brewing brew out of their garages have been so successful, a lot of them have moved those home-made brew machines to big factories and are churning out beers by the bus load!

There is a range of flavours and tastes out there but the most popular seems to be the Indian Pale Ale, or the IPA to those in the know. But if IPA isn't your thing, don't worry. We've put together a list of the top six craft beers as ordered on www.yuppiechef.com.

Name: Bone Crusher

Brewer: Darling Brew

Retail: approximately R504 per case

A true Belgian-style witbier (wheat beer), with coriander and citrus aromas and a light, fruity taste and light herbal notes. Bottle conditioned, this beer has a distinctive candied orange nose, a spicy richness and a lingering bitterness.

- A light, golden witbier
- Light, frothy head that lingers
- Edgy and refreshing, with a citrusy nose and spicy notes with a lingering bitterness

Name: The Valve

Brewer: Riot Beer

Retail: approximately R300 a case

The Valve is named after the full valve guitar amp because of its fuller tone and sustaining hop notes. This India Pale Ale has the hop heaviness of an American style, but the balance of a British style IPA. Some notes of guava and litchi upfront, with a classic bitter hop finish.

- Deep golden in colour
- Thin off-white head
- Fruit on the nose with guava on the palate, followed by a hoppy grapefruit bitterness.

Name: Braamfontein Brawler IPA

Brewer: SMACK! Republic Brewing Co.

Retail: approximately R450 per case

SMACK! Republic believes that beer should not be restricted by convention or style or law. That's why they brew small batch beer which challenges the norm of conformist craft brewing. This full flavoured IPA is high on bitterness and has citrus and pine notes.

- Reddish copper in colour
- Small off white head
- Citrus, pine and caramel malt on the nose and palate.

Name: The Legend Lager

Brewer: Drifter Brewing Company

Retail: approximately R375 per case

A smooth light Vienna Lager that is easy drinking, with a very prominent malt backbone and a subtle fruity bitterness owing to the Mosaic and Centennial hops used in this beer. Light reddish colour is present because of the use of Red X as its base malt, blended with a large portion of Vienna malt as well as smaller amounts of Munich and Caramel-Pilsner malt.

- Light reddish in colour
- Off white head
- Prominent malt aroma and flavour with a gentle fruitiness.

Name: Hand Werk

Brewer: And Union

Retail: approximately R480 per case

One of the first craft beers on the scene in South Africa, the And Union Hand Werk IPA is a well-balanced IPA with notes of citrus, honey and pine in the bitterness. Crisp and easy drinking, this is great with rich foods.


- Cloudy, dark golden India Pale Ale
- Frothy white head
- Citrus and honey notes with pine bitterness
- Food pairing: cream-based pastas, fried foods, mature cheeses, curries.

Name: Dubbel

Brewer: Wild Beast

Retail: approximately R408 per case

Inspired by traditional Belgian Trappist Ale and Abbey Dubbels, winemaker and brewer Chris Boustred took on the idea of crafting a South African Dubbel. The Wild Beast Dubbel is made with imported speciality malts and local pale malts. The characteristic caramel-toffee flavour is obtained by the addition of candy sugar during boiling.

- Medium amber with a copper reflection
- Intense aromas of caramel, toffee, molasses and hazelnut. Citrus notes of lime and lemon-thyme emphasize the hop aromas
- On the palate you can find caramel and burnt toffee with traces of citrus. The taste is balanced by the broad bitterness and characteristically caramel-like flavours. No lingering hop flavours are present
- Lasting finish with balanced bitterness and a persistent intensity. 



Model: Cecile Brits & Ian Heunis | Photography: Blamir



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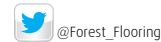
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TAKE IT ON THE GIN!

LAST YEAR IT WAS ALL ABOUT SPARKLING WINE ICE LOLLIES AND PINK WINE SPRITZERS. THIS YEAR, THE NEW KID ON THE BLOCK IS CRAFT GIN!

BY DEBBIE WALTON

Gone are the days where tonic was the only suitable mixer; where your only choice of hard tack gins were Bombay or Tanqueray. And because in South

Africa we're all about local is *lekker* the new, variety of craft gins on the market, are taking braais and bars alike by storm...

Like wines, craft gins come in a variety of colours and flavours; so do the mixers actually, and the best part about it is that they're all locally distilled and come in very pretty packaging too. From amber to pink, flower-flavoured to buchu-infused, there is a taste of SA-made gin out there to suit every palate. Add a splash of pink lemonade or a spoonful of marmalade and you'll look just like the Belle of Ball with gin cocktail in hand.

Here are some of the craft gins available at your local bottle store:

Inverroche Gin

Retail Price: Amber, Verdant and Classic flavour all come in 750ml bottles and retail at approximately R390 a bottle.

Inverroche Gin is double distilled in small batches of 250 bottles, using a specialised pot still process where alcohol vapour infuses with dried and fresh botanicals, resulting in a complex and intensely flavoured spirit.

The Amber variety is a handcrafted blend of intriguing flavours, combining the fresh floral botanicals of Africa with spices and berries from India and Europe. Well balanced and full bodied, it is smooth on the palate with a dry, warm finish.

- Golden amber in colour
- Earthy base notes are balanced with fresh citrus and juniper notes, followed by a delicate floral finish.

Cocktail recipe: Pour a generous amount of Inverroche Amber into a tumbler over ice, add a splash of fever tree tonic available from Woolies and squeeze the juice of half a grapefruit on top.

The Woodstock Gin Co Inception Wine Distilled Gin

Retail price: approximately R380 per 750ml bottle.

The Woodstock Gin Co Inception range, as the name alludes to, symbolises the desire to create truly amazing gin with South African flair. Great care is taken to ensure that the quality of the ingredients is of the highest standard. This wine/grape distilled gin is made from a low sulphur Chenin Blanc and has distinct floral and citrus notes.

- Very smooth, elegant, full-bodied gin with a slight hint of jasmine and coriander on the palate.
- Light tones of buchu, rooibos and a hint of citrus can be picked up in the aftertaste.

Cocktail recipe: Drink on its own or add a dash of light tonic water, gooseberries and superb and refreshing South African G&T.

Bloedlemoen Gin

Retail price: approximately R450 per 750ml bottle.

Distilled at Cape Town distillery Hope on Hopkins, Bloedlemoen is quintessentially South African. Distilled using 10 botanicals in a classic London Dry style, Bloedlemoen is a handcrafted, small batch gin with citrus and juniper on the nose, nutmeg and cassia on the palate and a lingering blood orange aftertaste, from when it got its name. The label was

painted by local miniaturist painter, Lorraine Loots, making it nearly as amazing as the gin inside the bottle.

- Contains ten natural botanicals: Juniper, Blood Orange, Orange Peel, Grains of Paradise, Coriander, Cassia, Nutmeg, Licorice Root, Angelica Root and Nutmeg
- Made in the classic London Dry style
- Recipe and distillation led by the founders of the Cape Town Gin & Tonic Festival.

Cocktail recipe: Pour a double shot of Bloedlemoen gin over ice, add a spoonful of marmalade, a small can of tonic, a sprig of rosemary and enjoy.

Musgrave Pink Gin

Retail price: approximately R450 per 750ml bottle.

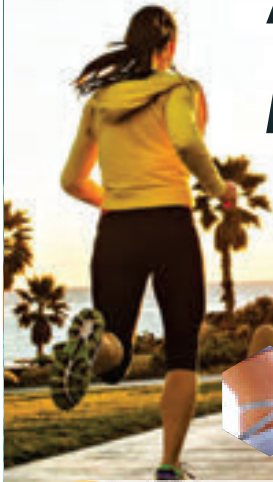
Musgrave Gin is born out of the flavours and history of Africa and its ancient spice route. Musgrave Premium is no ordinary gin and its top notes of aromatic Cardamom, African Ginger (Whitei Mondei) and Grains of Paradise are reminiscent of the perfume of spice markets.

- Distilled with Musgrave's signature 11 botanicals, and features top notes of cardamom, African ginger and Grains of Paradise, softened by the addition of rosehips during the distillation process
- Rosehips and an infusion of rosewater add subtle perfume and exotic flavour to the gin
- Awards: Gold at the 2016 Michelangelo awards.

Cocktail recipe: Drink this delicious gin with pink lemonade and a slice of lemon – simple and sophisticated. 



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GLOBAL RESIDENTIAL CITIES INDEX

Chinese cities reach their peak in 2017

House prices in China's key cities rose ever higher in 2016 compared with previous years and made a significant contribution to the Global Residential Cities Index's overall performance but 2017 is shaping up to look very different.

Chinese cities account for nine of the top ten rankings in the latest assessment of house prices across 150 cities worldwide. Nanjing leads the rankings with average prices ending last year 41,1% higher.

Chinese cities would have occupied the entire top ten had New Zealand's Wellington not nudged Shenzhen

out of tenth spot. However, next quarter's results are expected to look significantly different. The index covers the period to the end of 2016 but already in March we have seen a new round of lending curbs and purchase restrictions across China's main cities which have brought price growth in several cities to an abrupt halt.

Overall, the index increased by 6,6% in 2016, its highest rate in three years. However, if we were to omit the Chinese cities, the index would have increased by only 4,9% in 2016.

Beyond China, the cities of Auckland (12,4%) and Vancouver (17%),

which have for several years been New Zealand and Canada's stellar performers, have now been usurped by their respective rivals, Wellington (23,7%) and Toronto (19,8%).

Oslo (21,7%) is Europe's strongest performing city but Budapest (19%) is not far behind. In Oslo, falling unemployment, record low interest rates and strong purchasing power have boosted demand. The Dutch cities of Amsterdam, Utrecht and Rotterdam represent another centre of growth in Europe, all recording double-digit annual price rises. Here, a lack of supply is the key determinant of accelerating prices.



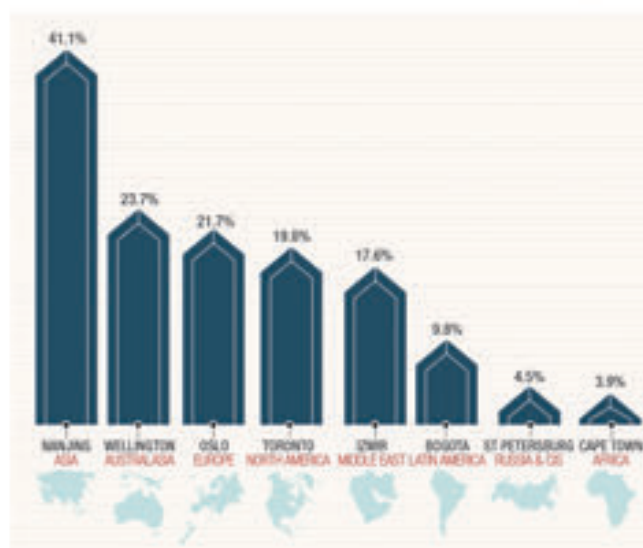
Seattle (10,8%) continues to lead the US cities with Denver (8,9%) next in line. The impact of the Federal Reserve's third rate rise in 10 years (to 1%) will filter into next quarter's edition but a sudden slowdown in US cities' price inflation is not envisaged. Furthermore, stronger capital outflows from the US to key European and Asian cities may be seen.

In the UK, six of the eight cities tracked by the index recorded positive price growth, but only one, Bristol (10,1%) saw prices reach double figures. Improving economic productivity and a structural undersupply of new housing is supporting price growth in a number of the UK's regional cities.

The foot of the rankings table remains largely unchanged with Moscow, Aberdeen, Seville, Darwin and Jaipur jostling for position within the bottom five. No single world region dominates, although the Americas are notable by their absence.

Top performing city by world region

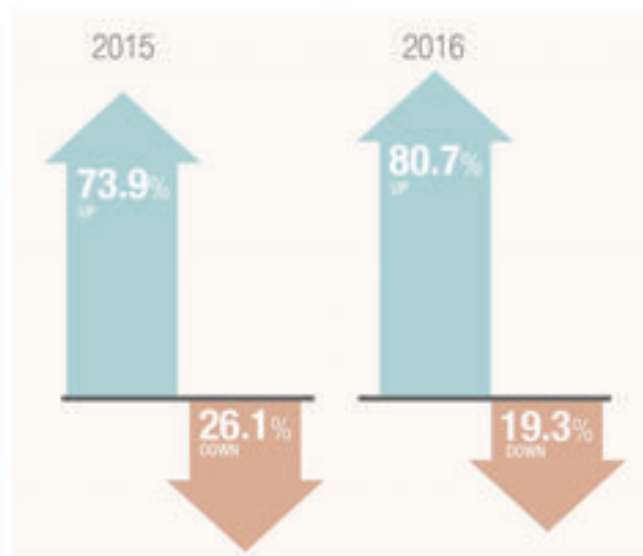
Annual performance to Q4 2016



Source: Knight Frank Research

Ups and downs

Proportion of cities recording price rises or falls



Source: Knight Frank Research

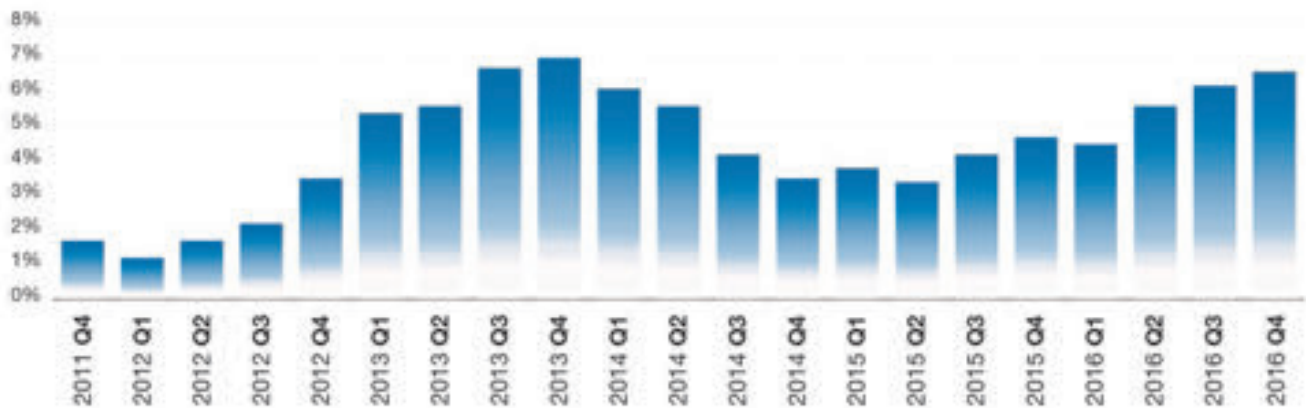
Global Residential Cities Index

Tracking mainstream residential prices across 150 cities worldwide



Global Residential Cities Index Q4 2016

Annual performance over the last five years 12-month % change



Source: Knight Frank Research


RESULTS FOR LAST QUARTER, 2016

House prices across 150 cities worldwide increased by 6.6% on average in 2016. Chinese cities occupy the index's top nine rankings for annual house price growth but a marked change next quarter is expected.

Wellington and Toronto have usurped their neighbours of Auckland and Vancouver respectively at the top of the table.

Oslo is Europe's strongest performing city but Dutch cities

have also risen up the rankings.

No single world region dominates the bottom of the rankings with Moscow, Aberdeen, Seville, Darwin and Jaipur comprising the five weakest markets. 

Knight Frank Global Residential Cities Index, Q4 2016 Ranked by annual % change

Rank	City	12-month % change (Q4 2015-Q4 2016)	Rank	City	12-month % change (Q4 2015-Q4 2016)	Rank	City	12-month % change (Q4 2015-Q4 2016)
1	Nanjing, CN	41.1%	51	Manchester, UK	7.9%	101	New York, US	3.1%
2	Wuxi, CN	35.7%	52	Tel Aviv, IL	7.7%	102	Seoul, KR	3.0%
3	Shanghai, CN	31.7%	53	Birmingham, UK	7.7%	103	Paris, FR	3.0%
4	Hangzhou, CN	28.7%	54	Riga, LV	7.6%	104	Lyon, FR	2.9%
5	Zhengzhou, CN	28.4%	55	London, UK	7.6%	105	Dalian, CN	2.6%
6	Beijing, CN	28.1%	56	Chongqing, CN	7.3%	106	Vienna, AT	2.5%
7	Wuhan, CN	25.5%	57	Turin, IT*	7.2%	107	Helsinki, FI	2.4%
8	Tianjin, CN	25.4%	58	Nottingham, UK	6.9%	108	Ljubljana, SI	2.2%
9	Guangzhou, CN	24.3%	59	Lisbon, PT	6.8%	109	Johannesburg, ZA	2.2%
10	Wellington, NZ	23.7%	60	Miami, US	6.8%	110	Zagreb, HR	2.1%
11	Shenzhen, CN	23.5%	61	Bratislava, SK	6.8%	111	Brussels, BE	1.8%
12	Oslo, NO	21.7%	62	Delhi, IN	6.7%	112	Valencia, ES	1.6%
13	Toronto, CA	19.8%	63	Boston, US	6.3%	113	Halifax, CA	1.5%
14	Jinan, CN	19.5%	64	Detroit, US	6.3%	114	Lille, FR	1.2%
15	Budapest, HU	19.0%	65	Atlanta, US	6.2%	115	Jakarta, ID***	1.0%
16	Changsha, CN	18.4%	66	Mexico City, MX	6.1%	116	Montreal, CA	0.8%
17	Chennai, IN	18.1%	67	Jerusalem, IL	6.0%	117	Calgary, CA	0.6%
18	Lucknow, IN	17.7%	68	Bengaluru, IN	5.8%	118	Florence, IT*	0.5%
19	Victoria, CA	17.7%	69	Las Vegas, US	5.8%	119	Zurich, CH	0.5%
20	Izmir, TR	17.6%	70	Dublin, IE	5.7%	120	Sao Paulo, BR	0.4%
21	Hamilton, CA	17.5%	71	Chengdu, CN	5.7%	121	Edmonton, CA	0.1%
22	Vancouver, CA	17.0%	72	Minneapolis, US	5.7%	122	Bologna, IT*	-0.2%
23	Amsterdam, NL	14.5%	73	San Francisco, US	5.7%	123	Trieste, IT*	-0.3%
24	Reykjavik, IS	14.3%	74	Charlotte, US	5.6%	124	Athens, GR	-0.4%
25	Qingdao, CN	13.3%	75	Canberra, AU	5.5%	125	Thessaloniki, GR	-0.5%
26	Auckland, NZ	12.4%	76	San Diego, US	5.4%	126	Edinburgh, UK	-0.6%
27	Ningbo, CN	12.2%	77	Los Angeles, US	5.4%	127	Quebec, CA	-0.7%
28	Kochi, IN	12.1%	78	Yantai, CN	5.3%	128	Tokyo, JP	-0.8%
29	Utrecht, NL	12.0%	79	Kuala Lumpur, MY	5.1%	129	Marseille, FR	-0.8%
30	Porto, PT	11.6%	80	Chicago, US	4.9%	130	Larnaca, CY	-0.9%
31	Istanbul, TR	11.6%	81	Madrid, ES	4.8%	131	Skopje, MK	-0.9%
32	Malmö, SE	11.4%	82	Phoenix, US	4.8%	132	Limassol, CY	-0.9%
33	Melbourne, AU	10.8%	83	St. Petersburg, RU	4.5%	133	Taipei City, TW	-1.2%
34	Seattle, US	10.8%	84	Stockholm, SE	4.5%	134	Milan, IT*	-1.3%
35	Barcelona, ES	10.5%	85	Cleveland, US	4.4%	135	Venice, IT*	-1.7%
36	Sydney, AU	10.3%	86	Glasgow, UK	4.4%	136	Nicosia, CY	-2.1%
37	Rotterdam, NL	10.2%	87	Hong Kong, HK**	4.2%	137	Rio de Janeiro, BR	-2.1%
38	Bristol, UK	10.1%	88	Washington, US	4.2%	138	Kanpur, IN	-2.4%
39	Portland, US	10.0%	89	Malaga, ES	4.2%	139	Rome, IT*	-2.6%
40	Mumbai, IN	10.0%	90	Adelaide, AU	4.1%	140	Singapore, SG	-2.6%
41	Bogota, CO	9.8%	91	Copenhagen, DK	4.0%	141	Napoli, IT*	-3.0%
42	Hague, NL	9.6%	92	Cape Town, ZA	3.9%	142	Perth, AU	-4.1%
43	Ankara, TR	9.0%	93	Brisbane, AU	3.8%	143	Palermo, IT*	-4.5%
44	Denver, US	8.9%	94	Ottawa, CA	3.6%	144	Durban, ZA	-5.1%
45	Hobart, AU	8.8%	95	Kolkata, IN	3.5%	145	Genoa, IT*	-6.2%
46	Ahmedabad, IN	8.8%	96	Winnipeg, CA	3.4%	146	Jaipur, IN	-6.3%
47	Tallinn, EE	8.7%	97	Bern, CH	3.3%	147	Darwin, AU	-7.0%
48	Tampa, US	8.3%	98	Shenyang, CN	3.2%	148	Aberdeen, UK	-9.8%
49	Haifa, IL	8.1%	99	Tangshan, CN	3.1%	149	Sevilla, ES	-9.9%
50	Dallas, US	8.1%	100	Gothenburg, SE	3.1%	150	Moscow, RU	-15.0%

Source: Knight Frank Research *Ailing prices **Provisional ***Metropolitan area

AT Austria, AU Australia, BE Belgium, BR Brazil, CA Canada, CH Switzerland, CL Chile, CN China, CO Bogota, CY Cyprus, CZ Czech Republic, DK Denmark, EE Estonia, ES Spain, FI Finland, FR France, GR Greece, HK Hong Kong, HR Croatia, HU Hungary, ID Jakarta, IE Ireland, IL Israel, IN India, IS Iceland, IT Italy, JP Japan, KR South Korea, LV Latvia, MK Macedonia, MX Mexico City, MY Malaysia, NL Netherlands, NO Norway, NZ New Zealand, PT Portugal, RU Russia, SE Sweden, SG Singapore, SI Slovenia, SK Slovakia, TR Turkey, TW Taiwan, UK United Kingdom, US United States, ZA South Africa

All data corresponds to 12-month percentage change to Q4 2016 except: Ahmedabad, Auckland, Bengaluru, Bogota, Brisbane, Budapest, Cape Town, Chennai, Copenhagen, Delhi, Durban, Jaipur, Johannesburg, Kanpur, Kochi, Kolkata, Kuala Lumpur, Larnaca, Lille, Limassol, Ljubljana, Lucknow, Lyon, Malaga, Mumbai, Nicosia, Wellington and Zagreb to Q3 2016.

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2017 Prefect Body



By Sarah King (Grade 11 student)



St Peter's College: my second home

St Peter's College is an Anglican, co-ed, private high school situated off Maxwell Drive in Sunninghill. It was established in 1998. The College's ethos is based on four core values: Respect, Responsibility, Relationships and Resilience. These core values are embedded in each student from the junior phase of their high school career, and by the time they matriculate, each student has realised the importance of the '4 Rs'.

The benevolent intent of St Peter's College is to empower individuals for life by providing a platform of opportunities that holistically develop and equip young adults for success in whatever path they make for themselves. There is so much on offer at St Peter's College that each child is guaranteed to find their niche.

FACILITIES

The College has some of the best facilities I have ever seen, these range from the indoor gym and swimming pools located on our premises, the brand new hockey astro, the outstanding MADD (Music, Arts, Drama and Dance) centre, the six

fields used for rugby, cricket, girls and boys soccer, cross-country to finally the netball, tennis and basketball courts. As a drama student and a hockey player, I am very fortunate to be able to use these facilities. However I am not the only fortunate student. These facilities allow for each individual's leadership skills and responsibilities to thrive.

Every year, the College makes new developments along with the constant upgrading of classrooms and facilities. This year, we will be breaking ground for our new administration building.

COMMUNITY OUTREACH

As a student of St Peter's, I am aware of the privilege that I have been blessed with and I know that with that privilege, I have a responsibility. Based on the core values, our school has a strong passion for helping others and a tradition of community service.

One of our main outreach programmes is the Classbuild Project, where we, as a school, raise money to build classrooms at an underprivileged school. As head of

this year's committee, I am very hopeful to reach the outcome we have set for ourselves by building more classrooms at Kwasa College in Springs.

For the last 13 years, the Grade 11s have raised money through the student body and corporate sponsors and have physically built 28 houses and 6 classrooms at the end of their respective Grade 11 year. The Grade 8s, 9s and 10s also contribute to society by conducting a minimum of 10 hours' community outreach each year.

Our annual World Challenge Programme also gives students the opportunity to make a difference abroad. This year, the challenge is in Southern Vietnam. Last year was an 18-day trip in Madagascar where students worked on a conservation project and on upgrading an orphanage.

CULTURALS

There are a number of cultural activities the students can take part in. These range from Rock Band to Interschools Dance League, to performing a full length play at the FEDA competition.



In Grades 8 and 9, the students have to take part in a sport and cultural activity, whereas from Grade 10 to Matric, students can choose between the two. I am a senior drama student of the College and I have spent many nights at school rehearsing, but these are the nights I live for.

SPORTS

Social and emotional needs are met and long-term positive attitudes are formed through participation in sport and St Peter's College endeavours to provide opportunities for the maximum number of students to take part in as many different sports as possible, fulfilling this vital educational function. St Peter's College competes with the larger schools and is at the top of many of the school leagues.

SCHOOL TOURS

In addition to the annual Grade Camps, students are able to tour with their co-curricular activity group around the country and even around the world. For example: 42 students recently went on tour to Dubai to explore the culture and architecture there. Our cricket boys were in India in December last year playing local teams.

ACADEMICS

Through the combined commitment and drive of the students and teachers, St Peter's maintains a 100% matric pass rate and our results consistently exceed the Independent Examination Board's (IEB) average.

Subjects offered:

Grades 8 - 9

- English, Afrikaans, isiZulu, French;
- Mathematics, Natural Sciences (Geography and History), Technology, Economic Management Sciences, Life Orientation;
- Creative Arts: Music, Visual Art, Dramatic Art and Dance (students are allowed to choose two).

Grades 10 - 12

English, Afrikaans, Zulu, French, Life Orientation, Mathematics Core, Mathematics Literacy, Accounting, Business Studies, IT, Geography, History, Life Science, Physical Science, Engineering Graphics and Design (EGD), Dramatic Arts, Music, Visual Art, as well as advanced programmes in English, Afrikaans and Mathematics.

STUDENT LIFE

Even though our students are expected to take part in activities and to achieve their full potential academically, having a balanced lifestyle is very easy to achieve. One just always has to remember one's priorities!

The students at the College are extremely proud of their school and are given ample opportunity to spread the news eg. via exhibitions, open days, social media, writing press releases etc. In this unique way, we live, grow and protect the St Peter's College brand.

I love my school life. St Peter's really is my second home, I have formed so many amazing relationships and everything I do at the College and every person I've come across at the College has shaped who I am today. One feels at home when joining the College and the school spirit within each student is truly something remarkable.

There is so much more to the College. I invite you to visit us to feel the difference for yourself. [K](#)



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Failure doesn't define you

No one enjoys failure. Regardless of whether it be not meeting a personal expectation, under-achieving or outright failure, disappointment is common in all of our lives.

By Nicoleen Davies, Director Life Talk Forum

For our children and, in fact, for most people, it takes some doing not to internalise the disappointment of failure. Eventually we start to doubt ourselves, thinking that perhaps we aren't good enough, or smart enough, especially when we have invested a lot of time and effort.

But history has shown us that many of the greatest success stories are those of individuals who triumphed over adversity and countless setbacks. The list is impressive: Walt Disney, Oprah, Colonel Sanders (founder of Kentucky Fried Chicken), Sir Isaac Newton, JK Rowling (the world's first billionaire author of the Harry Potter series), Albert Einstein, Fred Astaire, Stephen King, Lady Gaga... the list goes on.

SELF-PITY DERAILS YOU

Barbara Corcoran, a 'shark' on the US Shark Tank show, started out as a waitress and managed to self-create a multibillion dollar real estate company. In observing her successful and unsuccessful sales staff, she noticed that, whilst they all failed at some point, those that didn't stop to feel sorry for themselves, and were resilient, bounced back quickly and moved forward to the next deal.

It is always easier to blame the circumstances that led to the failure, to look for reasons beyond ourselves to justify what happened. This is an important point. We have to teach our children to be resilient, to bounce back and learn from these experiences, from their mistakes. Often, the greatest learning comes from failure. Too often

our children let this failure define who they think they are, becoming their benchmark for life.

How can we help our children counteract feelings of self-pity? By helping them to learn to laugh at their mistakes and not take themselves too seriously – this will definitely help to overcome those feelings of self-pity. We can help build up their self-esteem in small incremental steps. If they feel good about themselves, a let-down won't take them to the depths of despair. Also, we should encourage them to have a fighting spirit, and not just give up. In essence, we will be teaching them to fight for themselves and not just accept their reality. They can actively work to change their circumstances. This will help them succeed.



SUCCESS

FAILURE



TAKE RESPONSIBILITY


In every negative situation, we have to find ways to counteract the self-doubt, pity, disappointment and fear we may feel. We have to take personal responsibility for our lives. We have a choice to decide how we want to respond to a setback and this choice will have a major impact on our sense of self-belief and happiness.

IT TAKES COURAGE TO FAIL

You may wonder how you can help your child in these situations. Instinctively, you want to protect them and shield them as much as possible from the feelings and consequences they are experiencing. But, by letting your children learn from these scenarios, they are building valuable life skills. These include resilience, creative thinking, various coping skills and even the ability to collaborate - as they learn, they sometimes need other people to help them along the way.

Here are a few thoughts on what you can do:

- **Guide your child** – when things go wrong, talk them through it. Ask them why they think things went awry, how they felt when it happened – getting them to actively think about it may just show them what they could have done differently. This helps them to learn from their mistakes and to take responsibility for their part in it.
- From a young age, **encourage** your child to try different things, with different approaches. This will show them what they are naturally interested in and good at or not.
- Remind them that we are all **unique** with unique talents. In time, they will discover what their uniqueness is. Often, children try to emulate others and what is perceived as being special about those people. You can never truly be happy until you are happy with and love yourself.
- **Don't limit** your child by being an overbearing, overprotective parent – unless they are placing themselves in danger. They have to learn for themselves through trial and error.
- **Manage their expectations** - too often life just happens and when things go wrong it doesn't need to mean that the world has turned against you. Let-downs happen. Encourage your child to persevere, to try their best, to not give up but, if things go wrong, remind them that it is okay and there is always a next time.
- **Be a role model** – your children will observe how you deal with frustration or setbacks and will mimic the behaviour. Try to show restraint when you are feeling frustrated.
- **Delay gratification** – this is such a valuable lesson to learn. Our children live in an instantaneous world – information is at their fingertips, friends respond immediately to texts but the downside is that they expect everything to work the first time and they have a sense of entitlement. By teaching them to delay gratification, they learn vital skills to help them cope with frustration, setbacks, disappointment and anger. Learning to wait for something, or to work for it, will stand them in good stead in later years.
- **Nurture self-control** - basic things like keeping one's room tidy, hanging up one's wet towel – these things gradually teach children self-control. They learn that certain things are expected of them and go without saying. This will translate into habits and eventually a good work ethic and discipline, which should help them when things don't always go as planned.

On a final note – remind your children that the only way to succeed in life is to never give up on themselves. Every life experience ultimately shapes them into a better, stronger person. Success is also a personal definition and is defined by what makes them happy in life. 

Other sources:

<http://www.businessinsider.com/successful-people-who-failed-at-first-2015-7>. <https://www.psychologytoday.com/blog/happiness-purpose/201305/refuse-self-pity>

About Life Talk® Forum

Life Talk's mission is to create happy, successful and fulfilled youth, guided by sound values. Life Talk is a non-profit organisation dedicated to raising awareness, stimulating discussions and seeking solutions to the challenges faced by parents and their children.

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	Sue Orffer	082 836 2887	
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	Sharon Smit	082 457 4202	sharons@jawitz.co.za
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1. Yunnan Tour to the Lost Horizon with Discoveries Worldwide.

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2. Sea & Sand Offer from Air Holidays.

Rates from R6 965 per person sharing. Offer includes return flights to Windhoek departing Johannesburg, five days group B car hire with unlimited mileage, two nights at Swakopmund Plaza Hotel with breakfast daily and two nights' Desert camp with breakfast daily. Offer excludes taxes of approximately R2 950 per person sharing. Valid for travel until 30 June 2017. **For more information visit www.airholidays.co.za; email reservations@airholidays.co.za or call them on 011 803 8223/4.**

3. Redlands Hotel & Lodge Pietermaritzburg.

Rates from R1 630 per double room per night. Single room rates from R1 320 per night. **For more information visit www.redlands.co.za; email info@redlandshotel.co.za or call them on 033 394 3333.**

4. The Sandton Indaba Accommodation Offer.

Stay at the Indaba Hotel, Spa & Conference Centre from R2 050 per double room per night. Single room

from R1 500 per night. **For more information visit www.indabahotel.co.za; email indaba@indabahotel.co.za or call them on 011 840 6600.**

5. Stay at the Five-star Heritage Awali with Holiday Factory.

Rates from R21 700 per person sharing. Rate includes return flights, approximate taxes, return transfers and seven nights' accommodation at the five-star Heritage Awali with breakfast, lunch and dinner daily. Valid for stays until 30 September 2017. **For more information visit www.holidayfactory.com or call them on 011 233 2300.**

6. Costa Cruises offer from Cruisemasters.

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7. Victoria Falls offer from kulula.com.

Offer from R4 839 per person sharing. Rate includes return flights from Johannesburg to Livingstone, return transfers, two nights' at the Kingdom Hotel or Elephant Hills Resort with breakfast daily. Valid for travel until 30 June 2017. **For more information visit www.kulula.com or call them on 0861 585 852.**

8. Tour South America with Curious Traveller.


Rio Copacabana rates from R13 365 per person sharing. Rate includes return transfers, five nights' four-star

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9. Explore Vietnam with Tripistry B2B Travel Wholesaler.

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10. Fisherman's offer from Sport Fish Africa – (Angola).

Seven-night offer from R14 500 per person sharing. Rate includes return transfers from Lubango Airport to Flamingo Lodge, seven nights' accommodation with three meals daily, beers and soft drinks, guided fishing, government and tourism taxes and travel vouchers. Valid until 31 October 2017. **For more information visit www.sportfishafrica.co.za; email info@sportfishafrica.co.za or call them on 011-792 3043.** 



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